



Free

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CFB/BFC Winnipeg

9 November, 1988

REMEMBRANCE DAY 1988

THE ROYAL CANADIAN LEGION

OUR SILENT REMMINDER





The Base Chief Said...

I was gimping around the house yesterday, and of course Quincy wanted to know what was wrong. I told him that my knees hurt. Like a kid he asked, "How come?" So I tell him that I've been doing a bit of jogging getting ready for my birthday. He thought that this was a funny way to get ready for a birthday. As a matter of fact, so do I. However, you can always tell when a birthday is near. That's the time of year when those of us who do not work out on a regular basis, start getting serious. As I sit here writing this, I want you to know that I'm in pain. My legs are sore, and my knees are killing me. This is real, honest to goodness pain. I do the same thing every year. My birthday is in early November, but I shall book my Expres test as late in November as I can, to allow me as much time as possible to get in some sort of shape. It will also allow me some time to drop a few pounds.

There was a time when I used to look forward to my birthday. That all came to an end when I turned 40. The system has really taken all the fun out of having birthdays. There's the dental check, the medical, and the Expres Test.

The dental check is not too bad. Except that every year for the past 30 odd years it's always the same. First the dental assistant will come out and ask me that one question that I always answer, "No" to. The question is "Do you want to come with me?" Not unless we're going to your apartment!

I know I'll hear the same old lecture as well. "Do you floss regularly?" "No", I answer, "Only when I get things stuck between my teeth, that I can't get out with a toothpick". This always brings an, "Oh dear, you should floss after each meal". So I say something like, "I know what I should do, but I don't". By the way, has

anyone found a use for dental floss, waxed or unwaxed? I've got a bit kicking around the house, but so far all I've been able to do with it is floss.

The hygienist usually gives me some tips on how to brush. My how things have changed. There used to be a time when they would tell you to use a hard brush. Now they are preaching, soft brush. I swear to God, there must be something wrong with my wrist, as I am only able to brush straight across. They then warn me that my gums are wearing out, etc, etc. Lady, my whole body is wearing out. Then when I require some work, I know that they try to hurt me on purpose, believing that if they cause me pain, I'll do what I'm told.

Next it's off for my medical! First of all, couldn't we come up with a better term than "OVER 40 MEDICAL"? I'm sure they can, especially with all the new words that have crept into the English language. I'm far enough over 40 now, that I've gotten used to it. I'm thinking about all those who just turned 40. For a lot, that's a depressing time in their lives. So come on, have a little mercy.

There's two parts to the medical, and I'm sure that all aircrew were also born in November. They all seem to be at the Hospital for their Part I on the same

day I'm there. Part I is not too bad, except for the fasting, and what seems like the long wait between tests. My worst results are always the hearing test. I get in that booth, and I'm concentrating so hard, I can hear tones they haven't invented yet. I am what you call trigger happy.

After Part I, there's about a 10 day wait, until you get to see the doctor. There is only one thing about Part II that's distasteful, and I won't even mention it. You all know what I'm talking about! I usually try to get a lady doctor, because they have small ones. But you have to be careful here, because some of them, although possessing thin ones, have very long ones.

It's funny, but have you noticed how we have come 180° over the years as far as eating goes. My mother used to warn me that I would not be allowed to leave the table until such time as all my food was eaten. I haven't forgotten that lesson, and I'm paying for it now. I can also remember doing my homework as a young lad, and we were taught that you should eat things like, eggs, red meat, cheese, etc, etc, etc. Now, just because my cholesterol level is up, the doctor gives me heck, for eating the very things, we were taught were good for us. You can't win, and it's hard to re-train old dogs.

Then last but not least is the Expres Test. What can you say about it? The first thing you realize is that they want you to arrive by ambulance. In other words, don't exert yourself on the way over. The second thing you'll notice is that the music for the step-test has not changed since it was introduced into the system. I hate that music! Even when I watch aerobics on TV, I turn the sound down, so I won't have to listen to the music. In this case "a picture is worth a thousand words" anyway.

The third thing you might notice, is the PERI has muscles on his muscles. This is to make people like me feel inferior when I do my push-ups. The PERI I get usually chuckles while I'm doing my push-ups. (I don't really blame him).

I can always count on getting a counselling session after the test. PERIs will tell me what to eat, types of exercises to do, the fact that I'm overweight is mentioned, how I should quit smoking, etc. They will try to convince me that I would feel better if I exercised more, and I try to tell them that I feel fine when I'm not exercising.

So it's that time of year again, and all I can say is, "Happy birthday to me"...

Manitoba's Lt.-Governor goes back to the Navy

On Tuesday, October 4th, Lieutenant Governor His Honour Dr. George Johnson was installed as Honorary Captain of H.M.C.S. Chippawa.

This is the first time in 30 years that H.M.C.S. Chippawa has granted the appointment.

Dr. Johnson was a serving naval officer during the Second World War, achieving the rank of lieutenant (naval) and serving the following Canadian warships:

- HMCS Chippawa — June 20, 1941
- HMCS Royal Roads, Esquimalt, B.C. — August - December 1941
- OFFICER TRAINING
- HMCS Medicine Hat — January 1942 - November 1943
(Minesweeper on escort duty on North Atlantic - Western Approaches)
- HMCS King's (King's College) — November 1943 - February 1944
Halifax, Nova Scotia
- NAVIGATION OFFICER (n)
- HMCS Kitchener — February - April 1944
(Corvette)
- NAVIGATION OFFICER (n)
- HMCS Loch Achanalt — May 1944 - August 1945
(Frigate, E.G.6 in United Kingdom waters)
- NAVIGATION OFFICER (n)

To commemorate this historical appointment, H.M.C.S. Chippawa staged the largest parade that the ship has seen in years. All members of the Chippawa family were on parade, including a number of Second World War veterans.



On Oct 4, 1988 Manitoba's Lieutenant-Governor, Dr. George Johnson was officially installed as the Honorary Captain of H.M.C.S. Chippawa.

With Dr. Johnson (signing document) are (left to right) Major General D.G. Chisholm, Deputy Air Commander; Commander R.W. Siemens, Commanding Officer HMCS Chippawa; and Rear Admiral W.N. Fox-Decent, Chief of Reserves.

Oops!
We goofed!
 Last issue's article about the Alcohol Rehabilitation Clinic should have read "...there are between 8,000 to 10,000 alcoholics within the CF." instead of "8,000 to 10,000 alcoholic drinkers."

Voxair

FOLLOWING THE CANADIAN FORCES

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Your safe choice is winterizing the car

Here it is, the winter's first snow storm. Wet snow and sleet have visibility down to a few feet and you can't remember where your windshield scraper is. You're on a deserted back road spinning your tires in a giant snow drift — annoyed with yourself because you haven't had the snow tires put on.

Many Canadian drivers each year hope and pretend that, if the signs of coming winter are ignored, it won't turn up. The result is often a potentially dangerous situation that could have been avoided with the minimum of planning.

Remember, it's time to think about winterizing your car before the last leaf has touched the ground. Get a standard tune-up to increase fuel savings and ensure your car will start on cold winter mornings. Check your antifreeze level; make sure it's changed every two years and have your cooling system flushed every fall.

Have your battery tested and play it safe with a new one if it's getting old. Make sure your brakes are cleaned and adjusted and have your exhaust system checked for carbon monoxide leaks. Your windshield wipers should be replaced if they're worn and your washer system should have antifreeze in it as well.

