



Free
 Base Chief said Page 2
 Grips 'n' Grins Pages 6-7
 Sports Page 9

CFB/BFC Winnipeg
 30 March 1988

McMahon Stadium, Calgary Olympics



Some of the more than 150 cadets from all three services that raised the flags of the nations at the opening ceremonies make their way to their wind-blown posts at the top of McMahon Stadium. More than six hundred cadets performed flag raising duties at all Olympic venues including the nightly medal ceremonies at Olympic Plaza. They may have had one of the best vantage points in the stadium during the opening ceremonies but they also had one of the coldest — fully exposed in the cold winds gusting to 80-90 Kms. The excitement and awe at being part of that great spectacle meant that few felt the cold.

Military involvement in the Calgary 88 Olympics was deliberately low key — after all with an army of 10,000 volunteers eager to work who needs military help — right? Well — almost!

There were still some ways that the military could help and one or two things that only the military could do. For example, only the military could provide a precision flying team like the Snowbirds for the opening ceremony.

But what about the could dos? There was one area where 1 Canadian Brigade Group thought it could help — crowd control and marshalling of both the 1,500 or so athletes and officials and the more than 6,000 performers at

the opening and closing ceremonies.

The Cadet Leagues of Calgary also contributed. They volunteered more than 600 cadets from all three services to perform flag raising duties at Olympic venues throughout the games.

Master Corporal Nelson Greenslade, and MSE operator with transport company, 1 Service Battalion, was one of more than 150 military members who worked with the performers throughout the opening and closing ceremonies. Because those spectacles involved such a large number of performers, the military assisted in the job of handling the logistics of moving, controlling, and feeding them, both

during the events themselves and the three weeks of full-scale rehearsals that preceeded them.

Five marshalling points were established around the city and performers were brought to the stadium's three giant holding tents by bus — six buses to a group, forty people to a bus. Each bus had its own military guide responsible for getting them to and from the sites on time, keeping them under control in the tents, feeding them, cleaning up and providing traffic control during the hectic on-stage events themselves.

MCpl Greenslade had charge of one such group of 240 youth dancers. 'It's fun but hectic,' he grinned as he led his energetic

young charges into the holding tent several hours before the opening ceremony.

Not only did most of the military think it was fun — despite the long hours, 0400-2000 daily, mostly on weekends — but any observer watching the troops watching their particular performers on-stage couldn't help but notice that the soldiers were sharing every moment of their people's triumphs as the ceremonies went off without a hitch! Judging by the amount and number of backslaps, hugs, handshakes and high-fives exchanged at the end of every performance it was equally obvious that the troops had formed some good friendships with the people they were helping!

Eric Filpula, an OKO 88 volunteer acting as tent captain for one of the 2,500 capacity holding tents filled with energized performers, recognized the value of the mili-

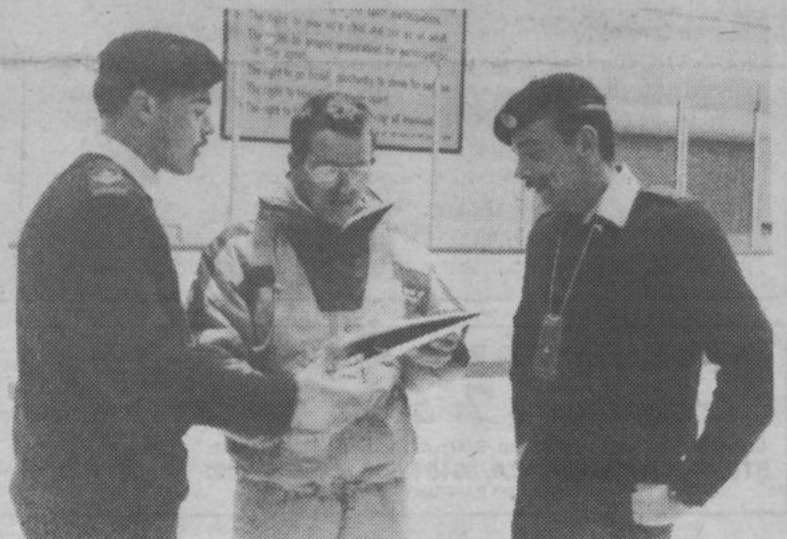
tary contribution to the opening and closing ceremonies. 'They got along fine with everyone, especially the youth groups! We couldn't have done it without them!' he said.

And while we're on the subject of couldn't have done it without them how about the 70 or so Canadian Forces people who began working as early as June 1986 on supplying the games. More than a million items in 10,000 different distribution accounts spread over 70 events and sites is quite an organization, even for the CF! Our men and women did the job and did it well!

The Olympic Games are now history. Compared to past events like Gamescan in 1976 or even the 1986 Universiade our contributions were small.

But they were significant. Together with others they helped make the Calgary Olympics the success it truly was.

Who says fame is fleeting?



When you're famous people will always be after your autograph. And that's exactly what these two soldiers, assigned to marshal the athletes at the closing ceremonies of the Calgary Olympics, did when they saw Eddie 'the Eagle' Edwards. The eager autograph seekers are from left, Master Corporal Paul Gulovics, of Oromocto N.B. and Trooper Stan Guszczewski, of Saint John N.B.. Both soldiers are members of the Calgary-based Lord Strathcona's Horse. Together with more than 150 other military personnel they helped marshal, feed, and transport the more than 7,500 athletes and performers taking part in the games' opening and closing ceremonies.

DND/CI Edmonton photo by Sgt Beau Loeffler

Community Service Award

It's that time again — time to begin thinking about Community Service Awards. As many may recall, the award program was initiated in early 1982 as a means of recognizing outstanding voluntary service to the Winnipeg Military Community. The program has proven to be extremely popular. Over the past four years some 150 awards have been presented to deserving personnel. This year's awards will be presented by the B Comd at a special ceremony in the WOs' and Sgts' Mess in May.

Who is Eligible

All members of the CFB Winnipeg

Military Community are eligible to submit names of those they feel deserving of an award. Members of the Canadian Forces, DND civilians and their dependants are eligible for this award. Personnel may be appointed, elected or volunteered for the activity for which they are nominated, however, they should not have received any remuneration for performing that activity. Work performed must be totally voluntary and benevolent and outside the individuals' normal

continued on page 4

Certificat de Services Rendus à La Communauté

Le temps est venu de commencer à penser aux Certificats de services rendus à la communauté. Comme plusieurs peuvent se souvenir, les distinctions ont été décernées pour la première fois en 1982, depuis ce temps le programme a pris beaucoup d'ampleur. Durant les quatre dernières années plus de 150 certificats ont été décernés aux personnels méritoires. Cette année les certificats seront présentés par le Cmt (B) lors d'une cérémonie spéciale au Mess des Adjts et Sgts à la fin de mai.

