

Militia District Gets New Commander



In civilian life Col Bruce is president of Western Profiles Ltd.

The Manitoba Militia District includes five units, The Queen's Own Cameron Highlanders of Canada, The Royal Winnipeg Rifles, The Fort Garry Horse, The 17 Medical Company and the 17 Service battalion, all based in Winnipeg as well as the 21 Field Engineer Squadron in Flin Flon, the 26 Field Artillery Regiment RCA in Brandon, The 13 Field Battery, Portage la Prairie and the 116 Independent Field battery in Kenora Ontario.

WINNIPEG Man: ... Colonel Barry Peter Bruce has assumed Command of the Manitoba Militia District. Col Bruce takes over from Colonel Donald Lewis Barry who Commanded the District since 1986.

Col Bruce, 53, began his military career in 1960 by enlisting as an Officer Cadet with the Queen's Own Cameron Highlanders of Canada. He served as an Infantry Officer for nine years before reclassifying to the Royal Canadian Ordnance Corps and serving as a Lieutenant with the Winnipeg Service Battalion. Following a two year posting with Prairie Militia Area Headquarters, Col Bruce returned to the Service Battalion in 1975, serving as Deputy Commanding Officer and then Commanding Officer until 1980.

In 1987, Col Bruce was appointed Deputy Commander of the Manitoba Militia District.

The retiring Commander, Col Berry, currently works as Principal of O'Kelley School at CFB Shilo. He is active in the Legion, Royal Canadian Artillery Association and is a member of the Manitoba Association of School Principals. A Licensed Pilot, Col Berry is interested in outdoor activities, numismatology and reading. Col Berry, age 49, joined the Canadian Forces as a Trooper with 12 Manitoba Dragoons in Virden Manitoba in 1957. He later transferred to the 26 Field Artillery Regiment, serving in a number of capacities before being appointed as Commanding Officer in 1977. He served as SSO operations and Training at Prairie Militia Area Headquarters from 1981 until 1985 when he was appointed Deputy Commander of the Manitoba Militia District.



Col Barry Bruce CD, Commander, Manitoba Militia District

CFB Winnipeg Golf Course — 1990 Season



The 9th hole as it will soon be.

As you are all aware, the CFB Winnipeg Golf Course experienced important growth in 1989. All greens became operational, sand traps were installed and trees were planted. This resulted in a fairly successful golfing season as the 65 memberships and 4000 casual golfers can attest.

In 1990, the Executive of the Club is forecasting as good if not better golfing with the opening of the new green at Number 8 and the consolidation of the present course. However, to be truly successful, the 1990 season will require considerable support of local golfers. As a matter of fact this season is critical to the survival and growth of the Base Course and adequate interest will need to be shown to ensure future support from Base Funds.

Your support may take many forms. It can be joining as a member, bringing friends to golf, using the course for section tournaments or even volunteering to help construct new sand traps.

Another benchmark of the support for this activity is the need to fill all the positions on the Executive Committee. So far the Club has been a success be-

cause of the assistance and dedication of a small group of individuals. This will have to change as we need to see a vibrant membership fully support the activities of their club.

The costs currently associated with the Golf Course are:

- (1) CHARTER (for play in 1990 & 1991 & Lifetime Entitlement to purchase an Annual Membership at the lowest available price) \$270.00
- (2) FAMILY \$135.00
- (3) SINGLE \$110.00
- (4) FAMILY (HALF-SEASON) \$ 90.00
- (5) SINGLE (HALF-SEASON) \$ 65.00
- (6) GREEN FEES
 - 9 HOLES \$ 4.00
 - 18 HOLES \$ 5.00

For more information about this fee schedule or any other subject related to the Golf Club, feel free to contact WO Leo Fraser at 895-5609 or Major Yvan Lupien at 895-5210 (after 14 May 90).

In closing, I would like to mention that I hope to see you and your family on the course next summer.



The Base Chief Said...

To publish or not to publish, that is the question? What am I talking about? Not the Voxair, as there is no question that this base newspaper should be published. What I'm talking about is the results of summary trials/courts martial.

There have always been two points of view on this subject. On one side you have people like myself who say publish/publicize. On the other hand you have those with the view that the individual has already gone through the humiliation of a trial, and now we want to publish the results in routine orders or some other media, which could result in further humiliation to the person's children or family. I'll call those folks the bleeding hearts.

I can sympathize with the bleeding hearts, but to me, the bottom line is, who is responsible for creating the problem in the first place? What is the sense of holding a trial, excluding the public, and then keeping the results

all hushed up? Yes, I know that there are some out there who want to read this type of information. They are the same people who probably buy the National Enquirer at Safeway.

We seem to be leading a pretty cloistered life in the military. The average civilian has no choice. If he commits an offence, is charged, tried, and found guilty, it is done so in an open forum. If the Winnipeg Sun or Free Press see the trial as one that is of some interest, then the results are made public.

Hopefully, it would act as a deterrent to others. I am not naive enough to believe that just because an individual is found guilty and sentenced to eight years in jail for armed robbery, that it will prevent others from committing a similar offence. It sure hasn't worked on drug traffickers/dealers/smugglers. Then of course we are talking of people who are willing to take a chance for big bucks.

However, let's get back to the military. There is nothing classified about most summary trials, and yet we still keep them hush-hush. Why?

I think it would be important to let our people know that a person caught using drugs will be dealt with, and depending upon the circumstances, could be sent to Edmonton for a good stretch of time. This should at least cause others to think about the consequences of drug use.

If a person who is entrusted with monies which belong to Her Majesty, decides that they have figured out the fool-proof way of getting away with dipping their hands in the till, then slips up, is caught, and they will be. Then what value does the trial have for others, if everything is swept under the carpet and treated confidentially?

I would like to see more people who are tried by summary trials, demand their rights and request that those trials be open to the public. What have you got to lose? One very good reason for having the trial open to the public is to ensure that the person who is sitting in judgement of you, would have to ensure that all the rules for trials are followed, and that person just might exercise a bit more care and attention to the conduct of a fair trial for all to see.

I am not suggesting for a moment that trials, as conducted today, are anything less than fair, however, there is an old saying which goes: "Justice must not only be done, it must be seen to be done."

Think about it! Courts martial as a matter of course are open to the public, and the only person who can request that summary trials not be opened to the public is the accused. COs must make every effort to see that those wishes are carried out, as long as the trial does not concern the discussion of classified matters.

Remember the Charter of Rights and Freedoms was brought into effect for the good of all, this includes members of the Canadian Forces.

I see one of my pet peeves has hit the pages of the Canadian Forces Newsletter Issue 11/89. I happen to know that it is also a pet peeve of a good many other CWOs. It concerns the use of the term NCM. If I may be permitted, I would like to recap this article for you, just in case you missed that copy of the Newsletter.

