



Free

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CFB/BFC Winnipeg
21 August 1991

End of an Era



This month the CT-142 completely replaced the C-130 NT as the platform for airborne navigation training at CFB Winnipeg. For more details on 'The End of the Hercules Era' see the centre page story and pictures.

Base Red Cross Blood Donor Clinic

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 received a blood transfusion, then do something about it. be a Red Cross Blood Donor at the forthcoming Base Clinic. It will be held Thursday, 22 August 1991 from 0900 hours to 1130 hours and 1300 hours to 1600 hours at the Drill Hall (Bldg 21) CFB Winnipeg.

Every drop counts

Be a + blood donor

Join us for the 11th Annual

TERRY FOX RUN

for Cancer Research

Sunday, September 15th, 1991

"I believe in miracles... I have to."
 Terry Fox 1980

CFB Winnipeg has volunteered to organize this year's City of Winnipeg 11th Annual Terry Fox Run. The run will start at Lipsett Hall Recreation Centre and go through beautiful Assiniboine Park and return to Lipsett Hall. There will be two routes, one 10 km and one 6 km. The course will be open from 0900 to 1400 hrs. This run is the biggest of its kind in Manitoba and requires many volunteers to make it a success. The section has

been tasked with organizing this year's event and they are looking for many volunteers to help them. If you are interested in volunteering to help in this very worthwhile event, please contact PO2 Fred Williams at local 6185. We are starting now to hold organizational meetings and we need your help. So please call today and join the team. **REMEMBER, CANCER CAN BE BEATEN WITH YOUR HELP!**

11^e Course Annuelle Terry Fox

La BFC de Winnipeg s'est offerte volontairement à l'organisation de la 10^e course annuelle Terry Fox à Winnipeg. La course commencera au Centre récréatif Lipsett Hall, passera par le beau parc Assiniboine et retournera au Lipsett Hall. Il y aura deux itinéraires dont de 10 km et l'autre de 6 km. Les pistes seront ouvertes de 09h00 à 14h00. Cette course est la plus importante du genre au "Manitoba et demande un grand nombre de bénévoles pour en as-

surer le succès. La section de l'OEPLB a reçu la mission d'organiser cet événement et à la recherche de plusieurs bénévoles. Si cet événement des plus valables vous intéresse, on vous prie de contater le M2 Fred Williams au poste 6185. Les réunions pour le comité d'organisation commencent et nous avons besoin de votre aide. Joignez vous à nous dès aujourd'hui! **AVEC VOTRE AIDE ... ON PEUT VAINCRE LE CANCER!**

42 Years of Service



RETIREMENT OF MR. TOM CRAWFORD

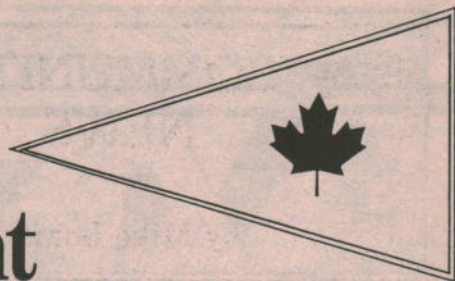
Mr. Tom Crawford received his certificate for 42 years of dedicated and loyal public service from Col G.G. Mark, Comd Compt. This award included service in the RCAF, CFA) and more recently as a civilian staff officer in the Organization and Establishment Section. Whether basking in the winter sunshine of St Petersburg or enjoying the summer breezes in the cottage country of Georgian Bay, best wishes go with Tom and wife Barbara from his many friends for a long and happy retirement.



Sous le Fanion

Col JRB Proulx

Under the Pennant



Tout d'abord, je tiens à souhaiter, au nom de tout le personnel de la BFC Winnipeg, la plus cordiale des bienvenues au LGén Huddleston et au BGén Buckham, ainsi qu'à leurs épouses. Pour ceux et celles qui ne le savent pas, le LGén Huddleston est le nouveau commandant du Commandement aérien, et le BGén Buckham, le chef d'état-major — Opérations et instruction. La BFC Winnipeg relève directement de ce dernier, qui, à son tour, relève du commandant.

Au moment de mettre sous presse, j'aurai déjà visité la plupart des sections de la Base (plus de vingt) et certaines unités hébergées, en assistant à de nombreuses séances d'information. Ma première impression, c'est que la BFC Winnipeg fonctionne exceptionnellement bien et que la plupart du personnel, tant chez les militaires que chez les civils, sont heureux et se montrent enthousiastes à l'égard de leur

emploi. La BFC Winnipeg jouit déjà d'une réputation enviable, étant perçue comme une base dont les opérations se déroulent de façon efficace et harmonieuse. Une telle réputation est attribuable aux efforts collectifs de chacun et aux grandes qualités de chef du BGén Armstrong. J'ai l'intention de poursuivre les objectifs que vous avez fixés avec sa collaboration, et j'espère m'appuyer sur vos réalisations antérieures.

Au cours de ma première réunion avec les chefs de direction et des commandants, j'ai dit accorder beaucoup d'importance à la qualité des services offerts par chacun de nous. Quel que soit notre emploi, nous assurons tous des services à quelqu'un. Je vous encourage à considérer chaque client et employé avec la plus haute estime. Je m'engage à faire tout mon possible à cet égard et j'espère que vous en ferez de même.

On m'a également fait savoir qu'un nombre important de bénévoles participent à l'organisation de diverses activités communautaires. Je tiens à féliciter chacun d'entre eux et je vous encourage tous à suivre cet exemple.

Je me réjouis à l'idée de travailler avec vous et j'espère obtenir votre appui et votre entière collaboration afin que nous puissions maintenir et peut-être même améliorer l'excellent rendement que vous avez déjà fourni. Ma famille se joint à moi pour remercier tous ceux d'entre vous qui ont fait un effort particulier pour nous accueillir à Winnipeg.

At the onset, I wish to extend, on behalf of all the personnel of CFB Winnipeg, a very hearty welcome to LGen and Mrs Huddleston and to BGen and Mrs Buckham. For those who are not

aware, LGen Huddleston is the new Commander of Air Command, and BGen Buckham, the Chief of Staff of Operations and Training. CFB Winnipeg reports directly to the latter, who in turn, reports to the Commander.

By the time this article goes to press, I will already have visited most of the sections on the Base (over twenty), and some lodger units, receiving numerous briefings. My first impression is that CFB Winnipeg is running exceptionally well, and that most personnel, military and civilian alike, are happy and enthusiastic about their jobs. CFB Winnipeg already enjoys the enviable reputation of being an effectively and harmoniously run Base. This success is due to the collective efforts of each and every one of you under the strong leadership of BGen Armstrong. I intend to continue pursuing the Base goals established by you and him, and hope to build on the accomplishments already achieved.

In my initial meeting with the Branch Heads and Commanding Officers, I stated that I attach particular importance to the quality of service each and every one of us provides. Regardless of the job, we all provide services to someone. I urge you to treat each customer and employee as your most valuable one. I pledge to do my utmost in this regard and hope you will do the same.

I have also been made aware of the tremendous number of volunteer workers in various community activities. I compliment those who are contributing and encourage everyone to do the same.

I look forward to working with you and request your continued support and cooperation in maintaining and, if possible, exceeding the very high standard you have already achieved. My family joins me in thanking all those who have gone out of their way to make us feel so welcome in Winnipeg.



Air Command Band to Play Concert at the Forks

The Air Command Band will take a break from this year's schedule of tours to play an outdoor concert at the Forks on Saturday, September 7 at 1 p.m. The program of popular and military music will take place under the canopy at the Forks Market Plaza and admission is free.

