

## CFSAS shares the flame

On 15 January, Major Pierre Chevrier of the Canadian Forces School of Aerospace Studies (CFSAS) exercised his privilege (and his legs) in carrying the Olympic Torch for one kilometre in Winnipeg's east end.

Having been selected to carry the coveted flame, Maj Chevrier purchased a new pair of running shoes (bringing his total to one) and commenced a rigorous training regime of stool climbing, falling and rib breaking. Undaunted by his assigned starting time of 7:14 AM at a location on the far eastern side of Winnipeg, he was nevertheless in position to accept the torch at the appointed time. Bedecked in his official red and white track suit, he commenced his run flanked by family and friends. Backed up by eleven CFSAS members and representatives of 14 Training Group and BPERO, all in CFB Winnipeg hockey sweaters, Maj Chevrier was so enthused that he used up only eight of the allowed seven minutes in completing his run. Among the early runners, no other enjoyed such a high level of support and Maj Chevrier responded by permitting each of the "back-ups" to share his flame along the way.



Maj P. Chevrier of CFSAS carrying the Olympic Torch.

## Flamme olympique

«J'étais fier d'être un Canadien... content de faire partie du relais de la flamme olympique.» C'est ainsi que se sentait le major Orm Wright après avoir porté, sur une courte distance, la flamme olympique dans son voyage vers les Jeux olympiques de 1988 à Calgary.

C'est sur la route 148, entre les villes de Thurso et de Masson dans l'ouest québécois, que le major Wright a participé à cet événement mémorable. Sa fille JoAnn, âgée de 21 ans et étudiante à l'Université d'Ottawa, était sur les lieux et a pu être témoin de la fierté de son père pendant la course.

Cette course d'un kilomètre ne s'est pas effectuée sans «incident». Un gros chien noir, excité par les véhicules, les gens et la couleur rouge vif du survêtement distinctif du porteur de la flamme, a décidé de se joindre au major Wright.

«Tout le monde pensait que c'était mon chien, dit-il. J'ai même entendu un annonceur le mentionner à la radio. Il s'est joint à moi au tout début pour la presque totalité de la course. J'avais peur qu'il se fasse heurter par un camion.»

Alors qu'il courait, le major Wright s'est écrié: «Le temps est magnifique. Le vent est chaud.» Le pavé était à ce moment sec et la visibilité était bonne. En dedans de quelques minutes après la fin de sa course, des flocons se sont mis à tomber et l'Outaouais a été victime de la deuxième tempête en importance de l'hiver.

«Le temps m'a choyé,» a admis le major Wright. «Je n'ai pas eu à faire face au pavé glissant et aux conditions de blizzard.»

continué à page 3

## Proud to be a Canadian...

by Janice Cowan

"I felt proud to be a Canadian...happy to be involved in the Olympic Torch Relay." These were the words of Maj R.O. "Orm" Wright shortly after he carried the Olympic flame along a small stretch of its journey to the 1988 Winter Olympic Games in Calgary.

Maj Wright's run was on Highway 148 between the western Quebec towns of Thurso and Masson. His daughter, JoAnn, 21, a student at the University of Ottawa, was waiting beside the highway to watch her father as he proudly jogged by.

His one kilometre run was not without incident. A large black dog, excited by the vehicles, people and the distinctive bright red track suit of the torch bearer, decided to join Maj Wright on his run.

"Everyone thought it was my dog. I heard a radio announcer mention it later. It started running when I did and ran most of the kilometre with me. I was worried the dog was going to get run over."

As he ran Maj Wright shouted: "The weather is wonderful. The wind feels warm." The road at that moment was dry and visibility was good. Within minutes of the end of his run, flakes began falling and the area

became immersed in its second major snowstorm of the winter.

"I was lucky with the weather," acknowledged Maj Wright, "I didn't have to endure slippery roads and blizzard conditions."

The 49-year-old staff officer in the Directorate of Transportation Resources and Plans at NDHQ was picked to be a torch bearer after he entered the Petro-Canada Olympic Torch

Relay Contest "just for the fun of it".

Maj Wright was barely winded after his one kilometre run. He took up jogging in May 1980 for the one and a half mile run which was then the annual Canadian Forces fitness test. He has maintained what he calls his "good habit" and now jogs "five kilometres per day on a regular basis".

The Olympic flame runner



Maj R.O. "Orm" Wright.

from NDHQ was just one of many members of the Canadian Forces who entered the Petro-Canada contest and were selected to take part in the relay. A round-up of stories and photographs of other military torch bearers will appear in the 88/2 issue of Sentinel Magazine.



Le major Orm Wright salue ses supporteurs alors qu'il débute sa course avec la flamme olympique. Un enthousiaste chien noir (centre) l'a accompagné sur presque la totalité du kilomètre. (IS87-929 par le sergent Tim Smith).

Maj R.O. "Orm" Wright waves to well-wishers as he starts his run carrying the Olympic flame. An enthusiastic black dog (centre) joins him for the one kilometre journey. (IS87-927 by Sgt Tim Smith).

Le major «Orm» Wright.

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## The Military Police Fund for Blind Children

The Military Police Fund for Blind Children was created in 1957 by Colonel James Riley Stone after a beloved daughter was affected with cancer of the eye, which resulted in her sudden blindness and subsequent death. Colonel Stone was distressed to learn that other blind children were unable, through lack of money, to enjoy even simple comforts. Determined to help these children, he personally canvassed military policemen at various detachments in the old Army Provost Corps, in hopes each would contribute one or two dollars per year which would establish a fund to provide children under 13 with simple necessities. The supposed "hard-noses" of the Army subscribed then and there and the Military Police Fund for Blind Children was born.

The fund has grown to meet the needs of children across Canada. The program developed to support eight schools for blind children, and then expanded to

provide medical equipment to prevent, alleviate or cure blindness in the young. It was formalized as a Corporation with Letters Patent being issued in 1976, and today it is recognized as the only strictly military charity, one which is well-known within the Canadian ophthalmological community.

The objectives of the Corporation are to aid blind children who lack funds and other necessities of life by providing monies to blind schools and organizations associated with blind children and by supporting charitable organizations involved in the education and recreation of blind children. At its first annual meeting, the directors established a \$100,000 trust fund to ensure support in perpetuity for the schools.

In addition to income generated from the trust fund, virtually every military police unit in the Canadian Forces (CF) contributes. Monies are also raised by

private donations, dances, bingos, concerts, rockathons, draws and auctions at CF Bases. In 1985 the \$1,000,000 milestone in donations was surpassed.

