

Voxair



Free

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CFB/BFC Winnipeg
 28 September 1988

Recce Platoon wins 2PPCLI Sports Day Safe backing...the hard way!

by Sgt T.P. Power, Recce Pl

Once the dust had settled and the threats from lesser platoons had become a mere murmur, Recce Platoon had once again laid rest to the rumours that we had grown soft with the passage of time. With memories of Capt. Pollock and endless treks around the wilds of Sennelager, the platoon set off to conquer a task too difficult for mere mortals...the Sports Tabloid.

A blistering pace was set by a stalwart and determined Pl.WO. An idle threat was unceremoniously given by a passing DCO, no doubt wishing that he too could partake of such boldness, then sate himself with the nectar of victory. "Win or you'll be doing extras!!!" Ha! What was the difference?

There was an exuberance that betrayed the normally staid troops. There could be no turning back. The threats and taunts became the spurs which would drive us to victory. Win! It was all or nothing. There is no second place in battle. The code of the warrior lives on in the Recce Soldier.

With their familiar arrogance and belligerence, the troops coursed on, streaming up and down the ropes, intimidating the obstacle course, sailing over the wall with the stretcher. Chin-ups, jerry-can filled trailers, Russian tanks, and medicine balls, nothing could daunt the Recce spirit. The scheming mind which had dreamed these tortures had failed in its attempt to break us.

When the battle was done, when the wounded had been dragged from the field, it was Recce Pl whose name appeared on the Roll of Honour. Victory...it was where we wanted to be, where we knew we had to be. And we were. We had to, we couldn't take any more extra duties!

One shot, One kill. Recce.



Members of Recce Platoon push a deuce and a half into position to finish off the Truck Pull Event during 2PPCLI's Sports Tabloid Day. The event consists of pulling the vehicle around a track and then backing it in the hard way!



Charlie Company takes aim during the annual personal weapons tests held at CFB Shilo from 7-9 Sept.

C Coy Annual Personal Weapons Test

In the face of 105 km/hr winds, temperamental section commanders and 3 RCR mortar bombs, Charlie Company 2 PPCLI deployed to Shilo and took up residence in the bunker at the Provincial Warning Center.

Our aim: shaky and blurred, but fixed firmly on the center of mass — the Annual Personal Weapons Test.

We were re-introduced to the vagaries of prairie weather and Canadian Range Control Staff. An example you ask? The winds were high throughout the three days of shooting, culminating one afternoon when the 100 km/hr mark was reached and we lost two men, blown three grid squares to the Northeast when they tried to hold a Figure 11 target in their hands. Range Control restricted the use of tracer ammo and illuminating munitions. They were afraid that a fire would start and get out of control before it could be extinguished. Good-bye C9 firing test!

New techniques were developed in applying windage corrections. Now don't try this in your home, but you have to aim 18 feet off for 100 km/hr winds. Try it if you don't believe us. We added a new serial to the PWT; it calls for a rapid-snap-advanced-application with a timed exposure on a moving target. The fire control order goes something like this..."At your target moving left to right at 60 miles per hour..."

We picked up our brass (and quite a bit belonging to the artillery) and declared ourselves to be free of all live rounds, empty casings and pyrotechnics before heading back to Kapyong to prepare for our training in Wainwright and Suffield. More to follow...Watch and shoot!!

United Way Campaign '88

See your
 Unit or Section
 Canvasser and
 Support the
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The Base Chief Said...

Some of you may have noticed that I missed the last issue of VOXAIR. This was due to some temporary duty, and leave. I was away at Penhold and Calgary for a few days, and when I got back on Monday, 5 Sep, Quincy wanted to know if I was aware that the deadline was on Friday past, due to the holiday Monday. Of course I didn't.

I even have some doubts if I will make the next issue, as things are once again getting hectic with the 5th Commonwealth Aircrew Reunion, Guards of Honour, and a pretty busy social calendar for Ann, Quincy and I. I'm also trying to get some leave in. So all I can do is give it my best shot.

On the weekend 10-11 Sep 88, Ann and I were off to Ottawa to attend the wedding of my daughter. She had a glorious day for it, and of course she made a gorgeous bride. I guess all fathers feel that way about their daughters, and I'm no exception. I'll

take this opportunity to wish her and Dan all the best in the future. I was very happy and proud for her on her special day.

While in Ottawa, Tanya (my daughter), and I were sitting around reminiscing about the good old days. During that conversation, she reminded me that I had to be the original "Couch Potato" back during the time she was growing up. When I reflect on that period, I have to agree with her. It was awful! In addition to working very hard, my routine seemed to be, home on Friday, on the couch, in front of the television, and get up Sunday evening to get ready for bed, and work on Monday. What was so sad about that period was the fact that I had cut myself off from others, and had ceased communication with my family. I think I could have told you who the heavy-weight World Wrist Wrestling Champion of the 1977 Petaluma, California Tournament was. But I'm not sure I knew what my kids

were doing. It's no wonder that I consider myself to be a fairly decent Trivial Pursuit player, that's all I ever knew in those days, trivia. Or more correctly drivel. How sad, not to mention the waste of valuable time.

I am happy to report, that that period in my life is over now. I am very selective about what I watch on television. I try to pick out programs that are interesting and of some value. That makes my TV watching very short as there is not too many programs these days which fall in that category.

I have also discovered a few things after I stopped watching so much television. First of all, it really doesn't matter if the Blue Jays beat the Tigers, or the Jets beat the Oilers. If I should miss the game on television, I can always watch the sports news at the end of the day, or read about it in the paper, and you know what? Life still goes on. What a surprise!

