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- Back Packing



Base Commanders
Golf Tourney

See page 7
for details

Learn To Swim

See
page 7

'A Day At The Races'

Assiniboine Downs

See page 11



Canada Day

july 1st  1^{er} juillet

La Fête
du Canada

Happy 125th Birthday!



Farewell to the Editor

There is a time in everyone's life where we must say farewell. This is especially true and inevitable in the Forces.

It is with deep regret that the Voxair staff must say farewell to our **Production Editor, Capt Wayne Joy**.

Wayne took the Editors' Course at Grant McKeown

Community College in Edmonton and returned to Voxair sharing his knowledge and enthusiasm for the next four years. His dedication and leadership excellence have definitely been an asset to our publication.

Capt Wayne Joy will be posted to St. Hubert in July

where he will be taking a French Language Training Course.

We wish Wayne and Lynn health, happiness and many successes.

**Bonne chance! -
The Voxair Staff**

Commemorative Booklet- COMM SQN Baden

COMMSQN Baden will be ceasing ops and disbanding Jul. 1993. A commemorative booklet is going to be produced to document this unit's 14 years of existence. It is requested that any pers. who served a tour of duty in this unit and might have photos, memorabilia, or interesting anecdotes that they wish to share, to forward them NLT 1 Feb. 93 to:

Editor, Commemorative Booklet
COMMSQN Baden,
CFPO 5056
Belleville, Ont.
KOK 3R0

Any pictures submitted should include a short narrative. In addition, return of photos cannot be guaranteed. A message canvassing personnel with regards to purchases of booklet will be forthcoming.

Certificate of Service



Sgt. Taylor received from the Acting Base Commander, LCOL Koch, his certificate of service for 16 years.



No. 177 Air Canada Sqn

The Royal Canadian Air Cadets celebrated their Fiftieth Anniversary in 1991. Some of the earliest Squadrons were formed in Winnipeg and #177 RCAC (Air Canada) Squadron was one of the first.

It was started at Seven Oaks and received its charter in October 1942, but because of losing its staff and organizers to their patriotic duties in the Second World War, it was taken in hand by employees of the then Trans Canada Airlines. The Squadron sponsorship has remained with employees of the national airline, now Air Canada, ever since.

To celebrate its fiftieth birthday, the Squadron Cadets and staff will hold a parade, together with a display of the Squadron history, at Minto Armouries on October 23rd, 1992. A reunion dinner for past members of the Squadron is planned for the following day.

The officers and staff are looking forward to welcoming all the past members, and hope to accumulate a selection of photographs and memorabilia from them to display at the Armouries. The past members will be an inspiration to the present group of young people who now make up the Squadron and who strive to excel as the veterans did in the past.

Anyone wanting to attend the anniversary functions, or who want to contribute to the success of the display with photographs and other historical items, can contact:

#177 RCAC Squadron, Room 25
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969 St. Matthews Ave
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(PHONE: 772-5551)

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Barry Sweeney



music reviews and syndicated columnist

The Neville's in a 'Family Groove'

For the Neville Brothers (Art, Aaron, Charles, Cyril) **Family Groove** (A&M) is a study in altruism. That approach starts with their cover of Steve Miller's **Fly Like An Eagle** and stretches through the socially conscious **One More Day**. This song is set in a soul groove which belies the stark reality of the lyric line that deals with the despair of the hungry and homeless. **I Can See It In Your Eyes** is a pop ballad, filled with superb instrumentation, that should be considered for singles release.

Senseless violence is brought to the fore in **Day To**

Day Thing while the darkly brooding lyric line in **Line of Fire** brings an immediacy to the 'street' situations of today. Aaron's soaring falsetto brings **Take Me To Heart**, a tune that should soon be filling airwaves. **Family Groove** chronicles the brother's family bond but it is songs like **True Love** that makes the magic and the message of this album work to perfection.

Set rounds out with the reggae-based **On The Other Side Of Paradise**; the story of random violence and crack dealing is the central point in **Let**

My People Go; the instrumental Saxfunk and the set closer, an ecumenical benediction on **Maori Interlude**, is a timeless prayer for brotherhood and peace. Like their Grammy winning past **Family Groove** is loaded with hit potential. But, this is more than just another album, this is as much a social statement set to music.

ROBERT PALMER

Unlike many compilations, where the master tape is pulled from the shelves and used in its original condition, **Addictions Volume 2** (Attic)

was made with the complete involvement of **Robert Palmer**. Covering a 14-year span in his musical legacy and pulled from a total of 10 albums, the album contains 15 songs, many of which were re-mixed and re-voiced.

Vol 2 covers a wide spectrum of the Palmer sound from **Sneakin' Sally Through The Alley** and **Man Smart, Woman Smarter** through **Too Good To BE True**, **I Dream of Wires** and **The Silver Gun**. It's a must-have for Robert Palmer fans.

TORA TORA

The quartet of **Anthony Corder**, **Keith Douglas**, **Patrick Francis** and **John Patterson** are a hard-rocking band known as **Tora Tora** and with **Wild America** (A&M) they are hoping to break what has become known as the sophomore jinx. After listening to the set, I think they have proven their ability to rock with the best. Matter of fact in the time spent after their first album hit the marketplace they were part of a triple bill that included L.A.

Guns and Dangerous Toys and shared coliseum dates with **The Cult** and **Bonham**.

If **Surprise Attack**, their debut disc, made the promise of a band with a future, then **Wild America** fulfills the promise. The first single **Amnesia** is a rocker filled with infectious rhythms and should soon be making its long trek up the charts. Highlights include the raucous **Cold Fever**, **Dead Man's Hand** the autobiographical **City of Kings** and **Faith Healer**.

FAST FACTS

As a group **ABBA** were world favourites. Just about everything they recorded was sprinkled in gold and platinum awards and when they broke up some thought there would never be a group with such a beautiful sound. **Agnetha Faltskog**, was able to crack the top 30 with **I Can't Shake Loose** but her solo success does not even begin to compare to the shared success of the group. One of those times where the whole is greater than the parts.

