

Base Commander's Message Base Red Cross Blood Donor Clinic

The Red Cross Blood Donor Clinic recently held at CFB Winnipeg on 14 January 1988 resulted in a total of 212 base personnel registering to donate blood. Of this 212, 52 were new donors, who hopefully will continue to donate at future clinics. I am particularly appreciative of the excellent work of the clinic coordinator, Capt Jim Mars of Central Flying School and

the Ladies of the Auxiliaries of our Protestant and Catholic churches. I wish to personally thank the donors, the section canvassers and the many base volunteers who contributed blood, time and effort to ensure the success of this clinic.

L.H. Reynolds
Colonel
Base Commander

Communicators in the North

by WO Dennis Williams
73 Comm Gp



Off-loading the Mobradet in Fort Smith, N.W.T. in preparation for Ex Iridium West 87.

The coming of the new year brought an end to Exercise Iridium West 87 with the gathering of most key participants in Vancouver for a post-ex briefing.

Ex Iridium West 87, 25 Oct-13 Nov 87, was one of Communications Command's annual comms exercises which placed radio and teletype detachments in various communities of the N.W.T. to test high frequency comms north of the 60th parallel while operating under winter conditions.

The Ex was co-ordinated and controlled by HQ 74 Comm Gp in Vancouver and involved many of the Group's regular and reserve personnel. It also involved a long range communications terminal (LRCT) from Kingston, a medium range communications terminal (MRCT) from Petawawa, a satellite ground terminal (SGT) from Ottawa and two mobile radio detachments from 73 Comm Gp, one from 731 Comm Sqn Shilo and the other from 733 Comm Sqn Winnipeg.

Long term planning involved an Ex recee in August which enabled exercise directors and site commanders to establish themselves in the various northern communities. At every site the recee party was welcomed by friendly and inquisitive civilians, obviously unaccustomed to military presence.

After the recee, detachments were given several months to prepare for the actual exercise but the Ex director had one more card to play. All detachments were to consolidate in Edmonton for a pre-ex concentration. This phase involved the complete setting-up of each det including 80 ft masts, various antennae and tentage, plus the testing of all equipment prior to deployment north. There were also several briefings on such essential topics as survival in the north and operational compatibility. It wasn't all work however, and most personnel found time to visit the infa-

mous West Edmonton Mall.

Before too long, early hour departures by Hercules transport planes placed each detachment at its respective location in northern Canada. As luck would have it, the Winnipeg crew arrived in Fort Smith in a bit of a blizzard which made set-up quite difficult and really prolonged the first day activities. However, before long, the weather had cleared and under the watchful eye of the Det Comd, MCpl Larry Will, the det began busily pumping out message traffic to the receive station. The Ex scenario involved a downed civilian passenger aircraft and suitably tasked each operator's imagination to draft exercise traffic.

Once comms were well established, normal det drills such as cooking, cleaning and security became important and the Site Comd, WO Dennis Williams laid down the priorities. As the ex progressed each det member found opportunity to visit the local business section and be quarry to a barrage of questions from curious townspeople. This was a welcome relief from long hours the det operators Cpl's Barry Dougherty, Andy Hagens and MCpl Dan Sandberg spent in the confines of the CRTTZ vehicle. The det maintenance team, Cpl's Squid Squires and Zack Vanthournout deftly handled all eqpt

problems and even found time to brush up on their trapping skills as they went out in search of the great white hare.

As the ex neared an end, the det was able to participate in the Fort Smith Remembrance Day service which allowed them to not only bid farewell to past comrades but to new friends made in this small northern community.

On the day preceding the flight home, the det members busied themselves in readying the det for departure. They seemed anxious to return to Winnipeg and begin the post-ex activities of cleaning stores, repairing damaged equipment and completing reports for submission.

Although an abundance of work went into preparing and conducting this ex, one can easily look back and reflect on Ex Iridium West 87 as being another rewarding and successful endeavour by CFCC personnel to establish and maintain military communications in Canada's frozen north.

WO Dennis Williams is the Senior Regular Force Advisor (Training) with 735 (Winnipeg) Communication Regiment located in Minto Armouries. 735 Comm Regt is one of the units under command of LCol Eric Sim, Comd 73 Comm Gp. The two radio detachments involved in this exercise were from the two Regular Force squadrons of 73 Comm Gp.



The Fort Smith crew hard at it during set-up on the first day of Ex Iridium West 87.



Blue Guard of Honor at Legislative Opening

CFB Winnipeg Guard of Honour was inspected by the Honourable George Johnson, Lieutenant Governor of Manitoba at the Opening of the Manitoba Legislative Assembly on

February the 11th. It was the first time, in recent history, that the legislative opening enjoyed an all blue touch. The official opposition were particularly pleased with the guard colour.



The Honourable George Johnson, Lieutenant Governor of Manitoba, inspects the Honour Guard at the Legislative Opening with his Aide, Honorary Colonel Charles Rafter.



VOXAIR VARIETY
by JOHN LAUDER

Sam Shepard is a most prolific writer. Not only has he written more than 40 plays, but he has won 11 Obie awards, and one Pulitzer Prize. And he has a most fantastic imagination, as demonstrated by the two one-act plays which opened February 20th at the Warehouse Theatre, but which unfortunately close on March 5th, Saturday night.

