



Free

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CFB/BFC Winnipeg

10 October 1990

14 Training Group Disbandment Ceremonies

On 1 August 1990, a Flag Lowering Ceremony was held on the tarmac in front of 11 Hangar at CFB Winnipeg to mark the close out of 14 Training Group.

Following World War II, Canada undertook to train North Atlantic Treaty Organization aircrew personnel. This agreement required the reactivation of some training facilities in the Prairie Provinces, and on 1 August 1951, No. 14 (Training) Group was formed to administer these facilities. The Group performed its role with distinction for eight years until it was absorbed into the Royal Canadian Air Force Training Command in 1959 when that command moved to Winnipeg. This Command was later succeeded by the Canadian Forces Training Command, which, in turn, was disbanded and transferred many Air Force training tasks to Air Command on its formation in 1975.

On 17 February 1981, the Minister of National Defence announced the formation of 14 Training Group to train specified air operations branch personnel to initial trades/classification standards and conduct other training functions as directed by Commander Air Command.

An Inauguration Parade was held on 1 August 1981 and the

Group has carried out the function of "training Canada's Air Force" with distinction for the past nine years.

Early in 1990 the decision was made to disband 14 Training Group and form a new Chief of Staff Personnel & Training Branch at Air Command Headquarters. This Branch will take over the training functions performed by 14 Training Group in addition to other functions already being handled by staff at Air Command.

Brigadier-General D.N. Kinsman, CD, the last Commander of 14 Training Group presented the 14 Training Group flag to Lieutenant-General F.R. Sutherland, CMM, CD, Commander Air Command during the Flag Lowering Ceremony on 1 August 1990.

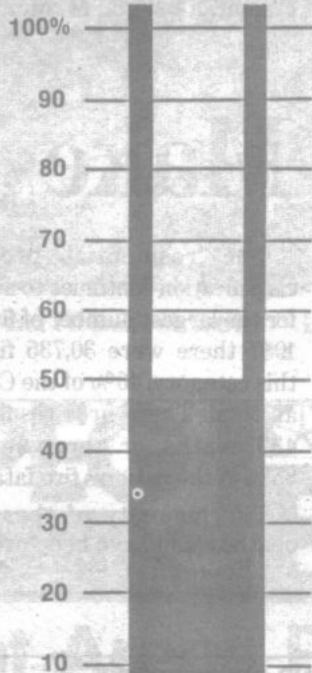
Prior to presentation of the flag to the Commander Air Command, Lieutenant-General Sutherland and Brigadier-General Kinsman addressed the parade. Brigadier-General Kinsman was posted to Aircom as COS Ops and Brigadier-General C.R. Thibault, former Base Commander at CFB Moose Jaw, has been appointed Chief of Staff Personnel & Training at Aircom.



14 Trg Gp flag being presented to LGen F.R. Sutherland, CMM, CD, Comd AirCom by BGen D.N. Kinsman.

FIRE Prevention Week

Oct. 7-13, 1990



OUR GOAL

\$ 55,000



United Way

as of 5 Oct. 90



Harry Sweeney

music reviews and syndicated columnist

Judds Build a Bridge

In their latest album, "Love Can Build A Bridge" (BMG) the mother/daughter duet of The Judds have built a solid hit foundation based on the nine track outing that builds bridges between many facets of music. The kick-off track, "Born To Be Blue" has already broken top-20 country and the bluesy riffs could see the duo have spill-over sales onto pop listings. Although the 'born' track was quick off the mark the actual blockbuster here is "Calling In The Wind". This track, with its haunting guitar work interwoven through a top-flight lyric line, has the potential to be an out-of-the-box smash.

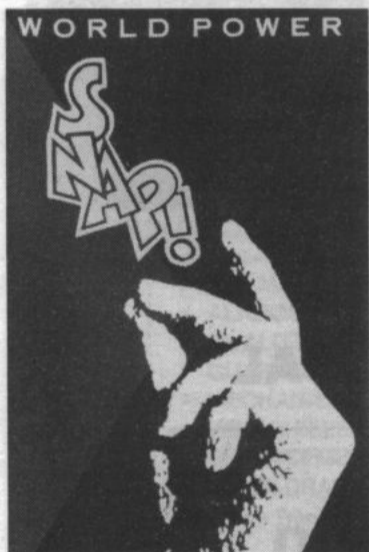


The Judds

Naomi displays her writing ability here as she co-wrote the bluesy "Rompin' Stompin' Blues", the country/pop outing "This Country's Rockin'" and joined John Jarvis and Paul Overstreet on the title track. Strong hit potential on "Love Can Build A

Bridge" and Thom Schuyler's "Are The Roses Not Blooming". The duet have pulled down a solid string of gold and platinum releases and the vocal and instrumental strength of this outing will bring more precious metal awards.

Snap The Power



I guess the best way to describe SNAP's North Ameri-

can success would be 'overnight sensation'. A few months ago I doubt that anyone but the true sound merchants had heard of them. Today, you'd be hard pressed to find anyone who hasn't heard of them. SNAP's "World Power" (Arista) vaulted out of the starting blocks and blew into the best seller listings as their single "The Power" pulled down top ten status.

With their follow-up single "Oops Up" already moving into the spotlight and tracks like "Cult of Snap", "I'm Gonna Get You" and "Mary Had A Little Boy" waiting in the wings, it is almost definite that they will pull platinum on this release. Set grooves from the beginning (Power) to end (Blase Blase). Snap it up!

Ask the Boss



Col. H.C. Armstrong
Base Commander

Have you a question or comment about the way we do business at CFB Winnipeg? Maybe you have a suggestion that would make things work better. If so, why not let me know about it?

You can do so either by writing to me, care of VOXAIR, or by calling 889-3963 and leaving a message. If you leave your name and number your call will be answered individually. Questions of particular or Basewide interest will be answered in this column.

I'd like to hear your input on Base matters, the ones I can do something about. This column is not meant to replace the well established procedures which address career matters or to short circuit the chain of command to higher headquarters. Rather, it is your opportunity to communicate directly with me. Call or write today if you think you have an idea which will improve our quality of life at CFB Winnipeg.

Canadian Forces Europe to Reduce Personnel

OTTAWA — The Minister of National Defence, the Honourable Bill McKnight, announced today that military personnel stationed in Canadian Forces Europe (CFE) will be reduced by approximately 1,400 in 1991.

