

Challenge of a Lifetime

Aboard HMCS *Protecteur* — His entire career has been spent on east coast ships, all the DDHs. When posted to an AOR in November, 1988 as coxswain, Chief Petty Officer 1st Class John Auld accepted it as his last posting at sea.

And what a way to spend five months of his 32nd and final year at sea, afloat in the troubled waters of the Gulf.

"To me it was a challenge of a lifetime," he says. "I've spent all my life training for this."

The Chief saw his main responsibility as Coxswain of *Protecteur*, so vital a link to the other two Canadian ships in the Gulf, as well as to the allied ships of the United Nations naval blockade it refuels, as ensuring morale was alive and well. He worked hard at quashing rumors and getting the facts to the crew, briefing them if he saw a potential problem coming up; keeping them informed. He met regularly with his co-ordinates, the other chiefs on board.

With the ship's first company numbering 353, he had his hands full but admits, with a modest smile, he was able to handle any problem that arose.

"I've been taught by this (*Op Friction*) to be flexible," he says. "It was an ever-changing situation. Whether we went alongside (into port) or to anchor, it had to be max flex. Then there was no disappointment or bad morale."

Two Families

Describing himself as a "father figure" for the crew, he says, "It's

a game we play." And it works. "I hardly ever had to discipline anyone. We had a great crew. It was so much like a family."

He knows about being a father and looks forward to playing the role again for real back home in Mount Uniacke, N.S. with his wife Marina and youngest son Daniel, 16.

C1 Auld has been away before for as long a time as the *Op Friction* deployment has taken him — six-month and four-month NATO exercises; two months at a time on various Caribops — but this time it was different.

"I have never missed my family more than this time," he says. "It was a deep-seated pain. We seemed so cut off from home and family although everyone back home has been good in supporting us."

He's not sure why. Perhaps, he muses, it was the way the ships left, the abruptness and all the hard work that went into readying the ships for departure. The one day off before sailing.

When the news came that the *Protecteur* would be accompanying HMC Ships *Athabaskan* and *Terra Nova* to the Gulf, he says that although the news "wasn't exactly devastating", it was "a shock" nonetheless.

"My family has been with me long enough to know I'm a sailor and what it meant," say the cox'n. "But it still took a great deal of adjustment when we were getting ready to leave. I had only one day off.

"We worked seven days a



C1 John Auld says he has never missed his family as much as when he sailed for the Gulf on board HMCS *Protecteur*. With him again when the first crew was rotated home Jan. 10 are, from left, his sons John and Daniel, and his wife Marina. (CF photo by Sgt Ken Matheson)

week," he recalls. "There was the food, ammunition, and fuel supplies that go with the usual role of the supply ship. But then, with work-ups and the new weapons, it split the ship into two: a destroyer plus a tanker. This was unique. We weren't used to what

we've been through."

One part of the experience that has confirmed his belief in the Canadian crews he's sailed the world's waterways with over the last three decades is the ability to be genuine goodwill

ambassadors.

"We get along well with people," he says. "We try to be respectful of their custom and we generally have a good time shopping and sightseeing. This is a point of pride for the whole ship's company."

Every drop counts



Be a  blood donor

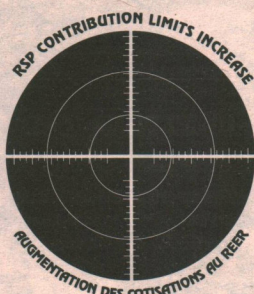
Blood Donor Clinic Feb. 27

Every six seconds a Canadian citizen requires a blood transfusion. Think about it. In the time it takes you to read this how many Canadians will receive a blood donation from the Red Cross? But of course that Canadian who requires blood every six seconds is only a statistic, right? He could never be you or someone in your family, right? Well think about it. If you don't agree or if you think that maybe it could be you who receives a blood transfusion, then do something about it. Be a Red Cross Blood Donor at the forthcoming Base Clinic. It will be held Wednesday, 27 February 1991 from 0900 hrs to 1130 hrs and 1300 hrs to 1600 hrs at the Drill Hall (Bldg 21) CFB Winnipeg.

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 - g. impulse buying;
 - h. don't know real monthly expenses — only one person handling all money matters in the household;
 - i. you are borrowing money to get from one pay day to the next;
 - j. you make only minimum payments on your credit cards and find that the balance is always about the same;
 - k. your creditors contact you or your family demanding payment;
 - l. you use credit because you don't have enough cash; and
 - m. "HECK" with tomorrow attitude.
2. Credit can be so easy to obtain that many consumers forget an important fact: *Credit is just another name for debt.*
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L'ajustement de retraite représente la valeur estimée du montant accumulé pour la retraite au cours de l'année précédente, montant que votre employeur indiquera sur votre formulaire T4.

En vertu des nouvelles règles, vous pouvez également reporter vos cotisations non utilisées d'une année à l'autre, jusqu'à un maximum de 7 ans.

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- Des économies sur les frais de gestion
- Des prêts sans complications pour cotiser à votre RER
- Un service professionnel... et nettement plus sympathique!

THE KIT BAG II TERRY LAWRENCE

It was a lot of fun writing odds and ends for the *Voxair* over the past dozen years. It's no secret that my columns and cartoons sometimes earned for me the attention of those in senior positions but I always tried to let a smile carry the day. It wasn't always easy to come up with something creative and amusing by deadline time and now I'm afraid it's harder than ever so I'm "packing it in" with regret.

To loyal readers and supporters, my sincere thanks for your encouragement and by way of explanation I can only offer this small drawing:



The *Voxair* Staff would like to join all of CFB Winnipeg in wishing Terry Lawrence all the best. Thanks Terry for the always enlightening columns we have enjoyed over the past years. Your wit and insight will be missed.