Several Winnipeg area medical facilities have benefitted from the Military Police Fund for Blind Children. For example, in 1981 more than \$33,000 was given to agencies concerned with the care of blind children, including \$23,000 worth of special vision/treatment equipment donated to the Winnipeg Health Sciences Centre. In 1985, in addition to their annual donation of \$3,600 to the St. Amant Centre, the Fund donated \$10,546 to St. Boniface General Hospital Research Foundation Inc. for the purchase of diagnostic eye equipment.

In 1986, CFB Winnipeg was able to raise \$8,000 which was forwarded to the Fund HQ in Ottawa. A donation of \$3,600 was presented to the St. Amant Centre in 1986 and 1987.

Another important aspect to the Military Police Fund for Blind Children is the personal involvement of the Military Police with the children. They visit them at their schools, and invite them to CF Bases to learn more about the military world. Many hard-nosed MP has come away from this experience with that warm feeling, which is the best reward possible.

Footnote: As a point of interest, all persons involved are volunteers and NO ONE receives a salary of any sort.



VOXAIR VARIETY  
by JOHN LAUDER

There has been considerable discussion in the local media regarding the age of plays running on Winnipeg stages. Some 22 years old, others as much as 40, and now one that is over 100. The last is the George Bernard Shaw vehicle "You Never Can Tell" now on the Manitoba Theatre Centre Main Stage, imported from Niagara-on-the-Lake, Ont. Written in 1896 and first performed in 1899, this is a genuine antique, and one of much value.

Shaw's wit has lasted the 100 years, and in this play he sends up a whole raft of things, such as courtship, its consequence marriage, dentists and lawyers, the theatre, the British ruling and serving classes, the upgrading of surnames by fancy spelling, and other sacred cows. All combined with a reasonable story dealing with the unending battle between the sexes, plus beautiful costumes from the late 19th century.

An elegant but simple set is transformed from a dentist's office to a hotel dining room, to a hotel suite to a night-time view of a seaside resort, and without using the MTC revolving stage we have seen too much of lately.

The cast are uniformly good, with even the bit players being experienced actors. Two veterans of the Canadian stage, Frances Hyland and Douglas Rain, stood out, possibly because they had the best lines, but students of drama could learn from them. Direction was fast paced, and showed that Shaw is not only one of the best of the 19th century, but also of the 20th century. He is reported to have said "I often quote myself. It adds spice to my conversation"; and this was without doubt a true statement. If you get a chance, see this one; it moves on to Calgary on the 21st, so there are only three more days.

Elsewhere in town there is a variety to see. For example at the Gas Station Theatre on Osborne Street at River Avenue there will be both dance and theatre. On the 18th at 7:00 p.m., for those who know or are studying the French language, the Cercle Moliere will offer "Le Voyage du Train" billed as family entertainment with tickets for a bilingual cinq dollar bill. Then on the 20th, Saturday night at 8:30 p.m. "Dance Obscurities" will feature works of six different choreographers, the topics ranging from Lizzie Borden, to renaissance painting, to tiger mythology.

Next on Sunday evening, the 21st, the first of two nights of improvised shows will be held, with the second a week later on the 28th. Presented by Theatre X, a comedy troupe, these are to honour "guru" Mabuti, and are entitled "Mabuti Come Home" and "Mabuti Go Back Now" and the audience will be invited to participate in the improvisation. Tickets are \$8.00 and show times at 8:00 p.m. Between these shows, on the 26th and 27th at 8:00 p.m., Lynda Raino will give a solo performance of dance, theatre, mask and song. Tickets \$12, and \$10 for students and seniors.

Once the Chinese acrobats have cleared out of the Centennial Centre Concert Hall after their shows on the 18th, the stage will be set for more musical and uplifting shows. On Saturday and Sunday the 20th and 21st, there will be a Winnipeg Symphony "pops" concert with the one and only Mitch Miller conducting. On the 23rd a World Adventure Tours travelogue "Australia" will be seen at 2:00; 5:45 and 8:15 p.m.; and on the 26th and 27th the Symphony will be back with a Masterworks concert, featuring Gabriel Chmura as guest conductor and Gerhard Oppitz at the piano plying the Brahms Concerto No. 1 in D Minor.

Opening to-night at the Warehouse Theatre are two plays by modern American playwright Sam Shepard. He has written more than forty plays, and as an actor, starred as Chuck Yaeger in the movie "The Right Stuff". These two one-act shows promise fireworks. "The Unseen Hand" is billed as Star Trek meets Bat Masterson, as it mixes outer space folk with wild west gunslingers. "The Killer's Head" is said to be an intense, poetic suspense thriller. The bill runs until March 5th.

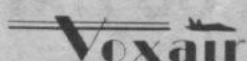
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EDITOR-IN-CHIEF	- LCol K.W. Doerksen	- 895-5281
MANAGING EDITOR	- Capt Tom Walls	- 895-6672
PRODUCTION EDITOR	- Lt Jane Grossman	- 895-6334
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## The Base Chief Said...

Sorry about my last article. It's just that I really got mad on that Monday morning, watching all the people walking to their work places, holding their hands over their ears. We do need some proper winter dress.

In my angry state of mind I forgot to tell "The Peakin' Deacon" that I told Quincy about his letter. First of all, let me say that he was absolutely thrilled that someone wrote to him. Secondly, he was amazed at the obvious dedication that Sgt Mark E. DeSade has to his job. I too find it gratifying that the Sgt and indeed the majority of people on this Base, whether they work in Base Supply, Base CE, BAMEO, Base Hospital, the Dental Clinic, and all other sections, consider their field of work to be important. I'm glad that they feel that way. It must be awful for the very few that wonder why they came to work. Quincy understands what the word commitment means. He knows, that if I were not committed to him, he would not enjoy a warm home, meals to eat, and at least three walks a day. He caught on to the comment about a couple of gentlemen on the second floor of

Headquarters Building needing some fitness training. He also knows that there is no possible way that Peakin' Deacon could be referring to yours truly. As he pointed out, I get lots of exercise walking him, and I passed my annual Expres Test with not too shabby results. He insists that he should be permitted to drop in some day, and see who might require the aerobics training. He knows that the Base Commander could not be on the list, because he has bad knees, and could not do anything as strenuous as aerobics.

Chief Garney Boutet told Quincy that even though the Base Commander plays hockey, he doesn't over do it. Generally he stands around in front of the net waiting to get fed pucks.

The word commitment has a lot of meanings to a lot of different folks. To most it's a question of honour. To others it means absolutely nothing. These are the people who say yes, when they really mean no, or maybe. We see a lot of it with the young folks who join the Canadian Forces and commit themselves to serve three or five years. After they have been in for a while, they de-

cide that they do not like what they are experiencing, so they ask for their release. When it is pointed out to them that they have made a commitment to serve a three year contract, they simply brush it aside with no feeling of responsibility or commitment.