I have also discovered that there is a whole new world right in my back yard. I can walk the dog, mow the lawn, work in the garden, fix a few things around the house, wash the car, and generally do a lot of productive things. As I say I've discovered a whole new world. Maybe we

should all do an assessment of our TV watching habits, and it's quite possible that from that assessment that you too can enjoy your family, friends, and hobbies a little more.

Quincy and I were out for a walk the other evening, and he started to ask me some very hard questions. I didn't have all the answers either, but I'm always happy he asks.

Here are some examples. Q. "Why did kamakaze pilots wear helmets?" A. "I don't know". Q. "They say it's bad luck if it rains on a casket at a funeral, for whom?" A. "I don't know".

There was another funny thing I was wondering about myself. While we were flying back from Ottawa on Sunday (11 Sep via Commercial Air), we hit some very bad turbulence. After we had dropped for what seemed like a couple of hundred feet, and the pilot had the plane under control. Why is it necessary for him to make the following announcement? "Ladies and Gentlemen, we are experiencing some heavy turbulence." I didn't think that all the people on board were that stupid, that they didn't notice that we were experiencing some heavy turbulence.

How do you spell relief? I found out during the last Base Commander's Parade and

CFANS Wing Graduation Parade. While watching #2 Flight get ready to march on, the Flight Commander ordered them to, "Move to the Right in Threes, Right-Turn." One young officer cadet turned left. It was with great relief that I found out later that he was not graduating until next June. As a Navigator, I hope by that time, he will have learned his left from his right.

I was trying to figure a way to end this article, when Quincy came up with a good idea. He suggested I use a joke that was published in the July/August issue of the Legion magazine. I think I will.

It seems that this WO who was in charge of "spit-and-polish" for a CO's Friday morning inspection in Aldershot, England was blessed with a "Beetle Bailey" type, and when he arrived at the parade square slovenly dressed, the WO in exasperation, told him to get back to the barracks and stick his butt out a window. After the parade he asked the kid what he had been doing when the CO passed the barracks.

He said he had done exactly what he had been told to do. The WO asked him what the CO had said.

The young soldier replied, "He said, Good morning, sergeant-major."

Crew trials, Autopac and Security MOC

More questions on Conditions of Service...

In the course of a recent Condition of Service staff visit to CFB Winnipeg, a number of questions were asked by CF members which no one on the visiting team was able to answer at the time. The questions have been researched and the answers are provided below.

QUESTION:

Since women in general are not particularly interested in careers in the combat arms, it is difficult to understand why the lives of men in the combat arms must be totally inconvenienced and disrupted to accommodate a few women — not to mention the effect the presence of women in any number will have on the cohesiveness and spirit of the unit.

ANSWER:

It has been argued that women ought not to be combat soldiers because their presence would adversely affect unit cohesion, discipline and morale, and so negatively impact on the unit's ability to meet its operational taskings. The lives of some men in some combat arms units must be mildly disrupted so that these fears and apprehensions can be put to the test through the creation of a few mixed-gender troops and platoons. If the fears prove to be groundless, then the proportion of the Canadian population of interest to recruiters would be significantly increased.

QUESTION:

Even if there are enough women initially to run a combat arms trial, it does not seem likely that enough women will show much interest in pursuing careers in the combat arms in the future and the whole trial will have been a waste of time.

ANSWER:

Until women who join the labour force of this country are as aware of career opportunities in the armed forces as young men are today, we cannot accurately predict at what rate women might be interested in pursuing careers in the combat arms.

QUESTION:

Since so few women seem interested in joining the combat arms, scarce DND dollars would be better spent elsewhere than on a combat arms trial.

ANSWER:

Enrolment of women for the occupations central to the CREW trials began on 1 Sep 87. To date, 60 women have been enrolled for the hard sea trades and 62 women for the army trials. Another 27 women have been made offers of enrolment or occupational trans-

fer into the combat arms or support arms. Still another 116 women are on recruiting centres waiting lists, in competition for combat arms vacancies as they occur. Therefore, it can now be said that indeed there are women who aspire to careers in the combat arms or at sea.

The recruiting of women for CREW has been mistakenly linked to a \$500,000 recruiting campaign aimed at women. This campaign was designed to advise young Canadian women of opportunities open to them now as pilots, doctors, marine engineers, aircraft mechanics, vehicle operators, and so on. It was hoped that some of the women attracted to a CFRC by the ad would consider careers in the combat arms, but the recruiting campaign expense cannot be attributed to the CREW trials.

QUESTION:

The Manitoba automobile insurance plan, Autopac, has adopted a 'merit point' system under which drivers with accident free records pay lower premiums than those who have had accidents: This practice is by no means unusual, but in Manitoba

the safe driving credit is given only with respect to one's Manitoba record. No credit is given for accident-free driving outside of Manitoba. The result of this policy is that CF members are getting little, if any, benefit from the merit point system because they spend too short a time in the province. Can anything be done to convince Manitoba to give CF members credit for accident free driving outside of the province? As matters now stand the service member is being treated as a second class citizen.

ANSWER:

The AJAG Winnipeg is contacting the responsible authorities to discuss with them whether there is some way by which CF members and their accompanying eligible dependants can be given credit for accident free driving outside of Manitoba.

QUESTION:

In the Security MOC, Officers are being required to meet different promotion criteria depending on what DEU they wear. Since this was not discussed at the time DEU decisions were made, those involved were not able to make informed decisions with regard

to their future careers and some now wish they had made different decisions.

ANSWER:

Security MOC Army Officers, like their Army counterparts, are obliged to write FOEs if they wish to be eligible for selection for CLFCSC. In order to be selected for CFCSC, Security MOC Army Officers must have completed CLFCSC. This does not apply to the Security branch Naval and Air Force officers, so therefore there is a discrepancy insofar as selection for CFCSC is concerned.