To guarantee the best traction on winter roads, make sure your tires are in good condition and use snow tires or chains if you drive in heavy snow areas.

Along with your tune-up, upgrading your basic survival kit should be standard procedure in the late fall. Flares, spare tire, car jack, first aid kit, quarters for phone calls, flashlight, matches and basic tools such as screw-

drivers and pliers are basics. For the winter, though, you also need some specific winter emergency items:

- battery jumper cables
- shovel
- bag of sand or salt or traction pads
- ice scraper and snow brush
- towing cable
- blanket
- long-storing food like peanuts or chocolate
- heavy boots, parka, mitts, scarf or hat
- plastic garbage bags to screen wind.

Taking the time to winter-proof your car can save you miles of worry and inconvenience.

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

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

Col John McCrae

In Flanders Fields



In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place: and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

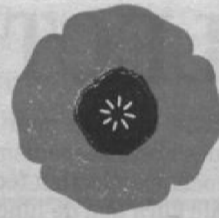
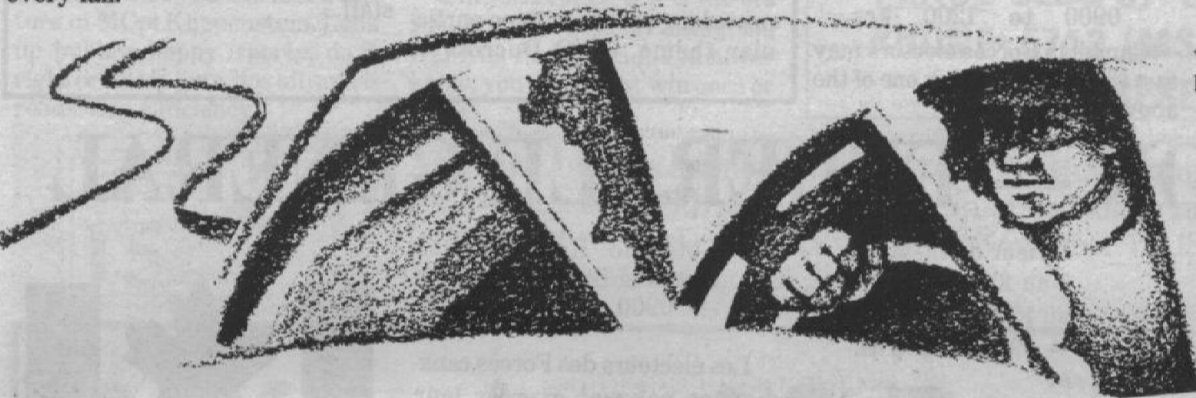
John McCrae
Dec 8, 1915

When Col John McCrae wrote *In Flanders Fields* in 1915, the grim brutality of the First World War had already made him a broken man.

His short poem became Canada's most famous war poem, and was used on countless posters in both world wars, exhorting young men to fight the enemies of the British Empire.

McCrae was not only a soldier and medical doctor, he was also, as a civilian, a specialist in internal medicine, a teacher and a poet.

Politically, he believed it was his duty to fight for his country and, in his words, "Right the wrongs on earth". He died in 1918, but his poem and the red poppies of Flanders fields remain to remind us of the sacrifice made by so many.



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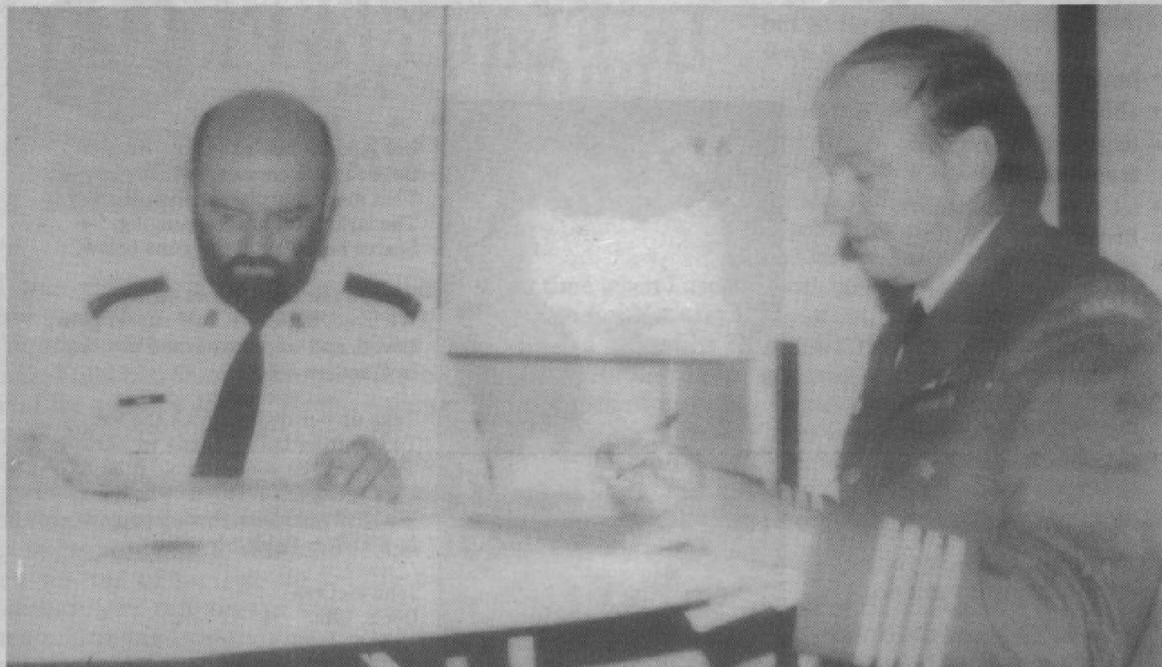
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Federal General Election

BOR news



CPO 1 C. Lenahan, Deputy Returning Officer watches as Col Loren H. Reynolds, BCond, easts the first note at CFB Winnipeg.

The period for voting by CF electors in the forthcoming Federal General Election has been designated to take place from Mon, 7 Nov 88, until Sat, 12 Nov 88. CFB Winnipeg will conduct three polling stations which will operate as follows:

- a. North Site:
- (1) Base Rec Centre (oyer outside Base Theatre): 7 to 10 Nov 88 — 0900 to 1500 hrs and 12 Nov — 0900 to 1200 hrs; and
 - (2) AIRCOM HQ, Bldg 25, Rm 134B: 7 to 10 Nov — 0900 to 1500 hrs.
- b. South Site: Korea Hall, Bldg B8: 7 to 10 Nov — 0900 to 1200 hrs.
- Canadian Forces electors may cast their ballots at any one of the above poles.

It never rains, but it pours — AIRCOM, SO PERS RSCH (SO SMUT) brought us up to date on a variety of subjects including BMI, drugs, sexual deviants, CREW trials, Redress of Grievance and the CF Military Family Support System. The BSecurO, Capt Ridge, reviewed the New Security Policy for the Government of Canada and helped dispel many misconceptions connected with the policy. I'd like to take this opportunity to thank our guest speakers for helping make this seminar the most successful to date.

CFB Winnipeg hosted an Area Senior Adm Clks' Seminar at the WOs' and Sgts' Mess on 26 Oct 88. It was our third annual but was expanded this year to include representatives from CFBs Portage and Shilo. The purpose of the meeting is to foster relationships, discuss problem areas common to trade and exchange information.