I'm afraid that the same is true for things like signing up to play on an inter-section volleyball team, or as mentioned, the aerobics classes. Once committed, some people feel no responsibility to honour that commitment.

I was reading a piece in the Ann Landers column the other day about that very sort of thing. (Yes, I read Ann Landers). It dealt with the RSVP to wedding invitations. Ann Landers had suggested that if you have not received a reply to a wedding invitation after a reasonable period of time, it would be quite correct to call and ask intentions. The point of the letter was, that even after calling, one could not be sure of the numbers attending, because answers ranged from, "I don't know", to "We will make every effort to make it". Those answers are not very helpful if you're trying to decide on the size of room to rent for a reception, or the number of meals required.

I guess the bottom line to all this is, and I think the Peakin' Deacon made the point as well, if you say you're going to do something, then honour your commitment. Someone may not have been able to register for those classes, because all the slots had been taken. Please be more considerate to both the people who organize this training, and to

others. If Peakin' Deacon thinks I'm going to suggest to any of our ladies in Base Headquarters that they might need aerobics, he's been thrown to the mat too many times.

I had Quincy to the office over the weekend a bit back. One of his observations concerned the official portraits in the main hallway. He asked me why I was wearing collar badges on my Air Force uniform when no one else was. I tried to explain to him that the photo was taken long before the decision was made not to wear collar badges with the Air Force DEU. He suggested that that was no excuse. So, I reluctantly made another appointment. I really admire the abilities of the Photo Techs on this Base, because, considering what they have to work with, they do marvelous work. I should let you know that I would rather go to the dentist than have my picture taken.

While Quincy was making his observations he mentioned that one of the gentlemen looked short. I laughed, and told him that there wasn't much that could be done about that. He came up with a great idea, or at least one that should be considered. He suggested that if the Photo Techs were to use miniature flags in the background, they might be able to pull it off. It's something to think about!

Got a message from Air Command the other day concerning dress. It's been a pretty quiet period as far as amending dress regulations go, and this one concerned the wearing of neckties or necktabs with the Air Force V-

Neck sweater, which we should be in possession of by the Fall of 88. Anyway, when wearing the sweater in public, which is authorized, you must wear a necktie or necktab. On all other occasions wearing of the necktie/necktab with the sweater is optional. I'll probably repeat that one a few times. Anyway, let's wait until we get the sweater.

## Flamme olympique

(continué de la page 1)

L'officier d'état-major de 49 ans, du Directeur des Ressources et Plans (Transports) au QGDN, a été sélectionné pour porter la flamme après s'être inscrit au concours du relais de la flamme olympique de Pétro-Canada «juste pour le plaisir».

Le major Wright était à peine essoufflé à la suite de sa course. Il a commencé à faire de la course à pied en 1980 pour se préparer à l'épreuve du mille et demi qui servait alors de test annuel de condition physique dans les FC. Il a conservé cette «bonne habitude» et, aujourd'hui, il se tape quotidiennement un cinq kilomètres.

Le major Wright n'est pas le seul membre des FC à avoir été sélectionné pour porter la flamme olympique. En fait, il y en a plus d'une douzaine. Afin de souligner cet événement, on publiera un article à ce sujet dans le numéro 1988/2 de *Sentinel* et *Sentinel*.

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# Rotation Operation Princess Royal II

# Pay in Germany

by Lt L.A. Coghill

As the rotation dates are quickly approaching, we are finding that people's attentions are beginning to focus on the details of going to and living in Germany. For obvious reasons many individuals have raised important questions dealing with the upcoming changes to their financial situation. It is clear that recent shifts in the Canadian dollar make it difficult to predict how things will be this summer on rotation. However, I will explain in general terms what you may expect if you are serving in CFE.

The first thing that you will notice about your pay in Germany is that you are paid in their national currency, the Deutsche Mark or DM. On pay day your money will be deposited either in the Bank of Montreal on base or if you prefer in one of the local German banks. If you live on the economy you will receive basically the same financial services from the local banks as you would here in Winnipeg.

### EXTRA ALLOWANCES IN GERMANY

In addition to your normal rate of pay, members rotating to Germany can expect to be paid certain additional allowances. You will be entitled to receive the

Foreign Service Premium (FSP), the Salary Equalization Factor (SEF) and possibly the Living Out Adjustment (LOA), depending on individual circumstances. All of these allowances are tax free. I will now explain each of these and give examples of how they may affect your pay.

The SEF is a pay adjustment designed to give the member in Germany similar purchasing power to a member in Canada (Ottawa). It is regulated by a Post Index (PI) which compares the cost of goods and services in the two countries. The PIs are computed and updated regularly by Statistics Canada and as such are subject to change.

A few examples: In June 87 with a PI of 120 a Pte (2) could expect an additional \$163 monthly, a Cpl (B) an extra \$245 and a MCpl (B) an additional \$255 per month. The recent increase in Jan 88 to a PI of 130 means that for the above mentioned ranks you will now be paid \$244, \$367 and \$383 respectively.

The Foreign Service Premium is a financial supplement paid to a member as an incentive to foreign service. It will vary based on family status (accompanied or unaccompanied) and length of service outside of Canada.

A few examples: Most 3RCR soldiers will be going to Germany for their first time and will go unaccompanied. They start at \$124 per month which increases after two years to \$186 per month until the member has five years foreign service at which time the amount increases further to \$248 per month. For the married man who brings his dependants to Germany he starts at \$170 per month for the first 24 months which changes to \$256 until after 60 months when the amount goes up to \$341. Certain adjustments depending on specific years of foreign service will affect your rate of FSP. Consult your pay office for further details.

LOA is paid only to members who live on the German economy and not those living in quarters or in PMQs. The amount differs according to the number of dependants the member has and the distance that the member lives from the base.

Example: A member who is in the Pte to MCpl rank category who has one dependant and lives within 10 kms of the base can expect to receive an additional \$507.00 per month. A Senior NCO in the same circumstances can expect \$531.00 per month.

I suggest that before you get

over anxious about the extra money that you are going to make in Germany, it is best to start by thinking conservatively. The government realizes that certain things are going to be more expensive and hence you are paid to supplement the extra cost of living on a Foreign Post. I cannot emphasize enough the importance of pacing yourself financially. I recommend that you look around for a while to get to know how you can stretch your money.