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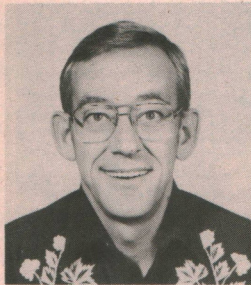
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Barry Sweeney

music reviews and syndicated columnist
By Barry Sweeney

Sweeney's Scene

If you're a hockey fan, like I am, you probably get fed up hearing some of the least inspired comments on TV. Things like "He knows what to do with a puck", "He can put the puck in the net" or "He came to play". Wouldn't you think with the amount of money hockey players are making in the NHL that every one of them would know what to do with a puck or be motivated enough to play. One comment I heard, in reference to a player who makes over a half-million dollars a year, was "This guy knows what to do with the puck when he gets it." Wouldn't you think after playing hockey as a child, learning to skate before you knew how to tie your laces; playing juvenile, Junior A and all the other categories a player must go through to make it to the NHL, that he would know what to do with a puck? Now, let's hear it for the announcers, they really know how to speak.

New Edition

I can think of numerous groups that have had members go the solo route, but never with the incredible chart success of New Edition. The group was formed in 1981, signed their first recording contract and clicked with "Candy Girl" and "Is This The End" on the independent label Streetwise. They moved over to MCA and, in 1984, saw the "Cool It Now" rocket into top five.

New Edition, which consisted of Michael Bivins, Ralph Tresvant, Ronald DeVoe, Rickey Bell and Bobby Brown, locked in a hit groove. They updated the Penguins (circa '55) "Earth Angel" for the movie Karate Kid Part II and sang "Once In A Lifetime Groove" for the Billy Crystal/Gregory Hines flick, Running Scared.

Bobby Brown left the group for a solo career and put together an incredible string of hits that include: "Roni", "Rock Wit'cha", "Don't Be Cruel", "My Prerogative" and placed "On Our Own" in the motion picture Ghostbusters II. Brown departed from the group in 1987 and was replaced the following year by Johnny Gill.

Johnny went the solo route last year clicking with his self-titled release that contained the hits "Rub You The Right Way" and "My, My, My". Perhaps the biggest news was the trio of Michael Bivins, Ronald DeVoe and Ricky Bell's success. Working under the banner of Bell, Biv, DeVoe the trio released their "Poison" album which saw the title track hit the top, followed by such stellar chart workouts as "Do Me", "B.B.D. (I Thought It Was Me)", the current "When Will I See You Smile Again" and



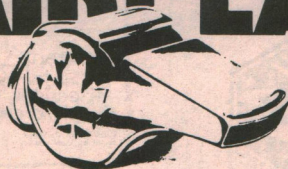
NEW EDITION

the upcoming "Dope". Their "Mental Videos", featuring four videos plus interview footage hit the stores on February 12th.

To make a clean sweep "Ralph Tresvant" (MCA) has the fastest moving album on the charts and

the single "Sensitivity" is already top five. With tracks like "Love Takes Time", "Girl I Can't Control It", "Love Hurts" and "Do What I Gotta Do" all waiting in the wings, this set should post multi-platinum sales.

FAIRPLAY



In response to the many Canadians who expressed concern about the level of violence in sport and a gradual erosion of sport ethics, Canada's Minister of State for Fitness and Amateur Sport created the Commission for Fair Play.

Established in 1986, the Commission consists of former Olympic and professional athletes, coaches, referees, members of the sport media and representatives from the fields of medicine, edu-

cation, business and sport administration.

All 20 members believe in the need for a return to the principles of fair play in sport and volunteer their time to work toward this goal.

In an effort to promote fair play to Canadians, the Commission:

- co-ordinates a public awareness campaign using guest speakers and well-known sport personalities as Ambassadors for Fair Play;

The Commission for Fair Play

- co-ordinates national advertising campaigns for newspapers, magazines, transit cards, radio and television;
- creates and distributes brochures, pins, newsletters and posters;
- conducts research and reviews and recommends policy to the federal government and other sport governing bodies;
- is involved with provincial, federal and international initiatives promoting ethics in sport;
- recommends candidates to the Minister of Fitness and Amateur Sport for presentation of the annual Jeanne

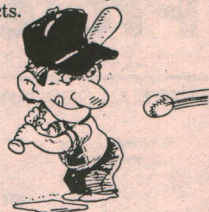
Sauvé Fair Play Award to a Canadian who exemplifies fair play in sport; and

- has educational resources available to athletes, coaches, teachers, parents and sport organizations, outlining what fair play is and what individuals and groups can do about it.

League administrators and officials are encouraged to promote fair play in their facilities. Coaches are shown how to incorporate fair play into their practices and games and players are taught the importance of honesty, integrity and respect.

In addition to the funds provided by the federal government,

the Commission for Fair Play has many generous corporate partners who provide the extended resources necessary to reach audiences across the country. Companies are encouraged to incorporate the fair play message into sport sponsorships and advertising materials or to join forces with the Commission in educational and promotional projects.



WINNIPEG JEEP EAGLE

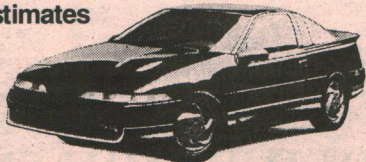
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CFANS UPDATE

Recently, LCol Watt presented a host of awards to various staff members (see photos). These included the A-1 Navigation Instructor Category certificate to Capts Sawatzky and Tardif, the A-2 Category certificate to Capts Boisvert, Gushue and Joy, and the B Category certificate to Capt Nowak. In addition, Capts MacKinnon and Nowak received certificates in appreciation of their fund raising efforts in the United Way Campaign.

On the afternoon of 7 Feb 91 staff and students from CFANS and SANC boarded a bus to visit one of Winnipeg's local industries. Upon returning to the base, the highly spirited group was asked to show proper identification. Everyone quickly complied except one forgetful individual who was further scrutinized until satisfactory evidence was obtained to prove he was who in fact he claimed to be. Hats off to the BDF for maintaining security standards.

On 9 Feb 91 the Comdt hosted a Winter Blahs party. Everyone in attendance enjoyed themselves and it was a great opportunity to see what people had been doing during the cold winter months. At least three new citizens this year will come from the ranks of CFANS. Later that

evening, while discussing the texture required to yield a good dip chip, it was discovered that Capt Levack was incapable of rolling his R's. Previously, he had stated that he was ineligible for Continuous French Language Training because his scores were too high. Perhaps this genetic oddity is the real factor keeping him from becoming truly bilingual!

