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CFB/BFC Winnipeg  
 11 September 1991

# NEW COMMANDER AIR COMMAND

On 2 August 1991 LGen D. Huddleston assumed command of Air Command from LGen F.R. Sutherland. The occasion was marked by a parade, attended by the Lt. Governor of Manitoba, Hon. George Johnston, the Chief of the Defence Staff Gen. J. De Chastelaine and local dignitaries.

The official signing of the Change of Command certificate by LGen Huddleston and Sutherland was witnessed by the CDS and was followed by the symbolic passing of the colours from the outgoing Commander to the new.

Lieutenant-General Huddleston was born in Glasgow, Scotland, on 9 July 1938. He attended the University of Glasgow and received his Bachelor of Law degree in 1959. He received pilot training in the Royal Air Force Voluntary Reserve (RAFVR) during this time and, upon his arrival in Canada in 1960, joined the Royal Canadian Air Force (RCAF).

After completion of flying training, and subsequent operational training, he flew the CF-104 on 439(R/A) Squadron at 1 Fighter Wing, Marville, France, and, from March 1967, Lahr, Federal Republic of Germany. From 1967 to 1969, he served with 1 Air Division Headquarters, in 1970 he was promoted to major and after operational training in the United States, returned to the Federal Republic of Germany as an exchange officer with the 17th Tactical Reconnaissance squad-

ron at Zweibrücken, flying the RF-4C Phantom.

On completion of Canadian Forces Staff College in 1974, he was promoted to Lieutenant-Colonel and served as Senior Staff Officer Operations and Training at Headquarters 10 Tactical Air Group, St. Hubert, Quebec. In 1977, he was appointed Commanding Officer, 434 Tactical Fighter Squadron, Cold Lake, Alberta, flying CF-5 aircraft.

Promoted to Colonel in 1979, he returned to Europe as Deputy Canadian Military Representative to the NATO Military Committee and Canadian Forces Attaché Brussels. In 1982, he joined the newly-formed Fighter Group Headquarters at North Bay, Ontario, as Deputy Chief of Staff Air.

In 1983, he was promoted to Brigadier-General and was appointed Commander 1 Canadian Air Group in Lahr. In 1986, he was promoted to Major-General and appointed Associate Assistant Deputy Minister (Policy) at National Defence Headquarters in Ottawa.

In June 1989, Lieutenant-General Huddleston was promoted to his present rank and became Deputy Chief of the Defence staff at National Defence Headquarters.

On 2 August 1991, Lieutenant-General Huddleston was appointed Commander Air Command in Winnipeg, Manitoba.

He and his wife, Beverly, have three sons.



LIEUTENANT-GENERAL D. HUDDLESTON, CMM, CD

## NOUVEAU COMMANDANT DU COMMANDEMENT AERIEN

Le lieutenant-général Huddleston est né à Glasgow, en Écosse, le 9 juillet 1938. Il fréquente l'Université de Glasgow et obtient un baccalauréat en Droit en 1959. Au cours de cette période, il reçoit sa formation de pilote dans la Royal Air Force Voluntary Reserve (RAFVR) et en 1960, dès son arrivée au Canada, il s'engage dans l'Aviation royale du Canada (ARC).

Après avoir terminé l'instruction en vol et suivi un entraînement opérationnel, il pilote le CF-104 comme membre du 439e (R/A) Escadron après de la 1re Escadre de chasse à Marville, en France, et, à compter de mars 1967, à Lahr, en République Fédérale d'Allemagne. De 1967 à 1969, il sert au Quartier général de la 1re Division aérienne à Lahr. Pendant son affectation au Quartier général de la Défense nationale en 1970, il est promu au

grade de major et, après un entraînement opérationnel aux États-Unis, retourne en République fédérale d'Allemagne comme officier stagiaire étranger auprès du 17e Escadron de reconnaissance tactique à Zweibrücken, où il pilote le RF-4C Phantom.

À la fin de ses études au Collège d'état-major des Forces canadiennes en 1974, il est promu lieutenant-colonel et sert à titre d'officier supérieur d'état-major, Opérations et Instruction au Quartier général du 10e Groupe aérien tactique à Saint-Hubert (Québec). En 1977, il est nommé commandant du 434e escadron d'appui tactique à Cold Lake (Alberta), où il pilote un appareil CF-5.

Promu colonel en 1979, il retourne en Europe en qualité de représentant militaire canadien adjoint au Comité militaire de l'OTAN et d'attaché des Forces

canadiennes à Bruxelles. En 1982, il rejoint le nouveau Quartier général de Groupe de chasse à North Bay (Ontario) à titre de sous-chef d'état-major - Air.

En 1983, il est promu au grade de brigadier-général et nommé commandant du 1er Groupe aérien du Canada à Lahr. En 1986, il est promu au grade de major-général et nommé Sous-ministre adjoint associé (Politiques) au Quartier général de la Défense nationale à Ottawa.

En juin 1989, le lieutenant-général Huddleston est promu à son grade actuel et nommé Sous-chef d'état-major de la Défense nationale au Quartier général.

Le 2 août 1991, le lieutenant-général Huddleston est nommé Commandant du Commandement aérien à Winnipeg, Manitoba.

Il est marié à Beverly, et père de trois garçons.

## COMMANDER'S FORCE UPDATE

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## MISE A JOUR DU COMMANDANT

Page 2

**CFB Winnipeg  
 OKTOBERFEST  
 19 October 1991  
 Building 21  
 Watch for Posters!**

# COMMUNITY NEWS



by Mike Bonin



An apple for the teacher

As you stroll past the various classroom doors you can hear the enthusiastic voices of the first day back to school. It's a time to rejuvenate old friendships or start anew with "the new kid!"

"... on my Grandma's farm we saw kittens being born right in the barn, two brown ones and a black one with white ears, I called her "Lucky" and I even got to bring her home with me..."

"My Mom and Dad took me to the CN Tower and to Niagara Falls. Dad said that's where he and Mommy went on their honeymoon."

# Back to School

"I used to live in Regina but we moved to Winnipeg because my Dad got a promotion and now he's even a bigger boss, but my Mom and sister say that Mom's the boss, and I think she's right."

Back to school, remember? The new bookbag, a pencil case that couldn't possibly hold one more item, and oh yes, the new sneakers that you were only supposed to wear in gym. How about the teachers that came back to school with the big tummies, who had to explain where babies came from. And wow, Suzie sure looks cute without her braces this year!

Motorists, please be careful the children will be bubbling with excitement and will be full of energy. Observe the crossing guards and expect the unexpected. We sure do want our children to be able to go back to Grandma's next year.



Be careful crossing the street

# Commander's Force Update / Mise A Jour du Commandant



While many of the analyses and projections by informed media commentators contain elements of the proposals made by the department, they are essentially speculative and contain many misperceptions and inaccuracies. In these circumstances the virtue of patience has never been more valuable.

We must, however, lose no opportunity to reassure our personnel that, in addressing necessary and typically disruptive change, personnel are of fundamental importance to our minister and our senior commanders. The CDS has stressed this during his visits to bases and stations and I will do likewise. Your senior military leadership has developed the force structuring options and will control the implementation process with the fullest attention to our obligations to our military and civilian staffs.

With specific reference to the future of our air forces, I have no doubt that we will continue to be engaged in the current broad range of roles and that our personnel will continue to enjoy challenging and rewarding careers. Our air force has a well deserved reputation for excellence based on the quality and performance of our people. I intend to look after their interests.

Je suis bien conscient qu'il existe de l'incertitude parmi le personnel au sujet de la structure et des priorités qu'adopteront les forces aériennes à l'avenir. Je dois donc compter sur votre appui et votre leadership pour faire en sorte que notre personnel militaire et civil comprend bien le processus de planification du développement des forces. Comme vous le savez déjà, le MDN a présenté des propositions détaillées sur l'évolution des forces au gouvernement. Il faut toutefois attendre que ce dernier prenne une décision concernant les niveaux de financement et les priorités en matière de défense avant de définir la structure qu'auront les forces à l'avenir.

