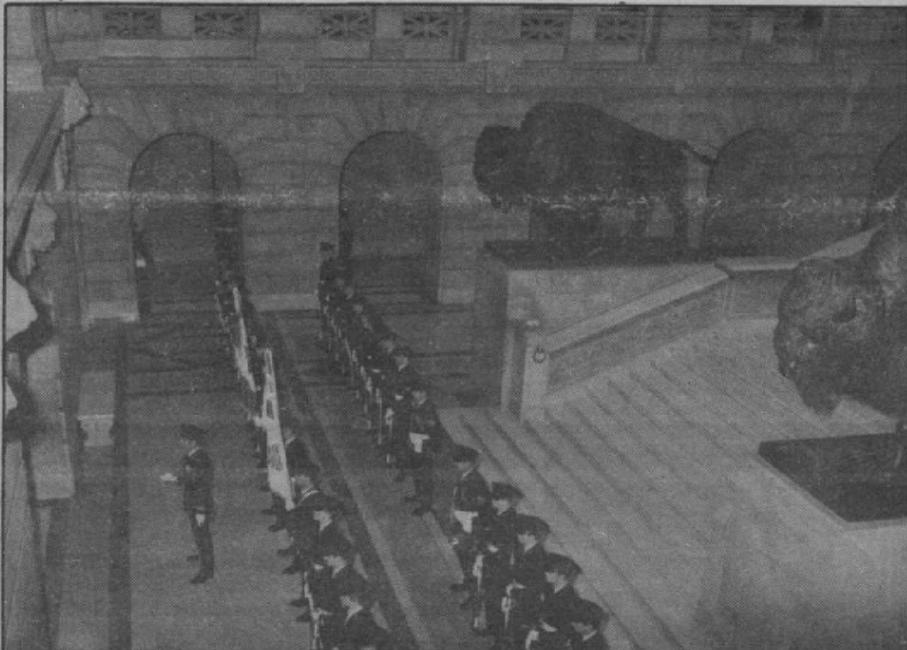


LEGISLATURE OPENING

CFB WINNIPEG PROVIDES TRADITIONAL MILITARY GUARD OF HONOUR FOR LIEUTENANT GOVERNOR

Under the command of CAPT R. Hanson, the CFB Winnipeg Guard of Honour provided the usual pomp and circumstance at the Manitoba Legislature recently when the Hon. Pearl McGonigal, LT GOV of Manitoba officially opened the new Legislative Session.

The Air Command Band under the direction of CAPT K. Swanick was in attendance and Manitoba Militia Units fired the traditional 15 gun salute.



The CFB Winnipeg Honour Guard under the command of CAPT R. Hanson formed up in the impressive foyer of the Manitoba Legislative Building.



The Hon. Pearl McGonigal LT GOV of Manitoba accompanied by LT COL C. Rafter and LT GEN K. Lewis, Commander Air Command receives salute from CAPT R. Hanson, Guard Commander.



CAPT T.D. Lawrence

NEW EDITOR FOR VOXAIR

CAPT T.D. Lawrence has been appointed Editor of VOXAIR effective 1 Mar 82 replacing MAJ R. Knowles who is retiring.

CAPT Lawrence has been Assistant Editor of the CFB Winnipeg newspaper since Sept 81 and is the author of the popular cartoon series "There's No Life Like It".

No stranger to the trials and tribulations of Forces newspapers, CAPT Lawrence was a regular contributor to papers in Greenwood, Centralia and Clinton and was personally responsible for the reactivation of the CFB Moose Jaw "Plainsman" in 1967.

CAPT Lawrence enlisted in the RCAF as an AC2 at Winnipeg in 1952 and was commissioned from the ranks in 1969. He is married and resides in PMQ's on Sharpe Blvd.

LETTER TO THE EDITOR

Air Command Headquarters
Westwin, Manitoba
R2R 0T0
18 February 1982

Editor
Voxair
Canadian Forces Base Winnipeg
Westwin, Manitoba
R2R 0T0
Dear Editor,

A mark of the professional journalist, at least in Canada it seems, is a well honed cynicism towards those events considered sufficiently newsworthy to comment upon. It is not surprising therefore that our own people, when writing articles in our base and station newspapers, often emulate that trait of the professional newbasher. Nevertheless, I must admit to more than a little disappointment at the panning of the event of the new Air Command Band uniforms written up by Captain Lawrence in his column, "Not on the Bandwagon", in the 10 February issue of Voxair.

Probably the discouragement that is reflected in Captain Lawrence's article is the aspect that disturbs me most. Fortunately, the response of people that I meet throughout Air Command, by a vast majority, is much more positive than that expressed by Captain Lawrence. Let me also add that as one of the more senior members of Captain Lawrence's "grey force", I am nonetheless still motivated to listen, watch and search for ways to have our Canadian Forces evolve to enhance the morale of all our people.

Attached is an article which appeared in the January 27th issue of the "Lookout" which reflects an attitude, albeit in this case about the Navy, once which more closely matches that held by the majority of Canadian Forces service people today.

Sincerely,

W.J. Neve
Chief Warrant Officer
Command Chief Warrant Officer

CAPT LAWRENCE REMOVES HIS EDITORS HAT AND PENS A PERSONAL REPLY

Thank you Chief Warrant Officer Neve for your reply. I am at least gratified that a few feathers were ruffled within the labarynth of Building 2. I certainly do not wish to enter into a "No-Win" feud with any individual or organization but I do wish to clarify and perhaps elaborate on what was clearly stated as a personal opinion.

At the outset, let me assure you that I did not intend to emulate any professional newbasher, I manage to stir things up well enough in my own amateurish manner.

I too am one of the more senior (in years of service and in current rank) members. My time is virtually an even split, with 16 years RCAF and 14 CF. I too have quite a few grey hairs (all CF!), and I clearly stated that I would be happy to see a totally identifiable Air Force. I am also a dedicated Airman with fond memories of my RCAF time. However, I also remember the old "Horseblanket" blues the ones we used to wire-brush and singe and then apply soap inside the trouser leg to ensure at least, a temporary crease. I remember the wire "Spiffy" to make the shirt collar look neat, the "Wets", 40 men to a room, bed checks, work on Saturday morning, fire piquet, CO's parade every week, \$70 a month and bitching because the pilots ran everything. (Well, some things never change!). My memory facilities did not dry up in 1968. I also remember graduating with the first unified CFR course in '69 and moonlighting as a sidewalk artist in Ottawa to supplement my Lieutenants pay. I also remember with considerable self satisfaction instructing several hundred admirable, keen and professional officer cadets and junior officers at Borden. Perhaps my favourite memories are based on my 3 years as a section head at CFB Winnipeg; three years with all of the problems and frustrations of command offset by satisfaction, respect and even affection of leadership.

If there was "discouragement" in my original article, it was motivated by the tokenism of the reported event. Tradition does not live by tokenism and ersatz memorabilia. Tradition is a matter of the heart.

Finally Chief, I too am still motivated to find ways to enhance the morale of all of our people and I place my record on the line. You use the word "evolve", surely that word still implies moving ahead, not backwards.

Respectfully

T.D. Lawrence
Captain

EDITORIAL

CAPT T.D. Lawrence

As the newly appointed Editor of VOXAIR I wish to depart from the usual editorial "We" and on behalf of the personnel of CFB Winnipeg offer thanks and best wishes to the retiring Editor, Major Bob Knowles. Major Knowles responded to a plea for help last year when a previous Voxair staff was leaving for the usual variety of reasons. Under his management, Voxair not only continued, but improved as a forces newspaper. For several months, Bob was not only Editor, but business manager, proof reader, delivery boy, mail clerk, writer and janitor. Bob has also been in the front lines fending off some of the minor flack emanating from some of my literary and artistic efforts.

Thank You Major Knowles.
For The Ladies

The idea of the Ladies Page was approached with some trepidation lest we be accused of categorizing and type casting women in the all too familiar cliches. Jane Lawrence accepted the editors challenge figuring perhaps "if you can't beat 'em — join em". Jane has already produced a lengthy list of topics for her page and be assured ladies, the columns will not be bound by the four walls of a kitchen or nursery.

For better, for worse then, without fear or favour, for as long as we can contribute our best to the CFB military community through the medium of Voxair we'll do our best.

FROM THE OTHER SIDE OF THE SCUTTLE

by Dave Tyre

Having never been military,
it's time to be a Navy

I was sitting with a jar of suds contemplating the state of the lighting fixtures in the mess, when who should walk in, but the Intrepid Chief Yeoman of Signals.

"Haven't seen you in months," I remarked, "Pull up a bollard and spin me a dip!"

"Been away," said the intrepid one. "Where?" I asked, attempting to keep the conversation going.

"East."

"Far east?"

"Nope, South east."

I realized another subject was in order, having expended the topic of geography, so we talked of many things. Things naval and in particular the state of our branch. We got even deeper into a subject which, if not the direct concern of every young sailor, then certainly about them.

We were well underway on the subject of 'being a member' when I uttered something which altered the course of our conversation: "...not really military!" I said, in reference to some concept of the school I instruct in.

"I wouldn't know" said the Chief Yeoman, "I've never been in the military!"

"Huh," I blurted.

"I'm in the navy. A sailor. I'm not a military man, I'm a navy man. I concern myself with things naval, not things military."

I was taken slightly aback, not because I disagreed, but because I didn't think there was anybody left that thought that way. In that instant the subject of being a sailor flashed through my mind. It was a good thought. Not necessarily in line with

the push from Ottawa, but the adoption of an attitude I had not really felt for several years.

A miserable fact of life is our own attitude. We aren't allowed to be sailors unless we are serving in a ship, and even then it almost has to be clear of Duntz Head. When we are ashore we talk in terms of Bases, Base CWO's, Parade, BORs and washrooms.