Since April, the band has appeared everywhere from the Apple Blossom Festival in Nova Scotia to Klondike Days in Edmonton. On September 1, they will travel to Omaha Nebraska for a joint concert with the Strategic Air Command Band from Offutt Air Force Base. The two bands first played together in Winnipeg in October at a concert benefitting a local veterans' home. The band will also travel to Colorado Springs in October to support the Royal Canadian Air Force Association Annual Meeting and Convention.

The band welcomes four new members: Sgt Rob Small, Sgt Joanna Deschutter, Sgt Jim Walton and Cpl Peter McIntosh.
Photo Credit: MCpl Dean.



The Korea Veterans Association of Canada National Convention

will be held in Victoria, B.C. on September 11, 12, and 13, 1992.

For further information write Korea Veterans Association, Unit 27, P.O. Box 4252, Station "A", Victoria, B.C. V8X 3X8.



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COMMUNITY NEWS

by Mike Bonin

Sign of the Times

Where do all the various signs around the Base come from? Surprisingly enough, they are all hand made by one of our C.E. workers, Todd Martin. He's the Base Sign Painter and he's been providing the base with excellent work since 1985.

Todd's been in the business for ten years. He started as an apprentice for a local company, learning his trade through on-the-job experience.

"There is only one school for sign painters in Canada; it's located in Toronto and there is a two-year waiting list for entrants," Todd comments. "But there are many seminars, symposiums or courses a person can take to 'brush-up' his skills and stay current."

It is important to watch the styles and trends as the market for signs changes. Hand painting, such as Todd does, is a dying art,

even it is being reduced (but never replaced) by the infamous computer!

Todd finds that most of his work is of a "regimented" nature but he is allowed a certain "artistic licence" to utilize some of his talents. He especially enjoyed designing and creating the signs for the four Chapels on Base. On-location painting allows Todd the opportunity to mingle with his customers and meet various people on the Base.

Meticulous in his efforts, Todd sets high personal standards and ethics for himself. He strongly believes in quality, not quantity, work.

The next time you see Todd out and about creating another one of his masterpieces, stop and chat with him, or if you see a nice looking sign on Base, rest assured it's probably one of his!



Mr. Todd Martin applying that special touch.

Welcome

CANEX welcomes Ms. Julie Newsham as the Catering Supervisor and Food Service Assistant.

Julie is a Winnipeg resident and graduate of the University of Manitoba. She has several years' experience in the catering field which includes several catering operations in northern B.C.



Ms. Julie Newsham

Julie is assisting in the future planning stages for the overall operation, with an emphasis on the catering needs.

Should you require any information about catering or our food service operation, please feel free to contact her at the CANEX office.

CANEX welcomes Mr. Glen Walker as the new Food Service Manager for CFB Winnipeg effective 04 March 1991.

Glen is a long time Winnipeg resident and is married with one son. Glen comes to us with vast experience in the Food & Beverage Industry, which also includes several years in Banquet operations.

Some changes that Glen is planning have already been implemented and as time goes on, additional changes will be evident to everyone in all the operations.



Mr. Glen Walker

Please feel free to call, or stop and speak with Glen as he settles into the new position and any comments that might be helpful will certainly be appreciated.



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Promotions and Presentations



MWO (Art) Venables from Air Command HQ DCOS TIS Division received his retirement certificate. After 37 plus years of dedicated service to the RCAF and CAF, Art will be retiring in the Winnipeg area. All DCOS TIS members wish Art the best of health and enjoyment during his retirement years.

WORKSHOP'S ANNUAL REUNION

The Workshop's Annual Reunion will be held the 19th and 20th of September 1991 at AMDU Trenton for all serving and former 561's, 562's and 563's.

Activities get under way at 1600 on the 19th with a meet and greet at the North Side WO's and Sgt's Mess followed by a golf tournament and BBQ the next day at the Base Golf Course.

Cost packages at \$40 with golf and \$23 without golf. Pre-payment will be appreciated. Please send cheque or money order payable to "Workshop Reunion Fund" to WO Donovan at AMDU Trenton.

For further information please contact MWO Mackeigan at (613) 965-3166 or WO Donovan at (613) 965-3180.

Aerospace Maintenance
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Project Support Branch
CFB Trenton
Astra, Ontario
K0K 1B0



BPOSO congratulates MCpl Steve Holloway on his promotion to that rank.



Warrant Officer Kathy White received the Canadian Forces Decoration on July 10, 1991, recognizing 12 years of service. In addition, she had been promoted to Warrant Officer on July 1, 1991.

Born in Yarmouth, N.S., Warrant Officer White worked in the Command Secretariat Division of Air Command Headquarters in Winnipeg and was posted recently to HMCS Chippawa in Winnipeg.



LCol J.M. Forestell, BadMO, congratulates Sergeant Ken Prescott, Chief Clerk LTC upon his promotion to that rank.



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Blaine Granger Visits CFB Winnipeg

Computerized Pay System

by Capt Dan Lachance



Blaine prêt pour l'action!
The obligatory hero shot!

Blaine Granger is nine years old and has leukemia. For the last few years, Blaine has been collecting baseball caps as a hobby. He now has over 10,000 caps and said that his goal is to reach 50,000. Capt Brooks, a Navigator with 424 Search and Rescue Squadron based at CFB Trenton, heard of Blaine's pastime and started to collect baseball caps for him. On July 17, duty brought Capt Brooks and his crew to Winnipeg and they took this opportunity to present the caps to Blaine and his brother, as well as give them a tour of their CC-115 Buffalo aircraft.

Blaine Granger a neuf ans et a la leucémie. Depuis quelques années, Blaine collectionne les casquettes de baseball comee pass-temps. Il a maintenant plus de 10 000 casquettes et espère un jour en avoir 50 000. Le capt Brooks, un navigateur avec le 424^{ème} escadron de recherche et sauvetage basé à BFC Trenton, a entendu parlé de Blaine et sa collection, et commença à mettre de côté quelques casquettes de baseball dans l'espoir de pouvoir les lui offrir plus tard. Le capt Brooks et son équipage se retrouvèrent à Winnipeg le 17 juillet lors d'un vol d'entraînement. Ils en profitèrent pour offrir à Blaine des casquettes pour sa collection et donnèrent aussi un tour de leur appareil CC-115 Buffalo à Blaine et à son frère.

In recent years the computerized Pay System in the military has been restricted by the requirement to mail input documents from the units to NDHQ. While many of us remember the good old days of pay books, cards and sheets, their use, while providing portability, especially the pay book, were labour intensive while not providing a methodology for accruing costs. The system in place today, reacts relatively quickly but does not provide direct access, nor does it provide pay statements.

The development and implementation of a new Central Computation Pay System (CCPS MK III), will include a direct link between the Pay office and the Data Base in Ottawa, and will provide pay statements each payday. CFB Winnipeg is scheduled to go on line with the new system during late August/early September 1991.

As a part of the implementation process we are forwarding a data questionnaire to all military members. The completed questionnaire will provide the information required to accurately mail pay statements. It is requested that they be completed as quickly as possible.

Quelques-unes de plus!

De nos jours, certaines collectionneurs sont prêts à tout pour acquérir une pièce convoitée. Blaine Granger est une de ceux-là. À preuve, ce jeune winnipegois rencontrait récemment le Président américain afin d'obtenir des casquettes pour le moins convoitées.

Ayant entendu parler de sa grande détermination et du grave cancer qui l'afflige (maladie de Hodgkin), des aviateurs du 424^e Escadron de transport et de sauvetage ont, le 16 juillet dernier, présenté près d'une trentaine de casquettes à ce collec-

tionneur. "Certaines arborent l'écusson d'escadrons canadiens, d'autres de sections d'entretien de Trenton (Ont.) ou bien de compagnies pétrolières avec lesquelles nous faisons affaires lors de nos nombreuses sorties", de dire le capitaine Phil Brooks, organisateur de cette présentation et navigateur au sein de l'Escadron.

