

VOXAIR EDITOR RESIGNS

Shortly before Christmas and after an association with Voxair since September 1981, Captain Terry Lawrence resigned as editor.

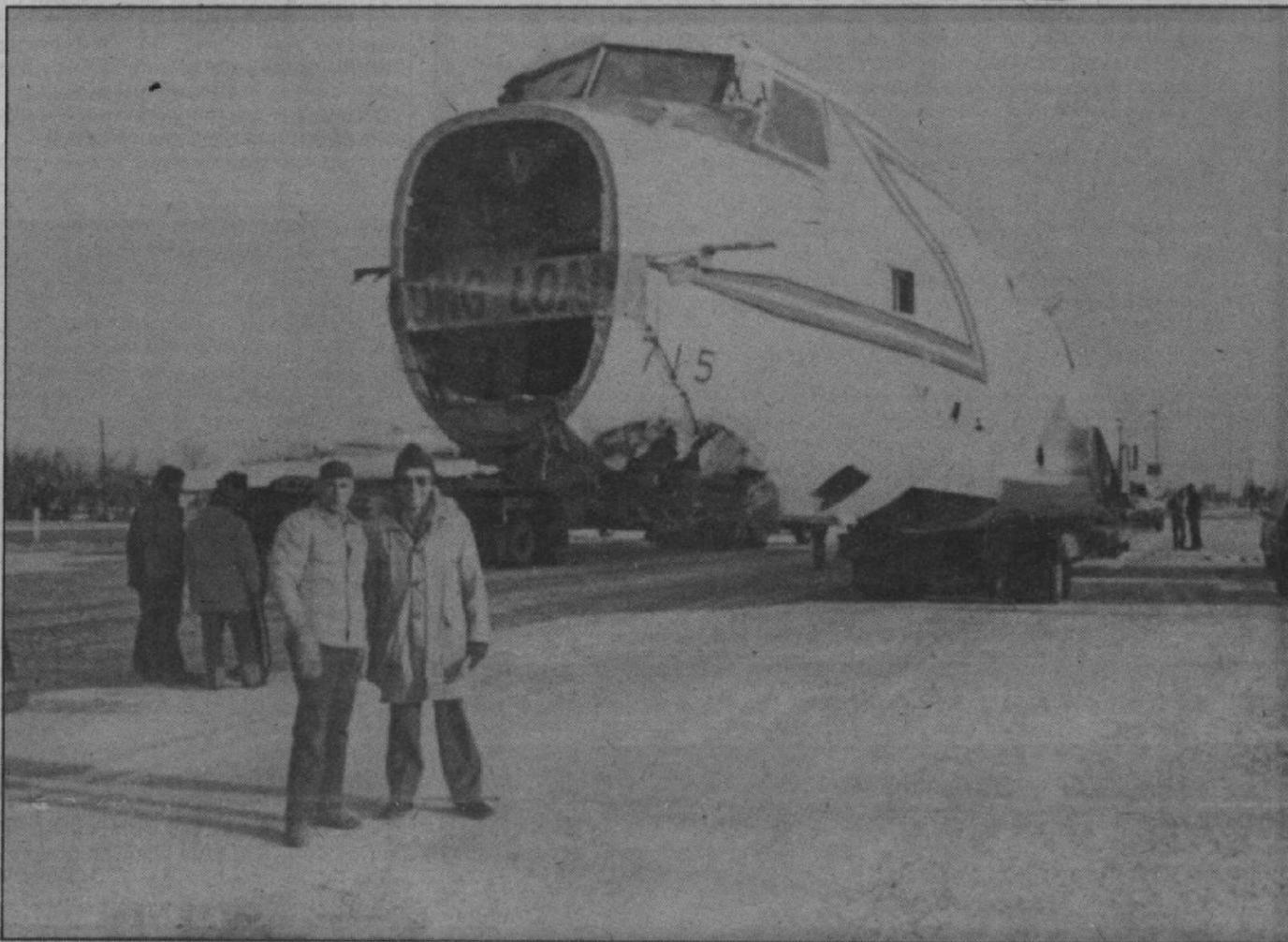
Captain Lawrence came to Voxair after a wide range of experiences with other service newspapers such as Clinton, Contralia and the Moose Jaw Courier. And how he has left his mark on Voxair. The staff of Voxair as well as his readers will miss him.

His cartoon "There's No Life Like It," has proven its immense popularity by being the most widely reprinted feature in service newspapers right across Canada. The newly created "Kitbag" column also swiftly became a local favorite.

Fortunately for Voxair readers Captain Lawrence will continue to dig into his "Kitbag" and as he warns in this issue "beware, your trade could be next."

427(T) SQN'S PERFECT "10"

Major John Lauritsen has a perfect "10" . . . 10,000 that is. On Dec 10th 1982 Major Lauritsen logged his 10,000th hour while at the controls of his C-130 Hercules; a rare feat indeed, with only a handful of Armed Forces pilots laying claim to such an accomplishment. Major Lauritsen began his flying career 30 years ago on Jan 6th 1953 behind the controls of a Chipmunk at RCAF Station Centralia. Through is 30 years Major Lauritsen has sat in many cockpits from the olden days of Harvards, Expeditors, Daks and Sabres to Starfighters, Hercs and C-141 Starlifters.



Gord Emberley and Dennis Carter, representing the Western Canada Aviation Museum, stand in front of the fuselage of their latest acquisition, a reclaimed Argus, while it waits at the Headingly Weigh Station. The WCAM picked up the Argus from scrap metal dealer Jim Browatzke in Saskatoon and using six vehicles from two trucking companies had the entire airplane hauled to Gimli.



THE FORCE IS WITH US

A good defence counters a good offence. And building a good defence requires accurate information about the enemy's offence.

In the mid-1970's, NATO realized its ground-based radar could not match the new generation of Soviet ground attack aircraft. So, the alliance studied the idea of an airborne early warning force to redress the situation. The study confirmed deployment of airborne early warning aircraft as the solution.

In 1978 13 NATO nations, including Canada, agreed to participate in the development of a NATO Airborne Early Warning (NAEW) Force. Officially activated in June, 1982, the force now has three aircraft conducting air surveillance operations. The sophisticated radar equipment mounted on top of the force's E-3A

aircraft provides NATO commanders with air surveillance deep into Warsaw pact territory.