Bien que de nombreuses analyses et prévisions de journalistes informés reprennent certains éléments des propositions formulées par le ministère, elles sont essentiellement hypothétiques et contiennent des imprécisions et de fausses interprétations. Dans de telles circonstances, il faut, plus que jamais, s'armer de patience.

Cependant, nous devons profiter de toutes les occasions pour nous montrer rassurants en soulignant à notre personnel que, face à des changements inévitables, il constitue un élément de toute première importance pour notre ministre et la haute direction. Le CEM a insisté sur ce fait lors de ses visites dans les bases et stations, en j'en ferai de même.

Les dirigeants des forces armées ont élaboré diverses possibilités de restructuration, et je surveillerai très attentivement le processus de mise en oeuvre pour s'assurer que l'on tiendra compte des engagements à l'égard de notre personnel militaire et civil.

En ce qui concerne l'avenir des forces aériennes en particulier, je suis convaincu que nous continuerons à assumer tous nos rôles actuels et que notre personnel pourra encore mener une carrière enrichissante et pleine de défis. L'armée de l'air s'est taillée une excellente réputation grâce à la qualité de ses services et du rendement de son personnel. J'ai l'intention de défendre ses intérêts.

I am well aware of the uncertainty which prevails among our personnel concerning the future structure and priorities of our air force, and I request your support and leadership in ensuring that our military and civilian members have an accurate understanding of the status of our force development planning. As you are aware DND has developed comprehensive future force proposals which have been presented to government. Definition of the future force structure must await government decision on funding levels and defence priorities.

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PHONE 889-6861

## 51st WINNIPEG SCOUTING GROUP

**SCOUTS CANADA**

It's that time again when kids young and old, dawn their scouting uniforms for another year of fun and adventure.

There will be a registration table set up on 15 Sept 91 at the Westwin Community Centre during Family Day.

This year the colony, pack, and troupe will be meeting the Jameswood School Auditorium.

**MEETINGS, BEAVERS . . . Mondays 6:00 to 7:30**  
**CUBS/SCOUTS . . . Wednesdays 6:00 to 8:00**

**BASE RECREATION LIBRARY HOURS**

TUES., WED., THURS.  
6:00-9:00 p.m.

WEDNESDAY  
1:00-4:00 p.m.

SATURDAYS  
1:00-4:00 p.m.

**New Location  
3 Jameswood**

**FOLLOWING THE CANADIAN FORCES**

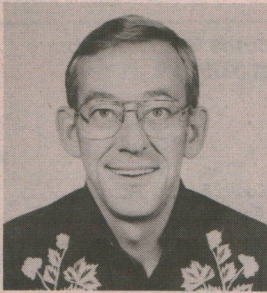
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MONDAY and THURSDAY 1-4 p.m.	889-3963	LUNDI et JEUDI de 13h à 16h

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MUSICALLY SWEENEY

# Barry Sweeney

music reviews and syndicated columnist

## Hallyday

Son of superstar parents, Johnny Hallyday and Sylvie Vartan, David Hallyday is already a hitmaker in his native France. Owner of a pair of platinum albums and seven consecutive top ten singles David's "Rock 'n' Heart" (Scotti Bros/Attic) is the perfect blend of pure pop/rock and pop ballads.

Although born in France, Hallyday moved to America when he was nine, went to school in California and studied music at studios and conservatories around the globe.

His debut single, the driving "Ooh La La", scored a mid-chart outing but there is enough potential here, including the softly sentimental "Change of Heart", the darkly brooding "Tears of the Earth" and the sheer romanticism of "To Have and To Hold" to take this set to precious metal certification.

## Fast Facts

Remember the Frank Sinatra movie *A Hole In The Head*? Frank's son was played by Eddie Hodges who had a solid top-20 hit with "I'm Gonna Knock On Your Door", in 1961. The Hilltoppers, who came to prominence with

"The Kentuckian Song" from the Burt Lancaster movie, also had top ten hits with "Only You (And You Alone)" and "Marianne". One of the members, Billy Vaughn, became musical director for Dot Records. Along with arranging and conducting for such stalwarts as Pat Boone, Vaughn recorded such solid hits as "Sail Along Silvery Moon", "Melody of Love" and "Shifting Whispering Sands". He hit the charts with a total of 36 albums.



.38 SPECIAL

By Barry Sweeney

## Bone Against Steel

It's been three years since .38 Special's "Rock & Roll Strategy". Working together since their 1977 self-titled debut, it was also three years ago the band underwent their first ever personnel changes. The line-up of Jeff Carlisi (guitars), Donnie Van Zant (vocals), Max Carl (vocals, keyboards), Larry Jungstrom (bass) and Danny Chauncey (guitars) worked for the past 13 months writing and recording their newly released "Bone Against Steel" (Virgin Records).

First single, "The Sound of Your Voice", an infectious, guitar-driven romp, is currently picking up solid chart numbers. Set is well balanced with ballads like "Signs of Love", the solid backbeat of "You Definitely Got Me" and the impassioned tribute heard in "Rebel to Rebel", an obvious single-in-waiting. This treasure trove of 13 songs (12 of which are a minimum of four-and-a-half minutes long) that range from solid rock and roll to power pop. "Bone Against Steel" both the song and album title is a landmark album for .38 Special and could stand as their finest moment in musical history.

Our Beavers, Cubs and Scouts are completely coeducational. Boys and Girls should come out on a meeting night to register. We meet at Lipsett Hall, Grant and Kenaston.

Beavers 5-7 years. Meet Tuesday, 6:00 - 7:15 p.m.

Wolf Cubs 8-10 years. Meet Wednesdays, 7:00 - 8:30 p.m.

Scouts 11-14 years. Meet Thursdays, 7:00 - 9:00 p.m.

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\* See dealer for details

# HMSC / NCSM Halifax



*HMCS Halifax*, the first of 12 Canadian patrol frigates, is now in the hands of the Navy. Thanks to her state-of-the-art technology, the *Halifax* promises to be a forerunner of the Navy of tomorrow. A feature article on *HMCS Halifax* will appear in *Sentinel* 91/5. (CF photo by Sergeant Gerry Fairbrother ISC91-574)

Le *NCSM Halifax*, la première des 12 frégates canadiennes de patrouille, est maintenant entre les mains de la Marine. Grâce à sa technologie d'avant-garde, le *Halifax* se veut un précurseur de la Marine de demain. Soyez témoins des premiers jours de ce joyau de 134 mètres en lisant *Sentinel* 1991/5. (Photo sergent Gerry Fairbrother ISC91-574)

## 1991 Campaign



**United way**

The annual CFB Winnipeg United Way campaign is rapidly approaching. This year's campaign has been set to run from the 23rd of September until the 25th of October to best allow CF members to settle into their new positions after the current APS.

1991 will mark the 26th year that CFB Winnipeg has generously contributed to the greater community of Winnipeg through the United Way's support of more than 60 local and national agencies. The United Way, as a blanket funding organization, is the only charitable organization for which the military runs a contribution campaign. As in past years, the main focus of the Base Campaign is to endeavor to make the personal request for contribu-

tion of "every" single member of our military community. To achieve this end there have been a number of canvassers solicited from every section on the Base. If it should occur that over the period of the campaign you should be on leave or TD and wish to contribute, please contact the canvasser from your section before you depart so that no one is missed.

The goal that has been set for this year's Base Campaign is \$58,000. Reaching this goal will only be possible if you continue to make the commitment to helping service the community in which you currently reside. Remember, in these difficult times, the life you affect may be your own.

