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The Base Chief Said...

Quincy and I were out for a walk on Sunday. We were walking along Ness, near our home, when I spotted a car licence plate which struck me on the funny-bone. After I had stopped laughing, I got to thinking about my book of licence plates that I had kept for about a year when we lived in the Waverley Heights area of the city back in 1984-86. During the drive to and from work, I used to note some of those plates, and started to keep a list of them.

The one that got me into this was a simple one titled "DR STAN". Dr Stan and I used to meet every morning at Kenaston and Tuxedo. After you start seeing the same car every day, you start to think of him/her as an old friend. On those days when I would miss Dr. Stan, I sometimes wondered if he had the day off, or was he out of town?

When Quincy and I got home, I went to my collection of junk, and dug out my book. I'd like to

share some of the plate names with you. There are many, many more on the road today, and I haven't kept up with my pastime for at least two years, so I'm sure there are some real good ones out there now.

Sports seemed to be a favourite theme with a lot of folks. For example, there is: GO JETS, which is owned by Mr. Rick Diespecker who is the Base Accommodations Officer. Rick must have days when he wonders why he got that plate.

Other plates with a sports theme are: BISON, COACH, DOWNS, 8 IRON, GOLDS, JETS 1, JOGGER, JR GOLF, JET HOT, OILERS, PUTTS, SPORT 1, SKATE 8, SWIM, 10 ACE, TENNIS and 3 GOALS.

There are a lot of folks out there who must have problems remembering what kind of car they're driving, because they find it necessary to put the car's name on their plates, I mean: A T BIRD, COLT 82, CADDY, C MY

VET, 85 PONY, FIESTA, MAZDA, LE BRAT, MAZDA 7, MINI M, MICRO, MERC, MY RX 7, MY VW, MUST 67, MY ELDO, OMEGA 2, OPAL, SHEL 56, VETT 1, 69 DART, WABBIT, and 32 CHEVY.

Some of the other plates, which I found interesting were: ADAM 12 (the old TV programme), ABBA, AIR4CE, BINGO, BEEP, BOW TIE (the Chevy symbol), BALLET, BALOON, CARPET, CLOUD 9, COMING, CP AIR, COPY IT, DREAMS, DOORS, EFF TEE, EGGS, ESSO 1, EIEIO, 4 CANDY, 4 ACES, FUN CAR, 4 BUNNY, GUN, GOOD 1, FGH (Fort Garry Horse?), GOING, GIMP, HERO, HELLO, HOOTER, HONKER, HER JAG, HAWK, HOSS, I GO 4 U, IDEA, IM N RN, IXLER8, IN DEBT, JUDGE, JIGGS, JOY, KISS, LADY DI, LAZ-BOY, LOVE U, LOVE TO, LEAPS, MISTEE, MARRY U, MR. MING, MOTHER, MEDIA 1, MAD, MX MOM, MR Y, and MRS Y, ME JANE (I haven't seen TARZAN yet), MY SHOW, NEWF 1, O GOOD, ONE, OVER 40 (there's a guy after my own heart), PAC MAN, PEROGY, PHOTOG, PENTAX, PLUTO, PEAWEE, POPPA, PHOTO, ROYAL T, ROB ROY, SO SING, SAIL ON, SHALOM, SO, SEE YA, SWAN, SHAGGY, SUM, SHY, SPURS,

SUDS, SKINNY (I hate this guy), SPLAT, STAR 1, SWAMP, STYLE, SMILING, THE RCR, TUNED, TUBBY'S (this guy's OK), TOMATO, THE WHO, TULIP 1, TRY IT, TWIGGY, TOOTS, UR NBR 1, VA ROOM, VIP, VIKING, BROOM, WESTIN, WINDIE, WATT 4, WE CARE, WHY NOT, XQQZ ME, X-RCAF, ZIPPY Z, ZEDD, and ZZZ.

Some plates make absolutely no sense at all, and mean nothing to me, or anyone else except their owners. Let me give you some examples: ZZ TOP, CC, CYGX 1, DEW, ESO, E (that one took a lot of imagination, ENZYME, 88 WAY 8, EJS 2AO, FCAAA-I, HANA 15, LCS7CF, X-RING, XXXXXX, and YAYO.

Some people let you know certain things about themselves: ANIMAL, BE COOL, BAD CAT, B CRAZY, BAD TIM, BAD BOB, CRAZY, CRUSIN, DREAMS, DAY, FAST ED, FUN CAR, HOWL, I'M COOL, I LOVE, KISS, KRUZIN, LOVE U, MAD, OUTLAW, ON FIRE, ROMEO, R WILD, SO BAD, TOM CAT and WILDER. These cars were all driven by men, and I want to go on record by saying that none of them, would get to take my daughter out on a date.

Just as Quincy and I were rounding the corner at Sharp and

Ness, we saw the ultimate licence plate, QUINCY, and a tear came to the little guy's eye.

Speaking of Quincy, Ann and I work, so it is necessary to leave him at home by himself. I do get home at noon to let him out, so it's not too bad. However, dogs are like kids, and they will have accidents. Quincy is no exception, and therefore, we keep him confined to the kitchen, and basement. The other day when we got home, he had had a dreaded accident. Thank goodness he did it on one of the throw mats we have on the basement floor. It was easy from there. Ann and I simply carried the mat outside, left it on our storage box, and waited for it to freeze. As you know, that doesn't take too long in Manitoba. In a matter of minutes it was ready. I then got out our portable garbage bin, and set it up about 15 feet away, then it was down to the basement to dig out my 9 Iron. By doing things this way, I accomplished two things. I didn't get all bent out of shape over his accident, and I get a chance to practice my chip shots.

Oh yes, at the beginning of the article, I mentioned that I had seen a licence plate that caused me to laugh. What was it you ask? Well it was JUGS 1, and you should have seen the young lady driving.



THE KIT BAG II TERRY LAWRENCE

Before the days of private and semi-private barrack rooms, long before single troops were allowed to live off base, and servicewomen were allowed to be pregnant, and back in the days of weekly CO's parades, the old blue kitbag was where we kept our belongings.

Our lockers weren't really lockers, and if we wanted to stash our treasures and assorted junk, the kitbag was the place.

Based on that bit of historical trivia this column was first born some seven or eight years ago, as a repository for assorted trivia and information. In its first three years in Voxair, the Kit Bag was variously praised, reviled, barely tolerated, censured but never censored. As author I learned, albeit somewhat slowly, that while journalistic variety in military newspapers may be the spice of life, one does not enter blindly into print contests with those in positions of horrendous power and influence, and when drawing cartoons one is careful to only flatter those same powerful personages!

The "Kit Bag" was pensioned off about the same time as its author and has lain 'midst old Air Force memorabilia and yellowing notes until now. Rather than sacrifice this relic to moth and mildew I have succumbed to very mild encouragement and agreed to once more present in print some eclectic meanderings of an aging airman's mind. I shall, however tread perhaps a little more lightly in some areas than was the case in the past (Note the operative word 'perhaps').

Where have I been for the past three years? For the past seven months I have been serving Queen, Country and the income tax department on Class 'C' reserve service as a 14 training groupie. For a couple of years prior, I was a real estate agent, scrambling for commissions in the declining Winnipeg market.

I have also been getting back into the M.C. and entertainment business. Now that I'm back in good old (New!) air force blue for as long as my contract will bear, and my BMI will allow, I intend to do my very best to entertain and inform through the medium of this column (should I manage to slip the first couple past the editor!).

As in the past, if you wish to pass little gems of information on, please send them to the "The Kit Bag" c/o Voxair. Privacy will be maintained. After all, who am I to publicly ridicule a lousy snitch.

Elsewhere in this chronicle is a column I follow with considerable interest — "The Base Chief Said". Thirty-seven years after my first encounter with a "Base Chief" I still pay rapt attention when the oracles make their olympian pronouncements. This one (CWO Smith), has an irreverent sense of humour and I am hoping that the Kit Bag will be just another medium to complement his column.

My only "shot" in this initial effort is at the Base Chief. He stated in his last column that he would stop smoking on Jan 18th. He didn't! I visited his office (on the scrounge) on Jan 24 and was informed by a snitch that he had gone to a designated area for a smoke.