Qui est éligible?

Tous les membres de la communauté

militaire de la BFC de Winnipeg sont éligibles de soumettre les nominations pour les gens méritants. Les membres des Forces canadiennes, les employés civils du MDN ainsi que leurs personnes à charge sont éligibles de recevoir un certificat. Le personnel peut être appointé, élu ou s'être porté volontaire pour les activités pour lesquelles ils ont été nommés mais ils ne doivent pas avoir reçues aucune rémunération. Le travail doit être complètement volontaire, de

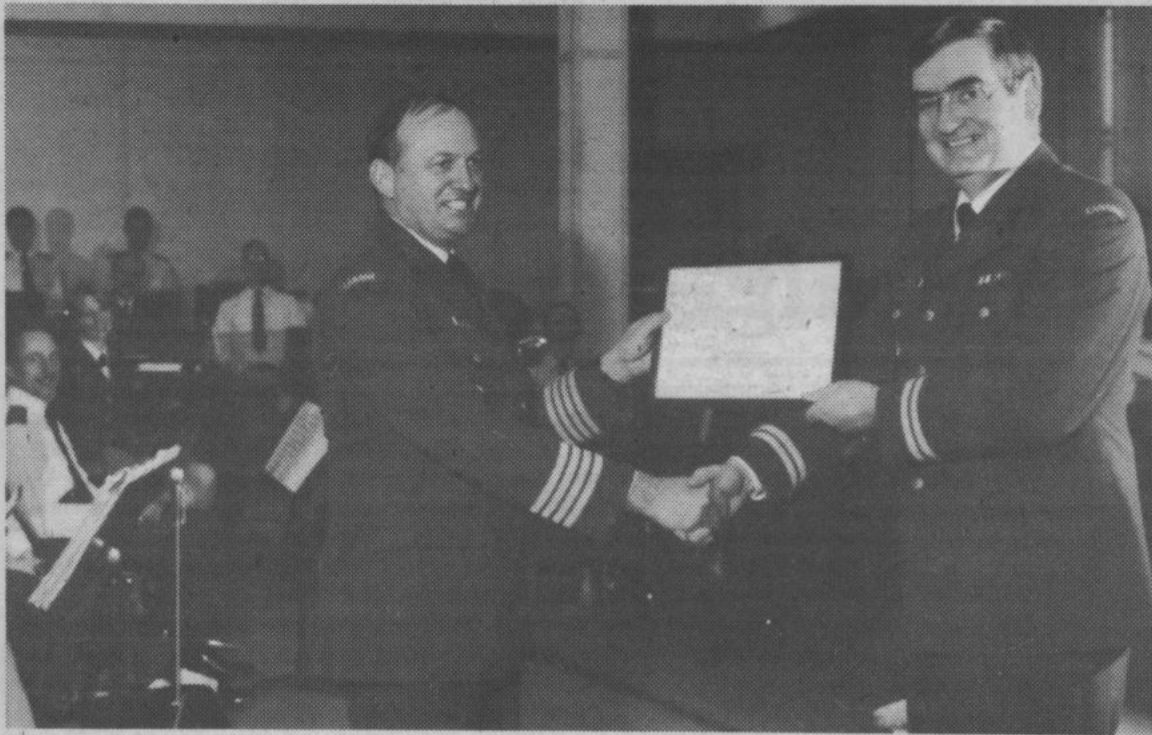
continué à page 5



HAPPY EASTER



Air Command Band Outstanding Performance



The Base Commander, Colonel L.H. Reynolds, presents a CERTIFICATE of OUTSTANDING PERFORMANCE to the Air Command Band for their excellent performance given at the Centennial Hall last March. Receiving the certificate on behalf of the Band is Captain R.H. French, Director of music.



VOXAIR VARIETY
by JOHN LAUDER

We were blessed with a couple of fine plays this month, as both the Manitoba Theater Centre and the Prairie Theatre Exchange had openings on March 3rd. "The Road to Mecca" was on stage at MTC, while "Welcome to the NHL" was the show at the Exchange. Although the first was set in South Africa, and the second in Manitoba, both dealt with what is usually referred to as "the human condition".

"Mecca" is by the South African playwright Athol Fugard, but it only makes passing references to apartheid. It deals with only three characters, all very interesting and real people. Fine acting by Joy Coghill, Susan Coyne and Lewis Gordon, together with taught direction from Charles McFarland, made for a great evening, in spite of the fact that there is very little physical action in the play.

The set, designed by Laara Cassells, was a joy. Helen, the main character in the play, is a sculptress who has filled her property with weird statues, and these are very much in evidence on stage.

"Welcome to the NHL" was first shown at the Calgary Olympic Arts Festival, and got rave reviews there. It deals with the culture shock to a native African teenager on landing in a southern Manitoba town, where the only life is hockey. The set is a rink, and all the players wear skates to whiz around. Written by Alan Williams, a Brit who now lives here, the comedy is found in the clash of values of the separate cultures.

The good thing about this play is that it is still running, and will until April 3rd. More information and tickets from 942-7291.

* * *

Presently running at the Warehouse Theatre is a light hearted musical named "The Club", which opened on March 23rd. (With the usual problem of this date being after the VOXAIR deadline.) Five actresses perform as males in this spoof of the men's club of the turn of the century era. The show runs until April 9th.

And speaking of shows which run, one called "Joggers" is at the Gas Station Theatre to-night and to-morrow, ending a run which began on the 24th. For info call 942-6140.

* * *

The Winnipeg Folk Festival is still trying to pay off the debts it accumulated two summers ago, and is bringing in various talent to give concerts. Jane Siberry was at the Playhouse Theatre on March 29, and the group "Second City" will perform there on the 13th of April, followed by Uncle Bonsai at the Winnipeg Art Gallery on April 22nd.

The city's other summer gang, Rainbow Stage, are also into this act, and will sponsor the New York touring company show of "The King and I" on April 19 and 20 at the Concert Hall.