### New books purchased for the Base Rec Library on August 03/91.

Author	Title
St. James, Ian	<i>Vengeance</i>
Deighton, Len	<i>Marnista</i>
Bombeck, Erma	<i>When You Look Like Your Passport Photo, It's Time to Go Home</i>
Benchley, Peter	<i>Beast</i>
McNaught, Judith	<i>Paradise</i>
Tan, Amy	<i>The Kitchen God's Wife</i>
Bartlette, Nancy	<i>Children's Arts and Crafts</i>
Clark, Pamela	<i>Party Cakes for all Occasions</i>
Blackler, Maryanne	<i>Kids' Parties</i>
Disney, Walt	<i>Duck Tales: Sphinx for the Memories and Sir Gyro Gearloose</i>
Disney, Walt	<i>Duck Tales: Back to the Klondike and Superdoo!</i>
Disney, Walt	<i>Duck Tales: Sweet Duck of Youth: and Double-O-Duck</i>
Disney, Walt	<i>Duck Tales: Masters of the Genie and Send in the Clones</i>

### GRAND OPENING

#### CFB WINNIPEG CERAMIC CLUB

Sunday, September 22, 1991  
1 p.m. to 4 p.m.

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PARTICIPATION

## NEXT VOXAIR DEADLINE SEP 16

# CFSAS Change of Command



and trained as a CF-101 Voodoo Airborne Intercept Navigator at Bagotville, Québec. From 1970 to 1974, he flew Air Defence CF-101s on 416 All-Weather Fighter Squadron, Chatham, New Brunswick.

From 1974 to 1977, he was an Aircraft and Electronics Systems Instructor and Air Standards Officer at the Air Navigation School. In 1977, he went to 410 Operational Training Squadron in Bagotville as an Advanced Tactics Instructor on the CF-101. After graduating from ASC 32, in 1980, he was posted to the Aerospace Engineering Test Establishment, Cold Lake, Alberta, as a Systems Flight Test Project Officer. Upon promotion to Major in 1981, he served at the Establishment Senior Administrative Officer

and then as Officer Commanding Systems Flight Test from 1982 to 1984.

In 1984, Major Koch attended the Canadian Forces Command and Staff College in Toronto. He was then posted to Fighter Group Headquarters, North Bay, Ontario, as Staff Officer Electronic Warfare. Upon promotion to his present rank in July 1987, he was posted to Headquarters NORAD, Colorado Springs, to be Assistant Command Director in the NORAD Command Post in Cheyenne Mountain. On June 1, 1988, he became Executive Assistant to the Deputy Commander-in-Chief NORAD before taking over as Director of Operations at the 1013th Combat Crew Training Squadron, Peterson Air Force Base, Colorado.

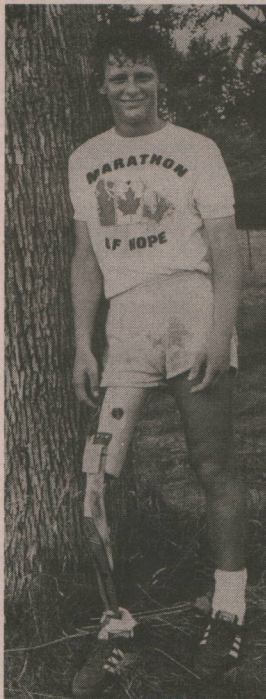


On 9 August 1991, Lt. Col. Peart relinquished command of the Canadian Forces School of Aerospace Studies (CFSAS) to Lt. Col. Koch. Col. Proulx, the Base Commander acted as the witnessing officer.

Lieutenant-Colonel Koch is married to Marilyn (née Farmer) of Prince Rupert, British Columbia and they have two children, Jeff and Jennifer.

Lt. Col. Koch is bringing a wealth of experience with him to the school. Lt. Col. Win Koch was born in Hamburg, West Germany in 1949 and grew up in Regina, Saskatchewan. He enrolled in the Canadian Armed Forces in 1968,

## The 11<sup>th</sup> Annual Terry Fox Run Sunday September 15<sup>th</sup>



The 11th Annual Terry Fox Run is scheduled for Sunday, September 15th. Pledge sheets are available at Shoppers Drug Marts, Canada Safeways and 7-11 stores.

Valued Terry Fox Run Contributors are encouraged to please donate to friends, and families only — door-to-door campaigns are not authorized by the Terry Fox Run Foundation.

The Main event in Winnipeg takes place Sunday, September 15th at Lipsett Hall, the corner of Grant and Kenaston. Registration begins at 8:00 a.m. and the start gun goes off at 9:00 a.m.

Terry Fox Events take place throughout the entire Province. Contact the Manitoba Provincial Office at 942-6885 to find the Event nearest you!

Walk, run, wheel, bring out the entire family and join in the fight against cancer!

For more information, contact: Mario Siciliano — 942-6885  
Karen Yamron — 942-6900

### 416 Squadron's 50th Anniversary REUNION

20, 21, 22 September, 1991 CFB Cold Lake 4 Hangar

#### Activities

Friday, 20th Sept, 91 Registration 1400 hrs - Hangar 4 Meet & Greet 1730 hrs - Hangar 4	Saturday, 21st Sept, 91 Luncheon, Static & Flying Display (Vintage Fighters, CF-18) Cocktails 1800 hrs Hangar 4 Dinner/Dance - PPCLI Band 1900 hrs Hangar 4	Sunday, 22nd Sept, 91 Brunch - Lakeland Inn Battle of Britain Parade To all Lynxes past and present Aircrew, Groundcrew & Associates
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Tickets: \$60.00 per person or \$100.00 per couple

Please send your cheque to: 416 Squadron Reunion Committee (Price includes all meals & admission to all events for the entire weekend)  
416 Squadron Reunion Committee 416 Squadron Medley, Alberta T0A 2M0 (403) 594-7636

### SEPTEMBER PROGRAM

Fri. - Mon. thru Sat. 8:00 P.M.  
Sat. Matinee 2:00 P.M.  
Sun. Evening 8:00 P.M.

## Cinema Theatre

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SUN	MON	TUE	WED	THU	FRI	SAT(mat)	SAT(eve)
Sept 7 <b>the silence of the lambs</b>	Sept 8 <b>BACKDRAFT</b>	Sept 9 <b>BACKDRAFT</b>	Sept 10 <b>BACKDRAFT</b>	Sept 11 <b>BACKDRAFT</b>	Sept 12 <b>BACKDRAFT</b>	Sept 13 <b>BACKDRAFT</b>	Sept 14 <b>BACKDRAFT</b>
Sept 15 <b>SOULFISH</b>	Sept 16 <b>SOULFISH</b>	Sept 17 <b>SOULFISH</b>	Sept 18 <b>SOULFISH</b>	Sept 19 <b>ROBIN HOOD</b>	Sept 20 <b>ROBIN HOOD</b>	Sept 21 <b>ROBIN HOOD</b>	Sept 22 <b>ROBIN HOOD</b>
Sept 22 <b>ROBIN HOOD</b>	Sept 23 <b>ROBIN HOOD</b>	Sept 24 <b>ROBIN HOOD</b>	Sept 25 <b>ROBIN HOOD</b>	Sept 26 <b>PROBLEM CHILD 2</b>	Sept 27 <b>PROBLEM CHILD 2</b>	Sept 28 <b>PROBLEM CHILD 2</b>	Sept 29 <b>PROBLEM CHILD 2</b>
Sept 29 <b>What about? BOB?</b>	Sept 30 <b>What about? BOB?</b>	COMING ATTRACTIONS		COMING ATTRACTIONS		COMING ATTRACTIONS	
<b>What about? BOB?</b>		<b>PROBLEM CHILD 2</b>		<b>CITY SLICKERS</b>		<b>SCHWARZENEGGER</b>	

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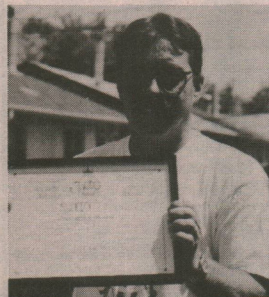
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# Promotions and Presentations

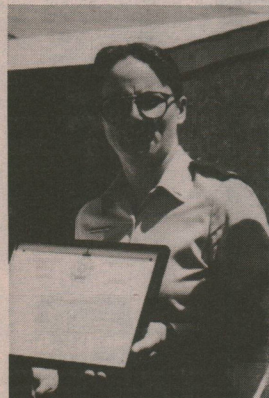
## Community Service Awards



WO Pete Comeau



SGT. Mitch Boulay



SGT. Margaret Kerr

The Base Commander's Community service award was recently presented to Sgt Margaret Kerr, Sgt Mitch Boulay and WO Pete Comeau.