"These are budget driven reductions. We are able to make them because threat levels are no longer what they were in Europe," said Mr. McKnight. "There

will be no change in our role in NATO as a result, and our personnel strength in Europe will remain well above what we had in the mid-1980s."

The withdrawn military personnel will be absorbed into bases across Canada, and reduced recruitment demands will allow for a natural adjustment in overall strength.

The operational impact of the reduction at CFE will be minimal, given the change in the security situation in Europe.

Canada is just one of several countries to announce reductions in forces stationed in Europe. Gen. John de Chastelain, Chief of the Defence Staff, has informed Canada's NATO allies of the reduction in Canadian Forces troops at CFE.

Réduction du personnel des Forces canadiennes en Europe

OTTAWA — Le ministre de la Défense nationale, l'honorable Bill McKnight, a annoncé aujourd'hui que l'effectif militaire des Forces canadiennes en Europe (FCE) sera réduit d'environ 1 400 personnes au cours de 1991.

"Il s'agit de réductions découlant du budget. Nous sommes en mesure de les effectuer car les niveaux de menace en Europe ne sont plus ce qu'ils étaient, a indiqué M. McKnight.

Notre rôle auprès de l'OTAN demeure inchangé, notre effectif en Europe reste bien supérieur à ce qu'il était au milieu des années 80."

Le personnel militaire rapatrié sera réparti dans les diverses bases du Canada, et des réductions au niveau du recrutement entraîneront un réajustement naturel des effectifs.

Les répercussions opérationnelles de la réduction au sein des

FCE seront minimales, étant donné que la situation, sur le plan de la sécurité, n'est plus la même en Europe.

Le Canada n'est que l'un de plusieurs autres pays à avoir annoncé des réductions de leurs forces en Europe. Le général John de Chastelain, Chef d'état-major de la Défense, a informé les alliés du Canada au sein de l'OTAN de cette réduction des troupes canadiennes en Europe.

Make Your Place Firesafe

The "residential" property classification continues to account for the largest number of fires. In 1987 there were 30,735 fires in this category, 46% of the Canadian total. These fires resulted in 439 deaths, or approximately 85% of the nation's fire fatalities.

The majority of these fire deaths could have been prevented

by changing risky behaviours and by identifying and removing home fire hazards.

We are dying in fires that occur in places we feel the safest. We need to look around these familiar surroundings and see the dangers that lurk there.

We can protect ourselves if we identify and remove home fire hazards before they start a fire.

This year's Fire Prevention Week theme is "Make Your Place Firesafe". Hunt for home hazards. We hope it will be an inspiration to everyone to lower the risk of having a fire in their home.

This year Fire Prevention Week will be observed from 7-13 October. These statistics were taken from the 1987 annual report for fire losses in Canada.

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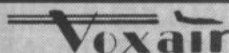
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News From 402 Squadron

September has been quite a hectic month for 402 Squadron personnel. Both Technical and General Military Training have commenced. Also in September the fourth course of basic knowledge of the CT 142 was given to five CFANS instructors, bringing the total to twenty students. On 6 September, air to air photos were taken of the DASH 8. One of these photos will soon adorn every desk on base as the cover of the CFB Winnipeg Phone Directory.

I understand that while I was freezing at the Terry Fox Run waterpoint on Sun, 16 September, members of the Squadron and 402 Pipes and Drums band participated in the Battle of Britain parade. 402 Squadron was also included in the air as part of the flypast.

As the commissionaires at Whytefold Gate will attest to

402 Squadron had a "different" type of visitor on 23 September. Bubbles and Bellini arrived at 1145 hrs complete with decorated "clown car" and entertained young and old alike with their humorous routine. All this was in conjunction with Squadron Family Day, which also consisted of familiarization flights for Squadron family members, a static display graciously manned by none other than Capt Richard MacKinnon from CFANS, a BBQ, children's games and prizes, and of course the traditional Officers/Sr NCOs vs Jr NCOs baseball game. The final score of the game is still in dispute, however, rumour has it that the "old guys" fought a courageous battle only to be edged out in the bottom of the ninth.

The 402 Sqn Bears hockey team will hit the ice for their first



practice on 3 October. Go Bears Go!

All pilots take notice!!! There is no longer any reason for late takeoffs! I have heard from a highly credible source that a certain 402 Sqn pilot, who for reason of my health shall remain nameless, managed to cut his head during the walkaround, go to the CFB Cold Lake Base Hospital, receive four stitches and still make original take-off time. KUDOS mystery man!

Last but not least, 402 Sqn personnel recently combined resources to the tune of \$200 to buy 649 tickets. The reward — 1 free ticket.

402 Sqn Pipe Band Performs in Colorado

On September 8 - 9, 1990, the 402 Squadron's Pipes and Drums had the honour of performing at the Long Peak Highland Festival in Estes Park, Colorado.

An estimated 15,000 to 20,000 people took in the Festival Games in the park, which is nestled in a beautiful picturesque setting high in the mountains northwest of Denver, Colorado. In addition to performing numerous times for the appreciative audiences at the park, they also participated in the street parade through downtown Estes Park. The parade was led by a Canadian Color Party from Colorado Springs consisting of the three branches of the services and carrying the Canadian, American and NORAD flags. Major-General Patrick, Director Combat Operations Staff, Norad

Region Headquarters, and Lt. Col. B. Patrick, Commanding Officer of 402 Squadron were also honoured guests in the parade and at the Festival Games.

In addition to the 402 Squadron Band, the Festival also featured many prominent bands, most notably, the Black Watch Highland Regiment Pipe Band from Scotland, and the City of Victoria Pipe Band.

Over the weekend, the 402 Squadron Band was featured in several Festival performances, as well as in the Massed Band performances at the end of each day. They returned to Winnipeg on Monday September 10th, on the CC-142 (DASH-8), tired but pleased with their performances and the weekend's events.

MWO Neil Barbour



Gonzo in the sky over Manitoba.

Photo Credit — Mcpl J.P. Forget



It's tough playing these things at this altitude.