A few other financial matters that you should be considering now:

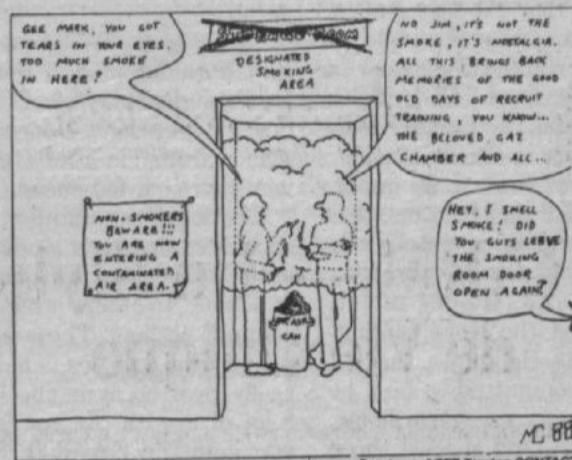
1. Organize and plan your finances now.
2. Decide now whether you wish to maintain a Canadian Bank

account and decide where it should be (ie in Winnipeg or in your home town).

3. If you wish to maintain a Canadian account be sure that you bring the correct information about the account to Germany with you (ie complete mailing address of the bank and account number).

4. For those members who are going to be on the economy, ensure you have sufficient funds to cover the first month's rent, purchase of furniture and items which you will need to live in Germany.

Again, the proper management of your finances will allow you the opportunity to both travel freely and buy luxury items.



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# CD Presentations at ARGHQ



On 19 Jan 88 the Commander of Air Reserve Group, BGen Rowbottom, presented MWO Stephenson (left) with his CD 1 medal and Sgt Doyle with his CD 2. Both are members of Air Reserve Group Headquarters.



## \$ \$ \$ \$ \$ \$ \$ \$ DOLLARS and SENSE

A column concerning your money and related subjects.

\$ \$ \$ \$ \$ \$ \$ \$

## RARM — Un Style de Vie Unique

Avez-vous pensé à la libération? Il est bien évident que votre vie va beaucoup changer, mais vous vous ferez à nouveau à la vie civile. Toutefois, la vie dans les Forces — avec tout ce qu'elle comporte d'action, d'expériences uniques et de satisfaction — vous manquera tôt ou tard. Beaucoup de choses que vous tenez maintenant pour acquises ne feront plus partie intégrante de votre vie — qu'il s'agisse de voyager aux quatre coins du monde, de faire des rencontres variées et intéressantes, de manipuler des armes automatiques chargées ou encore de sauter d'un avion! Beaucoup de choses moins évidentes changeront aussi. Vous aurez affaire à des civils qui n'ont peut-être pas la même ambition, le même engagement ou la même discipline que le personnel des Forces armées. Si vous prenez une retraite anticipée, il vous faudra repenser entièrement votre emploi du temps et savoir comment utiliser votre temps libre.

En somme, on est bien dans le civil, mais c'est un style de vie totalement différent. Plus d'uniformes, plus de salut, plus d'entraînement ardu ou de cheveux courts obligatoires...autant de choses qui vont vous manquer, c'est garanti, car tout ça fait partie d'un style de vie unique: la vie militaire. Un style de vie où la fierté, la camaraderie, la force, la solidarité, la confiance et le respect sont monnaie courante. En tant que membre des Forces armées canadiennes, vous êtes responsable de la sécurité du pays. Vous faites partie d'une force militaire hautement formée, composée de milliers de femmes et d'hommes compétents et dévoués qui partagent un style de vie unique.

De bien des façons, ces expériences, pressions, défis et compensations que vous donne le genre de vie militaire feront parti de votre vie après la libération.

Le RARM — Régime d'assurance-revenu militaire —

fait lui aussi partie de ce style de vie unique. C'est un régime d'assurance conçu spécialement pour le personnel des Forces canadiennes. Comme vous le savez sans doute, le RARM est non seulement conçu en fonction du personnel des Forces armées, mais il est géré par lui et lui appartient à part entière. Le conseil d'administration du RARM est composé entièrement de membres des Forces armées de divers grades qui s'assurent que les couvertures RARM correspondent bien à nos besoins et que tout "profit" est réinvesti afin d'augmenter les garantis ou de réduire les primes.

Non seulement le Régime d'assurance-revenu militaire répond aux besoins personnels d'assurance des militaires, mais il répond aussi à ceux des ex-militaires.

Les participants au RARM qui ont souscrit les Assurances de revenu aux survivants (ARS), Assurance-vie des personnes à charge (AVPC) ou Assurance collective facultative temporaire (ACFT) peuvent transformer leur assurance en Couverture après la libération (CAL) lorsqu'ils quittent les Forces armées, sans avoir produit de justification d'assurabilité. Ce qui veut dire que si vous avez souscrit les garanties ARS et ACFT, vous pouvez transformer un montant d'assurance égal à cinquante

fois votre solde de base mensuelle, sans que vous ayez à prouver que vous répondez aux exigences médicales.

De plus, si vous avez souscrit la garantie AVPC, vous pouvez transformer en Couverture après la libération les 10 000 \$ d'assurance de conjoint, et, les 4 000 \$ d'assurance sur la tête de chaque enfant sera continué sans frais.

Ainsi, vous pouvez transformer au total jusqu'à 150 000 \$ d'assurance provenant de garanties souscrites avant la libération. Si le total s'élève à plus de 150 000 \$, le solde peut être transformé en contrats individuels...sans avoir à remettre de preuve d'assurabilité.

La Couverture après la libération inclue l'assurance Mutilation accidentelle, en cas de "perte d'usage" des membres, des pieds ou des mains, de perte de la vue, ou encore de mutilation.

Comme la Couverture après la libération fait partie du Régime d'assurance-revenu militaire, les membres qui sont libérés des Forces armées peuvent souscrire cette protection à peu de frais.

"Si l'assurance-vie vous intéresse", n'hésitez pas à en parler à votre conseiller du RARM. Il vous donnera tous les détails sur le Régime d'assurance-revenu militaire et sur la Couverture après la libération.

### SCAN WORKSHOP HOW TO START A SMALL BUSINESS

This one-day workshop is being offered by the Federal Business Development Bank for CF members:

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155 Carlton Street

Winnipeg, Manitoba

FACILITATOR: Reg Buss

COST: \$65 (includes one hour case

counselling) (100% reimbursement if registered in SCAN

Program prior to workshop)

LIMIT: Minimum 10/Maximum 36

participants

REGISTER: In person at the BPSO

office Room 237 Bldg 86 (Base

HQ) (cost to be paid by

cheque made payable to Federal

Business Development

Bank) prior to 4 Mar 88

## 444 Sqn Reunion

The year 1988 marks 444 Squadron's fortieth anniversary year since formation. To honour the occasion 444 Tactical Helicopter Squadron shall host a reunion for all past and currently serving members of the Squadron. Conducted from the 9th to the 12th of June 1988, the reunion will take place at Canadian Forces Base Lahr, West Germany. Inquiries or requests for further information can be directed to:

Commanding Officer

444 Tactical

Helicopter Squadron

Canadian Forces Base Lahr

Canadian Forces

Post Office 5000

Belleville, Ontario

K0K 3R0

Attention:

Unit Public Information

Officer

Captain K.E. McKenzie

**L'escadrille 444 célèbre 40<sup>e</sup> anniversaire**

L'escadrille 444 célèbre en 1988 son 40<sup>e</sup> anniversaire d'existence. Pour honorer cet événement l'escadrille 444 tiendra un réunion pour tous les anciens membres et présents membres ayant servi ou servant actuellement au sein de l'escadrille. Cette réunion sera tenu du 9 au 12 juin 1988 à la Base des Forces canadiennes de Lahr, Allemagne de l'Ouest. Si vous desirez plus amples informations, contactez: (l'adresse au-dessus)

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# BAMEO

## Jump Certificate



Having always professed a desire to belong to an Airborne Unit, Cpl Bernie Pepin is presented with a jump certificate from Maj Tudor. This just goes to prove the old adage that "sane people don't jump out of fly-able aircraft".