Après la brève cérémonie, voyant le jeune Blaine trépigner d'impatience, les cinq membres de l'équipage ont vite fait de lui faire visiter leur appareil Buffalo. Ce qui, il va s'en dire, n'a pas manqué de plaire.

Aujourd'hui, la collection de Blaine compte plus de 9 000 casquettes et il espère bien atteindre son objectif de 50 000 dans un avenir rapproché... par le lieutenant Jean Morissette, officier des affaires publiques à Winnipeg. Photo caporal Doug Desrochers.

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Blaine Granger, his brother and his father, pose with the crew of Buffalo 453.

Blaine Granger, son frère et son père, posent avec l'équipage du Buffalo 453.

The CFB Dog Club

will be registering all breed obedience and confirmation classes in Bldg. 21 (off Sharp entr.) at 1900 hrs on Sept. 8. Price is \$32.50 for 8 weeks, 1/2 price for second and third dogs. For info, call 489-1935. Bring proof of vaccination.

Please note:

This is registration only. **Do not** bring dogs until classes start Sept. 15.

CFRS Cornwallis 7201 (W) remembering the nightmare

A reunion is being planned for students and instructors on the 7201 (W) Recruit Course to celebrate (and commiserate) 20 years since the fateful day we arrived at Recruit School.

The tentative dates are the weekend of 10-12 January 1992 (as close as we can get to the actual date) in Ottawa. All the ladies and our instructors are welcome. Timings and place are to be announced. We would appreciate any suggestions you may have for a fun-filled weekend.

If you are able to attend please contact either:

WO E Tracey Superintendent Clerk CFB Portage la Prairie Southport, Manitoba ROH 1N0	or	PO2RM Person Regular Support Staff (Central) Detachment London Canadian Forces Base London London, Ontario N5Y 4T7
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We will pass on to you all the information as soon as it is available. Remember South Block, Remember bitter winter days, Remember daily room checks, Remember being CB'd. Remember, Remember, Remember... (Bring all your old pictures for fun, laughs and blackmail!!!)

WILDERNESS GETAWAYS

Want to learn a new skill and have an enjoyable weekend in the bargain? Gunn Lake Lodge kicks off its autumn season with two exciting weekends in October.

Rock Climbing for Beginners — October 5, 6

Doug Leonard and Caroline Marion have years of experience rock climbing around the world, and they say that some of the best rock "structure" they've discovered lies within three hours drive of Winnipeg. "One of the big myths is that this sport is dangerous," says Caroline. "You're tied in every foot of the way." In classroom discussion and field trips, Doug and Caroline will demonstrate the basics of rock climbing for beginners. "I just want to emphasize that you don't have to be really young or really fit to enjoy this sport," says Doug. "It's fun." Equipment included.

"Autumn Leaves" Photography Seminar — October 12, 13, 14

Freelance photographer Tom Thomson has published thousands of photos in international publications like *Islands*, *Equinox* and the *Toronto Star*. In a three day seminar he will demonstrate field techniques for outdoor photography and photo marketing for "keen beginners". This session is deliberately scheduled for the beautiful mid-October leaf season, and will be coupled with Gunn Lake Lodge's legendary cuisine and hospitality.

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Colonel H.C. Armstrong, Base Commander, and Major P.E. Deschênes, Officer Commanding LTC, cut the ribbon to officially open the new Centre. Looking on are (from left to right) Rosaire Hébert, A/Senior Teacher; Capt J.L.R. Giroux, Requirements Officer, BCE; Mr Hank Boyce, RPO Air Command HQ; MCpl K.R. Prescott, Chief Clerk LTC; Lt B.J. Boehler, Engr O BCE; Major W.M. Moore, BCEO; and LCol J.M. Forestell, B Adm O.

L'OUVERTURE DU NOUVEAU CENTRE DE FORMATION LINGUISTIQUE

Le Colonel H.C. Armstrong, Cmdt de la Base, et le Major P.E. Deschênes, Cmdt du CFL, coupent le ruban pour marquer l'ouverture officielle du nouveau Centre. De gauche à droite on voit Rosaire Hébert, Professeur Doyen Intérimaire; le Capt J.L.R. Giroux, l'officier des exigences GC; M. Hank Boyce, OPR QG Commandement Aérien; le Cplc K.R. Prescott, Commis Chef du Centre; le Lt B.J. Boehler, l'Officier de l'ingénierie GC; le Major W.M. Moore, Chef-Génie Construction; et le LCol J.M. Forestell, Chef d'Administration de la Base.

Tuesday, July 9, 1991 was a red letter day in the history of the Language Training Centre, CFB Winnipeg. After months of negotiations, the new Centre was finally opened by the Base Commander, Colonel H.C. Armstrong. Located at 1780 Wellington Avenue, Airport Executive Tower, the Centre has the facilities required to instruct the French language to CF members who attend the Continuous French Course.

With Course 9001 completed (28 Jan 91) and Course 9101 commencing 19 Aug 91, this summer has been a period of intense effort to insure that the new Centre was set up and ready to go. Everything is now ready and all we need is for the students to arrive and begin one of the most difficult yet rewarding years that they will have in the CF.

As usual, summer is the period when changes in staff occur. At this time, we would like to welcome Micheline Saint-Onge, who will be our new Senior Teacher. Micheline comes to us from the CF Language School, Saint-Jean, and the Centre will be well served by her experience and knowledge in teaching a secondary language. Regrettably, we must say goodbye to Rosaire

Hébert, our acting Senior Teacher for the past two courses, and to MCpl Ken Prescott, our Chief Clerk. Rosaire is off to the CF Language School in Ottawa, where he will be conducting French language testing. We wish him all the best in his new endeavours. Ken, meanwhile, is promoted to Sgt, and after his QL6A course, he will be assuming the duties of Assistant Base Training Officer at Base Headquarters. Good luck and many thanks to both for a job well done!

Centre de formation linguistique

Mardi, le 9 juillet 1991 fut une journée très importante pour le Centre de Formation Linguistique à la BFC Winnipeg. Après plusieurs mois de négociations, le nouveau Centre a été ouvert officiellement par le Commandant de la Base, le colonel H.C. Armstrong. Situé au 1780 Wellington Avenue, Airport Executive Tower, le Centre a les facilités nécessaires pour enseigner le français langue seconde aux membres des FC qui suivront le Cours Continu de Français.

Avec le fin du Cours 9001 (le 28 juin 91) et le commencement du Cours 9101 qui débutera le 19 août 91, l'été a été très occupé pour assurer que tout soit prêt dès le commencement. Maintenant, tout est fini et nous attendons les nouveaux étudiants. Ils auront une année très occupée et difficile mais en même temps une année qui en vaut le peine.

L'été est aussi une période où les changements se passent. Nous souhaitons la bienvenue à Madame Micheline Saint-Onge, qui sera notre nouveau Professeur Doyen. Micheline nous arrive de l'ELFC Saint-Jean, et son expérience et sa connaissance seront très appréciées au Centre. Aussi, nous devons dire au revoir à Rosaire Hébert, qui a été notre Professeur Doyen Intérimaire pour les deux derniers cours; et au Cplc Ken Prescott, notre Commis Chef. Rosaire nous quitte pour l'ELFC Ottawa, où il va administrer le testing de langue seconde. Bonne chance Rosaire, dans ton nouveau poste. Ken est promu au rang de sergent. Après son cours de NQ6A, il assumera les fonctions d'officier adjoint à l'entraînement de la Base au Quartier-général. Bonne chance et de gros mercis à vous deux pour avoir si bien travaillé!