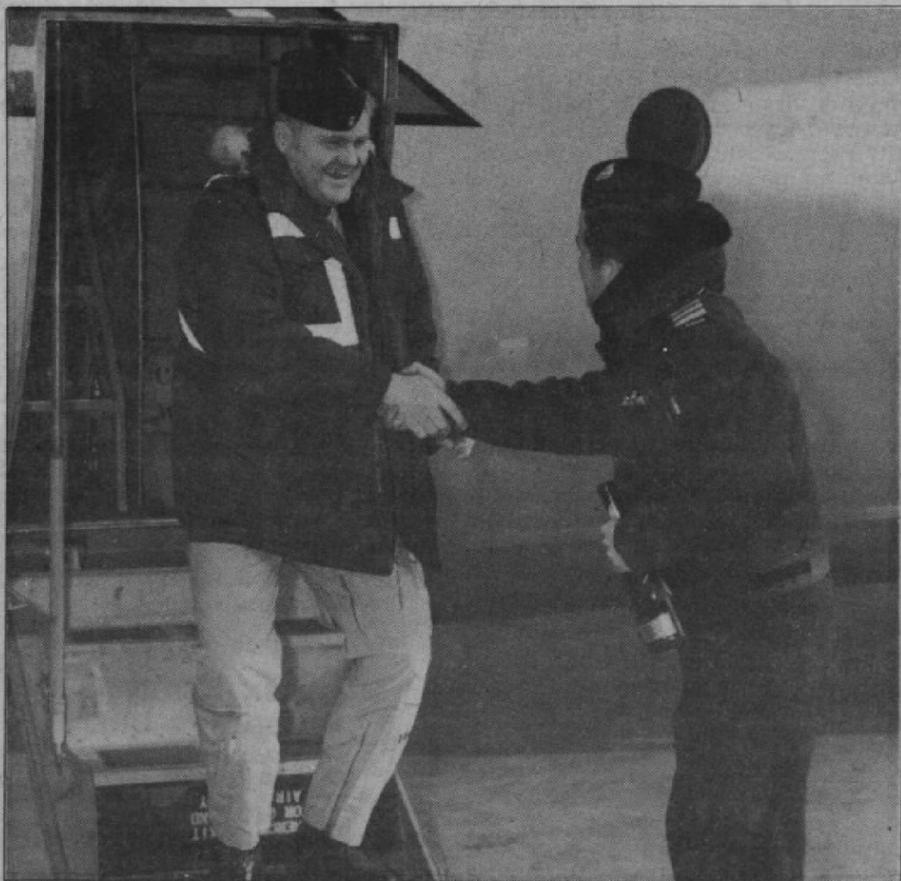
Flying at 29,000 feet, a single E-3A aircraft continuously scans 312,000 square kilometres of earth surface (or an area somewhat greater than Sweden and Denmark combined) with its radar and related systems. Operating 160 kilometres within friendly borders, it provides broad coverage of low-flying intruders into the NATO area. Three E-3A aircraft flying in overlapping orbits provide complete radar coverage of central Europe.

The main operating base for the force is located at Geilenkirchen, a rural area in northern Germany near the Dutch border. By 1985, NATO's fleet will consist of 18 E-3A aircraft, which are in fact modified Boeing 707s. While the United Kingdom is not participating in either the acquisition or maintenance of the force, it is

Continued on page 3

AIR FORCE CROSS WINNER RETIRES

LCol Syd Burrows, one of the last surviving members wearing the Air Force Cross, recently retired at Comox, B.C. after 32 years of service. He was awarded the Air Force Cross for safely landing his SABRE jet in Europe in 1954 after a low-level collision with a hawk. That accident left him with an eye injury and resulted in the loss of his flying category. He transferred to the fighter controller classification, but his ultimate goal was always to get back into the cockpit. Fourteen years later he returned to flying duties, which included UN transport and the command of the transport and rescue squadrons at Edmonton and Comox.



Maj John Lauritsen being congratulated by the C.O. 427(T) Sqn LCol Marc Terreau, on completing his 10,000th hour.



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612 100 289	WO.AL	POCKETT	R.E.	12 NOV 82	P Adm O
TO MCPL					
114 167 307	MCPL	NEWHOOK	E.S.	18 NOV 82	BTSO
453 396 095	MCPL(W)	LARKMAN	B.A.	12 NOV 82	CFRC
208 345 108	MCPL	AREL	J.P.	17 NOV 82	BTSO
237 423 603	MCPL	DESPUTEUX	J.R.	30 NOV 82	PPCLI
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429 682 735	MCPL.AL	RONDEAU	J.G.	11 NOV 82	BAMEO
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111 035 366	CPL	VESSEY	M.A.	04 OCT 82	733 COMM GP
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TO CPL.AL					
466 699 634	CPL	LOCK	R.K.	03 NOV 82	PPCLI



Superintendent Fred Allen of the Edmonton Police Department reads the inscription of a plaque his men presented in memory of the seven crewmen who died in the crash of a C-130 Hercules aircraft at CFB Edmonton November 16, 1982. Accepting the plaque is Lieutenant-Colonel Brent Abbott, the commanding officer of 435 Tactical Airlift Squadron at CFB Edmonton. The plaque was purchased with monies from a fund started by Supt. Allan's men, with the remainder of the money being donated to local charities. (Canadian Forces Photo by Sgt. Dennis Mah)



BGEN PATTEE PRESENTS

BGen Pattee, Commander 14 Training Group, presents the 14 Training Group crest to Mr. P. Kowal, Commandant, Canadian Forces School of Meteorology. BGen Pattee made the presentation 9 Dec 82 during the graduation of TQ6B Met Tech course 8203, at which he was the guest of honour. The School of Meteorology is responsible to 14 Training Group for Met Tech career training. The crest will be proudly and prominently displayed at CFSMET.

HEADS UP

HEADS UP — Collective Challenge, the Forces' annual helicopter competition, had spectators flat on their backs for four days this fall. Onlookers laid down near Farnham, Que. to watch the precision flying performed by competing helicopter crews drawn from the squadrons of 10 Tactical Air Group (10 TAG). Invited teams from VU-32 Sqn located at CFB Shearwater, N.S. and 1 and 2 Air Reserve Wings based at Montreal and Toronto also participated. High winds added to the challenge as crews tested their navigation and precision

flying skills. Collective Challenge 82 winners were: in the TWIN HUEY competition, 430 Sqn of CFB Valcartier, Que., with Lt D. Bessette, pilot, Lt D. Gladu, co-pilot and MCpl S. Camieré, flight engineer; KIOWA competition, 403 Sqn of CFB Gagetown, N.B. with Capt. C. Rainy, pilot and WO J. Doiron, observer, and in the CHINOOK competition, 447 Sqn of Edmonton, with Capt G. Robertson, pilot, Capt T. Swanson, co-pilot, MCpl N. Best, flight engineer and MCpl R. MacCallum, crewman.

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MET TECHS GRADUATE

CFSMET marked the completion of Met Tech TQ6B course 8203 with a graduation luncheon on 9 Dec 82.

Guest of honour was BGen R.P. Pattee, head of 14 Training Group, who presented Certificates of Achievement to the graduating students.