Photo Credit — Cpl Tim Rhind



402 Sq. Pipes, Drums & Dancer — Estes Park.

Photo Credit — Cpl T. Rhind



Follow me and I'll lead you astray — D/M C. COOKE

Photo Credit — Cpl T. Rhind

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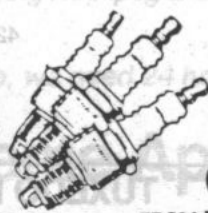
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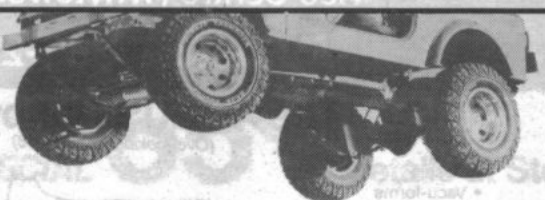
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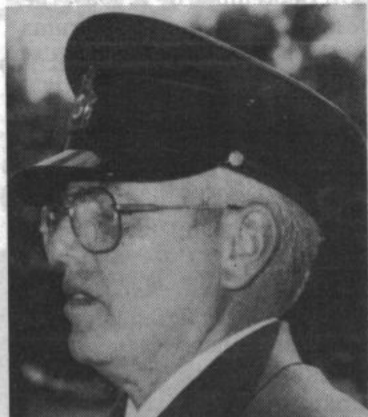
19⁹⁵



BAMEO Awards



MWO Schneider received his CD2.



WO Hooley received his CD2.



Sgt Ferguson received his CD2.



MCpl Boutin received his CD.



Cpl Gregory received his CD.

CF Unit Commendation HMCS Provider

The CDS has approved the award of the Canadian Forces Unit Commendation to HMCS Provider for the rescue, on 19 Jun 90, of ninety Vietnamese who were found adrift in a boat in the South China Sea without food, water or power. The ingenuity and initiative displayed by the ship's company, as well as their exceptional outpouring of

generosity and humanitarian assistance, saved the lives of eighty-eight Vietnamese and have brought great credit to Canada and the CF.

Le CEMD a approuvé l'octroi de la mention élogieuse à l'intention des unités des Forces Canadiennes au NCSM Provider pour le sauvetage, 19 juin 1990, de quatre-vingt-dix vietnamiens qui

furent trouvés dans un bateau à la dérive dans le sud de la mer de Chine sans nourriture, eau ou moyen de propulsion. L'ingéniosité et l'initiative dont a fait preuve l'équipage, ainsi que l'effusion de générosité et l'aide humanitaire ont sauvé la vie de quatre-vingt-huit vietnamiens et ont fait grand honneur au Canada et aux FC.

Strong Performance of CFB Winnipeg at the Bureaucratic Olympics

On 21 September the 6th annual BUREAUCRATIC OLYMPICS were held at the University of Winnipeg Athletic Centre to launch the 1990 United Way Campaign. The event was designed to provide the participants with an opportunity to display their "athletic abilities" while working for a good cause. The Air Command Band provided the music while members from the Language Training Centre helped with the conduct of the event. A team from the Base coached by LCol Watt, and sporting such athletes

as LCol Meindl and Peart, Maj Vezina and Capt Griechen brilliantly represented the military in such demanding events as paper aircraft "manufacturing" and waste paper "disposing". These photos illustrate a group of dedicated, hard working officers, going for the gold...

On a more serious note, there are only 12 days left to make your contribution to the campaign (until 22 Oct). Please support this most worthy cause. See your canvasser.



The team eager to begin the competition...



At least one team member was working hard.

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If you find mistakes in this publication, please realize that they are there for a purpose. We try to publish something for everyone, and some people are always looking for mistakes!



Family Support Centre Activities

Carol L. Barton, Director

As I mentioned the last time I wrote for the Voxair, the Family Support Centre relies heavily on its volunteers. I would like you to get to know these people who dedicate so much of their time and energy.

First I would like to introduce you to Gloria Hogan. She has written a short article to tell us about herself and her family.

"My name is Gloria. I am a wife and mother to a family of three children and a husband. My husband is like yours — he quite often disappears for months at a time! My children are Nicholas who is 9, Larissa 5, and Lundi 2. The best way to describe our family is — NEVER a dull moment!

Not only am I a mom, I am also a Sparks leader to 10 little girls. Sparks is once a week. I also help out at the Family Support Centre and St. Andrew's Women's Centre.

We have been in Winnipeg almost 4 years! This is the longest we have been anywhere in nine years! We've been from my home in Fredericton, NB, to Alberta, to Borden, Petawawa, North site PMQ and now, South site PMQ. I had one child born in Oromocoto, one born in Cold Lake, and one in Winnipeg.

I am sitting here now in what seems like "semi" controlled chaos. I have a couple of thoughts about the Family Support Centre. Right now I am amidst the afterschool chatter and "who did what to whom". To think of the Family Support Centre the word sanctuary comes to mind. A couple of times a week I feel like a person again — not a mom, not a wife, not the "peace maker". It seems that these days, when you say you are a wife and mother, it makes you unimportant and less of a person, especially in comparison to that sweet young thing out there and that lady next door

with the fabulous job. At times like this I think about finding the Centre (although it was never lost! I, like many, didn't always read all those flyers and junk and didn't know it existed. And I guess just from reading the Heading, I thought support centre meant support as in needing help.

I think of our Centre — yours and mine — as a place to be me, just Gloria: not Cpl Hogan's wife, or Nick, Larissa and Lundi's mom or even housewife. And surely not Gloria Dependent. But just Gloria!

I am Gloria, who while making new friends, found out I am quite special on my own. That may sound a bit arrogant but really it's not. I guess most of us who don't get paid much, if any, recognition for our long hours and dedication, forget that we are just as fun and interesting as the next gal! We may not have time to be chic or in fashion but we work just as much!

I go to the Centre for a coffee or two, with my youngest Lundi. He's two now and quite a handful! Out there are toys for him and he seems to keep himself busy without me (although I am only downstairs).

With just a coffee and a smiling face, the Director, Carol is fantastic. I have made many new friends who turned out to be my neighbours! I also found out that I am not so dull after all! I have discovered that I have a few hidden talents. On October 29, I will be showing a few of my friends (and hopefully newcomers) how to make their own jewellery (and maybe a little money). Also I am the co-ordinator of the Thrift Shop. The Thrift Shop is supported and will be run by volunteers. Given how fast children grow and the high cost of everything, the support has been great! We will soon have this program started.

Also, on October 20th we are having a fantastic Bus Tour, suited for anyone looking for a good time. That same day will also be special for the kids. While we adults are enjoying a great day and getting a better look at the city, the kids are also having fun! For a small fee they will be treat-

ed to a Halloween Party, games, fun, food, etc.