The seminar was a resounding success, due in no small part to the input provided by our guest speakers. The BCWO, CWO Smith, led off with a thought provoking speech with no particular theme. CWO Ducroix of

What would a BOR article be without mention being made of MCpl Gallant?? It seems that Julie has won an all expense paid (well, almost all expense paid) trip to Central and South America. Congratulations, Julie!!

Next issue I hope to have some incriminating photographs of several key members of the BOR staff...

Editor's Quote Book

Choose a job you love and you will never have to work a day in your life.

— Confucius

ELECTION — FEDERALE GENERALE

La periode de vote pour les électeurs des Forces canadiennes pour la prochaine élection fédérale générale aura lieu de lundi, 7 nov 88, au samedi, 12 nov 88. La BFC de Winnipeg organisera des bureaux de scrutins comme suit:

1. Coté nord:
- (1) Centre récréatif (dans la salle à l'ex-

térieur de théâtre): 7 au 10 nov — 0900 au 1500 hs et 12 nov — 0900 au 1200 hs; et

- (2) QG C Air, bâtiment 25, salle 134 B: 7 au 10 nov — 0900 au 1500 hs.

b. Coté sud: Korea Hall, bâtiment B8: 7 au 10 nov — 0900 au 1200 hs.

Les électeurs des Forces canadiennes peuvent exercer leur droit de vote à n'importe quel de ces bureaux de scrutins.



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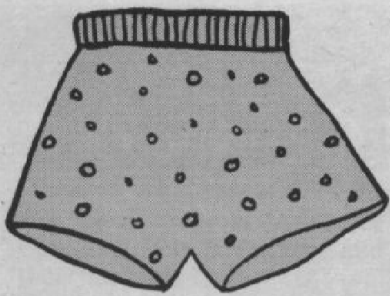
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17 SVC BN Briefs

BANG! Your Qualified

The weekend of 17/18 Sep found the Svc Bn trucking off to Shilo for the Annual Range Shoot and Qualification Exercise.

For those of us who qualify as armchair soldiers, this Range Shoot is supposed to be an annual event for us all. It does an old Sailor's heart good to see the anticipation exuded by all ranks when it comes to this yearly exercise.

Where else do you get to go camping on government land, eat government food, shoot government ammunition; then they turn around and pay you to go. I tell you, this new Army is full of surprises.

Personality Profile

Look in the dictionary under efficiency and you will find a picture of MCpl Klippenstein. Look up bubbly, happy, sporty, do it right or I'll rip your lips off; and it reads: See Efficiency.

MCpl Melanie Klippenstein, contrary to popular belief, is not the driving force behind the Svc Bn; it just seems that way when, because of her efforts in the BN OR, things get done right and on time. Melanie has been an important part of the Bn since Oct 84 and as a Class 'B' she has more time in than an Autopac estimate.

You will find Melanie present at all Unit functions, be they: parades, parties or exercises, usually as the one who has done most of the organizing. Needless to say, the Unit would sorely miss this little package of energy if she were to be lured elsewhere and not here working, pushing, pulling or whatever else it takes to make the machine run smoothly. Keep up the good work Mel.

Until next time this is the old Briefmaster saying; Hang on; Hang in; Push ahead. You never know, you might just win once or twice.

Winter Driving Course

As all Voxair readers know, another infamous Winnipeg winter is quickly approaching, if not already here. Along with a list of wintertime complaints such as -40° temperatures and cars that won't start, there is a more serious and certainly more dangerous feature of the season: an increased number of car accidents.

Statistics show that winter is the most dangerous time to drive

and it's not difficult to understand why. Icy and snowy roads, reduced visibility and cars that don't run properly are just some of the characteristic problems of the season facing drivers.

The MSE Safety Section is offering a Winter Driving Course to CFB Winnipeg drivers to help you cope with the hazards of winter driving. While this one day course won't turn you into an instant expert, it will offer many

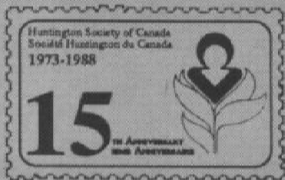
valuable tips to help you become a better winter driver and hopefully to avoid an accident. The course consists of classroom lectures and, whenever possible, practical behind-the-wheel experience in winter conditions.

The courses will be run for the next six months. For more information about dates and times, or to reserve a spot for yourself, call MSE Safety at 5742.

DEPENDENTS

Defensive Driving Course

TIME: 1800-2100
DATE: DEC 5&6
PLACE: BLDG 87 - DDC CLASSROOM
PHONE: 5742 (MSE SAFETY)
FOR RESERVATION



AMARYLLIS kits are now available from the Huntington Society. They are perfect for Christmas gift-giving or, at \$7.50, an affordable treat for yourself.

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BAMEO Happenings

Retirements



WO John Steele is presented with a plaque from the BAME Winnipeg Officers and Senior NCOs Luncheon Committee. John joined the RCAF in Nov 56 and retires from the CAF in Dec 88 after 32 years of dedicated service. He has spent his last 10 years at CFB Winnipeg.



Sgt Ron Douglas retires from the RCAF and CAF after 27 years of dedicated service, of which the last 2 years have been spent here in Winnipeg. Ron, a Comm Radar Tech, is presented with a plaque from the BAME Officers and Senior NCOs Luncheon Committee.

Promotions



Pte Dave DUNCAN, an Instrument and Electrical Tech from BAMEO is taking a moment to relax from the demanding tasks of calibrating and testing of vital aircraft instruments in IE labs. The occasion was for congratulations on receiving his first hook. Another Saint John boy does good.



Congratulations to Sylvan Hudon on his recent promotion to Lieutenant. Sylvan is shown here pondering the weighty responsibilities of his new rank (and wondering how much the promotion party will cost him).

Its Your Vote

"Special voting rules" are contained in the Canada Elections Act which make provision for Canadian Forces electors and their dependants.

Who votes under the special voting rules for Canadian Forces electors? Members of the Regular Force; members of the Reserve Force on full-time training or service or on active service; and members of the Special Force serving in or outside Canada. Civilians employed outside Canada as teachers or support staff in CF schools and dependants of CF electors residing with the member outside Canada.

Statement of ordinary residence

Upon enlisting, members of the Canadian Forces complete a Statement of Ordinary Residence (SOR), stating their place of ordinary residence at the time of enrolment. The SOR determines the electoral district to which the elector's vote is attributed at a general election. Except when an

election is underway, members of the Forces may change their SOR in January or February of each year.

Dependants of CF electors residing with the elector OUTSIDE Canada, can vote for candidates only in the electoral district designated in the elector's SOR! Voters' lists

As soon as possible after the writs of election have been issued, voters' lists are prepared by electoral district from the SORs. The voters' lists contain the names of all Canadian Forces electors serving both in and outside Canada. These lists are used to ensure that each vote cast under the special voting rules is attributed to the proper electoral district and to inform the candidates in the applicable electoral ridings so that they may communicate with their electors.

Where do electors vote?

CF electors IN Canada may vote at any Canadian Forces unit. However any electors who happen to be living in the electoral

district in which their place of ordinary residence as indicated on their SOR is located may vote at the civilian poll where they live, provided their name is on the civilian voters' list. Dependants of CF electors IN Canada vote only at the civilian poll in the polling division in which they reside and for which their names appear on the voters' list.

