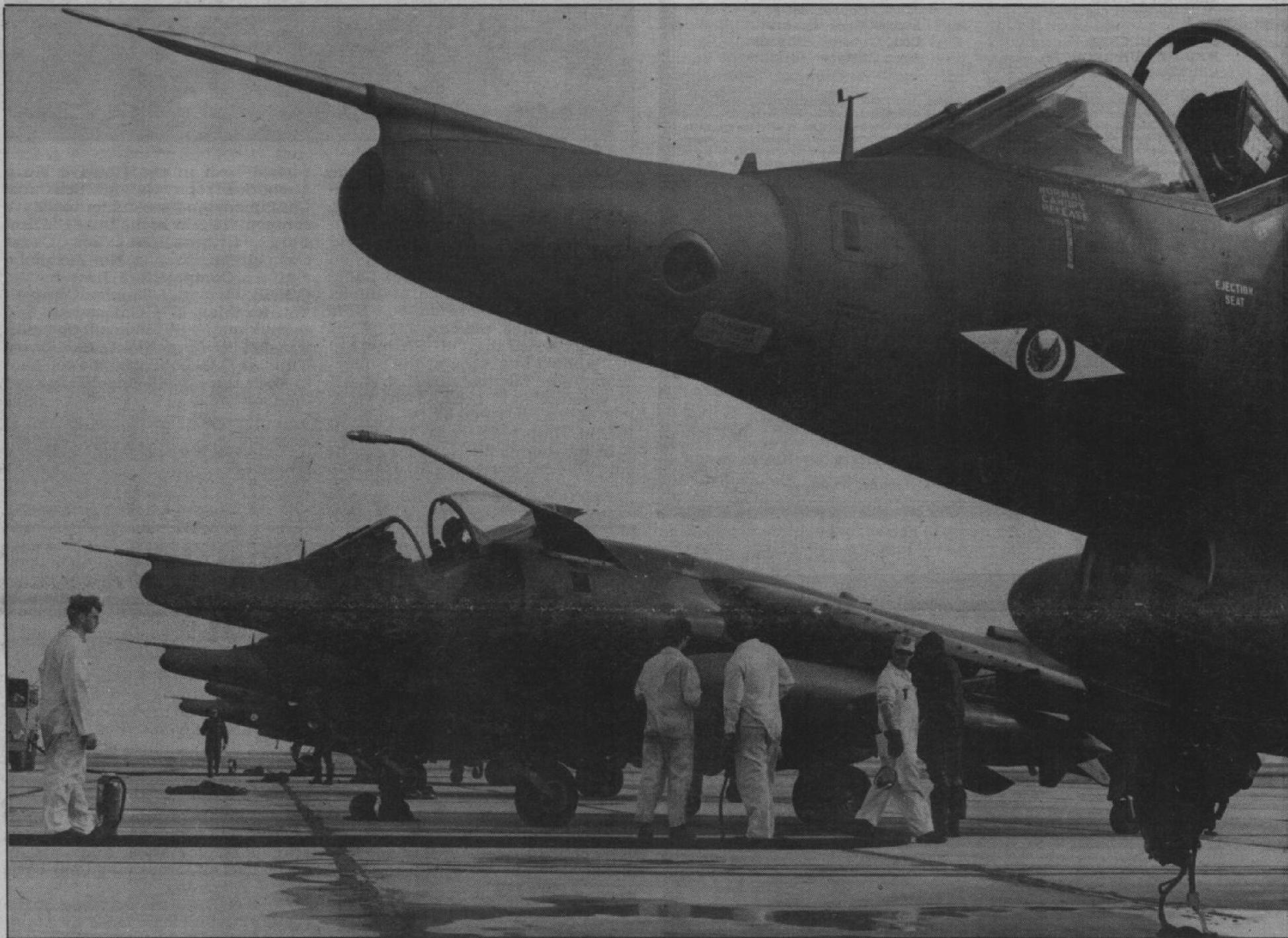


MAY 12, 1982



THE VOICE OF
CFB WINNIPEG

RAF HARRIERS IN CANADA



RAF HARRIERS IN CANADA — Canadian Forces personnel refuel Royal Air Force Harrier aircraft at CFB Winnipeg. The eight British jets, flown by members of No. 3 and 4 Fighter Squadrons based on Gutersloh, near Hanover in the Federal Republic of Germany, are in Canada to participate in Exercise Maple Flag 9 at CFB Cold Lake. This month-long exercise is designed to increase the combat capability of participating crews by providing combat experience in a realistic environment. The participating RAF aircrew are members of the British NATO-designated forces station in the Federal Republic of Germany.

(CANADIAN FORCES PHOTO by SGT V. Tunstead)

WORLD WAR ONE ACES GATHER

OTTAWA (CFP) — Seven of 14 surviving Canadian First World War flying Aces, two of them members of Canada's Aviation Hall of Fame, visited Ottawa from March 31 to April 2 to celebrate the 58th anniversary of the Royal Canadian Air Force.

The veterans, from 83 to 96 years of age, are credited with destroying a total of seven balloons and 122 enemy aircraft in aerial combat overseas.

The senior of the group is Captain "Tommy" Williams of Woodstock, Ont. who holds the Military Cross (M.C.) and the Bronze Medal for Valour (Italy). He flew 199 combat missions, was shot down three times and was officially credited with 14 enemy aircraft destroyed and three probables. He was named to the Hall of Fame in 1973.

Three years later, Major Don MacLaren of Vancouver, B.C., was also named to the Aviation Hall of Fame. He was the fourth-ranking

Canadian fighter ace of the war, who, in less than eight months, scored victories against 48 enemy aircraft and six balloons. He was awarded the Distinguished Service Order (DSO), the M.C. and Bar, and the Distinguished Flying Cross (DFC). Today, he has the highest score of victories of any surviving fighter ace of the First World War.

Flight Lieutenant Roch Grange of Toronto was the first Canadian to become an "ace". Wounded in aerial combat in January of 1917, he was believed to be the 16th victim of Baron Manfred von Richthofen, the "Red Knight of Germany". He was officially credited with destroying five enemy aircraft and holds the Distinguished Service Cross (DSC) and the Croix de Guerre.

Lieutenant Gerald Birks of Toronto was one of the Canadian pilots who served in 1917 and 1918 with the six squadrons of the Royal Flying Corps

sent to bolster the Italian Army after its defeat at Caporetto. He was wounded twice by ground and anti-

aircraft fire, was credited with destroying 12 enemy aircraft and received the M.C. and Bar.



From left: Major Don MacLaren; Flight Lieutenant Roch Grange; Flight Commander Nick Carter; Lieutenant Kenneth Narin; Captain Mel Alexander; Lieutenant Gerald Birks; and Captain Tommy Williams.

Voxair



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WINNIPEG CADETS IN B.C.



The RCSCC CRUSADER Range Team is shown here with the RT Honourable Henry P. Bell-Irving, Lieutenant Governor of British Columbia, at an awards dinner held at Government House in Victoria on April 1. The CRUSADER Sea Cadet Range Team represented Manitoba in the National Cadet Smallbore Rifle Championships, placing third. This is the sixth year that CRUSADER has represented Manitoba at the competition. Team Members are (L to R) AB M. Bisson L/C C. Lohr, PO2 S. Gale, PO2 B. Young, CPO2 D. Desrochers, PO2 M. Haip.

In addition to the National Smallbore Championships, CRUSADER

placed first in the Howard Hunt Memorial Trophy National Sea Cadet Championships, second for the sixth consecutive year in the Duke of Edinburgh International Sea Cadet Competition, first in the Manitoba Buffalo Competition, first in the O'Neill Memorial Trophy Competition for Man/NW Ont cadets, and second in the Whitehead Competition for all Man/NW Ont Military Units. L/C C. Lohr was the top shot in both the O'Neill and Whitehead Competitions.

The team is coached by Mr. Henry Heckman.

MILITIA RECRUITING SUCCESSFUL

WINNIPEG — A three-month-long recruiting campaign launched by Manitoba Militia District Jan. 1 has resulted in 209 new members for district militia units, Colonel J.A. Hubbard, Manitoba Militia District Commander, announced this week.

Colonel Hubbard said the recruiting drive, which was part of a campaign staged by other militia districts between Thunder Bay and the British Columbia border during January, February and March, has brought total strength of Manitoba Militia District units to over 600 officers and men.

Manitoba Militia District units operate in Winnipeg, Brandon, Portage la Prairie, Flin Flon and Kenora. Five of the eight units in the district are based in Winnipeg.