## Certificate of Service



Sgt Muir received his Certificate of Service, in recognition of 29 years with the Canadian Forces.

## Gulf and Kuwait Medal Presentations



The Base Commander Col. Proulx, presented the Gulf and Kuwait medal to Capt. De Jesus on Tuesday, August 10, 1991.



The Base Commander, Col. Proulx, presented the Gulf and Kuwait medal to AB Leblanc on Tuesday, August 20, 1991.

## Certificate of Service



Major-General P.J. O'Donnell, Deputy Commander Air Command, presents the Certificate of Service to Major J.H. (John) Prendergast on the occasion of his retirement from the Canadian Forces on 31 July 1991. Major Prendergast has served with distinction, as an air navigator, since June 1, 1957, a total of 34 years and 2 months. John and his wife Claire plan to reside in Winnipeg for the time being.

## New Base Surgeon



Major Henry Phillips is shown receiving his new rank from the B Adm O, LCol JM Forestell. Assisting the B Adm O is the Hosp Adm O, Capt C. Stoski. With that promotion, Maj Phillips was appointed Base Surgeon, CFB Winnipeg.

## PERI Promotion



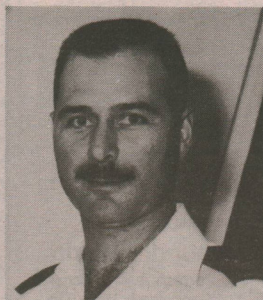
MCpl Bruce Muir was recently promoted to that rank and is shown here receiving it from Maj Kimak BPSVCSO. Bruce is one of the new PERIs on the ground, coming to us from CFB Trenton. He is presently employed at the Air Command gymnasium — Building 21. Welcome Bruce.

## Ground Search and Rescue



Maj Carpenter presenting Cpl Oullette with a GSAR Winnipeg memento of Cpl Oullette's completion of his tour with the GSAR team. Looking on are from L-R MWO Gosse, Sgt Slobodzian, Cpl Oullette, Maj Carpenter and Capt Barron.

## MSE Promotion



Sgt Roger Hewlett, MSE Op, received his new rank from Major Sénéchal, BTNO. Sgt Hewlett works in the GPV Section of Base Transport.



Pte Bruce Peters, MSE Op, received his first hook from Lt Bruce Johnson, MSE Op at Base Transportation. Pte Peters is currently employed at the GPV section.



# SPORTS ANNOUNCEMENTS

## BUILDING 90 RECREATION CENTRE FALL/WINTER SCHEDULE GYM (Effective 3 Sep 91)

MON		TUE	
0715-0800 Hrs	Remedial PT	0715-0800 Hrs	Remedial PT
0800-0900 Hrs	ARC Classes	0800-0900 Hrs	ARC Classes
0900-1030 Hrs	Military Use	0900-1030 Hrs	Military Use
1030-1130 Hrs	ARGHQ Classes	1030-1145 Hrs	Base Hosp/BTNO
1130-1300 Hrs	Inter-Section Volleyball	1145-1300 Hrs	Military Noon Fitness
1300-1530 Hrs	CFSAS	1330-1430 Hrs	Remedial PT
1530-1700 Hrs	Military Use	1500-1700 Hrs	CFANS
1700-1900 Hrs	Casual Recreation	1700-1800 Hrs	Base Volleyball Practice
1900-2000 Hrs	Special Olympics	1800-2000 Hrs	Casual Recreation
2000-2200 Hrs	Casual Recreation	2000-2115 Hrs	Coed Aerobics
		2115-2200 Hrs	Casual Recreation

WED		THU	
0715-0800 Hrs	Remedial PT	0715-0800 Hrs	Remedial PT
0800-0900 Hrs	ARC Classes	0800-0900 Hrs	ARC Classes
0900-1030 Hrs	Military Use	0900-1030 Hrs	BHosp/BTNO
1030-1130 Hrs	ARGHQ Classes	1145-1300 Hrs	Military Noon Fitness
1130-1300 Hrs	Inter-Section Volleyball	1330-1430 Hrs	Remedial PT
1300-1530 Hrs	AMSO	1500-1700 Hrs	CFANS
1530-1700 Hrs	CFSAS	1700-1800 Hrs	Base Volleyball Practice
1700-1800 Hrs	Military Use	1800-2000 Hrs	Casual Recreation
1800-2200 Hrs	Casual Recreation	2000-2115 Hrs	Coed Aerobics
		2115-2200 Hrs	Casual Recreation

FRI		SAT	
0715-0800 Hrs	Remedial PT	1300-1600 Hrs	Casual Recreation
0800-0900 Hrs	ARC Classes		
0900-1145 Hrs	Military Use		
1145-1300 Hrs	Military Noon Fitness		
1300-1400 Hrs	Military Use		
1400-1530 Hrs	CFSMET Classes		
1530-1800 Hrs	Military Use		
1800-2000 Hrs	Casual Recreation		

NOTE: Children under the age of 12 (in possession of a valid recreation pass) who wish to use Westwin and Lipsett Hall Recreation Centre gymnasium areas must be accompanied by an adult 18 years of age or older.

Recreation Membership Cards must be produced to utilize all the facilities at both Bldg 90 and Lipsett Hall during all casual recreation and casual swim hours. (Service personnel may utilize their ID card).

During casual hours the Building Monitor may be reached at local 5976.

The Weight and Hydra Rooms are available when user groups are in the gymnasium.

## LIPSETT HALL GYMNASIUM Winter Schedule 1991 - 1992

MON		THU	
0730-0900 Hrs	2PPCLI	0730-0900 Hrs	2PPCLI
0900-1030 Hrs	Military Training	0900-1130 Hrs	Military Training
1030-1130 Hrs	1 CEU/Remedial	1130-1300 Hrs	Noon Fitness
1130-1300 Hrs	Noon Fitness	1300-1600 Hrs	Military Training
1300-1600 Hrs	Military Training	1600-1800 Hrs	Men's Basketball Practice
1600-1800 Hrs	Intersection Floor Hockey	1800-2000 Hrs	Casual Rec/Aerobics
*1800-2000 Hrs	Wheelchair Basketball	*2000-2400 Hrs	Men's Volleyball League

TUE		FRI	
0730-0830 Hrs	BEME	0730-0830 Hrs	BEME/Remedial
0830-1000 Hrs	2PPCLI	0830-1030 Hrs	2PPCLI/Military Training
1000-1130 Hrs	Military Training		
1130-1300 Hrs	Noon Fitness	1030-1130 Hrs	1 CEU/Remedial
1300-1600 Hrs	Military Training	1130-1300 Hrs	Noon Fitness
1600-1800 Hrs	Intersection Floor Hockey	1300-1600 Hrs	2PPCLI
1800-2000 Hrs	Casual Recreation	1600-2000 Hrs	Casual Recreation
*2000-2200 Hrs	Men's Basketball Practice		

WED		SUN	
0730-0900 Hrs	2PPCLI	0830 - 1300 Hrs	Handball League
0900-1030 Hrs	Military Training	1300-1600 Hrs	Casual Rec/Aerobics
1030-1130 Hrs	1 CEU/Remedial	1800-2000 Hrs	Casual Recreation
1130-1300 Hrs	Noon Fitness		
1300-1500 Hrs	Military Training		
1500-1600 Hrs	BEME/Remedial		
1600-1800 Hrs	Intersection Floor Hockey		
1800-2000 Hrs	Casual Rec/Aerobics		
*2000-2400 Hrs	Ladies Volleyball League		

NOTE: During the hours which have been contracted out, the use of the weight room, multi-purpose rooms, sauna and suntan facilities are available for military and rec card holder use.