The first play "The Unseen Hand" is complete with a space-freak from another planet; a 120 year old gunslinger from the old American wild west, who now lives in a garbage dump; his two brothers who come back from the dead; and a modern day college kid. The five characters are all able to act up a storm with funny and weird business as written by Mr. Shepard.

Director Steven Schipper deserves praise, as do lighting designer Brenda Powell, and Brian Perchaluk for set, costumes and special effects. The climax near the end of the play, when lights flash and various things rain down on the stage, is a real spectacle. If you are looking for something completely different, go and see it.

The second play, a one man show, with a man sitting in the electric chair reminiscing, is also powerful. Unfortunately, the program tells us it is only 10 minutes in length, so one waits for the obvious ending.

* * *

Upcoming events include a Symphony Concert on Friday, March 4th, with guest artist Jean-Yves Thibaudet at the piano, and Maestro Koizumi conducting. Then next Friday and Saturday, the 11th and 12th, guest pianist Mark Zeltzer and guest conductor Moshe Atzmon perform. Jean-Yves will play the Piano Concerto No. 2 by Frenchman Saint-Saëns; while Russian Zeltzer will tackle Prokofiev, with his No. 2 Concerto. Finally, on Sunday the 13th, a concert for kids will feature Winnipeg's own Fred Penner and conductor John Miller.

On the theatrical side, two plays open tomorrow, March 3rd. At the Prairie Theatre Exchange, the Alan Williams show "Welcome to the NHL" will come back from success at Calgary's Olympic Festival, and run for a month. At the Manitoba Theatre Centre Main Stage "The Road to Mecca" by South African Athol Fugard will begin a three and a half week run. So if you are tired of TV, get out, the weather is even getting warmer.

If you wish to stay uncultured, get to the Mid-Canada Boat Show at the Convention Centre from the 10th to the 13th.



The Base Chief Said...

I was walking Quincy on our usual route the other day when we met a person who is well known to me. Being in a reasonably good mood I greeted him by name. Quincy gave me that quizzical look of his, indicating that he found that person's name odd. I pointed out to him that our Base is full of people who have interesting and unusual names, none of them being odd. They are interesting, and a check of the Base Locator will quickly tell you this. I have always had a fascination with the origin of names, and will often question a person with just such a name, when I encounter them.

I thought you might find it interesting to go over some of the more unusual names on the Base. However, let's get something straight from the start, there is no intention on my part to make light of your name should you find it listed here.

Here we go! We have people on Base whose names are related to things to play, or play with, for example, we have a GAME, a BALL, a BELL, some CHAULK, and an IRWIN (the famous toy company).

We have people whose names pertain to money, a BANK, some BONDS, a PRICE, a PENNY and a FARTHING, for what it's worth.

We have people who are the: BEST, SWIFT, FAST, PROUD, GOOD, KEEN, RICH, ROUND, SMART, STRONG, SWEET, YOUNG, SAVAGE, SLY, NICE, NOBLE, MERRY, LOW and LITTLE. We have a CHAMPION, as well as some BIGGER people and SMALL people. We even have a PECK.

We have a CONWAY living on Sharpe, but our SHARPE lives on Maurepas. We have a DRIVER who is a musician, and two PIPERS: one's an Administrative Clerk, and the other is a Physical Education Instructor.

Famous store chains are represented by SEARS, SIMPSONS, and WOODWARDS. Oddly enough, we haven't got an EATONS.

Trees and bushes are represented by the BIRCH, LEMON, CHERRY, PALM, and a ROSE. We have MOSS for the trees, which are usually found in the WOODS, and it's nice this time of year to have a GREENTREE.

Everyone gets hungry, so for them we have BACON, RICE, PASTA, PIKE, SALMON, BUTTERS and a BERRY.

There are famous brand names available including, REMINGTON, REYNOLDS, SWANSON, MAXWELL, FRY, and the most famous of all KRAFT. What would we do without your cheese and peanut butter?

We have people who have titled names: a KING, a PRINCE, a KNIGHT, a SQUIRE, a KAISER, and our own SNOWDON.

There are two months of the year represented by APRIL and MAY. We have people whose names conjure up visions of emotion and endearment, including TRUELOVE, LOVE, LOVIE, and, thank God, we have HOPE.

Speaking of God, we have people whose names are church related. We have our own CHURCH complete with a PARSONS, a BISHOP, MOSES, ABRAHAM, DAVID, and a MONK. No church would be complete without a CROSS, and for celebrations we come complete with EASTER, YULE, and our own WISEMAN.

We have people whose names are associated with a house. No house could stand without a WALL, we also have STAIRS, a LOCK, GLASS, SILVER, a COUCH and a DAVENPORT, and of course a POTTIE. Nearby we have WELLS. If you look out

the window of our house you will see the DOWNS, a RIDGE, a FIELD with HAY, and a large STONE. Down the road to the WEST, about a FURLONG away, you will see a RUT(T) in the field. In that field you might see a HARE, a STAGG, or some LAMBS.

There is a DICKY and JEANS to wear, and we could have music by GILBERT and SULLIVAN. We have COSTELLO, but no ABBOTT.

Our car and car-related items include, a CHRYSLER, a FORD, and a HUDSON (Does anyone else remember those?) The cars come complete with a HOOD, a HORN, a JACK and four TYRES.

It's cold, but the birds are singing. We have our own BIRD, some EAGLES, a FINCH, and a JAY. They come in various colours including, BROWN, GREEN, WHITE and GREY.