Graduation ceremonies for Basic Air Navigation Course 9003 were held on Thursday 14 Feb 91. Brigadier-General C.G. Diamond, CD, Commander of Air Transport Group was the reviewing officer for the parade and guest speaker at dinner. Congratulations to the graduates and best wishes on your first operational tours. Look for pictures of the event in our next edition.



LCol Watt presents Capt M. Tardif with his certificate for upgrading to the A-1, Navigation Instructor Category.



Capt J. Nowak received his certificate for upgrading to the B Navigation Instructor Category.



Capt G. Gushue received his certificate for upgrading to the A-2 Navigation Instructor Category.

SNOWBIRDS: From the Beginning

This large coffee-table book (12 1/2 x 9 1/2 inches) has been published to coincide with the Twentieth Anniversary of the famous Squadron. Colonel Philp, known internationally as the 'Father of the Snowbirds' recounts with honesty and humour the birth of the Centennaires in 1967, followed by the struggle to gain official recognition for the *Snowbirds* at a time when many of their breathtaking manoeuvres were unofficial.

Bill Johnson, staff photographer in the Philp years, completes the history and compares the flying styles of the international teams from France, Italy, Japan, the United Kingdom and the United States.

Letters and telephone calls have been pouring in from fans. Here are two examples:

"Received my book and spent the entire lunch hour reading. What a great book on the history of the RCAF aerobatic teams! From a commercial pilot's point of view — both fixed and rotary wing — the book brings excitement and wonder, and from a professional photographer's viewpoint I am most impressed by the variety, quality, and the capturing of the most important item 'the human spirit' of the book: the boys that made it all happen. It is also nice to see that the book was produced in B.C. and not offshore. Please pass on my congratulations to all."

(Roy H. Anderson, commercial pilot and photographer)

"O.B., you and Bill have done yourselves and the Team proud. I have pored through it in detail. The book is a definitive one and the tone and style keeps one's attention and informs accurately in considerable professional depth. The anecdotes and photos complement the work well. I am proud to have this book, O.B., and I look back on my service with you as a privilege and a highlight of my long career. You have authored a great work."

(George E. Miller, *Snowbirds* leader, 1973-74)

Copies of this Limited Edition (only 2000 copies), autographed

by the authors, can still be obtained from the publishers, Porthole Press Ltd., 2082 Neptune Road, RR3, Sidney, B.C. V8L 3X9. Phone (604) 656-3678, Fax 652-1521.

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NEXT VOXAIR DEADLINE MON 25 FEB

Singer/Entertainer Sends 2000 Cassettes of "God Bless Canada" to the Troops Serving in the Persian Gulf

In October of 1990 singer/entertainer Debbie Post ended her concert for the first time with a song called "God Bless Canada." The song was dedicated to all our men and women who serve in our Canadian military around the world and here at home. Debbie received a standing ovation from the audience that night. In the audience was Sgt. Kevin Fader who was there representing Col. D. Wilson, Base Commander, CFB Trenton. After the show Debbie did an interview with Sgt. Fader for Radio Astra, and mentioned that she would go to the Persian Gulf to entertain our troops at Christmas. Details could not be worked out however, so Debbie thought that she would do the next best thing. At her own expense, Debbie went into Manta Sound in Toronto and recorded two songs "God Bless Canada/He's My Hero" and had 2000 cassettes pressed to be sent to the troops in the Persian Gulf. On December 14th Debbie delivered to Col. D. Wilson the 2000 cassettes and they were sent over to the Persian Gulf in time for Christmas. This gesture was to show

the men and women in the Gulf that they are on the minds of all Canadians and that Canadians are proud of all the men and women who serve our country. At the same time the song God Bless Canada was released to all radio stations across Canada and the public response has been overwhelming. All radio stations that are playing the record are reporting very heavy phone response. The cards and letters that have been written to Debbie have been very heartwarming. It is not often that a record has this kind of effect and motivates listeners to call the stations with their comments. Newspapers and television newscasts have been quick to pick up on this story and the same is true. Whenever an article is written or Debbie is interviewed on television news the switchboards light up. This is very gratifying for Debbie and shows that Canadians from coast to coast support the efforts of our men and women who serve in our military.

The public demand has been so positive wanting to know where

to get a copy of the tape that Debbie decided to make them available for sale with one condition and that being that \$1.00 from each sale go to the Poppy Fund, so that Veterans can benefit from this effort. The only way anyone can get a copy is through direct mail by writing our offices at: Creative Entertainment, P.O. Box 473, Belleville, Ontario K8N 5B2 or by calling toll free at 1-800-268-4752. The cost is \$7.00 which includes all taxes, shipping and handling costs. If you have not heard this song on your favorite radio station we urge you to call and request it.

1991 will see Debbie touring a great deal. In July she will be in Western Canada and will be performing at such events as Big Valley Jamboree in Craven, Sask. She will be there on Saturday, July 13th. If you see Debbie's name anywhere please come out and say hello. Talks are also underway for Debbie to tour with Lee Greenwood and in September Barbara Mandrell. Debbie has been performing since the early age of 10 and has shared the



Debbie's gift of song

When Debbie Post recorded God Bless Canada she had a certain group of Canadians in mind. They're the men and women of the Canadian forces serving in the Persian Gulf and Friday more than 2,000 copies of the cassette tapes featuring the song were sent overseas by forces personnel. CFB Trenton Base Commander Col. Doug Wilson accepted the cassettes on behalf of the armed forces.

stage with some of the biggest names in the entertainment business. Names such as Roy Orbison, Roy Clark, Larry Gatlin and the Gatlin Brothers, Roger Miller, and Lee Greenwood to name but a few. Debbie's live show is one of high energy, backed up by five of Canada's best musicians and a sound and light show second to none. Her ability to entertain an audience rather than just sing to them has built Debbie a very large fan following. Her hit records such as "Love Hurts", "Good Good

Lovin", "Stay Away", and "Down To My Last Tear" have had extensive airplay on contemporary and country radio stations alike. As one reviewer wrote: "The world is rich with singers but there are few real entertainers. Debbie Post is a real entertainer."