Family Support Centre



Base Lottery

Congratulations to the latest winners.

20 May	Pte Pepin	BAMEO	\$100.00
27 May	Sgt Jorgenson	NCO Mess	\$100.00
03 Jun	Sgt Salkeld	ACHQ Band	\$100.00
10 Jun	CWO Parent	DCOS Ops	\$100.00

"Portable Lives"

The Family Support Centre recently received a video from CFB Lahr entitled "Portable Lives" in which military spouses discuss how different aspects of military life affect them. We have scheduled two showings of the video - 16 Jul at 7:00 p.m. at 54 Bourkewood Place and 21 Jul at 7:00 p.m. at Lipsett Hall. The video itself is only 20 minutes long, but we expect there will be plenty of discussion afterwards. Refreshments will be available. See you there.

NewComer's Night Out

To introduce NewComers to Winnipeg nightlife, plus just to have some fun, we are inviting everyone to attend a NewComer's Night Out at Yuk Yuk's Komey Kabaret on Thursday, 20 Aug. Tickets are available in advance from the Family Support Centre. The tickets are \$8.00 each or \$4.00 for NewComers. Please call 837-8443 for more information

Entertainment '93 Treasure Chest Coupon Books

The Family Support Centre is currently selling Entertainment '93 Coupon Books which will be valid from Sept '92 until Dec '93. Anyone preparing for a book during the summer receives a free preview booklet offering discounts at twelve different restaurants, valid immediately. You may order your coupon book by calling 837-8443 or dropping in at 54 Bourkewood Place. Orders will also be taken at the Thrift Shop every Saturday from 10:00 a.m. to

3:00p.m. If anyone is interested in selling some of the books for us, please contact Judy Lis-ter at 837-8443.

Thrift Shop

For the months of July and August, the Thrift Shop will be open every Saturday from 10:00 a.m. - 3:00 p.m. For those of you who are unfamiliar

with it, the Thrift Shop is located in the Family Support Centre at Lipsett Hall, Kenaston at Grant. We have a wide assortment of articles on consignment, especially household items and baby and children's clothing. Prices are very reasonable and nearly new stock is arriving all the time.



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Centre de soutien de familles

"Portable Lives" version anglaises

Le Centre de soutien de familles vient juste de recevoir le film, "Portable Lives", de BFC Lahr. Dans ce film, des femmes et des adolescents discutent comment la vie militaire s'affectent. Il y aura deux spectacles: le 16 juillet à 19h00 au 54 Bourkewood Place et le 21 juillet à 19h00 au Lipsett Hall. Ce film dure seulement 20 minutes, mais il aura un discussion après. Rafratchissements sera disponible.

billets sont disponible au Centre de soutien de familles, \$4.00 pour les nouveaux-arrivant, \$8.00 pour les autres. Pour plus de renseignement, contacter 837-8443.

Boutique D'occasions

Pendant les mois de juillet et août, la Boutique D'occasions sera ouverte samedi, 10h00-15h00. Pour les gens qui sont peu familier avec la Boutique D'occasions, c'est situé au Centre de soutien de familles à Lipsett Hall, Kenaston et Grant. Nous avons un assortiments des articles sur expédition, en particulière, des articles pour la maison et les vêtements pour les bébés et enfants. Les prix sont très raisonnable et des articles "presque nouveau" arrivent tous le temps.

Un soir des Nouveaux-arrivants

Pour presenter les nouveaux-arrivants à la vie de nuit de Winnipeg, nous vous invitens à un soir à Yuk Yuk Komey Kabaret, jeudi, le 20 août. Les



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Starwatch

by Jim Bryce

As dwellers on a planet which circles a single star we tend to think of the points of light in the sky as stars like the Sun. In fact, stars come in a variety of sizes and colours. Some exhibit variability in their output of light and other forms of energy. With some, the variability is regular and predictable, with others it is sporadic. Another interesting situation arises in multiple star systems. In these systems, two or more stars have formed close enough together that they are locked in orbit around one another. The most common case is the binary system in which two stars circle one another but more complicated arrangements exist. The closest star to our solar system, Proxima Centauri is part of a three star system. Proxima is a relatively dim star circling Alpha Centauri, the third brightest star in our sky. When viewed in a telescope, Alpha is revealed as a magnificent binary star. Unfortunately the system is too far south to be seen from Canada but there is a star familiar to all of us which turns out to be even more complicated. Mizar is the star at the point where the handle of the Big Dipper bends. What appears as a single star to the

unaided eye, becomes a double star in a telescope and with an instrument called a spectroscope each of the stars revealed in the telescope turns out to be a spectroscopic binary system in its own right. Mizar is actually four

stars where the eye sees only one. Spectroscopic binaries are stars so close to one another that they cannot be separated by optical telescopes. A spectroscope splits the light coming from the stars into a band of colours. Patterns in the light caused by material in the stars display changes as they revolve around one another. Don't confuse the dim star close to Mizar as part of this system. It is an unrelated star called Alcor which in Arabic

means rider. To the Arabians, Alcor was a test of eyesight and because it is certainly bright enough for most to see today there is a possibility that it has become brighter over the last twelve hundred years.