Congratulations Base Supply!



Maj R.F. Stewart receiving Base Safety Award from Col Proulx, Base Commander.

The General Safety Award recognizes the section with the lowest accident rate and is awarded semi-annually. Base Supply was accident free for the first six months of 1991. Well done!"



Good work Base Supply — JOSH Committee receiving their Safety Plaque for six months without accidents. Left to right — MCpl Gagne, Ms. S. Hamp, Capt Andrews, Lt Coderre, Mr. Sukhan, Col Proulx (BComd), Mr. Horning, Mr. Grabowski, Maj Stewart (BSupO), Mr. Thorne, Mr. Armstrong (BGSO)

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CFANS Update

General H.C. Armstrong, CD, Deputy Commander Fighter Group/Canadian NORAD Region, presented wings to the graduates of Course 9007 on parade at Stevenson Park. As a former CO of 429 Sqn and BComd of CFB Winnipeg, it was most appropriate that BGen Armstrong be the guest of honour at the event which officially concluded the Hercules era at Winnipeg.

We were also pleased to have as our guest for the evening, LCol D.G. Timperon, CD, current CO of 429 Sqn in Trenton. On behalf of CFANS, LCol Watt, presented a plaque to 429 Sqn in recognition of the 16 years of unwavering support that 429 Sqn has provided to the mission of training navigators.

As usual the graduates were responsible for providing entertainment for their guests after dinner. The video skit had some hilarious moments as the new navigators lampooned the flying skills of some famous 429 pilots. The High Tacan Approach footage of the beat up Herc plummeting onto the Winnipeg VTA chart was classic. The grads also presented gifts designed to poke fun at their instructors, ie. 'The Never Ending Story' poster

given to the Maritime instructors who apparently digress from their lesson plans with the occasional war story. To wrap things up the video tape of the arrival and deplaning of the crew of the last C-130 Navigation Sortie was shown.

And now to the Nursery News. Our congratulations are extended to Tim and Liz Truant on the birth of their second son Steven, on 6 Aug 91. The newest CFANS dependant weighed in at 8 lbs and 6 oz.

Two new courses have recently started classes at CFANS. Basic Air Navigation Course 9105 started classes on Tuesday 6 August and were officially welcomed in a brief ceremony in the Tartan Room of the Officers' Mess. Also new at the school are the members of Navigator Instructor Course, NIC 9172. Welcome to Majors Purdy (A Flt Comd) and Kummel (B Flt Comd) and to Captains Dickie (Transport cell), Graham (cell TBA), Hone (Maritime), Northrup (Celestial), and Troisfontaines (Nav and Air Regs). Classes for the second CT-142 NIC began on 7 Aug 91.



Lt Larry Austin received the LCol K.H. Pauls Memorial Trophy for outstanding achievement on the Basic Air Navigation Course.

Wings Graduation Ceremony

Basic Air Navigation Course 9007. Wings Graduation Ceremony. Back Row (L-R): Lts Joy Klammer, André Gloumeau, Cary Cambell, Petri Karppa and Martin Dufour. Front Row (L-R): Lt Larry Austin (honour graduate), Col J.R.B. Proulx, BGen H.C. Armstrong, LCol T.F. Watt, and Capt. D.A. Richards (course director).



Gen. de Chastelain Visits Winnipeg



Gen de Chastelain receives a general salute from the Guard of Honour, followed by LGen Sutherland and Col Proulx.

Le Gén de Chastelain reçoit le Salut Général de la garde d'honneur, suivit par le Lgén Sutherland et le Col Proulx.



Mrs and Gen de Chastelain came to CFB Winnipeg on 2 Aug 91 for the Air Command Change of Command parade. Col Proulx welcomes Gen de Chastelain as LGen Sutherland and his wife look on.

Le Gén et Mme de Chastelain sont venues à la BFC Winnipeg à l'occasion du changement de commandant du commandement aérien. Le Col Proulx, accompagné par le Lgén Sutherland et son épouse, leur souhaite la bienvenue sur la Base.

The End of an Era



Symbolizing the end of one era and the start of another, BGen Armstrong received this framed photo of the CT-142 and C-130 flying in formation over CFB Winnipeg.

In 1975 the C-130 began flying navigation training missions replacing the Dakota DC-3, which was involved in training navigators, radio operators and observers since 1949. The four C-130E model aircraft were adapted to the role of navigation training by the installation of palletized train-

ing stations or consoles built by Northwest Industries of Edmonton. These consoles were easily removed, to allow the four Winnipeg aircraft to augment the Transport fleet. Recently in this role they flew evacuees from fire-stricken Northern Manitoba in

the summer of 1989 and assisted in the airlift of supplies to our Forces in Qatar before the outbreak of the Gulf War.

The graduation of the last "Here" Course from CFANS marks the end of an era for the school and for CFB Winnipeg.



Aircraft C130310, one of the four used in Winnipeg for navigation training, is seen here in a 1982 photograph with its original paint scheme flying over Barrack Blocks 72 and 74. Over the past 16 years approximately 750 navigators have earned their wings flying on the C-130 NT.

1975

Canadian Forces
Air Navigation School



Ecole de navigation aérienne
des Forces canadiennes

Statement by Lieutenant-Colonel T.F. Watt, Commandant, Canadian Forces Air Navigation School

The 20th of May 1975 marked a significant milestone in the history of Canadian Forces Base Winnipeg, the Canadian Forces Air Navigation School, and 429 Squadron. On this day, the last Basic Navigation Course (7407) graduated on the venerable training on the C-130NT "Hercules". The "Here" was to be an interim measure until a new dedicated navigation training aircraft could be acquired. On the 8th day of August 1991, that "interim period" finally ended after 16 years with the graduation of Course 9007.

At that time in 1975, Lieutenant Colonel F.C. Brittain, then commandant of CFANS, commented at length on the distinguished service record of the "Dakota" both prior to, and during the 26 years it served as a navigation trainer and asked, "Can a similar record ever be achieved again?" I think so. The Hercules has a long way to go before it leaves service with the CF and it has demonstrated its capability, safety and flexibility in countless ways. The 16 years it has spent in Winnipeg training navigators is just one of many chapters in its operational history. The four "Winnipeg Heres" will now be modified once again to carry out primary search and rescue duties from CFB Greenwood. It seems clear now that the "Hercules" is destined to become an aviation legend in the tradition of the ubiquitous "Dak".

As important as the aircraft have been in meeting our training obligations it is the people who have been involved over the years who have truly made the difference. The graduation of Course 9007 also marks the end of our relationship with 429 (T) Squadron. The professionalism and spirit of cooperation which have been the focus of this association have gotten us through many difficulties over the years and have allowed us to get the job done despite the problems. We at CFANS will miss the association we shared with 429, both professionally and socially, but are looking forward to the continuing development of our new partnership with 402 Squadron.



LCol D.G. Timperon, current CO of 429 (T) Sqn was presented with a plaque in recognition of the Squadron's role in navigation training from 1975 to 1991.

to

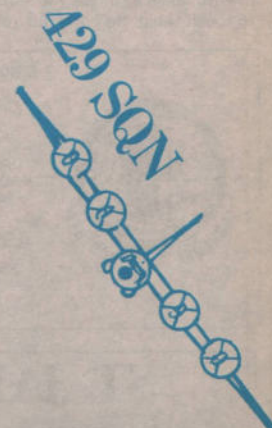
1991



Wet but by no means with dampened spirits, the crew of the last C-130 navigation sortie are:
Back Row (L-R): LCol Watt (Comdt CFANS), LCol Brown (Co-Pilot), Sgt Williams (F.E.), Maj Thain (Pilot), Col Proulx (BComd).
Front Row (L-R): 2Lt Campbell (Course 9007), Capt Levack (Instructor), 2Lt Gloumeau (Course 9007), Capt Truant (Instructor).