The extended hours will commence as follows: Mon, Wheelchair Basketball 14 Oct 91, Tue, Basketball Practice 10 Sep, Wed, Ladies Volleyball 2 Oct 91, Thu, Men's Volleyball 3 Oct 91, Sat, Basketball League 19 Oct 91, Sun, Handball League 3 Nov 91.

## Prairie Region Golf Championship

CFB Winnipeg's golf team recently competed at the 1991 Prairie Region Championship held at CFB Shilo. A total of 9 bases took part in the 54 hole, 3 day, medal play competition. In the end, CFB Cold Lake shot the lowest total of 1552 strokes and were declared Prairie Region Champions. CFB Winnipeg finished fourth overall with 1642 strokes.

Thanks to all team members for a fine showing and remember what that great golfing philosopher McDuffier once said, "A bad day on the golf course is better than a good day at work."



Shown from L to R: Sgt Gus St James, MS Dan Banks, MWO Burt Graham, 2Lt Ruth Horne, CWO Earl Munroe, MWO Leo Fraser.



## LEARN TO SWIM

### RED CROSS SWIM LESSONS

WHERE: Lipsett Hall Pool

WHEN: 1 Oct 91 - 5 Nov 91

DAYS: Tue and Thu

TIME: 1800-2000 hrs

COST: \$15.00

### PARENTS & TOTS

WHERE: Lipsett Hall Pool

WHEN: 5 Oct 91 - 3 Nov 91

DAYS: Sat & Sun

TIME: 1100-1200 hrs

COST: \$10.00

### REGISTRATION:

Registration will be held Thu, 12 Sep 91 at Lipsett Hall Pool from 1800-2000 hrs. Personnel who are unable to register at this time can register by reporting to the Recreation Council Clerk located at the Westwin Recreation Centre Monitor's Office on the 24th or 26th Sep 91, between the hours of 0900-1100 hrs only. These will be the only times you can register.

NOTE: All personnel registering for swim classes have to obtain a recreation association pass. In order to obtain a pass you can register with the recreation council clerk on Tuesdays or Thursdays between the hours of 0900 - 1100 hrs.

## LIPSETT HALL POOL SCHEDULE 1991/1992

MON		FRI	
0730-1145 Hrs	Military Training	0730-1145 Hrs	Military Training
1145-1245 Hrs	Noon Fitness Swim	1145-1245 Hrs	Noon Fitness
1300-1600 Hrs	Military Training	1300-1600 Hrs	Military Training
*1630-1800 Hrs	Manta Swim Club	*1630-1800 Hrs	Manta Swim Club
1800-2000 Hrs	Casual Swim	1800-2000 Hrs	Casual Swim

TUE		SAT	
0730-0830 Hrs	BEME	1300-1530 Hrs	Casual Swim
0830-1145 Hrs	Military Training		
1145-1245 Hrs	Noon Fitness Swim		
1300-1600 Hrs	Military Training		
*1630-1800 Hrs	Manta Swim		
**1800-2000 Hrs	Swim Lessons		
2000-2200 Hrs	Scuba Club		

WED		SUN	
0730-1145 Hrs	Military Training	1300-1530 Hrs	Casual Swim
1145-1245 Hrs	Noon Fitness Swim	1800-1930 Hrs	Casual Swim
1300-1600 Hrs	Military Training	1930-2000 Hrs	Adult Swim
*1630-1800 Hrs	Manta Swim Club		
1800-2000 Hrs	Casual Swim		

THU	
0730-1145 Hrs	Military Training
1145-1245 Hrs	Noon Fitness Swim
1300-1600 Hrs	Military Training
*1630-1800 Hrs	Manta Swim Club
**1800-2000 Hrs	Swim Lessons
2000-2200 Hrs	Swim Club

\*Manta Swim Club commences 16 Sep 91.

\*\*Swim lessons are periodically scheduled by the Aquatic NCO 5511.

## BCOMDs Golf Tournament

The 4th leg on this year's Base Commandants Golf Tour, took place at the Links in Carmen on 21 August 1991. A small field of 21 golfers enjoyed the sunny but rather windy day, and turned in some respectable scores.

The lowest of the day belonged to that newcomer on the tour - PO1 Bob Coldwell (who incidentally just recently helped win some cash for the McDuffier) as he stroked a nice round of 82. A very fine low net score of 74 was also turned in by Sgt Darrel MacDonald. Closest to the Pin Honours went to MS Dan Banks while the longest drive was poked by CWO Ken Branden.

Thanks to all who participated and look for my final report following the last tourney on September 18th.

**Curling Club  
General Meeting  
Wed 18 Sept 1991  
1900 Hrs  
at CFB Winnipeg  
Curling Club**

### Silver Heights Community Centre

Registration for ringette and hockey will take place on Saturday, September 7 from 10 a.m. to 2 p.m., Wednesday September 11 from 7 to 9 p.m. and on Saturday, September 14 from 10 a.m. to 2 p.m. Be sure to inquire about our subsidy program.

The skate and equipment exchange will be on Saturday, September 14 from 10 a.m. to 2 p.m., along with tables of hockey cards.

# Weather Wise CFS MET

The Canadian Forces School of Meteorology has conducted a number of courses in the past year. The training provided varies from basic trade qualification to advanced meteorological instrument courses for senior NCOs in the trade.

The first course of the year was the North Warning System (NWS) Weather Observer Course 9101. Graduates from the NWS course are employed throughout the Canadian Arctic at NWS radar surveillance sites.

Shortly after the NWS commenced a QL5A 9101 got under way. QL5A graduates are employed throughout the Canadian Weather Service by providing weather information in support of land, sea and air operations. Most graduates are destined for a tour of duty on Her Majesty's Canadian Ships, while other graduates support ballistic upper air operations for Artillery Battalions.

Upon completion of the NWS course the QL3 9101 course commenced. QL3 graduates are employed throughout the Canadian Forces Weather Service as weather observers in support of military air operations. All graduates are usually destined to Air Command Bases upon graduation.

Upon completion of the QL5A, a QL6B 9101 course was initiated. The QL6B graduates are trained to provide commanders and operational personnel with weather information in the form of forecasts and advice on meteorological conditions on land, in the air,

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

Also ran so far this year were two Met Instrument Specialist Courses 9101 and 9102. 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.

Presently in-house is QL5A 9102 and scheduled for commencement in September is QL6A 9101. These two courses will bring the '91 training year to a close.

Changing of the Guard CFS Met, one of the largest changeovers in years. Out with the "old", Chief Standards Officer, Mr. B. Boughton; School Warrant Officer, CWO D. Dupuis; Senior Course Co-ordinator, WO Germain; Instructors, Sgt. Kennedy, Sgt. Dompierre, Sgt. Noseworthy and Sgt. Swanson (retired) and yes, even the Clerk, MCpl. Mason. Good luck gentlemen in your new endeavours.