Lest the Base Chief sink to unfair retaliation, let me announce that I have very recently joined the 0700 fitness group at the gym!



Watson 88 Courtesy The Reservist

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LUNDI et JEUDI de 13h à 16h

Telephone-answering system operates remainder of week/Repondeur automatique pour le reste de la semaine
Produced by/Produit par XACT Inc. /Phone 889-3013/Fax 888-0715

Editor-in-Chief/Rédacteur-en-chef	- LCol K.W. Doerksen	- 895-5281
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VOXAIR is the unofficial Service newspaper of CFB Winnipeg and is published every two weeks under the authority of the Base Commander, Col. Loren H. Reynolds, CD. Opinions and views expressed do not necessarily reflect those of the Editor, the Base Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. Correspondence should be addressed to: VOXAIR, Bldg. 4, CFB Winnipeg, Westwin, Manitoba R3J 0T0.

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DEADLINE 13 FEB. 89/DATE DE TOMBÉE 13 FÉV. 89
NEXT ISSUE 22 FEB. 89/PROCHAINE PARUTION 22 FÉV. 89

Second Class Mail. Reg. No. 1725 ISSN 0300-3213

How's your BMI?

by Colonel A.J. Waldrum, Base Commander, CFB North Bay

No matter where I visit on Base (and I mean everywhere), the hottest topic of discussion among military personnel is BMI. One can't even have a donut with one's coffee without some comment on the subject. To properly discuss the Canadian Forces Weight Control Programme, as outlined in Change 12/88 to CFAO 19-34, the first thing is to determine who is in control. The doctor, you say!...Wrong. The Base Surgeon's telephone has been ringing constantly since the BMI hit the streets and I am sure many unkind thoughts have been directed his way. Unfortunately, those telephoning the hospital have the wrong culprit. Let me make one point clear at the outset: The Canadian Forces Weight Control Programme is a command/discipline function, not a medical one. So you see, you have to blame me and your Commanding Officer, not the doctor. The reasons for the programme as stated in orders are: perception/credibility, safety and performance. Should you wish to see the rationale, these ideas are well explained in the Canadian Forces Administrative orders. Clearly the reason for the programme is the image of the Canadian Forces, the safety of all its members (you see your buddy relies on you to do your job in our high risk profession) and to increase

your performance. You'll note that there is no mention made of health or medical concerns, however, I will address this aspect of BMI later in this article.

Now for a little explanation on The Canadian Forces Weight Control Programme. The measurement used is the Body Mass Index (BMI) which is a guideline to "indicate" whether a member has a weight control problem. Note that I have emphasized the word "indicate". BMI was chosen as the indicator because it has proven to be more accurate than weight and height tables, it correlates well with other scientific measures of fat assessment, and because it is the current standard generally adopted by the scientific community to provide a standardized index of "fatness". Once your Commanding Officer has positive indication, via the BMI, that your weight is in the seriously overweight (BMI 27 or more) or the obese (BMI 30 or more) range, he will then refer you to the Medical officer who will further evaluate you to determine if you are indeed seriously overweight or obese. The Medical Officer will assess you to see if you have a large amount of bone/muscle mass (such as weight lifters) or if you have an underlying medical condition that may contribute to your excess weight. These findings are then

reported to your Commanding Officer, who will take administrative action if necessary. While the Medical Officer's assessment normally supports the overweight indication determined by the BMI calculation, there have been several cases here on Base, where this has been refuted medically and no administrative action has been taken against those individuals. This attests to the fairness of the Weight Control Programme.

Not that I've shifted the focus of attention from the Base Surgeon to your Base Commander, why am I "out to get you"? Surprisingly, I'm not. First of all, for those of you with whom I've had coffee, you'll notice that I didn't take the donut. That's not because I don't like them. In fact, Tim Horton and I could be close friends. The fact is that weight control is a discipline function. Both from the chain of command and the hardest type — self discipline.

Your Commanding Officer has been directed to ensure that all personnel in the unit are evaluated annually and that help is provided for those who require it, through dietary advice and personal fitness programmes. My experience has proven that all Commanding Officers will give individuals every break possible; no one in their right mind wants to lose an experienced Serviceperson if it can be prevented. However, this is where the discipline aspect comes in. It is up to you, the individual, to discipline yourself in order to meet the

weight control guidelines. No one else can do it for you. It's not going to be easy, in fact, for some of you, it will mean a complete change of lifestyle. Although at first this seems unduly harsh, interestingly, members of the Base that have made this adaptation are very enthusiastic about how much more productive they are and how much better they feel.

Since we are dealing with conditioning, I would like to briefly touch upon health and medical problems as they relate to excessive weight. While these issues are not a stated aim of the Canadian Forces Weight Control Programme, they are extremely important to me, and I would assume to you. I am sure everyone can readily recall the cases and names of relatives, friends or ac-

quaintances who have suffered severe medical problems or even died before their time, where excessive weight was a contributing factor. The medical community agrees that a BMI over 27 is associated with increased risk of heart disease, high blood pressure, diabetes and arthritis. If for no other reason than your own health, I urge you to put forth your best effort to control your weight. Refusal to do so can have far more lasting consequences than a release from the Canadian Forces. In 1987 there were 247 diagnosed cases of cardiovascular diseases in the Canadian Forces and of these eight died. In fact, a change in lifestyle just may let you draw your pension for longer than the average 5½ years.

Reprinted courtesy of The Shield.

BMI and your health

The letters BMI are not someone's initials, but means "Body Mass Index" and it is a valid measurement of weight in relation to health. It indicates if your risk of developing health problems is low, moderate or high. BMI applies to men and women between 20 and 65 years old. It is not accurate with children, adolescents, muscular athletes, pregnant or lactating women, or people over the age of 65.

The Body Mass Index is calculated by an equation that was first developed by a nineteenth century mathematician called Quetelet.

$$BMI = \frac{\text{weight in kilograms}}{(\text{height in metres})^2}$$

For example, Angela is 5 feet 6 inches (167 cm) and she weighs 135 pounds (61.3 kg). Using the equation, her BMI is equal to:

$$\frac{61.3}{(1.67 \times 1.67)} = 22.$$

Another easy way to find out your BMI is by using the body Mass Index (BMI) Chart (see below).

How To Use The BMI Chart:

1. Select your height: feet/inches across the bottom or centimetres across the top.
2. Follow its vertical line until it crosses the horizontal line of your body weight: pounds on the left side or kilograms on the right.
3. In which zone on the chart is your BMI?

MORE THAN 27	Increasing risk of developing health problems] Generally acceptable range
25-27	May lead to health problems in some people	
20-25	Good weight for most people	
LESS THAN 20	May be associated with health problems for some people	

L'Imc et votre santé

IMC ne sont pas les initiales d'une personne, mais ces lettres signifient plutôt "l'indice de masse corporelle" lequel est la seule mesure valable du poids en rapport avec la santé. De plus, il indique si le risque de développer des problèmes de santé est bas, modéré ou élevé. L'IMC s'applique uniquement aux hommes et aux femmes âgés entre 20 et 65 ans, puisqu'il n'est pas précis avec les enfants, les adolescents, les athlètes musclés, les femmes enceintes et allaitantes, et les gens âgés de plus de 65 ans.

L'IMC provient d'une équation qui fut d'abord développée par un mathématicien du dix-neuvième siècle nommé Quetelet.

$$IMC = \frac{\text{poids en kilogrammes}}{(\text{taille en mètres})^2}$$

Par exemple, Angela mesure 5 pieds 6 pouces (167 cm) et elle pèse 135 livres (61.3 kg). Utilisant l'équation, son IMC est égal à:

$$\frac{61.3}{(1.67 \times 1.67)} = 22.$$

Une autre façon d'obtenir l'IMC est d'utiliser le tableau de l'indice de masse corporelle (IMC) (Voir plus bas).