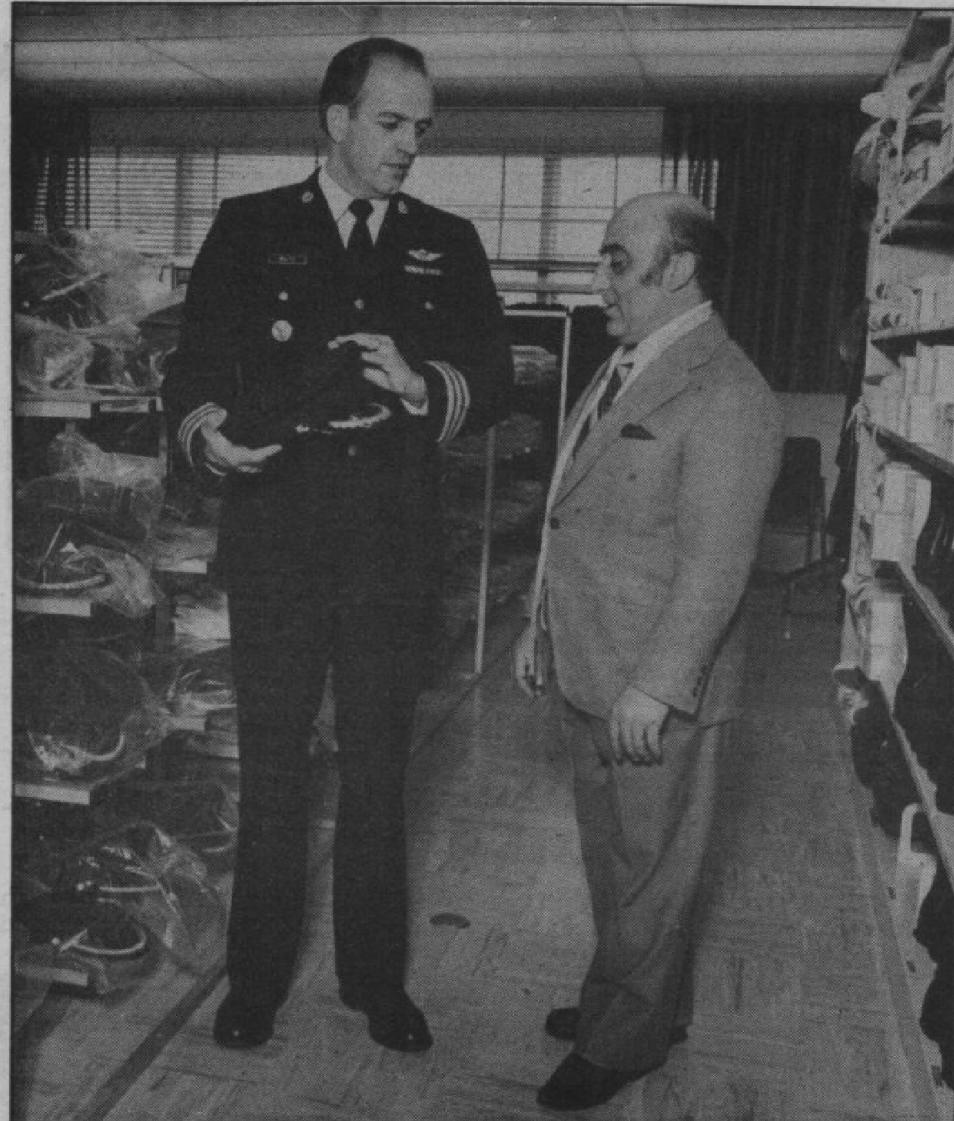
Colonel Hubbard said an analysis of recruiting effectiveness showed that word-of-mouth advertising of the Canadian Forces Militia among young people was the most effective recruiting tool as young men and women already involved in the Mili-

tia were able to tell others about their military training and experience. Other successful promotion tools were school and university visitation programs and the provisions of the Reserve Entry Scheme Officer (RESO) system.

New members of the Canadian Armed Forces Militia will be trained as weapons technicians, mechanics, transport, logistics and supply specialists after receiving their basic military training.

Colonel Hubbard said one of the remaining problems faced by Manitoba Militia District is the limitation on ways of informing the public of training and service programs offered by the Canadian Armed Forces Militia in this area.

He said recruiting is now starting for this year's Summer Youth Employment Program. The program will give young people a summer job and afford them insight into the military life during the week from July 5 to Aug. 13. Those enrolled will be paid for 42 days.



"NO JOE, I WON'T NEED A BIGGER HAT!"

Major (soon-to-be Lieutenant-Colonel) T.C. (Tom) White, 44, wearing a tunic on which his new rank braid has been pinned, discusses the purchase of a new cap with base clothing stores' tailor, J.G.R. (Joe) Guzzo. MAJ White, base supply officer at Canadian Forces Base Winnipeg, has been appointed Chief of Logistics and Personnel with the United Nations Disengagement Observer Force (UNDOF), headquartered at Damascus, Syria. Both his promotion and appointment come into effect in June. MAJ White is the son of John and Mary White of (109 2nd Ave.) Melfort, Sask. (CANADIAN FORCES PHOTO by SGT V. Tunstead)



The 5 Point Club would like to thank the staff of the Combined Mess for the excellent service we have received this past season. To all club members — Happy to Meet, Sorry to Part, Happy to Meet Again.

Have a nice summer, and see you all in September.

The Committee
 Geo. Burton — 697
 Wes Coombe — 225

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HANDY TO CFB WINNIPEG
 NORTH SITE

HAIRCUTS? WHY?

(by CPL J. Chapdelaine 1 CEU)

Haircuts, haircuts, why so short? I personally do not enjoy the idea of dwelling on this particularly important question, simply because so far I never come up with an answer that would clearly define it to my satisfaction. Once in a while, it even brings me to the conclusion that the whole principle about short hair in the military is erratic, without fundamental base, absurd, lacking of modernism, and based upon long past regulations that do not apply to the type of life the typical serviceman, especially younger men like myself, dealing with the 80's.

It was brought to my attention that extremely short hair, agony that the majority of us young ones suffer, is a regulation which was instigated a long time ago during World War One for hygienic reasons and for the purpose of not having that many different helmet sizes, everybody, just to make things easier, was supposed to make a trip to the nearest "butcher shop" and get your basic hair style.

These reasons do not relate to our kind anymore. I do not know anybody that does not own a bar of soap and shampoo. Hygienic facilities are many and found everywhere, even in the remotest location, (if you're in the field and don't enjoy the use of a shower, phone your nearest CE Section).

As for helmet size, I am pretty sure that the Canadian Forces supply system is versatile enough to accommodate any type of head shape regardless of the amount of hair. For uniformity, well, everybody can look the same whether or not they have hair above or over the ear. To take it to extremes, service women have long hair and they all look alike to me (come on boss? give me at least one good reason).

Before I continue, let me say that I do not wish the Canadian Forces to look like a bunch of street bums, hippies, civilian boys or anything of the sort. When I talked about a reform in our haircut regulation, I just would like to see an amendment to the $\frac{1}{2}$ " above the ear, and so short in the back

you can't even sleep properly. What difference does it make, in the confinement of the military community, to have hair $\frac{1}{2}$ " above or over the ear? That little extra hair, for me and my peers will mean self-esteem, and will enlarge our measure of freedom and therefore will lead to high work related achievement, acceptable workmanship manner, enlightened relationships between employer and employee, will heighten the morality standard... I'd better stop because I am getting carried away here. Life is short, to be younger is three times shorter, why not give us the opportunity to have a self-fulfilled life, in every aspect, by making us look "cuter".

Of course, many of you out there who are married or in an advanced age bracket or do not relate socially to me and my kind, probably won't realize the impact short hair regulations have on us. But, if you are prone to new ideas, open to life related matters and understand that to live in the 80's is hard and tough, you will see our concern. Hair is one of those rare things you may take for granted, and considering that it is free, why not let us have some more.

Our leaders will yell from roof tops about how we should be proud and show respect to the Queen, our country and leader by having the proper hair length and all that goes with it. Well, how can I show respect to my leader and do my job properly when I feel bad about myself after a visit to the "Butcher Shop". I will even go as far as saying that every time I look at myself in a mirror 1, 2, 3 and even 4 days after a haircut, I am almost ashamed of myself and don't want to go out because I look like somebody who has just escaped from an asylum, and can't wait till my hair grows back so I can resume my social life. You can call it a complex, lack of confidence, or anything you want, but for me, it is a question of survival. Haircuts as short as the ones we are suffering right now totally mangle a social life. Victims of short hair, become anti social, and prone to irritable disposition and therefore reduce their capacity to accomplish high

quality work... I am getting carried away again. There are many other ways by which I can show my respect and dedication to my Queen and my country. I do not have to shave my head clean to do it.