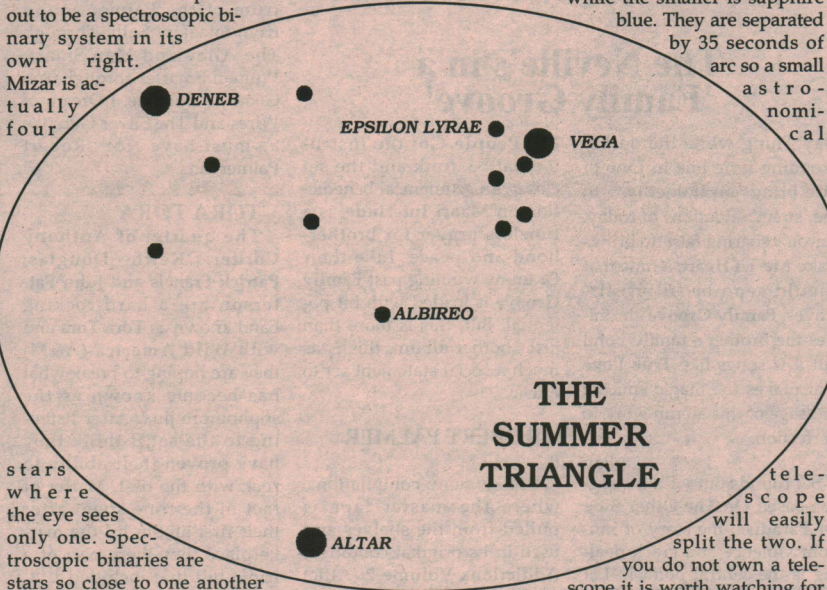
Two of my favourite dou-

ly, it will lie almost directly overhead. In the centre of the triangle is a double star called Albireo. Many consider this to be the most beautiful double because of the colours of the two components. The largest star is a beautiful golden hue while the smaller is sapphire blue. They are separated by 35 seconds of arc so a small

components with the naked eye. The two stars are not very bright so binoculars will be handy if you live in an area with light pollution or if your eyesight needs a bit of help. The two stars lie separated by 208 seconds of arc. The system has a further surprise, because, like Mizar it is a double double. Even better, unlike Mizar where the components are spectroscopic binaries, the two components of Epsilon Lyrae can be seen to be binaries if you have a telescope of at least 60 mm aperture. The stars in the binary pairs are revolving around each other in a cycle that is on the order of two to three hundred years. The two binary systems are in turn revolving around one another but the distance between them is so great that the period of revolution is in the order of one million years.

Multiple stars are numerous. A conservative estimate is that a third of all of the stars we see are members of such systems. A natural question is whether or not planetary systems could exist around them.

Stable orbits could exist around some binary systems but the cases are quite special and it is unlikely that families of planets such as our solar system are a normal feature of binary stars. As the number of stars in the association increases, the likelihood of stable planetary orbits declines rapidly.



THE SUMMER TRIANGLE

bles are high overhead in July. Three bright stars, Vega, Deneb and Altair form an association commonly called the Summer Triangle.

It is not a constellation because each of the three stars belongs in a separate constellation but it is a pattern that is very easy to recognize. At midnight local time in mid Ju-

telescope will easily split the two. If you do not own a telescope it is worth watching for announcements of public viewing nights arranged by local astronomy clubs. Club members will be happy to show you Albireo.

The second double I associate with the triangle is a star called Epsilon Lyrae. This is a visual double meaning that an observer with normal eyesight should be able to see the two

Bilingual History Book

BFC Bagotville 50th Anniversary

BFC Bagotville will be celebrating its 50th Anniversary during the period 10 to 14 June 92. To commemorate this

significant milestone in BFC Bagotville's history, a very good quality book is being produced. This book, 9" x 6", will be in bilingual format

with softcover and will be commercially produced with black and white photos. Only 1000 copies will be printed and delivery is expected by 10 June 1992.

Former members of BFC Bagotville and other interest-

ed parties may receive a copy of the book, at an affordable cost of seven dollars each (includes GST) by mailing money order or cheque, payable to BFC Bagotville 50e Anniversary fund to BFC Bagotville attention BCompt. Books will

be shipped directly to your branch/units or section administrative support cell.

For information and reservations, call Miss Maryse Ouellet or Mrs Gisele Pinet respectively at GP 621-9650. and 621-9770.

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73 Comm Gp HQ

North of 60 Exercise

WO Sklepowich, MCpl Runtz, Pte Mills, Pte Mayers, and Pte Berger of 735 Communication Reserve Regiment in Winnipeg assisted by Pte Fougere from 733 Communication Squadron and Cpl Dubois from CFB Winnipeg BEME section flew to Cambridge Bay on Victoria Island in the Northwest Territories to participate in a ten day radio exercise north of the 60th parallel.

After arriving by Hercules aircraft on 20 March, they set up their equipment and tents. Secure teletype links were quickly established to Winnipeg, Shilo, Regina, Dundurn and Yellowknife.

Fortunately, living in Winnipeg hardened these person-



Exercise personnel just after arrival at Cambridge Bay, Northwest Territories. These happy campers have not yet realized that it is even colder than in Winnipeg.

nel to the severe conditions they faced in Cambridge Bay living in tents. The exercise proved that reliable communi-

cations could be provided in the event of a civil or military air crash in the north or for other reasons.

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Dartmouth, NS	10km
Halifax, NS	10km
Colborne, Ont	10km 1 Apr-31 Dec 92
Ottawa, Ont	10km
Chilliwack, BC	10km
Victoria, BC	10km

Annual Events:

Winnipeg, MB	Oktobefest 10km 19 Sep 92
CFB Kingston	4th Annual 10/20km 21 Jun 92
Colborne, Ont	1st Annual 10km 11&12 Jul 92
Sioux Falls, SD	DAKOTA DOZEN II 26-28 Jun 92
Cold Lake, Alta	Annual 10km 11&12 Jul 92
Grand Centre, Alta	Annual 10/20km 27&28 Jun 92
Dartmouth, NS	Festival Weekend 10/20km 1-3 Aug 92
Kimberley, BC	Annual 10km 26 Sep 92
Cape Breton	Highlands National Park 10/13/16km 10-12 Oct 92
Fargo, ND	2nd Seasonal Volksmarch 10km 15 Apr - 15 Nov 92



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B A M E O Promotion



Seen here is MWO Meindl presenting Cpl Lambert his new rank. Simon is an Instrument and Electrical Technician employed in ASO 3 Crew. Congratulations Simon!