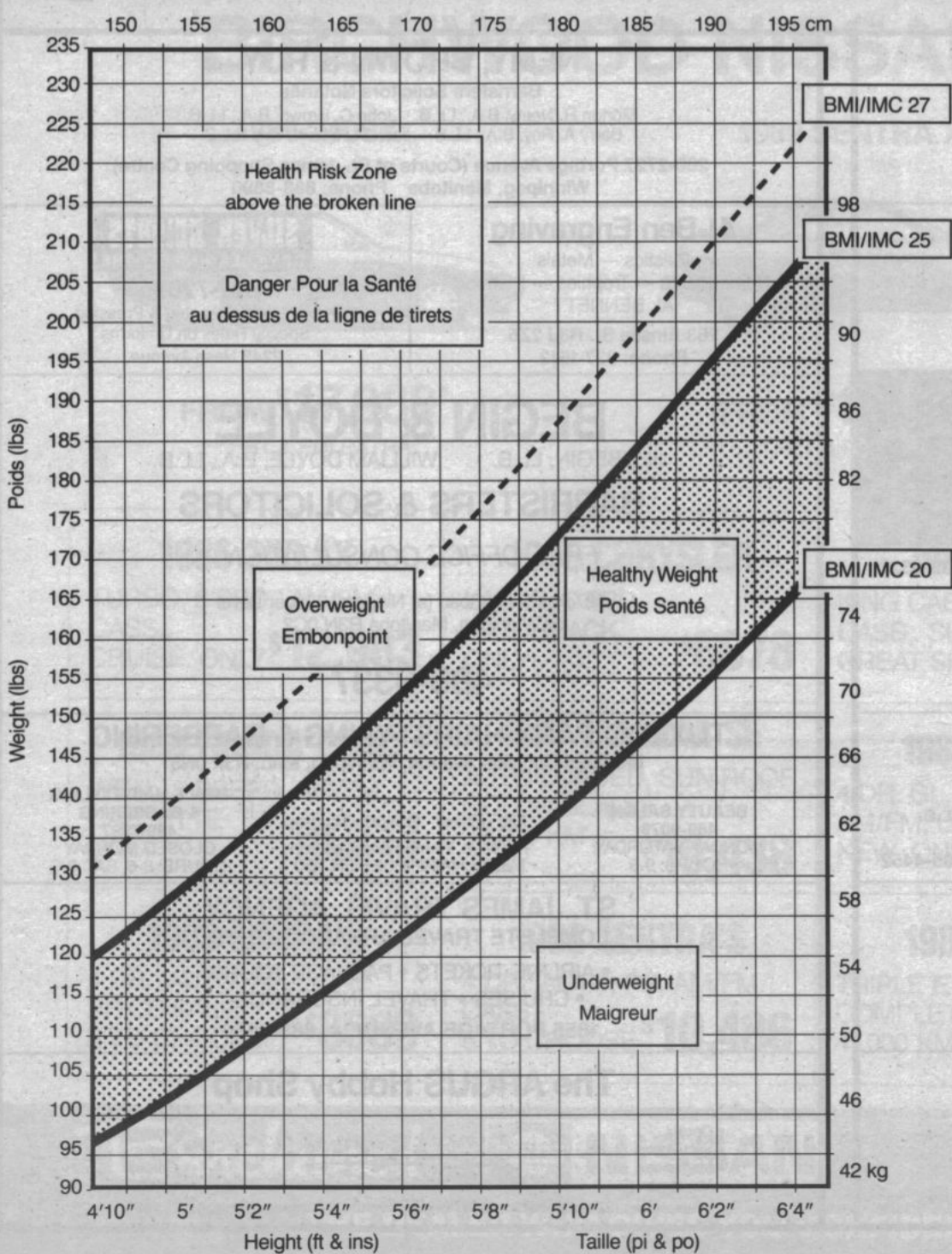
Comment utiliser le tableau IMC:

1. Trouvez votre grandeur: pieds/pouces au bas, ou centimètres en haut.
2. Suivez la ligne verticale jusqu'à l'intersection de la ligne horizontale de votre poids — en livres à gauche ou en kilogrammes à droite.
3. Voyez dans quelle zone du tableau se situe votre IMC.

SUPÉRIEUR À 27	Risque accru de problèmes de santé] Intervalle généralement acceptable
25-27	Peut entraîner des problèmes de santé chez certaines personnes	
20-25	Poids satisfaisant pour la plupart des gens	
INFÉRIEUR À 20	Peut être associé à des problèmes de santé chez certaines personnes	

RATE YOUR WEIGHT EVALUEZ VOTRE POIDS

Nutrition Services, Ottawa-Carleton Health Department, 1987



The Army 2002 and

"In most NATO countries reserve forces outnumber their regular force counterparts. Canada stands out as a glaring exception, with only one quarter as many active Reservists as Regulars".

"If the Reserve Force is to be used fully and effectively, the distinction between Regular and Reserve personnel must be greatly reduced".

*Government of Canada
White Paper on Defence, 1987*

The 1987 Defence White Paper initiated the most sweeping and widespread restructuring of the army (or land component) of the Canadian Forces has seen since World War II.

Traditionally, the Primary Reserves have adjusted to Regular Force procedures. The restructuring has reversed this relationship, because the new Total Force structure has begun to incorporate much larger numbers of citizen or part-time soldiers — the Militia, or army Reserve. This has produced a keen requirement for mutual understanding and cooperation between the professional and the part-time soldiers.

Entitled "Army 2002", it is a 15-year plan to more than triple the size of the Militia from the present ceiling of about 15,000, while the regular army increases only modestly from its current

20,000. Soon, Reserves will outnumber Regulars, a significant departure from long-standing defence practices in Canada, but a step which is far more cost effective.

By enhancing the Supplementary Reserve at the same time, the army will grow to about 88,000 all ranks by the year 2002. This combined land force will be larger than the entire Canadian Forces today — sea, land, and air. The Supplementary Reserve consists of ex-Regulars and ex-Militia personnel who do not train on a frequent basis, but voluntarily remain available for "callout" in a national emergency.

Already, the expansion of the Militia has begun to affect Reserve units on the Prairies. Units are working hard to fill new vacancies in the five Militia Districts from Thunder Bay to the Alberta-British Columbia border. These districts are administered by an area Headquarters in Winnipeg which saw the Area's paid ceiling increased by 240 new positions to 2767 last year. This was Prairie Area's share of 1504 new Militia vacancies created across Canada in 1988.

Similar increases in strength are expected each year, until the gradual expansion goal is reached in 2002. The Regular army, by contrast will grow by only about 315 positions per year.

Overhauling the Command Structure

The increasing numbers, however, tell only part of the story. The entire command structure is also undergoing an overhauling that will streamline it, and forever wed the professional and the citizen soldier into an integrated fighting system, the likes of which Canada has not known since wartime.

For example, Prairie Militia Area Headquarters in Winnipeg, under a Reserve Brigadier-General, commands these five Districts stretching from north-western Ontario across the Prairies. There are a total of five militia Areas in Canada which operate in the same fashion.

The Commander of Prairie Area, Brigadier-General John Litt, a Thunder Bay resident, in turn answers to his "boss", Lieutenant-General James Fox, CMM, CD, who commands the Canadian army with headquarters located in St. Hubert, Quebec.

Under the restructuring, Prairie and Pacific Militia Areas will be combined and integrated with the western Regular Force formation. This new system, targeted for completion in the 1990s, will then see a new Area Headquarters embracing all the soldiers in the West. The Area Commander will command a collection of formations, bases and training



Cpl Frederick Boily of the 17 Service Battalion, guides recruit Robert Kirk Mac Williams through the enrollment process. The 17-year-old recruit, will join the service battalion after completion of a basic military training course.

Thirty-four recruits who were enrolled this past fall, are in the final stages of their basic training course and Mac Williams and about thirty or forty others, will start their basic training in February.

schools that will embody both Regulars and Reserves. In some units the Reservists will vastly outnumber the Regulars, while the reverse will apply in others.

One Canadian Brigade Group, a Regular Force formation at present will contain about 50 percent Reserves and 50 percent Regulars. A new regional Militia brigade, by contrast, will be made up of units consisting of about ten percent Regulars and 90 percent Reserves. The remaining "static" Militia units, at the lowest level of

readiness, will be commanded by the existing Districts, and will be largely Reservists.

This is a striking departure from present practice, where an average Militia unit numbering from 100 to 250 personnel has only four or five Regular Force professionals to help with administration and training. In the new system, day to day interaction will substantially increase, even in those units with a high percentage of Reserves.