NON-COMMISSIONED MEMBER (NCM) means any person other than an officer. NON-COMMISSIONED OFFICER (NCO) means the ranks of Cpl to Sgt. JUNIOR NON-COMMISSIONED

OFFICER (Jr NCO) means the ranks of Cpl and MCpl. SENIOR NON-COMMISSIONED OFFICER (Sr NCO) means the rank of Sgt. WARRANT OFFICER (WO) means those ranks between commissioned officers and non-commissioned officers, specifically, WO, NWO and CWO.

What all this means is that the term NCM is used collectively to describe all members of the CF other than officers. Within this collective term it is still correct to use the terms NCO, Jr NCO, Sr NCO and Warrant Officer.

We should therefore speak of the Duty NCO (Not Duty NCM), unless the duty may be performed by any person other than an officer. We should say Sr NCO (Sr NCM is not a meaningful or legitimate term), NCO i/c, and not NCM i/c, and of course the Warrant Officers' and Sergeants' Mess, not the Sr NCMs' Mess.

I don't know how many times I've seen something like, "He is the best Senior NCM in this unit," in the narrative of a PER. It was in reference to an MWO. Wrong!

Now that it's out in the open, let's start using the correct terms, out of respect for the rank the member holds. Just remember, don't ever call me "WARRANT".



THE KIT BAG II TERRY LAWRENCE

I never was any good at golf and I played a few games until a back injury made me take a break. (No pun intended). I've been threatening to search the shed for my clubs but I'm wondering if I need the frustration of watching golfballs screaming off in directions different from where they're aimed.

Sharing an office with an avid golfer can make you crazy at this time of year. If the grass doesn't green up pretty soon I'm going to

start slipping some valium into the coffee. When a guy starts holding his pen in an interlocking grip you know it's time to suggest a trip to the nearest golf equipment shop to fondle a few clubs.

I've got all the right gear, good shoes, good gloves, co-ordinated outfits, umbrella, decent clubs and a flashy red golf bag but I'm darned if I can hit the ball straight. I've had dozens of well meaning partners tell me what

I'm doing wrong, including a few who have actually asked me to play more than once. I'm convinced though that the only reason anyone would invite me to play golf with them is so that they can have a damn good laugh.

Come to think of it, I was never very good at most sports. I was a fair relief pitcher in high school with a farmers-arm fastball and I was a hot and cold goalie in a juvenile hockey league but the Junior B division and a nasty cut on the head convinced me to stop that nonsense. I was pretty good on the ski slopes and I can still win the odd pint playing darts but there's no chance of ever making any All-Star roster. I must mention another game at which I am totally useless. "VOLLEYBALL!" Volleyball is

the one game which some poor demented soul insists that all military members must play at various times in their career. In my opinion it's an activity which should be left to those so often associated with the game, naked people at nudist camps! (I suspect the only reason they play it is to have a damn good laugh!)

Is there an end to the hockey season? At the time of writing, the Winnipeg Jokes are a game up on Edmonton and the local sports scribes are outdoing themselves exercising their creative writing skills. Adjectives and clichés abound and hyperbole is the order of the day. Games are replayed every morning at coffee and the odd dollar bill changes hands. Boring isn't it? I think I'll go and check out some golf clubs.

I recently spent three days in Ottawa visiting two or three NDHQ offices. Approaching one building in which I held a very insignificant position, I was momentarily flattered to see what I thought was a welcoming committee gathered outside in the rain. I was mistaken of course, it was the usual group of smokers. One learns very quickly not to try any humorous or disparaging remarks while elbowing one's way through such a gathering, especially when one is wearing a "Quick-melt" nylon raincoat!

I have to admit that the only uniformed members I saw carrying umbrellas in Ottawa were Airforce and I thought they all looked pretty silly.

Garden Club

Do you like fresh vegetables right off the garden? You can grow your own on a garden plot provided by the Base Garden Club. The Garden Club has 30 plots approximately 25 ft x 40 ft, roto tillers to till the soil and water supply to keep the vegetables growing.

Personnel wishing to renew their memberships or to join the Club are requested to attend a general meeting to be held on Thur, 3 May 90 at 1330 hrs upstairs, Bldg 21.

Additional information can be obtained from Capt Millward, the president, at 5956 or Sgt Griffin, the secretary, at local 6328.



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Le Club de Jardinage

Aimez-vous les légumes fraîchement cueillis? Vous pouvez les cultiver sur un lot pourvu par le CLUB DE JARDINAGE. Le CLUB DE JARDINAGE a 30 lots de dimensions approximative de 25 x 40 pieds, des laboureurs pour la préparation du sol et un approvisionnement d'eau pour aider à cultiver les légumes.

Les membres qui désirent renouveler leur association au club, ou ceux qui aimeraient participer, sont priés d'assisté à l'assemblée générale qui aura lieu jeudi, le 3 mai 90 à 1330 hrs, au deuxième étage de L'édifice 21.

Pour obtenir des informations supplémentaires, vous pouvez contacter Capt Millward, le Président, au 5956 ou Sgt Griffin, le secrétaire, au 6328.



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Les Relations Co-Dépendantes

— un article de Eric Le Marec

"Je ne peux pas vivre sans toi": voici un dicton populaire qui appartient sans contredit au vocabulaire des relations co-dépendantes. C'est également une des phrases qui revient fréquemment dans les innombrables chansons d'amour qu'on entend à cœur de journée.

Une relation dépendante se définit relativement facilement: à mon humble opinion (et je suis loin d'être psychologue!), il s'agit d'une relation au sein de laquelle les deux personnes en cause ont "besoin" de l'autre. Le bonheur de l'un devient tributaire de l'autre et l'un ne pense pas être heureux sans la présence de l'autre. Autrement dit, les deux personnes impliquées dans cette relation sont co-dépendantes. Il est par ailleurs intéressant de noter que notre société définit l'indépendance et la dépendance principalement à un niveau on ne peut plus matérialiste. C'est-à-dire qu'une personne dite indépendante est considérée comme étant autosuffisante sur le plan matériel: elle a une voiture, de l'argent, tandis qu'une personne dépendante a besoin des autres sur le plan matériel. Il semblerait qu'il existe toute une thématique de la dépendance qui semble être ignoré, voire refoulé.