Also beginning in November, the FSC is beginning a 6 week After School Arts and Crafts Program for 6-9 year olds.

As you can see, there are many great things going on every day. These are only a couple that I am involved in. Me! A person I thought was uninteresting and untrained.

I guess the whole thing I am trying to say here is, this is a place for US! The military family. There's always something going on even if it's just a quick coffee and a friendly face that you want to see. There's always a pot on and someone who cares. You can join in or help or make suggestions for programs. Believe me — it can be done, Carol will help your idea come to light! (I call her our little super woman — someone who is on our side.)

I hope this has given you all a better idea of what your Family Support Centre is. And remember that it's your place. And, if you do need help you are sure to find it there!"

I would also like to mention that Gloria is a great supportive force to the Family Support Centre. I enjoy her humour, her ideas and her energy. I am happy to have her as my new friend.

I don't think I would have been able to learn so quickly about the philosophy and goals of the Family Support Centre if it were not for Deborah Zanke. I spent the afternoon with Deborah today and I've got to tell you, this woman has got to be one of the brightest and most humorous people I have ever met. I really look forward to working with her in the future.

WELCOME PACKAGE COORDINATOR SPEAKS OUT

"For those of you that weren't hounded by me to deliver welcome packages this summer, my name is Deborah Zanke. I am in my graduating year at the University of Manitoba in the faculty of social work. For the past two summers, I have worked at CFB Winnipeg in Personnel Services and have had some involvement with the Family Support Centre. This past

summer, I had the opportunity to organize the Centre's Welcome Package Program. Thanks to numerous organizations, community resources, and a dedicated core of delivery volunteers, about 150 newcomers to the Base received a Welcome Package that hopefully made their transition to Winnipeg a little easier.

This year's package was much larger than last year's and was filled with information on recreation, children's activities, museums, galleries, community events and women's service programs. I've lived in Winnipeg for all of my 23 years and am therefore understandably proud of all that Winnipeg has to offer. However, after looking through the package at the end of this project and seeing all that there is to see and do in this city, I am convinced that Winnipeg is a great place for a family to be posted. I hope our package made newcomers feel lucky to have the opportunity to live in Winnipeg for awhile.

Carol invited me to do many things at the Centre this past summer and I'd like to thank her for giving me a great learning experience that I am sure will benefit me once I graduate and am a practising social worker. I have come to feel very close to the military community and am pleased to be part of the Family Support Centre's Steering Committee. I am also co-facilitating a self-esteem group with Carol this October so I hope to have the opportunity to meet some more of you then."

I would also like to welcome our new members to our Steering Committee: Gloria Hogan, Deborah Zanke, Lt. Brian Quick, Bryan Emend from Child and Family Services, Padre Michael Brown and Leslie Hawkins.

The Family Support Centre at 54 Bourkewood now offers a playgroup every Monday morning from 9:30 - 11:30. The cost is \$1.00 for the first child and 50 cents for each additional child.

STILL TO COME THIS MONTH

North — 54 Bourkewood Place 837-8443 (Tues & Thurs)
 Oct 11: CPR 6 - 10 p.m.
 Oct. 18: Learn How to Make an X-mas wreath 1:30 - 3:30
 Oct. 23: Speaker on Children's Nutrition 10 - 12 a.m.
 Oct. 25: Children's Crafts 1 - 2:30
 Also Mini Franco Fun is held every Wednesday and Friday from 9:30 - 11:30 a.m.

South - 1822 Corydon Avenue 488-4161 (M & W)

Oct. 15: Speaker "Developing Self Esteem in Children" 2:00 p.m.
 Oct. 17: Speaker — Children's Nutrition 10-12 a.m.
 Oct. 22: Children's Crafts 1-2:30 p.m.
 Oct. 29: Craft Workshop — Friendly Plastics 7:00 p.m.
 Bus Tour of Winnipeg • Bus Tour of Winnipeg • Bus Tour of Winnipeg • Bus Tour of Winnipeg October 20 - Register Now — All day children's activities at Family Support Centre. Loads of Prizes.

Coming Soon

Strengthening Step Families — Thursdays Nov. 1-29, 7-9 p.m. If you are a step parent, you know how challenging and confusing stepfamily life can be. Now there's *Strengthening Stepfamilies*, a new training course to help you and your stepfamily reap the rich benefits stepfamily living can offer. Through readings, discussions, and at home activities, you'll develop effective communication skills, learn how to resolve conflicts, recognize unrealistic expectations and much more. Please contact Lt. Paul Rosebush at 833-5479 for further information.

- Children's Afterschool Arts & Crafts
- Self Defence
- Evening at Yuk Yuks
- Trip to Playzone
- Her Go list
- Winter Coat Exchange
- and much, much more.

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Commander Communication Command Visits Winnipeg Units

While in Winnipeg to pay a courtesy call on the Commander Air Command, BGen D. Banks, accompanied by his Command CWO, CWO J.R. Vezina, included a whirlwind tour of the communication units on base, 10 Sep 90.

BGen Banks took command of CFCC on 24 Jul 90. His troops in Winnipeg were therefore extremely pleased to receive a visit so soon after his appointment. While the 73 Communication

Group CWO, CWO H.C. Watkins ensured appropriate summer weather, 733 Communication Squadron provided an enthusiastic Quarter Guard to meet the Commander at the doors of Air Command.

Although the visit was very short, the Commander managed to not only visit MGen F. Sutherland but to present a CD and clasp to Cpl G.A. Boucher of 73 Communication Group Head-

quarters, a CWO Warrant to CWO H.C. Watkins, to attend a "CELE" luncheon and most important of all talk to the members of both the Communication Group Headquarters and 733 Communication Squadron.

BGen Banks has promised to return to the Winnipeg area and stay for several days to give himself the opportunity to visit all his units. We look forward to this visit with anticipation.



BGen Banks inspects Quarterguard. (L-R Pte Wilson, Cpl Stuckless, Cpl Ring, Pte Sadick)



Maj R.S. McKay presents a Sqn plaque to the Comd and CCWO with 733 CommSqn personnel looking on.



Pte Fougere R.R. greets BGen Banks and CWO Vezina during the walk-around 733 CommSqn.



Pte Lahner B. demonstrates his technical expertise to BGen Banks during the walk-around 733 CommSqn.