Welcome the new guard, C.S.O. Mr. B. Wong, SWO, CWO Cousins, Senior Course Co-ordinator, WO M. McGillivray, Instructors, Sgt. Gauvreau, Sgt. Broughton and MCpl. Davis, who returned from "parle-tu français" and Cpl. D. Gadoury, to ensure everybody adheres to Military Forms of Writing, as our new CFS Met Clerk.

CANADIAN FORCES **SISIP RARM** FORCES CANADIENNES  
 SERVICE INCOME SECURITY INSURANCE PLAN  
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## Storefront Services - SISIP Style

It's been an incredible year for the men and women of the Canadian Forces, a year fraught with peril and danger the likes of which Canadian sailors, soldiers and aircrew haven't seen in half a century. But one of the most heartening aspects of this time was the support shown to CF members and their families by Canadians at large.

There is one very special group of the CF, however, who literally put their money where their mouths were when it really counted — SISIP (Service Income Security Insurance Plan) didn't flinch when it came to providing coverage to CF members deployed during Operations Salton and Friction. It was always given that CF personnel insured under SISIP's life and long-term disability policies could skydive, fly, sail and still retain their full, 24-hour coverage. But to be covered during a wartime scenario was unheard-of in the annals of the insurance business.

Thankfully, all CF members returned safely from Oka and the Gulf; still, SISIP continues to strive to provide its customers with the best service possible. Recently, for example, SISIP's national headquarters in Ottawa moved from the 17th floor to the main floor of the Export Building at 234 Laurier Street, West. The relocation of the SISIP organization, also known as Directorate Compensation Development (D Comp D 4), will allow for the provision of high quality, personalized customer service; will enhance SISIP visibility in an area with high traffic flow of military personnel; and, will be more accessible to serving and retired members of the Canadian Forces.

"We realized that we had to relocate for visibility and that this facility had to have an air of credibility and professionalism," says SISIP Associate Director W.D. (Dave) Roberts, who first came into the program in 1987 before retiring from the military.

A major strategic analysis of SISIP was completed in March

1988 with one of the most important recommendations being that the insurance program had to go to the customer, whether directly or indirectly.

"We aim to distinguish ourselves by providing the best customer service possible," explains Mr. Roberts.

A recent survey of 4700 CF personnel by a professional group in Halifax indicated that more individual contact was needed; more than half felt that they hadn't enough knowledge about SISIP.

A "Mission Statement" was drafted with the aim to have SISIP become the provider of choice for "high quality, long-term financial products and services" for serving and released members of the CF and their families at a cost/benefit advantage comparable to what is available in the marketplace.

From its new "storefront" facility in Ottawa, SISIP provides customer service while using group buying power to supply long-term financial products and services and educate CF members about their long-term financial needs and health.

The mission statement also commits to providing the SISIP employees, most of whom are former members of the CF, with the necessary tools, training, and physical environment necessary to do their respective jobs; at the unit level, seven training seminars were held in 1990 to enhance the knowledge of the unit advisors.

Another strategic priority identified by SISIP analysts is the introduction of a nationally dedicated, full-time SISIP representative network. Representatives will be responsible for conducting group presentations, counselling members on their insurance needs, and providing support to the unit advisors, assisting them in their enrollment in the option that satisfies those needs. The first of these representatives, Roger Dahl, (WO ret'd) joined the organization in

March 1991.

The non-commissioned members who are SISIP representatives and advisors for their respective units do so as a secondary duty and are not rewarded financially.

"They do the best they can," says Mr. Roberts. "Our job is not only to serve them as CF customers but to support them as advisors to the best possible degree. There is no financial incentive for them, only personal pride."

Presently, SISIP is about to conduct a survey to determine the wants and needs of members of the CF community.


"The last two years have been unbelievably successful," says Mr. Roberts. "Results have been phenomenal. It's amazing how people respond to individualized customer service and the result from our client comment cards have shown that 92 per cent indicate that the service provided to them has been good to excellent; 99 per cent said that they would recommend SISIP coverage to other members of the CF."

"That is the challenge we must continue to live up to."



Shaun McCormick, manager of Rehabilitation Services for Maritime Life Assurance Company of Halifax, the company that underwrites SISIP (Service Income Security Insurance Plan), tries out the electronic stair lift at SISIP's new Ottawa offices.

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 Sunday, September 15th, 1991



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 Terry Fox 1980

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# Family Support Program Project

In May 1989 a study report was finalized on family support. This report was undertaken by the Director General Personnel Services/Family Support Program Project. The report provided important information on the needs and issues of military families. Means to address these needs and issues were focused on promoting social and mental health as well as well-being and on preventing individual family and community breakdown.

Conclusions which were drawn from the information, deter research, and analysis of the study are as follows:

- military families make a valuable contribution to the military community;
- pursing a military career is at the cost of family life;
- all military families need community and social support and resources as do other families in Canadian society;
- spouses and families must be assured involvement in decision-making processors in matters of Canadian Forces family and community life;
- the Canadian Forces has a responsibility to families and should be responsible for instituting an infrastructure to address family matters;
- direct family focus support will enhance the quality of life for families. It should improve morale, job commitment, and

thus promote overall operational effectiveness.

All families in Canadian society experience stress. The military family is no exception. In fact there are many unique demands of military life that create additional stressors, including:

- Frequent Moves:** Of course there are many physical inconveniences included in a move; but as well there are many psychological implications associated with the loss of family, friends, job, school and other community support.
- Extended Separation:** Separation from our loved ones can create loneliness, depression and added stress as many women (or men) become single parents. Even on a temporary basis. As well family adjustments with the return of the military member to the family unit can be extremely distressing.

Many military families that I have come to know, often voice their many concerns of military life. Many believe that the military doesn't care about their well-being, that they give more than they receive and that rules and regulations are more important than people.

Many feel that their feelings and needs are not often validated. Spouses resent being termed "dependant." My belief is that a woman or man has difficulty defining their own identity or maintaining a healthy self-esteem when they are seemingly termed dependent on another individual or institution.

There is definite correlation between family well-being, member morale, commitment and job

performance. The Canadian Forces recognizes this correlation and in response Family Support Centres have been established across Canada. The Family Support Centres cannot be considered a panacea for all individual, marital, family or community difficulties, but they can be considered a major resource for the promotion of individual, family and community health and well-being. As well, programs and services can be provided which help prevent and reduce individual, family and community breakdowns. I feel that with the establishment of Family Support Centres the Canadian Forces is supporting family and community well-being as well as recognizing the importance of the family in overall military operational effectiveness.

The Winnipeg Family Support Centre is committed to providing programs and services to the military community which are a result of the community's perceived needs. Recently a Needs Survey was sent out to each home enlisting your aid in helping us determine which services would be most beneficial to the Winnipeg military community. The returned surveys were thoroughly assessed. Some suggestions for possible services and programs that were indicated: parental relief (a consistent concern), support groups, daycare, evening and weekend programs, speakers, temporary duty support for families. Providing a channel of information was another recurring theme.

As many of you know the Winnipeg Family Support Centre can still be considered in its infancy stage. We are now two years old.

I think we have made remarkable progress in the last two years. Some of our established programs and service include: Little People Playtime, Mom's Day Off, Speakers Support Groups, Parenting Groups, Pre-teen Programs, Summer Day Camps, Thrift shop, NewComer Welcoming Program, Babysitter Referral and a Resource Centre.

I am very pleased to announce that the Winnipeg Family Support Centre has received a major funding grant from the Family Support Centre Directorate in Ottawa. What this means is that we will be allocated four full-time positions which will include: Executive Director, Administrative Assistant, Program Co-ordinator and Child Care Co-ordinator. We also have funding for start-up expenses: i.e. furnishings, equipment, toys etc. What this means to the military community is: expanded programs and expanded hours of the Support Centres. We are prepared to offer programs and services which you, our community need and want. We need community involvement. Your ideas and suggestions to help us plan programs which reflect your needs.