* * *

Other major events upcoming at the Concert Hall include Waylon Jennings on April 3rd; the opera "Romeo and Juliette" (in French with English subtitles) on the 9th, 12th and 15th; Mr Dressup on the 10th, at 11.30 a.m. and 1.30 p.m. Tanya Tucker will perform on the 13th and the Winnipeg Symphony will offer a show with guest stars the members of the "Royal Canadian Air Farce".

* * *

The Royal Winnipeg Ballet, fresh from its success of "Giselle" last week, has announced its schedule for performances in schools here and around the province during April. They will give shows in 10 Winnipeg schools, and also at five different communities in southern Manitoba. This is both an educational experience for the kids, but it gives the young dancers of the Company's Professional Division a chance to be exposed to audiences and an experience in performing "on the road". The RWB hopes to expand this program in the future, going into Saskatchewan as well as to many more Manitoba towns.

Letter From the Editor-in-Chief

I have recently received comments from several members of our DND civilian work force regarding the article on SISIP in the March 2nd edition of the VOXAIR, in which it was suggested that civilian workers (not necessarily DND) "may not have the same drive, commitment and discipline as CF personnel". As Editor-in-Chief, I apologize for the inclusion of such an

insensitive statement in our newspaper.

The SISIP article came to us from NDHQ/DCOMPTD (via the Base Comptroller's shop). We try our best to proof-read all articles before they are published but sometimes, while looking for spelling mistakes and other grammatical errors, we overlook the message itself. This article was a case in point and, had the offending sen-

tence been spotted by our volunteer staff, it would have been altered or deleted.

I'm pleased, of course, that the VOXAIR is being read by so many eagle-eyed civilians. Judging by the small number of civilian volunteers on the VOXAIR staff, I have sometimes wondered if we were meeting the needs of that one-quarter of the Base population. If any of you would like to help us make OUR newspaper even better, we'd be pleased to put you to work. In the meantime, we'll continue to try our best.

K.W. Doerksen
LCol
Editor-in-Chief

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EDITOR-IN-CHIEF	- LCol K.W. Doerksen	- 895-5281
MANAGING EDITOR	- Capt Tom Walls	- 895-6672
PRODUCTION EDITOR	- Lt Jane Grossman	- 895-6334
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PHOTOGRAPHER	- Cpl G. Albert	- 895-5090
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The Base Chief Said...

I had a dream! It wasn't your normal dream, it was a dream wherein, I found myself in the Garden of Eden and Utopia.

In my dream, I was enjoying a rare day off, and after watching all the game shows in the morning, I decided that I should spend the afternoon with Quincy on a walk. It was summer, the sun was shining with a gentle breeze blowing. I asked the old pooch where he wanted to go, and he indicated that he would enjoy a walk around the Base. So leaving our PMQ on Sharp, we headed up the Blvd toward the East Gate. As it was a few minutes to one o'clock, all the occupants of Air Command Headquarters were returning from lunch. I was pleased to see that every military member entering the building was smartly dressed, with shiny shoes and pressed uniforms. All male members had haircuts, properly tapered and off the col-

lars. The ladies were smartly groomed, with just a hint of make-up. No gold chains, or unauthorized jewellery. Absolutely magnificent! I couldn't believe I was in Winnipeg.

Quincy and I headed East. Next door to the Bishop Building, stands what was, a run down Bldg 21, the combination Recreation Centre/Drill Hall. The outside was done up in a style that complimented the Bishop Building. New windows, doors and more importantly, new siding. We took a look through the end doors, it was great!

The inside had been renovated and repainted. It looked like there had been fixtures installed to help with the acoustics, bright banners were suspended from the ceiling beams, new light fixtures and portable bleachers were located by the south wall. Multi-purpose rooms were to found throughout. From the

looks of things, you could play everything from volleyball to bingo. You could hold the Base parades there, as well as the Air Command Band Christmas concert. It was super!

We left Bldg 21 and proceeded to Bldg 47, the Air Command Band building. I couldn't believe my eyes! A newly paved parking lot was the first thing I noted. It was obvious that the Band was going on a trip, because the Road Cruiser and the band equipment truck were parked outside waiting. What really caught my attention was that they had both been painted in blue, with the Air Command/Base and Air Command Band crests affixed on the sides. All could now see, that this was, THE AIR COMMAND BAND. There had also been a lot of construction going on, because a new extension had been added to the original building, with sufficient individual practice rooms for all. I decided to drop in and see friend CWO Fritz Garbe, the Assistant Director of Music. I found him and the Band just wrapping up a rehearsal in their new rehearsal room — what an improvement! No pillars or posts in the middle of the room, and no water leaking from the ceiling. What really made my day was the new uniforms they were

wearing for concerts. Each and every member of the Band were dressed in Air Force Blue trousers with a gold stripe down the legs. Pleated formal shirts with black bow-ties, and a lightweight mess dress style jacket, in blue, with gold piping and light blue lapels. I also observed a new equipment room with loading dock, and a new music library. Oh yes, I guess we, must have been getting away from the Canadian Forces, because the rank badges worn on the uniforms were silver in colour. The Band appeared larger, and Fritz confirmed for me that their establishment had been increased to 55 members, with a capability for a string section. I couldn't wait to tell our PMC about this, so he could book the string section for our next mess dinner. I was so happy, that on wishing Fritz and the band members well with their concert, Quincy and I literally skipped off towards the inter-site road.

As we walked across the inter-site road, I couldn't get over how lovely and green our new 9-hole executive golf course looked! Everything so lush, and so many people enjoying this new addition to the Base. The Commander spotted us just as he was teeing up at the third hole, he waved and then got back to his game. (I

think the Command Chief was leading by a couple of strokes at that point.)

Being such a great day I was getting a bit thirsty, so I decided to stop at the mess for a Shirley Temple. Very conveniently, the Mess Committee had installed a small hitching post and watering trough just outside the mess for Quincy. (They refused to change the constitution that would have permitted me to bring him into the mess, so this was a compromise on their part.)

The mess looked great too. The ceiling in the upper lounge had been fixed and with the new drapes it was a most pleasant place to spend some time, especially with the air conditioning working. The dining room had been remodelled as well as the lower bar area. The biggest improvement of all could be seen in the refurbished mens' and ladies' washrooms, no longer did they remind you of the washrooms at the VIA station. After chatting with a few of the guys, I picked Quincy up and carried on with our walk.

Excuse me, the Base Commander was just in and wants me to go with him to Base Supply. I'll have to wrap this up for now, and finish telling you about my dream in the next issue...