30th Anniversary
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Kathy at (204) 235-1786 or
Carol at (204) 694-0114

427 Sqn - 50th Anniversary

In 1992, 427 Sqn will celebrate its 50th Anniversary. From Bombers to 10 Tag Helicopters, 427 Lion Sqn has enjoyed 50 years of operational excellence. All former 427 Lions are cordially invited to attend a reunion weekend 06-08 Nov 1992 at CFB Petawawa.

For reception information and registration, contact Lt. Clancy, 427 Sqn. autovon 677-5366 or (613) 588-5366.

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CFANS Update

In a somewhat unusual and, yes, even bizarre test of the old adage "If God had meant us to fly, he would have given us wings," Capt Ken Craig recently "led" 2Lts Mike Gosselin, Joe Hood and Jeff Rodger on a skydiving expedition.

Although the credit for the idea must go to 2Lt Gosselin, Ken is quick to point out the wealth of training opportunities available when undertaking such an expedition.

"What would you do," asked this stalwart instructor, "if both pilots on a CFANS training mission suddenly became victims of spontaneous human combustion?"

Of course, the dangers of spontaneous human combustion (SHC) are familiar to any avid reader of the various scientific journals available at supermarket checkouts. Unconfirmed reports from "top aides" to LCol Watt, Commandant of the Air Navigation School, admit that the problem has been mentioned at the CFANS Curriculum Development Committee, but was quickly dismissed as being the paranoid delusions of a Standards officer.

"The question remains," persisted Ken, "what would your immediate reaction be?"

"I'd quickly don my oxygen mask," piped Jeff Rodger, "and check-in on intercom!"

"We would have to fight the fire," added Joe Hood, "but would a flaming pilot be considered a Class B or C fire?"

"You're both on the wrong track!" stated Mike Gosselin matter-of-factly. "With our training as skydivers, we could leap from the aircraft and land, light as a feather, safe and sound on old 'terra firma.'"

"Despite that, you're never getting me in one of those things again," replied Ken, referring, we hope, to the parachute and not the aircraft.

Ken maintains that he was persuaded to join in this endeavor under duress - which

one might infer as being some sort of awning over a Halifax patio. Having the list of volunteers agreed upon, final details were left to the students. They attacked the preparations with a keenness and sense of purpose seldom seen on their course. Naturally, the Course Director was the last to know of the seriousness of their intent. But, despite his newfound misgivings (and being the professional he is), Capt Craig reluctantly put on a brave face and agreed to follow through on his promise.

The day of reckoning (hopefully not "dead" reckoning) approached and Ken's rain dancing in Mawdesley Hall began to appear increasingly futile. The morning of the jump dawned bright and clear. Ken's hastily-engaged lawyer reported that their contract was sound and only abject terror would save him from "falling" victim to his students' fiendish plans.

Peering out the open door of the Cessna 182, Ken began to contemplate his mortality - suddenly this didn't seem like such a good idea after all. Told that he had to climb out of the aircraft cabin onto the landing gear, all the while holding on to the wing strut, didn't bolster his already-weakened confidence in his ability to carry out the challenge. Then, with words of encouragement from his determined students, he allowed his fingers to be pried from the strut, plunging him earthward.

In a fit of exhilaration, Ken loosed what he later referred to as a primal scream. Observers on the ground reported it sounded somewhat like "Mike, I'm gonna kill you for this!"

Of course, this story has a happy ending. The curious ritual of male bonding completed, Ken has offered to pay his students' expenses for an afternoon of bungy jumping - provided that he be allowed to tie their cords....

One of the aspects of the Canadian Forces "Total Force" concept is that regular and re-

serve units often carry-out training together. For the Air Navigation School, this means that many of our training exercises are flown with reserve pilots from 402 "City of Winnipeg" Squadron. Interestingly enough, many of the reservists are airline pilots who bring a slightly different perspective to our decidedly military training.

On a recent training exercise, Maj Dale Erhart noted that things were "a bit choppy" at our altitude and, almost

structors in front of their backs. They prefer instead to maintain a stoic silence, enduring hardship and oppression with nary a complaint. Not that this is encouraged! In this case, even the experienced instructors were beginning to feel the cumulative effects of bottled coffee and turbulence. Despite their wounded pride, the change in altitude was a welcomed respite. It is, after all, difficult to navigate when one's attention is fixed on the "happy face" drawn onto the



LCol Watt presents Sgt Jim McQueen with his new rank epaulettes. Jim will become a WO on 1 Jul. Although the "Mc" in Jim's surname implies that he is the son of the Queen, he assures us this is not the case. Her Majesty was unavailable for comment at press time but she looks quite pleased in the photo.

without thinking, requested a climb into smoother air for the comfort of the "passengers." This brought about an indignant storm of protest from the instructors - albeit a quiet sigh of relief from the students. This, their third flight, was supposed to be a relatively relaxed introduction to radar navigation, but was beginning to be perceived as being run in "slow time." The warmth of the air at our altitude meant that the aircraft cabin was correspondingly uncomfortable.

It is a peculiar trait of the student navigators that they will rarely complain to the in-

bottom end of a motion sickness bag and that's if you're lucky enough to get one of the old-style bags. The latest version is ultra-thin plastic which, when filled, resembles a colourful water balloon. Luckily, they are rarely needed!

The CFANS sports day held recently saw Capt Glen Northrup fracture his foot during a game of slo-pitch softball. I suppose injuries are an unavoidable aspect of any athletic pursuit, however even the most lethargic couch potato must realize that about the only further safety-related

change that could be made to the game of slo-pitch would be the use of foam bats and nerf balls.

Imagine the MIR staff's astonishment when, in less than one month, a second slo-pitch casualty hobbled in for treatment. 2Lt Kirk Bennett has joined the ranks of the walking wounded and now sports a calf-length cast. Kirk has since been spotted garnering sympathy during weekends in Assiniboine Park.

"It's a great way to meet people," reports Kirk, "although they find it a bit hard to believe when I say I did this while parachuting with Capt Ken Craig."