Our military law and regulations should stress more on dress appearance, personal fitness, personal cleanliness and work performance rather than worry about hair so much. Everyday you can hear such statements in your daily duty as "That private is a damn good man, he gets a haircut every week whether he needs one or not". Well, "ain't" that foolish. I am getting tired and frustrated about having my work and anything I do judged upon the amount of hair on my head. You could be the most hard working, talented person in your office or place of employment, but if your hair barely touches your ear, you're no good. If you want to take it the other way, you could be the most stupid individual on this side of the Earth, but if you keep your hair $\frac{1}{2}$ " above your ear, you're doing fine. Further, while I am on the subject, I am getting very irritated about supervisors trying to prove their leadership capabilities by the sole mean of making their subordinates get their hair done, "He is a hell of a supervisor, all his men have short hair". You judge a tradesman by his workmanship, not by his hair.

During my research and my past experience, I did talk to a lot of people, mostly my peers: friends, mere acquaintances, total strangers, young servicemen like myself, eager to do something rewarding with their life. In the course of my short career, many of them did put their release in (they wanted out) and by communicating with them about the reason of their decision they always end up having "haircut" on the top of their list. Of course, they do not mention it when they have their interview with their respective COs, they lie by saying that they are tired of the service, that the military life does not fulfill their expectations. But outside of the CO's office, they say, "The first thing I do when I get out is get my hair a little longer."

If it wasn't for short hair in the military, the Canadian Forces wouldn't be losing as many fine young men. In the social appraisal that young men, like myself, are faced with, a nice appearance and well groomed hair is an important asset. In today's life, it is imperative to make a good impression on the spot. You go out at night, you meet a girl, she thinks you are cute, you have nice clothes, a nice hair style, and away you go. But if you have short, short hair, the first favorable impression is harder to get and you end up at a "Restaurant" with your friends instead of the nice lady you danced with once or twice during the evening.

Everybody would look better and would feel better with a little longer hair length. Standards, morale and social life would be greatly improved in every aspect. Young seafarers would be more proud to be current members of the Canadian Armed Forces, and they would walk with their heads high. We don't ask for much, just a little bit of hair over the ear. Why does it have to be so short? With hair a bit over the ear, nice clean and pressed uniforms, boots shining to the maximum, we would look terrific!

To leave you on a happy note, think back to the Biblical story of Samson and Delilah: to cut a man's hair is symbolic in reducing a man's potency. Got that, and, between you and me, and the mailbox, Prime Minister Trudeau, Joe Clark, President Reagan, Prince Charles, and even the Honorable Mr. Schreyer all have passably long hair and they don't look that bad to me.

...Get to go and get a haircut!

EDITORS NOTE

The preceding article was edited for length (no pun intended). Cpl Chapdelaine carries the ever sensitive HAIR subject into the 80's, and those who have gone before carried it into the 50's, 60's and 70's. What can we say but Carry On Corporal!

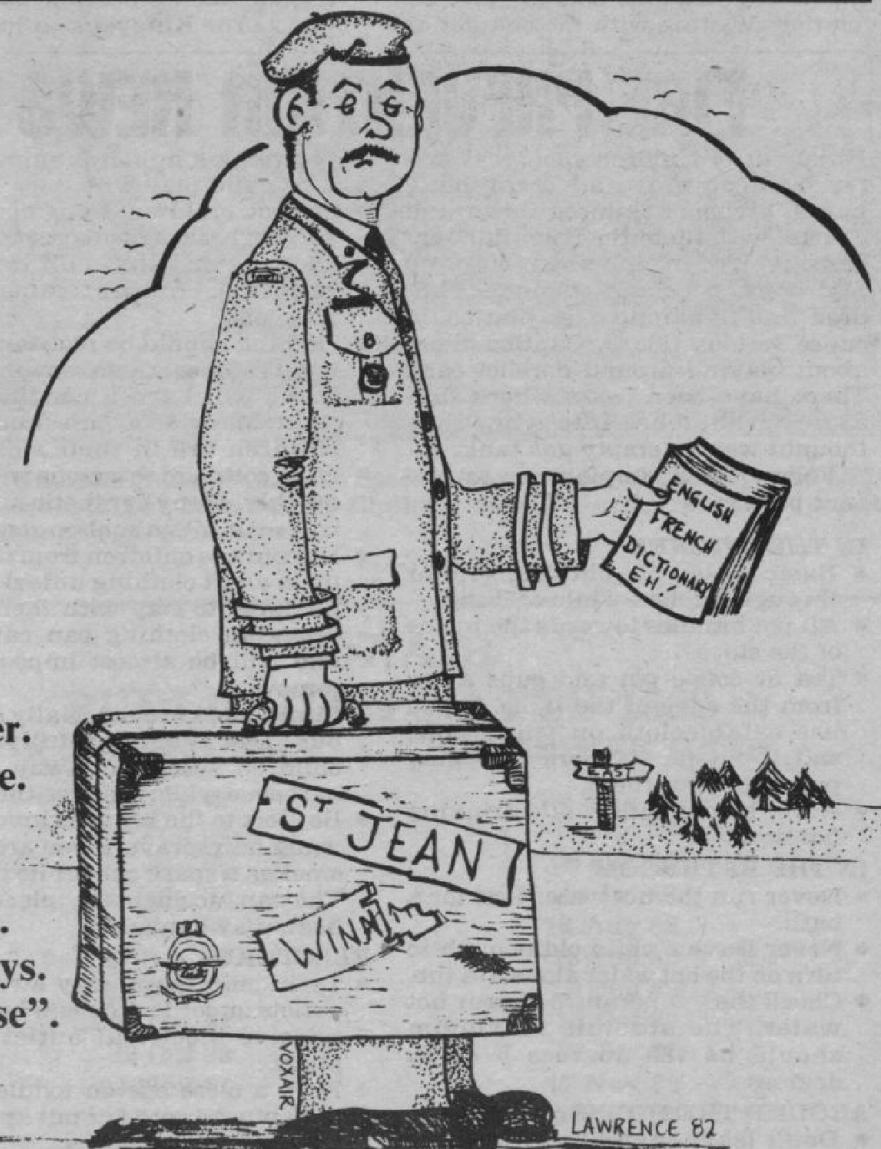
We invite opinion and reply but retain the Editorial prerogative.

No. 13 THE CAREER MOVE

by Terry Lawrence

He' just a Junior Captain but he's working on time-in,
He's unilingual English, which makes it tough to win.
He's stationed on the Prairies and knows the bitter cold.
He also knows the Service, and goes where he is told.
His Anglo Saxon heritage makes him twitch at learning
French,
But if he doesn't do it, he'll forever "Sit the bench".
Promotion to Majority comes to a chosen few,
His chances are much better if he can "Parlez-Vous".
His boss said "Son, it's time to go. It's good for your career.
Those wizards up in Postings say you're surely finished here.
Your advancement's stalled, you can't move up and that's a
bitter pill.

You're almost 30 too, my lad, so from here it's all downhill.
The only way to save yourself is to mend your wayward ways.
Pack your bags and travel East, so you can learn "Francaise".



LAWRENCE 82



POLICE POINTERS

(by MCPL Dale)

VANDALISM

Vandalism to CFB Wpg buildings and equipment has increased at a steady rate within the last few years. Along with the efforts of the Military Police and concerned residents of our community, vandalism will increase again if we don't all do our share in trying to curb this costly and unjust inconvenience.

In most cases, the vandalism is caused by teenagers and is considered a crime of opportunity. Such wanton destruction takes place whenever the opportunity exists — often in our Community Centers, Playgrounds and Recreational Centers. A large number of the offences took place in the buildings which were not occupied, ie: empty married quarters, with illegal entries usually being made by breaking windows or forcing door locks. During some of the illegal entries, material or equipment was stolen while, in other cases, the entries were made to have protection from the weather or for

concealment while conducting beer parties or smoking marijuana. In other instances, the illegal entries were made in an attempt to steal cash from vending machines or pay telephones etc.

Vandalism is committed for a variety of reasons, some being: alcohol and drug abuse, unemployment, defiance against society, break downs in family life, split marriages or a lack of parental guidance and discipline.

You may ask, just what do you mean by the word vandalism, exactly how would you define it. Here is one definition — "Vandalism is the wilful or malicious destruction, injury, disfigurement or defacement of any public or private property, real or personal, without the consent of the owner or person having control of the property in question".

If you have any doubts, or you see anything that you consider out of the ordinary don't hesitate to contact the Military Police, for the next piece of property to be destroyed may be yours.

Think about it.

ARMED FORCES COMMUNICATION AND ASSOCIATION ELECTRONIC

Microelectronic technology was the topic at the April meeting of the Winnipeg Chapter of the Armed Forces Communications and Electronics Association. The guest speakers, led by Dr. W. Kinsner, were from Industrial Applications of Microelectronics Centre Inc., a non-profit corporation located on the Fort Garry campus of the University of Manitoba.