Happy Easter from the Voxair staff!



Thanks to your past donations to the Canadian Cancer Society, research has led to major advances in cancer treatment and prevention.

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Community Service Award

cont'd from page 1

work responsibility. Some suggested activities are scouts, guides, brownies, minor hockey, baseball, church activities, social clubs and family assistance groups, benevolent work for the community, etc. A person may receive more than one award during each tour at CFB Winnipeg. Groups may also be nominated for an award as well.

Nomination Procedures

Eligible personnel will be nominated by the community at large through the completion of a nomination form. Nomination forms appear again in the next edition. Forms will also be available through the Base Exchange outlets and Bldg 90 Recreation Centre. Simply complete the form and return it to the Chairman of the Selection Committee by 8 April 1988.

Selection Committee

The Chairman of the Selection Committee this year will be Lt J.M. Morneau, Base Coordinator — Official Languages. A representative from the two community councils and one from the recreation council will be on the Selection Committee. The remaining members of the Committee will be chosen by the chairman and will be representative of the community at large.

Please fill out a nomination form and give a deserving member of the community a "pat on the back".

A Sample nomination form is printed on this page.

Community Service Award Nomination Award			
_____ 1988			
Lt J. M. Morneau, Base Headquarters Chairman Community Service Awards Selection Committee Canadian Forces Base Winnipeg Westwin, Man R3J 0T0			
1. I/We nominate;			
SIN	Rank	Mr/Mrs/Ms	Surname and First name
Unit/Place of employment		Telephone	
2. He/She is nominated for the following unpaid community service(s):			
3. He/She has a voluntary (), appointed () or elected () position.			
4. He/She has participated in the above activity for: (length of time, hours per week, etc) _____			
5. Submitted by:			
SIN	Rank	Mr/Mrs/Ms	Surname and First name
Signature		Unit/Place of Employment	Telephone
PLEASE COMPLETE THIS FORM AS FULLY AS POSSIBLE. Remember, everyone may not be familiar with the activity. A clear description of the contribution of the nominee will assist the Committee to select the award winners. Military personnel, DND employees and dependants of all ages are eligible for nomination. Completed nomination forms are to be mailed or delivered to the above address no later than 28 April 1988.			

Can Caffeine Be Good For You?



For many of us, there's no better way to start the day than with a fresh, hot cup of tea or coffee. It's just the right pick-me-up before getting down to work.

What's responsible for the lift is caffeine, the most popular non-prescription stimulant used today. Besides tea and coffee, caffeine is also found in colas, chocolate and most non-prescription "stay-awake" aids.

Used moderately, caffeine can improve mental alertness. However, it's no substitute for a good night's sleep because all it does is make you ignore your tiredness. As much as we might like to think, caffeine does not restore energy.

Caffeine works by stimulating the central nervous system, improving mental activity and muscle tone. It can also relieve the sense of boredom that comes with many monotonous tasks.

Beware the myth that caffeine can "sober-up" someone who has had too much alcohol. It merely counteracts the depressant effect so the person does not feel sleepy.

If you want to enjoy the desirable effects of caffeine, stick to small doses like the amount in one cup of coffee. It takes your body a few hours just to process that little.

Larger doses taken at one time or in drinking more than four cups during the day can cause unwanted effects like insomnia, irritability and headaches.

Studies also show that people who regularly drink more than five cups a day build up tolerance and may not suffer from insomnia from a cup at bedtime; but a moderate or non-drinker might end up tossing and turning half the night. Heavy users can become addicted to caffeine and experience headaches and become irritable after withdrawal.

Children's smaller bodies are very susceptible to the effects of caffeine, so all medications containing the stimulant should be kept out of reach.

Caffeine can also interact with other drugs in such a way that its effects are considerably magnified. Your pharmacist can tell you about interactions between caffeine and prescription or non-prescription medications you use.

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Go Fly a Kite!

Spring is definitely kite-flying time and it can be extra fun when you design and build your own. We suggest using brightly colored gift wrap and inexpensive wooden dowels for the kite "body", and ribbons, streamers or yarn as the kite "tail". Follow these 10 steps for a colorful spring kite:

How to:

1. To build your own kite you need two wooden dowels, 56 cm/22 in, and 81 cm/32 in. Mark centre of the shorter stick and file a small flat notch.
2. Next, file a notch 18 cm/7 in. from one end of longer stick. Using a small saw, make notches in both ends of sticks to hold kite string in place.
3. Glue two sticks together, forming a cross. Tie sticks in place, wrapping several times with string. Let glue dry.
4. Tie another piece of string from bottom-most notch of kite, continuing around stick ends. Tie string off at bottom point of kite. Put a drop of glue in each notch.
5. Lay kite frame on top of non-decorated side of gift wrap. Cut out gift wrap, leaving 1-inch excess around kite.
6. At each point, cut out a V-shaped notch in the gift wrap to make sure flaps fold

- easily over string. Glue flaps over string.
7. Make tail out of yarn or gift tie and attach. Turn kite over and attach piece of string from one end of shorter stick to opposite end.
 8. Before tying, slip curtain ring on string (allow some slack).
 9. Using another piece of string repeat on longer stick, threading string through same ring.
 10. Attach a ball of kite string to ring. You're now ready to go fly a kite!



KITE FLYING — A terrific idea for family fun...We suggest using brightly colored gift wrap and inexpensive wooden dowels to build your own unique kite.

Yes, Voxair does welcome letters to editor

Certificat de Services Rendus à la Communauté

continué de page 1

nature bénévole et exécuté après les heures normales de travail. Quelques suggestions d'activités sont les scouts, les guides, le hockey mineure, le baseball, les clubs sociaux, les activités pastorales et bien d'autres encore. Une même personne peut être récipiendaire de plus d'un certificat lors de son affectation à la BFC de Winnipeg et les groupes peuvent aussi être nommés.

Procédures de nomination

Le personnel seront nommés par la collectivité en général en complétant une formule de nomination. Les formules de nomination sont disponible à l'Economat et à l'édifice 90 au Centre des Loisirs, les formules seront aussi publié dans la prochaine édition du Voxair. Vous avez simplement à compléter la formule et la faire parvenir au Président, Comité des récompenses pour services rendus à la communauté avant le 8 avril 1988.