This readjustment alone will

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le... lettres signi... la seule mesure... il indique si le ris... modéré ou élevé... bas, modéré ou élevé... femmes âgées entre... les enfants, les adolescents... et les femmes, et les gens... peintes et allaitantes, et les gens... dévotement par un... qui fut d'abord développé par un... siècle nommé Quételet... poids en kilogrammes... (taille en mètres) et elle pèse... Angela mesure 5 pieds 6 pouces (167 cm) et elle pèse... Utilisant l'équation, son IMC est égal à: 61.3

Une autre façon d'obtenir l'IMC est d'utiliser le tableau de l'indice de masse corporelle (IMC) (Voir plus bas). Comment utiliser le tableau: pieds/pouces au bas, ou centimètres en haut. 1. Trouvez votre grandeur: pieds/pouces au bas, ou centimètres en haut. 2. Suivez la ligne verticale jusqu'à l'intersection de la ligne horizontale de votre poids — en livres à gauche ou en kilogrammes à droite. 3. Voyez dans quelle zone du tableau se situe votre IMC. SUPÉRIEUR À 27 25-27 20-25 INFÉRIEUR À 20

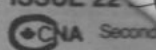
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Assistant Editor	- Pte Kevin Sytsma	6'4"
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DEADLINE
NEXT ISSUE 22



Militia Expansion

require the shifting nationally of about 5000 Regular Force personnel into local Militia units, a process which will be implemented gradually.

As well, four Militia Training Support Centers will be established in Canada where instructors can be concentrated to provide the training benefit to the Reserves. The western Camp will probably be located in Camp Wainwright, Alberta, and should reach full manning and equipping in the 1994/95 time frame.

National Commitments

As Canada's five Militia Areas are thus reduced to four, even greater readjustments are now being made in the Canada-wide structure of the army. The land component has begun the reconfiguration from an army of four brigades to an organization of two divisions, supported by this expanded and revitalized Reserve.

A Division of two brigades is committed to the NATO defence which, by 2002, will consist of 25 percent reservists. There will also be a Task Force for the territorial defence of Canada with up to 60 percent Militia personnel. As well, the army will retain a battle group of about 1100 soldiers as part of the Allied Command Europe (Land) forces.

These organizations will be composed of regular and reserve force personnel in such a way to allow for a gradual response to an

emergency. The field force is designated for operations with sustainment forces clearly earmarked. An infrastructure totally separate from the field force will remain in place to perform the critical task of recruiting and training additional forces.

Equipment — Changing the Rules

In the new Total Force there will not be a dividing line of new equipment designated for the Regular Force, with the Militia getting obsolete leftovers.

In the past, such practices were necessitated by the sheer costs involved. New acquisitions of equipment, however, will take into account the totally integrated force, with a portion of the equipment concentrated in the Training Centers like Camp Wainwright.

New space-age educational methods will enable larger numbers of soldiers to be trained effectively and efficiently. This in turn will advance the reservist's competence closer to that of his Regular Force counterpart.

The list of new equipment now being acquired or under evaluation includes:

- A. A family of small arms including rifles and machine guns — distribution is now underway;
- B. Tanks — evaluations are underway;
- C. Light Armoured Vehicles for infantry mobility and protection — evaluations are underway;

D. Armoured jeeps for utility purposes — evaluations are underway;

E. Anti-tank weapons — evaluations are underway;

F. Medium trucks with gun tractor kits — delivered in 1988;

G. New winter tents and winter clothing — distribution has now begun;

H. 5/4 ton trucks — evaluations are underway;

I. An armoured vehicle for use by engineers — evaluations are underway;

J. A northern terrain vehicle suitable for northern operations — contracts have been let;

K. Tactical Command Control and Communication Systems — being developed.

Other Impacts — Army 2002

Several other initiatives or adjustments have resulted from Army 2002 and the concordant expansion of the Militia:

- a. Regular and Reserve recruiting is being gradually integrated, and begun in five major centers in Canada this year. In Edmonton, for example, all recruiting for the Canadian Forces is now being handled by the local Canadian Forces Recruiting Center (CFRC). The candidate is asked to report to the Reserve Armoury for an initial interview, and is then sent to the CFRC for full processing —

documentation and enrolment. Meantime, the remaining four Districts have full time recruiters to meet the increased manning demands. A program of "twinning" Regular Force CFRCs with local Militia recruiters in all other locations on the Prairies is designed to ease the new recruiting burden on the Reserves.

- b. The Militia continues to encourage women to apply, and the Regular Force is evaluating women in combat roles. Traditionally, they would be assigned to service battalions or field ambulances.

c. An unprecedented national civilian effort has been mounted under the auspices of an Ottawa-based organization, the National Employer Support Committee, which has local representatives across the country. They are working to encourage employers to provide Reserve personnel with paid leave of absence to allow training for a required military commitment, without jeopardizing their civilian occupations. They also work to inform employers of the need and

cont pg. 10

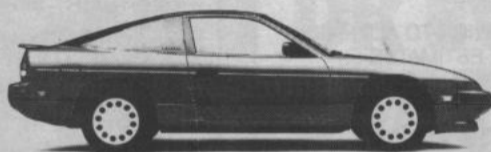


Canada's new army will require even greater co-operation and interaction between the reserves and the regular force. Pte Shaun Delamere, of the Queen's Own Cameron Highlanders of Canada, fires the C-6 machine gun, as his instructor, Sgt Colin Patrick Moran of "A" Coy, 2nd Battalion PPCLI, looks on.

The C-6 is one in a series of new weapons being received by the reserves.

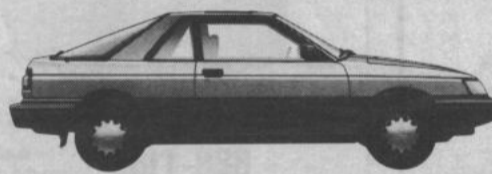
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Every winter, thousands of Canadian drivers are stranded because they failed to service their cars or check to ensure they had all the basics needed in an emergency. If you do get stranded, there are some pointers to follow to ensure your safety.

Move your car as far over on the side of the road as possible. Put on your emergency flashers and light flares if you have them, being very careful getting out of your car. Exit by the door farthest away from moving traffic if at all possible. Tie a white or brightly coloured cloth around

the radio antenna to indicate you need help.

Unless you can see a gas station, house or telephone within easy walking distance, it's safest to stay in your car where you're protected from the elements and can be seen by passing cars.

If you're stranded on a freeway, get your car to the nearest shoulder as quickly as possible and stay with your car. Never cross the freeway.

If your car motor still runs, use it and your fuel sparingly. Turn on the car engine for 10 minutes every hour to keep the car warm and to keep the battery charging to run the flashers. To avoid carbon monoxide poisoning, always

keep a window open a crack to ventilate the car. If you have a station wagon or hatchback, don't open the rear window as it will draw the exhaust fumes into the car. Check to ensure the exhaust pipe isn't clogged with snow.

Never allow yourself to fall asleep. Keep yourself awake by stepping out of the car and moving around occasionally. Clapping your hands and moving your body around vigorously will increase circulation and build up body heat. Wrap yourself in a blanket or any emergency clothing you have in your emergency survival kit.

If you have a candle in your emergency kit, light it inside the car for warmth. Open your window periodically for ventilation. A single candle can warm a full-size, sealed car by about 4.5°C (10°F).

Do not drink alcohol to keep warm. Alcohol causes blood vessels close to the skin to expand, speeding up loss of body heat. It

also causes drowsiness and you could freeze to death while sleeping.

Uniroyal Tires and the National Auto League have teamed up this fall in a major promotion to remind you to "Play it Safe" by planning for potential winter driving emergencies.

One in a series of articles providing tips on safe winter driving.



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Le Leche League of Assiniboine

Le Leche League of Assiniboine invites mothers-to-be, mothers and babies to a meeting about breastfeeding and mothering on Wednesday Feb 22, 7:45 pm at the Silver Heights United Church, Garrioch Street (off Ness Ave.).

Regular meetings are usually held on the 4th Wednesday of each month. La Leche League

also offers telephone and personal help for women with breastfeeding difficulties.