The TQ6B course is the most advanced formal course given in the Met Tech trade. It includes training in short range forecasting and forecast support to land, sea and air operations. Course 8203 consisted of seven candidates, whose home units ranged from Cold Lake to Halifax. All seven successfully completed the course.

THE FORCE IS WITH US

Cont'd from Page 1

contributing 11 NIMROD AEW aircraft. The NIMRODS will operate with the E-3As in a mixed force concept. While the E-3A aircraft will be manned by crews from 11 NATO nations, the NIMRODS will be manned entirely by RAF personnel and operate from bases in the U.K.

At the Canadian project management office in Ottawa, Project Manager LCol Cal Hegge coordinates all financial, personnel, technical, political and operational matters. He says this program is one in which Canada pulls its weight in terms of both dollars and personnel.

"Our share of the acquisition costs for the force is approximately \$180 million or almost 10 per cent of the total (\$1.8 billion)," said LCol Hegge. "Our share of operating and maintenance costs will be about \$9.5 million annually, also close to 10 per cent of the total cost. These are costs expressed in 1977 U.S. dollars."

And it's not all a one way street either. LCol Hegge emphasized that in return for its participation Canada has been assured of \$60 million (1977 U.S. dollars) in industrial benefits. Part of this will come from the E-3A flight simulator designed and built in Canada and delivered to Geilenkirchen on time and within budget.

About 60 CF personnel are now on site, including some aircrew already flying operational missions. By 1985 more than 30 trades and classifications, some especially created for this assignment, will raise the Canadian contingent to a maximum of 160, including support staff. Col Paul Argue, commander of the Canadian contingent, has also been appointed to command the E-3A operations wing.

GOLD MEDAL WINNER

GOLD MEDAL WINNER — A Canadian defence scientist renowned for leading a team in the research and development of satellite batteries has been awarded a gold medal. Dr. E.J. "Jerry" Casey, a scientist at the Defence Research Establishment Ottawa, is the first recipient of the award presented by the Ontario-Quebec Section of The Electrochemical Society. The award was made to honour him for his noteworthy promotion of electrochemistry. For 30 years Dr. Casey headed the team tasked with developing the batteries that made Canadian satellites famous for their long service lives. His research has also been valuable to the Canadian Forces, which is one of the largest users of batteries in the country.



Met Tech TQ6B 8203

Rear Row: L-R WO Grover, Instructor; Sgt Laroche, CFB Summerside; Sgt Chalk, CFB Ottawa; Sgt Van Acker, AETE Cold Lake; Sgt Masiuk, Winnipeg; Sgt Baldwin, CFB Cold Lake; Sgt(W) Drew, 22 NRHQ North Bay; Mr. Wong, Course Coordinator.

Front Row: L-R Mr. Enns, Instructor; Mr. Howell, A/Chief Instructor; BGen Pattee, Comd 14 Trg Gp; Mr. Kowal, Cndt CFSMET, MWO Hawkins, Standards; Mr. Friesen, Standards.

Missing: Sgt Marcoux, MARCOM HQ, Halifax.

Happy New Year! Now the "Silly Season" is over we can all settle into some sort of "normal" routine until the next round of Yuletide dementia. That's not all humbug. In addition to the more traditional activities such as shopping, gift giving, decorating and overeating there are the seemingly unending rounds of parties. The scramble for places to hold section parties has already started in preparation for next Christmas. Did you ever notice that the number of section parties is directly proportional to the number of levels in the Org-Chart? And the number of cold shoulders and cold shoulders is directly proportional to the number of section parties? Now THAT'S humbug!

In my ongoing mini review of movies I heartily recommend TOOTSIE starring Dustin Hoffman. Lots of laughs and a convincing performance by an actor's actor. The whole idea is preposterous of course but on film it works.

Like most others who submit columns to newspapers I can't resist a few off the cuff prognostications for 1983:

1. It will not rain every summer weekend this year.
2. The DAKS will not be converted to Propane Power.
3. The Nav School will close for three days in September as instructors will be assigned new offices and won't be able to find them.
4. The PM will give us our 707's back.
5. Sgt Doug Mann will burn his BC Lions cap.
6. The BAMEO will be on time for at least two BTSO meetings.
7. There will be a new Captain Blue at Bomber games.
8. The Lawrences will holiday in England (if prediction number 4 is correct).

Most ominous sign of '82 for Winnipeg Football fans. Deiter Brock was not in the team photograph on the Bomber Christmas Card.

The cartoon series "There's No Life Like It" has not died. The author has a temporary "creative block". Beware, your trade could be next!

Former Base Warrant Officer CWO Al Poltaruk (Ret.) was recently awarded the Medal of Military Merit by the Governor General. Congratulations and a tip of the old Wedgie to you Al.

I notice that there no longer is a Captain Canex in CFB Winnipeg. Dick Hanson has been promoted. If his column in this issue is any judge, he should be renamed Major Renovation.





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HOWGOZIT II

Speaking of breakdowns the Career Managers visited CFANS the third week of October. The group briefings went well but many an instructor could be heard begging and whimpering during the individual interviews:

"... please, please anywhere but there..."

"... it's the best we can offer you at this time..."

"O.K., O.K. but only if I get winter survival gear."

Just joking Deke. We enjoyed the briefings. The Air Nav students were also treated to a briefing on what's in store for them in the air navigation classification. Pardon me while I degress for a moment... Why do so many people knock the military as being archaic? They think our equipment is obsolete, our training outdated, and our uniform outmoded. HA! Let's inspect the air navigator classification. According to the Concise Oxford Dictionary (1964), the air navigator is "one charged with or skilled in navigation". Simple right? But like so many classifications in the CAF we do much much more. We are trained as specialists but our careers are very diversified. Is this diversification bad? Are we outdated? An emphatic "NO" according to THE ROYAL BANK LETTER (Nov/Dec 82). They write: "Professional consultants estimate that as many as half of all the occupations now practised in Canada will become obsolete or will be altered out of recognition in the next 25 to 30 years." That's nothing new to the Air Navigator. The LETTER goes on to say: "The men and women best equipped to deal with the future are those who have a thorough grasp of their specialty, but also have a broad enough background to adopt to new methods or to move into different fields." Hey, that's me. Who says we are archaic? There is more to being an Air Navigator than simply being able to navigate.

Capt Cal Dessureault and Rudge Wilson know this. Cal has become the Base French Language Coordinator and Rudge has been posted to VP 407 Comox. See, diversification. An informal mug out was held for them on Friday, 22 October. A few tears in the beer, but enjoyable. "Bon chance" Cal and keep your ears open Rudge.

The vacancy left in standards by Rudge's departure was quickly filled by none other than Capt Don Harold ("Hacker" Harold as the students affectionately call him... behind his back of course). Aah, a touch of worry is good for the students. Don't you remember a particular instructor you never wanted to get? Made you work a bit harder, didn't it... You had to be sure of your procedures. That's the point.