Debbie does not perform on the club circuit she only performs concerts. If you have the opportunity don't miss seeing The Debbie Post Show.

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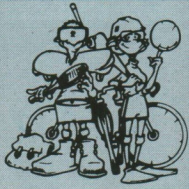
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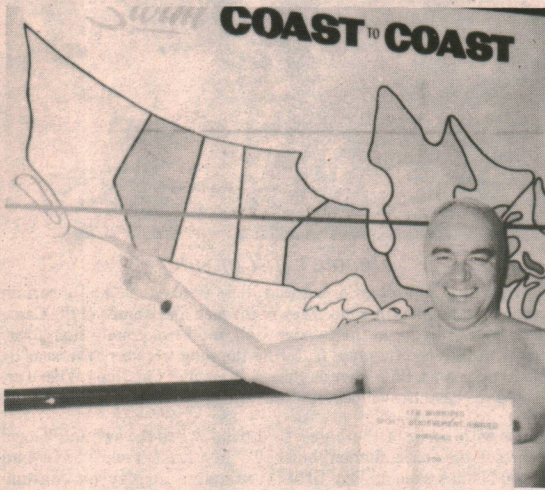
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Major JE Tessier of Air Command Headquarters DCOS TIS, is indicating the direction he prefers to swim (towards the warm west coast). Actually he is posing with his 200 mile swimming certificate, awarded to him for personally swimming 200 miles towards the Base Swim Program and its goal to swim coast to coast. Congratulations and continued success with your fitness through swimming.

GRANNIE SPIEL

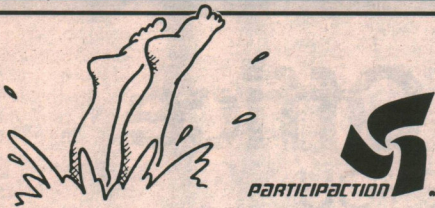
March 14, 1991 — 12:30 P.M. F.O.B.

- \$8.50 entry fee.
- 4 ends of curling, refreshment break, 4 more ends of curling.
- Lunch & pick a prize.
- Prize for best GRANNIE COSTUME.

If you are a new grannie, please contact
BRENDA JAHNS — #453-8561 after 5 p.m.

ADULT SWIMMING

Mondays, Tuesdays and Thursdays from 1630 to 1930 in Bldg. 90.
For further info contact
Sheila or Val at 5175 or Toni at 5243.



Make your move.

United Way — 1990



The Base Commander, Col H.C. Armstrong, is presenting a certificate of appreciation to Sgt L.A. Bullis who organized a "Pie Throwing Contest" for BEME personnel as part of their effort in support of the United Way. Not only was money raised, but fun was had by all. Well done! Looking on is Maj R. Vezina, 1990 United Way Co-ordinator.

RED CROSS SWIM PROGRAM

WESTWIN POOL

Registration:
23 Feb. 91 — 09:00 - 12:00 hrs
Start Date:
4 March - 3 April 91
Days & Timings:
Mon. & Wed. 18:30 - 20:30

LIPSETT POOL

Registration:
23 Feb. 91 — 13:30 - 16:30 hrs
Start Date:
5 March - 4 April 91
Days & Timings:
Tue. & Thu. 18:00 - 20:00

COLOURS OFFERED

Yellow, Orange, Red, Maroon,
Blue, Green, Grey, White

Colours offered will depend on the attendance in those colours.

FOR MORE INFORMATION
PLEASE CONTACT
THE AQUATIC SUPERVISOR
AT LOCAL 5511 BUILDING 90

4th IVV International Volksmarch 1st IVV International Marathon



As part of the festivities for the Canadian Military Engineer's 88th birthday celebrations CFB Chilliwack's Rainbow Country Volkssport Club will be hosting a 11/22 kilometre volksmarch on the 27 and 28 April 1991. In addition to the family volksmarch, RCVC will be hosting the 1st Marathon in Canada on the 27 April.

Individuals wishing to pre-register or obtain additional information should write to: Rainbow Country Volkssport Club MPO 612 CFB Chilliwack, Chilliwack, BC, Canada V0X 2E0.

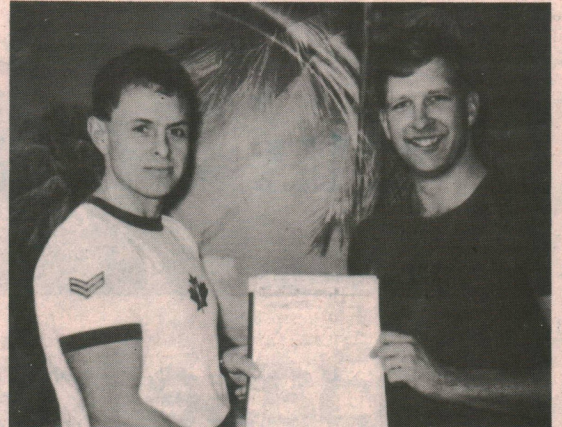
Club President: PO2 A.L. Skinner CFB Chilliwack Local 858-1418.

CF Incentive Program

The new incentive achievement exempts Cpl Cole from the Expres evaluation until the 92/93 evaluation period. Cpl Cole has kept fit by stationary cycling and weight training, and found the required amount of points easy to attain. The necessary total points needed for his age group was 45 V02 maximum (aerobic fitness) and 162 for muscular strength and endurance (the combined amounts of the grip test, push-ups and sit-ups.)

With the 1991 incentive program now being applied, and standards which are obtainable, we should see an increase in physical fitness and an awareness in health habits.

Mens Sana In Corpore Sano.



Cpl Richard Grasley (L) congratulates Cpl Greg Cole on being the 1st Male Service Member at CFB Winnipeg to achieve the new Expres Incentive Program Standards.

REUNION '91 50 Years On The Goose

1991 will mark the 50th anniversary of the Air Base at Goose Bay, Labrador. The Town of Happy Valley-Goose Bay is hosting **REUNION '91** and invites former civilian and military personnel to "come home to the Goose" to celebrate.