Please phone Catherine 885-2301, Wilda 889-7702, or Wanda 831-1510, and confirm the date or if further information is needed.

Subsequent meetings: March 22
April 26

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RCBAF 33RD ANNIVERSARY

The Royal Cape Breton Air Force (RCBAF) is alive and well. The current Chief of the Air Staff (CAS), Squadron Leader John H. Billard would like to extend an invitation to all August Members to the 33rd anniversary celebrations, 22nd and 23rd Apr 89, CFS Sydney Officers' Mess.

This years activities will include a Stag on Friday evening complete with RCBAF games and prizes (a dinner will be coordinated for the ladies at a local restaurant) and on Saturday you will have the opportunity to visit local points of interest followed by the traditional RCBAF mixed mess dinner. Total cost is \$60.00 per couple, \$30.00 per single. Reservations can be made by contacting Flight Lieutenant Michael R. Moore, Adjutant, RCBAF, CFS Sydney, MPO 200, Sydney, N.S. B0A 1B0.



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New tax return needs study

By Evelyn Jacks

Now that the complex tax reform laws have finally been passed into law, Canadians must deal with the reality of tax reform. Last year over 17 million taxpayers filed a tax return; approximately 9 million or half of these completed their forms without professional assistance. With a brand new tax return on the horizon, the challenge of tax reform could be a giant headache to Revenue Canada and taxfilers alike.

That is not to say that the new form is anything but a work of art. It is as similar in format to the old returns as it could possibly be: a four page folder with the heading and income declaration on the front page, and a package of eight schedules. But that is where the similarity ends. From the top of page two, to the calculation of tax on page 4, taxfilers are facing numerous new calculations, directions and tax provisions that require time and study on the part of the tax preparer.

For example, the calculation of net income of the taxpayer has been increased due to the removal of the \$500 employment expense deduction. Therefore, a higher net income tax will result in Manitoba and other provinces who have chosen this option to raise provincial revenues. A higher net income also results from the removal of the deductions for Canada Pension Plan premiums, Unemployment Insurance Premiums, and tuition fees, all of which have been moved to another area of the return. This will reduce the supporting per-

son's claims for personal tax credits, medical expenses, child tax credits, federal sales tax credits, and other provisions throughout the return that are based on net income.

Taxable income, or the figure upon which federal tax is calculated is now found in the middle of page 2 of the return, and must be transferred from there to page 4. At this point our three new tax rates are consulted in order to calculate how much is payable.

Then it's back to page 2 of our new reformed tax return, for the calculation of the non-refundable tax credits. This includes a \$6000 tax free personal amount for all taxfilers, an age amount of \$3236 for those who turn age 65 in 1988 and a \$5000 amount for spouses whose net income is under \$500. (A partial claim is allowed if net income is between \$500 and \$5500). A two-tiered system has been introduced for claiming children under the age of 19. For the first two children, a maximum amount of \$388 each will be allowed. For the third and subsequent child, a maximum amount of \$776 will be allowed. And for those who are mentally or physically infirm, a \$1471 amount will be allowed.

Other items falling under the tax credit calculation are the pension income amount (\$1000 maximum), the disability amount (\$3236 maximum) and the new tuition and education amounts, which are transferrable to supporting spouses, parents and grandparents, if the student is not taxable. Medical expenses,

with a new net income ceiling rate of \$1500 are also included in the calculation, as are Canada Pension Plan and Unemployment Insurance premiums. Finally, there is a brand new form for the transfer of unused reductions from the spouse. After all amounts are totalled, 17% of the amounts are listed as the non-refundable tax credits, to which the new credit for charitable donations will be added.

The object of all of this work is to apply the total non-refundable credits to federal taxes payable. The difference is the amount of tax the taxfiler pays to the federal government, before taking advantage of the federal political tax credit and other special credits.

To most tax practitioners and taxpayers alike, only practice will guarantee that old habits ingrained from years of working with the old return, will be forgotten. With a brand new tax return to contend with, tax filing in 1989 could be a very time consuming, potentially frustrating experience.

Now is the time to become familiar with all the changes and plan to reduce your 1988 tax liability.

© U & R Tax Services. Evelyn Jacks is Director of Education at U & R Tax Services, 1345 Pembina Hwy, Winnipeg, Manitoba R3T 2B6 and editor of Taxation Today. For further information on U & R's Courses, contact the above address.

Not just another fish story

by Lieut. (N) John Ford

Canadian troops in Cyprus recently enjoyed a special fish supper thanks to the Mimosa Springs Trout Farm near Guelph, Ont.

Salmonid, the company that runs the trout farm in Eramosa Township, is owned by Greg Frank and Jonathan Potts, both former members of Canada's Reserves.

They decided to send 135 kilograms of trout to Canada's contingent in Cyprus, following the announcement that UN Peacekeeping Forces had won the 1988 Nobel Peace Prize.

The donation of fresh-frozen filleted fish was, "a token of our support for Canada's peacekeeping efforts," said Mr. Frank. He said both he and Mr. Potts remember what it's like "to be away on exercise, waiting for a letter or something from home."

"Canadians for the most part have their heads in the clouds and they don't really know much about the Canadian Forces," said Mr. Frank. "People just don't realize what sacrifices are made by our soldiers all over the world."

Filleted and individually pack-



Another trout for Cyprus! In the wet suit is Greg Frank of Mimosa Springs Trout Farm. Holding the catch is trout farm co-owner, Jonathan Potts.

aged by the Mimosa Springs fish plant, the trout was placed in sealed containers prior to being frozen for the trip overseas.

The containers were taken to CFB Trenton on 3 November and remained in frozen storage until they were put on a regularly scheduled Boeing 707 flight to Lahr, West Germany, on 7 November. The fish was finally delivered to Nicosia by Hercules aircraft, along with other fresh food and stores, on 11 November.

It seemed appropriate that the Canadian businessmen's gift of appreciation was presented to the peacekeepers on Remembrance Day.

Next Voxair deadline date: Feb. 13, 1989

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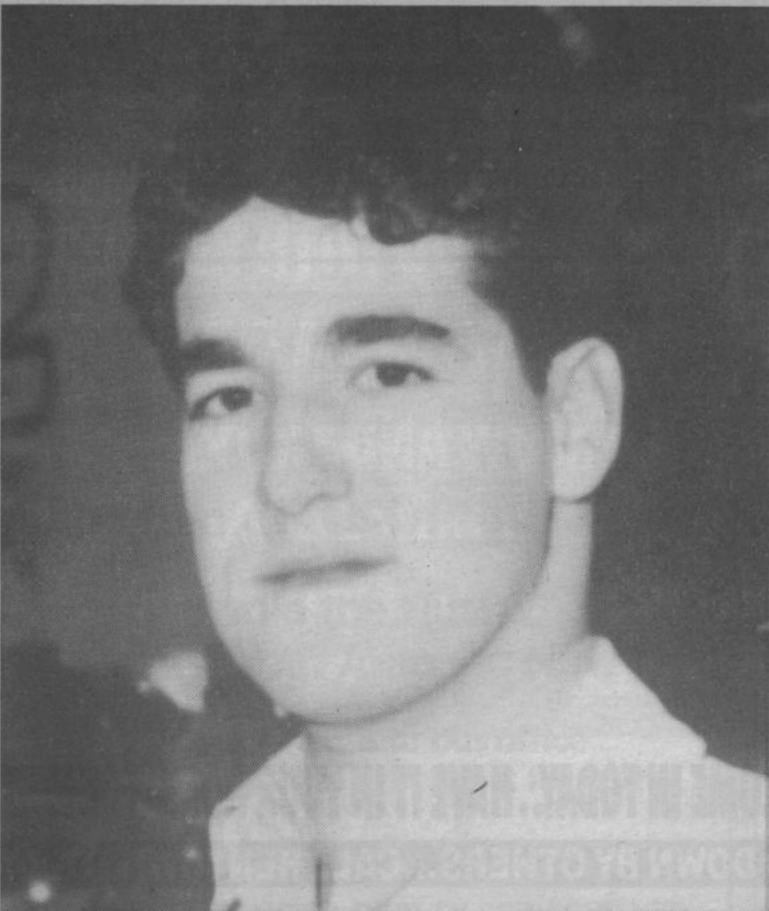
THE BEST DEAL IN TOWN, ALL OVER CANADA



Pte T.J. McCorriston, a communications radar systems technician, recently received his first hook. T.J., shown here hard at work in Avionics Labs, is also the proud father of a new baby girl. Congratulations from all at BAMEO.