733 CommSqn Quarterguard 10 Sep 90 for BGen Banks Comd CFCC. (L-R Sgt Kelly, Pte Wilson, Cpl Stuckless, Cpl Ring, Pte Sadick, Pte Sorsdahl, Cpl Mont, MCpl Hindle).



Sgt Kelly J.M. and Cpl York G.A. discuss ? over coffee with the Comd.



Cpl G.A. Boucher 73 CommOpHg was presented his CD with clasp.



BGen Banks presents CWO Warrant to CWO H.C. Watkins 73 CommGp HQ.

73 COMMGP HQ Promotion



LCol G.W. Hodgson, Comd 73 COMMGP HQ, presents Pte Judy Prowse with her Cpl Hooks. Pte Prowse was accelerated promoted to Cpl effective 28 Aug 90.

CFANS Update



that Wighty will be allowed to attend the upcoming Tacky Tourist party but only if he can find someone to sign him in at the Mess as a guest.

Only a few hearty souls braved the sub-zero temperatures and torrents of rain to keep the tradition of The Annual CFANS Fishing Trip alive. All in attendance (see photo) had a very memorable experience as recorded in other photographs that will not be published in order to protect the innocent. The award for furthest cast goes to Mr. Gilles Simard; while the one for furthest cast with the lure still attached goes to Capt Dan O'Grady. Most optimistic fisherman goes to Capt Bert (Lunker) Fenton, who seemed to know where all the really big fish were. The award for largest fish, most fish and best tasting shore lunch will be presented next year if and when someone manages to catch something. Special mention goes out to Capt Dennis "Kraft Dinner" Sawatzky for being the first one to hook himself with his own line and for destroying two lawn chairs within 10 minutes.

That's all for this week. See you at the Tacky Tourist party Fri 12 Oct and to everyone Happy Thanksgiving.

Members of Basic Air Navigation Courses 8905 and 8906 are the most recent graduates of CFANS (see photos). Major-General P.J. O'Donnell, OMM, CD, Deputy Commander Air Command presented wings to the graduates during ceremonies held at Lancaster Park.

Last month a team from CFANS joined CFS and AETE in Toronto for the acceptance tests on the first production CT142, airframe #805 (see photo). Detailed ground and air tests were completed on the newest bird in our fleet. The team photographer took some candid shots of the men at work. See the photos and captions for more details.

In the last edition we mentioned that Capt Warren Wightman was leaving the Forces to complete his university degree. His switch back to civie status was made official at Base Headquarters on 24 Sep 90 (see photo). To ease the transition from military to civilian life rumour has it



Basic Air Navigation Course 8906. Wings Graduation Ceremony. Back row (L-R) Lts S. Eyre, K. Crowell, M. Boyer, N. Roggenkamp, S. Martins. Front row (L-R) Lt B. Lilly (honour graduate), Col H.C. Armstrong, MGen P.J. O'Donnell, LCol T.F. Watt and Capt S. Pye (course director).



Basic Air Navigation Course 8905. Wings Graduation Ceremony. Back row (L-R) Lts T. Sharp, H. Legros, P. Longchamps, D. Burnett, A. Sochaniwsky and S. Friday. Front row (L-R) Lt J Brennan (honour graduate), Col H.C. Armstrong, MGen P.J. O'Donnell, LCol T.F. Watt and Capt G. Gushue (course director).

Congratulations



The LCol K.H. Pauls Memorial Trophy was presented to Lts J. Brennan (L) and B. Lilly (R) for outstanding achievement on the Basic Air Navigation Course.

Aircraft 805 and Crew

Aircraft 805 and her acceptance crew (L-R) Capt Tom Walls, Doug Ingles, Capt Mike Campbell, Maj Bob Paxton, Capts Dan Boisvert, Bruce Robinson, Neil Sherman, Mr. Bill Pullen, Maj Dan Daly and Capt Wayne Joy (kneeling).



LCol J.M. Forestell, acting BComd presents Capt W.M.P. Wightman with his certificate of military service.



THE HEARTY FIVE from the CFANS Annual Fishing Trip. L to R: Mr. Gilles Simard, Capts Dan O'Grady, Bert Fenton, Dennis Sawatzky and Wayne Joy.

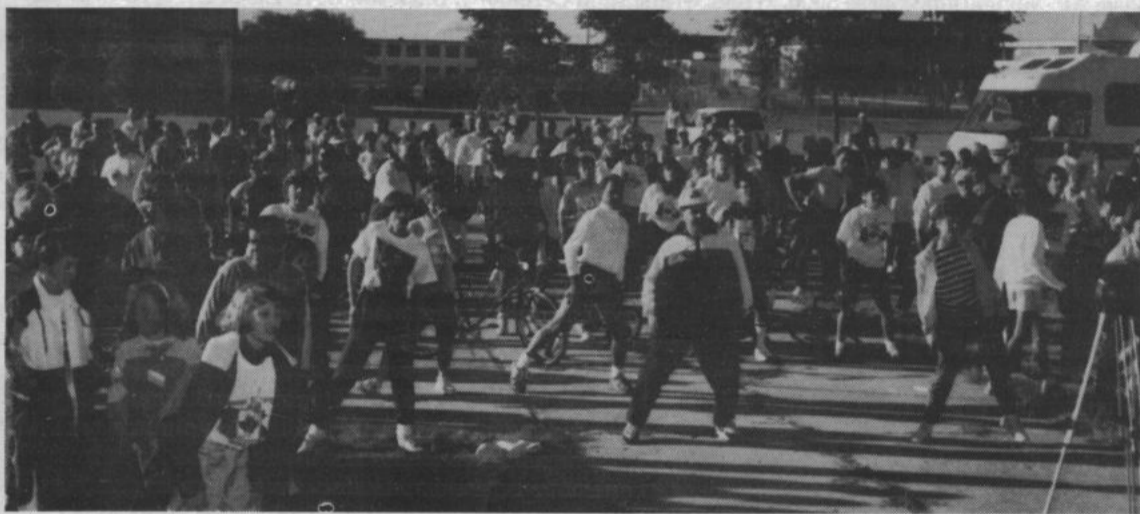
Terry Fox Run



Ribbon cutting ceremonies to officially start the Terry Fox Run. L to R: BADMO LCol J. Forestell, Mr J. Eadie Mayor's representative, Run Organizer Sgt J. Wallace.