Canadian Forces electors on duty or leave OUTSIDE Canada may vote in or outside Canada, at any unit or at any Canadian diplomatic post.

Teachers and support staff serving OUTSIDE Canada in a Canadian Forces school, whether on duty or leave, may vote at any CF unit or at a diplomatic post in or outside Canada.

Dependants of CF electors residing with the elector who is serving OUTSIDE Canada, and dependants of teachers and support staff who are serving OUTSIDE Canada, may also vote at a CF voting place in or outside

Canada or at any Canadian diplomatic post.

Voting Period

Voting begins on Monday, the 7th of November 1988 and terminates on Saturday, the 12th of November 1988. Voting takes place on at least three of these days for at least three hours each day, except for mobile polls where the number of days or hours may vary.

Casting the ballot

Electors must first identify themselves to the deputy returning officer (DRO), then complete and sign a declaration printed on the outer balloting envelope. The DRO must also sign in order for the ballot to be valid. The name of the elector's electoral district is then entered on this outer envelope, since electors may vote only for a candidate in their own electoral district.

On the ballot paper, the electors write the name of the candidate of their choice. They then fold the ballot, place it in the plain

inner envelope and return it to the DRO.

The DRO places the inner envelope in the outer envelope, which electors may then mail themselves or leave with the DRO for forwarding with the unit or post mail. The envelope must reach the special returning officer by 4 p.m. on the Friday before polling day.

Secrecy of the vote

The special voting rules contain stringent regulations for the handling and counting of ballot papers and thus provide complete protection for the secrecy of the votes cast by all who vote under these rules. It is important to note that the unmarked inner envelope bearing the ballot is removed from the outer envelope by the scrutineers and placed in the ballot box. As there are no identifying marks on the inner envelope, the integrity of the secret ballot is ensured. Therefore, at no stage of the voting process can anyone find out how an elector has voted.

C'est votre vote

Des "Règles électorales spéciales" sont incorporées à la Loi électorale du Canada concernant les électeurs des Forces canadiennes et les personnes à leur charge.

Qui vote suivant les Règles électorales spéciales au sein des Forces canadiennes? Les membres de la Force régulière; les membres de la Force de réserve à l'instruction ou en service à temps plein, ou en activité de service; les membres de la Force spéciale en service au Canada ou à l'étranger; tout civil employé à l'étranger à titre de professeur ou à titre de membre du personnel de soutien dans les écoles des Forces canadiennes; et les personnes à la charge des écoles des Forces canadiennes qui résident avec eux à l'étranger.

Déclaration de résidence ordinaire

Lorsqu'une personne s'enrôle dans les Forces canadiennes, elle doit remplir une déclaration de résidence ordinaire indiquant le lieu de sa résidence ordinaire au moment de son enrôlement. Cette déclaration détermine la circonscription électorale dans laquelle le vote de l'électeur est attribué au moment d'une élection générale. Sauf lorsqu'une élection est en cours, les membres des Forces canadiennes peuvent modifier leur déclaration de résidence ordinaire en janvier ou en février de chaque année.

Les personnes à la charge des électeurs membres des Forces canadiennes qui résident avec l'électeur à l'extérieur du Canada ne peuvent voter que pour les candidats de la circonscription électorale désignée sur la déclaration de résidence ordinaire de l'électeur!

Listes électorales

Dès que possible après l'émission des brefs, les listes électorales sont établies par circonscription à partir des déclarations de résidence ordinaire. Ces listes renferment les noms de tous les électeurs membres des Forces canadiennes en service au pays et à l'étranger. Ces listes servent à s'assurer que chaque bulletin de

vote, en vertu des Règles électorales spéciales, est attribué à la circonscription électorale appropriée ainsi qu'à informer les candidats concernés de façon qu'ils puissent communiquer avec leurs électeurs.

Endroits où les électeurs peuvent voter

Les électeurs des Forces canadiennes AU Canada peuvent voter à n'importe quelle unité des Forces canadiennes. Toutefois, les électeurs qui habitent dans la circonscription électorale où est située leur résidence ordinaire, telle qu'elle est indiquée sur leur déclaration, peuvent voter au bureau de scrutin civil de leur circonscription, à condition que leur nom figure sur la liste électorale civile. Les personnes à la charge des électeurs des Forces canadiennes AU Canada ne peuvent voter qu'au bureau du scrutin civil dans la section de vote où ils habitent et lorsque leur nom figure sur la liste électorale.

Les électeurs des Forces canadiennes en service ou en congé À l'EXTÉRIEUR du Canada peuvent voter au Canada ou à l'étranger, à n'importe quelle

unité ou à n'importe quel bureau diplomatique du Canada.

Les professeurs et les membres de personnel de soutien qui travaillent À l'EXTÉRIEUR du Canada dans une école des Forces canadiennes, qui sont en service ou en congé, peuvent voter dans n'importe quelle unité des Forces canadiennes ou dans un poste diplomatique au Canada ou à l'étranger.

Les personnes à la charge des électeurs des Forces canadiennes qui habitent avec un électeur en service À l'EXTÉRIEUR du Canada, ainsi que les personnes à la charge des professeurs et des membres du personnel de soutien en service à l'EXTÉRIEUR du Canada, peuvent aussi voter à n'importe quel bureau de vote des Forces canadiennes au Canada ou à l'extérieur ou à tout bureau diplomatique canadien.

Période fixée pour voter

La période fixée pour voter commence le lundi 7 novembre 1988 et se termine le samedi 12 novembre. Le scrutin a lieu pendant au moins trois jours en raison d'au moins trois heures par jour, sauf en ce qui concerne les

postes mobiles, où le nombre de jours ou d'heures peut varier.

Tenue du scrutin

Les électeurs doivent tout d'abord s'identifier devant le scrutateur, puis remplir et signer la déclaration imprimée sur l'enveloppe extérieure. Le scrutateur doit également signer cette enveloppe afin de valider le bulletin. Le nom de la circonscription électorale de l'électeur est ensuite inscrit sur l'enveloppe extérieure, étant donné que les électeurs ne peuvent voter que pour un candidat de leur propre circonscription électorale.

Les électeurs inscrivent le nom du candidat de leur choix sur le bulletin de vote. Ils plient ensuite le bulletin, le placent dans l'enveloppe intérieure ne portant aucune inscription et retournent celle-ci au scrutateur.

Le scrutateur place l'enveloppe intérieure dans l'en-

veloppe extérieure, que l'électeur peut poster lui-même ou laisser au scrutateur pour qu'il l'expédie avec le courrier du bureau ou de l'unité. L'enveloppe doit parvenir au président d'élection spéciale avant 16 h le vendredi précédant le jour de scrutin.

Secret du vote

Les Règles électorales spéciales renferment des directives rigoureuses concernant le traitement et le décompte des bulletins de vote de façon à protéger complètement le caractère secret des votes des personnes habiles à voter. Il est important de noter que l'enveloppe intérieure ne portant aucune inscription et dans laquelle se trouve le bulletin de vote est retirée de l'enveloppe extérieure par les scrutateurs centraux et qu'elle est déposée dans l'urne. Étant donné que rien ne peut identifier l'enveloppe intérieure, le secret du vote est assuré. Par conséquent, personne ne peut jamais connaître la façon dont un électeur a voté.