Planets are represented by MARS and VENUS. We have ranks, a MAJOR, and two SARGEANTS, (One sargeant is a private, and the other is a corporal). We have a Private WEDGE with a 3 RCR, who wears a tin hat and beret.

If you live in Winnipeg, the weather is always a topic, and during the winter we have SNOW, FLAKES, a BLIZZARD, and FROST. In the SPRING, we can look forward to FAIR-WEATHER, with an occasional BRIGHT, DAY. However, there are always FLOODS, a GALE or two, and one of the things that makes Winnipeg great is the SUN. (Not the newspaper).

We have people who speak ENGLISH, FRENCH and GERMAN. There are some who could work as COOKS, BAKERS, BARKERS, a FARMER, a HUNTER, a MARSHALL, a MASON, PACKER, PAGE, PORTER, SHEPPARD, SINGER, CARPENTER, BREWER, a DOCTOR, and as in any society, CROOKS.

Travel is always on my mind, so here are some of the places we could go: BONN, Germany; ANGUS, Ontario; CAMBRIDGE, England or Ontario; GALWAY Bay or SHANNON in Ireland; PARIS, France; HOLLAND; VAIL, Colorado; or ROBLIN, Manitoba. We could drive across the PRAIRIE, walk along a MARSH, or through the MEADOWS, or explore a CAVE. The place I'd most like to visit would be PARADISE.

We are represented by the famous and infamous including; (Raymond) BURR, (Red) BUTTONS, CASEY (Jones), (Brian) KEITH, (Merv) GRIFFIN, (K.C.) IRVING, (Hop-a-Long) CASSIDY, (Buffalo Bill) COADY, (Nat

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NEXT DEADLINE 7 MAR. 88
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Second Class Mail. Reg. No. 1725 ISSN 0300-3213

Letters to the Editor

Victims of Violence Canadian Centre for Missing Children

Dear Editor:

"Don't talk to strangers" is a common warning given to children by parents concerned for the personal safety of their children. Although well intended, the warning ignores everything known about those who commit sexual crimes against children and, if anything, leaves the child more vulnerable to exploitation.

The term "stranger" is confusing to a child and misleads the child into believing that he or she should only be cautious of people who have an unusual or slovenly appearance. The truth, of course, is that it is impossible to know a child molester by appearance. They come from all walks of life, many of them even in

positions of trust with children.

Research has also shown that over 80% of all crimes against children are committed by someone known to the child, not by someone the child would consider to be a stranger. Creating undue fear in the child's mind of "strangers" then leaves the child open to assault by someone the child knows and trusts.

When speaking to children about personal safety it is more appropriate to teach them how to respond to certain situations rather than giving them a particular profile or image of a "stranger." Research has also shown that those who prey upon innocent children use only a limited number of lures to attract their prey. Children can easily be



IT SHOULDN'T HURT TO BE A CHILD

taught these "lures" and how to respond should they be approached.

Crimes against innocent children will not be prevented by the use of games, gadgets, gimmicks, fingerprint kits or fear-generating literature that is becoming too common on the market today. They can be prevented through commonsense educational programs in school and in home. For free information on the prevention of crimes against children or on how to establish a preventive program in your community please write to Victims of Violence Canadian Centre for Missing Children, Provincial Court House, Edmonton, Alberta, T5J 0R2.

Sincerely
Shari Ure
Director, Education

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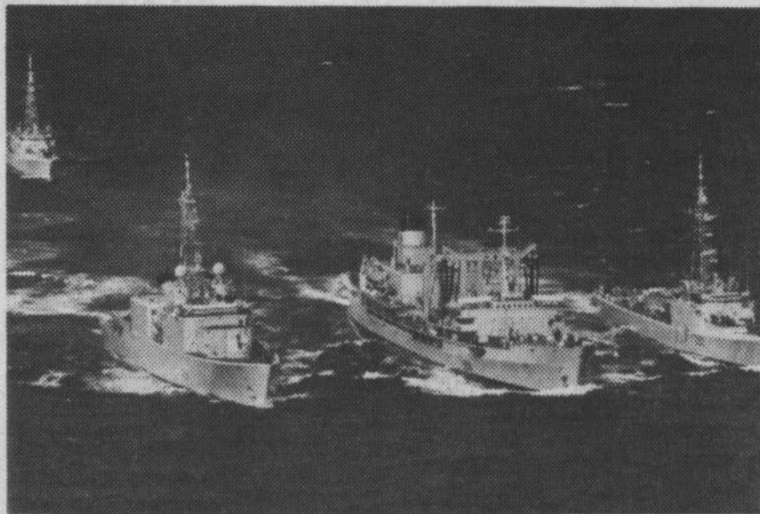
We have people on this Base
who do all kinds of things, there
are people who FORGET, GAM-
BLE, HUFF (No Puff), HUNT,
PEDDLE, SHAVE, STOCK and
STAFF. We have a TILLER for a
boat, a CARTLIDGE for a knee,
a BLACKLOCK for a white door,
TWEED for a jacket, a WICK for
a lamp, a WARD for a hospital.
We have people who are READY

and others who try HARDER.

As a point of interest the per-
son with the shortest name is a
Private UR, who works in Base
Maintenance, and the person
with the longest single name is
Corporal DIGIOVANNANTO-
NIO (16 letters) who also works in
Base Maintenance. The longest
double barrel name belongs to
Sergeant PRITCHARD-
THORNHILL (18 letters). That's
some name tag!