Team organizer Capt Jim Whebell's response to the injuries was, "Knowing we already had seven volunteers for our nine-man team, those two are definitely the last ones I'd pick."

As annual posting season progresses, the loss of familiar faces makes the halls of CFANS seem eerily devoid of intelligent life (read "instructors"). As this issue of Voxair appears, Capt Mark Lecours has "departed the fix outbound" for 435 (Transport) Sqn in Trenton. Another familiar face, Capt Wayne Joy, is due to leave for St. Hubert, Quebec and French language training. In a remarkable show of enthusiasm, Wayne has already begun to insist he be referred to as Capt Joie. Whether this is enthusiasm for the training he is about to undertake or delight that he is posted is unclear.

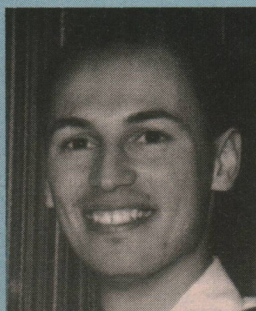
Also leaving is another Standards Nav, Capt Mark Levack. Mark commented that the only reason he was not interested in French language training is that he wants to learn computer language instead. He is proceeding to the Aurora Software Development Unit (ASDU) in Greenwood, N.S.

"It is patently obvious that I don't need to endure second language training," Mark stated smugly. "My name, after all, comes from the French 'La Vache,' a name whose meaning is lost in antiquity." Say no more....

More on the "also ran" staff members in our next issue. Until then, enjoy the summer! Pipeline Out.

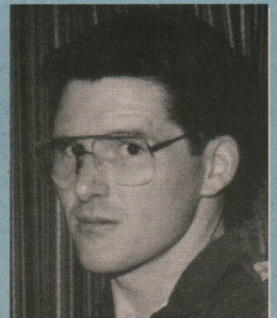
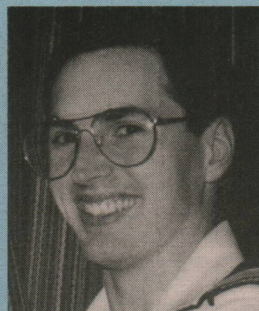


Capt Mark Levack



Capt Anil Mohan

Capt Rich MacKinnon



Capt Dan O'Grady

These happy faces can only mean that they have completed the OPDP Program. LCol Watt congratulates Capt Mark Levack, Anil Mohan, Rich MacKinnon, and Dan O'Grady. Dan is not smiling because he thought the program was too short and he intends to do it over again "just for fun".

Sports Announcements

BASE COMMANDER'S GOLF TOURNEY

The 3rd Base Commander's Golf Tourney will be held at Larters Golf & Country Club on Wednesday, 22nd July 92, commencing at 0900 hrs. Cost of the tourney will be \$32.00 (\$27.00 for green fees -\$5.00 for prizes), to golf at this beautiful course!!!!.

Prizes will be presented to all the golfers at our own Club 90 - Mucky Ducks, at approximately 1600 hrs.

For further info & to register, please contact Sgt Paul Best, local 6184 or MCpl Bruce Muir, at local 5148.

REMEMBER- EARLY FEES - EARLY TEES

Note!! Dress code will be in effect while on the golf course!!



men's handicap											out											in	total																				
blue yardage	440	529	378	408	166	457	209	343	356	3286	368	337	233	597	212	372	306	364	533	3322	6608	355	332	226	586	206	347	296	356	512	3216	6342	4	4	3	5	3	4	4	4	5	36	71
white yardage	417	509	355	390	158	446	188	326	337	3126	4	4	3	5	3	4	4	4	5	36	71	4	4	3	5	3	4	4	4	5	36	71	4	4	3	5	3	4	4	4	5	36	71
men's par	4	5	4	4	3	4	3	4	4	35	4	4	3	5	3	4	4	4	5	36	71	4	4	3	5	3	4	4	4	5	36	71	4	4	3	5	3	4	4	4	5	36	71
HOLE	1	2	3	4	5	6	7	8	9	10	10	11	12	13	14	15	16	17	18	36	71	10	11	12	13	14	15	16	17	18	36	71	10	11	12	13	14	15	16	17	18	36	71
ladies' par	4	5	4	4	3	4	3	4	4	35	4	4	3	5	3	4	4	4	5	36	71	4	4	3	5	3	4	4	4	5	36	71	4	4	3	5	3	4	4	4	5	36	71
ladies' handicap																																											

Larters at St. Andrews

Golf & Country Club
30 River Road,
St. Andrews, MB

CF National Triathlon

- Where** CFB Kingston
- When** 26 Jul 92
- Registration Fee** \$56.00
- Rations & Quarters** Available
- Transport** As per CFAO 50-3
- Race Distance** 2 km Swim - 55 km Cycle (Must be able to finish in 6 hrs or less) -15 km Run
- Age Categories** 35 Under Male & Female
35 Over Male & Female

Personnel interested are to contact Cpl Mackay at local 5511
NLT 30 Jun 92

Base Commander's Slo Pitch Tournament

- WHERE** CFB Winnipeg (N) Ball Diamonds
- WHEN** 10 Jul 92
- TIME** 0800 - 1700 hrs
- COST** \$25.00 Per Team

To register contact Cpl Mackay local 5511



PARENTS AND TOTS

- WHERE** LIPSETT HALL POOL
- WHEN** 11 JUL 92 - 9 AUG 92
- DAYS** SAT & SUN
- TIME** 1100 - 1200 HRS
- COST** \$15.00

LEARN TO SWIM

- WHERE** LIPSETT HALL POOL
- WHEN** 7 JUL 92 - 6 AUG 92
- DAYS** TUE AND THUR
- TIME** 1800 - 2000 HRS
- COST** \$20.00

REGISTRATION

Registration will be held Tuesday, 30 Jun 92 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 2nd or 3rd of July 92, 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.