REUNION '91
July 19 - August 5
1991

Enjoy the North West River Beach Festival, The Canadian Forces Airshow and Open House, the Labrador Canoe Regatta, and lots more opportunities to meet old friends and re-explore the area.

Let us know soon if you're thinking of coming and we'll send you information about what is planned, how to get here, where to stay, registration, and more.

Write:

REUNION '91
Station A
Happy Valley-Goose Bay
Labrador
AOP 1S0

or call:

Carolyn Maybee
Tourism Coordinator
(709) 896-5431



(by MWO Neil A. Barbour)

The 402 "City of Winnipeg" Squadron Pipe Band was formed in 1954, and is currently under the direction of Pipe Major Neil A. Barbour, C.D. He has been a member of the band since 1964, and pipe major since 1979.

Over the years, the 402 Squadron Pipes, Drums and Dancers have garnered many honours and have played at, or participated in, many significant events. In 1990, they participated in the Scottish Highland Festival in Estes Park, Colorado, and because of their impressive performance, they have been invited to perform this spring in the Highland Festival in Albuquerque, New Mexico. Other prominent events that the band or members have performed at, include the 1989 Strawberry Festival in Plant City, Florida; the Epcot Centre at Walt Disney World, Lake Buena Vista, Florida; the 1988 Nova Scotia International Tattoo in Halifax; many Highland gather-

ings and competitions; the Canadian Pavilion in Hemisphere, 1968, in San Antonio, Texas; and the Pan American Games 1967 in Winnipeg. In addition, the band has participated in the Rose Bowl parade in Pasadena, California on three different occasions. On the second occasion, they had the significant honour of leading the parade. This was the first time that a band, other than the Pasadena College Band has ever led this parade.

The 402 Squadron Band has also appeared internationally in Europe and England. They have participated on 2 occasions at the Air Canada Silver Broom in Europe and will also be participating at the opening and closing ceremonies of this year's Silver Broom in Winnipeg.

They have also performed in Germany with the Canadian Force Europe Pipe Band (Lahr, Germany) for a NATO military band concert for charity.

Of particular note is their lead Highland Dancer, Pte. Jillian Currie, who was a 1988-1989 Canadian Highland Dance Champion of Canada. She also won a Silver Medal that same year in Dunoon, Scotland representing Canada.

The 402 Squadron is proud of the achievements of its band, which is always under constant



402 Squadron Pipes, Drums and Dancers

demand for public, charity and military appearances. It has performed in each of the Air Force Pops Concerts since the inception of this series 7 years ago, and are

again pleased and honoured to be a part of this year's concert. The band is appearing with the kind permission of Lt. Col. R.W. Patrick, C.D. 2 Commander of

402 "City of Winnipeg" Air Reserve Squadron.

Tickets are \$8.00 at Select-A-Seat or may be purchased from the band at 833-5266.

Canadian Naval Task Force

The Canadian Naval Task Force has shifted its area of operations from the central to the southern Persian Gulf where its capacities can be put to maximum advantage. HMC Ships *Athabaskan* and *Terra Nova* are providing defensive escorts for the force. HMCS *Protecteur* has joined other supply ships of various nations within the coalition fleet in the southern Gulf to form a multi-national combat logistic force. This force is under the tactical command of Canadian Captain (N) Duncan "Dusty" Miller.

New crew for HMCS *Protecteur*

The New Year began with the departure from Halifax of the replacement crew for HMCS *Protecteur*. The new crew arrived in the Gulf on Jan. 2 and the change-of-command ceremony was held on the eighth. The *Protecteur* then went off station until Jan. 18 to complete work-ups.

CF units receive commendation

On Jan. 2, the Chief of the Defence Staff, Gen. John de Chastelain, announced the award of Canadian Forces Unit Commendations to those CF units which initially deployed to the Persian Gulf.

Gen. de Chastelain approved the awards for HMC Ships *Protecteur*, *Athabaskan* and *Terra Nova*, 409 Tactical Fighter Squadron and "M" Company, 3rd Battalion, The Royal Canadian Regiment. *Protecteur's* first

crew, as well as personnel from 409 Squadron and the RCRs have been rotated back to their respective home units in Canada and Germany.

Each unit was cited "...for their determination and professionalism in conducting their activities under harsh climatic conditions in an unfamiliar region," said Gen. de Chastelain. "Our units have achieved unqualified success in their operations to date and have earned the respect of their peers in other allied forces in the region."

The CDS Thanks Canadians

Gen. de Chastelain publicly thanked all those Canadian citizens and businesses that provided — and are continuing to provide — services and amenities for our men and women serving in the Gulf.

The General also thanked everyone who sent Christmas cards and letters of support to Canadian Forces' members in the Gulf.

Nerve agent antidote HI-6

The nerve antidote HI-6 was issued in early January to Canadian Forces personnel stationed in the Gulf. It is considered to be the most effective medication available to act against lethal nerve agents.

Recognizing that Canadian Forces personnel may be called upon to serve anywhere in the world on peacekeeping and other military operations, including the Gulf, the Canadian government is

committed to providing Canadian troops with the best available protective equipment and medication.

The Canadian Air Task Group Middle East (CATGME)

On Jan. 11, six additional CF-18 aircraft were deployed from Germany to the Gulf to augment those already there, for a total of 24. Simultaneously, a Boeing 707 air-to-air refuelling aircraft was deployed. Approximately 130 aircrew and support personnel have been deployed with the aircraft.

The Canadian Air Task Group Middle East operates in conjunction with aircraft from the United States and other coalition countries. Aircraft flying CAP missions receive flight control direction through American controllers in specialized United States Navy ships. To date, this defensive arrangement has proven very effective.

The sweep and escort role which the Canadian CF-18s are performing consists of escorting bombers, Airborne Warning and Control System (AWACS) or reconnaissance aircraft on operational missions. Sweep duties include air operations dedicated to establishing air superiority over enemy territory. These missions may include engaging Iraqi aircraft in air-to-air combat.