Please drop by, phone, or drop us a line. The staff, together with our Board of Directors will work to implement as many of these services into our programming. The Family Support Centre is also planning to develop "Community Connections" a military family based newsletter. Our newsletter will in no way strive to replace the *Voxair*. Our newsletter will be more geared to the community. Community members and organizations will be

asked to contribute on a regular basis.

Because our programs (and staff) have expanded so rapidly, our need for additional space has become apparent. As a result, our Northsite Family Support Centre has now been designated as office space and a meeting place for adult programs. All children's programs on the Northsite have been moved to the Northsite Community Council office at 34 Bourkewood Place.

The Northsite Community Council did not hesitate to respond favorably to my request to use their space for our children's programming. I would like to extend my appreciation for their continued support. I would also like to thank the many individual groups and departments who have shown their support. So many people have worked to help promote the Family Support Centre and without all their valuable contributions, I do not feel that we would be in the favorable and exciting position we are in now. Thank you once again and I look forward to your continual commitment.

Once again, I ask the military community, please become involved in the Family Support Centre. It is your Centre and how it eventually evolves will be a direct result of your input. You are always welcome here.

P.S. Please let me digress for a moment as I wish my Mom & Dad (Ann & Bruce Barton, retired CWO Supply) a happy 40th anniversary. I know they will receive these greetings as they lunch at the St. James Legion where they pick up their copy of the *Voxair*.

## Registration

44th Brownie Pack  
September 9, 1991 Carpathia School Small Gym  
6:30 - 8:00 pm  
For Girls Grades 1-3 Ages 6-9  
Leaders and/or Helpers are needed  
For more information call Cathie — 488-4648

## TEENAGER'S EMERGENCY FIRST AID COURSE

If enough interest is generated, MCpl B. Girard and Cpl G. Janes are planning to conduct an Emergency First Aid Course for dependant teenagers between the ages of 13-18 years.

Location: Bldg 21, room 205A and 205B (Bingo Hall next to Aircom HQ).

Time: 21 Sep 91 - 0800-1600 hrs.

Approx: 20 students

Registration: contact Cpl G. Janes, Dental Clinic, loc 5522 or home 489-0815. Require name, age, mailing address and phone number.

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## THRIFT SHOP

Anyone who has summer items at the Thrift Shop must pick them up by the end of August. Winter items may be brought in to the Thrift Shop the third week of September.

THANK YOU!



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## "Nobody's Perfect"

Parents interested in the Nobody's Perfect Parenting Support group, call Cathy Lovatt, Public Health Nurse at 945-0829. The group is for parents of children from birth to 5 years of age. It offers help in improving your confidence as a parent. As well, other parents provide support and problem solving suggestions. Dates and time to be announced.

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# Greetings from the Chapels

## Family Life "Belonging"



### CHAPLAINS CORNER



Padre Peter Day  
Chaplain (P)  
CFB Winnipeg — 2PPCLI

A man needed a new suit to attend a wedding and off he went to the local discount clothing store. The salesman tried with all his skill to sell him an ill-fitting suit. "The suit doesn't fit right," the man said, "the left shoulder is too high." The salesman replied, "So, raise your shoulder a little." "OK," the man said, "but now the suit sticks out too much over the right hip." So, stick out your right hip," responded the salesman. "All right," declared the man, "but the left pant leg is too short." "Bend your leg a little at the knee," declared the salesman. The man decided to purchase the suit and left the shop wearing it. Two women watched him leave. One says to the other, "Look at that poor man, He's so deformed." "That's true," the other woman replied, "but look how nice his suit fits!"

It's amazing what some people will do so that they will appear right and proper and gain acceptance. Chaplains, counsellors, social workers often must deal with

young people and adults who are so bent and twisted out of shape they don't know who they really are. Like the man in the ill-fitting suit they have attempted to gain the acceptance and approval of significant people (usually parents) by forcing themselves into being somebody they are not. Home for many was not a place of safety and identity, but a place where you had to shape up/measure up or ship out.

Dennis Guernsey in "The Family Covenant" revealingly states "The tragedy of our modern age is that fewer and fewer people have experienced a home of their own." Home is supposed to be a place where you can be safe, can be yourself, develop our self-identity and build self-confidence and self-esteem."

A verse in the Bible speaks about the impact of God's love on families, We are "no longer strangers and sojourners, but fellow citizens with the saints and members of the household of God." Eph 2:19.

In a family upon which the grace of God has touched, three distinctive qualities are noticeable, according to Guernsey. The first is seen in the fact that no one is a stranger. It's difficult moving from place to place in military life, and one can sense a certain loneliness, a feeling of "not belonging"

in some families. However, in the family made whole by God's love and Spirit, home is where you feel you belong and where you can be yourself. There are no ill-fitting suits/clothes. No unrealistic role expectations. You're loved for who you are — really are!

No one is a sojourner or a traveller. Behind the word sojourner is the idea of impermanence. People of the Bible struggled with the problem of transience. They moved often at the whim of the local governor or from the threat of persecution. It was a world of temporary quarters and forced journeys. Sound familiar? The covenant family, or the one healed and made whole by God, enables its members to stay put, emotionally, by caring for one another and listening to the hurts, fears and feelings of loss as they move from place to place. They teach one another that people are more important than things and it's important to put down roots and make real friends wherever you are.

In the final theme or vision, the "graced" family is one where everyone is connected. The parents ensure a sense of feeling connected to the past through a retelling of their experiences — a "sacred" history rooted in God's providence. This sense of history

relieves the anxiety about the present, provides a pattern for behaviour and expectations and allows us to pass on valuable cultural traditions.

However, it's also important in our families to live in the present and this is accomplished by maintaining a sense of interdependence. We all need to be loved, comforted, praised and encouraged and freed from constant criticism and destructive judgementalism. Forgiveness and support allow us to be independent yet dependent at the same time building strong people who have a sense of selfhood.

The family made whole or connected by the grace of God is also connected to the future. As we build one another up with encouragement and care we shape and touch the future of the world. What we do with our world today will determine what the world will become tomorrow. As we participate and share our present experience of the intervention of God's power in our families, we prepare ourselves for the future.

Everyone belongs in the family touched by love and grace. We're no longer strangers who don't belong, no long sojourners who are transient, but a people who are connected together by the Spirit of love.

### CATHOLIC CHAPELS

#### St. Marguerite Bourgeoys (North)

WEEKENDS/FIN DE SEMAINE  
Saturday: 1700 hrs/English  
Samedi: 1900 hrs/Français  
Sunday/Dimanche:  
1115 hrs/English

WEEKDAYS/EN SEMAINE  
Monday to Thursday inclusive  
Du lundi à jeudi inclus. à  
1500 hrs/English  
WEEKDAY MASSES SUBJECT TO CHANGE

#### St. George's Chapel (South)

SUNDAY  
10:00 a.m.

WEEKDAYS  
Tue & Thu 6:30 p.m.

### PROTESTANT CHAPELS

#### The Chapel of the Good Shepherd (North)

1st Sunday - 0900 hrs - Eucharist (ACC)  
- 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. - Divine Worship  
Holy Communion 1st Sunday  
of every month at 10:00

BINGO — Every Mon. Wed. Fri. 7:45 p.m.  
Early Bird 7:30 p.m.