That does it for my fun with
names, I hope none of you took
any offence. If you do, then by all
means let me know. I have some
photocopied "letters of apology"
that I will affix your name to and
mail out.

Canadian Task Group Pacific



VICTORIA — The newly formed Canadian Task Group Pacific con-
ducts replenishment operations at sea January 21, 1988. The flagship
HMCS Huron (left), HMCS Provider (centre), HMCS Terra Nova (right)
and HMCS Restigouche (astern) departed Esquimalt January 18, 1988
for a month long deployment in order to increase combat readiness.

photo by Sgt. John Smith

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MARS — Mois de la nutrition



Mars : mois de la nutrition dans les FC. C'est le temps d'évaluer son mode de vie, sa nutrition. Cette année, on ne parlera pas de poids « idéal » comme par le passé mais plutôt de poids « sain ».

Autrefois, il était question de « poids idéal ». Ce terme suggère l'existence d'un poids standard proportionnel à la grandeur. Ceci est faux. En réalité, nous croyons qu'il existe, pour chaque personne, une variété de poids sécuritaires. Votre poids est sécuritaire si celui-ci ne dépasse par le poids alloué pour votre grandeur

par plus de 30 lbs (14 kg). Si tel est le cas, vous êtes de ceux qui ont le moins de chances de développer certaines maladies.

En connaissant votre grandeur et votre poids, vous pouvez calculer votre indice de masse corporelle. L'IMC n'est pas un poids qui doit être atteint. Il s'agit plutôt d'un chiffre révélateur qui peut être calculé à l'aide de l'équation suivante : (poids en kg) divisé par (grandeur en mètres)².

Vous pouvez aussi utiliser le calculateur IMC disponible aux kiosques IMC. Ces kiosques ont été érigés par le personnel médical/éducation physique de votre unité.

Plusieurs autres facteurs peuvent aussi avoir une influence sur la possibilité de maladies : l'âge, le sexe, l'hérédité, l'endroit du

corps où se trouve l'excédent de graisse, (ex. rapport taille/hanche), la présence d'autres maladies, le mode de vie comme la fréquence de l'activité physique et l'importance et la durée de l'obésité. Ainsi, une certaine prudence doit être exercée lors de l'interprétation de votre IMC. Si votre IMC vous tracasse ou si vous notez une baisse ou une hausse rapide de votre IMC, consultez un médecin.

Zone	IMC	Risques pour la santé
Zone A Dangereuse	inférieur à 20	Risques accrus pour : La tension artérielle La déficience nutritionnelle l'irrégularité cardiaque La fatigue chronique La réduction de la résistance aux infections L'absence de menstruations Les complications durant la grossesse Anxiété Dépression Anémie Diarrhée
Causes : Troubles alimentaires, cancer Nota : Cette zone est acceptable pour les individus à petite ossature.		
Zone B	20-25	Le moins de risques d'être malade ou de mourir des maladies mentionnées aux zones A ou D.
Zone C	25-27	Un léger gain de poids pourrait vous amener dans la zone de danger D
Zone D Dangereuse	supérieur à 27	Risques accrus pour : L'Hypertension artérielle Les maladies cardiaques et problèmes de circulation sanguine L'augmentation des lipides (gras) dans le sang L'irrégularité cardiaque
Note : Il est à remarquer que les hommes de moins de quarante ans, plutôt obèses (IMC supérieur à 27) pendant quelque temps, sont ceux qui ont le plus de chances à développer l'une des maladies mentionnées à la zone D.		

On observe que l'IMC de la majorité des Canadiens se retrouve dans la zone sécuritaire B. Cependant, plus de 50 p. 100 des Canadiens considèrent qu'ils ont un problème d'obésité. Cette inquiétude provient de ce désir d'être svelte et mince, image propagée et encouragée par la télévision et le monde de la mode. Ceux qui envisagent une telle allure risquent d'avoir des difficultés à rencontrer les normes remonnan-

dées à la zone B. N'oubliez pas qu'une apparence à la mode ne signifie pas nécessairement un corps en santé.

Le but à atteindre pour la plupart des gens est le maintien de l'IMC dans la zone sécuritaire.

(De la Direction des services d'alimentation)



POIDS SANTÉ EN '88



Rivers Manitoba 75th Anniversary

The Town of Rivers, Manitoba is celebrating its 75th Anniversary in 1988. On July 8 - 9 - 10 - 11th, a homecoming is being planned.

The committee are looking for names and addresses of former residents of C.J.A.T.C. (C.F.B.) Rivers.

Anyone wishing more information contact:

Mrs. Shirley Kamula
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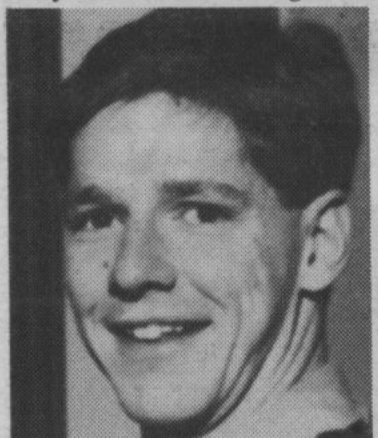
CFANS News Corner



LCol A.G. Armstrong, Commandant CFANS, presents a beaming Pte Roberge-Boily with her first hook. Carole enrolled in the CF in June 1985 and has been doing excellent work at CFANS since her posting to Winnipeg in Oct 86. Well done Carole!