Pte Richard Therrien, recently reached the first level of recognition in the CF. He was presented with his first chevron on October 24th, 1988.



Congratulation Pte Robert Tousignant on receiving your First Chevron. Rob joined the CF in Jul 86, having since, seen active duty on the Hercules, T-33, Tutor, and the "Dak". He is currently employed in Dash 8 Repair.

CD'S

Cpl Gord Bourroughs received his CD. Gord is currently employed in the BAMEO organization working in the refinishing shop. Congratulations Gord.



Cpl Dave Bergman of Sudbury, Ont. presently employed in BAMEO H&D as a 511 Technician recently received his CD. Good luck on the next 10 yrs Dave.



MCpl Gerry Walker received his CD1. Gerry is a recent addition to the BAMEO organization, presently employed in the Machine Shop.



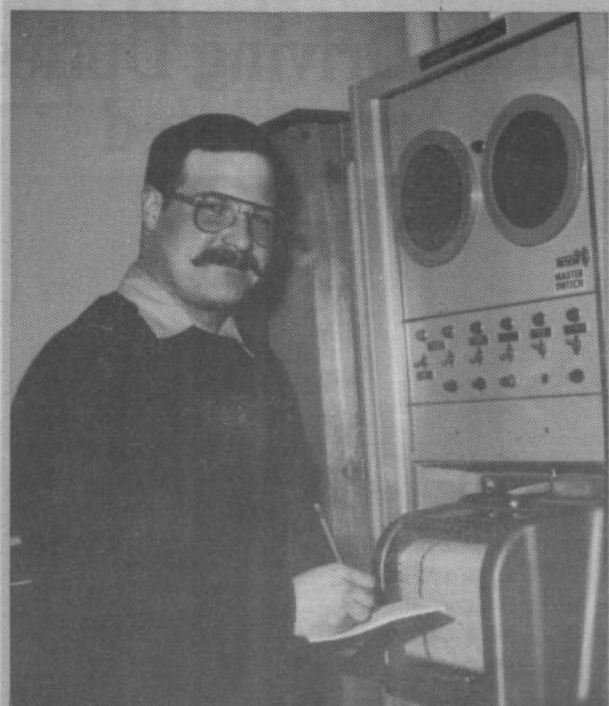
Sgt Dan Lizotte SNCO i/c of BAMEO Workshops was presented his CD1. Sorry Day no extra money but it does look good up there.



MCpl Paul Forget received his CD during a recent ceremony. MCpl Forget is a photographer with the BAME Photo section.

1ST HOOKS

B A M E O



Cpl Allan, a student attending the Canadian Forces School of Meteorology QL3 Meteorological Technician Course 8803, is working during final simulator testing, recording wind speed and direction for an hourly weather report.

CF S

Met Graduation QL3-8803



DECORATION — Sgt W.D. Noseworthy, Course Coordinator for the Meteorological Technician QL3 Course 8803, receives the Canadian Forces Decoration from Col L.H. Reynolds, the Base Commander.

The Meteorological Technician QL3 8803 Course Graduation was recently held at the Canadian Forces School of Meteorology. The fourteen graduates were presented with their certificates by Col L.H. Reynolds, the Base Commander.

QL3 graduates are employed throughout the Canadian Forces Weather Service as weather observers in support of land and air operations.

Private N.F. MacDonald, a recent graduate of the Meteorological Technician QL-3 Course 8803 shows off the Certificate of Achievement he received from Colonel Loren H. Reynolds, the Base Commander. The Certificate of Achievement is given to the student who has attained the highest academic standing on that course.



Pte MacDonald is the son of WO D. MacDonald currently posted to CFWO Winnipeg.

CERTIFICATE OF MERIT — Pte C.A. Whitty, a recent graduate of the Meteorological Technician QL3 Course 8803, received the Certificate of Merit from Col L.H. Reynolds, the Base Commander. The Certificate of Merit is given to students who have excelled in all aspects of training, and who have demonstrated through attitude and leadership ability, a high potential for continuing excellence in the Meteorological Technician trade.



QL3-8802



BR L-R: Pte Shaver, Pte Mowat, LS Harrison, Pte Tkachuk, Pte MacDonald, Cpl McLellan
 CR L-R: MCpl Richard, MCpl Davis, Cpl Hillaby, Pte Cox, Pte Jones, Pte Tracey, Cpl Rutherford, OS Whitty, Cpl Dawson, Cpl Allan, Sgt Dompierre, Sgt Kennedy
 FR L-R: Sgt Noseworthy, Mr Boughton, CWO Hawkins (SWO), Col Reynolds (BComd), Miss Quinn (A/Comdt), MWO Frosst, CWO Smith (BCWO)

cont. Army 2002

- role of the Reserves. To these ends, brochures have been forwarded to 2000 Chief Operating Officers of public corporations. In addition, the brochures plus a video cassette embodying the appeal, has been made available to all Reserve units in Canada. They in turn have been encouraged to make presentations to local Chambers of Commerce, fraternal or service organizations, and local employers' groups such as trade associations.
- d. The pay and benefits for the Reserves have been vastly improved to make part-time military employment more attractive. Unprecedented pay raises netting an increase of 12.5 per cent over the 1987 pay level were recently received.
- e. Beginning January, 1988, Reserve personnel were granted the option of participating in a group term insurance scheme at reasonable rates, similar to the Regular Force.
- f. Treasury Board has recently approved an increase to the death gratuity payable to members of the Reserves from two months to ten months of Regular Force pay. This took effect in October 1988.
- g. Commencing April 1, 1988 members of the Reserves who have served a minimum of two consecutive years, and their accom-

panied family or dependants, were made eligible for "Opportunity Travel" on service aircraft. As such, they can be assigned space on service aircraft in use by those travelling on duty.

- h. Effective February 1, 1988 reservists are eligible to obtain Department of National Defence identification cards on completion of one year of service.
- i. Greater opportunities have been opened to permit reservists to serve in the various multinational peacekeeping contingents that are provided by Canada. For example, 60 Reservists are employed in the Cyprus peacekeeping contingent, while 39 members of the Communication Reserve were assigned to the Iran/Iraq contingent. Reserves have been invited to volunteer for the International Standby List which is used to man Canada's commitments to UN duty.
- j. Commuting assistance has recently been approved whereby soldiers required to travel long distances to the armoury for training will be reimbursed for the cost of such travel.
- k. A new 30 second television commercial promoting the Reserves in Canada is ready for airing in early 1989. Television has not been utilized for Reserve recruit advertising for several years. As well, a new national video for

recruiting purposes and display on commercial television is scheduled for completion by February, 1989. A video running slightly under 10 minutes, entitled "The Battle for Wainwright" is presently available for local television news and public affairs broadcasts on the Prairies. It depicts the extent of planning undertaken to make the 1988 summer training for Reservists in Camp Wainwright as realistic as possible. It is available from the Public Affairs Officer of Thunder Bay, Manitoba (Winnipeg), Saskatchewan (Regina), Southern Alberta (Calgary) or Northern Alberta (Edmonton) Militia Districts. It can also be obtained from Major Joe Pope, at the Area Headquarters, 204-895-5476 in Winnipeg.

No Turning Back

And thus has the army or land component of the Canadian Forces taken a turn down a road of historically unprecedented Regular and Reserve integration, from which there can be no turning back.

Benefits and pay rates have been established to attract the local citizen to make a part-time commitment to his country. Aggressive recruiting to fill the new jobs is underway.

The end product, a streamlined and efficient fighting force for the future, can only benefit Canada and enhance its security.

Vancouver Driving Duties most Appreciated



Col Reynolds, BComd, presents Cpl Richard Benson with a plaque in appreciation for Driving Duties at the "Commonwealth Heads of State meeting in Vancouver BC". The plaque is signed by PM Brian Mulroney. Also, Cpl Benson wishes that it be known that he has lost 10 lbs since this picture!