Dans ce genre de relation, les deux personnes impliquées recherchent dans l'époux quelque chose qui leur donne une sensation de bonheur. Pour certains, l'union leur donne une sensation d'utilité dans la vie et cela les rend heureux; tout d'un coup, ces personnes se sentent heureuses parce qu'elles se rendent utiles en cuisinant, en gardant le foyer propre et elles se sentent voulues, aimées en fonction de ce qu'elles font (au lieu de ce qu'elles sont!). Pour d'autres, par contre, l'union apporte l'affection et l'approbation dont ils ont besoin pour être heureux. La relation devient donc essentielle au bonheur de chacun des conjoints et qui est plus, la relation vient pallier à leur insécurité personnelles. Au lieu de faire face aux aspects de leurs personnalité qui les troublent, les conjoints impliqués dans une relation co-dépendante se réconfortent mutuellement et pallient leur manque de confiance ou insécurité dans une union, le plus souvent avec une personne également co-dépendante. Il s'en suit que chacune des personnes impliquées s'attend à ce que le conjoint joue un rôle bien spécifique afin de pallier sa propre insécurité. Le rôle de chacun est clairement défini en fonction des besoins des époux et cela ap-

porte au couple une stabilité sécurisante. Les conjoints co-dépendants imposent à l'autre le véritable carcan de continue à vivre en jouant le même rôle et ainsi, la stabilité est maintenue, malheureusement au dépens de l'épanouissement personnel du couple, pour ne pas dire de la famille. À la rigueur, il est permis de croire que la relation trouve sa raison d'être non pas dans le véritable amour, mais plutôt dans la rigidité des rôles déterminés et sécurisants. Il existe, dans ce genre de relation, un degré d'exploitation de l'autre dans la mesure où le conjoint pour sert de l'autre de manière à satisfaire ses exigences et à taire ses insécurités.

Par opposition, dans une relation plus indépendante, le couple est naturellement plus indépendant. (Vous me direz qu'il s'agit d'une vérité de La Pallice!) Plus précisément, les deux personnes impliquées n'ont pas besoin de l'autre pour se sentir heureux; évidemment, après plusieurs années de mariage, une certaine dépendance d'établit, mais cette dépendance ne se manifeste pas dès le début de la relation. Le bonheur de l'un n'est pas tributaire de l'autre et chacun demeure responsable de son propre bonheur! La dépendance ne remplace pas l'amour et si le couple reste uni, ce n'est pas que les deux personnes en cause ne peuvent pas vivre sans leur époux, mais plutôt parce qu'ils choisissent de vivre ensemble. Qui est plus, l'évolution spirituelle est possible, étant donné que les deux personnes impliquées ne demandent pas au conjoint de se conformer à un moule ou un rôle particulier afin de pallier à leur insécurité. Les époux s'aiment réellement et ils permettent à l'autre de changer et surtout de s'épanouir spirituellement, tandis que au sein d'une relation dépendante, le statu quo est de rigueur et le cou-

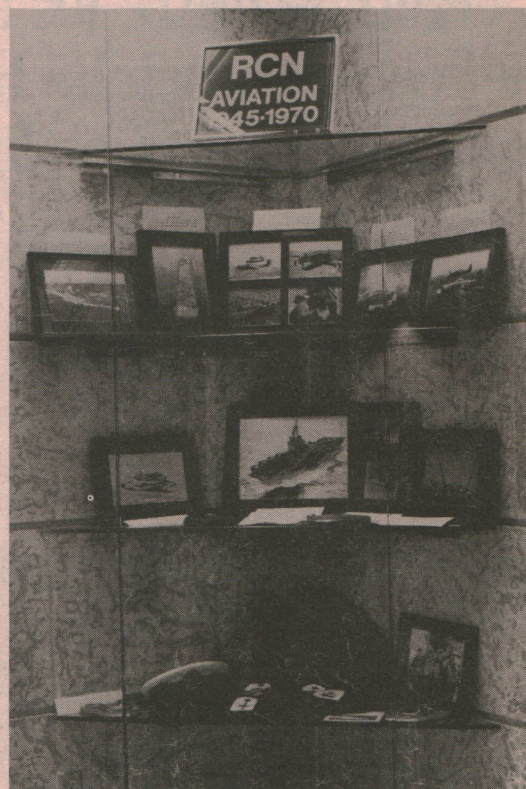
ple continue à jouer les rôles qui perpétuent la dépendance sécurisante, mais combien stérile.

Encore une fois, notre société est inondée d'exemples de relations co-dépendantes. Les romans feuilletons sont habituellement basés sur les histoires romanesques de couples co-dépendants; sans la dépendance, ces romans feuilletons seraient dénués de suspens. Imaginez que la femme de J.R. Ewing décide de quitter son mari une fois pour toute pour recommencer sa vie ailleurs! Il n'y aurait plus de quoi continuer le roman feuilleton et il est beaucoup plus captivant de voir la femme de J.R. vivre au crochet de son mari et se faire malmener!

Il est à signaler que les dépendances ne se limitent pas aux couples; il existe évidemment des relations co-dépendantes au niveau des amis. Une personne qui a tendance s'impliquer dans les relations co-dépendantes le fait tout aussi bien avec des amis qu'avec "l'être aimé". Les relations co-dépendantes amicales sont forcément moins intenses que des relations de couple, cependant il n'en demeure pas moins qu'il s'agit de relations dans lesquelles les rôles sont clairement identifiés en fonction des besoins des personnes impliquées. Encore une fois, l'épanouissement et l'amour cèdent la place la sécurité dans une relation utilitaire.

Une des caractéristiques principales des relations co-dépendantes est que l'individu ne pense pas pouvoir être heureux, voire même parfois survivre, sans la relation avec le conjoint. Cette relation causale existe également avec des objets, c'est-à-dire que nous avons parfois l'impression que tel ou tel objet nous rendrait heureux, si seulement nous pouvions l'avoir. Voilà justement ce que bon nombre de publicités essaie de nous faire croire,

New Display for Air Command



Air Command has a new display in the atrium which will be of more than passing interest to Air Command members who used to wear the dark blue of the RCN.

Captain J. Grodzinski, Air Command Historical Officer, has collected artifacts and photographs from salt-encrusted naval aircrew in addition to articles from his own collection, to provide an interesting display on Naval Aviation.

et le message nous laisse clairement entendre que tel objet nous rendra heureux. Il suffit de regarder la télévision pour quelques minutes durant les heures de pointes afin d'observer de maintes illustrations de cela.

En guise de conclusion, il semblerait qu'une des croyances de

notre société est que le bonheur, la sérénité et le contentement proviennent de l'extérieur de soi, et plus précisément, des gens et des choses qui nous entourent. Fort de cette croyance, nous courons après le bonheur sans jamais le trouver, en oubliant qu'il demeure à notre portée.

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L'échange entre les étudiants de l'école Gabrielle Roy et le centre de formation linguistique

Le 28 février 1990, 4 professeurs et 40 élèves de l'école Gabrielle Roy de la ville d'Ile des Chênes, ont visité le centre de formation linguistique. Le but de cet échange fut d'offrir une occasion à nos stagiaires d'améliorer leur français et en même temps de donner l'occasion aux élèves de visiter BFC Winnipeg.

En septembre 1989 nos stagiaires ont visité l'école à l'Ile des Chênes.

Après avoir été accueillis par le doyen, les élèves ont visité et ont participé à plusieurs activités. Ils ont eu l'occasion de "piloter" et de "naviguer" un Hercules CC130, de tirer du fusil C-7, de visiter une tente arctique et de faire une promenade dans une IL-TIS. Les élèves et nos militaires ont pris le dîner ensemble au mess des hommes.