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YOU LIGHT UP MY LIFE

You've got a better chance of getting struck by lightning than of winning one of those "big money" lotteries, or so they say.

WO Wayne Marsh of 429 (T) Sqn will attest to the truth of this statement. No luck at the "Lottery", but on the morning of the 2nd of December 1982, Wayne (OLD SPARKIE) Marsh became the victim of one of those perennial December thunderstorms.

While pre-flighting his C-130 Hercules, Wayne apparently dissipated a few kilowatts of electricity when a lightning bolt struck near the aircraft. The lightning knocked Wayne off his ladder and he fell unconscious to the tarmac below. Luck must have been smiling on Wayne that morning as no perceivable injuries occurred. WO Marsh was back at work in no time and last word has it that Wayne's performance has been glowing.

"Old Sparkie" recently received a "flight safety" poster from 429 (T) Sqn as a reminder of his shocking experience.

AEROSPACE REPORTS

Just for the record, my New Year's resolution was "not to change a darn thing". Like Athol says, "The best you can hope for is a normal distribution"; or as Serge Lecours would put it, "La plus que ca change, the more things stay the same".

Aerospace headed back to work on January the third - a day ahead of everyone else. Obviously we believe in the motto: "The early bird gets the worm." Certainly for one day we all had a parking spot with a plug-in and we never ran out of coffee.

A real early bird on the course this year is Major Doctor or is it Doctor Major Barry Brock; who put up his new rank on the first of January. Congratulations Barry. Now you know why we held off telling you about the turkey and bottle you won on the Christmas draw.

If Linda Savage recovers sufficiently, Rick will be off to London,

England for a few days. He's going over to pick up video tapes and receive a briefing on a new secret diet. This diet is a new improved version of the one they concocted in 1940 which enabled British pilots to see German airplanes in the dark. This diet apparently turns starlight into daylight. The disadvantages are that one has to wear extremely dark sun glasses during the day and teach only at night.

Jim Watts successfully completed the first hurdle towards his MBA last month. It's a long way to go, however, just ask Ken McLean who graduates this April.

There is not much to report on the entertainment side of the house this month. Bill, however, promises us a good bash for the pre-ASCUS party. The major event this month, besides the arrival of SANC 8301, is the arrival of little Garrett Tonders. Congratulations to the proud parents.

flight safety

"LIGHTNING CAN HURT YOU"

so says heralded flight engineer

IT'S **R** TIME

0600 HRS

0601 HRS

THIS MAN HAS HALF A MIND

50% OF ALL HIS BRAIN CELLS HAVE SUFFERED INTERNAL MICRO EXPLOSIONS AS THE RESULT OF A FREAK LIGHTING STRIKE...

MARSH

"IT ONLY HURTS WHEN I TRY TO READ AND WRITE" exclaimed the poor hapless victim, Warrant Officer Wayne Marsh. Flight Engineer Marsh suffered severe electrocution as a result of a freak lightning strike while pre-flighting his C-130 Hercules. Immediately thrown to the ground from the top of a ten foot ladder, Warrant Officer Marsh laid unconscious for 5 or 6 minutes. An eyewitness explained that after his body stopped smoking Warrant Officer Marsh got to his feet and slowly walked away. Brain surgeons and psychologists both believe severe brain dysfunction has occurred, however, they believe Warrant Officer Marsh will be able to return to normal duties as a flight engineer in no time at all!

DEVIL MADE ME DO IT

(by Sgt John Giles)

Hopefully all had a Merry Christmas and a safe and Happy New Year's celebration. In keeping with the spirit generated by newly made resolutions, Base Supply is resolved to contribute to the Voxair on a regular basis. Submissions to Voxair from Base Supply during the past year have been on the verge of extinction, but 1983 will mark its revival and successful comeback.

1982 has been a good year for Supply, but like all Sections, we have also lost comrades and friends to postings and releases. From what I hear, they have gained in experience from these events, but Supply will not soon forget them.

One of Supply's 'events to remember in 1982' was our 25th Anniversary celebrated in June. Quite a few past members (retired and serving) returned to renew old friendships and strike up new ones, and to share their experiences of past years. Their bad times and good times made the present members of Base Supply realize that "Servitium Nulli Secundus" stands for years of hard work and dedication.

In August, two major (no pun intended) postings made history. Major White (ex BSUPO) was promoted to L/Col and posted to Damascus. L/Col White was missed by this Section, but the promotion of Captain Yaworski (ex Aircom) to Major, and his subsequent posting to Base Supply Winnipeg made the loss easier to accept, and Base Supply's future continues to look bright.

Base Supply's victory over Base Foods to capture the Intersection Softball Champions title closed a very successful summer tournament. Members of the Base Supply's team wish to extend our congratulations to all the teams for an enjoyable and competitive season.

I have left a very important series of events for the last. This was a year of recognition for two of our Senior Supply Techs, WO Jack Kelly received his promotion to MWO, and he and our own CWO Bruce Barton were proud and deserving recipients of the Order of Military Merit. This event, above all, ultimately reflects Supply's determination to really be "Servitium Nulli Secundus".



CPL. McCLINCHEY PROMOTED 17 NOV 82
Cpl McClinchey arrived at CFB Winnipeg from CFS Beausejour on the 31 Aug 81. She is originally from our nations capitol and is now presently employed at Base Supply Order Desk.

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FITNESS FROM THE BOTTOM UP

Let me see your thighs. Um-hmmmm.

Let me see your bottom. Hm-mmm.

Have you noticed two little self-help books at the cash register of your bookstore: "Thin Thighs in Thirty Days" and "Thirty Days To A Beautiful Bottom"?

They're not really books — they're too slight and their content too thin. I believe publishers call them "trade paperbacks" and you're encouraged to buy them as an afterthought to your larger purchases — like buying a package of flashlight batteries at the grocery checkout.

Buy these two books — and you won't be able to sit down for a month! But seriously, they might do you some good — all over!

Each booklet features the standard format: photographs of a shapely young woman doing exercises to "spot reduce" in those spots of the anatomy the reader can't readily see but others can. Each booklet features diet advice as well.

The true purpose of weight loss is to take a load off your heart — not your seat. For, with your cardiovascular system operating at its peak, your body benefits in its ability to keep you constructively at work and play.

As it happens, when you have exercised for a while and lost weight, you generally find a lot of other nice things have happened inside you: your muscles have toned up, your

body has become more lithe and flexible, your complexion has begun to glow with good health and your mental outlook has turned positive and optimistic.

People come up and say how great you look!

And this, in my mind, is Beauty — the greatest efficiency of every individual! Harmony! Originality! The ability to please!

As for that concept of Beauty that encourages you to imitate somebody else — a model or movie star — well, that's just self-defeating manipulation. That's just cosmetic. The soundest advice is the old advice: be the best YOU can be.