In fact, if we pushed, and pushed hard, we would be talking in terms of Barracks, Master-at-Arms, Divisions and Heads. We would be insisting that things be done in not a military manner, but more appropriately, a seamanlike manner. If those non-sailors serving in a Naval Barracks don't like it — tough! When we go to an Army Base, (they call them camps), we are expected to accept the military doctrine.

We have longed to be called the Royal Canadian Navy again. If we don't come right out and say so, then we surely think it. I don't know many real sailors who would disagree.

Well, sailor, it's right in front of you. We are the navy! All we have to do is start being the RCN, saying we are the RCN and force ourselves to do what once came naturally. Act like sailors — ashore or in a ship.

I seriously doubt that the military side of the Service had such profound changes made to their uniforms, their elemental language or that they generally Armyized themselves by begging. They simply said, "We are soldiers, and we're going to act and dress like soldiers."

Perhaps the Naval side of the Service should take a lesson from the Military. Insist on being a sailor and the things once familiar to sailors shall gradually return: RCN Barracks, Masters-at-Arms, Chiefs, Ordinary Seamen and all.



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BCWO'S CORNER

by CWO A. Poltaruk



AS I SEE IT

In the last few months this office has been harping on the subject of Sr NCOs and Sr Supervisors who need to get off their butts and make it happen. However, a while back I received a note that mentioned a person who has made it happen. That person is the "Service wife". She makes it happen time and time again, so to her I am including the following tribute that was sent along to prove this point. As a matter of fact the Service wife sure shows us all up.

Quote:

A Service wife is mostly girl. But there are times, such as when her husband is away and she is mowing the lawn or fixing a flat tire on a youngsters bike, that she begins to suspect she is also a boy.

She usually comes in three sizes: petite, plump and pregnant. During the early years of her marriage it is often hard to determine which size is her normal one. She has babies all over the world and measures time in terms of places as other women do in years. "It was at Gimli that we all had the mumps...In Europe Mac was promoted..." At least one of her babies was born or a transfer was accomplished while she was alone. This causes her to suspect a secret pact between her husband and the Service providing for a man to be overseas or on Temporary Duty at times such as these.

A Service wife is international. She may be a Manitoba farm girl, a Quebec mademoiselle, or a fraulien. When discussing Service problems, they all speak one language.

A Service wife can be a great actress. To heart-broken children at transfer time, she gives an academy award performance: "Saskatchewan is going to be such fun. I bear they have Indian reservations and sand

and trees". But her heart is breaking with theirs. She wonders if this is all worth the sacrifice.

An ideal Service wife has the patience of an Angel, the flexibility of putty, the wisdom of a scholar, and the stamina of a horse. If she dislikes money, it helps.

She is sentimental, carrying her memories with her in an old footlocker. One might say she is a bigamist, sharing her husband with a demanding entity called "duty". When duty calls she becomes No. 2 wife. Until she accepts this fact, her life can be miserable.

She is above all, a woman who is married to a Serviceman who offered her the permanency of a gypsy, the miseries of loneliness, the frustration of conformity and the security of love.

Sitting among her packing boxes with squabbling children nearby, she sometimes is willing to chuck it all in until she bears the firm footsteps and cheerful voice of that lug who gave all this to her.

THEN SHE IS HAPPY TO BE...
HIS SERVICE WIFE

Unquote

We always seem to complain, but have we looked around to see the other side. The way I see it, we don't, and, if we do look around, it is only when it suits us. Compassion and understanding are needed 24 hours a day, 7 days a week. Our jobs and our dedication to our jobs seem to put our subordinates and Canadian Forces in the Number 2 position. What I'm trying to say is, that, we only seem to be thinking of ourselves! As SGT Debbie Polichuk said in her column to Newsletter, and in my last column in Voxair, "Shape up Sisters and Brothers. Look at yourself in the mirror once in awhile and straighten yourselves up." In other words, "MAKE IT HAPPEN."

RESERVES RECRUITING GOING WELL

WINNIPEG—The nine Canadian Forces Reserve units comprising Manitoba Militia District have received about half the number of applications they need for a successful conclusion of their 12-week recruiting drive, which started January 1st.

The units — The Fort Garry Horse, The Royal Winnipeg Rifles, The Queen's Own Cameron Highlanders of Canada, The 17 (Winnipeg) Service Battalion and the 17 Medical Company all of Winnipeg. The 26 Field Artillery Regiment RCA of Brandon, 13 Field Battery of Portage la Prairie, 116th Field Battery RCA of Kenora, Ontario and the 21st Field Engineer Squadron of Flin Flon, Man. These units now comprise about 600 Officers and other ranks. Last month, the units set out to recruit about 250 additional personnel as part of a recruiting drive involving all five Militia Districts between Thunder Bay and the British Columbia border.

Captain Bev Maertens, Recruiting Officer for Manitoba Militia District, said from her office at Minto Armoury this week the units have so far enrolled 75 new members as Canadian Forces Reserve soldiers and are processing another 53 applicants, for a total of 128.

"All told, we're doing well, and the pace at which applicants for enrolment are coming in seems to be picking up," CAPT Maertens said. "We're half-way through the three-month campaign and we have about half the new people we need. If we can keep up the campaign at its present intensity, we ought to achieve our target."

CAPT Maertens said there are more openings in all nine units of the Militia District and all applicants must meet basic enrolment standards.

Recruiting activities during the remainder of February and throughout March will include a continuing advertising campaign and Combat Arms displays and equipment demonstrations by Militia units in various shopping centres.

One such display, to be held in conjunction with Canadian Forces regular units, will see Militia recruiters at Polo Park Shopping Centre February, 25th, 26th and 27th, and at Garden City Square March, 26th and 27th. For additional information please contact CAPT Beverley Maertens, Manitoba Militia District Headquarters, Tele: 775-5492.

FIRE PREVENTION NEWS

How hot does a lamp get?

Have you ever wondered how hot a lamp gets and how long will it take to ignite cloth? Well, the local office of the provincial electrical inspector in Kamloops carried out some informal tests and we think you'll be interested in the results. We stress that the tests were informal and temperatures recorded are approximate.

Informal tests were carried out using two samples of (A) 60 Watt frosted GE 115-125 volt lamps and (B) 100 Watt frosted GE 115-125 volt, 1000 hour rated lamps.

The lamps were inserted in a standard lamp holder mounted in the horizontal position. The ambient temperature was 23°C with little or no movement of air. For tests (1) to (8), a pyrometer test lead was taped to the top of the lamp glass envelope with fiber glass reinforced tape.

Test (1) Lamp type A (60 Watt) uncovered 5 minutes — 135°C

Test (2) Lamp type A (60 Watt) draped with one layer of cotton towelling — (cloth charred) — 5 minutes — 230°C

Test (3) Lamp type B (100 Watt) draped with one layer of cotton towelling 5 minutes — 210°C

Test (4) Lamp type B (100 Watt) draped with — (above top of scale) — one layer of cotton towelling — cloth charred — 5 minutes — 350°C

Test (5) Second sample lamp type A (60 Watt) uncovered 5 minutes — 155°C

Test (6) Second sample lamp type A (60 Watt) covered with one layer cotton towelling 5 minutes — cloth charred and smoking — 280°C

Test (7) Second sample lamp type B (100 Watt) uncovered 5 minutes — 220°C

Test (8) Second sample lamp type B (100 Watt) covered with one layer cotton towelling 5 minutes — (above top of scale) — hole charred through cloth; no ignition — 350°C

Test (9) Test number (9) was carried out under the same conditions as tests (1) to (8) except the pyrometer leads wire removed so that the cloth was in intimate contact with the bare lamp. Two layers of cotton towelling were draped over the lamp. Ignition took place in approximately 2 minutes.

THERE'S NO LIFE LIKE IT

By Terry Lawrence

No. 9. THE GENERAL

I'm happy I'm a General.

Gold leaves, gold braid and all;

My aide and driver pamper me,

I really have a ball.

Each night I dream when I'm in bed,

Tucked safely 'neath the covers;

"The rank would mean a whole lot more,

If there weren't so many others!"





SKY PILOTS CORNER

THANKS 402

Father Gagnon

Brochet here we come!! It has become a yearly pilgrimage. With the help of the Parish Council, the C.W.L. and the Parishionners, we pick up enough used clothes, toys and skates to mobilize an aircraft to go to Brochet Indian Mission where Father Darveau has been working for years and years.

But it is amazing how much work it requires. First of all, we have to make a call to the people. Then, the people have to check what they have to give. They clean it, they iron it, and pack it to take to the chapel.

Then, a number of volunteers put the stuff in bigger boxes, and once we have an idea how much we are going to have, then, we go to the Squadron to ask for help.

After getting the necessary permissions, they decide what day we are going there.

This year, we were scheduled to go on a Sunday, and some people say "that the only working day for a Chaplain is Sunday," so, I had to find a replacement for that day. My luck was that our Command Chaplain was here on this very same day.

So, on Sunday Dec 20, we did take off at 09:00 hoping to be there at 13:00.

Well! our crew got the message from Lynn Lake, that it was freezing rain at Brochet. Back we come with our boxes. I must say that I was disappointed, but my desire for survival overcame my disappointment quickly.

Two days later, we made it to Brochet, and you should have seen the smile of the missionary and his people when we open the door of the aircraft. It was worth the trouble many times.

I would not like to end this without thanking a few people.

First of all, I want to mention all the people of Our Lady of The Airways who got involved in giving, carrying, packing all the material.

Then, I want to thank Mr. Roger Loisel from the Income Tax Office in Winnipeg who gave us, with his people, 20 boxes of used, but still very good toys.

I want to thank C.W.O. Barton and his Community Council who gave us 10 boxes of candies from Santa. Question of good timing, you see!!!