Comité de sélection

Le président du comité de sélection pour cette année sera le Lt J.M. Morneau Coordonateur de la Base-Langues Officielles. Un représentant provenant de chacun des comités communautaires et un représentant de l'association des loisirs feront aussi parti du comité de sélection. Les autres membres constituant le comité de sélection seront choisis par le président et représenteront la collectivité en général. SVP remplir une formule de nomination, ceci est une chance unique de remercier les personnes qui se sont dévoués pour la communauté.

Un exemple de formule de nomination est imprimé sur cette page.

Récompense pour Services Rendus À La Communauté Formule de Nomination

1988

Le lieutenant J. M. Morneau, QG (B)
Président,
Comité des récompenses pour services rendus à la communauté
Base des Forces canadiennes de Winnipeg
Westwin, (Man)
R3J 0T0

1. Je/Nous propose(ons):

NAS	Grade	M/Mme	Nom de famille et prénom
-----	-------	-------	--------------------------

Unité/lieu de travail	Téléphone
-----------------------	-----------

2. Le/la candidat(e) est volontaire (), nommé(e) (), ou élu(e) (), au sein de son activité.

3. Le/la candidat(e) est proposé(e) pour le(s) service(s) non rémunéré(s) suivant(s) rendu(s) à la communauté:

4. Il/elle a pris part à l'activité susmentionnée durant (préciser la durée, le nombre d'heurs par semaine, etc.).

5. Proposé par:

NAS	Grade	M/Mme	Nom de famille et prénom
-----	-------	-------	--------------------------

Signature	Unité/lieu de travail	Téléphone
-----------	-----------------------	-----------

PRIÈRE DE REMPLIR LA PRÉSENTE FORMULE DE LA FAÇON LA PLUS COMPLÈTE POSSIBLE.

Rappelez-vous que tous les membres du comité en question ne connaissent pas à fond toutes les activités. Une description détaillée de la contribution du candidat aidera le comité à choisir les gagnants. Les militaires, les employés civils du MDN et leurs personnes à charge de toute âge peuvent être proposés comme candidat(els).

Faites parvenir les formules de nomination à l'adresse susmentionnée, avant le 28 avril 1988.



So...What's Happening at Canex?

by Capt Jan Kasun

No, contrary to popular belief, the BXO was not posted when the Retail Store was closed last July. I am alive and well and hiding in Building 52 — although several organizations have been enviously eyeing the office space and I am expecting to get "relocated" (in other words kicked out) any time now. I have been promised something nicer than a tent in the parking lot, but as yet the new location is not determined.

Yes, CANEX is still in the Retail business, although at the mo-

ment it is sometimes difficult to tell. That strange growth on the side of the Service Station will at some point be the nucleus of the "CANEX Convenience Centre". This outlet will be able to provide many of the more popular retail items, the usual convenience store grocery commodities as well as everything you would expect to find in a garage with five service bays. Additionally dry cleaning and photo finishing services are available.

Yes, there will be a grand opening sale. Merchandise is al-

ready arriving from Inglis, Sony, Toshiba and some of our other regular suppliers. We will also be featuring items from CANEX national promotions at very favourable prices.

No, we don't know when this sale will be.

Yes, we will be sure to tell you when we know, keep your eyes open for a flyer which will be sent to the printers the instant we know for sure when the renovations will be completed.



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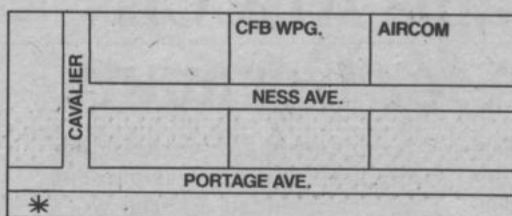
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676 KITTYHAWK SQUADRON ROYAL CANADIAN AIR CADETS

The 30th Anniversary Annual Inspection of the 676 Kittyhawk Squadron of the Royal Canadian Air Cadets of Sidney, BC will be held on the 11th of June 1988. The Reviewing Officer will be the Honourable Robert Rodgers the Lieutenant Governor of BC.

In addition, on Friday evening of the 10th of June a gala dinner and dance will be held for all ex-squadron members and escorts.

For further information please write to:

676 Reunion
c/o Wendy Poiré
2051 Ardwell Ave
Sidney, BC
V8L 2L7
(604) 656-0480 (after 6 pm)

BCOMD's General Safety Award



Base Cleaning Services was the winner of the Base Commander's General Safety Award "for best performance in reduction of accidents" for the third quarter of FY 87/88. Col Loren H. Reynolds, BComd, presents the award to W. MacDonald, co-chairman of BCIngSvcs joint Safety and Health Committee. Looking on are F. Scaletta, BCIng Supt, R. Perry, Safety and Health Committee employee representative, L.S. Burns, BGSO, and R. Diespecker, BAccNO.

3 RCR



Sgt Terry Riddle practicing the unsung principle — PATIENCE.



Pte Mark Juneau employing the art of "Static Reconnaissance."

3 RCR Trains RECCE Patrolmen for Germany

The enemy has established an outpost at area grid 4736. Your mission is to pinpoint the exact loc of the en and determine his strength. With words such as these, candidates on the 3RCR QL4 Reece Patrolmen course embarked on a number of patrols and/or observation posts to confirm skills taught on the course.

Along with conducting patrols, the seven week course covered such topics as chemical and radiological survey teams, use of op-

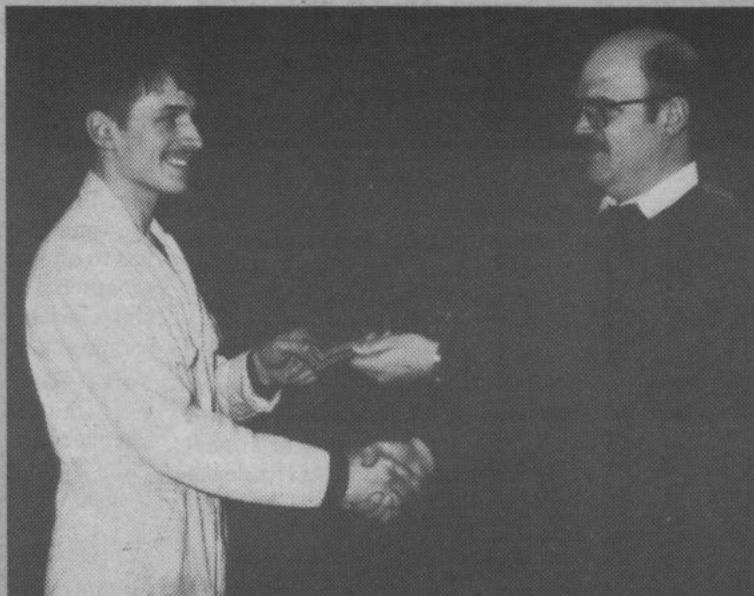
tical and radar surveillance devices, and navigation. The course included a three week field phase in Shilo of which two weeks were spent on dismounted recec skills (unfortunately during minus 38 C temperatures). The final week was devoted to practicing mechanized reconnaissance skills which the platoon will use when 3RCR deploys to Germany this summer.