Rendezvous 92 (RV 92) Rugby Fest

by Capt Beaconoff



A referee's nightmare, both teams in "maroon and white" ... The Bayonets in "Quarters" win Rugby Fest 92.

This spring some 13,000 soldiers from across Canada participated in RV92 which was held in Wainwright, Alberta.

During RV92 and outside of normal unit training, Rugby Fest 92 was conducted which included soldiers from Western Canada, the United Kingdom and New Zealand.

The Second Battalion Princess Patricia's Canadian Light Infantry (2PPCLI) won the final game against a combined team. The final game was known as "2PPCLI versus the REST of the Army."



(L-R Front Row) Lt (N) Henry J. Moes, BA; Col Ray Henault, BA; Maj Lloyd Bailey, BA; OCdt Paul Chittick, BA... (L-R Rear Row) OCdt R. Gribble, BA; Maj (Retd) Jack Phillips, BA; WO Colin Affleck, BA; Capt Christopher Waters, BA; OCdt John Kabesh, BN.

University of Manitoba Grads

The University of Manitoba's CF University program has graduated nine personnel this year with Bachelor's Degrees in Arts and Nursing. From a Warrant Officer to a Colonel, these people represent some of the Canadian Forces finest. The degrees were awarded on 25 May 1992.

**Attention all
402 "City of Winnipeg" Sqn
members past and present**

Those who share in the proud and distinguished history of one of Canada's oldest military flying squadrons are invited to join us in celebrating 60 years of service.

August 14 to August 16, 1992

402 Squadron includes both Regular and Reserve Force members. It was originally designated No. 12 Army Cooperation Squadron and, later, 112 Squadron. Auxiliary units associated with 402 Squadron were 17 wing headquarters, 2402 Aircraft and Warning Unit, 4003 Medical Unit, 5002 Intelligence Unit, 3052 Technical Training Unit, 3 Wing Headquarters and 3 Regular Support Unit. We invite former members of 402 Squadron, as well as the associated units, to a weekend of memories and celebration.

For more information, please contact:
Major Ron Salome
at 402 "City of Winnipeg" Squadron
CFB Winnipeg, Westwin, MB, R3J 0T0

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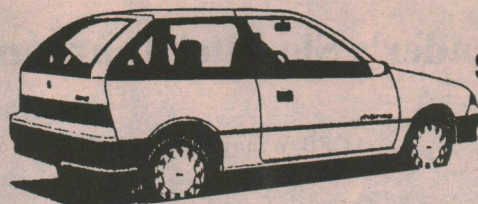
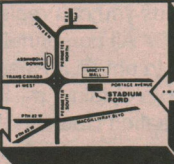
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CHAPLAINS CORNER



GREETINGS FROM THE CHAPELS

The Good Old Summertime

by Maj (Rev) P.C. Bisson
Chap(RC)

The season of summer, like a good play, has something for everyone. Excitement, happiness, surprise; you name it, and summer has it all and more. The very word 'summer', conjures up pleasant visions of sun-filled holidays, weekends at the lake or cottage and backyard Bar-B-Q's.

Here in Winnipeg, the sights and sounds of summertime are unmistakable. Flowers bloom and their distinctive scent perfumes the air. Senior citizens stroll leisurely in the park, recreational vehicles dot the highway and the happy shouts of children at play attest to the joy of this delightful and welcome season.

Memories of summers of yesteryear occupy my mind at this time of year. In July, the arrival of the Bill Lynch Circus in my hometown of Glace Bay, was always a highlight of

summertime. I would accompany my sister and brother for an afternoon of unbounded joy at the circus. We enjoyed the exciting rides, gazed with complete amazement at the performance of the trapeze artists; at the same time, we consumed our fair share of hot dogs and cotton candy. The Bill Lynch Circus is now called the Bill Lynch Show and continues to tour and bring pleasure to people throughout the Maritimes. When we attend a play, our mood is greatly influenced by the music, stage settings and

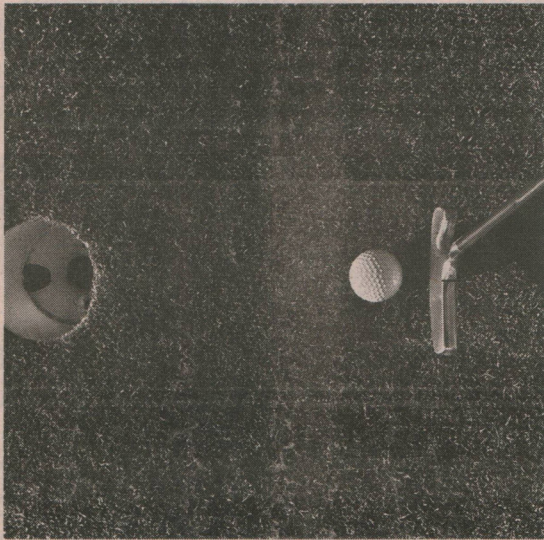
the performance of the talented artists. We also experience a mood change in summer. A feeling of "it's great to be alive" goes hand in hand with summertime. By all counts summer is always a 'SMASH HIT', for God is both its producer and director.

This is my last article as I am scheduled to return to Halifax at the end of June. I have enjoyed my association with VOXAIR. If you, the reader, have enjoyed a measure of happiness from my humble efforts, I shall consider myself twice blessed. **Cheers and have a wonderful summertime, 1992.**

Is this where you pray on Sunday morning?

We know an even better place to experience joy and fellowship than the golf course. Our place.

This Sunday experience the miracle of Jesus Christ on our turf.



Encouraging Words!!!

Ministering to hurting people

by Elizabeth Humphrey-Winter, extracted from Spring 1992 issue of Command

On our six-month anniversary, my husband, Bobby, and I drove to a beautiful mountain park in Boulder, Colorado. Since he hadn't been feeling well, we decided a quiet picnic would be the best way to celebrate. The September day was warm and sunny, and around us children played and dogs chased Frisbees. Still newlyweds, we hadn't gotten over the surprise of having "found" each other. We felt God had blessed us beyond our wildest dreams.