This senior Security Branch Officers are reviewing the FOE and CLFCSC requirements with the possibility that all branch officers could be required to write FOEs. At present all branch officers are being encouraged to write FOEs with the aim of attending CLFCSC regardless of DEU.

Officers with Army DEU have been promoted to senior rank without benefit of CLFCSC or CFCSC, therefore the need for these courses although most definitely desirable, is not a requisite for promotion.



FOLLOWING THE CANADIAN FORCES

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Happy Thanksgiving



From The Voxair Staff

Controlling your Blood Pressure



Your doctor has just told you that you have high blood pressure. Now you're wondering how this condition will affect you.

The first thing you should realize is that you'll have to modify your lifestyle. Although high blood pressure (or hypertension) can't be cured, it can be controlled through lifestyle changes and in some cases, prescribed medication. You should discuss any lifestyle modifications to help control your blood pressure with your doctor.

***Diet.** If you are overweight, your doctor will suggest you go on a diet. Not only will you look and feel better, but losing weight should help lower your blood pressure.

***Sodium intake.** Sodium, found in table salt, plays an important role in controlling your blood pressure. High levels of sodium in your diet can lead to fluid retention and that, in turn, can lead to high blood pressure. Your doctor will ask about your sodium intake and suggest that you reduce the overall amount in your diet.

***Smoking.** If you smoke, it's time to quit. Smoking raises your blood pressure and is a major risk

factor in the development of high blood pressure.

***Exercise.** Regular exercise is generally good for your heart and for blood pressure control. As well, exercise helps to reduce weight and that, too, helps lower your blood pressure.

***Medication.** If your doctor prescribes medication, discuss any possible side effects. In the past, hypertensive medication has been known to cause such side effects as drowsiness, sexual impotence, fatigue and depression. However, recent advances in medical science have developed new medication that can lower blood pressure with reduced side effects.

Whatever the recommended treatment, it's important that you understand your doctor's instructions and follow them carefully. Ask questions and be informed. Hypertension, the "silent condition," can be controlled and you can lead a fulfilling happy life.

For more information on high blood pressure contact:

Hypertension Information Centre
80 Bloor Street West
Toronto, Ontario
M5S 2V1

Naval history made

Naval history was made this summer at Canadian Forces Base Esquimalt by the first two women to become qualified to sail all minor war vessels.

Lieutenant(N) Nancy Olmstead, 31, of HMCS Tecumseh in Calgary and Lt(N) Diane Prendergast, 23, of HMCS Star in Hamilton, Ont. completed the requirements for their Bridge Watchkeeping Tickets at HMCS Venture, the Naval Officers Training Centre.

"It is a proud day for these women and a proud day for the Navy and for those who have worked so hard to get women these career opportunities", said Captain(N) Tony Goode, commanding officer of HMCS Venture, at ceremonies marking the presentation of the certificates.

This was the first summer that female naval reservists had the opportunity to seek to become qualified to sail all minor war vessels. This qualification also applies to the new minesweepers recently announced by the minister of national defence.

"I've always wanted to go to sea. Getting my BWK (bridge watchkeeping ticket) is great because I like the responsibility and the challenge of command", said Olmstead. She has made history in more ways than one though as her husband, Lt(N) Gary Whitehead, is also a fully BWK qualified reservist and they are the first husband and wife team to be bridge qualified at the same time.



Lt(N) Diane Prendergast (left) and Lt(N) Nancy Olmstead plan a passage on one of the west coast minesweepers that they are now qualified to sail.

(Canadian Forces Photo by Sgt Ed Dixon)

"My husband and I have trained together for some time and he was actually my supervisor at one point. Now however we are on an even keel even though he helped to train me in the past", said Olmstead.

Lt(N) Diane Prendergast graduated this spring from Memorial University with a degree in Physical Education and will be with her unit, HMCS Star, in Hamilton, Ont.

Prendergast has also been in the forefront of making great strides for women in the navy. She recently returned from a one and one-half month NATO deployment in HMCS Protector where she visited South Hampton, England and Denhelder, Holland.

"For women considering a part-time career as a reservist, now is the time, because with all of the new initiatives for women and new career fields becoming open we are in the right place at the right time", she said.

"I don't really consider myself a pioneer but rather, I am happy that I finally had the opportunity to get this ticket", she said. Prendergast is also one of the few regular and reserve force women to hold the ship's diver qualification.

The women trained with regular force trainees and said that the best part about the training was that they were treated like one of the crew and did not get special treatment because they were women.

"The men didn't rush to help us with heavy work like handling the lines and we were trained to the same standards as regular force personnel", said Olmstead. Both women were the only females in their training ship for the entire nine weeks at sea.

"It is impressive to see how far these women have come in such a short period of time and I hope that these two women will seek to become command qualified so that they can captain their own ship", said Capt(N) Goode.

Olmstead and Prendergast said that that is exactly what they have in mind.



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FIRE PREVENTION NEWS

Living Safely with Propane

A growing number of cottagers, campers and backyard barbeque enthusiasts realize that propane can be used as a convenient and economical fuel source for recreational, camping and household appliances.

Propane is a clean, portable and efficient fuel for use in Bar-B-Q's, stoves, refrigerators, space heaters, water heaters, clothes dryers, lighting and much, much more.

Used with care, propane is a safe and convenient fuel. Propane gas is not toxic. Nor is it injurious to you, should you be exposed to it in limited quantities. However, should a leak occur the accumulation of propane gas can become dangerous.