Now, I'm in no way suggesting you shouldn't start by thinning your thighs and flattening your bottom. The exercises in these booklets can be strenuous enough to get your heart and lungs pumping. But remember: exercise fifteen minutes three times a week.

And be skeptical about "spot reduction": when you start losing weight, you'll take weight off all over. These booklets seem to acknowledge that — their titles are just getting your attention.

Thirty days. That's all it takes. Then you'll start taking a great deal of pride in yourself — from the inside out and from the bottom up!
Russ Kisby is President of PARTICIPaction, the Canadian movement for personal fitness.

VO2MAX KEY MEASUREMENT

Fitness means many things and can be measured in many ways. A good indicator of your cardiovascular fitness is VO2MAX, which is shorthand for the maximum volume of oxygen that can be consumed per minute during strenuous exercise. Measurement of VO2MAX provides an indirect assessment of energy expenditure because for every liter of oxygen consumed approximately 5 kilocalories will be expended.

Each year commencing 1 January 1983 each member of Air Command will have his or her VO2MAX measured by using a two step stepping test. This sub-maximal evaluation is used to determine the members maximal aerobic capacity without the danger or the complexity of undergoing a maximal evaluation which is usually characterized by working to exhaustion. By analyzing each members heart rate response to the light to moderate stepping exercise VO2MAX is calculated by a process of extrapolating or predicting what performance is likely at more intensive exercise levels.

Because body size affects oxygen consumption, VO2MAX is usually expressed in milliliters of oxygen per kilogram of body weight when measured in the laboratory. Resting VO2 is approximately 3.5 ml/kg/min, and during maximal exercise it may increase by 10 to 20 times depending on your level of fitness.

Consumption of oxygen during exercise depends largely on the coordination of several physiological functions that transport oxygen to the muscles. The process begins when oxygen enters the lungs and rapidly diffuses into the bloodstream via the capillaries surrounding the tiny air sacs (alveoli) of the lungs. Heart rate and blood flow from the heart increases to several times the resting rate during maximal exercise due to an increased requirement for oxygen to sustain the muscle action of the exercise undertaken. At the muscles, the rate of oxygen taken up from the blood depends on how quickly and efficiently the muscle cells use oxygen in the energy production process.

Aerobic (oxygen-using) physical training such as jogging, swimming, and cycling can improve VO2MAX by increasing blood volume and the pumping capacity of the heart. The increased efficiency of the heart makes more oxygen available to the muscles during exercise and increases their ability to use oxygen. The elite marathoner may consumer as much

LADIES FITNESS

**THE TIME HAS COME
CHRISTMAS HAS ADDED ITS PAIN
TIME IS NOW**

TO LOSE THAT GAIN

Ladies Fitness Classes commence Tuesday, 18 January 1983 at 10:00 a.m. There will be 20 sessions for \$20.00. Classes will be held every Tuesday and Thursday from 10:00 - 11:30 a.m. For registration drop in to the Recreation Centre, Building 90 or call local 511/514 for information.

VO MAX Cont'd

as 80 ml/kg/min or more of oxygen during maximal exercise compared with approximately 42 ml/kg/min for the average college-age man. Women typically have a VO2MAX of 10% to 15% less than men. The explanation for this is not entirely known, but contributing factors may be the lower hemoglobin level in women and their additional sex-specific fat. Body fat decreases VO2MAX, but even when oxygen consumption is calculated per kilogram of lean body mass the difference between sexes is not entirely removed.

The average person can expect to make rapid gains in VO2MAX early in training, with changes of 10% to 20% typical for a ten-week training period. As training continues, further increases are difficult and slow in coming as you approach your genetic limit, but even if no gains are made you can still slow the decline in VO2MAX that normally occurs with aging.

VO2MAX or cardio respiratory endurance is the key indicator of your physical fitness and as such is an important part of the Air Command Physical Fitness Evaluation.

The exercapacer is designed to exhibit by electronic means the actual heart rate of the individual gripping the handles. Consequently the machine has a number of applications pertaining to Physical Fitness Training for example, exercise intensity can be measured by obtaining an exercapacer reading during or immediately after exercising.

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GOOD SKIERS ARE FIT AND HAVE MORE FUN

For sheer, unadulterated ski enthusiasm, it's hard to top Dr. Irving Grosfield, an orthopaedic surgeon practicing in Scarborough, Ontario. He's been treating ski related injuries for 15 years, as medical adviser to ski patrollers and disabled skiers.

Grosfield is an avowed ski nut, touting the sport as one of the few activities that families can enjoy together, and one that relieves stress. "It does for me, anyway. Golf and tennis are stressful, I find, because you are competing against yourself.

"Skiing is fantastic sport because, unlike the others, you're not on the same dimensional area as the pros. For tennis, you play on the same kind of court as Borg. The same applies to squash, baseball, you name it.

"But when you ski, if you're smart, you can ski a hill at your own level of ability and have the same degree of fun as the experts ☆

"It's when people go on an expert hill instead of an intermediate or beginner's hill, that they get into trouble."

He suggests that, to avoid injuries, "be fit. It's a sport for which people should not be tired, which is one explanation why more accidents occur at the end of the day.

"In skiing, you use muscles that probably have not had much use elsewhere, particularly those in the knee and the big thigh muscles called the quadriceps. On a mogul hill, it's an important muscle to maintain balance and allow you to keep control and continue down the hill. When that muscle gets tired, it's a set-up for an accident.

"Skiers also have to be fit," continues Grosfield, "because they are dealing with colder weather. Therefore, they should embark on a program of pulmonary exercises, such as riding stationary bicycles, jogging, swimming, running on the spot. Exercises like this increase breathing capacity. All these are shown periodically in the ski magazines, with illustrations."

But Grosfield also says fitness is only one facet of the whole picture. Skiers should know about books, about skis, and most important, about safety bindings. "Know your bindings," he says. "Know their name, and know how to work or regulate them."

He commends ski patrollers and companies making the equipment for testing bindings at ski hills. It's also done in the ski shops, but he feels it is more difficult without the person in the boot because weight is a factor.

Putting a good word in for ski patrollers, he said "They are a phenomenal group who know an incredible amount about first aid, not only on ski hills but in highway accidents and in the bush. They promote safety, too, by making the first ski runs every day to ensure clear runs."



(by Tom Langer)
(excerpts from David Steen)

WEEKLY JOGGING PROGRAMS

The following are three sample jogging programs of SIX WEEKS DURATION each. The first is for the BEGINNER with a low fitness level; 2nd is for a person in moderately good shape; the 3rd is for a person in top physical condition.

Choose a workout suited to your level or set up your own programs.

Follow a weekly program for six weeks before starting a new one. NOTE: It takes TWO DAYS to absorb a good jog, so do not schedule hard workouts on consecutive days.