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Greetings from the Chapels

Ash Wednesday and Lent



Ash Wednesday is a special day in the Church's calendar and not just the first of the forty days of Lent that precedes Easter.

The day before Ash Wednesday is called Shrove Tuesday, often associated with pancakes and the last day of carnival with its singing, dancing and often overeating, all part of "Mardi Gras" which is the French for "Fat Tuesday". This term originated in Paris where it was customary to drive an ox at the head of a procession through the streets on Shrove Tuesday but the Germans also used the phrase "Fat Tuesday" to describe the gluttony that typically preceded Ash Wednesday.

Ash Wednesday takes its name from the blessing and imposition of ashes obtained after

burning the palms that were carried on Palm Sunday of the previous year. The priest uses the ashes to draw a cross on the foreheads of worshippers.

Some Protestant Churches mark the day with special Ash Wednesday services. Some Anglicans and Roman Catholics attend a Holy Communion service before or after which the priest imposes a cross of ashes on each person's forehead while saying "Remember man you are dust, and to dust you will return."

Ash Wednesday — this first day of Lent is six and a half weeks before Easter. Down to the 7th century, Lent began with Quinquagesima Sunday, 50 days before Easter, and it still does in the "Ambrosian Rite." The four extra days were added later to secure the exact number of forty weekdays for the fast. At one time, public penitents at Rome were ceremonially admitted to begin their penance on this day and when this discipline fell into disuse, between the eighth and tenth centuries, the general penance of the whole congregation took its place. This was symbolized by the imposition of ashes, in token of mourning and peni-

tence, upon the heads of clergy and people.

On Ash Wednesday, Christians often use Psalm 51 which begins with a request for mercy and forgiveness from God.

"Have mercy upon me, O God, after thy great goodness: according to the multitude of thy mercies do away mine offences. (PSALM 51:1)

Thus begins the penitential psalm "par excellence". This psalm is the fourth of the seven traditional penitential psalms often used on Ash Wednesday which begins this special period of preparation for the Church and its people prior to Easter, the highest of Holy Days in the Church year.

The first mention of the period of forty days was in the Canons of Nicaea (AD 325) and probably this was associated with the prescribed Lenten fasting required for the baptismal candidates. The forty days of Lenten preparation reminds us of Jesus spending forty days in the wilderness where he was tempted by the devil and as the Nineteenth Century Lenten hymn says:

"Forty days and forty nights Thou wast fasting in the wild;

Forty days and forty nights Tempted and yet undefiled."

Like Jesus fasting in the desert, Christian people often during Lent spend time in prayer and fasting — going without food or eating little or abstaining from festivities or giving up something, so that they can devote more than the usual time to religious exercises and worship. As they observe this time of penitence, they recognize their sinfulness and through self-examination and prayer, they become reconciled with God and those around them as they experience forgiveness and love.

On Ash Wednesday, 8th February 1989, try to begin your holy Lenten preparation by spending more time with God in prayer and worship e.g. reflect on what the Lord's prayer means to you, spend more time reading and

meditating on the Scriptures from the Bible and other devotional books. May you be able to hear what God is saying to you in the quietness of your heart, so that Ash Wednesday and Lent may bring to you a renewed understanding of the resurrection at Easter.



Padre Venice C. Guntley

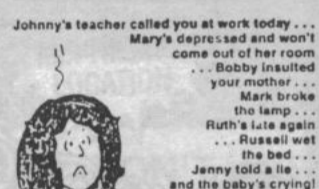
Parenting support

Parenting presents many challenges, some of which are demanding and stressful. The River Heights Family Life Center now has available a resource person with whom parenting concerns may be discussed.

For an appointment with Carla Hunt call 488-7039.



"That's mine!" ... "No, mine!"
"He punched me!"
"I never touched him!"
"You love him more than me!"



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Bobby insulted your mother ...
Mark broke the lamp ...
Ruth's late again ...
Russell wet the bed ...
Jenny told a lie ...
and the baby's crying!

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As a parent you're on the firing line every day, confronted by enough problems to confound a Solomon. And yet, if you're like most parents, you have had little or no preparation for the job you have to do. It seems somehow that the arrival of a child is automatically supposed to confer instant wisdom upon a mother and father. Every other occupation, from driving a truck to performing surgery, requires months or years of intensive training.



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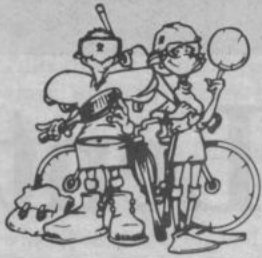
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SPORTS ANNOUNCEMENTS

100 Mile Club and Aerobic Awards of Excellence



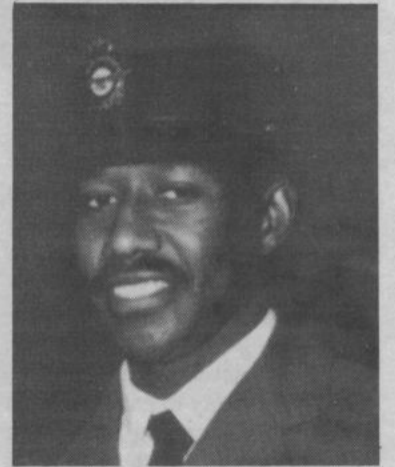
MCpl Ron Ricketts, BAMEO Workshops, receives Aerobic Award of Excellence for jogging 14,000 kilometers from Col Reynolds, BComd. Ron has just arrived in July and is looking forward to his stay in Winnipeg.

If you are into Aerobic exercising, this can be your incentive to keep going or join the Club. What Club you ask. There are two! The first one is the Aerobic Award of Excellence. Details in CFAO 50-1 Annex C, or check the new board in Bldg 90 across from the Squash Courts, and then check with the PERI staff. The second club is the 100 Mile Club, which is designed to get the beginners out and give them immediate goals for example:

Jogging	250 m Bronze	500 m Silver	1000 m Gold	1500 m Plaque
Swimming	250 m Bronze	500 m Silver	1000 m Gold	1500 m Plaque
XCountry	250 m Bronze	500 m Silver	1000 m Gold	1500 m Plaque
Skiing	250 m Bronze	500 m Silver	1000 m Gold	1500 m Plaque
Cycling	250 m Bronze	500 m Silver	1000 m Gold	1500 m Plaque
Rowing	250 m Bronze	500 m Silver	1000 m Gold	1500 m Plaque

Once you have attained your plaque your next goal can be your scroll in the Aerobic Award of Excellence.

For more info contact Bldg 90 5514.



Pte Ron Higgins was recently presented with the Physical Fitness Award for Aerobic Excellence for cycling. To win a cycling award in winter in Manitoba, he must be doing good!

Tae Kwon Do

by Pte Nyron Higgins

The 1st Annual CF National Tae Kwon Do Championship was held from 16 Nov-25 Nov 88 in Ottawa. The championship was sponsored by communication command under strong promotional efforts of Colonel Martineau (a second Dan Black Belt in the art of Tae Kwon Do).

This 1st annual championship was well represented by competitors from all across Canada. It was encouraging to see such a strong showing from CMR which had about 9 members to participate and also one member from RMC and one from Germany.

There was technical training 17 Nov-18 Nov 88 which is under the direction of Grand Master Tae Eun Lee and his Ottawa Tae Kwon Do Collage. On 18 Nov 88 there was a referee seminar which was conducted by Master Hong Park from Edmonton Tae

Kwon Do Collage, an International qualified referee, so now there are a number of national qualified referees in the Canadian Forces.

The Sparring competition took place on 19 Nov 88 under WTF rules which is full contact rules. It was well organized and the fighting was up to national level caliber with a former Canadian Champion and members of the CISM team there. Pte Shawn Rees and myself represented CFB Winnipeg. I took home a bronze medal but Pte Rees was not as lucky.

The aim of Colonel Martineau is to see Tae Kwon Do incorporated in Combat Arms training throughout the CF as is done in Korea and other countries.

Pte Shawn Rees and myself would like to thank the CFB Winnipeg Peri Staff for their continuing support throughout.