Propane is heavier than air and it tends to settle in the lowest available space. Very small amounts of propane are required to create a flammable mixture of gas and air. In the limited space of a recreational vehicle, for instance, very little propane is

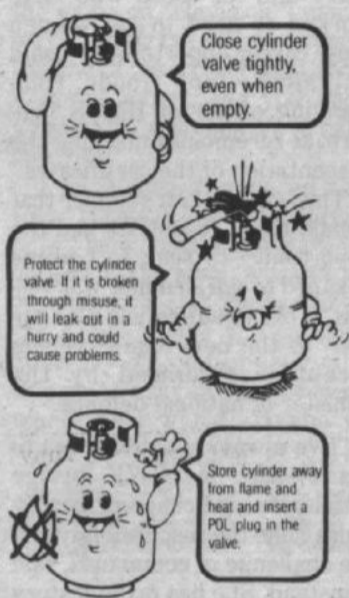
needed to create a hazardous situation which can result in injuries, even death, and property damage. Propane requires a large volume of air to burn properly. With adequate ventilation, an operating burner gives off a number of harmless products such as carbon dioxide and water vapor. But a propane appliance starved of oxygen can quickly produce dangerous amounts of carbon monoxide, similar to the lethal gas produced from a car exhaust.

For most uses propane is generally sold and stored in a cylinder. The cylinder is a critical part of your propane fuel system requiring special care and maintenance. Propane cylinders manufactured in Canada carry markings which mean that they have been manufactured to an acceptable specification. By law, all propane cylinders are required to be re-qualified for continued service at each 10-year interval starting with the date of manufacture. No person should fill a cylinder that is overdue for re-qualification. "Out of date", extremely rusted or damaged cylinders cannot be filled.

Learn now what you can do to ensure the safety of yourself and others when using propane! The

following safety information will assist you in this regard. However, should you encounter any questions or problems not covered in this pamphlet, on propane cylinders or any other components of your propane fuel system including the regulators, piping and connectors and the appliances, consult a propane dealer or service organization.

When Cylinder Is Not In Use



GIANT FLEA MARKET

WHO: Any individual or group with something to sell
WHAT: A Giant FLEA MARKET
WHERE: LIPSETT HALL
WHEN: SAT 1 OCT 88 at 1300 hrs.
WHY: In support of the United Way Campaign
HOW: Simply rent a table for \$5 and the money you make on sales is your own
 Contact Capt. Gord Reid at local 5135 for more details

I, You, and You

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SISIP and your insurance needs

Have you thought about your life and disability insurance needs lately? Maybe you have! But have you done anything about it? Of course we all have lots of time to act; or do we? Let us for a moment consider recent statistics.

In 1987, the Canadian Forces suffered 103 casualties. Motor vehicle accidents, heart disease and cancer accounted for 62 percent of these casualties. Salient statistics follow:

Cause	Number	Age Range	Average Age
Vehicle	28	19-45	26
Heart	18	26-58	46
Cancer	18	26-56	41

Of the sixty members with dependants many may have thought about life insurance but twenty, or 33 percent, did nothing about it! Just think of the grief and hardship this lack of planning may have caused. Let us consider alternatives available to us under the SERVICE INCOME SECURITY INSURANCE PLAN (SISIP).

SISIP is a group insurance program designed by military members with the assistance of specialists in the field of insurance. But more important, it is managed by military members for all CF personnel including members of the Reserve Force, and their dependants. SISIP offers a full range of benefits 24 hours a day to meet your personal insurance needs at very competitive rates. These needs include disability insurance on yourself as well as life insurance on your life and that of your dependants.

Where do you go to obtain information about SISIP? You could start by reading CFAOs 56-33 and 19-8. Amongst other things, you will discover that SISIP is the only life and disability insurance program both endorsed and supported by DND.

SISIP also has a network of dedicated unpaid military SISIP advisors located at Bases, Stations, Units and Ships. They are trained to explain the program to you and to assist you with the application process.

If you are not now a member of SISIP think about yourself and your loved ones. Act now, contact your local SISIP adviser, *WO Karalenas (Pay Office) Loc 5280.*



In Memoriam

Those of you who visited Kap-yong Barracks during the week of 15 to 19 August 1988 may have noticed that our Camp Flag was at half mast. The reason for this display was to honour a great man, whose passing we were informed of that week.

Brigadier-General (Retired) J.A. de LaLanne, 91, a war hero and former mayor of Westmount Quebec, died on Friday, 12 August 1988. His loss was felt by all Patricias serving and retired.

Brigadier de LaLanne entered the First War in 1915 as a private with the PPCLI. He was wounded three times, twice awarded the Military Cross for bravery, and was commissioned in the field rising to the rank of Captain by the end of the war. In 1967, the town of Vimy, France honoured him by naming a street, rue du Général de LaLanne, recognizing him as the liberator of their township. While a Lieutenant, Brigadier-General de LaLanne, had led the first patrol into Vimy during the battle for Vimy Ridge.

He again answered the call to duty in 1940 and during the Second World War held many positions, including Vice Adjutant General to the Canadian Army.

His achievements as a civilian were equally impressive: president of the Institute of Chartered Accountants of Quebec; president of the Graduates Society of

BGen J.A. de LaLanne



Brigadier-General J.A. de LaLanne CBE, MC, OSTJ, Ed, (Retired) and his aide.

McGill University; and, vice patron of the Royal Canadian Legion, to highlight but a few.

Brigadier General de LaLanne was a great man; a self-effacing hero proud to have served his country, but modest for himself.

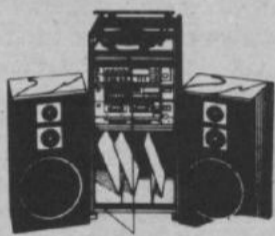
He was an inspiration to us all and Patricias everywhere mourn his passing. His memory will live on with all who knew him. He will be greatly missed...VP.