Grâce au commandant de la base, tous les arrangements ad-

ministratifs ont été excellents.

Tout le monde s'est bien amusé et de bons échanges se sont établis.



Quel bon moyen de transport!



Les navigateurs du futur?

Cops To Run for Special Olympics



Up until 1 June 1990, many of the province's law enforcement agencies will be participating in a united effort to raise funds for a worthy cause — the Manitoba Special Olympics. The ultimate goal for the MSO is to ensure that all mentally handicapped Manitobans are provided the opportunity to participate in sport and related physical activities. Your tax deductible donations will assist Manitoba Special Olympics in the development of quality fitness, recreation sport programmes and improve the overall quality of life for the province's mentally handicapped population.

In support of MSO, law enforcement officers of the RCMP, Winnipeg city police, Military Police and many other departments will be participating in the Manitoba Law Enforcement Torch Run. During the Torch Run, each runner will take up the torch as part of a cross-province run which begins in the rural regions of Manitoba and will continue throughout the day until its dramatic conclusion at the Opening Ceremony of Manitoba Special Olympics Variety Summer Games at the University of Manitoba.

This year's target is set at \$200,000 province-wide. This ambitious goal can be attained through your generous support. As part of the law enforcement community, the Security Branch will be actively participating in this commendable cause. Your donation is tax-deductible and receipts are given on the spot by members of SSO Secur at Air Command Headquarters, Military Police at building 95 and the Special Investigation Unit at building C-3. As most of us are blessed with our health and comfortable lifestyle, please join in and help those who are less fortunate. Despite the daily hardships they endure, the Special Olympics' Oath best summarizes their unbreakable spirit for achievement: "LET ME WIN, BUT IF I CANNOT WIN, LET ME BE BRAVE IN THE ATTEMPT."

P.S. Please give generously.

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Condensation Problems in Homes

Homeowners should have a basic understanding of the relationship of temperature, air moisture and condensation to avoid short term winter problems and long term structural problems.

The Manitoba Building Code requires new houses to have sufficient thermal insulation to prevent moisture condensation on interior surfaces of walls, ceilings and floors during the winter and to ensure comfortable conditions for the occupants. The insulation must be protected on the exterior from the weather and damage by the installation of some type of siding. Protection of insulation on the interior is usually provided by a vapour barrier to reduce and prevent the movement of air and water vapor through exterior walls and ceilings. The vapour barrier is protected from damage on the interior by drywall or other material.

There were no such standards for older houses which may have poor or no insulation and little or no air vapour barrier.

One of the basic objectives in a house is to keep the interior temperature fairly constant, especially during winter, regardless of exterior climatic conditions. It is usually desirable to maintain a humidity level of the air to provide relief for breathing and to prevent static and excessive drying of wood furniture.

All air contains moisture. The amount it contains before it becomes saturated is directly related to its temperature. For example, saturated -6.7°C (20°F) air has a relative humidity of 100%. When this air enters a house and is heated to 24°C (75°F), its relative humidity drops to 12%. This happens because the volume of the air expands as it is heated and the water content is distributed throughout the larger volume. When 24°C household air with 12% humidity is cooled below -6.7°C , which can happen as it passes over a cold window or enters the attic in winter, it would start to give up moisture as condensation such as drops of water or frost and ice. In this

case, the temperature of -6.7°C is defined as the dew point of the air.

An additional factor in a building is vapour pressure. Water vapour in the air exerts pressure towards lower humidity. In winter there is normally lower humidity in outside air. Humidity is often added to interior air by humidifiers, breathing, cooking and bathing. The humidity of interior air, and thus its pressure, is higher than that of exterior air. The interior air thus attempts to seep through perforations in walls and ceilings to the exterior.

Another factor is air pressure. Wind exerts a pressure on one side of a house and there is often a lower pressure on the leeward side. As air is heated in a house, it rises and creates a slightly higher pressure at upper levels. Where uneven pressures exist in a house, air moves out through perforations where the pressure is high and in where it is low.

Most houses have perforations through ceilings and the inside of exterior walls for services such as

attic hatches, exhaust fans, doors, windows, plumbing stacks, wiring and electric junction boxes. In newer houses, there may be perforations through the air vapour barrier for these services that were not sealed by the tradesmen before the drywall was installed. The vapour barrier may have been cut by the drywall installer during installation of the drywall.

Short term winter problems can develop in homes such as condensation or ice formation on windows which deteriorate the frames and then the drywall below them. Mould and mildew can form in closets and on walls and ceilings where insulation is inadequate and humidity too high. Paint can blister on various interior and exterior surfaces due to excessive vapour pressure as water collects behind the surfaces. Drafts and cold spots can form in rooms where cold air infiltration is excessive. Frost can build up in attics when exfiltration and humidity are excessive resulting in water stains on ceilings and soffits and water damage to some attic insulations.

Long term structural problems can develop such as rotting of studs under windows that have lots of condensation and ice runoff. Wood framing in ceilings and exterior walls can rot if excessive amounts of humid air seep through perforations to cause water buildup in the wood or surrounding insulation. Excessive frost buildup in attics can prematurely deteriorate roof rafters, decks and shingles. As the frost melts, the runoff water can permanently destroy insulation and collapse ceilings.

With the above information in mind, the homeowner should keep inside surfaces at a temperature above the dew point to comply with the Code. It is also necessary to prevent excessive amounts of water vapour from seeping into attics and exterior walls as condensation in these areas of the structure is potentially dangerous.

More information can be obtained by contacting Marc Peltier, consulting engineer at 474-1873.



THE KOREA VETERANS ASSOCIATION, Manitoba Unit #17, will hold an open General Meeting, Bi-Annual Elections, and Reception of New and potential Members, at the SHILO GOLF and COUNTRY CLUB at SHILO Manitoba on Saturday the 5 May 1990 at 13:00 Hrs. This gathering shall be followed by a Dinner and Dance, friendly veterans comradeship association, and an Honors and Awards Presentation.

On Sunday 6 May 1990 a cenotaph parade to honor our comrades who fell in Korea, and at the Canoe River Disaster shall be participated in, by members of the KOREA VETERANS ASSOCIATION, The ARMED FORCES BATTLE SCHOOL, and attending Veterans Organizations and Associations, from both SHILO, BRANDON and surrounding area.

All Ex Canadian Armed Forces Personnel, and Veterans, who served in the Korean War from 1950 to 1953 are welcome to attend this important gathering of comrades, and to join with us, in remembering those who gave their all that we may live in peace.

For further information on this annual parade and social event, please call Buzz POIRIER at 888-4954 in Winnipeg.

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CFANS UPDATE

Members of Basic Air Navigator Courses 8902 and 8903 are the most recent graduates of CFANS (see photos this page). Brigadier-General D.N. Kinsman, CD, Commander 14 Training Group presented wings to the graduates at ceremonies held in March.