And I would never forget 402 Squadron and the two pilots, Major Roberts and CAPT Crawchuck. They did not even try to scare me!!! I had a beautiful flight and the third member of the crew SGT Schmidt was a great host.

To all of you: Thanks.
The Chaplain



The Priest, Fr Darveau in Brochet Indian Mission, shows his joy to see the Base Chaplain Fr Gagnon, at the arrival of the aircraft.

MORE SKY PILOTS CORNER

Major W.L. Howie Base Chap (P)

"The Queen of Canada brings the Constitution home." Now there's a headline to make you sit up and take notice.

It also reminds you that a change is being made and the country will never be the same again.

Some people welcome changes. Some people can't handle them. When a new person in the crew or the office tries to change things, all sorts of reactions follow. Some of them are happy reactions, some are not.

Each of us, of course, is a change agent; that is, we effect change in the lives of other people. A parent, a teacher, a leader, a neighbour, a co-worker; anyone will in some way influence others so much that they will change, or their circumstances will change. We can't avoid that; it is a fact of life. We will effect change.

The test is, of course, how will we change people and into what? Will we be influences for good or for ill, for the

benefit of those around us or to their detriment?

It takes a bit of wisdom and compassion to be a change agent for the good of people. It also takes courage.

The King of Denmark got angry one day during World War II. The German invaders required all Jews to identify themselves by wearing a large, visible Star of David. The King was angry because he didn't like persecution of any kind, and certainly he didn't like persecution of a segment of his people. So he, the King, put on a Star of David, and went for a walk in the streets of Copenhagen. His people saw him, and understood what he was saying by his action, and the whole population, Christian and Jew alike, put on Stars of David. And the Nazis knew they had lost that round.

You're not a King, but you can change things for the better in your country.

CHAPEL SERVICES

ROMAN CATHOLIC

Our Lady of The Airways (N)

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

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

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

C.W.L.:
Meetings every 2nd Monday of the Month.

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

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

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

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

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

St. George's Chapel (S)

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

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

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

To contact a Chaplain
Just ask our Switchboard
Operators

PROTESTANT CHAPEL SERVICES

Chapel of the Good Shepherd (N)

Church Service:
11:00 on Sunday

Sunday School:
11:00 on Sunday

Chapel Groups:
Baptisms and Weddings as arranged.

Chapel of St. Andrew (S)

Church Services:
10:30 on Sunday

Sunday School:
10:30 on Sunday

Chapel Activities:
Weddings and Baptisms as arranged.
To contact a Chapel
Just ask our Switchboard
Operators

TAX TIPS

Exemptions and Deductions

Though no one willingly throws money away, some Canadians short change themselves at income tax time by not taking advantage of all the exemptions and deductions they're entitled to claim.

Some exemptions and deductions may be claimed on the Special income tax return. If this is the one you received through the mail and your situation has changed from last year, check the Guide to find out if you now need to use the General return. You can get a General tax package containing the necessary forms and Guide from a Post Office or your District Taxation Office.

No matter how much money you earned last year, you won't have to pay tax on the entire amount. Everyone can claim a basic personal exemption. If you're married, the maximum married exemption is \$2,780 but remember, this may be reduced depending on the amount of your spouse's net income.

There are also exemptions for dependent children. For a child under 18 the maximum exemption is \$590, while for a child 18 and over the highest exemption you could claim would be \$1,090. In both cases your dependent child's net income could reduce the amount of your claim.

Under certain circumstances you may be entitled to a deduction that offsets the cost of having your children cared for while you are at work. Usually the mother would make this claim but single-parent fathers, or a father whose wife is ill or in an institution might be eligible. Information on how to claim child care expenses is in the General Tax Guide and on the schedule that comes with the return.

Interest income from sources such as Canada Savings Bonds or bank interest, and certain taxable capital gains and dividends from taxable Canadian corporations may qualify for a deduction of up to \$1,000.

In addition, certain types of pension income are eligible for the pension income deduction of up to \$1,000, and most employees are entitled to the employment expense deduction which could reduce their income by up to \$500.

Other deductions you should check are for contributions into registered retirement savings plans, registered pension plans, or registered home ownership savings plans. If you moved during the year you may be able to claim your moving expenses, and you could have tuition fees and union dues that you are allowed to deduct.

Further information on these and other exemptions and deductions can be found in the Income Tax Guides for 1981.

THE THRIFT SHOP

—We're Open—

Tues - 7:00-9:00

Wed - 6:30-8:30

Thurs - 1:30-3:30

Sat - 1st Sat of the month

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

FOR MORE INFO CALL BARB WHALEN 889-6788



NAV SCHOOL REPORT

Much of the news from the Nav Squadron is sports oriented. The staff, with a little imported assistance, outscored the students 3 to 2 in a much publicized hockey game at the Civic Centre on the 19th of Feb. Stick boy for the staff was Gord Whitson while Major Puption coached and Art Morton and Mike Maynard were cheerleaders. Fast hands Handley says he let in two goals just to keep the game interesting. Sometimes, when things get dull, Brian scores on himself. So far in the base league he holds the scoring title for goalies. The students obviously need more training in the finer points of the game, but they were big winners in the cheerleaders department. Cal Dessureault suffered the only injury and it is feared he is out for the season.

On the prairie small town bonspiel circuit in February were the Walls, Hawleys and Whitsons. They brought home no hardware but insist the bonspieling was a huge success.

Since the last report, Eric Wells has departed for Greenwood and training on the Aurora. Betty and family will be joining him in the summer. Major Grandmaison is effectively gone also as he is on the Nuclear, Biological and Chemical Defence course in Borden until June, in preparation for his posting to Air Command Headquarters. Art Morton is now in St Jean for nine weeks of French language training. He will need it to deal with

the mandarins in Ottawa, his anticipated posting. Art's presence in the Air Navigator Procedures Trainer (ANPT) will be missed as he has been doing four to six trainers per week for the past year. Seven staff participated in the Nato Exercise Alloy Express along with 429 Sqn. With all our aircraft gone three of the eight courses in residence either went on leave or to Resolute on the igloo building course.

It is now official there will be another major overhaul of the basic navigator training syllabus. With the introduction of the Aurora maritime patrol aircraft the role of the navigator in that field has changed considerably. Since there is no longer any Airborne Interceptor (VOODOO) training and the majority of graduates head for Greenwood, it has become necessary to change our training to reflect the new tasks and requirements in the computer age. Gone already is good old airplot and the present emphasis on celestial fixing will be reduced. Two courses, 8203 and 04 have been cancelled to free a few of the staff for the big task of re-writing.

A final word from the word processing centre: Marie has finished her project of converting eight pounds of thread into a crocheted quilt (for her own bed) and since she is not going to knit another sock for Art Morton, is looking for a new project to keep her hands busy when they are not on the typewriter.



CANADIAN RECEIVES GERMAN DECORATION

Erich Straetling, the German ambassador to Canada, congratulates Chief Petty Officer Gilles Lariviere for earning the Medal of Military Merit of the German Federal Armed Forces. The medal was awarded for Chief Lariviere's exceptional efforts in the recovery of the bodies of two pilots and the wreckage of a German jet fighter that crashed into a lake near Goose Bay, Labrador. Beaming proudly is Mrs. Marie Lariviere. The medal was awarded earlier this year at the Embassy of the Federal Republic of Germany, Ottawa.

TAX TIME

SMOOTH PROCESSING FOR TAX RETURNS!

Once again it is time to perform the annual ritual of filing your income tax return. When your return and those of 15 million other Canadian taxpayers arrive at a Taxation Centre, they begin a process that includes sorting, assessing, electronic data processing, labelling, auditing and, where necessary, correction.

Although the processing of tax returns is a rather complex operation, it can be divided into five main stages.

First, all envelopes are opened mechanically and examined by assessors. Returns with payments are forwarded to the cash section where money is removed and deposited in the bank. The returns are then sent for assessing along with the others.

The second stage is particularly important, for it is here that assessors check the returns by hand to ensure that they are properly completed. If certain information or receipts are missing, your return is pulled from the regular cycle and cannot be processed until you have supplied the documents needed.

Each year, about 500,000 returns arrive incomplete, omitting such items as the taxpayer's date of birth or social insurance number.

To ensure smooth processing for your tax return, be sure to attach the correct copy of such forms as information slips (T4, TFA1, etc.), RRSP receipts and where applicable, the provincial tax credit form. Some taxpayers forget to explain why they

have entered additional amounts in the "other deductions" space, or why they are not entitled to claim the total personal exemption or the exemption for dependants. Omitting such information can slow down processing and mean a delay in receiving your refund cheque.

The third stage, called data processing, involves entering all the information from your tax return onto a computer. At this stage the computer verifies your calculations and the information contained on your return and determines the amount of tax you owe or which you will receive as a refund. At this point the processing of your tax return is complete.

At the fourth stage a notice of assessment is printed and if applicable, your refund cheque will follow automatically. After notices of assessment and refund cheques have been mailed, tax returns are sent for storage to the Taxroll Section where they are kept for five years. Later in the year, certain tax returns are checked again during an audit or other post-assessing program, so it is important to hold on to all your receipts and records. You may need them to back up a claim long after you have received your notice of assessment or refund cheque.

Even before the activity of the Taxation Centres has begun to slow down, preparations will be under way for the next tax filing season. Each year any problems that occurred are analysed with a view to improving the next year's processing of tax returns... as one cycle ends, another will begin.

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The RCASC Reunion will be held at CFB BORDEN during the Victoria Day weekend. (May 21-23 1982) For further information, please contact

The RCASC Association
PO Box 55
CFB Borden, Ont.
LOM 1C0.