Capt. K.K. Conrad

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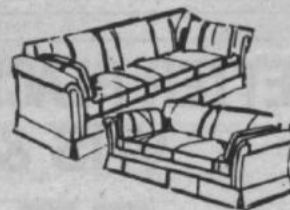
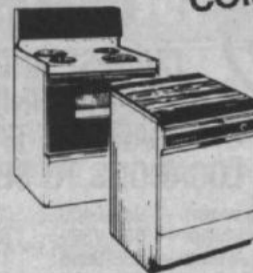
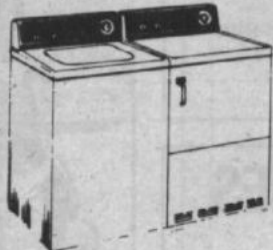
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Air Command Retirement after 36 years of service



BGen HM Sutherland, Air Command Headquarters Chief of Staff Support, bids a fond farewell to WO John Hughes upon his retirement from the Canadian Armed Forces. WO Hughes' career of over 36 years started in Feb 1952 when he joined the Royal Canadian Air Force as a Munitions and Weapons Technician. Since then his career has spanned four trades and employment on fixed-wing aircraft in Maritime, Fighter, and Transport operations. WO Hughes has made a great contribution to the Air Force community and his dedication and experience have benefitted all those with whom he has worked. All the best John; we will miss your hearty laugh and vivid sense of humour. Good luck on "The Links"!

The Crew at AMT

Long Service Award



Mr. A.N. Watson of SSO Cdt's Section Aircom Headquarters was recently presented with his Public Service 35 Year Long Service Award by Major-General J.R. Chisholm.



The approach of baseball's World Series has apparently ignited the baseball fires within CFSAS as our members have been distinguishing themselves on the local ballfields. Under sunny skies and gale force winds, the unit took to the diamond for a sports afternoon come family barbecue, and displayed heretofore hidden talents.

First it was Marie (Mantle) Emond, her golden glove and her succession of line drives. Then, drawing upon their considerable volleyball skills (also previously hidden), Bob Grieben and Rene Vezina set and spiked a sure triple in left field. A week later, Steve (three for three) Teatro and Mike Latouche aided and abetted the CFANS team, or was it the other way around, as it captured the Base Softball Championship.

Just a year in existence, CFSAS is well into the current academic year. The members of Aerospace Systems Course 41 have been aboard since 22 August, although it must seem much longer to them and longer still until graduation at the end of June.

Canadian Forces School of Aerospace Studies



Major Pete Chevrier is shown receiving his retirement scroll from the Commandant, Lieutenant Colonel Sharpe. Major Chevrier completed 27 years of regular service with the RCAF/CF, and is already on full time employment with the reserves at Air Reserve Group Headquarters, CFB Winnipeg.

The Basic Electronic Warfare Courses have started and their big brothers, the Advanced Electronic Warfare Course and the Senior Officers' EW Symposium are in the offing. With two or three Basic Space Operations Courses planned for this year, all personnel will be kept busy.

Charged with the responsibility of conducting professional development training for the air force, CFSAS runs these courses, is in the process of developing others, and regularly provides expertise to other CF schools and units.

Major Len Campaigne and Capt Jelle Blom of the Space Flight are heading to St. Margarets to conduct a three day course on Space Operations and Major Rick Barker recently lectured on Cockpit Design to the ICP Course.

CFSAS members were doubly saddened to lose librarian Bonnie Peddle to French language training and then to hear of her being the victim of an automobile accident. Best wishes go out to her and to Brian Guimond's young son recovering in hospital in Montreal from meningitis.

Commandant's Corner

There aren't that many of us around today that remember 1965 in the RCAF; however, an infamous event of that year came to mind the other day and I thought it might be appropriate to share it briefly with some of you who were fortunate enough not to have experienced it. The incident was called, in the shorthand of the day, the "500 List" and consisted of a particularly heartless move wherein 500 serving aircrew were terminated with three months notice in an attempt to save money. The move had a devastating effect on morale throughout the RCAF, causing many who had survived the 500 cut to question the wisdom of a long term association

with the Air Force. Quite predictably to all but the bureaucrats, plummeting morale caused many unanticipated releases resulting in severe aircrew shortages which in turn led to the re-hiring of any of the 500 list who would return. An interesting aside is that the Army and Navy refused to resort to such techniques to save money.

I would be interested in knowing what Quincy would have had to say about that were he around in 1965. I think he might have commented on the fact that it cost many more dollars to re-train and replace lost aircrew than was ever saved — I think he might also comment on the fact that the cost of loss of trust in the

system might never be assessed (let alone recovered). Who knows, Quincy might even be led to draw some parallels between what happened in 1965 and what appears to be happening with some aspects of our personnel system today? After all, it was Quincy's thoughts on smoking policies and BMIs that got me started on this tangent in the first place.

Loyalty is a most important prerequisite for both leaders and followers. An essential ingredient of long term loyalty to the system is the feeling that the system will be consistently fair and predictable in dealing with its members. The system is made up of people like you and me, and when the system fails to take proper care of its members, someone is failing to remember the lesson of 1965. Let's hope that those who control our personnel policies today do not sacrifice long term loyalties for short term gains; gains that like those of 1965 will be overwhelmed by ultimate losses.

Editor's Quote Book

Common sense in an uncommon degree is what the world calls wisdom.
Samuel Coleridge

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FR L-R Mr. Richard, Mrs. Sandiford, Sgt Totton, CWO Smith (BCWO), CWO Hawkins (SWO), COL Reynolds (BCOMD), Miss Quinn (A/Comdt), MWO Frosst, Sgt Van Der Horden, Sgt Noseworthy, MCpl Swanson.