As the annual posting season draws near, rumours of postings to and from CFANS begin to fly. New arrivals for the summer of '90 will include Maj. Higgins and Capts. Brennan, Cookson, Craig, Goodyear, Jacques, McDonnell, Nowak and O'Grady (see individual photos). Scheduled to attend the first "NIC" course, beginning 7 May 90 are Capts. Brennan, Craig, Goodyear, McDonnell and Nowak.

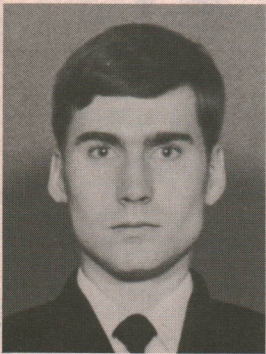
On Thursday 5 April, Course 9003 was officially welcomed to the school by the staff and students in the Tartan Room at the Officers' Mess. The occasion also presented us with the opportunity to bid farewell to Maj. J.K. Dickinson, who has been posted to the Canadian Defence Liaison Staff in London, England. Maj. Dickinson assured the Comman-

dant that his strategic placement as Staff Officer, Plans and Operations would smooth the way for future CT-142 sorties to the European theatre. Replacing Maj. Dickinson as Basic Flight Commander is Capt., soon to be Maj. Daly. Capt. Gaboury has also made the promotion list to Major. Congratulations to both gentlemen.

On the sports scene, the student/staff Saturday night hockey games are over for another year. The season was considered a success because all players maintained their medical categories and even managed to have some fun. The end of the hockey season means that intersection softball is not far away. So dust off your glove and start getting your throwing arm in shape for the Base Commander's Tournament, sometime in early May.

Finally, we take this opportunity to welcome back Capts. Kimpinski and Sawatzky from their 9 week sojourn at Staff School in Toronto. Especially glad to see them back are the instructors who have been picking up the slack in their absence.

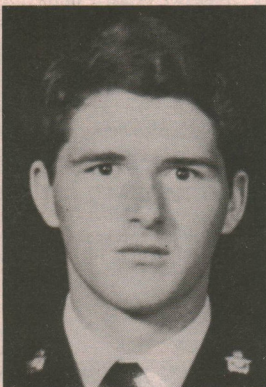
The Old Faces of CFANS' New Instructors



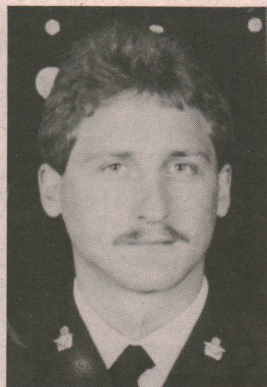
Capt D. Brennan, 424 Sqn Trenton



Capt K. Goodyear, HS 423 Sqn Shearwater



Capt D. O'Grady, LTC, CFB Winnipeg



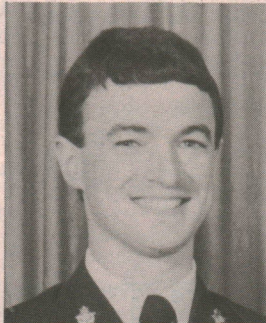
Capt J. Nowak, 415 MP Sqn Greenwood



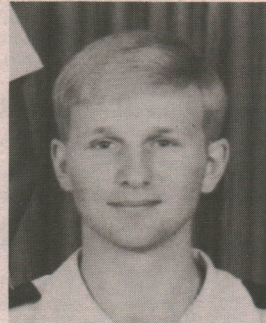
Basic Air Navigation Course 8902. Wings Graduation Ceremonies.
Back row (l-r) Lts Chris Bowen, Stephan Bourque, Yves Labelle, Todd Guenther.
Middle row (l-r) Lts Ken Zinck, Daryl Chin, Julie Lauzon, Sylvain Proteau, Bill Cummins.
Front row (l-r) Lt Rainer Wosnitza (honour graduate), Col H.C. Armstrong, BGen D.N. Kinsman, LCol T.F. Watt and Capt G. Reid (course director).



Basic Air Navigation Course 8903. Wings Graduation Ceremonies.
Back row (l-r) Lts Tim Burke, Denis McGuire, Pat Thauberger, Rick Ihaksi, Doug Campbell, Greg Illchuk.
Front row (l-r) Lt Bill Kourelakos (honour graduate), Col H.C. Armstrong, BGen D.N. Kinsman, LCol T.F. Watt and Capt D. Boisvert (course director).



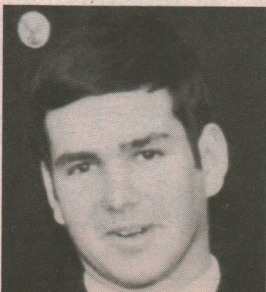
Capt D. McDonnell, 415 MP Sqn Greenwood



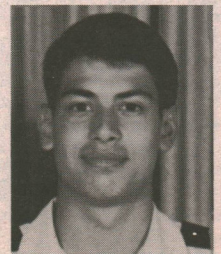
Capt M. Cookson, LTC, CFB Winnipeg



Maj Higgins, CFCS Toronto



Capt D. Jacques, 5 AMU Lahr, Germany



Capt K. Craig, HS 443 Sqn Esquimalt

From One Goal To The Other

Everybody in the Canadian Forces, as well as the general public, knows that in the Reserve Forces, there are people with varied backgrounds. Most of them are students and many are teachers, government employees ... etc. But would you believe that one of them played for ten years in the National Hockey League and that this person faced such players as Gordie Howe, Guy Lafleur, Bobby Orr, Vladislav Tretiak and Wayne Gretzky? Hard to believe? Meet Lieutenant Ed Staniowski, an infantry officer with the Royal Regina Rifles.

This 34-year-old native of Moose Jaw (Saskatchewan), selected in the second round draft choice, 27th overall, was a goaltender from 1975 to 1985. He played for the Saint Louis Blues (six years), the Winnipeg Jets (two years) and finally the Hartford Whalers (two years).

According to him and his closest friends, the idea to join the military always existed, so after he retired from hockey, it was not a big surprise to see him enrol in 1985. "I come from a military family," he said. "My mother and father participated in the Second World War. She was a nurse, and he was an infantry soldier with the Polish Army. After the war they met in Italy and decided to emigrate to Canada. They moved to Saskatchewan where his mother had relatives. Also, one of my brothers was a military policeman in the Regular Force. Another important reason why I am here today," he continued, "is due to the fact that I lived in Moose Jaw, where an Air Force base is located. It was almost impossible for me not to be in touch with military life."

In 1967, at the age of 12, he decided to enjoy his two big passions, hockey and the military, by becoming Cadet Staniowski, in the Air Cadet Corps located in his hometown.