1 Canadian Field Hospital
It was also announced on Jan. 16 that 1 Canadian Field Hospital would deploy to Saudi Arabia following a request from the

United Kingdom for assistance in augmenting medical treatment resources. The hospital is scheduled to be in operation by early March, will fly the Canadian flag and will be under the command of Canadian Forces Middle East. Tactical control will be delegated to the Commander United Kingdom Forces Middle East. The hospital will provide medical treatment and surgical intervention for British and prisoner of war casualties.

Two more CF-18s to the Gulf

On Jan. 19, it was announced that two additional CF-18s and pilots would be deployed to the Gulf. These aircraft are among six CF-18s from 433 Tactical Fighter Squadron stationed in Bagotville, Que., which flew to Germany on Jan. 20. The two aircraft were not added to the Air Task Group's combat strength of 24, but are being used only as back-ups in case of major repairs to the other fighters.

AWACS

Some of the 42 Canadian air force personnel assigned to 552 AWACS Wing at Tinker Air Force Base, Oklahoma, are deploying on a continuing basis to the Persian Gulf with their crews from the United States Air Force. They are flying out of Saudi Arabia. Canadian air force personnel assigned to the NATO Airborne Early Warning Force at Geilenkirchen, Germany, are also deploying to Konya, Turkey, with their NATO crews.

Exchange officers

In addition to these commitments, there are still several Canadian Forces officers on exchange duties with allied nations serving in the Gulf. While

the numbers frequently change, there are approximately 13 Canadians on exchange with British forces and five with the American forces.

Sustainment

Sustainment of the Canadian Forces in the Middle East continues to be provided by the Boeing 707s and CC-130 *Hercules* of Air Transport Group, Trenton, Ont. through Lahr to Bahrain and Qatar. This vital support will be greatly enhanced by the early delivery of five new CC-130 *Hercules* transport aircraft.

CF personnel in the Gulf

Up to the end of January, CF personnel in-theatre numbered more than 1,850. When 1 Canadian Field Hospital becomes operational, that number will rise to more than 2,400.

Rotation of Ships in Gulf

Less than two weeks following the announcement that the rotation of the crews of HMC Ships *Athabaskan* and *Terra Nova* ships would be replaced by HMC *Huron* and *Restigouche*. The ship rotations will take place mid-April following extensive refits and upgrades of the *Huron* and *Restigouche*.

Increased Allowance for Gulf Service

Each member of the Canadian Forces serving in the Gulf area will receive a tax-free financial allowance valued at approximately \$600 per month, retroactive to Jan. 15, 1991. The Jan. 31 announcement also added that members will be allowed to file their income tax returns as late as Oct. 31, and that the standard allowance of one free five-minute telephone call per week has been increased to two calls.

Base Construction Engineering — The 1991/1992 — Maintenance Program

Last year we described how the Base Construction Engineering Section, CE for short, can work for you. That article illustrated how CE work should be requested, how it is staffed, and the implemented. This year we would like to outline our plans for upcoming major maintenance projects, both on the Base and in the Married Quarters (MQs).

Before describing the individual projects slated for next fiscal year, we should first explain a bit about how our projects are funded. We are allocated money from Air Command Headquarters in two different pots. One cauldron is maintenance funds dealing with maintaining buildings and works in serviceable condition, and the other contains construction funds, from which new facilities are constructed. These pots are further sub-divided by monetary amounts, which coincide with approval authorities.

Maintenance projects with a cost under \$200,000 can be approved at Base level, as can construction projects with a price tag under \$100,000, although some projects are restricted and must be approved by a higher authority regardless of cost.

Projects beyond Base approval level must be approved by Air Command Headquarters or National Defence Headquarters, depending on the scope of work and overall price of the project.

This leads to the meat of this article and what is of most interest to you, i.e., what major maintenance projects we have programmed to be completed in 1991/1992. The projects outlined for the Base proper will help bring some of our 50's technology to the present day, and help us provide for the Base more efficiently. These projects include an upgrade of the boiler management system at the central heating plant and replacing the lift pumps of the sewage treatment plant. Also included will be replacement of more steam lines on the North Site. Although these projects, especially the last, may cause some inconveniences and re-routed traffic, they will prevent further equipment failures and conserve energy.

On an operational note, another project to be implemented is the upgrade of the St Charles Range. The introduction of new Danger Area Templates and overall deterioration of the

range have led to the closure of the range due to safety violations. Last year, we replaced the existing fence and the range has been reopened under a special waiver. This year we will complete repairs to the range to bring it to a fully operational state.

Another two projects that we are working on are an upgrade for our Petroleum, Oil and Lubricants (POL) facilities and a system to improve air circulation in Air Command Headquarters. These projects are currently in the consultant phase and will be designed by engineering consultants for implementation in 1992/1993.

Now to the projects that you really want to hear about; those that will upgrade our members' quality of life at home! This year we hope to implement the second phase of our three phase project to upgrade kitchens and bathrooms in the Multiple Dual Purpose Residences (MDPRs). This includes replacing floors and cupboards in kitchens, removing windows, replacing walls and upgrading plumbing in the bathrooms. Also planned for fiscal year 1991/1992 are phases of our MQs siding and bathroom renovation projects. In the bathrooms, walls and tubs will be replaced and shower windows removed, while the exterior of some MQs will be brought up to standard with

It should be clarified that these are the projects programmed for fiscal year 1991/1992; however, their implementation will depend upon the allocation of funds from Air Command. It can also be appreciated that there are many other projects our customers would like to see completed, but we are limited in our abilities in these times of fiscal restraint. In any case we will do our utmost to provide the best services possible and keep our customers happy. Any questions that you may have about this article can be directed to the CE Planning Officer at 833-5035.

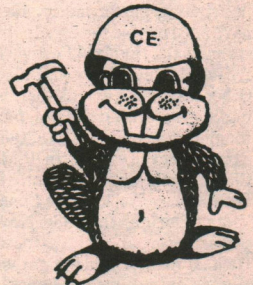
In closing, I leave you with this anecdote:

When dealing with CE you will, at various times, deal with engineers, architects and tradespeople. There is a difference in attitude among the three explained as follows:

about a large number of things. After he/she joins the workforce he/she acquires less and less knowledge about more and more things until he/she finally knows nothing about everything; and

c. a tradesperson normally comes from humble beginnings, joins the workforce early and does not have the opportunity to attend university. He/she, therefore, starts off knowing very little about a small number of things. From his/her association with architects and engineers, however, he/she acquires more and more knowledge about more and more things until he/she finally knows everything about everything.