The Meteorological Technician QL3 8802 Course Graduation was recently held at the Canadian Forces School of Meteorology. The fifteen graduates were presented with their certificates

by Col. L.H. Reynolds, the Base Commander.

QL3 graduates are employed throughout the Canadian Forces Weather Service as weather observers in support of land and air operations.

Highest academic standing



Pte L.S. Krienke, a recent graduate of the Meteorological Technician QL3 course, received the Certificate of Achievement from Col Loren H. Reynolds, the Base Commander. The Certificate of Achievement is given to the student who has attained the highest academic standing on that course.

BTNO promotion



Capt. R.F. Robillard, A/BTNO presents Pte. M.L. McLaughin from the General Purpose Vehicle Section at Base Transport with his first hook.

BAMEO promotions



Pte Gayle Greer, alias GiGi, from Dakota maintenance received her first Chevron, recently. Congratulations, GiGi!



Pte Bob Whittle from Dakota maintenance recently received his first Chevron from the AMSO, 2Lt Hudon.

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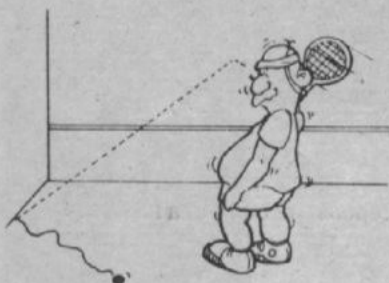
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SPORTS ANNOUNCEMENTS



SQUASH CLUB

The CFB Winnipeg Military Squash Club held its first meeting of the season on 21 Sep 88. Based on the discussion and enthusiasm, it is anticipated that an active programme is in store for avid squash players. The focal point of our activities will be the house ladder which will begin 10 Oct 88 and use the same format

as was last year. We are planning tournaments and clinics to round our the programme.

Anyone having questions about the Squash Club, contact the president LCol Al Erickson (5275), the vice-president Major Rick Thompson (5730) or the perisquash OPI CPL Rick Grasley (5514).

CFB WINNIPEG JR. CURLING

Jr. Curling will begin in CFB Winnipeg Curling Club at FOB Curling Rink on 17 Oct. 88. Beginners welcome.

Age — 10 yrs-19 yrs.

Cost — \$10.00 per person for the season. This includes Trophies and Final Luncheon.

Time — Mondays 4:30 p.m. to 6:30 p.m.

Contact: Stan Schneider, Gord Lins,
421 Kenaston Blvd. 762 Harstone

Ph: 489-8838 Home Ph: 832-9150 Home
895-5305 Work

FOB Curling Rink
Kenaston & Grant
Ph: 895-6802

Hydrafitness Clinic

4 Oct 88 from 1130-1230
Hydra-Fitness Room,
Westwin Gym

Information on Hydra-Gym and new procedures
Professional assistance

with programs by:

Bruce Schofield, University of Winnipeg; and CFB Winnipeg PERI staff.

Demonstrations of Equipment

Workout time available after clinic

Dress: Work-out clothing
All base personnel welcomed to attend.



Goldeyes Scuba Club

We are currently accepting registration for the fall scuba course commencing 11 Oct 88. Contact WO Ed Stark 895-6202 work or 895-2903 home. Pre course pool testing will be conducted at 2000 hrs Tuesday 4 Oct at The Westwin Pool Bldg. 90.

Cost: — \$110.00 Regular forces members

— \$135.00 Dependants and civilians

Plus \$45.00 and \$55.00 respectively

for scuba club and Manitoba underwater council membership fees

Your Membership Entitles You To:

1. Manitoba underwater council membership (as prescribed in CFAO 50-10)
2. Subscription to Diver magazine
3. Subscription to M.U.C. newsletter
4. Free swim Tues. and Thursday 2000-2100 hrs
5. Rental of scuba equipment (12 sets)
6. Scuba tank fills on club compressor
7. Use of 14 ft. Zodiac and 55 hp motor

Membership enquiries from existing certified divers also welcome.

Aqua Eagles Masters Swim Club



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Contact — MCpl Shane (5205)

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<p>1986 V.W. VANWAGON G.L. 7 pass. automatic, power steering, power brakes, upgrade stereo, only 28,000 km.</p> <p>Special \$16,500</p>	<p>1986 PONTIAC GRAND AM 4 dr. automatic, p/s, p/b, air cond., tilt steering, cruise control, stereo cass., frost blue met.</p> <p>Special \$11,900</p>	<p>1986 CHRYSLER LASER 2 dr., 5 spd. with sport seats, sport pkg., black in color.</p> <p>Special \$9,400</p>	<p>1986 NISSAN 4x4 Regular bed with 5 spd., stereo cass., black in color, super clean.</p> <p>Special \$9,800</p>
<p>1986 HONDA ACCORD EXI 4 dr. model, auto, completely loaded, grey metallic.</p> <p>Special \$15,900</p>	<p>1986 MAZDA RX7 GXL 5 spd., completely loaded, grey metallic, super straight.</p> <p>Special \$16,500</p>	<p>1985 HONDA PRELUDE 5 spd., with air cond., power sun roof, tilt steering, stereo cass., super clean.</p> <p>Special \$13,600</p>	<p>1984 V.W. SCIROCCO 2 dr., 5 spd. with air conditioning, cruise, power heated mirrors, stereo cass., silver met.</p> <p>Special \$10,400</p>

CHAPLAINS CORNER



Well Done Winnipeg!

For all who contributed to our used winter clothing for Labrador Drive in the summer, Thank You. Over Two Thousand Pounds of clothing has been shipped to Labrador to meet the needs of the poor who would otherwise have faced another cold winter without proper clothing. Thanks for your response again this year.