Back once again with a short note from the Nav School. Congratulations are once again in order for our new family members. Brian and Lise Hoogkamp are the proud parents of a bouncing baby boy by the name of Eric. One look at his feet and there is no doubt it is a Hoogkamp! Ken and Kathy Dickinson are celebrating the arrival of daughter, Sarah. This is all a navigator's plot: Eventually, we will outnumber any of our critics.

The new year has brought the arrival of courses 8801 and 02. They can be seen toting their



MCpl Francois Nadon (Frank) was recently presented with his new rank, effective 1 December 1987, by LCol A.G. Armstrong, Commandant of CFANS. Frank has been employed as a technician on the Air Navigation Procedures Trainer (ANPT) for the past 2 1/2 years.

All the best, Frank!

forty pound pub bags back and forth from quarters to the school. By publishing time, course 8703 should have graduated and headed for warmer climes. The best of luck on your new careers!

ANS also welcomes the arrival of new NIC graduates, Gord Reid and Dennis Sawatzky. Gord has already made his presence known while on NIC, where it is rumoured he passed less than fifty percent of his students. Sounds like future standards material to me!

On the lighter side, the latest rumour from the NHL (Nav School Hockey League) has Mike "The Mugger" Connors no longer in the running for the Lady Bing trophy. Can anyone verify?



\$ \$ \$ \$ \$ \$ \$ \$ \$

DOLLARS and SENSE

A column concerning your money and related subjects.

\$ \$ \$ \$ \$ \$ \$ \$ \$

SISIP — A Way of Life

Is there life after release? You bet there is — but you'd only be fooling yourself if you pretended that it is going to be anything near as exciting, vibrant, satisfying, or downright lively as the life you lead in the Canadian Forces. A whole lot of obvious things would change. For instance, you probably won't have as great a chance to travel, you probably won't get to meet as many varied and exciting people and, it's safe to say, you probably won't get many chances to handle loaded automatic weapons, ride in a Bosun's chair or jump out of an airplane either. And a whole lot of not so obvious things would change, too. You'll have to learn to deal with civilian folks who may not have the same drive, commitment and discipline as CF personnel. If you retire to take it easy, you'll have to get used to having the free time to do the things that you never really had time for before.

Sure, there's life after release — but it's a different life. No more uniforms, saluting, frequent training, or hair length requirements. And, I want to tell you — you're going to miss all that and more. Because all of those things add up to a way of life that is unique to the collective experience of being a member of the Canadian Forces. It's a way of life that inspires pride, camaraderie, strength, solidarity, trust and respect. As a member of the Canadian Forces, you

share responsibility for the safety and security of our nation. You belong to a highly-trained military force of tens of thousands of dedicated, fit men and women sharing a way of life like no other.

In a lot of ways, those experiences, pressures, challenges and rewards that make up the Forces' way of life will be a part of your life after release. That's because they're a part of you.

SISIP — the Service Income Security Insurance Plan — is a part of the Forces' way of life. It's an insurance plan uniquely designed to meet the needs of Canadian Forces personnel. You've heard it said before — and it's still true — SISIP is an insurance plan not only provided for the benefit of CF personnel, but also owned and controlled by CF personnel. The SISIP Board of Trustees is made up entirely of CF personnel from a range of ranks whose job it is to make sure that SISIP coverages are right for our way of life. They also make sure that any "profits" earned by the plan are used to make it even better by increasing benefits or decreasing the rates.

They know that your special needs for personal security as a CF member continue as an ex-CF member. That's why the SISIP plan includes special post-release protection.

Members of SISIP Survivor Income Benefit, Dependant Life, and/or Optional Group Term Insurance are entitled on release

from the CF to convert that coverage to SISIP — Coverage After Release (CAR) without evidence of insurability. That means that as a member of SISIP-SIB or OGTI you can convert an amount of coverage equal to fifty times your basic monthly salary, without having to prove you're medically fit. And if you have SISIP-DL, you can convert the \$10,000 spousal coverage to SISIP-CAR, and the \$4,000 coverage on dependent children born prior to or within 10 months after your release date is maintained at no cost to you.

SISIP-CAR is available up to a maximum of \$150,000 coverage converted from these other SISIP coverages. If you have more SISIP insurance than this maximum to convert, the balance can be converted to individual policies — still without evidence of insurability.

SISIP-CAR comes with Accidental Dismemberment insurance. This coverage offers additional protection against such accidental injuries as "loss of use" of limbs, hands and feet, loss of sight, and dismemberment.

And because SISIP-CAR is part of the Service Income Security Insurance Plan, all of this protection is available at very low rates to SISIP members being released from the CF.

There's lots more to hear about SISIP and SISIP-CAR. Talk to your SISIP Advisor about signing up for SISIP today. He or she will be able to say "May the Forces be with you!" long after the release with SISIP-CAR.

For further information, please contact the Base SISIP coordinators:

- Lt. Carolyn Manko 6327
- WO Gerry Karolenas 5280
- WO Simon Fortin 5118

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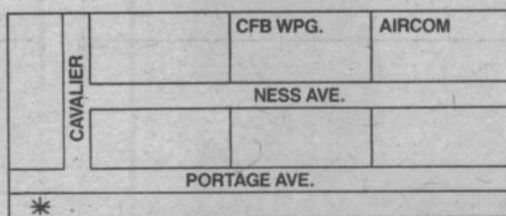
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BAMEO Promotion



Warrant Officer John Steele recently received his crown from Major D.L. Tudor, BAMEO. His promotion became effective 1 January 1988.