The presentation covered the basic research performed at the Centre and the measures taken there to ensure that microelectronics technology is transferred to viable devices and applications to support Canadian industry. This is done by providing engineering services, transfers of technology and patents, conducting courses, and research.

The meeting also saw the presentation of Five Star Club award mugs to Warrant Officer Walter Lylyk and Lieutenant-Colonel Terry Senft for recruiting five members to the Association. Visiting with the chapter on

this occasion was Major-General L. Wylie, the Colonel Commandant of the Communications-Electronics Branch of the Canadian Forces.

Previous meetings of the Chapter during 1982 have covered a variety of topics, including:

- "GPS" Navstar", satellite-based positioning system, precise to a few metres, for aircraft, ships and ground vehicles;
- "JETS", the Ministry of Transport's Joint Enroute and Terminal System for the control of air traffic in Canadian airspace; and
- "Envoy 100", an electronic mail service offered to Canadian customers by the Trans-Canada Telephone System.

The next meeting of the Winnipeg Chapter will be noon Friday 14 May at the Viscount Gort Inn, 1670 Portage Avenue. Information on the Association is available from the Membership Chairman, Captain Lorne Kingyens, at local 672.

FIRE PREVENTION NEWS

Hundreds of children each year suffer from painful and disfiguring burns. Sit your children down and discuss with them the potential dangers involved in climbing roofs or up high tension poles. Sometimes children find dynamite caps that could cause serious injury. Caution them about playing around derelict cars. There have been cases where children put matches into what they thought was an empty gas tank.

Follow these simple rules to prevent burns:

IN THE KITCHEN

- Basic rule: no children in or through kitchen while cooking.
- All pot handles towards the inside of the stove.
- Tea or coffee pot and cups away from the edge of the table. If you use a tablecloth on your table, watch out for toddlers who may pull cups over them.
- Never hold a child while drinking hot liquids.

IN THE BATHROOM

- Never run the hot water first for a bath.
- Never leave a child old enough to turn on the hot water alone in a tub.
- Check the temperature of your hot water. The absolute maximum should be 130 degrees F or 55 degrees C.

AROUND THE HOUSE

- Don't leave matches or lighters within reach of children. Even if

you think a lighter is empty never let a child play with one.

- Protect children from open fires and barbecues (use screens or barriers). For tiny children, use restraints, constant supervision, playpens.
- Clothing should be resistant to fire but it's important to remember any fabric will burn if conditions are right. Many accidents occur when children are in their sleepwear. Even cotton nightgowns will ignite quickly. Many synthetic materials will melt into a molten mass.
- Discourage children from dressing up in adult clothing unless you are prepared to stay with them. Long dragging clothing can catch fire and will be almost impossible to remove.
- Firestarters are especially dangerous. Use them carefully. Make children stand far away from a barbecue when you use them.
- Be alert to the hazards involved in using hairsprays. If you are near a smoker, a spark can ignite the hair. The can, accidentally placed near heat, may explode.
- Electrical
- Train children to stay away from outlets or cords. You can buy inexpensive electrical outlet safety plugs.
- Keep a close eye on toddlers who may bite on cords or put appliance plugs in their mouths.
- Buy only CSA certified appliances.

LEADERSHIP SYMPOSIUM

Selected officers and senior non commissioned officers of CFB Winnipeg, 1 Service Battalion Calgary, and local militia units joined 2 PPCLI for a two day symposium on Leadership. Guest speakers included Lieutenant Colonel CW Cotton the author of the 1979 study "Attitudes and Values in the Canadian Forces", Mr. Tony Kellett of the Operational Research and Analysis Branch of NDHQ and an expert on combat motivation - "why men fight", and Major P. LeGras BPSO CFB Borden whose research assisted in the development of the FMC present approach to leadership training. It was a most interesting and worthwhile opportunity and the unit extends its thanks to the organizer MAJ H. Elliott OC B Coy and to HQ 1 CBG who assisted in providing the funding.



CAPT Bob Moquin makes his point to MAJ Pierre LaChapelle during small group discussion held as part of the Leadership Command and Management Symposium.



LCOL Bremner, Commanding Officer 2 PPCLI, welcomes guest speakers. From left to right, MAJ J.F. Elliot, organizer of the symposium; the RSM CWO Clarke, LCOL Cotton, LCOL Bremner, MAJ Martin, Mr. Tony Kellet and MAJ LeGras.



MGEN L.H. Wylie, Colonel Commandant of the Communications and Electronics Branch is shown presenting a graduation certificate to WO G.G. Douglass of AIRCOMHQ/DCOS C&E staff. The certificate indicated the successful completion (with a 92% average) of a course by Digital Equipment of Canada on "An Introduction to Minicomputers". The certificate was presented 16 April 1982 while MGEN Wylie was visiting Air Command Headquarters, Winnipeg.



Problems with CANEX?

Don't tell your friends
Tell me. CAPT Dick Hanson BXO - 832-0787

12 YEARS WHAT?



OPEN FOR BUSINESS IN NEW LOCATION!



LCOL W. Budzinski, B Dent O., presents CPL(W) Andrea Langstaff with her C.D. for 12 years of undetected crime. CPL(W) Andrea Langstaff has been employed at 14 Dental Unit Detachment since July 1979.



SGT Szaflak, Clothing Stores N. supervisor, looks on approvingly as the Base Commander officially opens the Supply self-serve clothing outlet on April 82. The BTSO and Base Supply staff member enjoy the happy occasion.



A happy customer! The Base Commander checks the ties in the new Clothing Stores (North).

Pitch-In and Keep Canada Beautiful



CANADIAN FORCES AIR COMMAND

As announced by the Commander in a message on 25 March 1982, the Queen's representative will be presenting the Colours to Air Command on 31 July 1982 in a ceremony to be held at CFB Winnipeg. All retired RCAF air rank officers are being invited, as well as many other retired and serving personnel and civilian dignitaries. We believe this will be a memorable event for all airmen in the Canadian Forces, and particularly for those of us in Air Command.

Some public funding is being obtained to support this ceremony, but understandably, additional funds will be required to finance those fine touches which go to make such an event a polished affair. Because of temporary restrictions imposed by the Provincial Government in Manitoba on lotteries, it is not possible for us at Air Command Headquarters to use this customary method of raising additional funds. The Commander has decided to rely upon the generosity of the personnel within the Command, and we therefore seek voluntary donations for this purpose.

Initial indications have been received from the Department of Revenue that money contributed for this purpose will be eligible for tax relief as charitable donations. We anticipate a positive response to our official request in this regard in the near future, and will advise when that confirmation is received. Receipts will be sent to all individual contributors.

This ceremony will be a milestone in the reaffirmation of the Air Force identity within the Canadian Forces. The Commander would appreciate the support of the members of Air Command to ensure the ceremony is conducted in a manner befitting the occasion. Send donations to your local coordinator or, if you prefer, directly to:

The Treasurer
AIRCOM Colour Ceremony
Fund
LCol I. Popowich
Air Command Headquarters
Westwin, Manitoba
R2R 0T0



Joe Guzzo, Joe Dawson, SGT Szaflak (supervisor), PTE Flay and CPL Skidmore, staff of Base Supply Clothing Stores (North) "eagerly" await the onslaught of customers.

VOXAIR PUBLISHING DATES 1982

CLOSING DATE

PUBLISHING DATE

18 May 82	26 May 82
08 Jun 82	16 Jun 82
22 Jun 82	30 Jun 82
06 July 82	14 Jul 82
10 Aug 82	18 Aug 82
07 Sep 82	15 Sep 82
21 Sep 82	29 Sep 82
05 Oct 82	13 Oct 82
19 Oct 82	27 Oct 82
09 Nov 82	17 Nov 82
23 Nov 82	01 Dec 82
07 Dec 82	15 Dec 82

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VOXAIR SPORTS & RECREATION NEWS

BASE RECREATION CENTRE USAGE

Personnel using the Recreation Centre for casual sport activities must be in possession of a valid DND I Card. Dependents using the facility must have a Dependant's I Card and produce this upon request by service personnel. Dependents, DND employees and personnel who are on super-annuation (retire). However, the above mentioned users may bring in a guest and if so, you are cautioned that you are fully responsible for this guest at all times while in the complex. Dependant I Cards may be obtained from the Military Police. Don't be embarrassed by not having your I Card and being asked to leave. Club members belonging to officially sanctioned clubs must also be in possession of their own club I Cards.

AEROBIC DANCING

An action aerobics programme will be offered through your Recreation Centre, Building 90, if there is sufficient interest.

Duration of Course	10 week session
Cost	\$25.00
Time	4:00 - 5:00 pm or 4:30 - 5:30 pm

Aerobic dancing is a unique fitness programme that combines the benefits of a good cardiovascular workout with the appeal and artistry of dancing to music.