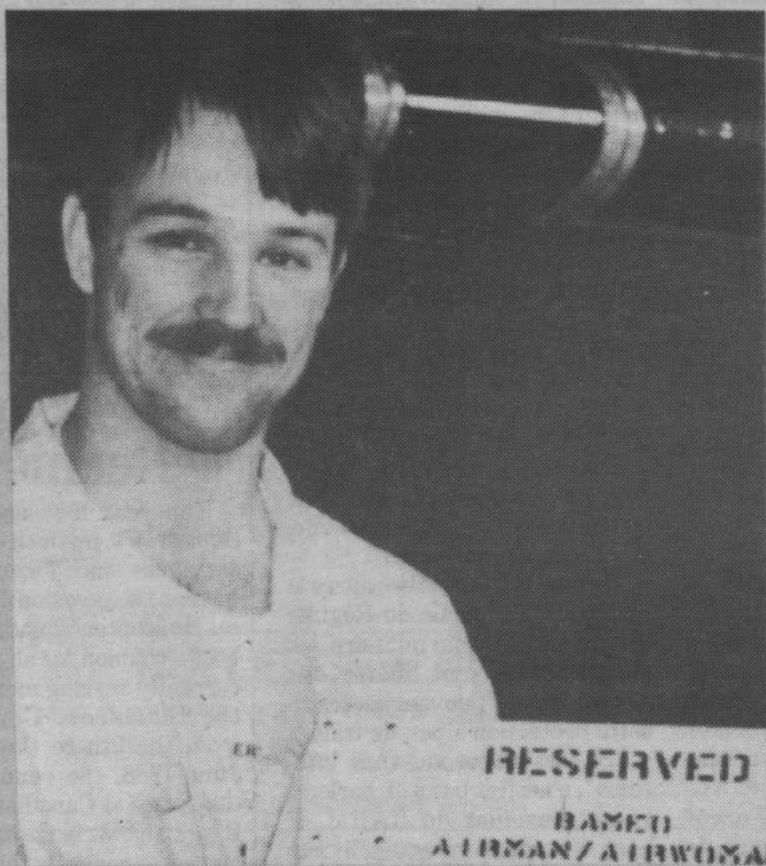
## PTE 1st Hook



Pte Lowe immediately prior to receiving her First Hook effective 18 Jan 88.

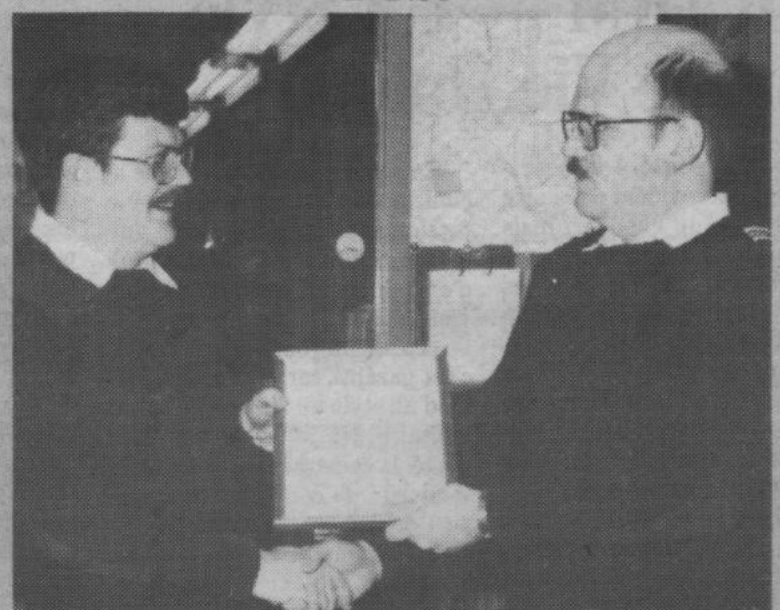
# Airman of the Month

Jan.



Cpl Frank Bechard recently received the use of a privileged parking spot (Capt Kirsopp's!) for one month. Awarded the BAMEO Airman of the Month, Cpl Bechard will have access to a plug-in close to the Hangar, which will surely come in handy during these cold January days! Congratulations, Frank!

Feb.



AIRMAN OF THE MONTH — FEB 88

Cpl Bill Murphy is a Photo Technician, who remustered from Weapons Tech (Land) to his current trade in 1985. He has since completed his QL-4 and more recently, his QL-5 trade examinations where he achieved the highest marks in the exam held in Oct 87. For his accomplishments, Cpl Murphy is the BAMEO Airman of the month.

Amongst other rewards, he will enjoy the use of Capt Rietmuller's privileged parking spot, just outside 16 Hangar, for the chilly month. "Murph" lists car racing, golf, and fishing as his outside work interests, and calls South Side PMQs home along with wife Pat and FOUR children.

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EVERY SAT. 2 P.M.-5 P.M.

## Base Commander's General Safety Award presented to Base Supply



"For Best Performance In Reduction of Accidents", Base Supply was the winner of the Base Commander's General Safety Award for the second quarter of FY 87/88. Accepting the award from Col L. Reynolds, Base Commander, are Major Westbrook and Mr. G. Sproule.

## 14 Training Group HQ — CD



## Medals Donated to Aircom



Lieutenant General Ashley, Commander Air Command, accepts a display of medals donated by CWO (Ret'd) K. Deller on 22 Jan 88.

The display consists of a complete set of WW II campaign stars and also a selection of medals awarded for gallantry and bravery including the Victoria Cross, George Cross, Air Force Cross and the Distinguished Flying Cross.

The medals are on permanent display in the Executive wing at Air Command Headquarters.

Capt Rick Smith of 14 Training Group Headquarters receives the Canadian Forces Decoration from BGen S. Eichel, Group Commander. Prior to joining the Canadian Forces, Capt Smith served as a helicopter pilot in the US Army, including a tour of duty in Viet Nam.