PROGRAM NO 1 (BEGINNER)

MONDAY
Warm-up; jog 100 metres then walk the same distance; repeat this sequence four times. Walk 400 metres to cool off. Each Monday add 100 jog — 100 walk to sequence.

TUESDAY
Rest or light half mile walk.

WEDNESDAY
Warm-up; jog slowly for 200 metres then walk the same distance; repeat this sequence 2 times. Walk 400 metres to cool off. Every second Wednesday add 100 jog — 100 walk to sequence.

THURSDAY
Rest or light half mile walk.

FRIDAY
Warm-up; jog slowly 400 metres; walk 400 metres; jog slowly 400 metres; walk 400 metres to cool off. On the 4th Friday add another 400 metres jog.

SATURDAY
Rest or light half mile walk.

SUNDAY
Rest, light walk, hike or other alternative exercise.

PROGRAM NO 2 (GOOD CONDITION)
MONDAY
Warm-up; jog slowly along one of your routes for 1 1/2 to 4 miles. Each Monday take another route of about the same distance.

TUESDAY
Light jog (1 - 2 miles or rest).

WEDNESDAY
Warm-up; jog "OUT AND BACK" a total time of 20 to 30 minutes. Each Wednesday add two minutes to your total jog time.

THURSDAY
Light jog (1 - 2 miles or rest)

FRIDAY
Warm-up; FARTLEK ALONG ONE OF YOUR ROUTES 1 1/2 TO 4 MILES. Each Friday change the route.

SATURDAY
Light jog 1 - 2 miles or any alternative exercise; on 3rd and 6th Saturday, do a long, slow distance jog of 2 1/2 to 6 miles.

SUNDAY
Rest, walk or hike.

PROGRAM NO 3 (TOP CONDITION)

MONDAY
Warm-up; jog on one of your routes 3 to 7 miles. Take another route every Monday, of about the same distance.

TUESDAY
Warm-up; light jog 1 - 3 miles or alternate exercise.

WEDNESDAY
Warm-up; hill jogging for 30 or 40 minutes. Each Wednesday add 1 more climb.

THURSDAY
Warm-up; light FARTLEK 1-2 miles.

FRIDAY
Warm up; INTERVAL JOG. Do 6 to 10 times 400 metres jog on 1st, 3rd, 5th Fridays. Do 9 to 15 300 metres jog on the second and fourth Friday. On the sixth Friday, jog a time trial OVER A DISTANCE OF 1 TO 3 MILES.

SATURDAY
Warm-up; light jog 1 - 3 miles or alternate exercise.

SUNDAY
Rest; warm-up; long, slow distance jog of 4 - 8 miles.

ALTERNATIVES TO JOGGING

There are other exercises that help to improve the strength and efficiency of your heart and lungs. As you do in the jogging programs, always go through the WARM-UP before going into any of these alternatives.

Cross-country skiing is inexpensive and physically demanding.

Skipping and running on the spot can easily be done at home.

Walking up stairs in apartment and office buildings is better than riding elevators.

Squash and tennis are beneficial for fitness and they are a lot of fun too.

Exercise at home:
1. Steps-ups on bench.
2. Jog while you watch TV.

MORE ALTERNATIVES

Swimming is an excellent all round conditioner for anyone.

Orienteering involves jogging and use of a map and a compass.

Cycling indoors on a stationary bike, and outdoors on a regular model is good exercise.

Hiking is a total body exercise. A good way to enjoy yourself and nature too.

People who are physically fit are usually emotionally and mentally fit. We work better and reduce time lost through illness. We live longer and are more healthy. We play better and enjoy it more. When we are fit we feel great and when we feel great, we enjoy many other recreational activities.

Viscount Gort

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PMQ BRATS

Living in Permanent Married Quarters is a long way from living in Paradise — it does have disadvantages. PMQs at least are a step up on TMQs. These could be found on some bases in the 50s, but to my knowledge these Temporary Married Quarters have long since disappeared. In the former you were reasonably sure of a roof over your head, in the latter not quite so.

PMQs have always been noted for the number of children involved. In the old RCAF the collective term for such as "PMQ Brats." I gather the Army term was "Army Brats" and the Navy term "Service Brats". None of these can be said to be flattering, but taken together they not only indicate the large number of children in married patches, but maybe the suspicion that somehow they were different from ordinary "civilian" children.

And of course they were. In the first place their parents often came from widely different parts of Canada and even different countries, due to postings, courses, temporary duty and that sort of thing. Prairie types ended up married to "Down Homers" or West Coasters and all the combinations in between — to say nothing of English and Scottish war Brides and since the war, German and French and Dutch and . . .

The kids are different too in that they are often well travelled by the time the age of twelve is reached. I'm not talking of tourist journeys through Provinces on summer holidays, but the fact of actually having lived from one to four years or more in a number of Provinces and even foreign countries. As a result they sometimes develop a 'blase' or 'know-it-tall' attitude. Teachers have

told me there is a difference in that the kids are less inhibited and so more of a challenge to instruct. I discovered this when in a religion class one day when I suggested to a class disturber that he should take over the session for me. He promptly jumped up to do just that! I never used that technique to quell a disturber again!

This moving from one School System to another — Education is, for better or worse, a Provincial matter — can be most disturbing for some children. Not all, for some accept the new challenge with enthusiasm. My own son learned the old math in France, then learned the new math in Alberta, then back to the old math in New Brunswick then back again a year later when New Brunswick adopted the new. He will never be a mathematician!

Despite the lower rents, (at least in the past) and not having the hassle of buying and then selling with the next posting, not having to make repairs (CE will eventually turn up although not always at the most convenient time!), PMQ living does have drawbacks. The primary ingredient as to whether it is a pleasant or unpleasant experience seems to depend, for the most part, on one's neighbours.

Not having a choice of neighbours makes it a bit of a gamble. Life long friendships have been formed when you 'luck-in' by having good neighbours and then again 'better forgotten neighbours' are also encountered. Being so close to others, especially in Row Housing, can create all sorts of problems that create emotional and inter-personal conflicts. Some persons wish to be left alone, others desire more involvement. Pet-

ty jealousies can turn friends into enemies. Idle gossip can tear a neighbourhood apart.

It seems almost trite to say that if one desires to have good neighbours one must first be a good neighbour. Shakespeare would probably add, "therein lies the run". When we are so certain that our life style is far better than that of our neighbours, it becomes difficult to accept any neighbours who are 'just not like us.' Toleration is a must for living in such close quarters.

Good neighbours are the helpful ones and not the nosy ones. Good neighbours are the co-operative ones and not the selfish ones. Good neighbours get involved with community activities for the good of the community and not those who do nothing else but criticize those who make an effort.

Chaplains often advise fellow Chaplains when a community minded family is about to arrive at their base. This is seldom if ever done for families who couldn't care less.