Pro Patria.

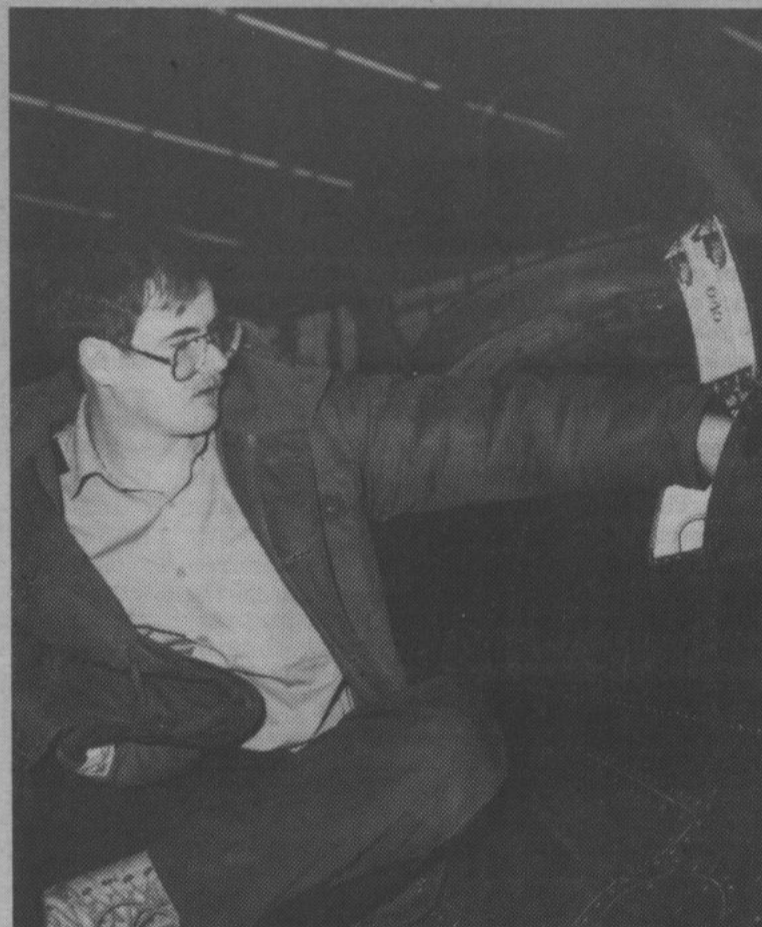
BAMEO Promotions



Paul Bertrand promoted to Sgt. effective 29 Jan 88.



Marc Guerin accelerated promotion to Cpl effective 11 Mar 88 receiving his hooks from Maj. Tudor (BAMEO).



Pte C.J. Grant an Airframe Technician carrying out a "DI" on a Tutor Aircraft received his first hook effective 29 Feb 88.

Can you name this aircraft?



CHAPLAINS CORNER



Holy Week

by Padre Kenn Garrity

Holy Week for the Christian Church terminates the season of Lent, being that week just preceding our major celebration of Easter. This period of devotion is not regular each year from the perspective of a calendar date, because it is dependent on when Easter falls, and as we all know, Easter is determined by reference to lunar considerations of the Paschal Full Moon. The calendar limits of Easter however, are 21 March through to 25 April and the seven days just prior to our celebration of Easter, are known as Holy Week.

Holy Week has its origin in Christian antiquity, probably dating as far back as the 4th century, when the Emperor Constantine converted from paganism, making the Christian faith the state religion. This afforded the millions of Christians the opportunity to come "out of the closet" so to speak and pilgrimages to Jerusalem became easier and safer to accomplish. As one would expect, the most popular times to visit the Holy Land during these days, as well as for the past 1600 years, is during the traditional time of our Saviours birth (Christmas) and during the time of His death (Jewish Passover or Christian Easter).

During these pilgrimages, the visiting Christians would try to share vicariously in the suffering which Christ must have endured on His road to the cross;

- The triumphant entry into Jerusalem, where Jews from all over the world hailed Him as their King...Palm Sunday;
- The terrible night of the Passover meal when Judas tried to force the hand of God into revealing who He really was...Maundy Thursday;
- The awful day when the elders of the Jewish Temple (the Sanhedrin), illegally tried, convicted, sentenced and executed Jesus by crucifixion...Good Friday;
- The day when the world trembling, paused, waiting to see how God would react to this tragic sequence of events...Holy Saturday; and finally,
- The Glorious Day of Resurrection when Jesus rose from the tomb to fulfill the will of God...EASTER SUNDAY.

So; Holy Week is the time when we as Christians should attempt to understand experientially, as well as emotionally and intellectually, mankind's actions towards the Son of God on the crowded dirty streets of Jerusalem some nineteen hundred and fifty five years ago. Please take the time to consider what Jesus has to offer all who are willing to accept Him, then come out and share with the local Christian community the following events:

- North Side**
 — Chapel of the Good Shepherd.....
 Palm Sunday.....
 0900 Hrs — Holy Communion (Anglican)
 1100 Hrs — Divine Worship Monday to Wednesday.....
 1930 Hrs — Holy Communion (Anglican)
 Maundy Thursday.....
 1800 Hrs — Sedder Meal (Passover)
 Good Friday.....
 1930 Hrs — Divine Worship
EASTER SUNDAY.....
 0830 Hrs — Easter Vigil & Holy Communion (Anglican)
 1000 Hrs — Breakfast (at the Church)
 1100 Hrs — Holy Communion (Presbyterian)
- South Side**
 — Chapel of St. Andrew.....
 Palm Sunday.....
 1030 Hrs — Divine Worship
 Good Friday.....
 1600 Hrs — Divine Worship
EASTER SUNDAY.....
 0900 Hrs — Pancake Breakfast
 1030 Hrs — Holy Communion (Presbyterian)

The Chapel of the Good Shepherd 10 April 1988 — No Excuse Sunday

To make it possible for everyone to attend Church next Sunday, we are going to have a special "No Excuse Sunday". Cots will be placed in the foyer for those who say "Sunday is my only day to sleep in". We will have steel helmets for those who say "The roof would cave in if I ever came to Church". Blankets will be furnished for those who think the Church is too cold, and fans for those who say it is too hot. We will have hearing aids for those who say "The padre speaks too softly" and cotton for those who

say he preaches too loudly. Some relatives will be in attendance for those who like to go visiting on Sundays. There will be TV dinners for those who can't go to Church and cook dinner also. One section will be devoted to trees and grass for those who like to see God in nature. Finally, the Sanctuary will be decorated with both Christmas poinsettias and Easter lilies for those who have never seen the Church without them.