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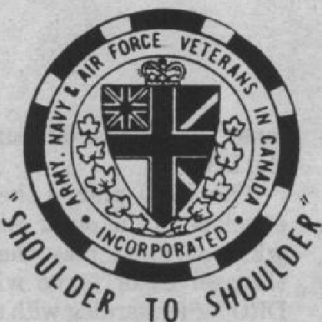


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two World Wars
1914-18 and 1939-45 and KOREA
MANITOBA AND NORTHWESTERN ONTARIO COMMAND
THE ROYAL CANADIAN LEGION
— We will remember them —


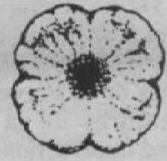


Remember

By Cpl Judy Beresford

False Values, false morals,
Pretend that you care.
You don't understand!
Only those who were there.
But do you try?
See old faces, hear the names?
Bow your heads —
For they all suffered pain.
But, there are those who care!
We remember your tears.
We've taken over your fight
And inherited your fears.
We are the new forces.
We've hardly seen war.
But we remember your suffering,
And Strive for Conflict no more.
Remember! Remember!
With tears in your eyes.
And pray for us, who are living,
And for those who have died.

Lest We forget
In Remembrance Of Our
Fallen Comrades
1914-1918
1939-1945
and Korea





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of our
fallen
comrades

GENERAL SIR SAM STEELE
Memorial Branch No. 117
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**In Memory Of
Our Fallen Comrades
500 Wing.**

RCAF ASSOCIATION
CITY OF WINNIPEG



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**In Remembrance Of Our
Fallen Comrades**
1914-1918
1939-1945
and Korea


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ROYAL CANADIAN LEGION
134 MARION ST. BONIFACE

**Lest
We
Forget**




From left: Petty Officer Second Class Jack Davis, Sergeant Bruce Nixon Sergeant Marsha Perry of CFB Edmonton.

DND/CI Edmonton photo
by Sgt. Beau Leoffler


1914-1918

**Their memory
lives forever**

1939-1945


1950-1953

**THE WAR AMPUTATIONS
OF CANADA
MANITOBA BRANCH**

In Memoriam

*In memory of all who fought and those who fell
In defence of our nation;
In thanksgiving for the freedom
They so valiantly maintained
For us to enjoy.*



From the members of 402
"City of Winnipeg" Squadron

To the memory of our departed
comrades ever remembered



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**In Remembrance
Of our
fallen comrades of
past wars**



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In Fond Remembrance
Of Our
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**In
Remembrance
Of Our
Fallen Comrades**

1914-1918
1939-1945
and Korea



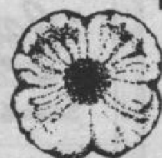
MONTE CASSINO BRANCH 178



**In Memory Of Our Fallen Comrades
In Two World Wars
1914-18 and 1939-45 and Korea**

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**CANADIAN FORCES BASE WINNIPEG
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In Memory of Our Fallen Comrades

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CHAPLAINS CORNER



Sit Rep On Renew

Renew has arrived at Our Lady of the Airways RC Chapel. Sign Up Sunday was on October 2, and the small faith sharing groups are being formed from those who have responded to the call.

Renew is a five session process. Each session lasts six weeks and focuses on the celebration of the Sunday Eucharist and the reading of the Scripture during the week. The first session begins October 16, 1988; the second one will begin with Lent 1989, the third will be held in the fall of 1989, the fourth, during Lent 1990, and the fifth and last one, in the fall of 1990. This should allow each and all of the participants to renew in depth their Christian commitment.

The parish is offered a broad range of different activities allowing anyone who wants to participate in Renew in a manner suiting her or his dispositions and needs. The whole congregation is involved in the Sunday liturgy, every member is also asked to

Greetings from the Chapels War and Remembrance

In September of 1944 the First Canadian Army was tasked with clearing the Scheldt estuary in northwest Europe. Jeffrey Williams in his recently published work "The Long Left Flank" stated:

"understrength, neglected by Montgomery and denied by Eisenhower the support which he had promised, First Canadian Army paid an appalling price in casualties to clear the Channel coast and open the great port of Antwerp".

As I continue to read Col William's book I'm reminded once again of the sacrifice and the

support the community in prayer. There are also large group activities, tools for individual persons who want to take part in the process and are not in any form of group, and for small faith sharing groups. The small group is the heart of Renew. It consists of five to ten people who meet once a week during the six weeks of a session, to share on Scripture as they see it in everyday life. One does not have to be a member of the parish or a Roman Catholic to take part in a small group. If you do not attend Church, or missed Sign Up Sunday, but would like to get involved in the small group discussions, you can contact the Chaplain (Father Marcoux, 895-5272), or Paul Glass at 889-5072, and they will arrange for you to join a small group.

The theme of the first session is: "The Lord's call". The first week will have us focus on the fact that the Lord calls us in our needs and says that we are loved. The second week will have us reflect on the fact that the Lord calls us in our individual difficulties and will bring healing. Renew can touch everyone, in some way.

MWO Ken McLeod

price paid my men and women in Canada's forces as they fought to protect and to provide the freedom and peace we enjoy today. Too often young people and adults forget what a great price was paid by thousands so that we might live a democracy, free to speak, to travel, to live, and to worship as we wish.

During this time of the year it's important for those of us who remain to preserve our freedom, to make a real effort to teach our family and friends the lessons of history. To tell them about the self-giving sacrifice of young lives in the face of an enemy who would have imprisoned Europe in

fear and terror. Our freedom has been bought with a high price in blood, sweat, tears and back-breaking effort. Let us not forget and dishonour those who gave so much.

The Bible has a very profound statement regarding sacrifice. It applies to all those who would protect their families and friends at moments of great personal danger or crisis. These words of Christ are recorded in John 15:13 "The greatest love a person can have for his friends is to give his life for them". In a very deep and profound way those men and women who sacrificed their lives for you and me were our friends

and they proved how much they loved us by giving up their lives.

Let us honour that love, that friendship, this Remembrance Day.

They shall not grow old
As we that are left grow old;
Age shall not weary them
Nor the years condemn.
At the going down of the sun
and in the morning
we will remember them.

Lawrence Binyon

Submitted by
Padre Peter Day
Chaplain (P) 2PPCLI
and CFB Winnipeg

RENOUVEAU: c'est part

Renouveau a commencé, dans la paroisse Our Lady of the Airways: le dimanche du choix des petits groupes a été célébré le 2 octobre, et les petits groupes seront formés incessamment à partir de ceux qui ont donné leurs noms pour cette forme de partage.

Renouveau est un processus de revitalisation de l'engagement chrétien qui s'étale sur cinq sessions de six semaines chacune. La première commence le 16 octobre, la seconde aura lieu durant le carême 1989. La troisième commencera à l'automne 1989, la quatrième commencera avec le carême 1990, et la dernière, à l'automne 1990. Cela devrait permettre à tous et chacun des participants de renouveler sérieusement leur engagement chrétien.