**TERRY FOX RUN
SUN 16 SEP 90
WELL DONE TO ALL
PARTICIPANTS**

**AMOUNT PLEDGED
\$13,960
AMOUNT COLLECTED
\$26,125
GRAND TOTAL
\$40,085
TOTAL PARTICIPANTS
1,500**



Warming up before the big event.

Special Thanks

The BPERO section wishes to thank all Terry Fox Run participants and volunteers for their excellent support in helping us make this year's Run a resounding success. We would also like to thank all sections of CFB Winnipeg and particularly MCpl Pat Andreone's section from the PPCLI for their help and fine support, and of course what would an event of this size do without all the many volunteers

both from the City of Winnipeg and CFB Winnipeg. The following is the list of the CFB Winnipeg volunteers. Thanks so much for your help.

MCpl Brian Case, BEME; Sgt Dennie O'Brien, BSupply; Pte Robin Farquhar, BSupply; Cpl Linda Harpell, Base H.Q.; Lt Cindy Thistle, 402 Sqn; Cpl Steve Blake, Base Supply; Pte Leanne Baziuk, Base Supply; Miss Jennifer McLeod, Non Public Funds



Mrs. Colleen Plumton, Terry Fox Run Provincial Director.

Strengthening Stepfamilies Course

Dates: Thursdays; November 1, 8, 15, 22, 29 — 7:00 p.m. - 9:00 p.m.

If you are a stepparent, you know how challenging and confusing stepfamily life can be.

Now there's *Strengthening Stepfamilies*, a new training course to help you and your stepfamily reap the rich benefits stepfamily living can offer. Through readings, discussions, and at-home activities, you'll develop effective communication skills, learn how to resolve conflicts, recognize unrealistic expectations, and much more.

The *Strengthening Stepfamilies* program is being sponsored in CFB Winnipeg by The Family Support Centre and The Regional Social Work Office. If you would like more information about participating in a discussion group, call Lt Paul Rosebush, Area Social Work Officer at 833-5479.

Strengthening Stepfamilies... a special program to help you build your special family.

If you're a stepfamily member, you realize that building a successful stepfamily life takes commitment, understanding, patience. It takes a willingness to accept the change and confusion common to most stepfamilies. And it takes information and skills — information about what you can expect while family members adjust to the new stepfamily, and skills you'll need to begin realizing your family potential.

In a *Strengthening Stepfamilies* group, you'll explore topics important in helping you understand this unique kind of family:

- recognizing stepfamily myths
- understanding that certain feelings and concerns are normal
- helping your children and stepchildren overcome difficulties — sharing a parent, adjusting to new stepsiblings
- taking the time to mourn losses
- starting out — where to live, how to handle finances, developing new household routines and traditions

- building your couple relationship
- have an "ours" baby

This information is your foundation. But the program offers more. It will help you develop skills to put this new information to work. You'll learn improved communication techniques, a four-step process for resolving conflicts and making decisions, effective ways of encouraging other family members, structuring family meetings, and more.

Unique at-home activities get your whole family involved.

They're a great way to bring stepfamily members together to better understand each other — and to just have fun.

Strengthening Stepfamilies groups meet in an atmosphere of sharing, concern for others, and good humor.

The meetings give couples the opportunity to listen to the insights and common feelings experienced by other stepfamily members. You'll find it comforting and supportive that others share the same concerns. At the same time, the experiences of others can prove valuable for helping you address similar challenges in your family.

Here's what stepparents have said about their experience in a *Strengthening Stepfamilies* group:

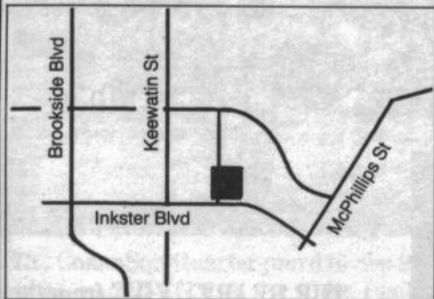
- "Just learning that my 'secret' worries are okay was invaluable."
- "So much is gained by being with a group, sharing your experiences, and finding out others have similar problems — or maybe even more problems."
- "This was great! I realize even with all our uniqueness we have problems that are normal."
- "Gave me hope!"

There are few tasks as difficult as building a stepfamily — but it can be done. Take this important step in seeking the closeness you desire for your stepfamily. Join us in a discussion group and begin strengthening your stepfamily. Contact your local sponsor for more information.

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Snr PERI	MWO G Springer	6184
Bldg 90	Supervisor Sgt J Wallace	6184
Bldg A-2	Supervisor PO2 F Williams	6185
Resources	NCO Sgt P Best	5514
Sports Stores	NCO MCpl R Phillips	5514
Bldg 21	Supervisor MCpl J Suffron	5148
Aquatics	Supervisor Cpl W Kendall	5511
Bldg 90	Cpl R Grasley	5511
Bldg 90	Cpl C Hopkins	5511
Bldg A-2	Cpl D Shirley	6183
INTER-SECTION SPORTS PERI OPI		
Bowling	Cpl C Hopkins	5511
Curling	PO2 F Williams	6185
Hockey	Sgt J Wallace	6184
Volleyball	Bldg 90 Cpl R Grasley	5511
Volleyball	Bldg 21 MCpl J Suffron	5148
Floor Hockey	Cpl D Shirley	6183
BASE SPORTS PERI OPI		
Badminton	Sgt P Best	5514
Basketball	PO2 F Williams	6185
Broomball	Men's Cpl D Shirley	6183
Broomball	Ladies' Cpl C Hopkins	5511
Broomball	Mixed Cpl C Hopkins	5511
Bowling	Cpl C Hopkins	5511
Curling	PO2 F Williams	6185
Hockey (Base Team)	Sgt J Wallace	6184
Hockey	Old Timers Sgt J Wallace	6184
Squash	Sgt P Best	5514
Volleyball	M&F Cpl R Grasley	5511
CFB WINNIPEG RECREATION COUNCIL		
Chairman	Maj R Thompson	5730
Badminton Club	Sgt P Best	5514
Ladies Bowling	Sgt M Kerr	6934
Mixed Bowling	MWO D Dunbar	5748
Rifle Club	Mr G Burton	888-3505
	Capt C Andre	6287