CHIMO!



- a. an architect, being in a very specialized field, while in university learns a great deal about a limited number of things. After he joins the workforce he/she acquires more and more knowledge about fewer and fewer things until he finally knows everything about nothing;
- b. an engineer, being in a more general field, while in

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**Royal Canadian Air Cadets
50th Anniversary**



1991 is the 50th Anniversary of the Royal Canadian Air Cadets. A Sports' Day, Church Service, Drill Contest and a 50th Anniversary Banquet will be held the weekend of May 17th-20th. These activities will be held at the University of Manitoba, The Winnipeg Convention Centre, and St. Matthews' Church. All twenty-two Air Cadet Squadrons in Manitoba will take part for a total of 400 cadets.

Tickets for the banquet on May 19th at the Winnipeg Convention Centre are available . . .

For further information on these events please write to:

Air Cadet League of Canada
Manitoba Provincial Committee
Box 1011
Winnipeg, Manitoba
R3J 2K2

A trained, energetic and patriotic youth is our country's finest asset. To them belong tomorrow and the world.

Welcome Home to Moose Jaw BAMEO Congrats!

All former students and staff of Moose Jaw Technical High School, Tech Oxford Collegiate, Canadian Vocational Training School and A. E. Peacock Technical (Collegiate) will celebrate the Diamond Jubilee of their school on August 1 to 4, 1991.

Send your name and address, and those of your friends and relatives, and we'll send full details of this historic event.

A Lit, parties, sports, banquet and dance, and more will fill the four days.

MAIL YOUR LIST TODAY to:



A. E. Peacock Collegiate
145 Ross Street East
Moose Jaw, Saskatchewan, Canada
S6H 0S3

Phone — (306) 693-4626



Lt Herve is congratulating MCpl Penney for his excellent performance on the Junior Leaders Course he recently completed. The fact that he was commended for his outstanding drill proves that airmen can march with the best of them. Congratulations and keep up the good work.



A new spirit of giving



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From January 1 to March 1, 1991, when you transfer an RSP to Canada Trust, you'll receive an interest bonus of \$5 for every \$1,000 transferred up to \$500 — that's equivalent to 1/2% bonus for one year on amounts up to \$100,000.

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*For terms and conditions contact:

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Corydon at Wilton 985-4400
Corydon at Edgeland 985-4620

Brandon
727-6459

* not open hours shown



We invite you to invite these persons to our support groups. Please check your February Calendar for program details. You may reach us at the above centers between 9-4 Mon-Fri. After hours, leave a message and you will be called the following day.

Emergency Services

Base Operator — 832-1311
 Military Police
 North — 833-5204/5565
 South — 833-6187
 Fire Prevention — 833-5501
 Fire Hall — 833-5217

Base Hospital
 Duty Hours
 North — 833-5203
 South — 833-6208
 After Hours — 833-5333

Chaplain
 North — 833-5272/5417
 South — 833-6022/6023

Base Social Worker — 833-5479

Family Support Center
 North — 837-8443
 South — 488-4161

Poison Treatment Center — 911

Klinic Crisis Line
 for Battered Women
 942-3052

Lawyer Referral Service
 943-2305

Osborne House
 (Women's Crisis Shelter)
 775-8197

Sexual Assault Crisis Line
 786-8631

Transit — City of Winnipeg
 284-7190

Base Theatre — 888-6290

Alcoholics Anonymous
 942-0126

Al-Anon — 943-6051

Teen Touch — 233-0914

Base Library — 831-7252

Carol Barton
 Director

NORTH
 54 Bourkewood 837-8443
SOUTH
 1822 Corydon 488-4161

I am pleased to announce the expansion of our present staff and programs. I welcome:

- Suzanne Gette
Assistant Director
- Libby Amirault
Program Co-ordinator
- Catherine Medernach
Program Facilitator
- Michelle Grant
Children's Program Co-ordinator
- Craig Bennett
Childcare Worker
- Leanne Hudson
Childcare Worker

We also have wonderful base and civilian volunteers who are generous with their skills, time, and experience. A big thank you to all.

Our programs include:

- Little People Playtime
- Drop-In
- Speakers
- Moms' Day Off
- Adult Crafts
- Children's Crafts
- Moms' Take a Break
- Children's Programs
- Support Groups — for both military and civilian personnel who have family or friends in the Gulf; South 1822 Corydon 7-9 Wed February 20th, North 54 Bourkewood 10-12 a.m. Wed February 27th.