T.F. Watt

T.F. Watt
Lieutenant-Colonel



Sgt Williams, 429 Sqn F.E., calmly accepts his fate as he walks from the aircraft into 16 Hgr.

ROTP Enrolment



Left to Right . . .
 Back Row: ME McCullins, GM Dawson EW Kowalyk, SA MacCulloch, RJ Mathers, JV Johnson, MJ Spearman.
 Centre Row: RJ Halabus, GJJ Fiola, JD Armstrong, JAE Devenney, MD Vanoutrive, DDA Larose.
 Front Row: DR Poole, KL Andersson, Maj Inglis (CO CFRC), Col Armstrong (B Comd CFB Winnipeg), TL Townley, MH Castillo, TAG Zazalak.



Col H.C. Armstrong with great pride, swears in his son OCdt J.D. Armstrong as an R.O.T.P. Cadet. OCdt Armstrong will spend 4 years, beginning at Royal Roads Military College, studying to become an AERE Officer in the C.F.

Close! . . . such was the scene at HMCS Chippawa on Saturday 22 June 1991, when 18 young Canadians took the Oath of Allegiance and were sworn in as Officer Cadets under the Regular Officer Training Plan (ROTP). So ended an administrative ordeal for these young Canadians which had lasted anywhere from two, to twelve or more months. Many thought this was the difficult part, (yuk, yuk, the innocence of youth!). Following the ceremony there was a short reception for the friends and families in the Wardroom and then the recruits were given two weeks off to get their estates in order!

From early July to the end of August they will reside in gorgeous downtown Chilliwack (and surrounding areas) where they will complete "Phase 1" of their basic training under the scrupulous eyes of the resident 'staff' at Canadian Forces Officer Candidate School (CFOCS). Survivors will then venture (as much more humble Officer Cadets), to their respective Military Universities where they will complete "Phase 2" of their basic training (affectionately referred to as "Rock Term"), in conjunction with their academic studies. Successful recruits will then complete four years at these high profile institutions of learning, before graduating with a prestigious degree, prepared to take their place as leaders within the Canadian Forces.

While there are some distinct similarities between the Canadian Forces ROTP and their mili-

tary counterparts owned by our wealthy cousins to the south, let me assure you, admission requirements are not one of them. Many people feel that they have to "know someone" (wink! wink!) to get in, or that they have to be recommended by an important military personality. Doggie doo-doo! (western reference). The Canadian Forces Regular Training Program is open to any deserving and qualified Canadian citizen.

Sooooooo your asking, what does he mean "qualified"? Wellllll, let's see what "The Recruiters Bible" says . . .

Citizenship . . . Must be a Canadian Citizen.

Age . . . minimum age of 16 years on 1 Jan of the year of enrolment.

Medical . . . able to meet Canadian Forces minimum medical standards, and

Academics . . . "normally" a grade 12 academic course of study with an overall average of 70-80% in English, Mathematics, Physics, and Chemistry.

So as you can see, this is an excellent opportunity for deserving young Canadians to secure a superlative education and exciting and unique work experience. If you know someone who you feel would qualify, for further information please have them contact at any time, the

Canadian Forces
 Recruiting Center
 280 Smith Street
 Winnipeg, Manitoba
 Ph: 983-3680
 by Capt. Kenn Garrity

One of the Seven Wonders

CFB Winnipeg are you ready to join the ranks with tens of millions of people around the world who testify that seeing an IMAX film is a stunning experience? If so, then get ready to take advantage of this phenomenal opportunity.

Seeing an IMAX film is an amazing, emotional experience. IMAX will astound you. It puts you right at the centre of the action in a way no ordinary motion picture can, drawing you in with images so real you want to touch them. So powerful you

can feel them. It will move your body and soul.

This stunning and highly educational film experience utilizes the best motion picture system in the world. A system recognized for its superior quality with a special Academy Award in 1986 for scientific and engineering excellence. It features the most advanced, highest precision and most powerful projector ever built. Breathtaking images of unsurpassed size and clarity are projected on a giant five-and-a-half storey high by 72 foot wide

screen. Imagine all this visual excitement heightened by a superb six track, four way, 7200 watt sound system.

On 17 Sept 91, 733 Communications Squadron will host a private screening of the IMAX theatre at Portage Place. Personnel, family and friends of CFB Winnipeg are invited to view two sensational films no longer available during regular double feature showtimes.

Our first film "Heartland" is a film that offers an ideal chance for those "newly posted in" as well as

those "Winnipeg veterans" to experience Manitoba in a way that touches us all. Hold on to your seat as you fly over vast sunflower fields in a cropduster, chase through white water rapids, and get a rare close-up look a frolicking polar bear on the tundra. "Heartland" is more than a joy ride. It is a timeless film in which spectacular landscape vistas and a haunting musical score are juxtaposed with the naturalness of the people, past and present, who call this their home.

The second feature "To The Limit" has been hailed as one of the most thrilling IMAX films of all time. Filmed in the U.S. and the U.S.S.R., "To The Limit" shows how the body and mind adapt in response to conditioning

for physical performance. The film features prima ballerina Nina Ananiashvili of Moscow's Bolshoi Company, Swiss skier Maria Walliser and American rock climber Tony Yaniro. Endoscopic photography will take you on a fascinating journey that will show you the body's inner workings.

Immediately following the double feature you will be invited to attend a private stand up reception in their luxurious foyer. In the company of family and friends you will enjoy free refreshments as you share your impressions of the IMAX experience. Don't throw away your seating tickets since they'll provide you with the chance to

cont'd on page 11

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JUNIOR RANKS MESS NORTH						
BAR HOURS						
Monday-Thursday		1130-1300 & 1500-2400				
Friday		1130-1300 & 1500-0200				
Saturday		1200-0200				
Sunday		1200-2400				
Sun	Mon	Tue	Wed	Thu	Fri	Sat
18	19	20	21	22	23	24
					Country Western Band: TBA DJ Lower Lounge Time: 2000-0200 Mike Zarola Dress: Western/Casual Cost: \$5.00	
25	26	27	28	29	30	31
				GENERAL MESS MEETING 1500 HRS	DJ Lower Lounge Time: 2000-0200 Mike Zarola Dress: Casual	
FOOTBALL DRUM CALGARY AT WPS						



SPORTS ANNOUNCEMENTS

Dedicated to Service



LCol J. Forestell, BADMO making the presentation to Maj R. Thompson on behalf of his dedicated service to the CFB Winnipeg Recreation program.

Major Thompson served two years as the chairman of the council and he carried out his duties in a professional enthusiastic manner. The Recreation Council is a vital part of the Base Fund, which is designed to serve the military community and their dependants. It provides a variety of clubs and activities at CFB Winnipeg.

The clubs will be resuming their activities early in the fall, under the guidance of the new President Major Gord Reid. If you wish any information about the types of clubs available, please contact the Recreation Council Secretary, Elaine Parent at 833-5976, Tue and Thu between 0900-1200 hrs.



Shown above are Cpl Hopkins — Peri Staff, Cpl Roach BTNO Driver, and just a few kids wondering where the rest of their swimming buddies are ????????

Lipsett Hall Pool Transportation

For those new to CFB Winnipeg as well as present residents, just a little reminder of the scheduled bus transport for dependents who wish to swim at the Lipsett Hall swimming pool during the summer months.

The bus departs from the parking lot of bldg 90 Rec Centre daily, Mon-Fri at 1330 hrs and returns from Lipsett Hall at 1515

hrs. This run will continue until the 30th August, 91.