TORONTO, Ont.—Major Don Eddie, 411 (R) Sqn. boards a 2 Air Reserve Wing Otter before its final flight to Trenton and Mountainview, Ont. This last journey of the Otter, in service for 29 years, took place in mid-February. Overhead is one of the eight Kiowa helicopters which are replacing the 400 and 411 Sqn Otters.

HELP WANTED—VOXAIR

VOLUNTEER STAFF

1. Base newspapers play a vital role in developing and sustaining spirit, pride and identity within a military community. A successful newspaper becomes a focal point through which our personnel are informed of local activities and by which individual and group achievements are recognized. Everyone benefits from a good Base newspaper.
2. As you have no doubt noted, the quality of our own newspaper, the VOXAIR, has improved considerably during the past several months due to the considerable efforts of a few individuals. Unfortunately, MAJ Bob Knowles, who has done a fine job as Editor and overall manager, left the VOXAIR at the end of February. CAPT Terry Lawrence, who has been directly responsible for the recent improvements in format and content, has agreed to take over as Editor and will continue to perform the task of "putting the paper together". But he will need help!
3. I am particularly anxious that the momentum generated by the VOXAIR staff continue, and realize that further growth and improvement is only possible through increased voluntary support. In particular I am looking for "volunteers" to fill the following positions on the VOXAIR staff:
 - a. **Assistant Editor.** Provides assistance to the Editor and takes over when Editor is absent due to illness, TD or leave.
 - b. **Business Manager.** Responsible for general administration associated with the VOXAIR, particularly the finances. Duties include budget management, payment of bills and general correspondence.
 - c. **Circulation Manager.** Responsible for maintaining the system by which the VOXAIR is distributed. Recruits and maintains a roster of carriers, ensures copies are delivered to on-Base distribution points and copies are mailed to those on the mailing list.
 - d. **Reporters.** Covers special events and prepares articles of general interest. Opportunity for "investigative journalism".
4. I am certain that there are many members of the Base who possess the talent and energy necessary to produce a first class newspaper; but sometimes it is necessary to provide a little encouragement to induce them to step forward. I am therefore soliciting your direct support in locating volunteers from among your staff. A personal phone call with the results of your survey would be appreciated by 19 Mar.
5. General inquiries concerning operation of the newspaper should be directed to CAPT Terry Lawrence at 775-9711 ext 217.

B.L. Smith
Colonel
BCOMD
201

INCREASE IN TRUCK TRAFFIC

Recent applications by trucking concerns to raise the Gross Vehicle Weights allowable on Manitoba highways, and to operate triple trailer trains are viewed with concern by the Manitoba Motor League.

In view of the continued downsizing of passenger cars, and the proposed increases in truck sizes and weights, the League is concerned that if the current trial permits are renewed, an increase in fatalities and severity of accidents could result.

J.A. Eastman, President of the League, which represents over 70,000 Manitoba motorists, has expressed to both levels of government, the League's concerns for the safety of drivers and passengers. Mr. Eastman has cited a report by the American Automobile Association's Foundation for Traffic Safety as a basis for the League's apprehension over any drastic weakening of legislation covering heavy truck movement.

"We are aware that fuel costs are a critical factor in the operation of commercial transportation. Nevertheless, as an organization representing the private motorist, we must indicate our concern," said Mr. Eastman.

Apart from the major factor of traffic safety, the Manitoba Motor League has also pointed out to the two levels of government that allowing an increase in Gross Vehicle Weights will necessitate constant monitoring of highway surfaces and bridges. If the heavier triple-trailer combinations have an adverse effect on our highways and bridges, the private taxpayer must help to bear the cost of further road maintenance.

Since May, 1981, the provincial government has allowed triple trailers to use the highway between Winnipeg and Brandon on an experimental basis. The use of the northern section of Route 90 as access to the perimeter highway increases the chances of severe traffic accidents.

Statistics provided by the AAA Foundation for Traffic Safety Report indicate that higher levels of heavy truck traffic result in a rise in accidents.

On behalf of its members, and all motorists in Manitoba, the Manitoba Motor League has asked for further study, and assurance of stringent inspection and controls to be implemented if the permits are renewed.

THINK METRIC

METRIC MULTIPLES

10 millilitres = 1 centilitre
10 centilitres = 1 decilitre
10 decilitres = 1 litre
10 litres = 1 decalitre
10 decalitres = 1 hectolitre
10 hectolitres = 1 kilolitre

PREFIXES

micro = one millionth
milli = one thousandth
centi = one hundredth
deci = one tenth
deca = ten
hecto = one hundred
kilo = one thousand
mega = one million

LITRE (volume)

1 GALLON = 4 1/2 LITRES
1 QUART = 1 LITRE
1 GALLON = 4 QUARTS
1 QUART = 1/4 LITRE

CELSIUS

CELSIUS	FAHRENHEIT
100°	212°
37°	98.6°
21°	70°
0°	32°
-18°	0°
-40°	-40°

RAINFALL in MILLIMETRES
SNOW in CENTIMETRES
WIND in KILOMETRES

COMMON OVEN TEMPERATURES

Fahrenheit	Very low	Celsius
250°F	Low	130°C
300°F	Moderately low	150°C
325°F	Moderately hot	165°C
375°F	Hot	190°C
425°F	Very hot	220°C
450°F		230°C

CELSIUS = (F-32) x 5/9
FAHRENHEIT = (C x 9/5) + 32

METRE (length)

1 INCH = 2.54 CENTIMETRES
1 FOOT = 30.48 CENTIMETRES
1 YARD = 91.44 CENTIMETRES
1 MILE = 1609.34 METRES

GRAM & KILOGRAM (mass)

POUNDS = KILOGRAMS AND NEW GRAMS

10 pounds = 4.5 kilograms
25 pounds = 11 kilograms
50 pounds = 23 kilograms
75 pounds = 34 kilograms
100 pounds = 45 kilograms
125 pounds = 57 kilograms
150 pounds = 68 kilograms
175 pounds = 79 kilograms
200 pounds = 90 kilograms

KILOMETRE (distance)

NOTE: Measurements are approximated for easy conversion.



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TORONTO, Ont.—The Grizzly armoured vehicle is now in service with four armoured and seven infantry militia units across Ontario. Manufactured by General Motors in London, Ont., the Grizzly's main role is personnel transport. It travels at a maximum of 100 km per hour and can carry nine personnel. Pictured here are (left to right): CPL Chris Hatton, CPL Ed Elik and CPL Joe Lambert.

NEW PROMOTION POLICY

1. A new promotion policy for other ranks has been instituted effective 01 Jan 82;

2. The new policy delegates the approving authority for accelerated promotion to the BComd. That's right, your BComd is now the final approving authority for accelerated promotion;

3. Briefly the new policy increases the time prerequisite for accelerated promotion to 36 months from 30

months for privates who enrol after 01 Jan 82. The new policy also makes provision for privates who hold a TQ4 qualification, in their current trade, to be promoted when for service reasons the individual concerned is not qualified TQ5 at the completion of 36 months service. Privates who enrolled prior to 01 Jan 82 will continue to remain under previous regulations;

4. Anyone requiring further details on the new promotion policy should call the BPADMO at local 461.

DEFENSE MINISTER ANNOUNCES ORGANIZATIONAL CHANGES

OTTAWA — Defence Minister Gilles Lamontagne has announced organizational changes within the Air Force which will affect squadrons located in Bagotville, Que., and Cold Lake, Alta.

These changes are the result of steps being taken to prepare the way for introduction of the CF-18 Hornet later this year. The first aircraft in the Canadian Forces inventory to be replaced by the Hornet will be the CF-101. For this reason the requirement to train CF-101 aircrew will end this year. On 31 May, 1982, 410 All-Weather Operational Training Squadron, the Bagotville-based unit charged with training aircrew for CF-101 assignments, will cease operations and disband.

The level of activity at CFB Bagotville will remain constant in spite of 410 Squadron's disbandment. During the summer of 1982, 434 Tactical Fighter Squadron, a CF-5 equipped unit, will move to Bagotville from CFB Cold Lake. This squadron will remain in Bagotville and present plans call for it to be re-equipped with the CF-18 in June, 1987.

On June 1, 1982, the first small cadre of 15 officers will establish the nucleus of 410 Tactical Fighter Operational Training Squadron at CFB Cold Lake. The "410" designation assigned to the squadron is a result of the seniority system applied by the Air Force when forming new units. The new squadron will be responsible for the training of CF-18 Hornet pilots.

MARCH DIABETES MONTH

March, National Diabetes Month, presents the opportunity for Canadians to become more aware of diabetes and the many services offered by the Canadian Diabetes Association.

In Manitoba, it is estimated that over 30,000 persons live the daily challenge of diabetes. The CDA Manitoba Division reminds us that there are countless persons who are experiencing the symptoms of diabetes but are yet to be diagnosed. If you are experiencing: abnormal thirst, frequent voiding, changed appetite, weight variation, blurred vision, or undue fatigue, it is imperative that you see your doctor, as these are some of the common symptoms of diabetes.

The Canadian Diabetes Association is a volunteer, non-profit organiza-

tion, which dedicates itself to the established goals of education and research. Programs have been thoughtfully designed to meet the needs of the diabetic.

The Manitoba Division offers educational programming through its nine branches located in: Agassiz Region, Brandon, Dauphin, Kenora-Keewatin, Flin-Flon, Pembina Valley, Swan River, The Pas, Thompson, and Winnipeg. Ongoing educational programming is vital to the diabetic. There is much to learn and apply to each individual self-care program.

For further information on diabetes and the Canadian Diabetes Association, please contact the Manitoba Division office at 330 Edmonton Street in Winnipeg.