La paroisse se voit offrir par Renouveau un large éventail d'activités offrant la possibilité à chacun de prendre part au processus selon ses disponibilités et besoins. La Communauté toute entière est engagée dans Renouveau par la célébration de l'eucharistie dominicale, et chacun offre le soutien de sa prière. On prévoit des activités de grands groupes, des instruments de travail pour celles et ceux qui veulent, pour une raison ou une autre, prendre part au processus de façon strictement

individuelle. Il y a aussi des instruments de travail pour les petits groupes de partage de foi, qui sont le noyau de Renouveau. Un petit groupe réunit de cinq à dix personnes, qui se rencontrent une fois par semaine, durant la session, pour échanger sur l'Écriture telle que leur vie la leur fait comprendre. On n'a pas besoin d'être membre actif de la paroisse, ou d'être catholique romain, pour prendre part à ces petits groupes. Si vous ne venez pas à l'église, ou si vous n'avez pas donné votre nom, le dimanche de l'engagement, vous pouvez communiquer avec l'aumônier (le Père Marcoux,

895-5272) ou avec Paul Glass (889-5072) qui s'arrangeront pour que vous puissiez faire partie d'un petit groupe.

Le thème de réflexion de la première session est: "Dieu nous appelle". La première semaine, nous sommes attentifs au fait que Dieu nous appelle dans nos besoins, et nous assure de son amour. La seconde semaine, nous réfléchissons sur ce que Dieu nous appelle dans nos difficultés personnelles et offre une possibilité de changement. Renouveau peut rejoindre chacun, d'une façon ou d'une autre.

ADJC Ken McLeod

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EDITOR'S QUOTE

The best way to destroy an enemy is to change him into a friend.

— Unknown



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FALL/WINTER SCHEDULE**

GYMNASIUM		POOL	
MONDAY			
0700-1800	Military Training	1145-1245	Military Noon Swim
1800-1830	Casual Recreation	1930-2030	Special Olympics
1830-1930	Special Olympics		
1930-2200	Casual Recreation		
TUESDAY			
0700-1800	Military Training	1145-1245	Military Noon Swim
1800-2200	Casual Recreation	1800-1930	Casual Swim
		1930-2000	Adult Casual Swim
		2000-2200	Base Scuba Club
WEDNESDAY			
0700-1800	Military Training	1145-1245	Military Noon Swim
1800-1930	Casual Recreation		
1930-2200	Base Badminton Club		
THURSDAY			
0700-1800	Military Training	1145-1245	Military Noon Swim
1800-2200	Casual Recreation	1800-1930	Casual Swim
		1930-2000	Adult Casual Swim
		2000-2200	Base Scuba Club
FRIDAY			
0700-1600	Military Training	1145-1245	Military Noon Swim
1600-2000	Casual Recreation		
SATURDAY			
1300-1600	Casual Recreation	1300-1530	Casual Swim
SUNDAY			
1300-1600	Casual Recreation	1300-1530	Casual Swim
1800-2100	Casual Recreation	1800-1930	Casual Swim
		1930-2030	Adult Casual Swim

NOTE: Recreation Membership cards must be produced to utilize all the facilities at both Lipsett Hall and Bldg 90 from Mon-Thur during casual recreation hours (Service personnel may utilize the facilities by producing their ID card). This also applies during the week end casual hours.

For further information or to book the facilities for a special function call Local 5511 or 5514.

During casual hours Bldg monitor can be contacted at 5976.

**LIPSETT HALL
FALL/WINTER SCHEDULE**

GYMNASIUM		POOL	
MONDAY			
0730-1145	Military Training	0730-1145	Military Training
1145-1300	Noon Hour Fitness	1145-1245	Military Noon Swim
1145-1230	Coed Aerobics (Lounge)	1630-1800	Manta Swim Club
1300-1600	Maintenance	1800-2000	Casual Swim
1600-1800	IS Floor Hockey League		
1800-2000	Casual Recreation		
TUESDAY			
0730-1145	Military Training	0730-1145	Military Training
1145-1300	Noon Hour Fitness	1145-1245	Noon Hour Swim
1300-1500	Maintenance	1630-1800	Manta Swim Club
1500-1600	Military Training		
1600-1800	IS Floor Hockey League		
1800-2000	Casual Recreation		
WEDNESDAY			
0730-1145	Military Training	0730-1145	Military Training
1145-1300	Noon Fitness	1145-1245	Noon Hour Swim
1145-1230	Coed Aerobics (Lounge)	1630-1800	Manta Swim Club
1300-1530	Military Training	1800-2000	Casual Swim
1500-1600	Maintenance		
1800-2000	Casual Recreation		
THURSDAY			
0730-1145	Military Training	0730-1145	Military Training
1145-1300	Noon Hour Fitness	1145-1245	Noon Hour Swim
1600-1800	IS Floor Hockey League	1630-1800	Manta Swim Club
1800-2000	Casual Recreation		
FRIDAY			
0730-1145	Military Training	0730-1145	Military Swim
1145-1300	Noon Hour Fitness	1145-1245	Noon Hour Swim
1145-1230	Coed Aerobics (Lounge)	1630-1800	Manta Swim Club
1300-1600	Military Training	1800-2000	Casual Swim
1800-2000	Casual Recreation		
SATURDAY			
1300-1600	Casual Recreation	1300-1500	Casual Swim
SUNDAY			
1300-1600	Casual Recreation	1300-1500	Casual Swim
1800-2200	Base Badminton Club	1800-1900	Casual Swim
		1900-2000	Adult Casual Swim

For further information call Lipsett Hall PERI Staff at Local 6185.



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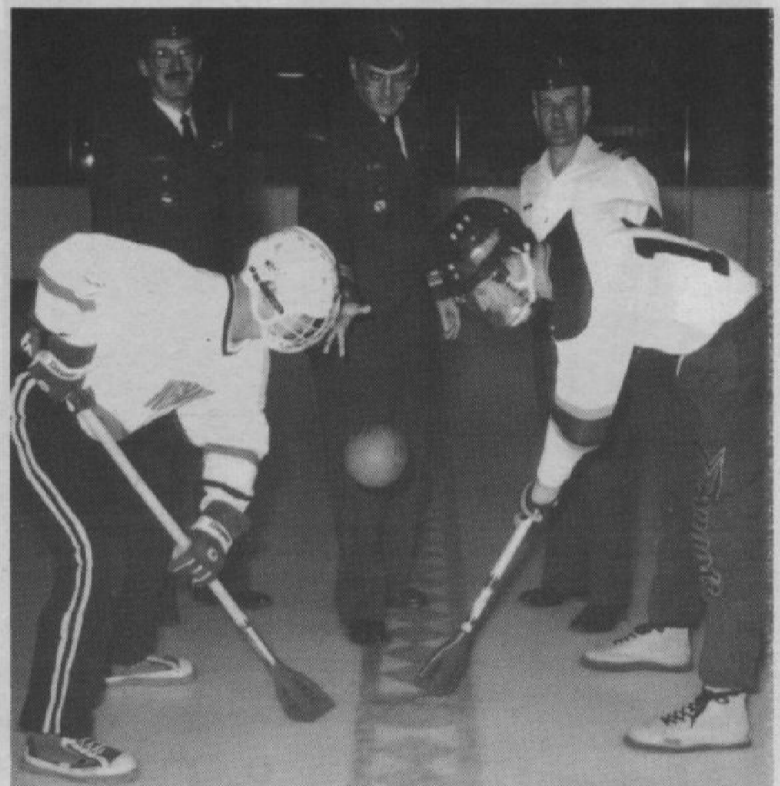
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Broomball's back



The CFB Winnipeg Inter-Section Broomball League was officially opened on Tue 11 Oct 88 featuring BPERO/BAMEO vs AIRCOM/CFANS.