With the unavailability of the North Side Pool, it is a great opportunity for the kids to enjoy some summer fun.

For further info concerning pool hours or bus schedule, please do not hesitate to contact Cpl Hopkins at local 5511.

Family Support Centre



Northsite
54 Bourkewood Place
Phone — 837-8443

Southsite
1822 Corydon Avenue
Phone — 488-4161

The Family Support Centre has just finished up all of the Summer activities for the year. The Summer Programs were a success and were greatly enjoyed by all who attended. We would like to thank all those who offered to volunteer throughout the summer months. The volunteers included all those who helped with the children's day camps, with the delivering of the New-Comer Welcoming Packages, plus all who worked at the Thrift Shop.

The Family Support Centre is currently very busy trying to get all of our Fall Programs under-

way. Many of the "old faithfuls" will be back, plus some new and exciting ones.

The Thrift Shop, which is still looking for volunteers, will again be open on Wednesdays — 1:00-3:00; Thursdays — 6:30-8:30; and Fridays — 9:30-11:30.

The Family Support Centre has acquired a new facility for all their children's programs. This site, which is shared by the Northsite Community Council, is located at 34 Bourkewood Place. Our location at 54 Bourkewood is still operational for all other family services that you might require.

The Little People Playtime Program will resume its activities again starting the second week of September. Children up to the age of five years have great fun in activities that increase their creativity, self-esteem, and ability to share. Such things as free play, crafts, stories and games are only a few activities that the children will participate in. The Little People Playtime is held once a week for both the North and South sites. Mom's is held once a week for both the North and South sites. Moms, don't forget that you are welcome

to stay for coffee and a visit. Northsite — Monday, 9:30-11:15; Southsite — Wednesday, 9:30-11:15.

The program Mom's Day Off is continuing in September. This program is offered to moms with children of the ages of 2-5 years. It's the perfect opportunity to give yourself a break while your children are being taken care of in a friendly, caring, sharing atmosphere. Mom's Day Off is offered on the Northsite on Tuesdays 10:00-4:00 and on Fridays at the Southsite at 10:00-4:00. (Children must bring a lunch and a snack.) To register for this program please drop by the Family Support Centre at 54 Bourkewood.

Cont'd on pg. 14

VOXAIR

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BOWLING REGISTRATION

The bowling season is fast approaching. Registration night and general meeting will be held 5 Sep 91 at 1900 hrs. Location is Club 90, formerly the Herc Lounge at Bldg 90. Come as a couple, single or register as a team. There is room for all bowlers.

YOUTH BOWLING REGISTRATION

Registration for Youth Bowling (YBC) will be held 7 Sep 91 from 1:00-3:00 PM at the bowling alley, Bldg. 90. Ages 5-18. Registration fee \$7.00

Seven Wonders — cont'd. from pg. 10

win fabulous prizes and gift certificates. In addition, this extraordinary offer includes the cost of parking so don't worry about the hassles of downtown parking. Those of you wishing to bring the entire family will want to take advantage of our special rate for children.

This event is a fundraiser with a portion of the proceeds to be contributed to the United Way. So let's make it a date to join with

family and friends to celebrate the benefits of a close knit military community and share with us this exciting night of entertainment. For more information please contact MCpl Lepine at 833-5373.

Showtime: 6:30 for 7:00
17 Sept 1991

Rates: Adult \$10.00

Child/Youth \$7.50 (must be under 18 yrs old)

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Warrant Officer Paul Franczyk critiques the shooting skills of Pte Michael Forbes of the Royal Winnipeg Rifles during the live fire phase of the recruit training course.



There was lots of media attention as members of the QL3 Artillery Course are "Badged" by LCol Jefferies upon their successful completion of the course. LCol Jefferies, the CO of NRQS, addressed the troops prior to handing out the Artillery cap badges and told them that with their graduation they have earned the right to call themselves "Gunners". The QL3 course was just one of 19 courses held at NRQS Shilo this summer.



A gun crew prepares to fire their 105 Howitzer on the last day of their QL3 course. This was the first time the candidates participated in "live fire" since they joined the Artillery and it took a few rounds before the nervousness experienced by many of the candidates eased.



MCpl Mike Mutch, an instructor on the QL3 Infantry course, "preps his Section for Battle", prior to engaging in an "Advance to Contact" exercise during training at CFB Shilo.



Candidates on the Recruit course "air out" after exiting from the Gas Hut during their Nuclear, Biological, Chemical Defence training. Part of the training requires the students to enter a tear-gas filled building and perform various exercises while inside. The fun part comes when the students are ordered to take their gas masks off before leaving the building.

Manitoba/Lakehead District

SIT REP

Garrison Training



Summer time is usually quiet time at Minto Armoury as units stand down and personnel disperse to training bases from Gagetown N.B. to Vernon B.C. as either course instructors or candidates, or for General Duty jobs.

It was different this summer however, as the emphasis on Local Headquarters Training kept most of the soldiers close to home and resulted in a full summer of intense activity for Major Ken Hilton, Captain Gary O'Sullivan and the rest of the Garrison Training Company staff.

The Garrison Trg Coy administered seven courses ranging from a 53 person Recruit Course, (just 31 graduated however) to the QL3 Medical Assistant course which saw 14 of the original course load of 18 graduate.

The other courses that were part of this year's LHG training were: QL3 Infantry, QL4 Infantry Communicators Course, QL4 Reconnaissance Patrolman's Course and an Administrative Clerk Course.

The Man/Lakehead District was also responsible for running

the National Rank Qualifying School at CFB Shilo. The staff there, under the direction of Lieutenant Colonel J.P. Jefferies, (the C.O. of 26th Fd Regiment), guided more than 500 "Gunners" drawn from every province but Newfoundland, through 19 different courses. These ranged from the QL3 course, which qualifies recruits for their Artillery hat badge, to the highly advanced Forward Observation Officer's Tech Course.

Concurrently, the 735 Communications Regiment, also housed at Minto Armoury, were holding a Recruit Course and a QL1 Tele-type course of their own and supplied the instruction for the QL4 Inf Comms course.

All told, more than 200 soldiers learned the basics of their trade or improved their skills at Minto Armoury this summer, under the tutelage of 35 instructors and support staff.

An additional 100 or so personnel from Manitoba/Lakehead District units were employed as instructors, administrators or in other support positions at NRQS Shilo for the summer.

As this edition of *Voxair* is being distributed, these soldiers and others from Man/Lakehead District, more than 500 in all, are deployed on the ranges of CFB Wainwright in Alberta.

They and about 1600 other Reservists from Saskatchewan, Alberta and British Columbia, are engaged in a ten-day long military exercise designed to test platoon and company level skills in offensive operations.

The Army Reservists are supported by units of 1Combat Brigade and the Communications Command.

This Milcon will be the last run under the Militia Area command system. The Militia Area Headquarters will be phased out at the end of the month and Districts will report directly to the newly created Land Forces Western Area Headquarters based in Edmonton. The LFWA, under the command of Major-General T.F. De Faye, will be responsible for all land forces in western Canada.

It's Off to Base We Go

Headquarters of the Manitoba/Lakehead District is leaving its old home of Minto Armouries and moving to the offices of Building 13 at CFB Winnipeg. The move started early August and will be completed by September 1st.

Some of the Headquarters staff will stay behind at Minto. The Recruiting Office and the District Personnel Selection Officer will continue to be housed there.

With the departure of Headquarters from Minto Armouries a number of units will gain space. The 17th Service Battalion will take over most of the offices at Minto and the Training Garrison will move over to the Service Battalion offices. Other Units will also receive an extra room or two.