Feelings and Behaviors that Affect the Child's Adjustment to Parent Absence

Any Combination of These Feelings	Could Lead to Any of These Behaviors	Separation anxiety Confusion at routine change Feelings of guilt for mom's sadness	Behavior problems — may act out mom's anger or anxiety Evidence of lowered self-esteem Attempt to care for mom
<i>Pre-deployment</i>			
Parents Resentment Anger Guilt Frustration Anxiousness Sadness	Arguing — to distance/to express anger Father withholds notice of deployment until last minute Lack of adequate preparation due to denial Emotional and physical withdrawal	Latency children Feel like the man around the house/feel like mom's companion Loneliness (dad often a pal or friend at this age) Feelings of abandonment Fear that separation between mom and dad may be permanent Confusion over masculinity	School problems ("dad's not here to make me do it") Swing from very responsible to very irresponsible Encopresis and enuresis found to increase May act out mom's distress, own anger Increased aggressive or hypermasculine behavior
Preschool children Confusion Surprise Guilt during magical thinking period Sadness	Clinging Irritability Increase of attention seeking behavior (+ and -)	Adolescent children Sadness Independence (as a defense and developmental task) Anger	School problems Behavior problems Control problems (dad not there for control)
Latency children Sadness Anger Separation anxiety Guilt during early latency May feel cause of father's leaving even if discussed Feels lonely before he leaves	Behavior problems Regressive behaviors (explain) Angry outbursts mixed with clinging	Parents Fear of infidelity Let down (fantasy of reunion doesn't live up to expectations) Anger at absence Jealousy of kid's preference for one parent Husband forgets normal noise and confusion Both feel "I had it worse"	Questioning, suspiciousness, incidence of spouse abuse Withdraw or try to take power back through physical violence Difficulties compromising, often wants others to "take care of me"
Adolescent children Sadness Fear of mother's rejection Denial of feelings Anger	Aloofness, "don't care" attitude (arguing as defense against closeness, or expression of anger) Friends take on increased value	Preschool children Joy, excitement Wants reassurance Anger causes desire to punish or retaliate against dad May be afraid of dad	May have made something for dad, wants recognition Clingy Oppositional/avoidant behavior Attention-seeking behavior Compete with mom and other sibs
<i>Deployment</i>			
Parents Feel overwhelmed and depressed Displace anxiety More independent and assertive Anger Fear of infidelity Mom resents kids taking their anger out on her	May just give in to battle with kids and ease up on rules, routines, etc. Overprotective, kids may begin to sleep with mom Increased alcohol consumption Somatic complaints; everything that goes wrong is blamed on father Things start to be done mom's way Withdraw from kids even more	Latency children Joy, excitement Remaining anger Anxiety over changing roles in family Competition with dad for masculine role	May have made something for dad, and wants recognition Attention-seeking behavior after things have settled May act out anger May attempt to initially split parents
Preschool children Sadness Feelings of abandonment	Change in appetite or sleep "Father hunger"	Adolescent children Anger Relief Resentment	Defiance Behavior problems School problems

Effects of Deployment Separation on Military Children
 Military Medicine, Vol. 153, September 1988

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Resources to Nurture Ourselves as Parents

Develop a daily routine for relaxation — a quiet time for only you; a time for breathing in a relaxed way, a time for a walk; Share the burdens and the glories. It's important to have a trustworthy friend with whom you can share your ongoing feelings and concerns; find a "buddy" you can call at a fixed time once or twice a day; Look for a community of like-minded and like-hearted people with whom to share everyday experiences and festive occasions; Find a way to slow yourself down so that you are in tune with yourself and the people and events around you; listen to relaxing music; read an enjoyable book; If you do these things, you can also help your children come alive to themselves, to see themselves as they are, with all their talents and abilities, with their smiles and their frowns, their laughter and their tears. If you do this you will also come alive to yourself; you will come to see yourself as the treasure you really are.

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CHAPLAINS CORNER



Chaplain Article

Portia Nelson has written a piece titled: "Autobiography in Five Short Chapters." It reads:

Chapter I

I walk down the street
There is a deep hole in the sidewalk.
I fall in.

I am lost . . . I am helpless.
It isn't my fault.
It takes forever to find a way out.

Chapter II

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place,
but it isn't my fault.
It still takes a long time to get out.

Chapter III

I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in . . . it's a habit.
My eyes are open.
I know where I am.

Greetings from the Chapels

It is my fault.
I get out immediately.

Chapter IV

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

Chapter V

I walk down another street.

Life is a process. A process of moving from one level of development and achievement to another. Those things we strive to achieve that are positive, beneficial, constructive — losing weight, enriching our marriages, enhancing our careers — are all gained by working each phase as it comes.

Coincidentally, those issues which tend to defeat, to destroy and to hurt our lives also happen progressively. They don't just happen overnight — although we tend to explain them away with

that reasoning. Poor work habits, a gaining of weight, a deterioration of family life take time to develop. The temptation to take life easy, to feed our weaknesses, to overindulge in certain destructive behaviour strike all of us at several points in our development.

The Bible, as a book that deals with real life issues, presents the stark and destructive outcome of mankind's foibles. Countless instances are revealed where people simply follow the easy road and give in to their weaknesses and/or the influence of their friends. The results are disastrous — shattered relationships, destroyed bodies, betrayal of trust and even death.

Fortunately, we also discover a way out of our dilemma, our captivity of body and soul. Through a spiritual process, one level leading to the next, men and women are shown rising above those

influences which would destroy them. The process begins with the acknowledgement that there is a God, a God who cares deeply about people and their needs.

Admitting our needs, the promise is given that God hears and responds to our cry for help. Scripture reveals that every test we experience is the kind that normally comes to people. But God keeps his promise and will not allow us to be tempted beyond our ability to withstand the temptation. At that moment of time, God gives us the strength to endure it and provide a way out. I Cor 9:13.

Life is filled with many potholes (Winnipeggers are very familiar with these) and to avoid falling into them we, too, like Portia Nelson need "to walk down another street."

Padre Peter Day
CFB Winnipeg
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3rd Sunday - 0900 hrs - Eucharist (ACC)
- 1100 hrs - Divine Worship

4th Sunday - 0900 hrs - Eucharist (ACC)
- 1100 hrs - Divine Worship

5th Sunday - 0900 hrs - Eucharist (ACC)
- 1100 hrs - Divine Worship

St. Andrew (South Site)

Sunday Service 10:00 a.m.
Sunday School 10:20 a.m.



Come Home Soon Dan!

We can hardly wait to see you again!
You'll be receiving big hugs and kisses ten by ten!
Your friendly laugh, your cheery smile!
Your nice personality makes it all worthwhile!
You take care of yourself now you hear!
Our thoughts of you we hold very dear!
It's hard to imagine you in the winds of war!
And from here to the Persian gulf is very far!

We've got a bright candle burning for you!
And we've got a care package for you, too!
We're praying hard for your safety and the end of the war!
And we'll always keep the base HQ door a little bit ajar!
Soon you'll be off that plane and on Canadian soil!
We hope the war was worth your worry and your toil!

by Carolyn Gibson

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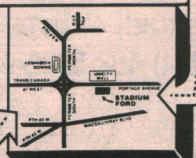
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For Sale — VHS FIRST-RUN MOVIES. All in excellent condition. Mixed titles. Fifty-one (51) tapes. Reasonable prices. Most viewed only twice. Ph: Local 5318.

For Sale — One Magnavox VHS video player. Is capable for camera hook-up. 4 head player in like-new condition. Please phone 488-1539.

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