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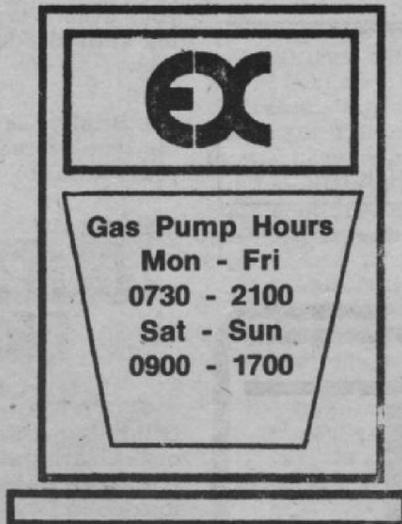


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429 SQN IN NORWAY

OTTAWA—During March 429 Bisons join their sister squadrons 435, 436, and 437 in major airlifts to carry approximately 1200 soldiers and airmen to Norway for exercise Alloy Express.

ALLOY EXPRESS is a joint Allied Command Europe Mobile Force (AMF) land and air component exercise with participating forces totalling 14,000, from Canada, the Federal Republic of Germany, Italy, Luxembourg, the Netherlands, the United Kingdom and the United States.

The Canadian contingent is made up primarily of the 1st Battalion, The Royal Canadian Regiment (1RCR) from London, Ontario, with supporting artillery, helicopter and logistic units from Petawawa. Approximately 80 militia troops from southern Ontario regiments will also participate.

The air component involves 16 CF-5 fighter aircraft and crews from 433 and 434 Tactical Fighter Squadrons of CFB's Bagotville, Que. and Cold Lake, Alta. respectively. The fighters are deployed to Norway refuelling in mid-air from Canadian Forces Boeing 707 aircraft from 437 Squadron, Trenton, Ontario.

The Battalion Group, with its wheeled and armoured tracked vehicles, are being deployed by air from CFB Trenton, beginning on March 2. The entire contingent will be in Norway by March 12.

The deployment will involve 84 flights by C-130 Hercules, from 429, 435 and 436 Squadrons of Edmonton and Trenton respectively, and seven flights by Boeing 707.

The battalion group and air component represent Canada's commitment to AMF (Land) and (Air), an air mobile force designed for rapid deployment to NATO's northern flank.

The aims of "ALLOY EXPRESS 82" are: to exercise the AMF (Land) and (Air) northern contingent forces with host nation (Norway) and other NATO forces under winter conditions in northern Norway; to exercise rapid deployment of allied forces; to exercise the AMF in deterrent and combat operations; to exercise and test command and control arrangements; and to test co-ordination between the forces of the individual NATO nations.

"ALLOY EXPRESS 82" was scheduled by the Supreme Allied Commander Europe (SACEUR), US Army General Bernard W. Rogers. The commander of the Canadian battalion group is Lieutenant-Colonel Andrew McQuarrie, commanding officer of 1 RCR. The air contingent is commanded by the CO of 433 Squadron, LCOL David Kinsman.

The AMF was formed in 1960 as part of NATO's response to mounting east-west tension. A permanent allied staff, headquartered in Mannheim - Seckenheim plans frequent exercises in NATO's northern and southern flanks. Special attention is given to exercising in those nations which share borders with Warsaw Pact nations, as does Norway.

The exercise area for ALLOY EXPRESS is located about 150 kilometres from the Finnish border and 450 kilometres from the Soviet Union in the fjords and snow covered mountains north of the Arctic Circle.



SAR-Techs haul air-dropped rescue supplies as the first of three Twin Otters arrives at the simulated crash scene on Willow Lake, Alta.

CANADIAN FORCES PHOTO by SGT V. Tunstead

EVACUATION EXERCISE (WILLOW LAKE ATLA.)

WILLOW LAKE, ALTA.—A full moon cast shadows through the crystal clear arctic air over this military training area as survivors awaited the drone of rescue aircraft engines.

More than thirty observers including RCMP, Edmonton Ambulance Service, the Canadian Forces and Edmonton-based media gradually succumbed to the numbing -29° temperatures and headed for the heated shelter, aware more than ever of the life-threatening environment of Canada's arctic.

This is Exercise MAJAID 82, CFB Edmonton's annual practice for locating and evacuating survivors of a major air disaster in the remote stretches of the arctic.

As the mounting base, Edmonton must be ready to evacuate up to 360 survivors, and with the number of polar flights standing now at about 20-a-day, the possibility of a major disaster cannot be ignored.

If an airliner goes down, "speed and flexibility of response are vital," says

Air Disaster Co-ordinator, MAJ Ray Lukko, "the survivors must get shelter and medical aid as soon as possible."

The heart of the rescue is the MAJAID ops center at Edmonton. Here, vital decisions are made early in the rescue designed to shave minutes and seconds off the response time and save lives. Available resources are put on standby, computer lists of northern settlements and their medical facilities are searched and the rescue is put into action.

On Willow Lake observers watch as the Herc circles several times dropping para-flares and drift markers. When the SAR-Techs jump they have to be close to the crash site. A kilometer or two of slugging through deep snow with full arctic gear can sap the strength and energies they'll need to provide lifesaving support to survivors.

On subsequent passes the Herc's crew drops more techs and the first support gear. The beginnings of a tent city emerge from the lake ice: tents, heaters, medical supplies and coleman stoves. As the injured are examined, treated and tagged for evacuation, a second rescue Herc begins dropping more SAR-Techs and equipment.

Before noon the corner of Willow Lake begins to look like a busy air terminal. A Chinook helicopter and three Twin Otters have arrived to begin the evacuation.

Now, twelve hours since they arrived to set the stage at Willow Lake, volunteer support staff sporting drooping eyelids and day-old beards, begin the long task of loading the tons of survival equipment for shipment back to the base. But MAJAID is not over.

The scene shifts to airfield 21 at Wainwright where medical staff receive and treat victims and prepare them for transport to the casualty reception point at Edmonton. The excitement and urgency drifts from one location to another as the drama unfolds, then the anti-climax at hangar five, "take off your bandages and leave them over there."

For many of the "walking wounded" of MAJAID 82 the day is over. Their "more seriously wounded" counterparts will remain for a few more minutes to be assigned to one of Edmonton's hospitals. Then, its off to the shower to wash away the blood and into the rack knowing they had it easy compared to what real casualties would face in the Canadian arctic.



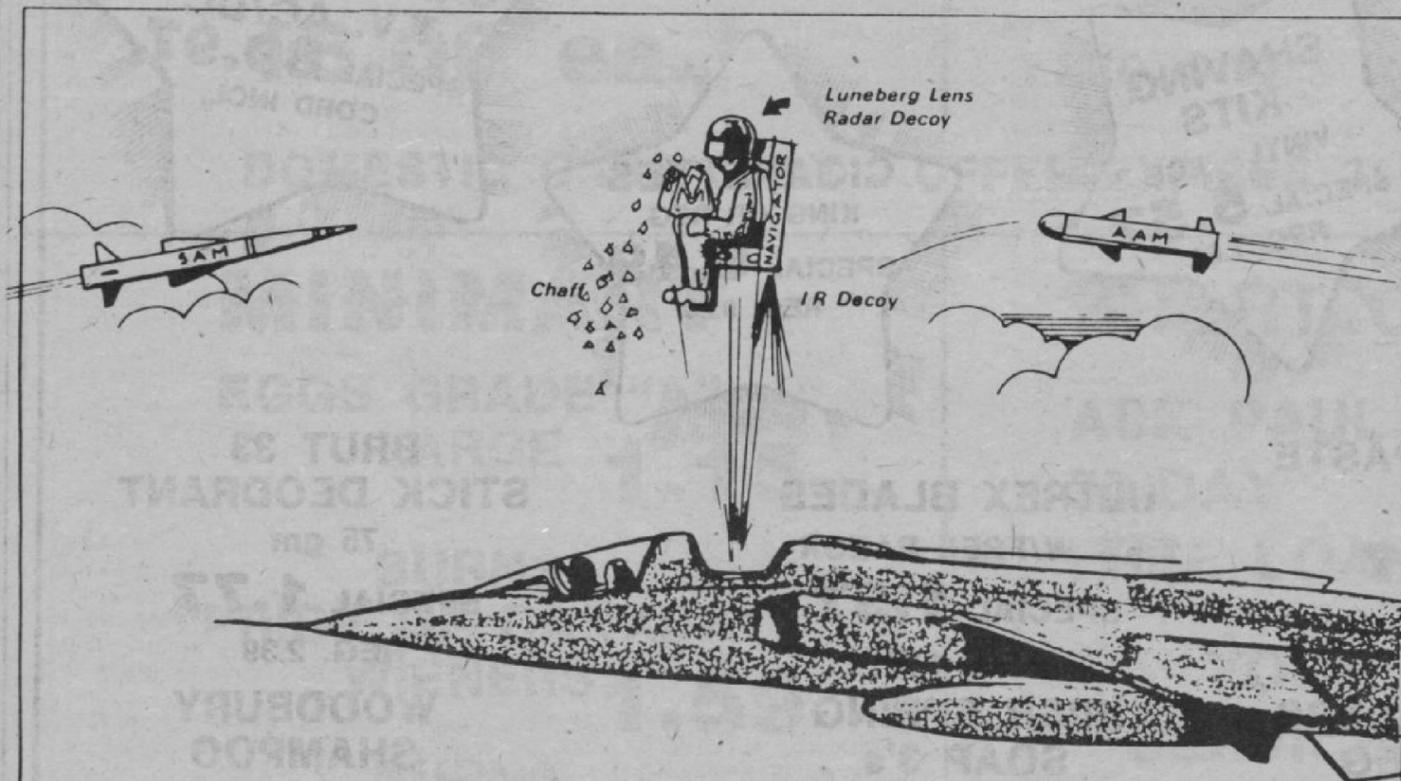
POLICE POINTERS

MCPL DALE

It has come to the attention of the Military Police that not withstanding the "Conditions of Issue", on the bottom of Form DND 426, — "Daily Pass", which is issued at the main gate to a person wishing to visit the confines of the base area, that, many persons are unaware of their liability to submit to search. Let me refresh your memory by quoting from QR&O Vol I, Appendix VII, Section 8(i) of the Defence Establishment Trespass Regulations which state, "every person to whom a pass has been issued

may enter the Defence Establishment and shall when entering, while remaining in or on, or when leaving a Defence Establishment, submit to search by a Security Guard of his person or any package, parcel, vehicle or thing in his possession, but no female person shall be searched except by a female".