The new Headquarters offices are situated at Base Winnipeg, just east of the Sharpe Blvd entrance. They will share Building 13 with the 73 Communications Group and DND-Public Affairs.

Hours of operation will remain the same, however there has been a change in parade nights for the Class A Reservists. They will now parade every Wednesday night and every third Saturday of the month. A new phone directory will be distributed once the dust has settled.

Promotion/Award Corner



Private Kenneth HILL proudly receives the TOP CANDIDATE AWARD during this summer's Basic Military Training Course (QL2). Lieutenant-Colonel William Sveinson, CDI, Deputy Commander of Manitoba Lakehead District, presented the award to Pte. Hill during their graduation parade.



Private Stuart Cauvin was top candidate during his Infantry Trades Course (QL3). The demanding two week course was held at Minto Armouries and completed in Shilo, Manitoba.



Top Candidate for the QL4-Reece Patrolmans Course was Private Luka Jambrosic. The course was one of a number of courses that kept Training Garrison busy at Minto Armouries this summer.

Manitoba/Lakehead District Enquiries can be made to:

LT Mike Lagace
Public Affairs Officer
Tues/Wed 1900 hrs-2200 hrs
786-4329
Minto Armouries, Room 124

Capt Brian Koshul
District Public Affairs Officer
Mon-Fri 0800 hrs-1600 hrs
786-4314

733 Comm Sqn Change of Command



Signing Change of Command Certificates
L-R: Maj R.S. McKay, LCol Coderre, Maj L.S. Geier.

On the 28 June 1991 733 Comm Sqn held a parade in honour of change of command from Maj R.S. McKay to Maj L.S. Geier.

Maj McKay took command of the Comm Sqn on the 16 June 1989, and is now posted to the Staff College in Toronto. Maj Geier comes to us from Air Command HQ, where he was employed in the I.P.R. section. On behalf of all Sqn members, I'd like to welcome you to 733 Comm Sqn and hope that your tour as CO is an enjoyable one.

Congratulations are also in order for one of our civilian employees. During the parade Mr Jim Kilborn was presented his 35 years service medallion by the Commander of 73 CommGp, LCol Coderre.

MCpl Mark Young



Outgoing CO Maj McKay presenting the "Squadron Key" to incoming CO Maj Geier.

Met Graduation



MET INSTRUMENT SPEC CRSE 9102
8-19 JUL 91

Left to right — SGT Gauvreau, WO Germain (CC/INSTR), MWO Roy (INSTR), Miss Quinn (CI), Mr. Hartman (COMDT), MWO Lefaive, WO Leclerc, SGT Muise.

The Met Instrument Specialist Course is given to the Senior Met Tech Supervisors so they may perform routine maintenance on specialized meteorological instruments within their own sections.



QL6B 9101 04 APR-20 JUN 91

Back row — Left to right — Mr. Konzelman (INSTR), SGT Bell, Sgt Worrall, Sgt Patry, SGT Gagnon, SGT Gardiner, SGT Kennedy, SGT Reitsma.

Front row — Left to right — MWO Roy (A/SWO), Miss Quinn (CI), COL Armstrong (BCOMD), Mr. Hartman, (COMDT), Mr. Boughton (CSO), WO Germain (CC)

The Meteorological Technician QL6B 9101 Course graduation was held 20 Jun 91 at the Senior NCO's Mess CFB Winnipeg.

The aim of the QL6B course is to train meteorological technicians to provide commanders and operational personnel with weather information in the form of forecast and for advice on meteorological conditions on land, in the air, and at sea.

The graduates of QL6B 9101 are to be employed throughout the Canadian Forces Mobile Command, Maritime Command as well as Air Command bases.



CERTIFICATE OF ACHIEVEMENT

SGT C. KENNEDY, a recent graduate of the Meteorological Technician QL6B Course, received the Certificate of Achievement. The Certificate of Achievement is given to the student who has attained the highest academic standing on that course.

CERTIFICATE OF MERIT
SGT G. BELL, a recent graduate of the Meteorological Technician QL6B 9101 Course, received the Certificate of Merit. The Certificate of Merit is given to the students who have excelled in all aspects of training and who have demonstrated through attitude and leadership ability, a high potential for continuing excellence in the Meteorological Technician trade.



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Reviewing officer, 73 CommGp Commander LCol Coderre, inspecting the Sqn.



Mr. Jim Kilborn received his 35 year service medallion.

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Perception of Time

CHAPLAINS CORNER



by
Sue Beare

Hello! In my last attempt to illuminate my corner of the world, I wrote about light and theorists and God's love for us. I also promised that I would tackle the subject of prayer and its relation to time.

We have a very limited perception of time, being bound by our physical dimensions and how we sense time to be passing. You only need to have: a) worked shift, b) lived with shift-workers or c) come in contact with them; to realize that time seems to change pace.

It's not hard to believe, somewhere around "zero dark hundred" that you're *really* the

only one in the world struggling to stay awake. It feels somewhat futile if there's nothing to work at. Nonetheless, you putter around, finishing paperwork, sweeping floors, doing a last check of the hangar or office and otherwise seeing that everything's secure. I know that I asked myself quite frequently WHY I chose to carry on, seemingly out-of-sync with the rest of the world. This sense of abstract futility can become pretty depressing unless you list a few reasons about why you chose to be awake and concerned while everyone else is asleep.

1. We have a duty to perform. 2. Others have entrusted us with that duty. 3. We have certain needs met by performing it. 4. Others may feel safer knowing that we are awake and carrying out our duties.

A duty is rather like a covenant. It's a promise between two parties that certain agreed-upon things will be accomplished. That's sort of like the covenant between God and this world of people. We agree to be awake and aware of God's presence (even when we're too tired, or angry, or hurt, or grieving) and God is with us NO MATTER WHAT condition God finds us in.

That's even more diligent than what our limited human bodies can manage. We can do a great deal; be aware of ourselves and others and try to fulfil ALL our covenantal relationships with those people. As long as we are willing to try, (even when we have no strength and little hope) in our relationship with Self, Other and God, we leave ourselves open. That heavy sigh too great for words, is heard by God. Our prayers, no matter how short, or awkward, or rusty are more than adequate to reestablish covenant love and understanding. With each small sound, or cry for help, God rushes in to be with us. We are surrounded by God always and in all ways, but we can only feel that presence when we *choose* to open ourselves to it.

I am the Lord your God, the Lord of Hosts is my name. I cleft the sea and its waves roared, that I might fix the heavens in place and form the earth and say to Zion, 'You are my people'. I have put my words in your mouth and kept you safe under the shelter of my hand. ISAIAH 51:15-16

— Sue Beare

cont'd from FAMILY SUPPORT CENTRE

The Mini Franco-Fun program is offered to the French speaking families in our community. It's an opportunity for the children to participate in games, crafts and many other activities in a French environment. The Mini Franco-Fun is held on Fridays — 9:30-11:30 at 34 Bourkewood Place. For more information please contact Mance Legault at 885-1378.

The Family Support Centre would like to invite the New-Comers to a Welcoming Tea. This is the perfect chance to meet your neighbours and to be introduced to the Community. It is a great opportunity to learn what Winnipeg and CFB Winnipeg have to offer you. The Family Support Centre is inviting representatives from various sections on Base to answer any questions that you might have. This will be

held Thursday August 5, 1:00-3:00 at the Southsite and Thursday August 12, 1:00-3:00 at the Northsite. We hope to see all New-Comers out! For further information, please call Patti at 837-8443.