Two weeks later, I watched helplessly as he lay in a deep coma in an intensive care unit. Twenty years of health problems had finally caught up with him. The happiness we had felt a few days before seemed a distant memory. On October 6th, 1990, I held my husband's hand as he took one last labored breath. I became a widow at the age of twenty-five.

In the year since Bobby's death, I've learned a lot about ministering to hurting people—not because I've done the ministering but because I've been the recipient. I've learned that God ministers to hurting people chiefly through the love and actions of His people.

The friendship and support of my Christian brothers and

sisters has been one of the determining factors in helping me though this very difficult time. Few of these friends are experts at ministering to those who grieve, and most are not seminary trained pastors or counselors. They may have felt inadequate, since most of them have not experienced the death of a spouse. What they have done, however, is to love me. Unlike Job's friends, they didn't give me sermons about God's will for my life, question what sins I must have committed to bring this event about, or act self-righteous when I yelled out at God in anger. They simply loved me in their words and actions, sticking by my side when the numbness wore off and the pain sank in.

Grief may be brought on by many changes, not just something as severe as the death of a loved one. Relocation away from family and friends, change of jobs or loss of a career, sickness or injury, divorce or family troubles...all these events can trigger feelings of sadness and loss. The world is full of sufferers.

My Christian friends embodied the New Testament truth that the way to minister to people is to love them. 1 Corinthians 13, the "Love Chapter", is often thought of in romantic terms and read at weddings. Its implications, however, were meant to go far beyond romantic relationships. The word for love is agape which means the love of Christ working in and through us. This passage con-

tains much wisdom for ministering to the hurting world, telling us the following.

*Love is patient. Patience isn't an easily acquired trait, but it becomes easier if we have a basic understanding of our situation. Other than first hand experience with suffering, reading books concerning grief, loss and suffering (and how to help those experiencing these emotions) is a good way to develop understanding and patience. I would suggest a short book by Granger E. Westburg entitled Good Grief.

*Love is kind. Being kind to a hurting person means being sensitive to their fragile, roller-coaster emotions. It also involves actions such as babysitting, cooking a meal, sitting with a lonely person in church, doing their laundry, or giving them a spontaneous hug.

After Bobby's death, I was not emotionally capable of

(continued on page 10)



ROMAN CATHOLIC CHAPELS
St. Marguerite Bourgeoys (North Site)
 WEEKEND/FIN DE SEMAINE
 Saturday: 1700 hrs (Eng)
 Sunday: 0900 hrs (Fre)
 1115 hrs (Eng)
 WEEKDAY/JOURS DE SEMAINE
 Mon & Wed: 1800 hrs
 Tue & Thu: 1900 hrs
 Fri: 1700 hrs
 WEEKDAY MASSES SUBJECT TO CHANGE
St. George's Chapel (South Site)
 Sunday: 1000 hrs (Eng) Weekdays Tue & Thu 1830 hrs

PROTESTANT CHAPELS
The Chapel of the Good Shepherd (North Site)
 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
 St. Andrew's Chapel (South Site)
 1st Sunday - 1000 hrs - Holy Communion
 2, 3, 4th Sundays - 1000 hrs - Divine Worship
 Sunday School during Worship
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Encouraging Words!

(Continued from Page 9)

staying in the apartment that had been our first, and only, home. Two friends, who were themselves struggling financially, gladly took me into their home for several weeks, until I found a permanent place to live. The fact that they gave to me despite their lack of abundance was a kindness beyond comparison.

Smaller actions were equally important. For instance, friends who gave me photographs of Bobby. Since we hadn't been married very long, I had few pictures of him. These thoughtfully-given

photos are now cherished possessions.

*Love is not self seeking or easily angered. It understands that hurting people aren't easy to love. They are often angry, confused, or unresponsive. Needy people usually can't give anything in return, and reaching out to them means being willing to forgive their insensitivity.

One of the best examples of selflessness was my friend Annie. Although she herself was grieving after two miscarriages, Annie continually gave support to me despite the fact that I was too numb to show my thankfulness. For three months after Bobby's death my back and leg muscles were

in knots from stress, and I could not sleep more than three or four hours a night. Annie not only provided a listening ear during this time, but she gave me backrubs — sometimes up to twice a week — that helped me relax enough to fall asleep. I don't think I could have made it either emotionally or physically without her self-sacrifice.

*Love perseveres. Love never fails. Ministering to hurting people involves long term commitment. Grieving the death of a loved one, for example, can take from one to three years. As hurting people work through changes, they need Christians who are dedicated and persistent in their love.

my concerns and feelings with other widows. A complaint frequently aired in our meetings is that, after a period of months or weeks, others expect us to "get over" our grief.

Life-changing events are not something we "get over". Instead, we learn, slowly, to incorporate them into our lives, accepting the changes they bring. People who want to help others need to remember this, and be prepared for a long haul.

*Love imparts hope. Those who suffer often have no hope. Because pain has tainted their perceptions, they can easily lose hope in both themselves and God. More than anything else, hurting people need to be reminded God loves them, and He is on their side.

The Bible gives many illustrations of why suffering occurs. Only in very rare instances, however, does God give us direct answers for why specific events happen. Quot-

ing Bible verses that supposedly give reasons for our specific suffering is not always encouraging. Verses that inspire us to continue believing God will always be with us, and that He wants to help us make it through our suffering, will be the best motivation we can hear.

In ministering to those who suffer or grieve, it's important to remember they need your love. Jesus said, "As I have loved you, so you must love one another. By this all men will know that you are My disciples, if you love one another."

Your love for people who are hurting will cover a multitude of mistakes, misunderstandings and ill-chosen words. Be willing to cry with them, to sit in silence and pray, or simply to listen. Rely on the Holy Spirit to give you the words to say. Your presence will be enormously comforting.

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THUR - 8:30 P.M. - 12 A.M.
FRI & SAT. 9 P.M. - 1 A.M.