BUILDING 21 — BOOKINGS

Section and organizations wishing to book Building 21 on a casual basis are to contact the PhysEd Section local 148.

All requests for bookings are to include the time required for setting up and clean up.

It is imperative that personnel who have booked the main floor do NOT commence setting up, prior to the time of their booking, as the area may already be booked by another agency.

DND TENNIS COURT USAGE POLICY

Available usage by military, their dependants, and DND employees only.

11:30 to 1:30 are reserved for military personnel only.

Singles matches are allowed only when no one is waiting to play.

A maximum of one set, or 30 minutes, if people are waiting to play.

Failure to provide proper identification upon request shall result in removal from the courts.

NOON HOUR TENNIS LEAGUE BLDG 90 COURTS

Monday thru Friday, from approximately 11:30 to 1:30 p.m. at the Westwin Tennis Courts. Interested, phone local 511/514 for more information. Deadline for entries is 14 May 1982.

WESTWIN GYM FAMILY NIGHTS

As of 1 May 1982, Tuesday and Thursday Family Nights will cease for the duration of the summer months.



JUNIOR RANKS

Hello from the Red River Lounge at the Jr. Ranks Club. Well another good month of Entertainment has passed in the Mess.

On April 10 we had what looked like John Stachan's warm-up classes for circuit training. People were stride jumping, running and hopping all over the place. It looked like a lot of work but everyone agreed that it was a lot of fun.

"Shazam" was performing in the Mess on April 16 & 17. Unfortunately the turnout for this band wasn't that great and it's unfortunate because it was superb entertainment. They are a very talented group and lead singer Sari Featherstone is a great singer, not to mention looker. She sure knew how to get everyone involved. Some of the Members joined her in exercises during Olivia Newton John's "Physical" to the enjoyment of everyone watching. And there were a few lucky girls who had the song "Lady" by the Commodores sung to them by lead guitarist Tom Neilson. So if you didn't make it out to see Shazam you sure missed a very enjoyable time.

On April 25 John and "Mr. Bill" organized and held the Jr. Ranks Mess First Annual Invitational Car Rally. Ten cars participated in the course which took them all over the city. The winners were Brian Gartshore and Dave Misener from transport, placing first. Dave Hayward and Ron Osowski from 733 Comm. Sqnd. came in second with Dan Dailge and Colleen Gebhart from the Douglas Racing Team, BAMEO and Supply respectively, placing third. I'm sure everyone has heard the expression "hurry up and wait". In this case it applied to our last place team from Transport Charlie Poisson and Jeanette Landry. Not to worry though cause I've heard rumors that they're practising already for the next car rally.

This month we have a good line up of entertainment for all our Members. On May 01 Queen City Kids will be appearing so be ready to rock. Every Sunday in May, Rick Enns will be entertaining you from 8-12 on the "Bus". Mike Thayer will be playing every Wednesday in May. Knights of the Turntable will be here on May 7, 14, 28 & 29 of May. May 21 is Greaser Nite so dress up and come out and dance to the music of the 50's and 60's. We'll be having our first outdoor dance on May 22 and once again Rick Enns will be playing. Hopefully the weather will not let us down. Remember if you don't have a 404 for buses leave the "Little Bus" alone.

You may have noticed that the Video Games have been removed. Unfortunately there has been some damage done to these machines. These machines are put in the Mess for your enjoyment and not to be abused. Hopefully we will be getting them back soon so please play them but don't break them.

And finally the Jr. Ranks Mess Dart League held their Annual Dinner and Awards Nite, which as usual was a great success. Everyone had a great time and a special thanks goes to Des and his helpers for doing such a great job during the season. It's really appreciated. Congratulations to all the winners in the Dart League. They are:

WESTWIN POOL

July and August — Summer Schedule

CASUAL POOL TIMES

1:30 - 3:30 pm Monday thru Sunday
6:00 - 8:00 pm Monday thru Sunday

Swim Badges are Compulsory for Casual Swim
\$7.50 per person or \$25.00 per family
Swim Badges can be purchased through lifeguards

SUMMER SWIMMING LESSONS

1st Session	5 Jul to 16 Jul 82	(Mon - Fri)
0900 - 0945	Blue	
1000 - 1030	Red	
1045 - 1115	Orange/Yellow	
1120 - 1150	Moms, Dads & Tots	
2nd Session	19 Jul to 30 Jul 82	
0900 - 0945	Green	
1000 - 1030	Red	
1045 - 1115	Maroon	
1120 - 1150	Adult Learn to Swim (Beginners Only)	
3rd Session	2 Aug to 13 Aug 82	(Lessons will start that Holiday Mon)
0900 - 0945	Grey	
1000 - 1030	Maroon	
1045 - 1115	Orange/Yellow	
1120 - 1150	Moms, Dads & Tots	
4th Session	16 Aug to 27 Aug 82	
0900 - 0945	White	
1000 - 1030	Red	
1045 - 1115	Orange	
1120 - 1150	Adult Learn to Swim (Beginners Only)	

SWIM REGISTRATION PROCEDURES

Swim registration for each session will take place two weeks prior to that session during casual swim hours - FROM THE LIFEGUARD.

All swim classes are \$10.00 per student unless otherwise stated.

NOTE: All fees, hours and programmes are subject to change or be cancelled without notice.

FOR FURTHER INFORMATION PLEASE CALL
THE AQUATIC SUPERVISOR AT 832-1311 LOCAL 511

GOLDEYES SCUBA CLUB



The Goldeyes Scuba Club recently sponsored a Scuba Doo Social in which all attending had fun and some won valuable cash prizes. Our mid March Ice Dive at West Hawk Lake saw 34 divers dive below 30 inches of ice for 20 minutes.

We recently took part in the Great Canadian Underwater Backgammon Marathon to raise money for the Variety Club.

Now we are planning for a week of adventure training in Sept., but require more regular force members. At only \$25 per membership (\$12 goes to Manitoba Underwater Council) you are getting a good deal.

Contact the following for info.
CAPT McLeod 136
SGT Bennett 148

voxair
swings

does
your
section?

tell
voxair

1981-82 JR. RANKS MIXED DART LEAGUE WINNERS

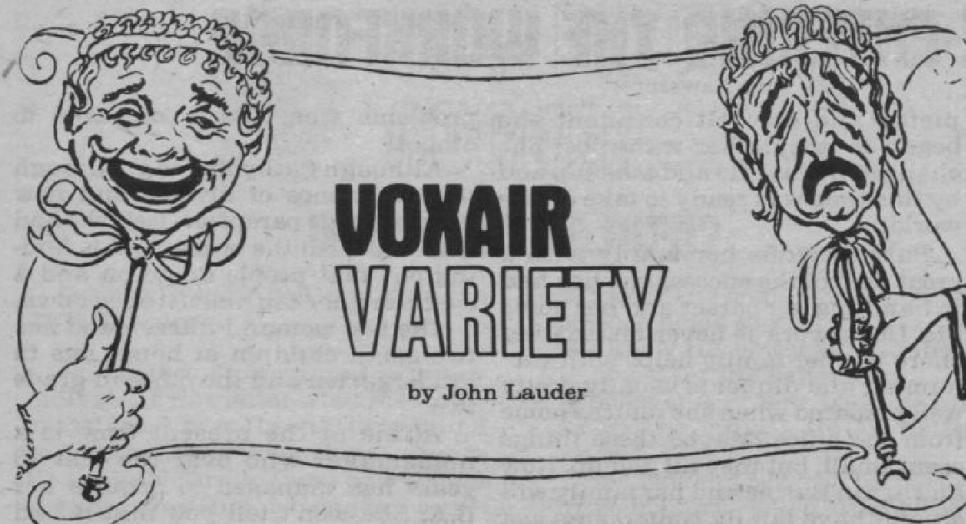
League Champs	Runners-Up	Play off Champs	Play off Runners Up
M. Campbell	W. Jarvis	D. Halsell	C. Harmer
C. Morgan	J. Ripley	T. Ketch	E. Berry
B. Smith	M. Harochaw	M. Barclay	J. Patton
D. Dotten	B. Patton	C. Welna	D. Campbell
B. Stowe	C. Crant	F. Mullen	D. Campbell

Perfect Score: 180 Mac Berry
Ladies High Score: 156 M. Harochaw
Ladies Singles: E. Berry
Mens High Score: 156 J. Steven

That's it for this month. Have a nice month and hope to see you in the Mess soon.

Mens Singles: B. Porter
Most Improved — Ladies: J. Patton
Most Improved — Mens: J. Jarvis

Signing Off
Cold Pizza



VOXAIR VARIETY

by John Lauder

Late April saw a great outburst of performing arts events in Winnipeg, with no less than seven stage productions running at one time, along with an opera, rock, jazz, and folk concerts. Feast then famine seems to be the motto of local producers.