Padre R.E. Baker

Greetings from the Chapels

Renouveau: une invitation

La préparation de Renouveau avance bien, dans la paroisse catholique du nord. Le départ de ce processus de croissance paroissiale sera donné officiellement le dimanche, 25 septembre, avec la signature des participants.

Renouveau est un mouvement destiné à favoriser le renouvellement de la vie chrétienne. Il a commencé dans l'Église catholique, mais il demande aussi le soutien des autres Églises chrétiennes, dans la prière, pour porter des fruits de croissance, pour les individus comme pour les communautés paroissiales. Renouveau prend plusieurs formes. Il se fait par la liturgie du dimanche, où lectures, chants, symboles visuels, sont utilisés pour transmettre le thème religieux. Il rejoint les familles, où seulement le véritable renouvellement de la vie paroissiale peut commencer: l'Église ne se trouve pas uniquement dans les murs d'un édifice. Des groupes de partage de foi et de vie chrétienne rassemblant environ 8 à 12 personnes, se rencontrent pour échanger à partir de leur expérience et de la lecture de l'Écriture, sur la portée de leur vie de foi. Renou-

veau s'exprime aussi dans des activités de grands groupes, de type éducatif ou social.

Pourquoi avons-nous adopté Renouveau comme mouvement de croissance de la paroisse? Parce que ce processus permet de voir dans une perspective nouvelle nos activités de culte, la célébration des sacrements et de la lecture de l'Écriture. Renouveau peut aider à rapprocher les membres d'une famille, à en renforcer les liens. Il donne aussi un sens plus fort de l'appartenance à une communauté. De ce point de vue, il est un facteur de croissance dans une paroisse, dans une communauté locale, et contribue à une présence chrétienne meilleure dans le monde.

Renouveau s'adresse à tout le monde. Si vous désirez y prendre part, vous êtes bienvenu(e) à notre célébration dominicale du 25 septembre, à 11h15. Vous pourrez aussi obtenir plus de renseignements des membres du comité de Renouveau dont vous trouverez les noms sur l'affiche placée à l'entrée de la chapelle. Bienvenue à tous!

Ken McLeod

Renew: an invitation to RC parishioners

The planning for the Renew program at the RC Chapel (North) is progressing as we approach the official start with Sign-up Sunday on September 25, 1988.

What is Renew? Renew is a process that began in the Roman Catholic Church, but that seeks support and interaction of the other Christian Churches mainly in prayer. It is a force that enriches our life of faith and unifies our congregations.

Renew has a very diversified action. It reaches the community in Sunday liturgy, through readings, music, symbols. It is also a home and family process, since true renewal cannot be confined to a Church building, but also influences life at home. Renew also operates through groups of eight to twelve persons, who meet to share the light brought by the

Word of God on our daily existence. Renew also means parish activities, devotional, educational or social.

Why Renew? Because it can bring a new appreciation of worship and the sacraments. It also deepens the unity of a family, and helps build a new sense of community. This change in a parish should show in the quality of the action of Christians in a community and in the society where they live.

Renew is for everyone. If you want to be a part of the program, you are welcome at Sign-up Sunday Mass, September 25, 1988, at 11:15 hours. If you want more information, please contact any member of the Renew team listed on the chart at the entrance to the Chapel.

Ken McLeod

Remembering The Battle of Britain

Winnipeg celebrates this year the Battle of Britain in a very particular climate, since it hosts the Convention of the Wartime Pilots and Observers. This period of August-October 1940 is also an event of great significance for the Canadian Air Force: for the first time, in August 1940, a squadron of the R.C.A.F. flew into action against an enemy, won its first victories, deplored its first casualties.

The period of the Second World War reminds us, beyond all the destruction and the human and political problems it caused, of the solidarity which so many nations showed in countering the rising fascism, and of the dedication of so many militaries that gave all their energies, and, more often than we would have wished, their own life in the

defence of freedom.

The many conflicts that now plaque our planet do not keep us from saying that we live in time of peace. All of us acknowledge that, even though the situation is far from being so critical as in 1940, the mission of the Canadian Forces remains that of contributing to the restoration and development of peace in our world.

Our country sees the role of protecting our country and working towards world peace. For a Christian believer, this perspective is true to the will of a God who sees all human beings as part of a family, the unity of which is the only foundation of happiness. The peace which God wants for all of us is not reached when the arms are silent: it belongs to a deeper level of our ex-

istence. Peace is the normal expression of the respect that each must have for every and all of his or her fellow human beings. Justice is the first name of the love of our neighbour. It is the first sign of our commitment to create for others the climate of positive acceptance and support which is so important for the growth of each of us and for the development of our society. From the point of view of God, then, whatever each of us does in the petty events of daily life to create and develop this climate of a fraternal world, makes us those peacemakers that shall be called children of God, when His Kingdom finally comes, to gather into one all His dispersed children.

Jacques Marcoux

1940: Bataille d'Angleterre

La bataille d'Angleterre sera célébrée, cette année, à Winnipeg, dans un climat bien particulier, puisque c'est ici que se réunissent les membres de l'Association des pilotes et observateurs de guerre. Cette période difficile et emportante de la seconde guerre mondiale a une signification spéciale pour l'Aviation canadienne. Elle est le baptême du feu de la R.C.A.F.: c'est en août 1940 que, pour la première fois, un de ses escadrons a effectué des vols contre l'ennemi, remporté ses premières victoires, souffert ses premières pertes.

Nous ne pouvons évoquer la seconde grande guerre sans songer à la solidarité qu'a suscitée entre tant de peuples la montée du fascisme et au dévouement de tant de militaires qui ont peiné dur et, un trop de cas, eu à donner leur vie pour la défense de la liberté.