Keep in mind that this regulation applies to all persons to whom a pass has been issued... A word of caution — "read the small print on the bottom of the pass" under Conditions of Issue.



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UNDE LOCALLY YOURS

OCCUPATIONAL HEALTH NURSE

by Doug Johnston

CFB Winnipeg now has the services of an occupational health nurse (Mrs. Mary Seegmiller). Her services will be available during working hours on Mondays and Thursdays.

Mrs. Seegmiller will be able to assist you with a variety of problems that you may encounter which may be causing you concern. For example, tension, depression, physical fitness, nutrition, retirement, alcohol and drugs, family problems and a lot of others. She knows the services available in our community and she would be able to refer you to the appropriate source for help. If you are just returning to work from an illness or accident the Health Nurse may be able to aid your recovery by interpreting physician's instructions regarding treatment, medication or diet. The nurse may also be able to help you set up a preventive program to assist you in losing weight, quit smoking or start a fitness program.

The Health Nurse can also treat minor illness such as headache, toothache or diarrhea that might affect you while at work.

These services are free and available to all employees. Should you wish to meet with the Health Nurse you can call local 787 for an appointment.

Members are urged to make use of this service, as it may be discontinued for lack of use.

EMPLOYEE ASSISTANCE PROGRAM

The employee assistance program approved by Treasury Board Aug. 77 is designed to provide confidential health assistance or advise to employees who may seek such help, or to those who may require it where work performance is adversely affected due to a health or behavioral problem. The program includes the specific techniques required to identify and treat alcoholic related problems.

Employees with alcohol or other health problems are encouraged to seek voluntary help from their union appointed counsellor (Alan Gloss, Office 888-5986, Res. 832-4134).

Alan has had specific training of early identification and intervention (particularly in respect of alcohol misuse). It is to an employees advantage to seek such assistance, rather than wait until his job performance has deteriorated to the point that their supervisor refers them to the program.



"At Least, Nobody is charging through Amber lights out here!"

WAINWRIGHT, ALTA.—A 2nd Battalion Princess Patricia's Canadian Light Infantry armoured personnel carrier goes on patrol during winter warfare training designated Exercise Rapier Thrust, held January 7-29 at Camp Wainwright, Alta. The 2 PPLI were joined by 3rd Battalion Princess Patricia's Canadian Light Infantry, Esquimalt, B.C.; 1 Canadian Brigade Group Headquarters and Signal Squadron, Calgary; elements of the Lord Strathcona's Horse (Royal Canadians), Calgary; 1 Service Battalion, Calgary; 3rd Regiment, Royal Canadian Horse Artillery, Shilo, Man.; 1 Field Ambulance, Calgary; 408 Tactical Helicopter Squadron and 447 Transport Helicopter Squadron.

(Canadian Forces Photo by SGT V. Tunstead)

WHATS ALL THIS LRMC ABOUT

To many union members it is just another meeting that does not concern them and of no value. Basically Labour Management Relations Committee is established to provide an ongoing dialogue between management at the base level and your elected representatives at the local level. It could be compared with your next door neighbour where you enjoy a good relationship. It is much easier to approach him about his cat digging up your flower bed, than if you only spoke to him when he was annoying you.

Topics that can be discussed by the committee is varied and may include any subject except those that would affect the terms and conditions of a collective agreement between PSAC and Treasury Board.

Typical subjects can include —

- 1) scheduling of annual leave
- 2) Internal communication
- 3) rescheduling of shifts
- 4) working conditions
- 5) training programs
- 6) change of department policies
- 7) recreational programs
- 8) parking

Meetings are scheduled every 2 months with agenda items being submitted 7 days before the scheduled meeting date. Members who feel that they have a problem should discuss it with their steward who will try and resolve it through normal channels.

The last LRMC meeting was held 22 January 82 in the Base Headquarters Conference room.

Topics discussed, observations and decision (if any) were as follows:

- 1) **Cleaning of PMQ's by Base Cleaners.** Management pointed out there had only been 3 such instances in 1981, and that it was only done in emergency situations. Future situations would be closely monitored.
- 2) **Apprenticeship Program.** Local 705 executive expressed disappointment that CFB had not been granted any apprentices under the new program for GLT members. Management also expressed their concerns and it was agreed that both parties would go through their respective nets in an

attempt to have some positions allocated to CFB Winnipeg.

3) **Accident Prevention Whyteford & Ness.** The large number of accidents at this intersection was discussed and various proposals for increasing its safety were made. A previous request by management to the city had produced no results. It was decided the base would again approach the city with its suggestions. The matter will be brought to the attention of the Residents Advisory Committee, and all concerned citizens should write their city representatives regarding this problem.

4) **Safety Boots.** Treasury Board has approved payment of an allowance to full time employees and term employees with over 6 months employment who are in positions designated as requiring safety boots. The allowance will be paid for CSA approved boots with non-skid soles, steel shanks and toes. Consultation with the union will take place before the final discussion on designated positions.

A retroactive allowance of \$11.00 was approved back to 1 April 81. Employees are required to produce a receipt or statutory declaration in order to obtain the grant. No grant is paid for purchases made through base supply. (NB) Since the meeting a new directive has reduced the allowance to \$8.00.

5) **Grievance Procedure.** It was pointed out by the union that a circulated directive on grievance procedures was by-passing the formal discussion with the section head. A new directive will be issued with regard to the procedure to follow.

6) **Rental of Vacant Bulk Lease Housing to Civilian Employees.** Some BLHU's have been vacant for periods up to 32 months. At present 5 have been vacant for 6 months, 1 for 9 months, 1 for 15 months and 1 for 21 months. DND is paying the rent and heating on all of these.

MQ's are rented to civilian employees on other bases in Manitoba. Management explained the policy of renting

MQ's to civilian employees and stated that there would be a requirement to vacate within 30 days notice if the MQ was required for military use. It was also explained that there is a shortage of single quarters on the base and some BLHU's were being used for that purpose.

Decision — Management would look at any individual request from a civilian employee for rental of a BLHU, and, if warranted, would make a request for NDHQ approval.

7) **Year of Handicapped.** Management was asked if any effort had been made during 1981 to employ handicapped people, and if measures were being taken to provide opportunities for the handicapped. The CPO pointed out that there was a number of handicapped employed on the base, and that every competition was open to the handicapped. Appointments are made on merit. Staffing officers would make every effort to accommodate a candidate handicap during the selection process.

The provision for handicapped employees at the proposed new headquarters building was also discussed.

8) **St. James Bridge.** Management stated that the possibility of rearranging hours for employees required to cross the bridge while construction was underway was being looked into. The Saskatchewan Gate will remain open 2 hours each morning and 2½ hours each afternoon during the bridge repair to assist drivers using the perimeter to get to Charleswood.

9) **Staffing Freeze — Policy and Impact.** The expected duration of the policy is to 1 April 1982. Present staffing procedures are still progressing so that positions can be filled as soon as restrictions are lifted. It was indicated there would be no contracting out unless an emergency arose.

10) **Employee Assistance Program (EAP).** Management advised that the nurse available on Mondays and Thursdays at the hospital for civilian employees was not being utilized, and that there was a chance that the

service may be lost due to lack of utilization.

11) **Safety Program Expansion.** The first aid courses presently being run on the base are available to civilians on a voluntary basis. Employees are encouraged to participate. Management stated that all sections must have an active safety program to make safety training and safety awareness a priority for their sections. The CE section has a revitalized program with safety training for all supervisors. Advanced first aid training and a 3 hour presentation on safety awareness is being considered.

12) **Section Initiatives.** The CE is planning a training program to inform its employees of the responsibilities of each sub section within the section. A member of the union executive had been approached to provide some questions from the GLT agreement for use in the training program.

13) **Miscellaneous.** Your members requested permission to run a Routine Order soliciting donations of used clothing for a drive by the local to assist the people of Poland. They were advised to submit a request for Routine Order entry to the BPADMO.

ADJOURNMENT 12:10 hours

There is no doubt that few members will disagree that with such excellent channels of communications open, and cooperation between your local executive and management, CFB Winnipeg is an excellent place to work.

A pat on the back to all concerned. **Report on Clothing Drive for Poland.** A considerable amount of clothing was collected (about half a utility trailer load) and will be delivered to point of shipping in the near future. For those who missed the delivery dates — there is still time to catch the boat. Call Doug Johnston at 225.

Many thanks to those people who donated so generously.

VOXAIR SPORTS & RECREATION NEWS

BTSO VOLLEYBALL LEAGUE

Championship Game 8 Feb 82

After 4 months the league finally got around to having the championship game. The game, which had the BML Huskies pitted against the Supply Spikers, proved to be worth the wait though.

The Huskies, who had advanced to the final by beating BTN, had to be favoured for the final having won 18 of the 21 games they'd played during the season. The Spikers, who had handed BML their only losses of the season, had nothing to lose and everything to gain.

In the first game of the match everything pretty well went in favour of the Huskies, as they provided the spectators with some smart ball handling and hustle, and coasted to a 15 - 6 win. The second game was a complete reversal of the first as the Spikers capitalized on BML mistakes, of which there were many, and won 15 - 11. Slightly rattled, the Huskies got back to their basic skills and swept Supply for two quick games 15 - 10 and

15 - 8. Outstanding players in the game were Brian Case for BML and Marcel Ruest for Supply.