The two biggies, both of which opened on April 24th, were *The Importance of Being Earnest*, Manitoba Theatre Centre's salute to spring, and *The Marriage of Figaro*, Mozart's comic opera.

Considered by many to be the comedic high-water mark of the 19th century, *The Importance of Being Earnest* is a play with much gay nonsensical charm. Written by the Irish born wit Oscar Wilde (or to give him his full name Oscar Fingal O'Flahertie Wills Wilde) it features a bunch of characters in a string of impossible situations.

One local critic complained that the acting should have been done with a lighter touch, but director Richard Ouzounian wisely chose to have it played straight. One writer has noted that this play is "uproarious, if - and only if - nothing about it and no one in it ever cracks a smile".

This play again shows that the idea of a resident acting company is a good one. To use the computer term, these actors can interface easily, as they have played together now for a couple of years. However, variety is still the spice, and two new gals in town, Maggie Askey and Eve Crawford, demonstrated that they could fit in nicely with the local gang.

Unfortunately Miss Askey accidentally broke her leg after the opening show, and has been replaced in the acting cast.

Possibly the most elegant set ever seen here was designed by Jack Timlock, while the costumes by Phillip Clarkson evoke ooohs and aahs from the female side of the audience. Fine lighting by Ron Kresky makes the whole production most stylish. As it runs until May 15th, go and enjoy.

The *Marriage of Figaro* also a comedy, also had beautiful sets and some fine singing and acting by the Company. The imported principal singers were fine, but although singing in English, the only one I could fully follow was Jake Gardner as the Count. Luckily the program gave us a story line, so it was possible to understand the plot without understanding the words.

Actually the story of this opera has more twists and turns that are made by the aerobatic team the Snowbirds in a one hour show, but after many switches it does have a happy ending. Next year the opera will present the classics Carmen, La Boheme and Othello, and is holding chorus auditions on May the 5th for these shows.

This week the Royal Winnipeg Ballet will present the world premiere of *Firebird*, to the music of Stravinsky with luscious costumes and choreography by Vicente Nebraska.

The Ballet is also planning auditions for the Junior and Senior Levels of the RWB School Profession Division for the 1982/83 school year, and the deadline is May 14th. Further information can be obtained by calling 956-0183

INTERNATIONAL MUSEUMS DAY

During the week of May 18th, many countries will focus on what is preserved in museums for present and future generations by celebrating International Museums Day. In Canada, some 1500 non-profit institutions display the country's cultural, historical, scientific, and technological heritage. The National Museums of Canada invites all Canadians to enjoy our treasures by visiting a museum or art gallery on International Museum Day.

In the past year, Canada's 50 leading museums provided over 11 million visitors with an opportunity to appreciate the marvels of nature, and the accomplishments of humankind. If you haven't been to a museum recently, the National Museums of Canada urges you to join the millions who have, by celebrating International Museums Day during the week of May 18.

The old, the new, the ingenious, the sublime — there's a description to suit each of the thousands of objects on display in Canada's public art galleries and museums. The National Museums of Canada encourages people to mark International Museums Day during the week of May 18 by visiting any one of Canada's 1500 heritage institutions, and enjoy our nation's treasures.

Time travel is as close as your nearest museum or art gallery. Step back or forward in time by viewing exhibits on the origins of the universe, the beginnings of the great movements in art, or the development of a new technology. The National Museums of Canada invites you to take a trip through time by marking International Museums Day during the week of May 18.

If you wish to have more information about the National Museums of Canada and their activities, please write to Information Services, National Museums of Canada, Ottawa K1A 0M8.

BXO COLUMN

Double The Difference!!!

At Canex we strive to give you best price in town. It isn't always easy but we do our best, and you can help us. We pledge, "that if any authorized patron purchases an article from the Canex retail Store and finds within a ten day period that identical item at a regular price which is lower in any Winnipeg retail store, we will cheerfully refund DOUBLE the price difference and reduce the price on the rest of our stock."

It is our policy to have the best all around prices in town, and we are confident that we do. We maintain copies of all catalogues in the store, to make sure that our prices are the best. We also do price comparisons in as many local stores as possible. However, we only have a small staff, so we are not infallible and this is where you can help us.

Every retailer has sale items and loss leaders to get you inside the door

- that's part of the retail business; we at Canex also do it, but we cannot take on all loss leaders in the city. However, how many will guarantee the lowest regular prices on all items in the store, and back it up by offering to refund double the difference?

If you can find a better offer than that anywhere in Winnipeg, I would like to hear about it.

We are confident enough to make that offer and to challenge or to prove us wrong. Why not drop in and take the Canex challenge?

Just a reminder that by the time you receive your Voxair we'll be in the middle of our National May Sale. You should have received a copy of our flyer; if you didn't give me a call at 580 and I'll see that you get one.

Watch for our Spring Sale flyer which is to be repeated in the Summer (27-31 May to be precise), because Winter came back when Spring was supposed to happen but didn't. If Winter returns this time we will substitute toboggans for the barbecues.

Don't forget your Bonus Bucks. Don't store them away in your wallet or glove compartment; they're no good there they provide an exceptional saving to you, but only if you use them in the retail store or service station. Next DOUBLE BONUS BUCK DAY is 19 MAY.



LCOL Taylor (centre) officially opens the newly renovated Alcoholism Rehabilitation Clinic by cutting a ribbon held by MAJ C. Littman, NDHQ DPM 5-2 and LCOL Barnes HQ Air Comd.

April 1982 Promotions

SIN NO	RANK	NAME	INIT	DATE	SECTION
To Captain	CAPT	ABBOTT	R.G.	01 APR 82	429 SQN
447 508 129	CAPT	ST ARNAULT	J.Y.M.	01 APR 82	429 SQN
230 053 399	CAPT	LACROIX	J.D.P.	01 APR 82	2 PPCLI
429 529 201	CAPT	GERVAIS	R.	01 APR 82	BCEO
243 270 196	CAPT	BLAKE	D.E.	02 APR 82	CFANS
To Lieutenant	LT	TOPHAM	M.B.F.	02 JAN 82	2 PPCLI
431 378 249	MWO	MONK	L.P.	01 FEB 82	AIRCOM
To Master Warrant Officer	MWO	MCEACHERN	P.R.	30 JAN 82	2 PPCLI
431 381 359	MWO	MACKAY	P.A.	27 FEB 82	2 PPCLI
707 974 564	NWO	PUGH	E.J.R.	18 JAN 82	STU WPG 6
430 289 413	WO	GRAY	T.F.	02 JAN 82	2 PPCLI
431 169 614	WO	BAILEY	P.E.	02 JAN 82	2 PPCLI
To Warrant Officer	WO	WICKERT	G.E.	31 MAR 82	BML
431 411 172	WO	LYLYK	W.	31 MAR 82	733 COMM SQN
104 426 317	WO/AL	TOPHAM	D.M.	02 JAN 82	2 PPCLI
600 491 005	WO/AL	RILES	S.C.	02 JAN 82	2 PPCLI
612 154 732	WO/AL	HALL	F.P.	05 MAR 82	AIRCOMD BAND
To Sergeant	SGT	EVANS	F.R.	04 MAR 82	BTNO
107 088 940	SGT	AUCOIN	J.L.	20 APR 82	1CEU
110 751 021	SGT	SILVER			
617 341 227	SGT	RILES			
616 638 649	SGT	HALL			
106 712 763	SGT	EVANS			
To Master Corporal/AP	SGT	AUCOIN			
237 472 923	MCPL/AP	BUTTERFIELD	C.J.	08 APR 82	2 PPCLI
461 687 691	MCPL/AP	KINGSHOTT	P.D.	08 MAR 82	2 PPCLI
112 645 262	MCPL/AP	SWANBURG	W.W.	08 APR 82	2 PPCLI
459 947 487	MCPL/AP	CAMPBELL	S.D.	09 APR 82	2 PPCLI
462 187 998	MCPL/AP	CHAN	T.J.	09 APR 82	2 PPCLI
454 084 384	MCPL/AP	CONWAY	M.J.	09 APR 82	2 PPCLI
452 429 517	MCPL/AP	DREW	K.G.	09 MAR 82	2 PPCLI
463 762 294	MCPL/AP	MACCARL	R.K.	09 APR 82	2 PPCLI
457 021 939	MCPL/AP	MCNICOL	J.G.	09 APR 82	2 PPCLI
113 809 321	MCPL/AP	SPENCE	J.R.	09 APR 82	2 PPCLI
720 216 928	MCPL/AP	STANDER	A.	09 APR 82	2 PPCLI
To Master Corporal/AL	MCPL/AP	MAIER	W.E.	02 APR 82	BAMEO
612 099 945	MCPL/AP	COOMBS	C.A.	19 MAR 82	CFTSD
114 400 104	MCPL/AP	ROBAR	A.H.	17 APR 82	CFRC
115 413 726	CPL	MARSHALL	M.J.L.	24 MAR 82	BAMEO
To Corporal	CPL	HACHE	J.E.	15 APR 82	2 PPCLI
456 020 742	CPL	COOKE	P.M.	13 APR 82	2 PPCLI
116 453 085	CPL/AL	WALL	G.A.	02 APR 82	BCOMPT
113 598 460	CPL/AL	MCCARTHY	H.R.	24 MAR 82	BSECURU
To Corporal/AL	CPL/AL				
626 028 237					
113 368 054					

LETTER TO THE WOMENS EDITOR

Dear Mrs. Lawrence:

I didn't find a designated Women's page in the Voxair this week. However I assume page 8 is your contribution. If it is, I particularly like the interesting article on the Salvation Army.