Air Reserve Group

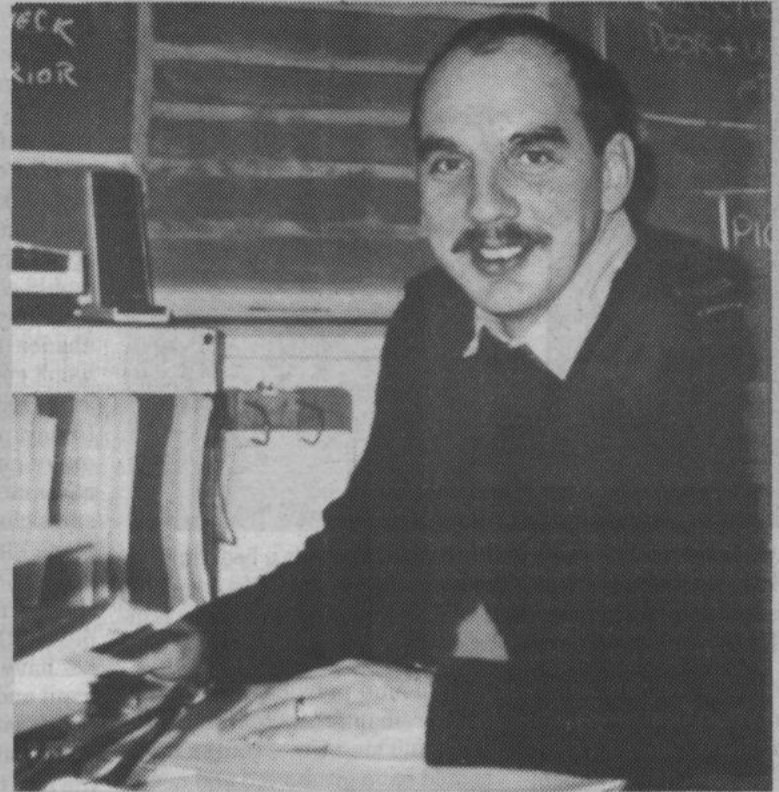


On 21 December 1987 WO Garry Ollenberger commenced his terminal leave after more than 26 years of service with the Regular force. Garry's career which took him many places (Cold Lake, Oklahoma, Trenton, Moose Jaw, Ottawa, Syria, and Winnipeg) is taking another step as he joins the Air Reserves. Seen here is BGen Rowbottom the Commander of Air Reserve Group presenting WO Ollenberger with his certificate of service.



On 19 January 1988 BGen Rowbottom congratulated Sgt Paul Lelievre and handed him his certificate of service for his career of 25 years of Regular force service which includes tours overseas and throughout Canada. Paul has begun a new career with Air Reserve Group.

Base Transportation Driver of the Month — Dec. 87



Cpl A.W. Peddle has earned the honor of Driver of the Month for December 1987. He is employed in the special purpose vehicle section at Base Transport. Cpl Peddle has been at CFB Winnipeg since 1981. Congratulations are extended from the BTnO and all BTn personnel!

BGen Young tours Kapyong Barracks



Deputy Commanding Officer Maj Rick Dick, Maj Bob Near, and Cpl Cyril Satterly make a quick sale from the 3RCR Kit Shop to BGen C.D. Young, Director General Conditions of Service.

With cold Winnipeg air assaulting his party and escort, BGen C.D. Young, DG Conditions of Service arrived to take advantage of the opportunity to tour Kapyong Barracks and speak with the soldiers.

BGen Young's briefing was of particular interest and concern to the soldiers as conditions of service covers a wide spectrum including such items as: pay, benefits, career programs, housing and quarters, human rights, and, in general, most of those areas which contribute to the

soldier's career and lifestyle.

The slated time for the briefing was two hours; however, with the soldiers' questions, it stretched into a very interesting three hours!

Concise and to the point all questions were answered including somewhat direct queries on the CREW trials!

3RCR was most pleased to have BGen Young and his staff share an interesting and informative half day with us.

Pro Patria.

73 Communications Group HQ

CD'S

Commissioning Scroll



Lt. Brian Dooley was presented with his commissioning scroll by LCol Eric J. Sim, Commander 73 Comm Gp on 25 Jan 88. Currently serving with 731 Comm Det in Regina, Sask, Lt Dooley was commissioned from the rank of Warrant Officer.



MWO Brian T. Marshall was presented the first clasp to his CD on 27 Jan 88 by the Commander 73 Comm Gp, LCol Eric J. Sim. MWO Marshall enrolled in the RCAF on 10 Jan 66. MWO Marshall has served in Kingston, Penhold and is on his second tour in Winnipeg. He was promoted to his present rank in July 1986 and was transferred to 73 Comm Gp as the Technical Warrant Officer in August 1986.



MWO H.C. (Shorty) Watkins was presented the second clasp to his CD by LCol Eric J. Sim, Commander 73 Comm Gp on 27 Jan 88. MWO Watkins joined the Royal Canadian Signals on 20 Jan 56. He has served in Kingston, Borden (1 Div Sigs Regt), Trenton, 3 tours in Calgary, 2 tours in Germany as well as Cyprus and Egypt. MWO Watkins was promoted to his present rank in 1981. MWO Watkins arrived in Winnipeg in July 1987 and is the 73 Comm Gp Training Co-ordinator.