Flyers — 1989 Prairie Region Broomball Champs

The CFB Winnipeg Flyers captured their second straight Prairie Region Broomball Championship during playdowns held at CFB Shilo 16-20 Jan 89. The Flyers were undefeated with a perfect 8-0 record for the five day competition. Game results were as follows:

Winnipeg	7	Shilo	0
Winnipeg	2	Cold Lake	0
Winnipeg	2	Edmonton	0
Winnipeg	2	Portage	0
Winnipeg	5	Moose Jaw	0
Winnipeg	3	Calgary	1
Winnipeg	8	Wainwright	0
Winnipeg	4	Cold Lake	1

(FINAL GAME)

The Flyers now move on to the CF National Championships to be

held at CFB Cornwallis 25 Feb-1 Mar 89. As defending CF National Champions the Flyers will face stiff competition in their quest for back-to-back titles. Only one team (Kingston Knights 84-85) has managed consecutive championships during the sixteen year running of the National competition. Winnipeg's playing style and well balanced team provide for an excellent opportunity to match Kingston's feat of 84/85.

To prepare themselves for CF competition the Flyers play in the South Central Manitoba Senior Men's league. The competition provided by this league undoubtedly helps refine the skills of base team players. The Flyers currently enjoy a second place standing in the league.

NOON HOUR LOW-IMPACT AEROBICS

17 SESSIONS

WHEN: Mon-Wed-Fri, 15 Feb. 89 - 24 Mar. 89, 11:45-12:30

WHERE: BLDG A-2, LIPSETT HALL

COST: \$20.00 PER PERSON

WHO: OPEN TO EVERYONE (military pers have priority)

REGISTRATION: To Register Call Lipsett Hall 895-6185. Payment for this session will be done on Mon 13 Feb 89 from 11:30-12:30 hrs and Wed 15 Feb 89 from 11:00-11:45 hrs. If you wish to prepay for this session prior to 13 Feb 89 please call Lipsett Hall to make arrangements.

INSTRUCTOR: Marlene Loewen

Inter-Section Broomball

The Inter-Section Broomball regular season is winding down. The favourites in the Play-Offs seem to be Aircom/CFANS who went through the season undefeated with a 12-0 record. 2PPCLI is in second place with 5-4-1 record but could be a surprise in the Play/Offs. The PERI/BAMEO/Supply team have secured 3rd spot with BTN/Base girls winding up in 4th spot. The Play-Off format will have Aircom/CFANS vs BTN/Base girls and 2PPCLI vs PERI/BAMEO Supply. Both a best 2 out of 3 Play-Off.

League Standings As Of 26 Jan 89

	W	L	T	PTS
CFANS	12	0	0	24
2PPCLI	5	4	1	11
PERI	3	7	2	8
BTNO	1	8	1	3

Base Oldtimers Hockey Team "on the road"

The CFB Winnipeg Oldtimers are competing this week in the Prairie Region Championships at CFB Cold Lake. The final game is slated for 27 Jan 89 and our team hopes to be in the finals.

The Geriatric Jets (Websters Interpretation "old age with a Jet Engine") have been participating in the Elite Oldtimers League

here in Winnipeg. The league is known for its reputable players, many who have had previous NHL, senior, or minor pro experience. This high level of competition has honed the skills of our team to a fine edge. With this preparation and the inspiration of our very own Base Commander, the team is sure to do well. We wish them the best of luck.

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Bovine brutality and other bull 14 Trg GP HQ

This weeks bizarre but true headline: Pilot Kicks Cow. "Yeah, but she kicked me first" replied the angry aviator turned agronomist.

The (cow-ardly) act was perpetrated by Maj Larry Faulkner, who farms a few miles north of the city. Here's hoping an understanding between the two has been reached. It would be a shame to have to milk this story for any more puns.

At time of writing, posting messages for Group HQ people have not yet materialized, although the coffee room is at times awash with rumours.

Conan the AERE Officer anticipates a move to Cold Lake this summer, which has several amateur hockey teams around 'Peg breathing easier. They can now downgrade their damage es-

timates for next season.

One definite posting belongs to MWO Terry Camplin who heads west to Chilliwack in July. He's sporting a smile you couldn't wipe off with a snow shovel. And the Rec Centre staff should breathe a little easier. Since he arrived here, Terry's worn out three exercise bicycles.

It is with collective tongue in cheek that the Training Control staff announce the untimely disappearance of 2Lt Rob McConkey. Rob was last seen putting massive amounts of training schedules through the photocopier, when it is speculated that his tie got caught in the feed chute.

Reproductions of Lt. McConkey are available for viewing during normal working hours.

Of late, the headlines have been rampant with the news of

airline takeovers and mergers of Canada's beer barons.

Since travelling commercial airlines these days is enough to drive anyone to drink, maybe they could go one step further and make a deal.

And, for those who travel on TD a lot and think flying commercial vice white knuckle airlines is such a big hairy deal, consider this scenario:

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"Air Frustration 123, this is Gridlock Tower. Be advised you are number 253 to land. Standby for air-to-air refueling. Over and out."

Interested in Wargaming

An international wargaming convention is to be held at the Royal Military College of Canada, Kingston, Ont., from 3 to 5 February.

Called REDCON '89, the convention is open to all who are interested in the hobby of wargaming. Organized by the RMC Wargaming Club, the three-day extravaganza will enable visitors to take part in historical miniature games, board games, sci-fi games and role-playing games.

Besides clinics, demonstrations, workshops, exhibits and retail booths, there's also a miniatures-painting contest. And of course there's the annual RMC tactical challenge. If you are in the Kingston area in February, visit REDCON '89, and enjoy all that the wargaming club has planned.



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Un congrès international des Jeux de guerre sera tenu au Royal Military College of Canada (RMC), à Kingston (Ont.) du 3 au 5 février prochain.

Baptisé REDCON '89, ce congrès est accessible à toutes les personnes intéressées au passe-temps des jeux de guerre. Organisée par le Club des Jeux de guerre du RMC, cette extravaganza d'une durée de trois jours permettra aux visiteurs de prendre part à des jeux historiques de modèle réduit, à de jeux

de société, à des jeux de science-fiction ainsi qu'à des jeux de jeux de rôle.

En plus des cliniques, des démonstrations, des ateliers, des expositions et des kiosques de vente au détail, il y a un concours de peinture d'objets de modèle réduit. La tenue du Défi tactique du RCM, un événement annuel, va également de soi. Si vous passez par hasard dans la région de Kingston en février '89, arrêtez-vous au congrès REDCON '89, et profitez de tout ce que le Club des Jeux de guerre a planifié.

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2PPCLI	3	15	2	20	6
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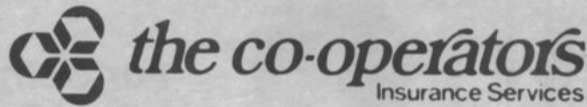
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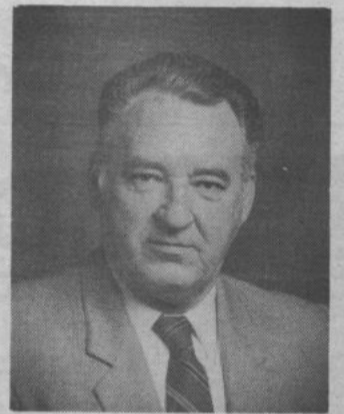
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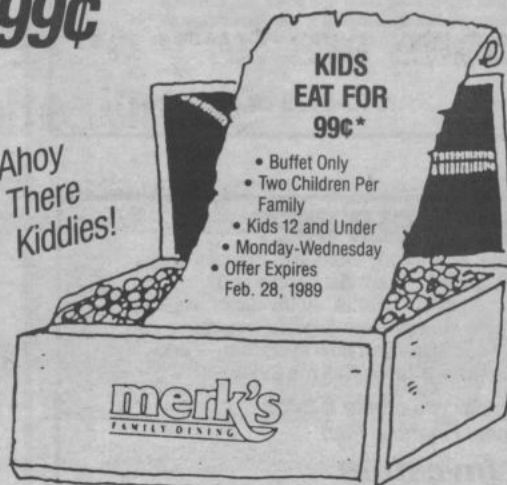


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