Padre R.E. Baker

Aerobic Classes

10 week program: 18 Apr-24 Jun

Mon, Wed, Fri Bldg 21
 1130-1210 Low Impact Aerobics
 1220-1300 Aerobics



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Did you know that...
 Basilisks (a type of lizard), even the metre long males, use the water as a primary defense mechanism. When an enemy approaches, they run away...across the surface of the water. Their nickname is "Jesus Christ Lizard."

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Voxair-gram

this issue, presented by Aircom

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 F D J R M H R J E C M G Z T S N T W I X

The Following Words are Hidden in the Puzzle

- ASHLEY
- AUDIT
- CAFETERIA
- CARPENTER
- COMMAND
- COMTROLLER
- CONFERENCE
- ENGINEERING
- EXPERTISE
- GENERAL
- INSPECTION
- INTELLIGENCE
- LEADERSHIP
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CFB Ladies Curling

The CFB Winnipeg Ladies Curling Section is back again! Our President, Leila Farrell has been a very busy lady these days. Leila is also the 2nd Vice President of the Manitoba Ladies Curling Association (M.L.C.A.). Fort Osborne Curling Club hosted the Senior Ladies' District competition first, then Leila was off to Selkirk for several days while the Provincial Senior Ladies' curling representatives were determined. The winners were the Eileen Pennycook rink from Grain Exchange Curling Club. Within 2 weeks of the completion of this competition, she was again off to Fredericton, New Brunswick with the Women's Provincial winners Marlene Cleutin & team from Deer Lodge, representing the M.L.C.A. at the Canadian Scott Tournament of Hearts. So, Leila — what have you been doing in your spare time? Reintroducing yourself to the family perhaps??

On to club business! The standings for the Tuesday Night Business Girls section going into the prize round are as follows:

"A"		"B"	
1. K. Cox	1. B. Jahns		
2. G. Stenson	2. L. Farrell		
3. W. Mason	3. S. Eaton		
4. M. Baines	4. G. Purdy		
5. J. Cantlon	5. J. Ridley		
6. G. Frederick	6. J. Richardson		
7. C. Stenkowski	7. P. Kinyens		
8. C. Rakowski	8. B. Sandborn		

BONSPIELS

Miami Ladies' Open — runners up "B" final
K. Cox, T. Hebert, C. Lowes, B. Mansen

Morris Ladies' Open — lost going into semis of "A"
K. Cox, T. Hebert, C. Lowes, L. Newell
— won "B" Final
G. Stenson, B. Leullier, G. Neufeld, P. Dalkeimer
— had "fun"

B. Jahns, T. Brysen, M. Desaulniers, R. Walsh, Brenda Johns bought the Stenson team in the blind calcutta and won \$75.00.

Miami Mixed — runners up in "A"
A. Cox, K. Cox, R. Hebert, T. Hebert

The CFB Ladies' Open "Bonnie Bonnet" was held Feb 18-20. Excellent curling! — great

weather! Excellent banquet. Thanks to Darlyn for the food and to Ross for the: #1 bar! and #2 ice.

Much preparation was done by Willa Mason and her group. The theme was "OLYMPICS" '88 and this industrious group made headbands and signs for most competing countries. Great job, girls! Thanks to Leila Farrell for emceeing responsibilities. Gold, Silver & Bronze (hand-made!) medals were awarded to the winning countries. Some of the events staged were GOLF PUTTING ON ICE (all were on ice!), LUGE, BIATHALON, and CURLING.

The winners of the Bonspiel were:

1st EVENT — Marlene Cleutin — Deer Lodge
— 1988 Provincial Champs
Jackie Rintoul, Audrey Schmidt, Lois Fast

2nd in 1st EVENT — Joan Ingram — Deer Lodge
Lawrie Bradawaski, Elaine James, Berna Cleghorn

3rd in 1st EVENT — Wiebe & team

4th in 1st EVENT — G. Frederick & team

2nd EVENT WINNER

— S. McRae

2nd in 2nd — S. Ridley

3rd in 2nd — A. Sorenson

4th in 2nd — Romaniuk

3rd EVENT

1. K. Isaacs

2. Stazko Rink

4th EVENT

1. Baird Rink

2. B. Sadler

Thank you to all door prize donors and bonspiel participants. A special thank you to Janet Cantlon (Bonspiel Chairperson) and her volunteers for another job well done!

From: Sherry Ridley — M.L.C.A. Ways & Means Committee & Brenda Jahns

"I would like to thank the CFB Ladies' Section curlers for making my job easier this year. Through your constant support when we needed volunteers to help run Bingos during 1987 and 1988, our fundraising endeavours for Manitoba curlers has been very successful. Many of you have come out several times for us and a few of you have worked at ten or more. You know who you are! Many thanks from us to you!

Women's Volleyball Team



back row L to R

Pte Heidi Warrington, Lt Cynthia Hollett, MCpl Janice Harrison, Pte Dana Harvie, Pte Dana Le Bouthillier, Coach MCpl Jim Weatherby

front row L to R

Pte France Claude Rivard, Cpl Donna Dunbar, Pte Pheme Walsh, Sgt Kathy Cox.

Season Ends

The season came to a disappointing close for the service-womens volleyball team. They have been practising and playing in the city league since October to prepare for the Prairie Region Women's Volleyball Championships which were held in CFB

Moose Jaw 29 Feb-3 Mar 88. The tournament was run as a single round robin, the top four advancing to the semi-finals. Winnipeg ended up in second place and played a best of 3 of 5 match against Cold Lake, but came out on the losing end.