"Green Monster" Makes Good

by Sgt. J. Sutton



CWO Howard is congratulated on his promotion by LCol Sim, Commander of 73 Communication Group.

Photo by Sgt J. Sutton, 735 Comm Rgt.

On January 13th, Master Warrant Officer C.T.J. "Chuck" Howard was promoted to the rank of Chief Warrant Officer by LCol E.J. Sim, Commander of 73 Communication Group. CWO Howard, presently the Regimental Sergeant Major of 735 (Winnipeg) Communication Regiment started his lengthy military career as a young Militia man in the Irish Regiment of Canada. In 1956, he enrolled as an Apprentice in the Royal Canadian Corps of Signals, a so-called "Green Monster". His career in the Regular Force took him to such far-flung points as Cyprus, the Sinai Desert, Germany and Gagetown. From 1973 to 1976, he served as the Regular Force Training Assistant to 735 (Winnipeg) Communication Squadron of the then fledgling Communication Reserve. He retired from the

Regular Force in 1980 in the rank of Master Warrant Officer. In June of 1987, deciding that he had too much spare time on his hands he came back to the Squadron (now a Regiment), this time as a Reservist. Since September of last year he has served as the RSM.

What changes has he seen in the Communication Reserve since his first contact? "The individual soldier is better trained and the organization has become more field oriented". When asked what he liked to do in his spare time, he claimed he no longer has any since he joined, although he admits to being a passionate jogger. When not working as a "weekend warrior", CWO Howard can be found manning a desk in the Accounts Payable Section of the Base Comptroller's Office.

Students Honoured Computer Technology



Mr. Ernest Enns is shown receiving an honour certificate and a \$200 award from Mr. Cliff Kristjanson and Major Gene Scheidl of the Winnipeg Chapter of the Armed Forces Communication and Electronics Association (AFCEA). Mr. Enns is attending Red River Community College and was selected by Red River as an outstanding student in Computer Technology. Mr. Kristjanson is employed by MTS and Major Scheidl is COS at 73 CommGp.

Electronic Technology



Mr. David Trudeau is shown receiving an honour certificate and a \$200 award from Mr. Cliff Kristjanson and Major Gene Scheidl of the Winnipeg Chapter of the Armed Forces Communication and Electronics Association (AFCEA). Mr. Trudeau is attending Red River Community College and was selected by Red River as an outstanding student in Electronic Technology. Mr. Kristjanson is employed by MTS and Major Scheidl is COS at 73 CommGp.

CHAPLAINS CORNER



Lent — The Church's Season of Springtime

I used to hate Lent! I used to groan at the thought of the Lenten season . . . dreary hymns, solemn exhortations, no fun allowed!

Thank God our perceptions are changing. In recent years, our Churches have moved away from featuring a dark and sorrowing mood to Lent and instead have emphasized Lent as being a time for the resurgence of new life. Lent, then, is the Church's season of springtime.

This new thinking is in keeping with St. John's gospel where the cross is presented as the fulfillment of Christ's glory, the crowning moment of his life and ministry. The penitential atmosphere of the Lenten season is thus transformed into one of anticipation and excitement. The mood of impending dread gives way to mounting celebration.

Our emphasis has changed a great deal. Our new emphasis is on confidence and optimism. During Lent, we prepare ourselves with joy to celebrate Christ's victory over sin and death.

We invite you to attend the Chapel of your choice and join our Christian communities in preparing for Easter. Remember: at Church it's already springtime!

Padre J.G. Jolliffe

Women's Friendship Centre

The Jameswood School Orientation Program has added a Women's Friendship Centre to its community outreach program.

Every Wednesday morning, women in the Jameswood area and their preschool children gather at the school for coffee, friendship and support. Since over 80% of Jameswood's students have fathers in the military, the women in the area share many experiences and problems.

"Many of these women undergo stresses unknown to the civilian community, such as extended spousal absences, or frequent and abrupt relocations to various parts of Canada and the world," said Jameswood Orientation Program teacher Lorraine MacDonald.

The Friendship Centre gives these women an opportunity to see they are not alone, and a chance to share ideas and solutions, said Ms. MacDonald.

Speakers are sponsored monthly to address specific concerns and interests determined by the group, she added.

"We hope to reach the women in the area, and let them know there is a support group available," said Ms. MacDonald.

The Jameswood Orientation Program is funded by a grant from Inner City Educational Initiatives.

The Women's Friendship Centre meets every Wednesday from 9:00 to 11:00 a.m. in the Jameswood School auditorium. For further information please contact Lorraine MacDonald at 889-8890.

MARCH — CF Nutrition Month



March is CF Nutrition Month, a time when we're all made aware of our healthy (or unhealthy) lifestyles and our good (or bad) eating habits!

During March we are going to hear a lot about "healthy body weight". Don't confuse this with the expression "ideal body weight" used in the past. "Ideal" implies that one standard weight for height exists. This is not true. It's now believed that there is a range of safe weights which are

acceptable for every person.

"Safe" means that if you weigh approximately within a 30 pound (14 kg) range for your height, you have the least risk of developing certain diseases.

So, what is your height? What is your weight? These two numbers alone can be used to calculate your Body Mass Index (BMI).

The BMI is not a weight you should be at — it is a meaningful number that can be calculated us-

ing this formula: (weight in kilograms) divided by (height in metres)².

To make it easier, special BMI calculators should be available from your base and station medical and physical education staff during Nutrition Month.