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# CHAPLAINS CORNER



Well here it is Ash Wednesday already!! Today, we start into this period of Lent in preparation for Easter. Lent is a different time in our Church year, a somber time filled with ashes, fasting and questions. What is it all about? I

tried to read up on it, in order to explain it here and thoroughly enjoyed the resultant snooze.

The kernel of Lent is found in a quick quote from the Oxford Dictionary, "The period is also observed as a time of penance by abstention from festivities, by almsgiving, and by devoting more time than usual to religious exercises."

An example of Lent I found in my driveway. This year winter has been rather subtle with just a wisp of snow now and again that may drift a bit but not enough to make shovelling a necessity. "No sense waking the neighbours", "it would be inconvenient", "no one else is shovelling". But now I have a rather large bump in the driveway of very well packed snow. Now I will have to devote more time than usual to physical exercises, to remove the ice.

So Lent acknowledges that we all get a little careless in our spiritual lives. We use similar excuses to those I used in my drive-

way and the result is similar. Those little habits, those little things in our lives that should not be there, are there, and because we did not catch them early, they have hardened and now require more work to clear them.

Now that sounds plausible for one year, Padre, but why is it an annual season in the Church?

That question can lead us in two directions. First, like our annual snowfall, there is an annual build up that requires clearing. Secondly, and more importantly, our faith journey is not just an exercise in maintaining our ground but is a learning process by which we grow. As a result, the Holy Spirit may work in our lives this year to point out things, the nature of which we were unaware last year.

So think about me as I chip away at my driveway and have a good Lenten season as we grow in His work to our own potential. See you in Chapel.

Padre R.E. Baker

# St. Andrew's Women's Centre hosts AIDS Presentation

St. Andrew's Women's Centre ended 1987 with their annual Christmas Party. While the ladies and children were sampling a wide variety of Christmas baking, Padre Wiley led them in a gleeful Christmas sing-a-long. The main attraction was a surprise visit from Santa Claus who took time out from his busy schedule to hand out treats and hear the children's Christmas list. There are rumors at the Centre that Santa has started cooking for his 1988 hobby.

On Tuesday, 26 January, we welcomed Sgt T.R. Johnson, 3RCR, BOR, as our first speaker of 1988. Sgt T.R. Johnson was very knowledgeable on the New Dental Plan and was not stymied by any of the ladies' many questions. Thank you for taking time from your office to join us for coffee and to enlighten us on the new dental plan.

Coming up on 23 February we will be offering the military community a chance to be educated on the truth about the AIDS virus. This presentation will be given by River Heights Public Health Nurses, Mrs. Vi Miruchnick and Mrs. Kathy Knudson. You may feel AIDS doesn't affect your family but statistics prove more people are becoming infected each day. We owe it

to our children and future generations to try to learn all the facts about this killer disease. For this morning only, our speakers will start at 9:30 due to the amount of material to be covered which will include a short film.

As a follow-up, Mrs. Miruchnick will be returning to the Centre March 8th to answer any further questions. She will also be giving a presentation on childhood diseases, immunizations and the disturbing subject of head lice. On 22 March, M/Cpl S.G. Robinson from Base Fire Prevention will be joining us to educate the ladies on fire safety.

As you can see, we will be having some very interesting guests in the future. Women's Centre is open from 0900-1100 hrs every Tuesday and Thursday mornings in the St. Andrew's Chapel Annex (side door). We are located on the corner of Kenaston Blvd. and Grant Ave. (South Site) and all military dependents are welcome regardless of rank, unit, religion or North or South Site residents. Children are welcomed with their Moms and we have a playroom for them with a break for juice and cookies. Please try to join us for coffee sometime soon and make some new friends.



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		Sam: 1900 hrs (Fr.)	
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# ATTENTION:

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**S P O R T S**

**Prairie Region Champions!**



Prairie Region Curling trophy was presented by A/BComd LCol K.W. Doerksen to MCpl Jim Crowe and his team. Left to Right — BPERO Capt G. Peet, A/BComd LCol K.W. Doerksen, MCpl Jim Crowe, MCpl Garry Sutherland, MCpl Bud Burgess, and Cpl GS Savage.

The Prairie Region Curling Championships were held at CFB Penhold from 4-8 Jan 88. The competition was a Round Robin including Large and Small Bases together. CFB Winnipeg proved very strong throughout the round robin competition and compiled a record of 7-0. The final on the Large base side saw Moose Jaw try to hold off Winnipeg but af-

ter just six ends, the CFB Moose Jaw called it quits and CFB Winnipeg skipped by Jim Crow posted a 9-2 score to win the Large Base Championships.

Congratulations to the CFB Winnipeg foursome of Skip — Jim Crow, third — MCpl Bud Burgess, Second — MCpl Gary Sutherland and Lead Cpl Ed Savage.

**sports update..**

**CFB Winnipeg Intramural Hockey**

With only a few games left to play in the CFB Winnipeg Intramural Hockey League all four teams are getting ready for the real season. If the most prestigious hockey league in the world can get away with such format our league can certainly imitate the PROS and give every team a crack at the cup.

Monday, 14 March 88, 1200 hrs at the Kirkfield-Westwood Arena only season that counts, play-off season, will begin.

As of 8 Feb 88 the standings are as follows:

TEAM	GP	W	L	T	PTS	GF	GA	PLACEMENT
ARROW	24	16	5	1	37	156	68	FIRST
BRAVES	23	7	15	0	14	83	139	THIRD
FLYERS	23	4	19	0	8	65	141	FOURTH
OLD-TIMERS	24	16	5	1	37	129	83	SECOND

**Base Bowling Roll-Offs**

The Base Roll-Offs were conducted at Bldg 90 on the 4th of Feb. 24 bowlers showed up, all trying to make it into the top 6 positions.

By the end of the 20th game on Fri we had our team for the regionals.

First place with a 20 game average of 246.5 was Ralph Rumbolt, 2nd-245 Leo Fraser, 3rd-232 Bud Knight, 4th-232 John Bonnell, 5th-226 Bob Sypulski, 6th-213 Doug Brown. Good Luck in Moose Jaw on the 28-30 Mar 88.

High Singles were bowled by Leo Fraser with a 348 and a 312, Bob Sypulski 318, Ted Scott 317, Ralph Rumbolt 313 and a 308, Ernie Linden 315, Bud Knight 307.

To all participants KEEP KNOCKING EM DOWN — MAYBE WE WILL SEE SOME 400's NEXT YEAR.

**Canadian Forces National Squash Championship**

The Canadian Forces (CF) held its first National Squash Championship hosted by CFB Esquimalt (Victoria) 19-23 January 1988.