Following the game LCOL Poole presented the Championship Trophy, and congratulated all the members of the BTSO organization for their participation and support of the league.

BLOCKED SHOTS: After any success sports season there are, of course, many people who deserve to be thanked. The first, as always, should be the BTSO and Section Heads for the enthusiastic support of the program, next the players for their participation. Finally, the BPerO and his staff deserve a special thanks for their assistance throughout the seasonal playoffs.

As a final note to the V-Ball season, there is no truth to the rumour that the two guys in funny outfits in the team picture were included first because they were the team cheerleaders, they were included because they also contributed to the team final.



#8 BML Huskies

Front Row: A. Gillis, K. Horton, R. McKinlay, Z. Vanthournout. Second Row: COL Smith, P. Stafchuck, K. Cloosen, B. Case, LCOL Poole. Absent: J. Bedard, D. Durant, K. Johnston, G. Little.

Base photo by PTE S. Sauve

YOUTH BOWLING NORTH SIDE

Congratulations are in order to our Bowlers who competed in the Second Step of the Four Steps to Stardom Tournament 13 February at Polo Park Lanes. For some of these bowlers, it was their first time bowling in a tournament other than at their own bowling lanes, and they did very well. Christian Cote, our Junior Boy Single entry, certainly provided us with an exciting finish to a full day of bowling when he and the bowler from Polo Park Lanes tied after three games and had to have a one game roll-off. Although Christian did not win the roll-off, we were proud of him for taking second place.

SPECIAL CONGRATULATIONS to SANDI KOKOCKI, our Junior Girl Single entry who won the tournament, and now advances to the Third Step, the Provincials to be bowled at Dakota Lanes, 13 Mar at 12:00. The winner of this tournament will represent the Province of Manitoba at the Nationals to be held in Saskatoon. Spectators are welcome to attend this event and I'm sure Sandi would welcome the encouragement.

Following are high averages, single, and triple scores bowled by our young bowlers up to the end of February.

PEE WEE (age 5-7)

High Average - Girl - Tammy Kokocki - 91
Boy - Scott Young - 91

High Single - Girl - Tammy Kokocki - 140
Boy - Scott Young - 143

High Double - Girl - Tammy Kokocki - 251
Boy - Robbie Hayes - 236

BANTAM (age 8-10)

High Average - Girl - Stacy Meers - 117
Boy - Mike Hayes - 144

High Single - Girl - Nancy Lynn Sololuk - 204
Boy - Mike Hayes/Dan Butler - 227

High Triple - Girl - Nancy Lynn Sokoluk - 464
Boy - Dan Butler - 552

JUNIOR (age 11-13)

High Average - Girl - Sandi Kokocki - 180
Boy - Christian Cote - 176

High Single - Girl - Sandi Kokocki - 297
Boy - Tony Wilson - 284

High Triple - Girl - Bernie Lynch - 742
Boy - Christian Cote - 633

SENIOR (age 14-18)

High Average - Jim Young - 181
High Single - Cathy LeBlanc - 281
High Triple - Cathy LeBlanc - 650

Only one month to go before roll-offs. Your team cannot win the championship without your help, so come on out and don't let your team members down. You cannot win if you do not participate.

HOCKEY SCHEDULE COMPLETE

The four teams have finished regular hockey games, each playing 24 games. The standings are listed below:

	GP	GW	GL	GT	POINTS
1. TEAM A (ARROWS)	24	19	4	1	39
2. TEAM B (BRAVES)	24	13	7	4	30
3. TEAM C (CANUCKS)	24	8	13	3	19
4. TEAM D (DOLPHINS)	24	2	21	1	5

LEADING SCORERS

TEAM	G	A	PTS	
1. STAPLES	A	32	17	49
2. SAVAGE	B	13	23	36
3. DIXON	D	19	14	33
4. LUPIEN	A	19	12	31
5. MISENER	A	18	12	30
6. LANGER	B	13	16	29
7. WHITBURN	A	11	17	28
8. GAGNE	A	15	12	27
9. LODDERS	C	4	18	22
10. SMITH	C	15	6	21
11. HEMLOW	C	8	12	20
12. PICKFORD	B	8	11	19
13. RIDLER	B	8	9	17
14. VERSCHOORE	D	11	5	16

15. MARLEY (TEAM A), REYNOLDS (TEAM B), PARENT (TEAM B), STUBBERT (TEAM C), CARNEGIE (TEAM D), ST LAURENT (TEAM D), WILSON (TEAM D), all tied with 15 points each.

TEAM PENALTIES

TEAM A 232 mins.
TEAM B 180 mins.
TEAM C 214 mins.
TEAM D 240 mins.

LEADING PENALTY GETTERS

1. AMSTRONG	(TEAM C)	90 mins.
2. NEILSON	(TEAM B)	78 mins.
3. DIXON	(TEAM D)	68 mins.
4. MISENER	(TEAM A)	50 mins.
5. GLASS	(TEAM D)	48 mins.
6. STAPLES	(TEAM A)	46 mins.

The goaltenders averages are as close as I can get them:

HANDLEY	19 games	49 against	(2.58)
GADD	18 games	55 against	(3.06)
PATTON	16 games	63 against	(3.94)
DAZE	14 games	65 against	(4.64)
DESJARDINS	16 games	100 against	(6.25)
JOHNSON	6 games	38 against	(6.33)

We are now into the play-offs starting 23 February.

Loads of luck to all four teams, and may I say, MAY THE BEST TEAM WIN...

LETTER TO THE EDITOR

WARM FUZZY FOR BPERO STAFF

1. We would like to express our appreciation for the services currently being offered by the Rec Staff in Bldg 90. It's hard to find an empty space on the gym floor these days, it's always full. Badminton birds are flying, runners pounding around or gym classes racing about, it's always something.

2. This is not a beef, but a bouquet. The crowded gym is a reflection of the success of the current staff's active campaign to stimulate interest in physical fitness. It's obviously working, our Staff has 100% participation. Keep up the good work.

R.K. Thomas SGT
for BPSO Staff

New Arrivals

Puzzled about Manitoba License Plates?

Fire Insurance
-Contents? -Pleasure Items?
Life Insurance?

**Obtain them at your
Base Insurance Office
in Main Rec Centre**

DOWNTOWN
1010-220 PORTAGE
942-3006
MON-FRI 9-4:30

AUTOPAC
PROTECTING MANITOBIANS ON THE MOVE

BASE OFFICE
RMI BLDG. 90
889-2204
MON-FRI 8:30-4:30

Call us or drop in to,
Baldwinson Agency



BXO COLUMN

"!!!!" GAS PRICES

CAPT Dick Hanson

At the last Base Fund meeting the subject of gas prices came up, so I thought this would be an appropriate time to cover the subject.

Let me first say that gas prices and profits are monitored very closely to give you the customer the best deal possible. When possible, it is our goal to give the Canex patron a price advantage. However this is very difficult — the Canadian government is committed to a policy of increasing gas prices and energy conservation. This has increased the competitiveness of the gas industry, particularly at the operator level and profits have been severely reduced. Last year the gross profit on gas with 12%; this year it is 7% and most recently 5%. In addition gas volume is down 6.25%.

At Canex we are a full service station however it is our policy to

compete price wise with the self serve stations. In fact, when we are able we undersell the self serve stations by one tenth of one cent per litre. When you consider the one cent per litre (4.5 cents per gallon) you receive from Bonus Bucks and the fact that it costs us 1.3 cents in labour costs for every litre pumped I am sure that you must agree that the Canex patron is getting a good deal. However the ability of Canex to continue this policy is being severely tested, and this is why it is planned to convert the service station to self serve this summer. Conversion will cut labour costs by about one half, giving Canex better flexibility in dealing with this problem of reduced gas profits and passing on the benefit to you the customer hopefully in reduced gas prices.

However, do not expect instant reductions. For the first five years most of the saving will go toward paying off the \$63,000 loan required to carry out the conversion. However I assure you — that as soon as possible the savings will be passed on to you. Several conversions have already been carried out, and they have all proven successful.

In closing, I would like to bring up a related topic — service. We now have several fine young people working at the station. We are a full service station, and they are there to serve you. If you have any complaints or problems I would appreciate it if you would contact me at 580 or Mr. Paul Quinn the manager at 620.

DEPENDENT DEFENSIVE DRIVING COURSE

**5, 6, 7 APRIL 1982
7 - 10 pm. Building 21, room 107.**

The dependent's D.D.C. is open to all military dependent's and DND civilian employees, dependent's who are holders of a valid civilian drivers licence.

Personel who wish to attend the three (3) session course please contact: MSE Safety, 832-1311 Local 742 for reservations.

ACTIVITY DAYS — 1982

Activity Days 82 will be held in Building 21, Air Command Site, 16-17 April 1982. Hours open to the public will be:

Friday, 16 April 1:00 - 4:00 pm
and 6:00 - 8:00 pm

Saturday, 17 April 1:00 - 4:00 pm

Anyone/club interested in displaying or selling their/his/her hobbies are welcome to do so.

Six foot folding tables and chairs will be available at Building 21 to assist you in your display. Other display materials required will be your own responsibility. Building 21 will be available to set up 8:00 - 12:00 am, 16 April 1982.



The 5 Point Club meets for Lunch — 1st Wednesday of each month at east end of Bldg #61. Next Lunch — Apr. 7/82 — 12:00 Hrs. sharp.

Further Information Contact
Geo Burton — 697
Wes Coombe — 225
Doug Johnston — 225



Shamrock Tea & Bazaar Sponsored by Our Lady Of The Airways C.W.L., C.F.B. Winnipeg, will be held at the Hercules Lounge March 13, from 3:00 to 5:00 P.M.