The number you get for your BMI will fall into one of four zones:

(see chart)

Risk to health is influenced by several other factors. Some of these include: age, gender, heredity, the location of excess fat on the body (eg. waist:hip ratio), the presence of other diseases, lifestyle factors such as physical activity, and the amount and the length of time one has been over/underweight. Therefore, caution should be used when interpreting your BMI result. If you are concerned with the result of your BMI or if you experience a rapid drop or gain in your BMI, consult your physician.

Most Canadians have a BMI within the safe Zone B. However, over 50 per cent of Canadians think they are overweight. This concern is linked to a desire for a slim or skinny image popularized by TV and the fashion industry. People who strive for this body shape may have difficulties falling within the recommended B Zone. Remember, a fashion appearance does not necessarily mean a healthier body.

A BMI in the safe zone should be the goal for most people.

(From the Directorate of Food Services)

Zone	BMI	Risk to Health
Zone A DANGER	less than 20	Increased risk for High blood pressure Nutrient deficiencies Heart irregularities Chronic fatigue Lowered resistance to infection No menstruation Complications in pregnancy Anxiety Depression Anemia Diarrhea
Cause: Eating disorders, Cancer Note: This zone may be acceptable for small frame people.		
Zone B SAFE	20-25	Lowest risk for becoming ill or dying from the diseases indicated in Zones A or D.
Zone C CAUTION	25-27	A small weight gain could put you into the Danger Zone D.
Zone D DANGER	greater than 27	Increased risk for High blood pressure Heart/Blood vessel disease Increased blood lipids (fat) Heart irregularities
Note: Men, less than 40 years of age, who have been quite overweight (BMI greater than 27) for some time, have the greatest risk of developing one of the diseases indicated in Zone D.		

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GET MET. IT PAYS.



Colonel Loren H. Reynolds, Base Commander, throws the first rock at the 28th Annual Jamesport Curling Bonspiel.

CFB Winnipeg "WINS" Jamesport Trophy!

On February 5th, the 28th annual Jamesport Curling Bonspiel was held at the Fort Osborne Curling rink. This funspiel is held annually in order to foster good relations between the city coun-

cillors and municipal workers of St James-Assiniboia and CFB Winnipeg. This year the bonspiel was won by CFB Winnipeg... (actually, it was our turn to win!)

Youth Bowling News — Westwin Lanes

Congratulations to our bowlers who came first in the Zone "C" 4-Steps-to-Stardom Tournament held 21 Feb. They now advance to the Provincials to be held 19 Mar. The winners of the Provincials advance to the Nationals and represent the Province of Manitoba in their division. The competitors included bowlers from Village Inn Bowl,

Polo Park, St. James, Academy Uptown Lanes, and Park Alleys. The winners are Tina Marentette (Bantam Girls); Donald Couzens (Junior Boys); Junior Boys Team (Sean Zimmer, Derek Jefferson, Peter Jefferson, Mike Harrach, Darrell Doucette). Good Luck in the Provincials.

Congratulations also to Angela Ramsden (Junior Girls), and

CFB Winnipeg Hockey Flyers



BACK ROW L to R — Coach C. McKechnie, M. Caron, R. Blais, M. Latouche, D. Robertson, M. Galvin, J. Faucher, K. Stark, G. Dolhan. J. Faucher is the coach.
FRONT ROW L to R — S. Alley, D. Thomas, D. Brown, M. Januszkiewicz, J. Hogan, K. Dorothy
MISSING — B. Legendre, M. Huard.

photo by Cpl Gaetan Bourbonnais

1988
Youth Soccer Registration
boys and girls
ages 5-16 yrs

Registration will be held at the Silver Heights Community Centre.
2080 Ness Ave, Winnipeg, Man.
on 12 March from 10 AM to 2 PM
and
on 21 March from 6:30 to 8:30 PM

For more information, please contact
Mr. P. Sain at 837-8966

Steven Scott (Bantam Boys) for placing third in the tournament.

We have about two months left in the bowling season, so good luck to all bowlers!

Leading the averages for the different divisions are:

- Pee Wee (5-7)
- Girls — Darci Fortier — 90
- Boys — Kelly Williams — 97
- Bantam (8-10)
- Girls — Tina Marentette — 125
- Boys — Robert Zimmer — 135
- Juniors (11-13)
- Girls — Angela Ramsden — 162
- Boys — Donald Couzens — 166

Hockey Flyers

The CFB Hockey Flyers have returned from Moose Jaw where they participated in the PR Hockey Championships. The tournament saw a lot of surprises but the Flyers were not one of them winning one and losing three. Cal-

gary was a surprise winner by beating Moose Jaw in the finals, and will represent the Prairie Region at the CF Nationals at CFB Petawawa 21 — 28 March 88. Good Luck, Calgary!



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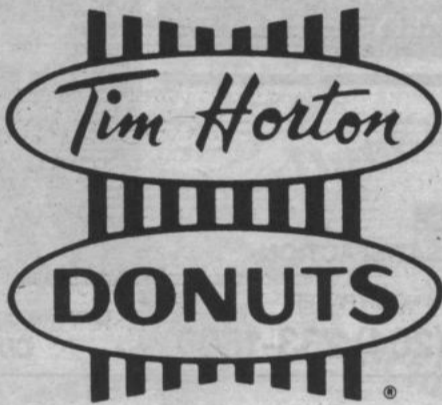
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