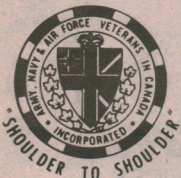
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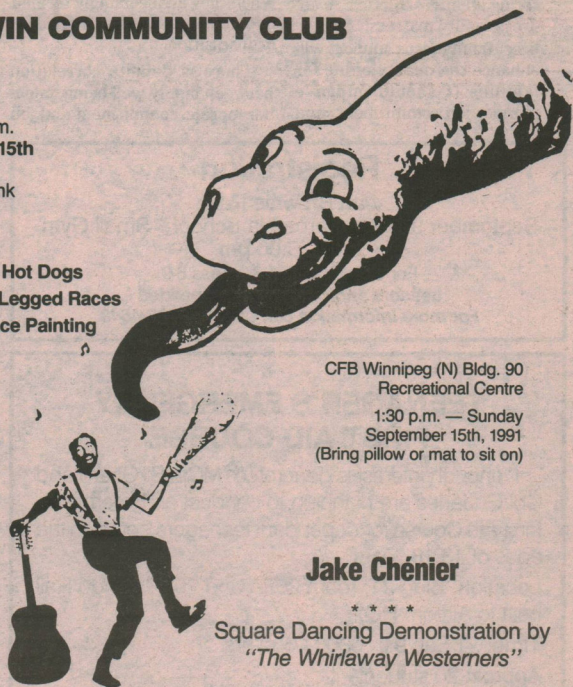
#### Family Day

12:00 noon-5:00 p.m.  
Sunday, September 15th  
North Side  
Outdoor Skating Rink  
on Silver Ave.

Free Admission

Pancake Races • Pop and Hot Dogs  
Egg-on-Spoon Races • Three-Legged Races  
Boy Scout Registration • Face Painting

Free Children's Concert  
"Dancing with the Dinosaurs"



CFB Winnipeg (N) Bldg. 90  
Recreational Centre

1:30 p.m. — Sunday  
September 15th, 1991  
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### Jake Chénier

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Holy Communion, 1st Sunday of every month - 10:00

Sunday School - same time as church service.  
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If interested, call Mary-Lou Day at 488-6910.

If interested in an adult Bible Study, or for more info  
call Padre Day at 833-6022.

# Milcon 91

by Maj B.L. Gengalo

MILCON 91 will be happening 16-25 August at CF Det Wainwright, Alberta. Militia soldiers from Prairie and Pacific Areas, supported by troops from 1 Brigade and Communications Command, will train at the platoon and company level in offensive operations. All soldiers will take part in live field firing at the section level in a scenario appropriate to their corps. They will then continue with corps training.

After completing field firing at section level, infantry units will go through a number of stands. At the patrolling stand they will take part in a live fire fighting patrol. Fighting in built up areas (FIBUA) training will be conducted in two places. The PPCLI Battle School maintains a FIBUA training site, Margaritaville. Here infantry companies will practice village and house-clearing techniques. In the nearby town of Irma roadblocks, patrolling as well as cordon and search will be conducted. RCMP and other agencies will be involved in this training, which is meant to prepare troops for UN and aide

to civil power operations. At the advanced field firing stand infantry will fight their way through an objective using live ammunition, breaching obstacles and using explosives to destroy an enemy bunker. A day spent practising mechanized operations will complete their training.

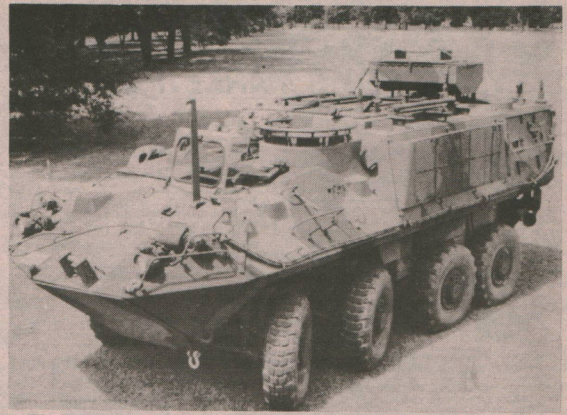
The artillery will begin their training by firing personal weapons in a local defense scenario. They will then go through troop training and a series of dry and live battery deployments. At the culmination of their training the Guns will develop and execute a live-fire Battery Commander's fire plan in a realistic battle scenario. The infantry mortar platoon will participate in artillery training.

After completing the field firing of personal weapons Armoured Corps training will continue at the troop level. Building to squadron-level training it will cover fire and movement, advance to contact, running resupply, the occupation of harbours and the deliberate attack. It will end in a squadron level live fire exercise.

Reconnaissance troops will begin their training with field firing in recon patrol and defence of OP situations. Building from troop to squadron level they will then participate in route, sector and area recon tasks, flank screens, foot patrols, traffic control and harbour drills. The training will culminate in a squadron exercise outside the boundaries of Camp Wainwright.

Combat support and combat service support units will probably have the most difficult tasks at MILCON 91. In addition to conducting their own training these units will have to provide real time support to all other training activities. In addition to helping various training stands construct and defeat fixed defences, combat engineers will train themselves in route denial and route clearance operations. The Military Police will train in support of offensive operations, conducting route recon and signing, traffic control, POW collection, self-defence and bivouac discipline.

The combined Prairie/Pacific Field Ambulance will provide medical support to all live-fire



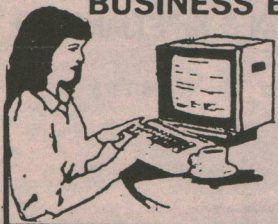
The BISON, and APC produced in Canada and bought especially for the Militia, will be making its first appearance at MILCON 91. Different versions of this vehicle form a major component of the U.S. Marine Corps mechanized fleet.

ranges in addition to doing its own training. That training will emphasize operations in an NBCW environment and include such skills as the proper conduct of hel evac. It will end in an intensive two day evacuation company exercise. In cooperation with elements of 1 Service Battalion the Western Militia Service Battalions will form a single organization which will provide all second line support to MILCON 91. In addition, the combined Service

Battalion will conduct a series of training events to prepare all its varied parts to support troops conducting offensive operations.

MILCON 91 is designed to practice and test the skills you have been learning all year. Tough, intensive, realistic training often using live ammunition will be designed to make the most of the little time available. It will challenge your abilities and put your personal qualities to the test.

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## Westwin Community Council (WCC)

It's been awhile since you heard from the WCC. Since the last article we've had a change in membership. This posting season we say goodbye to four councilors: Capt Peter Kvas, Secretary (three years service); WO Pete Comeau, Vice President (four years service); Sgt Mitch Boulay, former Bingo and Sports Co-ordinator (seven years service); and Sgt Margaret Kerr, Treasurer and former N.S. Skating Rink Co-ordinator (eight years service). These four individuals will be sorely missed and their significant contributions to the community were acknowledged at a Farewell BBQ.

On Sunday the 15th of September the WCC is sponsoring a Westwin Community Family Day which will be held on the grounds near the North Side Outdoor Skating Rink adjacent to the North Side churches. The events will be largely reminiscent of old-style community picnics with such items as pancake races; egg-on-spoon races, sack races, three-legged races, etc. There will be face painting, balloons, parachute games for the smaller children.

Local children entertainer Mr. Jake Chenier ("Dancing with the Dinosaurs") will also be performing. The North Side Junior Ranks Mess will BBQ some munchies. We will also have a collection bin for food donations to Winnipeg Harvest. Look for details in upcoming issues of the Voxair and watch for flyers.

The Westwin Community Council always welcomes new members. If you are interested in becoming a member or would like to attend one of our monthly meetings please call Capt Gwen Bull at 833-5341 or leave a message on the Council answering machine at 889-3041. We look forward to hearing from you.

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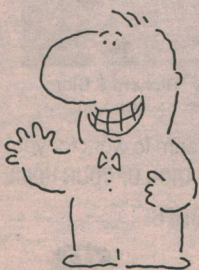
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Babysitting needed — Mature teenager needed to do occasional evenings babysitting. Call Lorenne 831-0370 after 4h30.

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