Scuba Club	Lt K Morton	833-6014
Master Swim Club	Sgt S Shane	5058
Woodhobby Club	Capt A Bard	6103
Ceramics Club	Mrs C Comeau	831-7166
Youth Bowling	Mrs J Gallagher	5861
MISCELLANEOUS NUMBERS		
Aerobic Classes	Mrs C Massie	831-6368
Golf Club	WO L Fraser	5609
Westwin Recreation Centre	Bldg 90	5511
Lipsett Hall Recreation Centre	Bldg A-2	6185
Bowling Manager	Mrs J Gallagher	5861
Recreation Council Office	Tue & Thu(0900-1200)	5976
Family Support Centre	North	837-8443
Family Support Centre	South	488-4161
Westwin Community Council President	Capt G Bull	5319
South Site Community Council President	Sgt W Barnes	5214
WESTWIN COMMUNITY COUNCIL		
President	Capt G Bull	5319
Bingo	TBA	
Garden Club	LCol R Sawchuk	5713
Minor Sports	PO2 T Scott	6603
Playgrounds	WO P Comeau	5591
Scouts/Cubs/Beavers	WO P Comeau	5591
Brownies/Guides	TBA	
Youth Bowling Rep	Mrs J Gallagher	5861
Neighbourhood Watch	TBA	
Dog Obedience	Capt H Steingart	5078
POMV Safety	TBA	
Outdoor Rink	MCpl C Comack	6350
Publicity Director	Cpl R Gallant	

FLOOR HOCKEY

Inter-Section League play commences Oct 90 Mon to Thu from 1600-1800 hrs. Your OPI, if you are interested in playing, is Cpl Dave Shirley, local 6183.

WEIGHT ROOM

Weight Training Room is very popular. Supplied with good quality equipment. Open Mon thru Fri from 0730-1600 hrs.

CFB WINNIPEG SQUASH LEAGUE

This year's 90/91 CFB Winnipeg Squash League will commence in October, utilizing both courts at the Recreation Centre, Bldg 90. Those players interested in participating are asked to contact this year's league co-ordinator Mr. Dean Rainkie, Local 5553

HYDRA FITNESS ROOM

Our Hydra Room is widely used. Contains an excellent grade of equipment, however it is limited in size.

BADMINTON

Bldg 21 has at present 10 courts all of which are occupied with good quality playing. 8 courts & equipment can be used Mon thru Fri from 0730-1600 hrs. Check with PERI staff for availability.

CFB WINNIPEG BASE HOCKEY TEAM

If you are interested in coaching or playing for the Base Hockey Team in the Labatt's Super No-Contact Hockey League, please contact the Base Recreation Centre, Sgt Wallace, Local 6184.

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Tues and Thurs 1600-1800 hrs Westwin Pool (Bldg 90)

NOTE: You do not have to be a strong swimmer to join the CFB Winnipeg Master Swim Club. For more information contact Sgt Shelly Shane 5058 or Cpl Sheila Swedberg 5404

The NEW Westwin Badminton Club

CLUB INFO.

Playing Times — Tuesdays & Sundays from 8:00 - 11:00 PM

Location — Lipsett Hall Recreation Centre

Club Fees —

Military Members - \$20.00
Non-Military Members - \$30.00

Please note that in addition to the Club Fee, non-military members will also be required to purchase a Rec Association Pass as is indicated in the rates below:

	SINGLE	FAMILY
MIL-ORD	\$20.00	\$35.00
ASSOCIATE	\$100.00	\$225.00

Contact: Sgt Paul Best (H) 889-6228 (W) 833-5514

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24 OCT 90
1830 Hrs

Base Theatre (Bldg. 90)

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CFB WINNIPEG WOMEN OR MIXED BASE BROOMBALL TEAM

If you wish to participate in the Downtown League please call **WO THIVIERGE** at local 6794

or **CPL HOPKINS** at local 5511

VOLLEYBALL

AC League
Capt Beattie OPI 5930

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Care Giver Asst: Meditation rate: is once over six months. Faith in God: is low. Concern for our spirituality: shallow.
Care Giver: OK, give him six units of care. 12 cc's of understanding, 2 whole units of love. Then maybe we can get his awareness of God and sense of spirituality up to a point where he just might survive. When we hear the words "vital signs" we tend to think of medical

Greetings from the Chapels

Vital Signs

data used in monitoring the heart, pulse and respiration of a person. Generally, they provide measurement of a patient's health and strength. Without these vital signs, doctors would not know how their patients were faring or how to best treat them. But this tends to address only the physical dimension of the person. What about mental, emotional, sexual and SPIRITUAL dimension of a person?

As our medical vital signs are an indication of our physical state of health the same is true for our spiritual lives. It is every bit as important as any other aspect of our development and everyday life. One interesting aspect of this is that every human being whether they want it or not has a spiritual dimension. We all have the capacity to believe in the intangible, the unproven. We are the only critters on God's green earth that can say "... I believe

that ... oh I don't believe that ...". We say it all the time and every time we do, we are reaffirming our capacity to believe in something. Historically, this belief has taken the form of belief in a transcendental power whether it be the Creator Spirit, a Higher Power or God.

God loved the world so he sent his Spirit to live within us. This Spirit reveals his presence in our personalities, thoughts and actions. For God knew that one of our most valued yet potential troublesome attribute is our gift of free will. Our power to choose. God wanted those who believed in him to do so freely. That means we have the capacity to say "No" and may choose not to believe. God wants believers, not slaves. Thus, it is this activity of being in relationship with something beyond ourselves, God, positively or negatively that accounts for our spiritual dimension.

It is these manifestations of God in our personalities, thoughts and actions that act as our spiritual "vital Signs".

What am I doing to be consciously aware of them? How am I taking spiritual care of myself that I might be fully developed and live to my full potential as the truly gifted person God created all of us to be?

Have you ever had one of those days where everything seems to go wrong and you end up feeling totally oppressed by it all? You start the day arguing with the spouse over nothing, the boss criticizes you, the guys at work are driving you crazy, on the way home from work you're cursing some guy in Japan because your little compact car won't run right and the inside door handle keeps falling off! It's at about this time that the temptation to make unreasonable judgments or give way to resent-

ful thoughts set in. This can make us feel helpless. But maybe all this is not the result of impersonal circumstances. It is hard to be self-effacing but maybe all our problems aren't caused by others. If we take the time to look within our own hearts we may discover that much of our anxiety is the result of our own sin. We may be faced with unpleasant situations in the course of our day but how we respond to them is our decision. In accepting that our own actions may be in part a cause of our difficulties we open the way to healing.