Malgré tant de conflits sur plusieurs points du globe, nous considérons que nous sommes en temps de paix. Nous nous reconnaissons la même mission, de tout

faire pour qu'existe, dans le monde, une paix fondée sur la justice.

Cette perspective, adoptée par notre pays, de contribuer au rétablissement et au maintien de la paix, rejoint la volonté d'un Dieu qui appelle les hommes à l'unité. La paix qu'il veut voir exister est loin d'être purement et simplement le silence des armes. Elle doit être l'expression normale du respect de chacun par chacun. La justice est le premier nom de l'amour du prochain: elle est le premier signe de notre volonté, à chacun, d'offrir aux autres le climat d'acceptation positive et de soutien qui rend possible la croissance de chacun de nous et le développement de notre société. Du point de vue du Dieu, tout ce que nous faisons chaque jour pour créer et maintenir ce climat de fraternité fait de nous des artisans de paix, celles et ceux à qui est ouvert le Royaume de Dieu, là où tous les hommes dispersés retrouveront enfin l'unité!

Jacques Marcoux

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14 Training Group: tying one on...maybe



"All that midnight oil was worth it" says Capt Jack Blair as he receives his Pass With Distinction (Honours) in the Officer Professional Development Program from BGen David Kinsman, Commander 14 Training Group. Formerly with the Group HQ staff, Capt Blair has since retired from the Air Force and resides in Winnipeg. *Base Photo*

The glory of sport and supreme athletic achievement dominate the media currently as the Olympics capture world attention.

Earlier events on the local scene however, provided a splendid overture to the Seoul games.

The 2nd Annual 14 Training Group HQ barbeque and slow pitch ball game took place on 8 Sept., its objectives being threefold: to have fun; eat; and to combat doughnut abuse. The first two objectives were achieved.

Unfortunately, the third was not, as someone slipped a box of Robin's Eggs in with the otherwise healthy, nutritious victuals.

The spineless jellyfish who succumb to killer fat pills are easy to recognize and heap scorn upon. They're the ones with the horribly high BMI (Bloating Middle Indicator), trying to hide it in a shiny blue Spandex uniform.

The results of this splendid sporting event were almost in-

conclusive. The whole tournament might have ended in a three-way tie; however Sheila Cuninghame decided not to run to home plate from third base, thereby denying her team the tying run. In last year's game, Sheila ran to first base and sat down on it! These great moments in sports, along with commentary by Capt. Willi Plikett may be available on video from Sports Illustrated someday. Maybe.

In real great moments, the Groupies congratulate Cpl. Wanda Stratton and husband Brian on the birth of their baby daughter.

Other new faces around the hangar belong to Capt. Bill Michael, Staff Officer Pilot Training and to Lt. Terry Hunter who recently arrived in Training Development.

Welcome to 14 Training Group HQ. During winter months we double as an air pollution and windchill test facility.

by WO Bob Shawcross



To all past and present members of 102 Squadron

It is planned to hold a squadron reunion for all present and former members of 102 Air Cadet Squadron on 8 and 9 September 1989 in Barrie, Ontario. If at least 125 ex-members and members show an interest in this endeavor, a registration form will be sent by mail and the reunion will take place. If the numbers are not enough, the project will be shelved.

It is requested that all interested persons contact the following address before 1 November 1988: 102 Squadron Reunion, c/o Ed Harmen, 69 Highcroft Road, Barrie, Ontario, L4N 2X6.



THE NAVY LEAGUE CADETS AND WRENETTES

The Navy League of Canada Winnipeg Branch is pleased to announce the return of the 1988-89 Cadet Year.

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MONDAY EVENINGS:

Royal Canadian Sea Cadet Corps Qu'Appelle for M/F 12-18 years old

WEDNESDAY EVENINGS:

Royal Canadian Sea Cadet Corps Crusader For M/F 12-18 years old

THURSDAY EVENINGS:




Royal Canadian Sea Cadet Corps J.T. Cornwell V.C. for M/F 12-18 years old

FRIDAY EVENINGS:

Navy League Cadet Corps J.R.K. Millen for boys 10, 11, 12 years old.


Parades take place at H.M.C.S. Chippawa 51 Navy Way at the foot of the Midtown Bridge between Assiniboine & Broadway Avenues between 6:45-9:30 pm come down, to learn and see what we are all about or call 942-4146, on Parade Nights between 7:00-9:30 pm. Parents are welcome.



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Will babysit in my home — non-smoker, fenced-in yard, South Side, times negotiable. Ph. 488-3093, Mrs. Kurz.

BABYSITTING — Will babysit in my home South Side. Phone 489-8099.

WANTED — Reliable babysitter for four yr old boy to come into my home (MDPR's North), Thursday evenings alternating times each week; (6:15-9 p.m.) and (9 p.m.-11 p.m.). Must be at least 13 yrs old. Need someone to start as soon as possible. Please call 831-5606 after 4:30 p.m.

RELIABLE, responsible person to care for my quiet 14 months old daughter in my home. Weekdays only from 7:15 a.m. to 4:15 p.m. South side. Call 489-2966 after 6 p.m. Well paid.

WANT TO MAKE SOME EXTRA SPENDING MONEY? I am looking for a babysitter to do occasional babysitting (nights, weekends). Must be at least 13 years old and be able to babysit in my home. (MDPR's North). Call 831-5606 after 4:30 p.m.

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FOR SALE — Dining room set — table, 4 chairs and china cabinet. In very good condition. \$600.00. Phone 832-1755.

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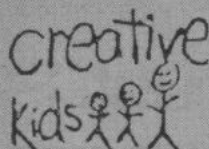
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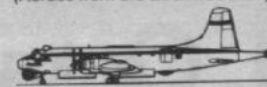
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