Maj Brazeau (BPSVCSO) dropped the opening ball with Maj Gosse-
lin (League President) and Capt Peet (BPERO) looking on.

It has been a number of years since CFB Winnipeg has played Inter-
Section Broomball and from the good response it promises to be a
challenging and entertaining league. Games are played Tue and Thu
at the St. James Civic Centre at 1200 hrs.



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32 Years of Meritous Service



MWO Terry Camplin of 14 Training Gp HQ's Leadership Training staff receives the Second Clasp to the Canadian Forces Decoration from BGen David Kinsman, Group Commander. Terry joined the Royal Canadian Horse Artillery as a Soldier Apprentice in 1956, serving in Gagetown, Germany, Cyprus and Winnipeg.

Remustering to Air Traffic Control in 1971, he was subsequently posted to Goose Bay, Val D'or, Shearwater, Lahr and Winnipeg.

MWO Camplin also acts as senior NCM advisor at 14 Trg Gp HQ. Base Photo

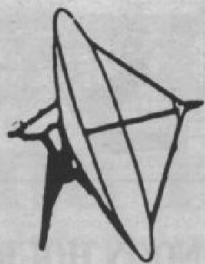
Hercules Bar & Grill — Open at Last

After months of anticipation CANEX is thrilled to announce that the Herc is back in business. Although the formal grand opening is scheduled for 10 November limited services have been available for about a month. Our "guinea pig" customers have been giving us favorable reviews so we're ready to face the world.

Our regular patrons can rest easy, Robin and her special Caesars are still with us, and we are pleased to add Art Klassen to the team as chief cook. So far he has revolutionized the basic hamburger — lots of meat on a Kaiser with Taco Chips on the side — and has proven to our most vocal advisors that he can indeed produce fish & chips which can even satisfy a "Newf".

Those of you who have not yet seen the results of the past four months will be pleasantly surprised. The entire place has been given a face lift and a full kitchen has been installed. In a giant technological leap the old rabbit ears on the T.V. have been replaced by a satellite dish. There is even a brand new air conditioning system (we'll try not to demonstrate that until June, although it is tempting).

Grand Opening day will feature a series of specials which will give you a golden opportunity to check out the menu. For lunch after work, supper or even an evening snack, now open seven days a week, the Herc is definitely the place to go.



733 Comm Sqn Winnipeg

Hello out there! As promised, I'm back with more news from the communications world. Having said farewell to departing members in the last article its now time to welcome the new members.

On the operations side of the house — a hearty welcome (and thank God you're here, we need all the help we can get) to MCPL's Partridge and Lavoie, Cpl's Larocque, Lepine, Bergeron, Davies and Ring, and Pte Thompson. Cpl Brad Sapelak is presently serving in the Middle East and has received an extension until June 89, and Pte Anna Caissie is one of the frozen chosen in Alert until Feb 89. Wishing you both good tours and a safe return to Winnipeg. Cpl Brian Carr tied the knot on 22 July and we welcome his bride Debbie to Winnipeg.

In the Tel Tech shop are newly arrived Techs MCPL Hindle and Cpl York. Welcome, and welcome back from the Middle East to Cpl (Squid) Squires, Cpl (Spike) Squires is much happier now.

In the Rad Tech world we welcome MCPL's Skene, and Thistle and newly promoted MCPL Lavigne (Congratulations) and Cpl Daniel. Congratulations also to Cpl John Hartling and wife Yvonne on the birth of their second child Kristan in June. Cpl Legault is our newly qualified UHF Tech, Cpl Paradis should be back from his 106 Course on 24 Oct and Cpl Mylrea recently completed a Dictaphone 4000 Course, all courses held in Kingston, Ont. Cpl Ron Mylrea also took the giant step this year and congratulations to him and his new bride Michele. Cpl Charlie Nelson has retired from the forces and although we won't be seeing him at work anymore I'm sure we'll be seeing him socially for a long time to come. Charlie purchased a home here in Winnipeg (short staggering distance from Legion No. 4) and is presently working at the airport in the security field. Good luck and all the best to you in your future endeavours. Sgt Doug McLeod received the clasp to his CD (22 years undetected crime eh?), congratulations.

In the Rad Op Section Cpl's Dougherty and Hagens attended IMRCT Courses at Borden and MCpl Will is serving as a peace keeper in Iran. While awaiting his flight to Iran, in Ottawa, MCpl Larry Will had the time to take a few minutes away from his busy schedule to become a hero. Apparently while walking back to the Park Lane Hotel around midnight one night he witnessed a lady, attempting to end her life, jumping from a bridge into the Rideau Canal. MCpl Will, without hesitation, jumped in after her, pulled her out and performed life saving first aid until the ambulance and police arrived. Well done Larry, we are proud of you, and you will receive a hero's welcome when you get back (or at least a beer at the Herc). Now if you behave yourself in Iran you shouldn't intensify the situation over there.

In the head shed we find a few new faces — welcome to our new Chief Comm Op MWO Devenney, in training Sgt Race and in the orderly room Sgt Edwards. Lots of new brooms sweeping clean in that neck of the woods.

On the sports scene — a group golf tournament was hosted by 731 Comm Sqn in Shilo during September. MCpl St Pierre, Cpls Dougherty and Dunbar, and myself participated, all with a measure of success. Cpl Donna Dunbar attained the distinction of top female golfer and an invitation to play in the command golf tourney held recently in Kingston. Cpl Dunbar went on to win top female golfer in Trenton and 17th overall — well done Donna, maybe, if I keep practising I can offer you some competition next year (but don't hold your breath). A big thanks to 731 Comm Sqn Shilo who hosted an extremely well organized and fun tournament. A friendly squadron baseball game was held in September between the Officers and Senior NCOS versus the Junior Ranks. The Junior Ranks were looking a little worried until our star player Sgt Mike Edwards met with an accident and broke his leg in two places. While awaiting the

arrival of the ambulance we wanted to move Sgt Edwards off the playing area so we could continue play but we met the strong verbal opposition to that idea from the injured party. All joking aside though, we know that was extremely painful Mike and know that the full length leg cast is no joy to lug around. Here's hoping you heal well and glad to see you back at work. Some good did come of the accident however, Mike's BMI is now 22 COS. It was a lot of effort and pain to hobble to the fridge. The squadron played 731 Comm Sqn in Shilo on 28 Sep in an inter squadron ball game. 733 Comm Sqn were the victors and proudly transported the trophy back to Winnipeg.

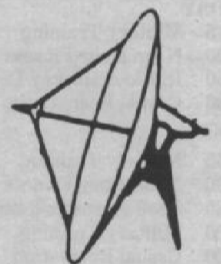
On the social front — a meet and greet and pot luck supper was held on the 17th Sep in the basement of St Andrews Church on Portage Ave. Yours truly was golfing in Banff at the time but attendees tell me a great time was had by all.

The squadron is now gearing up for the winter season, lots of inter section sports starting up and plans being made for the Christmas party.

Rumours in the squadron — MWO Devenney is being cloned so he can be in three places at the same time, Sue McRae quit drinking, Squids favorite animal is a platypus and Jim Lockhart is hosting a Halloween house party.

If I missed anything or anybody out of this article I'll apologize now. Until the next update from the Squadron, take care, keep warm and may all your messages be little ones.