You did a super job in the last two Voxairs, and I am looking forward to more.

Please keep it up.

Your faithful reader,
Lydia Giles

Dear Lydia:

Thank you so much for your letter of April 28. Even though I cannot take the credit for the Salvation Army article I was pleased to find you enjoyed it.

As your letter mentioned there was no specific article in the last Voxair, the reason for this being that I had been away on sick leave and found I slipped behind.

Please be assured I am back on track and hope you find this week's article interesting and informative as you have the others.

Your letters give me a real sense of encouragement.

Thanks again.

Jane



About nutrition

By M.A. (Vic) Amer, Ph.D.

What about polyunsaturates?

Unfortunately, much of the average consumer's nutrition knowledge is derived from advertisements placed by companies who wish us to buy their products. It is true that the Federal government (Consumer and Corporate Affairs, Canada) has regulations which strictly specify what nutritional claims may be made for a product. In the case of television or radio, food and drug advertising must be okayed in advance and assigned a clearance number before a station can run it. Threat of penalties discourages false claims made in print media.

So far, so good! Unfortunately what is technically correct, and perhaps for that reason permissible, can also be misleading. The penchant of margarine promoters for featuring "diet" in their advertising leads many consumers (and even a number of health professionals) to associate margarine with weight-loss programs. Margarine is 80 per cent fat and has the same number of calories, ounce for ounce, as does butter. Note that margarine ads do not claim otherwise. Nevertheless, over the years, the impression has been created that margarine helps one lose weight. It simply isn't so!

Some margarines are advertised as being "high in polyunsaturates". Such claims are valid or would otherwise not be allowed. The advantages of the "polyunsaturated" content of

margarine are less clear and not universally conceded.

There is a general agreement among food scientists that the only one of a number of "polyunsaturates" with potential therapeutic value is linoleic acid, a substance which regulates the levels of cholesterol in our system.

The flaw in the arguments which favour "polyunsaturates" is that the average Canadian consumes approximately four times as much linoleic acid as is required. Substituting "polyunsaturates" in the diets of normal, healthy people is a fruitless exercise if the aim is to increase linoleic acid intake. You are already getting much more linoleic acid than your system can use. There is not one recorded case of linoleic acid deficiency in Canada.

Unless you have an unusual and specific problem which requires that you consume particularly large quantities of linoleic acid, the purchase of foods "high in polyunsaturates" is unnecessary. If you have reason to believe that you have a special problem which can benefit from dietary manipulation, consult your physician.

Dr. Amer is a Canadian food scientist who has been associated with the design of product formulation for both normal and specialized consumption.

Westwin Community Council

BINGO

EVERY WEDNESDAY - 2000 HRS. (8 P.M.)

16 Games at \$30.00 Each

3 Jackpots with Consolation Prizes

Building 21 CFB Winnipeg (North)
(ENTER BASE AT SHARPE BLVD.)

Free Entry

Cards .50¢ Ea.

NEW CARDS - NEW GAMES

SNACK BAR

REFRESHMENTS AVAILABLE

Man. Lic. #5594-5595

Voxair WOMEN RE-ENTERING THE WORKFORCE

(by Jane Lawrence)

pleted and she felt confident she began to update her wardrobe. She changed her hairdo and makeup and by this time was ready to take on the world!

Barbie credits her family with a great deal of the success she has had in handling her career and her home life. Housework is never an exciting chore but her family helps with vacuuming and dinner is usually pretty well prepared when she returns home from the office. Maybe these things seem small, but they all add up. Now and again Barbie and her family will sit and have family conferences just to catch up on what each other is doing. She feels this is most important because you cannot lose touch with your family or the family starts to grow apart.

After being out of the workforce 14½ years Barbie feels that if you want to go back to work, don't be afraid to try, you never know what you can do until you put your mind to it.

As previously mentioned I spoke to three women from different walks of life to try and get a true balance as to their reasons for returning to work.

The second lady I spoke to is a 37 year old single parent of 2. Cathy had been married to a serviceman 10 years and even though both worked at it, the marriage ended in divorce. Here is a single mother out of work 10 years and suddenly she is separated with a family to support. What is she going to do?

Cathy had previous secretarial experience and this helped her in obtaining her present position. Her ex-husband does give her support for the children and Cathy actually has a very good outlook on life. She told me it is a struggle at times but she has realized more self worth as a working girl than ever before as a housewife.

Cathy feels her children are growing from her experience because they are learning responsibility they may not have had with her being home. Why, she even told me her ten year old makes her tea when she arrives home from work!

An important factor in this lady's life is Parents Without Partners. If she gets really depressed and down she calls someone and they make her

problems seem small compared to others.

Although Cathy had to go through the experience of divorce and now being a single parent she feels she had matured from the ordeal and is finding out that people do go on and a single mother can make it on her own.

The last woman I interviewed has two small children at home, one in kindergarten and the other in grade two.

Annie at the present time is a homemaker who over the last 13 years has managed to acquire her B.A. She won't tell you that it had been easy but when she started out she had no real plans of coming as far as she has.

Annie had some previous teaching experience but since returning to university she is only working two to three days a week as a substitute teacher. Actually this is working to her advantage because teaching at the different schools she is finding out which one she would like to call her "own". She enjoys "subbing" but the only disadvantage is that the money is not very good.

The reason she has returned to the work force is that she needed something to stimulate her life while she was at home waiting for her children to get old enough to enter school. From her efforts some of her accomplishments are attaining her permanent teaching certificate, her Bachelor of Religious Education and as previously mentioned a B.A.

Her family has accepted her return to work well and Annie gives a lot of the credit to a good babysitter as well as a number of family and friends who encouraged her to carry on with her studies. She says her children are with the sitter about twenty minutes in the morning and possibly less in the afternoon.

Annie is an all around well adjusted homemaker, mother and now teacher. I asked her what future goals she has and eventually she would like to go into principalship and maybe even get her Masters in Administration.

In closing, I hope this article is of some benefit to the ladies out there who are considering returning to the work force. Good luck to all of you and remember you don't know what you can do until you try!

BREAKFAST BRAN THREE WAYS

Most people know that eating bran cereal daily provides healthful dietary fibre, but who would think it could be used in a variety of ways? Here are three suggestions for a start: in the regular way with milk for breakfast; delicious Apple Bread, or Breakfast Bran Cakes. These breakfast choices offer a sturdy, filling way to begin a wintry day.

Some authorities believe that insufficient food fibre contributes to the prevalence of some diseases common to the Western hemisphere. With a complete morning meal such as bran cereal, milk, fruit or juice and toast with spread, the bran cereal provides the extra benefit of fibre, a roughage which helps the digestive system to regulate itself.

For a more leisurely weekend breakfast or brunch, try delicious Apple Bread or Bran Cakes. The bran cereal adds a robust, nutty flavour and natural, grain-like texture. Bran Cakes, made with Kellogg's All-Bran cereal, are just as good and healthy, and taste a little like buckwheat.

These are a few ways that bran cereal can be used to boost fibre intake. Bran cereal is great for breakfast, but you can get your food fibre from bran cereal any other time of the day.

Breakfast Bran Cakes

375 mL (1½ cups) all purpose flour
15 mL (3 tsp) baking powder
3 mL (¾ tsp) salt

30 mL (2 tbsp) sugar
1 egg
500 mL (2 cups) milk
5 mL (1 tsp) grated orange rind
250 mL (1 cup) Kellogg's All-Bran or Bran Buds

1. Stir together flour, baking powder, salt and sugar. Set aside.
 2. In a large bowl, beat egg until foamy. Stir in milk, orange rind and bran cereal. Let stand 1-2 minutes, until cereal is softened.
 3. Add dry ingredients and stir until moistened.
 4. Cook pancakes on a lightly oiled, preheated griddle, turning once to brown both sides.
- Serve immediately with Orange Syrup.