It's a rough school of learning — this living in PMQs. Some graduate with high honours, others, it must be said, can't wait to return to 'civilian' life. For parents of children with special needs, such as learning problems, it is often frustrating to have to abandon it and start all over again because of another posting. One woman told me with a touch of self pity in her voice, "Civilians have no idea of the sacrifice some families are making for the defence of Canada."

Some children can get along well without their father's continual presence, others have emotional upsets whenever Dad sets forth on another tour of duty. In such families Mom has often to be both mother and

father for long periods of time. One mother even asked me if it were possible to get help from the Big Brothers organization, and was disappointed to learn this organization's basic purpose is to assist father-less boys.

And what of the majority of PMQ brats? From the perspective of 25 years I say that overall the experience is positive. Some of the finest young people I have known have survived well the married patch and gone forth to make a real contribution as exceptional Canadian Citizens. Most will tell you proudly they are not New Brunswickers, or British Columbians or what have you, but Canadians — "You see, I was PMQ brat."

I, for one, was proud to have known so many.

Padre G.W. Yates (Ret'd)

USER DRIVER COURSE OFFERED

BORDEN — It is not only the new 2½-ton trucks by Bombardier that are being readied for duty with the Canadian Forces. User instructors have been given courses at Canadian Forces Base Borden to prepare the way for unit acquisition of the trucks. These courses are designed for the user in mind not just the full-time transport driver. Training covers driving, user maintenance and trouble shooting in three training days. A total of 2,767 military pattern trucks have been ordered from Bombardier Inc. Deliveries to user units started this fall with final deliveries expected by the spring of 1984.



Mayor Rick Mt Pleasant presents Katrina Hodgkins with her prize.



WINNERS OF THE ENERGY CONSERVATION CONTEST

Front Row (left to right) Tabatha Ror, Trevor Gerbrandt, Danny Hummell, Jennifer Nicholson, Kimberly Atwell, Chris Rydler.
Back Row (left to right) Robin Figenshaw, Mark Kleinholz, Dale Raskob, Mick Rochon, Chantel Desjardins.

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- EAR PIERCING — 12.00
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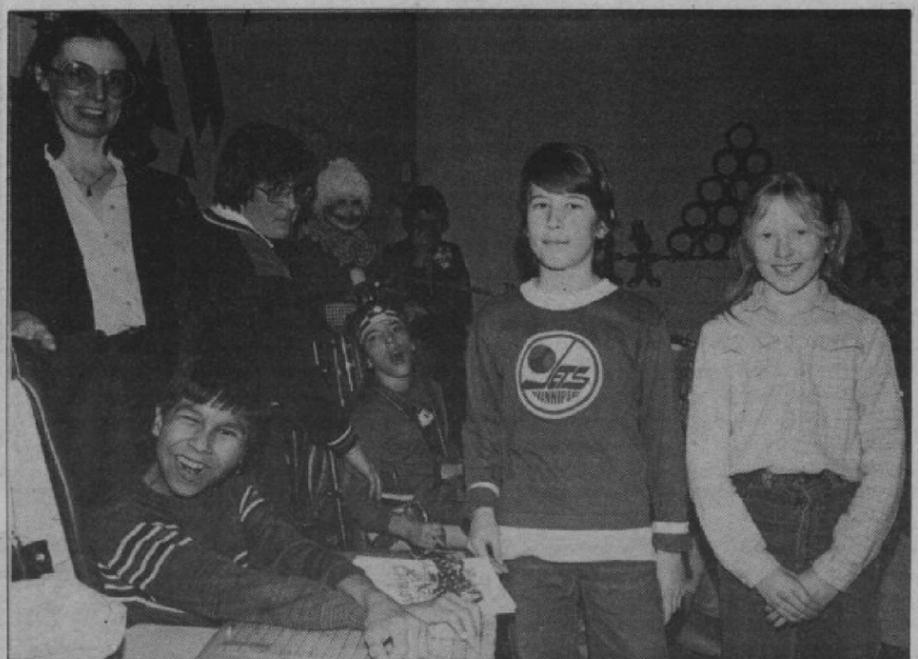
9:30 - 11:30 and 1:00 - 4:00



CHRISTMAS SPIRIT WEEK



Lynda McNabb, Jamie McNab and Trevor Hodkins, along with several other Jameswood students are on stage for the presentation of the 400 dollar cheque.



Shawn Murphy and Catherine Murphy present the class's Christmas card package.



NOTICE BASE RECREATIONAL LIBRARY

**BASE RECREATION LIBRARY
HOURS**
Tues, Wed, Thurs 6:00 - 8:30 p.m.
1:00 - 4:00 p.m.
Saturdays 1:00 - 3:30 p.m.

CHRISTMAS SPIRIT WEEK

In the days before Christmas Jameswood School got caught up in the Christmas spirit with donations, concerts and bake sales to raise a \$400 Christmas present.

The recipient was St. Amant Centre which is a hospital for physically and mentally handicapped children.

At a special student gathering, visiting children from St. Amant joined with Jameswood's pupils to sing Christmas carols and to enjoy the magic of Allan Martin and the antics of Larry Skidmore.

Lynda McNabb, President of the Jameswood Parent Council was on hand for the presentation of the giant cheque of \$400.00.



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Sunday: 7:00 p.m. on Saturday
11:00 a.m. on Sunday
Daily: Tuesday, Wednesday and Thursday — 4:45 p.m.
Friday — 10:00 a.m.

Confession:
Before and after each mass on request.
Avant et après chaque messe, et sur demande.

C.W.L.:
Meetings every first Monday of the month.

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

Choir:
Every Tuesday evening at 7:30 p.m.
Tous les mardi soirs à 7:30 p.m.

St. George's Chapel (S)

Masses:
Sunday: 11:00 a.m.
Daily: Tuesday to Friday (inclusive) — 7:00 p.m.

Baptism:
On request. Talk to us at least one month before.

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

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

PROTESTANT CHAPEL SERVICES

Chapel of the Good Shepherd (N)

Church Service & Sunday School:
11:00 on Sunday

Chapel Activities:
Couples Club — 4th Friday — 7:00 P.M.
Ladies Guild — 1st Monday — 7:30 P.M.

Chapel of St. Andrew (S)

Church Services & Sunday School:
10:30 on Sunday

Christian Mens Breakfast — 7 A.M.
4th Thursday — JR Ranks Mess
Contact 417

CHAPLAINS: Padre G.E. Tonks — Base Chaplain — 832-1311 Loc 417
Padre SC. Fowke — Chaplain (P) — 888-5175
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BIRTHS

Bernie and Wendy Tonders are pleased to announce the arrival of their first, Garrett, 8 lbs. 13 ozs., born on Jan. 8, 1983.