MEAT DRAWS
EVERY SAT. 2 P.M.-5 P.M.

Eight months after my husband died, I started attending a hospice support group for younger widows. Not only have I learned a lot about bereavement, but I have been supported as I have shared

25th Anniversary Celebration and Reunion

1992 is CFS Mill Cove's 25th year of operation

To celebrate this auspicious occasion festivities are scheduled for
Friday, Saturday and Sunday
31 Jul, 1 & 2 Aug 92

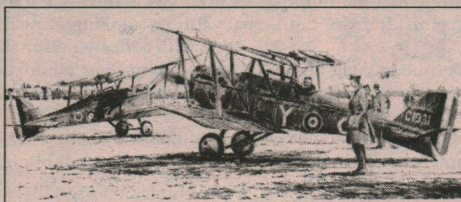
Highlights for that weekend to include:

Registration and Mess activities	1200 hrs	31 Jul
Meet & Greet with cold buffet	2000 hrs	31 Jul
Street Dance (DJ)	2100 hrs	31 Jul
Pancake Breakfast	0900 hrs	1 Aug
Band Concert (Pipe/Drum Band)	1100 hrs	1 Aug
Buffet	1200 hrs	1 Aug
Station and Ops Tour	1200 hrs	1 Aug
Banquet and Dance	1900 hrs	1 Aug
Pancake Breakfast	0900 hrs	2 Aug
Church Services	1115 hrs	2 Aug
Farewell - Ceremonial Tree Planting	1400 hrs	2 Aug

All military and civilian personnel serving at Mill Cove over the past 25 years are cordially invited to participate in these celebrations to renew friendships with old acquaintances.

For further information and registration OPI for these activities is
Comm Sgt Marty Martel at 427-7520 Local 155.

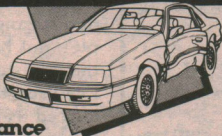
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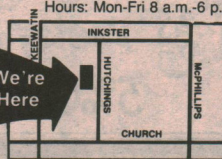
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Winnipeg Arena,
Friday, 3 July 1992

Hear the 402 Squadron Pipes and Drums


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733 Communications Squadron

by MCpl Mark Young

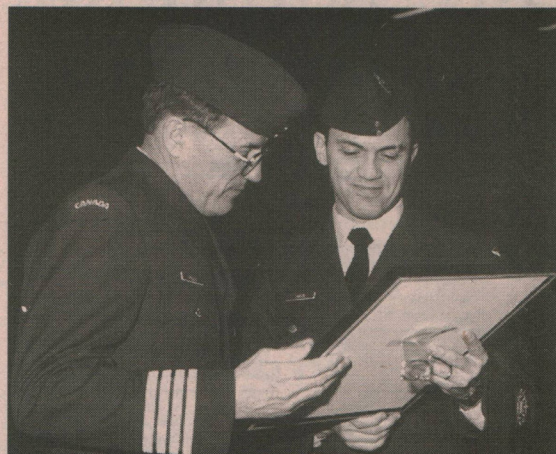
On the 26 Feb, 733 Comm Sqn held a parade in honour of several members receiving awards and decorations. The Sqn was fortunate to have in attendance CWO Scott, BCWO and as Reviewing Officer, Col Proulx, BComd. MCpl K. Phillips and Cpl L. Harmsen were presented with their CD's. Congratulations to both! MCpl J.M. Lavigne, and MCpl M.C. Lavoie received certificates of appreciation for their hard work during the United Way Campaign. MCpl Denis Lepine is also a recipient of

one of these certificates but was not available for the parade. MWO Caron, unit Tech WO, was surprised with the presentation of a Certificate of Merit from ADM(MAT). The certificate was awarded for exemplary performance as a Life Cycle Material Manager (LCMM) for the Strategic Message Switching System (SMSS). The presentations ended with a presentation to the BComd by the Sqn CO, Maj Geier, on behalf of all members of 733 Comm Sqn. A Red River Ox cart, and a framed Sqn crest were presented to CFB Winnipeg to be displayed in Base Headquarters display case.

MCpl D. Lepine who managed to pull in a 10 lb pike. Mind you there's no physical proof of this catch as he practices catch and release, and there was no camera to catch this fish for posterity.

It appears that we are going to have a fairly large turn-over of Sqn personnel this year as presently we have about 17 new people coming into the unit, and almost as many leaving. I'd like to take this opportunity to welcome two new Tel Ops to the Sqn, as they just arrived from CFSCE Kingston, welcome to Pte's Peters, and Mills. I'm sure they'll find this an interesting and challenging Sqn with plenty to offer. Upcoming summer events include farewell luncheons, golf and baseball tournaments. Farewell to Pte S. Renaud who just left us for the sunny island of Cyprus for six months. I'm sure she will find something to do with her time. This will be my last article for the Voxair as I'm being posted to the BTL for a 10 month language course, and from there who knows?

Belated congratulations are in order for Pte's Cannon, and Sadick who were both presented their first chevrons. Other promotions recently were Cpl's chevrons to Cpl's Fougere, Sorsdahl, and an accelerated promotion for Cpl Rankin. The Sqn just recently held the annual Victoria Day Fishing Derby with the prize for largest fish caught going to



MWO Caron receives his certificate of Merit from the BComd.



Maj Geier presents Sqn crest, and Red River Ox cart to the BComd.



MCpl Phillips receiving her CD from the BComd



BComd inspects the Sqn



MCpl Lavign receiving his certificate of appreciation.



MCpl Lavoie receiving her certificate of appreciation.

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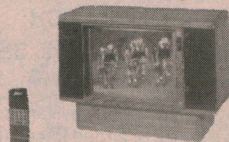
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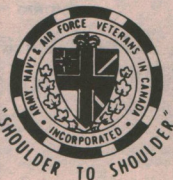
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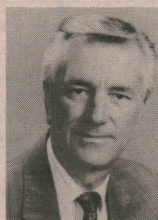
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