Come and see the sights and sounds of Winnipeg on our fabulous guided bus tour, which will take place on Saturday September 28. This adventurous tour will take you to see the wonderful sites of Winnipeg. These ethnic and historic sites include Chinatown, St. Boniface Museum, the Forks, and the Legislative Building, plus many others. For your enjoyment the Family Support Centre will conduct a raffle for gift certificates from many shops and restaurants along the tour. For children under the age of 12 free child care will be provided at 34 Bourkewood Place. Children must bring lunch and snacks. The bus will pick up Southsite participants at 1822 Corydon Avenue at 9:15 a.m.

and 54 Bourkewood Place for the Northsite participants at 9:30 a.m. For further information please call Patti at 837-8443.

The Family Support Centre is continuously looking for babysitters. We require sitters for both the North and the South sites. Sitters must be over the age of 13. You have your own choice of days and times that you are available to work. For more information please contact Diane at the Family Support Centre, 54 Bourkewood Place, 837-8443.

The Northsite Community Council is planning a Family Day on Sunday, September 15 at 12:00 p.m. This will be a fun filled day with many activities for the whole family. Games, races, and face painting are just a few of the many activities that you can participate in. Manitoba Pork will be in attendance with some appetizing treats for you. For more information please contact the Northsite Community Council.

CATHOLIC CHAPELS

St. Marguerite Bourgeoys (North)

WEEKENDS/FIN DE SEMAINE
Saturday: 1700 hrs/English
Samedi: 1900 hrs/Français
Sunday/Dimanche:
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- 1100 hrs - Holy Communion
2nd Sunday - 0900 hrs - Eucharist (ACC)
- 1100 hrs - Divine Worship
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's Chapel (South)

Sunday at 10:00 a.m.

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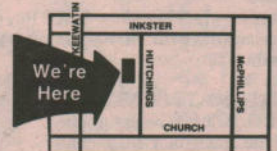
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Champions at the Manitoba Special Olympics

Each summer in Manitoba special athletes from throughout the province gather in Winnipeg to participate in the Manitoba Special Olympics — Summer Games. This outstanding event, sponsored by the Variety Club of Manitoba, has been challenging the skills and talents of athletes with physical and mental disabilities for the past eleven years.

While the games promote spirited competition among the participants, the underlying theme of the weekend long event is cooperation, commitment and volunteerism. There is little doubt that special people are indeed what the Special Olympics are all about. The athletes who train throughout the year in preparation for the competition are an inspiration to us all. However, behind all the thrill and excitement are the very special parents, coaches, and hundreds of volunteers whose enthusiasm and dedication make the Manitoba Special Olympics the top notch event it is each and every year.

Among these volunteers, you'll find, working quietly and capably on the sidelines and in the background, some 35 regular force and reserve members of CFB Winnipeg's Junior Ranks Mess. Since the first Manitoba Special Olympics were held in 1980, the Junior Ranks membership at CFB Winnipeg have been lending their expertise and support to ensure the games operate smoothly, and that the competing athletes are safe and secure.

Corporal Kevin Sytsma has been involved with the games for the past three years, and acted as the Base Coordinator. He also serves year round on the Manitoba Special Olympics Security and Medical Committee under Chairman Marcel Van De Weghe, a retired CF member. Cpl Sytsma says the military's primary role in lending support to the Special Olympics is directing security operations.

"Security falls into line with what military personnel are trained for, so it's a natural role for us," he explains. "Our expertise is considered a real asset."

Buddy Network

Tucked away in a room on campus in Tache Hall, the unseen CP staff deftly oversee the day-to-day games operations. However, many of the Junior Ranks volunteers do play a more personal role with the games participants. These men and women are assigned to different games venues to provide safety, support and guidance for both the athletes and coaches. Equipped with

hand-held radios, which keep them in constant contact with the CP, they can seek immediate assistance for emergencies, or simply relay messages between the CP and the sporting venues. They assist in traffic control by establishing safe traffic patterns at each venue site, and ensure VIP parties are escorted to and from their designated drop-off zones.

This network of "special olympic buddies" also work closely with the athletes and coaches. A good deal of their time is spent checking over the athletic equipment used in the sporting events to ensure it is safe. They also assist and provide guidance to their athletic charges wherever and whenever they can.

Command Post — Eyes and Ears

The centre of the military security operation in support of the games is the Command Post. Staffed by Junior Ranks volunteers both day and night, the CP monitors and coordinates all the communications requirements for the duration of the Special Olympics. Cpl Sytsma says the CP is a critical component of the overall games operations. "The CP staff act as the eyes and ears for the games' organizers by coordinating the delivery of support services to over 600 olympians and coaches in over 20 games venues and locations throughout the city."

Working in twelve hour shifts, the CP volunteers perform a wide variety of functions. Routine requests might include the supply of special meals to athletes with specific diet requirements, or dispatching ambulances to attend to medical emergencies. They also arrange transportation for athletes and coaches, control traffic and direct athletes to their appropriate quarters or venues.

The University of Manitoba lends its facilities to the Special Olympics, and the majority of the venues for the sporting competitions are located on campus. The university campus also looks after the meals and accommodations for the athletes. However, it's a sprawling campus and some athletes can run into difficulty finding their way around. In addition, a few of the events are held in locations off campus, so some participants may leave the university grounds. With all the activity and traffic, the occasional olympian athlete does get lost. In such instances, the CP plays an essential role in directing the search.

Team Effort

Cpl Sytsma is quick to point out that the CP does not handle all these tasks singlehandedly. "It's a team effort, and we work with other professional volunteers such as Winnipeg Ambulance paramedics, law enforcement officers, nurses and

physiotherapists, not to mention the countless other people who donate their time and skills to the games."

Brooke Edmondson, Special Olympics Public Relations Director, says the assistance provided by the Junior Ranks Mess and its volunteers is really marvellous. "They are at every venue, and a number have even fulfilled roles as chairpeople for some of the events. They seem to really enjoy working with the athletes," she notes, adding, "They also take part in the games' opening ceremonies by escorting the athletes in the parade. Overall it's just a really positive experience for everyone."

Cpl Sytsma agrees, adding he never has a problem recruiting volunteers. "The response is always excellent, and usually the people who've been involved before are anxious to volunteer again." Next year he hopes to expand the volunteer recruitment to include the Junior Ranks membership at CFB Portage and CFB Shilo.

The Special Olympics have become a very popular project for CFB Winnipeg's Junior Ranks Mess says PMC MCpl Craig Comak, adding support comes from all over the base. "This year volunteers were recruited from the MP section, Base Ops, BAMEO, 733 Comms Sqn, Base Orderly Room, Base Tpt, Base Hospital, Base Supply, Base Accommodation, Base Comptroller and Air Command Headquarters. The base also supplied the games with hand-held radios, tentage, pick-up stretchers and a number of military vehicles."

New Perspective

The Junior Ranks volunteers approach their task with genuine dedication and really take an interest in getting to know the athletes. Win or lose, these competitors are all champions in their own right says Cpl Sytsma. "When the volunteers actually see the sheer determination of their charges in the heat of competition, they come away from the games with a different view of what it is to be handicapped. The friendliness and enthusiasm of the athletes is contagious. He grins, "It's easy to understand why Fred Dugdale, a member of our games advisory counsel, believes 'the true essence of amateur sport is conveyed in these olympians'. The whole experience breaks down fears and stereotypes."

The volunteers agree the steadfast, yet gentle spirit of these champions is a real inspiration. Every soldier, sailor and airman involved comes away from the experience with a whole new perspective on courage.

by Captain Roxanne Halverson



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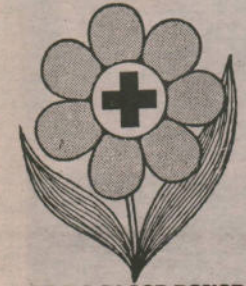
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Terry Fox Run
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