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The 5 Point Club meets for lunch 1st Wednesday of each month at east end of Bldg #61, 12:00 sharp. Further Information Contact: Geo Burton — 697 Wes Coombe — 225 Doug Johnston — 225

REUNIONS

HMCS Chippawa in Winnipeg is inviting active and retired members of the RCN, the RCNVR and RCNR back during 75th anniversary celebrations of the RCN in May 1985. The Naval Officers Association of Winnipeg is also planning a reunion for those who trained under the University Naval Training Division established in 1941. For information write to: UNTD Reunion, HMCS Chippawa, 51 Smith St., Winnipeg, Man. R3C 1J4.

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Larry Skidmore, Clown For A Day, carries on a conversation with one of the St. Amant students on her word board.

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Sun. 16 INCHON	Mon. 17 A New Dimension in Terror... FRIDAY THE 13TH PART 3	Tue. 18 FRIDAY THE 13TH PART 3	Wed. 19 DARING DAN KIDWELL PAUL GRADIA AND HOWARD BROOKER AS JOHN FRIDAY THE 13TH PART 3	Thu. 20 NO SHOW	Fri. 21 INCHON	Sat. 22 THE HOBNOB	Sat. 22 THE HOBNOB
Sun. 23 The Missionary	Mon. 24 The Missionary	Tue. 25 HALLOWEEN	Wed. 26 HALLOWEEN	Thu. 27 NO SHOW	Fri. 28 CLASS REUNION	Sat. 29 To Be Announced	Sat. 29 CLASS REUNION
Sun. 30 CLASS REUNION	Mon. 31 CLASS REUNION	Tue. 31 CLASS REUNION	Wed. 31 CLASS REUNION	Thu. 31 CLASS REUNION	Fri. 31 CLASS REUNION	Sat. 31 CLASS REUNION	Sat. 31 CLASS REUNION

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BXO COLUMN

The first column of the New Year — time to reflect on the past year and to look forward to the new year.

The past year has been an extremely busy one in Canex. After many delays, moaning, groaning and complaining, the Self-serve Gas Bar finally went into operation in November — six months behind schedule. While it is early yet to jump to conclusions, indications are that the change over will be justified by improved service, efficiency and profitability. Our job '83 will be to analyze every facet of the operation to ensure the above goals are achieved.

In the Retail Store new businesses were added to provide additional services to our customers. The first was the T.V. rental service which has been an overwhelming success. At last count we had ninety-three T.V.'s rented. If anyone had told me last year that there was a market to rent that many T.V.'s they would have had to pick me up off the floor. The dry-cleaning service was started up in October and has been steady but not overwhelming, and of course, the big growth area outside of computers and video games — home video movies was started up in November. We now have over 400 titles — including the always in demand "ON GOLDEN POND" and the number continues to grow. We now have a good supply of both BETA and VHS machines and are doing a booming rental business. If you haven't joined our club yet, you're missing out on a good thing.

The biggest project for the store was the one that didn't get done — the renovations to upgrade the whole store, so that it looks like a real store and not a warehouse. This project is

well underway, and at present it looks like the actual construction work could start sometime in February. We do not intend to close if at all possible; however, we did not intend to shut down the Service Station either. Watch for our pre-renovation sale which should be very soon.

In 1982 we also opened up a new dry canteen, retail store annex to better serve the personnel of 2 PPCLI. This outlet was opened up in March and has also been very successful — when the unit is around.

Also on the drawing boards at the moment is a project to renovate and upgrade the Hercules Lounge and Snack Bar 90, which are both in need of a facelift. However, as I have learned, these projects don't happen overnight and we're probably looking at Spring 1984 at the earliest for this project. 1983 will be for ensuring that it stays on the rails.

Also, for those who don't already know, the very successful BONUS BUCK program has been extended indefinitely. We will continue to hold two DOUBLE BONUS BUCK days per month, which will be advertised on our Commander's board.

Canex is trimming the fat in '83 — at least some of its employees are, and they've each put up \$10.00 to back up their determination. On 4 Jan 83 each employee weighed in and paid the \$10.00. If within one month they lose 5% of the weight recorded on 4 January they get their \$10.00 back; if they fail, they forfeit their money and it goes to the padres to be contributed to local charities.

Now — the punchline. Those who are successful on 4 February must weigh in again on 4 April to make sure that they have maintained the loss. Failure at this time carries the same penalty — they must pay back their \$10.00 which will also go to the padres.

In the year of PHOENIX can any sections out there take up this challenge? Time to get fit again.

UNDE — LOCALLY YOURS

Members elect new executive for 1983

Members of local 705 turned out November 23 to elect their executive officers for 1983. The two familiar faces of Red Dielschneider and Ev Ogren at executive meetings for a number of years will be greatly missed in the future. Both Red and Ev have provided many years of dedicated service to our members and will be hard acts to follow. Best wishes to both of them for many years of happy retirement.

The Executive for 1983 with their locations and phone numbers are:

President	Minnie Chaikoski	Bldg 4	548
1st Vice President	Doug Johnston	Bldg 100	225
2nd Vice President	Maggie Armstrong	Bldg 52	698
Recording Secretary	Edith Puersten	Bldg 2	788
Treasurer	Anne Marie Gillich	Bldg 2	405
Corresponding Secretary	Cathy Dowhan	Bldg 52	468
Chief Shop Stewart	Al Chilton	Bldg 87	208
D/Chief Shop Stewart	Bill Bradwell	Bldg 100	169
Good & Welfare	Austin Cooper	South Base 888 5986/889 9173	
Sgt-at-Arms	Sharon Morgan	HMCS Chippawa 943 7689	
COMMITTEE CHAIRPERSONS:			
Safety	Reg Parkin	Bldg 100	167
Nominations	Mona Watson	Hangar 16	513
Education			
Coordinator	Sharon Morgan	Chippawa	943 7639
EAP Referral Agent			

Xmas Hamper Provided for Family of Four

Many members, some military, opened their hearts and purses this Xmas. The results of which was many boxes of food, clothing and \$160 to outfit the children with winter clothing. It is hoped that those who donated got as warm a feeling of good will to their fellow men as the family that received it.

A great big pat on the back to Sharon Morgan who organized the drive, and took leave without pay to deliver the hamper and to accompany the recipient on a shopping spree to ensure the money was spent on needed supplies.

Manitoba Occupational Health Clinic Becomes a Step Closer to Reality

On December 13 property was purchased for the clinic at the corner of Sherbrook and Westminister. Formal opening is planned for mid Feb.

The physician hired to operate the clinic is Dr. Linda Murray, who has excellent qualifications in addition to extensive experience in occupational health and safety, as well as being the recipient of Martin Luther King Jr. award of the Chicago Chapter of Southern Christian Leadership Conferences.

Members of local 705 should be proud of the fact that they contribute monthly to this first of its kind in Canada Occupational Health Clinic, owned and operated by the Labour Movement.

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