Two members of CFB Winnipeg made the Prairie rep team along with three from CFB Cold Lake. Master Corporal Jim Weatherby played number three seed and LCol Al Erickson number one seed, in the open category. The Prairie Region team came in third of six teams and both MCpl Weatherby and LCol Erickson made it to the semi finals in the open individual competition. MCpl Weatherby lost to Capt John Power, the overall winner and LCol Erickson lost to Master Corporal Bob Bowers, the runner-up.

The first National Squash championship was first rate in all respects. It brought together the best military squash players from across the country in a keen competitive spirit which will no doubt spawn more interest in the game across the Canadian Forces. This first na-

tional competition was held on a trial basis to determine whether it should qualify for support in future years. There is no doubt that from the players' perspective it was a resounding success which will only become better as the sport grows at the grass roots level. Let us hope that the National CF Squash Championship will continue in subsequent years thus creating an improved atmosphere contributing to better player development, fitness and sportsmanship in the Canadian Forces.

**FLYERS Basketball**

The Flyers finished off the 1987-88 regular season with a record of 12 wins and 2 losses. This placed the Flyers in second place in Division 7 of the Winnipeg Senior Mens' Basketball League. The Flyers will meet seventh place Master Roofing in their first playoff game and hope to go all the way to the finals. The team is confident that they can win the finals as they have beaten every team during the regular season.

**Intersection Curling**

The Inter-Section Curling League is going great guns, and with thirty-two teams participating, there are lots of close games

and some not so close. After Round Robin play, the league will have its wind-up Bonspiel starting 9 Mar 88.



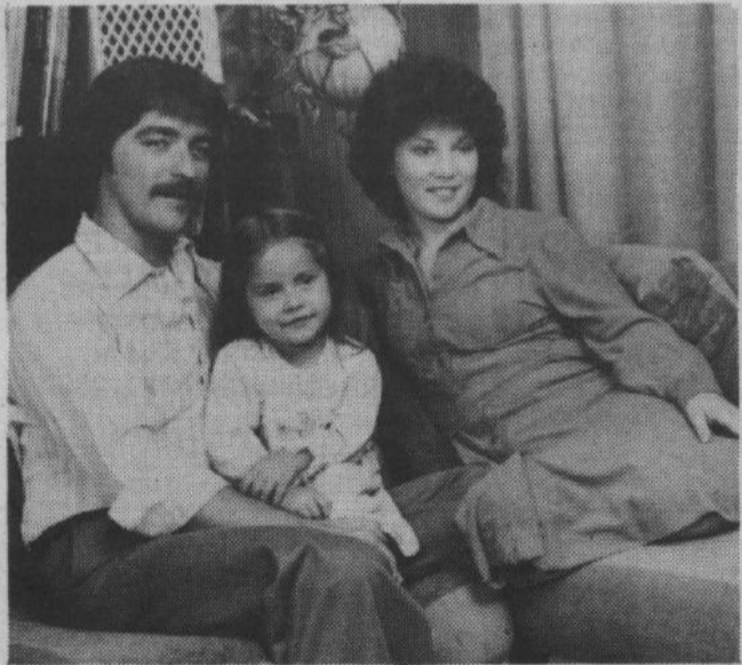
Major Brazeau, BPSvcsO, plays the first take-out of the 87/88 season, with MCpl Bob Graham, Drawmaster, sweeping.

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## 14 Training Group HQ Santa's Boots — Let's Get Serious

14 Training Group Headquarters staff begin the new year with hearts and souls full of promise, prospect — and panic. First, everyone promises to fork over more money to help the provincial auto insurance corporation in its drive for fiscal glory; second, the prospect of a posting to Hawaii; and third, sheer panic in the realization that the first is for real and the second isn't.

In actual fact the panic at this time of year is in the Training Control padded cells where the rush is on to get the 88/89 training schedules onto the street.

To look back briefly, congratulations are in order for Major Jim Fowler who finished off the old year by cutting the sleeves off his uniforms. Then everyone went bowling one December afternoon and gorged themselves on fried chicken. The highlight of the tournament was something called Scotch Bowling in which the ball

is delivered from different positions, either backward, forward, upside down or whatever. I didn't think hardwood flooring could splinter like that.

First new face through the door this year belongs to WO Dennis Milton who arrived from the AJAG's office to be a Training Control cellmate. Second is Cpl Sheila Swedberg from Summerside, also working in Training Control.

With only 11 shopping months 'till the next Yuletide, this matter merits immediate attention. The powers that be have indicated that this sovereign nation must place more emphasis on research and development (R&D) to stay competitive in the industrialized world. What better project could the True North sink its R and D teeth into than to come up with a decent, believable pair of Santa Claus boots?

Think back to all those Santas you've seen in shopping malls and children's parties over the years. Depending on the money spent, some of them were wearing pretty sartorial red velvet outfits and beards that were quite credible. The big loser is footwear. The best Santas this writer has ever seen still wore street shoes and a pair of phoney looking patent leather leggings, or worse yet rubber boots with red toes. With Canada's reputation for being on the forefront of Arctic technology a pair of real Santa boots developed in this country could wipe out our trade deficit forever. Now that free trade is at hand, the prospective markets to the south simply boggle the mind.

So arise Manitobans! Forget the CF18 and think Santa boots. After all, we still have three months to do cold weather testing on them.

## Winter Driving — The Motorists Survival Kit

Survival in any hostile environment depends upon being equipped to handle all the demands that the situation may impose. This particularly applies to urban and rural motorists when faced with unsympathetic winter weather. When driving snow, freezing rain or drizzle, cold waves, winds and blizzards arise, motorists can suddenly be forced to cope with an on-the-road emergency situation. The best advice drivers can take is to avoid travelling in adverse weather conditions.

Heed weather advisories and carry the following basic equipment in your vehicle for winter operation:

- properly inflated spare tire
- wheel wrench
- tripod type jack (single leg jacks are unstable when ground conditions are poor)

- lightweight shovel
- reinforced tire chains
- tire wedges (to prevent rolling)
- a bag of sand, wire traction mat or some other suitable abrasive substance
- first aid kit
- pliers
- rubber mallet
- windshield scraper
- snow brush
- flashlight
- tow chain
- flares
- supply of gasoline anti-freeze
- a set of battery jumper cables
- large box of facial tissues

Make sure a **SECOND SET** of car keys is located **OUTSIDE** the passenger and trunk compartments. Car keys can be easily lost in deep snow.