Sgt Jan Burgoin



I've noticed ...have you?

(Ed. note: This column is intended to provide a means of publically patting a back or 'booting a tale' for things done or undone that you've noticed and think that others should too. Submissions must be signed, but initials only will be printed unless full name required.)



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1 CEU Presents...



Cpl Bob Phillips was recently presented with the second clasp to the CD. Congratulations, Bob!



Cpl Tony Sedlacek was recently presented with his CD. Congratulations, Tony!



LCol Roger Nessie, Commanding Officer 1CEU, recently presented the CD to Cpl Tony McDougall.



Capt Greg McGuire of 1CEU recently received his CD. Congratulations, Greg!



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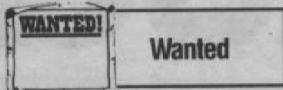
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Melissa Sagriff

Steven and Cheryl are "Tickled Pink" to announce the birth of their first born, a beautiful daughter, Melissa Suzanne, on October 13/88 at 2:36 a.m. weighing 4 lbs 13 ozs and 17 3/4" long. Happy Grandparents are Ed and Alice Robson and Frank and Rosemary Sagriff. Thanks to a super staff at Grace Hospital; also to Daddy for his love and support when we needed him most.

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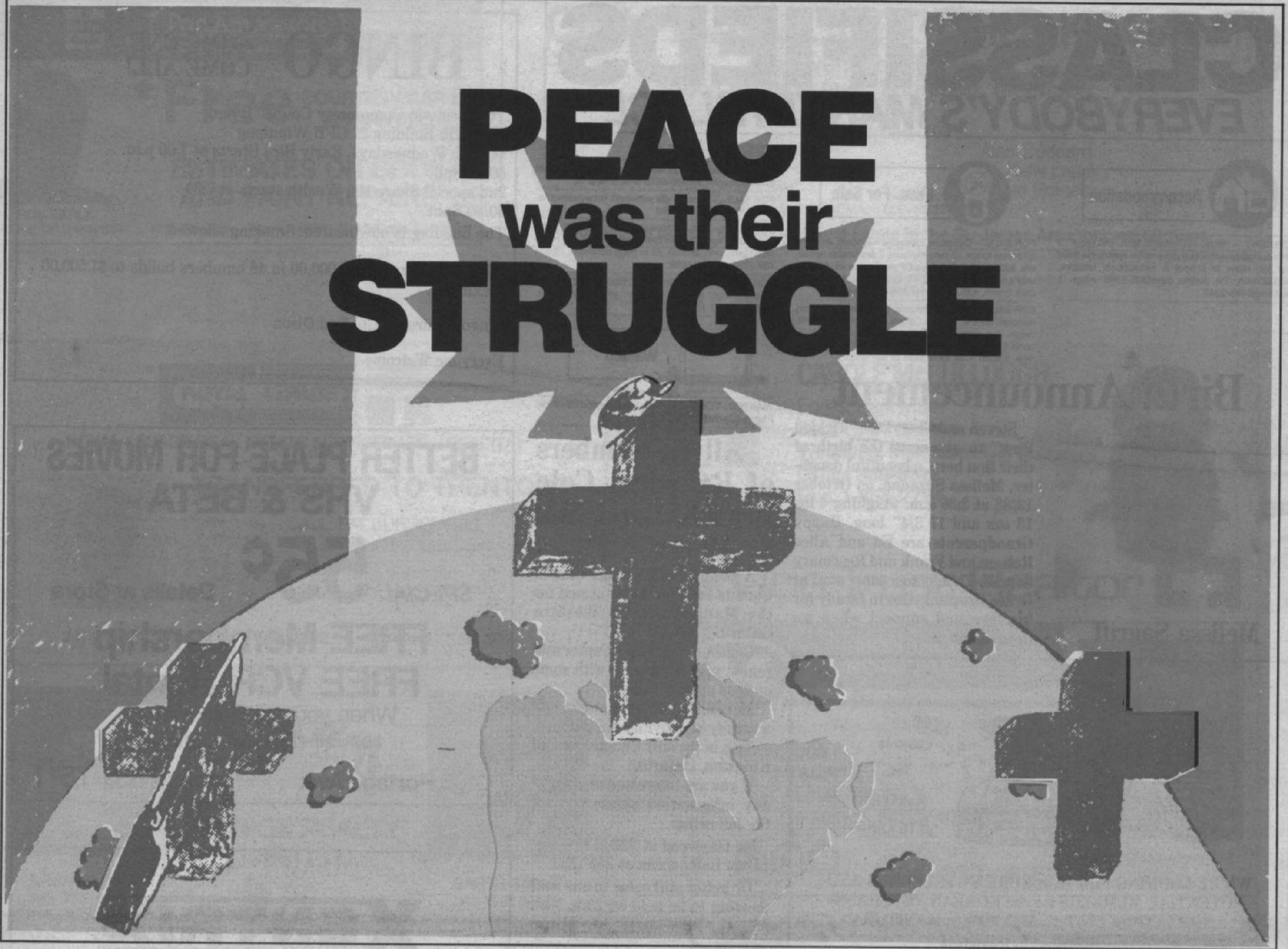
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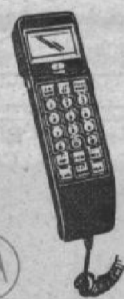
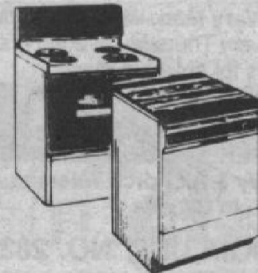
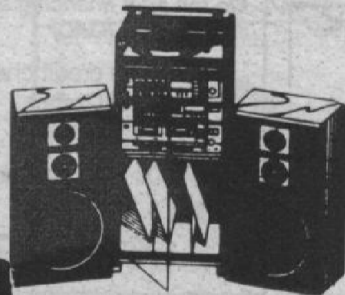
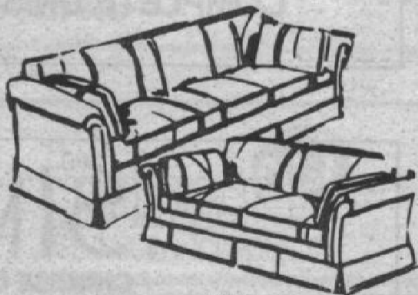
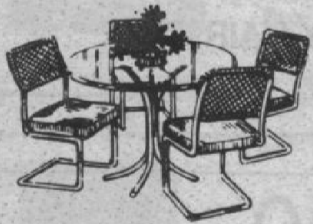


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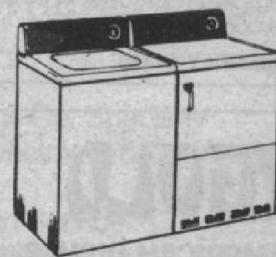
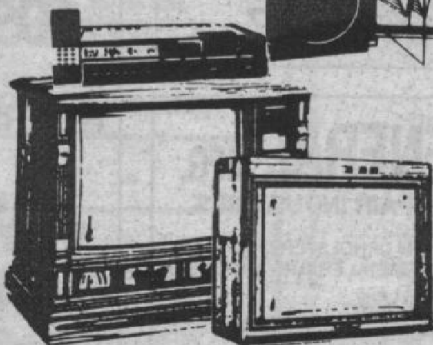
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