Orange Syrup

250 mL (1 cup) sugar
pinch
5 mL (1 tsp) grated orange rind
10 mL (2 tsp) cornstarch
125 mL (½ cup) orange juice
50 mL (¼ cup) butter or margarine

1 orange, peeled and divided into sections

1. In a saucepan combine sugar, salt, orange rind and cornstarch. Gradually add orange juice stirring constantly. Add butter and bring to a boil. Cook syrup until thick and clear. Remove from heat and stir in orange sections.



SKY PILOTS CORNER

WHO SAID HE DIED?

God is alive and well and living in CFB Winnipeg!

No, He is not confused with any individual, no matter what his status or stature. Nor is He only to be found in the chapel of your choice. Nor is He available just to those who openly acknowledge Him. No one has a corner on the reality market.

He is, however, very much around. The marks of His passing by are left in the lives of people and our awareness is quickened.

- He's active when one person helps another in a constructive, creative way.
- We see the sign of His presence in the work of the chapel choirs ... in the happy smiles of the kids in the Sunday School ... in the devotion of some of our people, in public or in private.
- We hear the echo of His majesty in some of the music we hear in the halls.
- We hear His chuckle whenever evil is laughted away.
- We hear His sigh whenever evil controls the day.

ANTI-INFLUENZA TRAILS PRIZE MONEY AWARDS

CFB Winnipeg personnel during this past winter/spring, participated in Anti-influenza trials. The trial was conducted at the Base Hospital, CFB Winnipeg, under the direction of Dr. Aoki, Consultant in Infectious Diseases of the Health Science Centre. The purpose of the trial is to evaluate which of two preparations, an anti-influenza vaccine or the tablet Amantadine is more effective in warding off influenza.

In gratitude for those who participated in the trial, the director of the trial has provided \$1,000.00 to be awarded as prizes. The Base Hospital was instructed to hold a raffle and award \$100.00 prizes to 10 participants of the trial. To comply with the instructions, a draw was held at the Base Commander's office on the 19 April, 1982. COL Smith drew the following names — Mrs. L. Colbert BTNO, CAPT Letts Air Comm H.Q., CAPT Williamson RRS (PRA), CAPT R. Stephens Air Commd H.Q., SGT J. Lawrence BHOSP, SGT Stenger BSUP, SGT Chapman BAMEO, SGT Masiuk CFSMET, MCPL Keelan RSS (PRA), and MCPL Steples BSUPO.

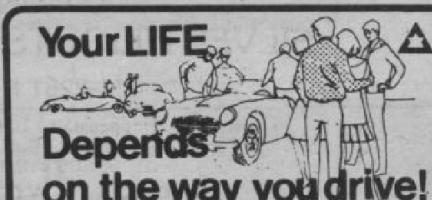
Dr. Aoki takes this opportunity to thank all the volunteers who participated in this trial for their contribution to this important and worthy project.

HUMAN RIGHTS SETTLEMENT

FORMER GENERAL SERVICES (GS) EMPLOYEES

As a result of a recent Canadian Human Rights Commission decision, it was determined that certain General Services (GS) employees were not receiving equal pay for work of equal value. As a result, equalization adjustments are being made to all eligible employees.

This settlement also applies to former GS-FOS and GS-MPS employees of the Department of National Defense who worked during any of the period 15 November 1978 to 21 December 1980. If you fall into this category or if you know someone else who may, please contact the Base Civilian Personnel Office at 832-1311 local 421 or 495 to find out how to apply for this settlement. Applications from former employees must be received in the Base Civilian Personnel Office by 30 September 1982 to ensure payment.



THE THRIFT SHOP

—We're Open—

Tues - 7:00-9:00

Wed - 6:30-8:30

Thurs - 1:30-3:30

Sat - 1st Sat of the month

Winter Clothing, Toys, Small Appliances, Lamps, Etc., Bring them in - we'll sell them.

FOR MORE INFO CALL BARB WHALEN 889-6788

CHAPEL SERVICES ROMAN CATHOLIC

Our Lady of The Airways (N)

Masses:

Sunday: 7:00 on Saturday
11:00 on Sunday

Masses

Daily:

4:45 Tuesday & Thursday
10:00 Wednesday & Friday

Confession:

Before and after each mass on request.
A vant et après chaque messe, et sur demande.

C.W.L.:

Meetings every 2nd Monday of the Month.

Sunday School:

Every Sunday from October to June, for Grades 1-9 inclusive at the Air Nav School from 9:45 to 10:30.

Baptism:

On request. Give us a "One Month Notice".

Choir:

Every Thursday evening at 7:00
Tous les jeudi soirs — 7:00.

Marriage:

It is absolutely necessary to give us a "Three Month Notice" and to follow a course of preparation.

Nous exigeons de connître vos intentions au moins 3 mois avant le mariage. Un cours de préparation est nécessaire aussi.

St. George's Chapel (S)

Masses:

Sunday: 11:00
Daily: Thursday at 7:00 p.m.
Friday at 9:30 a.m.

Baptism:

On request. Give us a "One Month Notice."

Marriage:

It is absolutely necessary to give a "Three Month Notice" and to follow a course of preparation.

To contact a Chaplain
Just ask our Switchboard Operators

PROTESTANT CHAPEL SERVICES

Chapel of the Good Shepherd (N)

Church Service:

11:00 on Sunday

Sunday School:

11:00 on Sunday

Chapel Groups:

Baptisms and Weddings as arranged.

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To contact a Chapel
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ALCOHOLISM REHABILITATION CLINIC

(PRAIRIE REGION)

A ribbon cutting ceremony was held recently at CFB Winnipeg to celebrate the opening of the renovated Alcoholism Rehabilitation Clinic (Prairie Region), ARC(PRA) Treatment Clinic.

Officiating at the ceremony were LCOL Taylor, Acting BCOMD, CFB Winnipeg; LCOL Barne's representing COMD SURG, Air Comamnd; and MAJ Littman, NDHQ DPM 5-2, Ottawa.

Also in attendance were LCOL Baker BADMO, MAJ Sparanese BSURG, MAJ Gagnon BCHAP (RC), MAJ Smallman (Former BSURG) and MAJ Jamieson Air Command Drug Education Co-ordinator, the latter two were very instrumental behind the formation of this clinic.

The clinic was originally formed under the name Alcare and began alcoholism treatment in January 1978, with a staff of two full time and 17 part-time members. At that time only personnel from the immediate Winnipeg area were treated.

By mid 1978, personnel from CFB Portage La Prairie, CFS Beausejour, Gypsumville and Sioux Lookout were also being accepted into treatment. By the end of the year, personnel from as far away as CFB Moose Jaw had attended the Clinic.

In the spring of 1980, NDHQ officially authorized the establishment of five clinics in Canada and one clinic in Europe. The clinics are located at CFB Halifax, CFB Valcar-

tier, CFB Kingston, CFB Winnipeg, CFB Esquimalt and CFB Lahr. The name of the clinics were also changed at this time from Alcare to Alcoholism Rehabilitation Clinics (ARC). Each clinic has a regional responsibility. The clinic located at CFB Winnipeg, whose complete title is Alcoholism Rehabilitation Clinic Prairie ARC (PRA) is responsible for all stations and bases between CFS Sioux Lookout in the east to the Rocky Mountains in the west.

ARC (PRA) when fully manned will have seven staff members. At the present time the clinic employs five personnel, however it is anticipated that the two remaining positions will be filled during this posting year. All staff members of the treatment team are professionally capable and have received extensive training in counselling and alcoholism treatment, such as the U.S. Navy's Alcoholism Treatment Specialist (ATS) School course in San Diego, California. LT St. Laurent, the clinic's Social Welfare Officer holds a masters degree in social work and will also attend the ATS course in San Diego. His 2½ years in a civilian clinic in Nova Scotia, will make him a valued asset to this clinic. All staff members are required to attend at least one professional development course per year.

The ARC (PRA) treatment program is an intensive 28 day in-patient program followed by a 12 months period of treatment as an out-patient at their home base. During the 28 day phase the member is exposed to a comprehensive program which is geared to helping them reorient their life style to overcome a dependency on alcohol. During 1982, nine rehabilitation programs are scheduled and it is anticipated that 108 clients will be treated. A maximum of 12 clients can be treated on each program.

The newly renovated facilities, consisting of a group therapy room, recreation room, lounge, case discussions rooms and offices were designed and constructed by the Base CE section and are considered among the best in the Canadian Forces.

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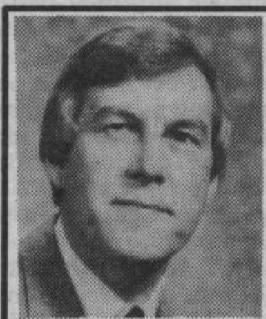
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