**FOR OUT-OF-TOWN TRIPS** the above equipment should be supplemented with:

- blankets or sleeping bags
- lined winter boots and hat
- a supply of rags
- twelve wide candles
- a fire extinguisher
- a blizzard or emergency ration kit

A blizzard or emergency ration kit should include:

- several small cans of Sterno (canned heat) **USE WITH CARE! ENSURE ADEQUATE VENTILATION.**
- several packs of safety matches — **WOODEN MATCHES ARE BETTER.**
- a pair of woolen mitts and 2 pairs of woolen socks
- an aluminum mug
- a small aluminum pot
- knife, fork & spoon
- one or more one-gallon cans with plastic covers, such as empty three-pound coffee cans (for toilet facilities if required).
- sources of high-calorie non-

# FANCY THAT!

Though many know paper money was the invention of the Chinese, few know the year. It was 910 A.D. By 970, paper money became the most popular form of paying bills. Today, over 1,000 years later, cash and personal checks are still the most popular form of payment, regard-

less of the amount of type of purchase.

For purchases over \$50, a national survey by Payment Systems Education Association (PSEA) reports Americans choose checks more than any other form of payment. Less than one percent of those surveyed reported using debit cards or electronic funds transfer for any purchase.

"We in the check industry are not surprised that the survey shows people prefer cash and checks," Peter Braunfisch, president of the Financial Stationers Association, said. "We've seen for years, through our increased sales and profits, that checks remain popular."



Paper money was popular for paying bills in 970 A.D.

perishable food energy such as nuts, candy, gum drops, biscuits, crackers, cookies, dried soups, dried beef, sweet bakers chocolate, honey, gum, sugar, powdered milk, tea bags, instant coffee.

Drinking water may be obtained by melting snow but **DO NOT EAT SNOW.** This uses up body heat and lowers your body temperature. It also dehydrates your body resulting in a net water **LOSS.**

The kit may be contained in a five-gallon oil can with a clamp on lid or some other **AIR TIGHT** receptacle. Keep the emergency kit **INSIDE** the car. The trunk may be frozen shut or jammed by a collision when you need it.

Give that extra attention to planning for winter driving. You may not be able to improve the weather, but **YOU CAN IMPROVE HIGHWAY SAFETY.**



Today checks are the most popular form of payment for purchases of over \$50.

"Americans appear to be sending a message to financial institutions that are promoting debit cards and electronic banking," said David Meyers, PSEA President. "They still prefer cash and checks to the newer forms of payment."

For more information about payment systems write: PSEA, 1050 Seventeenth St., Suite 2000, Denver, Colorado 80265 or call (303) 892-0455.

### THE SIX INCH, SIX POUND MICROFURNACE



Imagine heating a 17' x 20' room for 24 hours for 68 cents! In tests conducted by the National Testing Laboratories, the tiny **Microfurnace** raised the temperature of a 17' x 20' room from 50°F to 70°F and maintained the temperature at that level for 24 hours. The costs were based on the national average for electricity of 7 cents per kilowatt hour. The secret of the revolutionary **Microfurnace** is a scientific breakthrough: barium titanate honeycomb disc heating elements. Let's look more closely at some of the unique features of this remarkable product. **Safety:** despite its enormous heat output of 5,200 BTU's, the tiny **Microfurnace** is incredibly safe. Utilizing special ceramic low temperature heating elements, it is virtually impossible for the heating elements to ignite even something as flammable as

tissue paper. There are no combustible fuels, flame or red-hot coils and a safety grille gives added protection. Exceptionally safe and great for a child's room. **Efficiency:** the honeycomb pattern in the disc elements produces an extremely large heating surface, and the quiet turbo fan drives 100% of the air through. No other heater can do that. As a result the **Microfurnace** does its work much more efficiently than an ordinary electric heater. **Comfort:** the **Microfurnace** is the only heater with a true thermostat that allows you to dial in the temperature you want. The patented thermistor circuitry then holds that temperature, without the heating peaks and valleys that can result from cycling. **Durability:** the **Microfurnace** is built like a tank, with a heavy-gauge metal case, industrial-grade components, and a meticulous attention to detail. It carries a 5-year limited warranty. **Versatility:** this six pound, six inch cube will go anywhere. The **Microfurnace** allows you to lower the heat for the entire house and selectively heat only those areas you occupy. The **Microfurnace** has been manufactured in Niagara Falls, Ontario since 1982; and was introduced by Performax Systems Limited into the Manitoba marketplace in 1986. Performax is pleased to introduce this latest technology in electronic heating. Includes a built-in handle and washable air filter. Standard 110 volts AC, CSA approved.

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**Misc. For Sale**

Queen Size Mattress and Boxspring. Very good quality and in good condition. \$100 Phone 889-0662

Exercise Bench and Set of Weights. Bench is in very good condition and set of weights includes 75 lbs of metal discs, a 5 ft bar, 2 x 14 inch bars. \$50.00 Phone 889-0662

Ladies Winter coats — 2 black borg, sizes 10 & 14, \$65.00 ea. 1 Cloth Winter Coat — burgundy, size 14, \$25.00. 1 Mens Polyester Filled Jacket — maroon, size 44, \$20.00. All new condition. 13" Tricycle, new, \$30.00. Call 888-3922 anytime.



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Would like to buy a flight/ground's crew jacket. New or used. Price negotiable. Ph 452-4939

Wanted Housekeeper, 1:30-5:30 pm daily, light housekeeping & supervision of children after school. \$6.00/hr. Ph. 831-9769 after 6:00 pm ONLY.

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**Kindergarten Registration**

(Kindergarten Registration — during the hours of 08.30-11.30 and 12.30-16.00  
 For Personnel in the Jameswood Park Area (BLHUs & MDPRs))  
 An "Information Evening" for all parents registering Kindergarten Students for the September 1988-89 school year will take place at Jameswood School on Monday, February 29, 1988 — 19:30 hours in the Kindergarten room #122.  
 Registration for Kindergarten students will be the week of March 7-11, 1988

- 1) Children must be five years of age before January 1, 1988 (those born in 1983).
- 2) It is necessary to present a birth or baptismal certificate at time of registration.
- 3) Please bring your child's immunization record with you.
- 4) All eligible children should register in order that all classes and staffing can be finalized for the Fall Term.

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**TOPS Meetings Wed.**

Are you interested in losing weight? Meet with others who have a similar problem. A new TOPS (Take Off Pounds Sensibly) chapter has been formed in the North Side P.M.Q. area. We meet every Wednesday evening (Weigh-in 6:30-7:00; meeting starts at 7:00) in the Jameswood Elementary School, #1 Braintree Crescent, upstairs in Room 210, the Library. Please use rear door of the school.

TOPS is a support group to help people lose — and keep off — those unwanted pounds. With the help of each other, contests and other incentives, many pounds are shed for a healthier and more fit membership. Our fees are minimal, and life-time friendships are often formed. There are TOPS groups throughout the world, and memberships are transferable.

If you wish further information, please call: 885-4136, 832-8477 or 255-2147 (between 5:00 and 9:00 p.m.).

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