"Four years later, having reached the rank of Corporal, I had to make a big decision," he said with seriousness and reflection. "I had to decide between a career in hockey or one in the military. The choice was tough to make. I had always dreamed of going to one of the military colleges and eventually becoming an infantry officer or a pilot. On the other hand, I could make more money faster, travel a lot, and meet interesting people, etc." After a little pause, and without any remorse, he declared: "I decided to go for the hockey. I then quit the Cadets and concentrated all my efforts on goaltending and my university studies."

SIMILARITIES BETWEEN TWO DIFFERENT WORLDS

"It may not seem obvious for everybody at a glance, but there are many similarities between my previous job in the NHL and the militia," maintains the former goaltender.

"Some aspects are more obvious than others, but in the end, I can assure you that both careers share a lot of common ground. Just think of all the self-sacrifice you must make to obtain what you desire, the mental strain, the personal satisfaction, the team work, the challenge, etc."

According to him, the challenge he experienced when he played his first professional game at the Maple Leaf Gardens in Toronto, in December 1975, was as exciting as the one he lived when he handled explosives for the first time, or each time he

parachutes from an aircraft. "When I was a goalie all my team mates were banking on me to make the important saves, today when I am leading a night patrol, guess on whom the soldiers are relying?"

"The only big difference I have found so far," he adds, "is the recognition we get. In the NHL we have the popularity, the fans, the interviews ... but in the Forces we don't receive a lot."

HIS HOCKEY CAREER, IN BRIEF

It is with reserve that Lieutenant Staniowski talks about his career, even if it was full of highlights, mainly because he does not want to be judged for what he did in hockey, but for what he is doing for his unit and the Canadian Forces. "But if somebody insists on talking about hockey and it is the right time and the right place, this person will meet his match," he said with a smile.

He started his junior career with the Regina Pats, of the Western Hockey League. In 1974, his team won the Memorial Cup which is awarded to the best Canadian Junior hockey team. At the same tournament in 1975, even though his team did not win, he was selected as the best junior hockey player in Canada. This recognized his proficiency on and off the ice, good sportsmanship, leadership abilities, participation in activities other than hockey and scholastic standing. "During those years I was one of the players on my team to pursue studies at university. One more year and I would have graduated with a degree in physical education."

His professional career started in 1975, after being drafted by the Saint Louis Blues. In 1979, with an average of 3.82 goals-against in 39 games, he was invited to join Team Canada at the world championship in Moscow. The same year, he won the Charlie Conacher Award for his humanitarian service. Two years later he was traded to the Winnipeg Jets, where he still holds some goaltenders' records, such as the most assists in one season (5). In 1983, he was sent to Hartford and retired from play two years later. "Ten years may not seem long, but when you know that the average length of a career in the NHL at the time was only 3.5 years, I did quite well!" he added with a certain pride.



In his role of Acting Regular Support Staff, Lt Staniowski supervises all the unit's activities. Here he puts the final touch to a report with Sergeant Eileen Hendricks, an administration clerk (IWC90-026)

"During all those years, I was often told by Scandinavian players, who had served in their country's armed forces, or U.S. soldiers to whom I taught hockey, that our Forces were very professional and disciplined. So it was hard for me to forget my passion! In 1979, when I went to Moscow, the team was received at our Embassy. There I met our military representatives who really impressed me. After that meeting, I knew one day I would enrol, when was the only question," he affirmed with certainty.

THE DREAM BECOMES REALITY

A few months after he retired, he and his family headed for Saskatchewan, where he had the opportunity to be an assistant coach for a junior hockey team. The desire to join the military was always in him, but because they settled in Chamberlain, a little village located at about 100 km North of Regina, the distance was a disheartening factor to enrolment. He then concentrated his efforts on his 2,000-acre farm. He still takes care of his horse, hunts, enjoys the outdoors, etc., and from time to time, gives seminars to local hockey clubs.

One day the senior members of the Saskatchewan Militia District held a Tactical Exercise Without Troops (TEWT) in that area. The final goal was to attack his hometown. "To do so, they had to obtain permission to pass over the lands around it, and mine happened to be the main ones they needed. Of course I gave them permission to use my farm," he answered with a face that told a lot. "The weekend of the exercise, as soon as a soldier walked on my land I was there standing beside him, trying to understand what was going on. Imagine, I have always been interested in military life and equipment, everything was here, just beside my place," he said joyfully.

"At the end of the exercise, the District Commander along with his staff, came to my home to

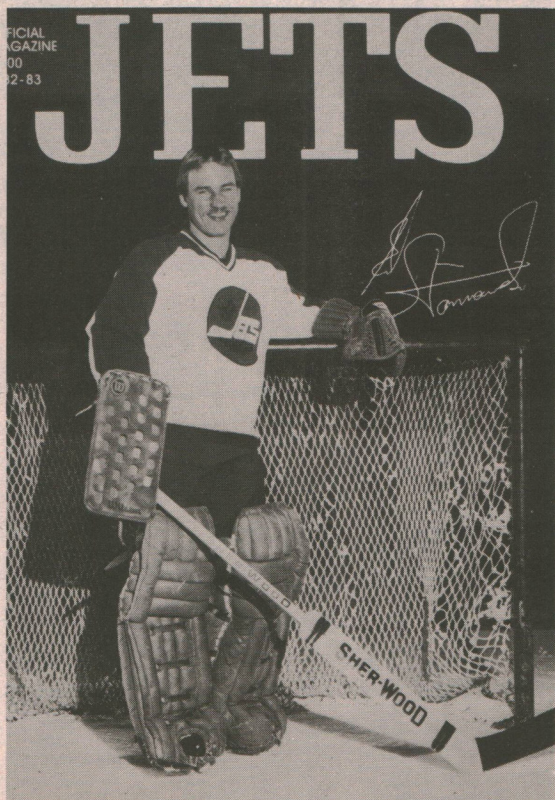
thank my wife and me for our support. We invited them in for coffee. A few hours later they were still in my place and in important subject was on: recruitment."

"Believe it or not," said his wife Stephanie, with a big laugh, "they were more interested in me. I graduated as an operating room technician, so they wanted me with the Medical Company. To tell you the truth, I was not too concerned about it, as at that time we had to take care of our two little daughters. But they got my husband."

Since he joined in the fall of 1985, Lieutenant Staniowski has followed the normal career process for a militia infantry officer. Right now, he is employed as acting Regular Staff Support Officer for his unit. The fact that he wears the U.S. parachute wings is the only difference he has compared to his colleagues. "I obtained them during a 13-month exchange I did with the Alaska National Guard. I was there during that period of time to help a private corporation to establish a junior hockey team. So, instead of wasting my nights and weekends, I took advantage of the situation and asked permission from my Commanding Officer to participate in their training. Not only did I learn many things that I now teach to the members of the Royal Regina Rifles, but the two units are still active in exchanges. The fact that I played a part in creating this rapport between the units, is something that I feel good about, and maybe it proves that no matter what your background, you can be useful to the Reserves."