We all have a spiritual capacity and we all have a need to be healed of one thing or another at some point in our lives. One way to stay "spiritually" healthy is to constantly monitor our spiritual "Vital Signs".

M.J. Brown Sub Lieutenant
 Pastoral Associate (RC)
 6023

Sweat Suit Sunday, St. George's Chapel

On Sunday, 23 September 1990, St. George's Chapel held its first social event since the summer holidays. This Meet and Greet Party was given the accolade 'Sweat-suit Sunday', signifying that it would be a fun, casual event for all. It was also a chance to meet old friends and welcome new ones into the parish.

This event began with a monstrous barbeque with steak, chicken, hot dogs and hamburgers, all wonderfully cooked by the Parish Council. Fortunately the assistance of the fire department was not required.

Following lunch, the fun really began with a series of games for all ages. We all enjoyed egg

games, three-legged races, sack races, piggy-back races, a balloon toss and crab soccer. The smiling faces and the laughing of the children demonstrated that the afternoon was a success. Even the adults felt like they were ten years old again.

Overall, it was a time that will long be remembered.



Some of the kids in the sack race seemed too big.



Off they go!



Let's eat.

CATHOLIC CHAPELS

St. Marguerite Bourgeoy's (North Site)

WEEKENDS/FIN DE SEMAINE	WEEKDAYS/EN SEMAINE
Saturday: 1700 hrs/English	Monday to Thursday inclusive
Samedi: 1900 hrs/Français	Du lundi au jeudi
Sunday/Dimanches:	inclusivement
1115 hrs/English	1500 hrs

St. George (South Site)

SUNDAYS	WEEKDAYS
10:00 a.m.	Tue & Thu: 6:30 p.m.

PROTESTANT CHAPELS

The Chapel of the Good Shepherd (North Site)

1st Sunday - 0900 hrs - Eucharist (ACC)
 - 1100 hrs - Holy Communion

2nd Sunday - 0900 hrs - Eucharist (ACC)
 - 1100 hrs - Divine Worship

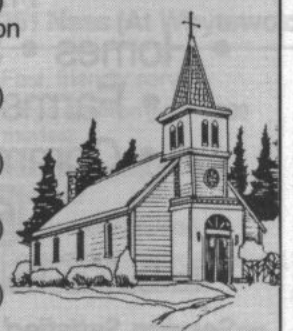
3rd Sunday - 0900 hrs - Eucharist (ACC)
 - 1100 hrs - Divine Worship

4th Sunday - 0900 hrs - Eucharist (ACC)
 - 1100 hrs - Divine Worship

5th Sunday - 0900 hrs - Eucharist (ACC)
 - 1100 hrs - Divine Worship

St. Andrew (South Site)

Sunday Service 10:00 a.m.



CFB WINNIPEG UNITED WAY CAMPAIGN 1990

17 SEP -
 22 OCT

See your canvasser or call 5770 for more info.

How to be a Local Hero

Look for ways you can volunteer and make your community a better place to live. Find out where your friends and neighbours are giving their time and money and join in. Be a Local Hero.

A national program to encourage giving and volunteering.



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For Sale — POLAROID PRONTO CAMERA w/case \$10. Two Roof Racks — one small \$5, one large \$10. Ford Custom truck SIDE RAILS \$30. Small CAR WARMER \$5. Travel Trailer A/C COVER \$5. Large box of CHRISTMAS DECORATIONS \$10. (SANKYO SUPER 8 MOVIE CAMERA, LIGHT BAR, SANKYO DUOLEX 1000 PROJECTOR, BLAIR DUAL 8 EDITOR VIEWER AND SPLICER, One UNIVERSA MOVIE SCREEN \$100) Window A/C UNIT 1000 BTU \$175. Ph: 489-9389.

For Sale — TIRES size 155-80 SR13, plus size 55-50 VR15. Ph: Bruce at 489-0042.

For Sale — One CF MESS KIT, SIZE 38, \$75. Contact LCdr Sakolinsky at Loc 6217.

For Sale — MAPLE COLONIAL STYLE BUNK BEDS in exc. condition. (mattresses have had vinyl covers). Asking \$250. Three RECESSED CEILING LIGHTS 10" x 10" \$10 ea or 3 for \$25. HEAVY DUTY CEILING EXHAUST FAN \$25. AFX ROAD RACE SET, two sets combined. Asking \$50. Ph: 888-6664 after 4 or Loc 6925.

For Sale — CF MESS KIT, MIDNIGHT BLUE, jacket size 44, pants size 38. Jacket has rank sewn on. Can be tailored to fit. Both items in excellent condition. Asking \$175. Contact WO McClinchey at 837-6261 or Loc 6823 (W).

For Sale — C28 COMPUTER 1571 drive with an OKIDATA 120 printer. Asking \$500 OBO. C1084 COLOUR MONITOR (new) \$500 OBO. 20 PC. DENBY IMAGE DISC SET, asking \$150. Ph: 895-7725 or 833-6065.

For Sale — MOTOR HOME — 1980 GMC EDSON-SAFARI 19' 350 motor, 40,000 mi. Exc. condition. Complete with fridge, stove & toilet facilities. Three way hook-up, gas, electricity & battery. Asking \$19,500. Ph: Peter Kohut — RCMP 983-7381 (W) 334-7274 (H)

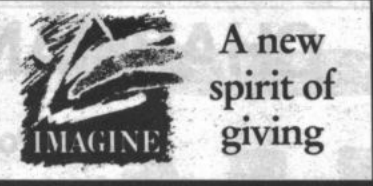
For Sale — 1989 CHRYSLER DAYTONA, 25,000 kms, 5 spd, 2.5L, 4 cyl, Leather Bra, AM/FM Cass, balance of extended warranty. \$10,800 OBO. Ph: 885-5347.

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A New Member's meeting will be held on the 15 Oct. 90, 1900 hrs., (7:00 p.m.) at Lipsett Hall Lounge for all areas (SOUTHSITE) which have not qualified for the program. If you have attended a New Member's Meeting in the past, you would not be required to attend this one. This meeting is for residents of the community who have not attended a Neighbourhood Watch New Member's Meeting in the past. Those who are interested in becoming Block Captains, or that may have any questions, please call MCpl CARLSON at 833-5104. We are looking forward to seeing you there.

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