Throughout the year the girls played in various tournaments in

the city and did very well. Most of the team should be around next season so they are looking forward to a better year. A special thanks go out to MCpl Jim Weatherby and Sgt Kathy Cox who coached the team this season and Cpl Shirley for his great warm up sessions and smiling face.



Slow Pitch League

Teams who wish to play must have a Rep at the meeting — Base Theatre 1030 hrs 15 APR 88.

Further info: Cpl Shirley, Bldg 90, Loc 5511.



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FLYERS Basketball We Did It!

It may not have been a gold medal at the Olympics but for the members of the base basketball team it was sweet victory. The Flyers finished off their 1987-88 season in style as they defeated Fort Richmond 72-60 to win the senior mens division seven championship. The championship is the first in the teams history and the Flyers are hoping to repeat this performance in the Canadian Forces Regional basketball playoffs in Edmonton in late March. The Flyers would like to thank all those fans that supported them throughout the year and the playoffs.



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14 Trg Gp HQ From Lies to Larceny

As Winnipeg's perennial glaciers begin to recede from the streets, two sure signs of spring are manifest: sand and doggy-doo.

Less mundane harbingers of spring are more evident at 14 Training Group HQ as marching orders arrive. The Commander, BGen Eichel is posted to NDHQ this summer along with Capt Darrel McKinstry from the Training Control shop. WO John Stevens will be steering his covered wagon in the direction of Cold Lake while Cpl Marie Weatherby of the Orderly Room staff and husband Jim and off-spring will soon be departing for Cornwallis Nova Scotia.

Last Monday morning, through the smoke and haze in the coffee room, there appeared a face, returned from a two-week absence, bearing a strong resemblance to a Sun-Maid raisin. This visage belonged to our own Major Suds, the famed Rice Krispee Kommando. I questioned him intensely.

"What happened Sir, spend all your Autopac money in a tanning salon?" I asked. "Not so, burrito breath" he replied. "Senora Sutherland and I have recently returned from margarita-land, where we reposed upon the beach of some small town, the name of which I cannot pronounce because it is spelled with an X." The icy blue eyes

pierced the nicotine-laden clouds as the audience sat transfixed.

"Did you drink the water?" I ventured. "No problem" replied El Major. "If one has a constitution that can withstand the winds of winter and the flies of summer in Winnipeg, Montezuma's Revenge holds no terror.

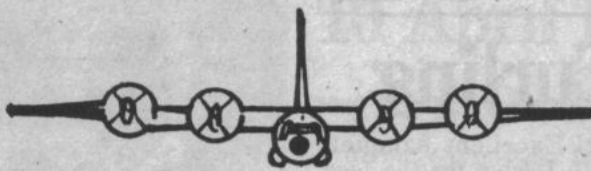
Also, the Sutherlands must also look eastward as they contemplate postings to Colonel By's little village on the Rideau.

During the Major's absence, his Training Development section was kept fairly busy. Capt. Don McLeod conducted on-site training in Course Training Standard and Course Training Plan writing at Group HQ. The class included personnel from the Nav School, Central Flying School, Air Reserve Gp HQ and 14 Trg Gp HQ. The next courses are planned for the 11-22 April time frame.

Major Cyril McFate and his E-Team recently descended upon Bagotville to conduct a Ground Training Evaluation at 3 Field Technical Training Unit. As both Bagotville and 3FTTU are old homes to Maj McFate, he knew exactly behind which snow bank the school could be found.

At this point it would be prudent to conserve some ink to bare my soul on my income tax return. So, from lies to larceny dear readers, I conclude.

429 SQN Bits



Things are starting to pick up at the Squadron with the outlook of spring on the horizon. On Friday the 26th of February members got together to say goodbye to Sgt Bill Spellman and his wife Debbie who are on their way to Cold Lake. Good luck on your new posting, Bill and Debbie. Also in the mill, Peg Barnes and some of the other 429 Squadron wives are engaged in a project to raise money for the Base Hospital. More information on this will be forthcoming.

Four of our crews were winging their way to Norway on the Arrowhead Express until the 10th of March. Capt Ab Jagat and crew were fortunate to have Capt Brian Hoogkamp from CFANS along to keep things from getting too boring. The first day out was fairly uneventful since they deadheaded to Trenton but after that things went rapidly down hill. On day one Brian got locked in the bathroom and had to get MCpl Ivan Guinchard to let him out. On day two he got locked out of the barracks in Goose Bay with his luggage still inside. On day three in Sola, Brian managed to down a soft drink which someone had inserted a cigarette butt into. Days four

and five were quiet for Capt Hoogkamp which is probably due to a crew rest or something but on day six misfortune returned. For 26 minutes the crew searched in Trenton for their Navigator without success. He finally got back with the crew and the rest of the exercise went without a hitch for him. It was, however, now Capt Ab Jagat's turn. Through Goose Bay Ab lost his calculator. At Sola, he borrowed Capt Hal Steffler's calculator and this was misplaced. The loadmaster refused to lend his calculator to anyone in the front end.

One of the other 429 crews was having their share of problems as well. Capt Dave Wigley's crew was augmented by a Loadmaster from 435 Squadron. After one time around MCpl Rick Siddon became ill and was hospitalized at Trenton. After trying to steal a replacement from one of the other crews, to no avail, he managed to acquire WO Dave Lawrence from ATG. Dave was left to his own amusement in Sola and was last seen wandering aimlessly through the barracks area looking for a crew and a bed. It is interesting to note that although the CO of 429 Squadron, LCol

Barnes, and Capt Tim Sexsmith also had crews on the exercise, they managed to cover their tracks rather well and nothing of consequence could be found out about their trip.

On Friday, March 18 the Squadron held its quarterly Flight Safety Meeting and training day. Capt Dave Wigley received 1000 hour certificates from ATG and Lockheed and Sgt Emile Fournier received his 2000 hour certificate from Lockheed. Well done to both of them. As an added feature to the day, Mrs. Barb Williams served a very nice cake to celebrate LCol Barnes' birthday. He would not, however, divulge how old he was.

WO Lou Doan will be attending yet another course in April and May as he leaves us for Borden and the SLC course. He no sooner returns and Sgt Emile Fournier leaves for the same course during the month of June. Good Luck to both of you.

Well, that's about all the news for now. I would like to remind all Squadron members that if there is something you would like to see in this article or if you have any pictures that you think would be of interest to our readers, in particular about the Squadron and its activities, please contact your Unit Information Officer.

Until next time.



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