Lieutenant Morissette is a Public Affairs Officer with DND's Office of Information in Winnipeg.

Sergeant Thompson is the office photographer.



During the 1982/1983 season, Lieutenant Ed Staniowski, then goaltender for the Winnipeg Jets, made the front cover of the team's magazine. (Courtesy Winnipeg Jets)

A stylized logo for "SPRING" featuring a bird and floral elements. The word "SPRING" is written in a decorative, serif font.

Care and feeding of the domestic refrigerator

The domestic refrigerator is an often neglected household appliance. We never pay it any attention until it stops working, which is usually when the ice cream is poured instead of scooped, or the milk is chipped with a knife rather than being poured or when we notice a wet spot on the floor and we wonder "did I forget to let the dog out last night". Any of this sound familiar?

The following tips may help your refrigerator to operate more efficiently, which will save you some money on the electric bill and possibly cut down on some of the food spoilage, and unnecessary service calls.

Tip #1 — Once a month or so the fridge should be unplugged and carefully pulled away from the wall and the back of the fridge cleaned of dust accumulation. This is easily done with a vacuum cleaner. The reason for doing this is that dust on the condenser coil (the black piping on the back of the fridge) acts as an insulator which causes the refrigerator motor compressor to work harder, hotter and longer to keep the inside of the fridge cold. This uses up more electricity and

can lead to premature motor failure.

Tip #2 — If your fridge has a removable drain pan; (it's behind the kick plate on the front side just below the door of the fridge) it should be removed and cleaned with warm soapy water once a month. This pan is sometimes the source of those weird odors. When reinstalling the pan make sure that the drain tube, which is a black or white tube coming from the back of the fridge is placed such that it will drain into the pan and not beside it.

Tip #3 — The door seals should be washed once a month, including the pleats and the portion that makes contact with the fridge frame. Note: Cleaning of the door seals is to be done gently so that they won't tear. (don't forget to wash the frame where the seal makes contact, too) Door seals are made from flexible rubber material surrounding a magnet, it is the magnet that pulls the seal tight against the frame when the doors are closed. If the seals are not cleaned periodically a thin film of dust/dirt builds up on the rubber and the magnet cannot draw the seal tight against the

door frame. Also, if not washed the seal becomes stiff which also prevents it from creating a proper seal.

An improper seal between the fridge door and frame allows warm air to enter the inside of the fridge, causing the fridge motor compressor to run longer, hotter and harder than it normally would, using up more electricity and wearing out more quickly.

Tip #4 — Inside the refrigerator portion of the fridge on the back wall you will most likely see a white plastic cup. There is a tube coming from the freezer compartment just above it. It is from this tube that the water comes. The water then goes into the cup, out the back of the fridge down through the drain tube on the back of the fridge and into the drain pan. The little plastic cup sometimes gets plugged with dust and food stuffs (don't ask how it gets there, it's a long story) from the freezer. When this happens the water from the freezer compartment ends up inside the fridge instead of the drain pan. Here's what to do to prevent that: Once a month or so you should re-

move this plastic cup by wiggling it from side to side and pulling on it gently. Clean out the cup under warm running water making sure that you clear any obstruction from the tube on the cup. (a pencil shoved through the cup tube works well). To reinstall, gently push it back into its hole, being careful not to dislodge the tube leading out the back of the fridge. It's really a lot simpler to do than described here.

Tip #5 — Don't try to keep too much food in the fridge and freezer compartments of your refrigerator. In order for the refrigerator to operate efficiently there must be air flow between the fridge and freezer compartments. Basically, the heat from the food in the bottom compartment rises and goes through a coil in the back of the freezer compartment and cold air from the freezer is pushed back to the cooler compartment. If the refrigerator is packed so tightly with food that the air cannot circulate between the food in both sections of the fridge then the refrigerator will not work properly and your food will either freeze in the bottom or thaw in the top

or both. The domestic refrigerator is not made to hold a months worth of food, but more like two weeks worth. I would recommend that if you find that your fridge seems as if it's always too small to hold the amount of food that you have on hand, that you can possibly purchase smaller amounts of food more often or maybe buy a freezer if you use lots of frozen foods.

I hope these tips will serve you well. The domestic refrigerator operates on the Mechanical Refrigeration System principle and like anything mechanical it requires some attention, just like your automobile needs an oil change and a wash once in a while. If you don't take care of it, eventually it WILL break down, it's just a matter of time.

Keep your cool with your fridge and your fridge will keep cool for you.

by WO R. Massie
Supervisor Refrigeration and Mechanical Shop
Base Construction Engineering



Congrats MWO Shawcross!

Master Warrant Officer Bob Shawcross, a Training Controller at 14 Training Group HQ, receives congratulations on promotion from BGen David Kinsman, 14 Training Group Commander. He also received the Second Class to the Canadian Forces Decoration.

MWO Shawcross joined the RCAF in Hamilton in 1958 and trained as a Safety Systems Technician. He has served at Chatham, Baden Soellingen Germany (two tours) 442 Sqn Comox, CFSAOE Borden and at NDHQ Ottawa. He is posted to CFSATE Borden in May.

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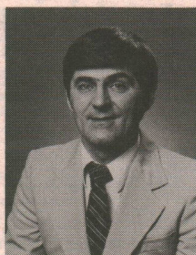
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Pre-Purchase Building Inspections

When purchasing any building, particularly a single family dwelling, it is prudent to obtain a satisfactory structural Engineer's assessment report to obtain information about the building.

Insert a conditional clause in your Offer to Purchase contract with the vendor such as: "Subject to a satisfactory written structural Engineer's report within five days from acceptance".

Such a condition allows a purchaser to withdraw from the purchase or re-negotiate the Offer in the event the Engineer finds problems the purchaser cannot handle or does not wish to be involved with. The Engineer may find serious problems which would cost substantial amounts of money to rectify.

If problems are found by the Engineer and the purchaser wants to buy the building, then the purchaser can either have the vendor perform the repairs to the satisfaction of the Engineer, or re-negotiate the offer to reflect the cost of the repairs to be performed by the purchaser after he takes possession.

Instruct the Engineer to comment in the report on the condition of the foundation walls, beams, columns supporting the beams, floors, exterior and interior walls, attic spaces, roof, and any other items of concern. The Engineer may also be requested to comment on the condition of wiring, plumbing, heating, insulation, swimming pools, garages, and to test for the presence of UFFI or radon gas. These tests normally take up to 10 days to perform so allow enough time in the condition in the Offer for the Engineer to complete these tests.

For newer buildings, the Engineer may want to examine the building plans during the inspection. This is especially true if the building has a preserved wood foundation, or if the building is located on a river bank that is within the jurisdiction of the Rivers and Streams Authority, or near a waste disposal or landfill site.

Arrangements should be made with the vendor to have plans available for the Engineer. If plans are not available, the Engineer can be requested to obtain a copy from the City. The Engineer will require a written release from the owner to obtain

the plans of his building. A search and copying fee will be paid for any plans on file.

For any residential buildings occupied by more than two families, the Engineer can be requested to confirm with the City that all upgrading has been performed as required under the 1986 Residential Building Fire Safety By-Law. The Engineer can be requested to search for and obtain copies of any outstanding work orders imposed by the City. Such orders can reveal the extent of repair work required by the City to comply with the 1988 Maintenance and Occupancy By-Law.

If the Engineer notes any alterations or additions to the building, he may require that a search for building permits be performed to confirm that a permit was obtained and that construction complies with the Manitoba Building Code and municipal By-Laws.

The fees charged by Engineers in Winnipeg for written structural pre-purchase inspection reports vary widely. There is no

set schedule of fees which can start as low as \$150 and progress upwards from there depending mainly upon the level of service required. Fees and expenses may include the cost of searching for and obtaining plans and permits, for retaining other specialists such as contractors for UFFI and radon testing and for repair cost estimates.

Outside Winnipeg, the Engineer may be asked to check the well, the septic tank and field in addition to the structure. A search of municipal records may be required by the Engineer to obtain pertinent information and to confirm that a building permit was taken out for these important items.

An Engineer's report is a confidential, legal document. The Engineer is not permitted to provide copies of the report to anyone other than his client unless instructed to do so by the client.

The above general information has been supplied by Marc Pelletier, consulting engineer. More details can be obtained by calling 474-1873.

Congratulations



LCol Dave Winnill, Senior Staff Officer Air Reserves at 14 Training Group HQ receives the Second Clasp to the Canadian Forces Decoration from BGen David Kinsman, Group Commander.

LCol Winnill joined the Royal Canadian Army Service Corps in Winnipeg in 1956 as a soldier apprentice, training as an admin clerk. He was commissioned as a logistics officer in 1962 and selected for army pilot training in 1964.

He has served in Germany twice, Winnipeg, Shilo, Gagetown and Ottawa and has flown CH112, Chipmunk, Cessna 182, Expeditor, CH136 Kiowa, CH147 Chinook and Dakota aircraft.

LCol Winnill transferred from the Regular Force to his present position in 1988.

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The Terry Fox Run

Provincial Office
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Winnipeg, Manitoba R3M 2W9
Telephone (204) 475-9351



1989 Fundraising Goal Reached

National fund-raising results from the 1989 Terry Fox Run have been finalized and more than \$7 million has been raised, a 22 percent increase from the year before. All monies raised are donated to the National Cancer Institute of Canada and are used to fund special projects and programs in cancer research.

"We have officially raised \$7 million and we're happy to say that more Canadians participated than ever before," stated Paula Clark, National Director of The Terry Fox Run.

According to Colleen Plumton, Provincial Director for Manitoba, "In Manitoba people generously donated \$187,000.00 which represents a 13 percent increase over last year's total of \$164,000.00. The people of Manitoba are to be congratulated on their continuous support and involvement with The Terry Fox Run."

One of the reasons for The Terry Fox Run's success is more people are aware they can make a direct donation using the pledge sheet even if they don't participate. "We've also increased corporate and school support, which has contributed directly to funds raised," added Colleen Plumton.

Funds raised come from a variety of sources including actual participation in the Run and collection of pledges, direct donations or support of Terry's team members, special events and proceeds from T-shirt and button sales.

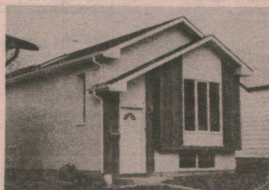
The 10th annual Run will be held on Sunday, September 16th.

For more information, contact: Colleen Plumton
942-6885

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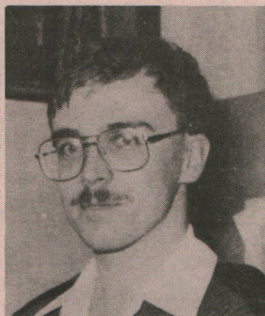
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Community News



Would you believe that Cold Lake, Alberta is warmer than Winnipeg these days? Having spent from April 1-4 there, I can tell you it is.

Cold Lake hosted the first Family and Community Service Seminar for people involved with

the issue of Family Support. Military and civilian people, from all across Canada, and even a representative from Lahr attended. The folks from the Family Support Program Project in Ottawa played a part in the conference and VIPs such as Rear Admiral Tim Potter and BGen (retired) Sheila Hellstrom shared in the seminar.

The seminar covered such topics as identifying and evaluating community needs and programs, building a strong community, developing a community based board, and much more. We heard how Cold Lake developed its service and how other Bases/Stations are progressing.

A great deal of discussion cen-

tered on money. The word we all received is that in the year 90/91, there should be dollars forthcoming from Ottawa to aid each Base/Station in the development of its service. Although there is an attitude of "Let's wait and see" from those awaiting the money, the seminar certainly gave participants an opportunity to share in their successes and frustrations as far as the whole funding situation goes.

It's been a long while since I'd had the opportunity to share with so many devoted and motivated individuals who truly support and believe in the military family and services to support them. Many ideas were discussed and everyone left the seminar believ-

ing that an annual event is a must.

Many Bases/Stations are in the beginning stages of establishing family services. In fact, Celine Thompson, the new Director in Calgary, had only been on the job two days! We do have a long way to go in Winnipeg and across the country, but we're on our way.

And now, back to our own community! The Family Support Centre offers information and referral as well as some programs and activities aimed at enhancing well-being and the quality of life for our families here in CFB Winnipeg. This month there are a few activities you may find interesting:

Sibling Without Rivalry
North Site FSC
— 54 Bourkewood
(6-week Parenting session)
Begins Tuesday 24 April
837-8443

How to Talk So Kids Will Listen...
South Site FSC
— 18 Corydon
(7 session Parenting class)
Begins Friday 20 April
488-4161

A trip to the "PLAYZONE" —
Bus pick-ups on N and S sites
Thursday 19 April

Call for more information or to register for programs.

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SUN. 22	MON. 23	TUE. 24	WED. 25
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- 1100 hrs - Holy Communion
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- 1100 hrs - Divine Worship
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- 1100 hrs - Divine Worship
4th Sunday - 0900 hrs - Eucharist (ACC)
- 1100 hrs - Divine Worship
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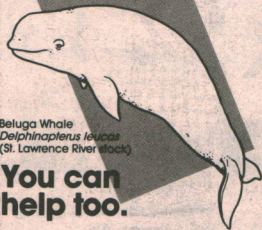
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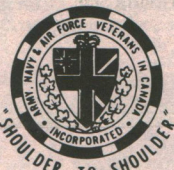
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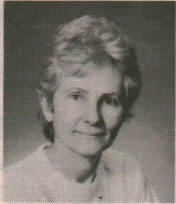
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