GOLF TIPS & RULES



It's Not Too Early!

MCPL DALE

This is a new article for the VOXAIR, hopefully it will help the beginners with an insight to the wonderful game of golf. With a lot of luck and some helpful hints from the Pros perhaps we can improve our game together.

Maybe you have a specific problem area that you need help with or you want a rule clarified, jot it down on a piece of paper and send it to me G/O Military Police, and I'll endeavour to find the correct answer.
COMFORT

Getting your game back in shape after a winter layoff is much like taking up the game as a beginner. You have to get comfortable all over again with your setup and swing. Yet so many golfers start the new season by beating a lot of balls and fail to see that there is a big GAP in their thinking. GAP stands for GRIP, LIGNMENT and POSTURE. You must review these three fundamentals before hitting a lot of balls. If they are wrong, a good consistent swing can't happen.

The first step — and paramount — is to review your grip. Since the grip is your only contact with the club, it should be the best you can possibly make it.

Whatever type of grip you use, here are two essential points that are

common to all good grips. First, your grip should promote a unified action of the hands. In your first experimental swings, check that the hands are working as a unit. Second check that you have full control of the club throughout the swing, there should be no unwanted movements of the club in your hands.

Once the grip is correct, review your grip pressure. If it is wrong your timing will be upset. Basically the club should be held with an equal pressure of both hands. The most common errors are gripping too tightly with both hands which mostly leads to swinging to fast, and gripping too tightly with the right hand, so that it takes over the swing.

The second step — and the toughest, is alignment. As a general rule, you want to position your feet, hips and shoulders parallel to the target line. This is easier said than done. You can check your alignment by reading the flight of the ball. Basically, if the ball flies from left to right, you're standing open, if from right to left you're standing closed.

The third step is posture. After a layoff you can tend to slump forward, head down, spine curved and maybe legs straight. Bad posture, by itself, will ruin the swing. You should work on a good "ready" position — knees flexed, back nice and straight, chin up and arms hanging freely from your shoulders.

In summing up, think "GAP" this season. Only if your grip, alignment and posture are right can you make the swing you want.

BASE RECREATION LIBRARY

HOURS
TUES, WED, THURS 6:00 - 8:30 p.m.
SATURDAY 1:00 - 3:30 p.m.

NEW BOOKS

Number indicates place on MacLean's Best-Seller List

Fiction

- Noble House (1)
- The Hotel New Hampshire (2)
- How I Spent My Summer Holidays (3)
- An Indecent Obsession (4)
- Bodily Harm (5)
- Cujo (6)
- The Rebel Angels (7)
- God Emperor of Dune (8)
- XPD
- The Tenth Commandment
- The Clan of The Cave Bear
- The Hidden Target
- Ingrid Bergman, My Story
- Answer As A Man
- Goodbye, Janette
- The Glitter Dome
- Zemindar
- Luciano's Luck
- Pionciana
- Aztec
- The Cardinal Sins
- False Witness
- The Investigation
- Brian
- Smiley's People
- The Song of The Siren
- The Prince of Darkness

- Clavell
- Irving
- Mitchell
- McCullough
- Atwood
- King
- Davies
- Herbert
- Deighton
- Sander
- Huel
- MacInnes
- Bergman
- Caldwell
- Robbins
- Wambaugh
- Fitzgerald
- Higgins
- Whitney
- Jennings
- Creely
- Uhnak
- Uhnak
- Cook
- LeCarrie
- Carr
- Plaidy

Non-fiction

- Flames Across The Border (2)
- The Lord God Made Them All (4)
- Cosmos (10)
- Paratrooper
- A Battle History of The Emperial Japanese Navy (1941-1945)
- Master of Sea Power, A Biography of Fleet Admiral Ernest J. King
- The Invasion of Canada
- Hannibal
- Arnold's Bodyshaping For Women

- Berton
- Herriot
- Sagan
- Devlin
- Dull
- Buell
- Berton
- Bradford
- Schwarzenegger

Applications are invited for work in the Base Recreation Library. Typing is required. Library experience is desirable. Contact the Base Training Office at 832-1311 (local 531) for further details.

BALDWINSON AGENCIES

Rec Centre (Whytefold Rd)

**Fire Insurance
Autopac**

889-2204



Problems with CANEX?

Don't tell your friends

Tell me. CAPT Dick Hanson BXO - 832-0787

FOR THE LADIES

WOMEN IN THE WINNIPEG COMMUNITY

THE RAPE CRISIS CENTRE

It stands in the middle of the City, a tall majestic building. It is an older structure with a friendly veranda and large lawn that reaches down to the sidewalk.

On entering, there is a warm, friendly room on your right with a child size table and chairs. There is a bulletin board on the West wall with advertising posters for Women's Employment Counselling Service, Birth Control, VD, family planning. There are also pamphlets on drugs such as Angel Dust (PCP). Prepare to enter a world you have not entered before.

This is the Rape Crisis Centre.

From the letters I have received lately people would like to see more about what women are doing in the Community. How are they getting involved and making changes happen for them? I feel that even though we live at CFB Winnipeg, even though we are situated some distance from the centre of the City, we are still a very big part of that City. We need more involvement.

I recently met two very special people who are not afraid to get involved. They are Shannon and Marsha. These two women are volunteer counsellors with the Rape Crisis Centre. I will admit that on my entrance to their environment, I was very nervous, and began to wonder if I was doing the right thing by being there.

They immediately made me feel welcome and very much at ease and they feel as I, that not enough people are aware of the centre and how it helps people.

I went into this prepared with a list of questions, notepad and tape recorder but before I started, not being too sure of my boundaries, I let Shannon and Marsha peruse the questions prepared.

Basically the centre is for crisis intervention. The people who work there look after the needs of women who have been sexually assaulted. The centre originated about 1975 and before that time there was no facility like it in the City. Later, in 1977 it became associated with Klinik, which is a complete health care unit. The Klinik provides a service 24 hours a day, 7 days a week and is run completely on a voluntary service. The counsellors, of whom there are never enough, are all women. They are trained through a strenuous program by volunteers who have worked and trained as counsellors themselves. The women go through approximately 35 hours of training over six weeks during which time evaluations are done, but because the training takes a special strong person, many don't make it.

From this brief discussion of the Klinik, lets talk facts.

A female from the age of 6 months to 93 years of age is a susceptible victim

of rape or assault. Even though this does leave a wide range in age groups, it would seem that most assaults occur between the ages of 20 to 30, because women in this age group are more apt to be on their own and possibly more of a target. A study done several years ago by Julie Bricman, who was the Clinical Director of Klinik at the time, showed that 1 out of every 17 women are raped and 1 out of 5 are sexually assaulted at some point in their life. These figures are staggering. The worse is yet to come.

60% of the sexual assaults occur in the home and 60-65% occur with people you know.

Society today gears us to understand that even though Women and the Law feel that rape is a crime of violence, it can seem to men almost erotic. They believe that in some way the victim has "wanted it" or in some way provoked it.

When someone has been raped, Society seems to have a great lack of understanding as far as personal relationships go. Invariably the victim not only loses support because other people are not ready or able to deal with this problem, but she loses the most important support of the one person closest to her. Either her husband, her lover, even a fiancee will prove to be the weaker person, because he is the one who can't deal with it.

Once the victim decides what course of action she will take: lawyers, Court,

etc. or even if she decides to take regular visits at the Centre and get her life back in order, the question remains "Is there Rehabilitation for the Victim"? The first and most important task the Centre will provide is to try and reassure the victim she is once more safe. She will feel an outstanding amount of guilt and shame and will no doubt blame herself. Shannon explained to me that their therapy is feminist oriented in that they try and explain the circumstances surrounding the rape and how social structures can contribute to a crime such as this happening.

As you can see, Society plays a big part in the crime of Rape.

I think we have to change our way of thinking because in most cases the onus is on the female. She will find that if she goes to Court, she has to prove her innocence, not the accused prove his.

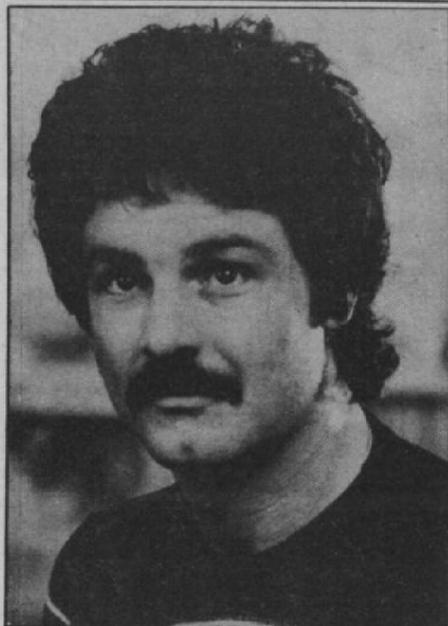
We have to turn around our old fashioned attitudes and appreciate that the woman is the victim and not the accused. The only way we can do this is to get involved. The rape Center is always short-handed and always looking for volunteers.

For more information on the Rape Crisis Centre, you can contact me:

Jane Lawrence
466 Sharpe Blvd
Winnipeg, Manitoba
R3J 2L1

Do you care enough to get involved?

★ SHOWBIZ

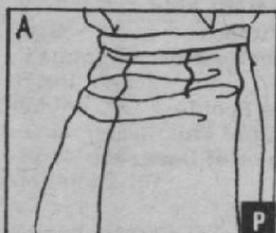


Canadian pop star **Burton Cummings** makes his movie debut in **MELANIE**, the story of an illiterate girl's determination to win back her kidnapped son. Cummings plays Rick Manning, a fading rock star trying to make a comeback, who falls in love with Melanie (Glynnis O'Connor) and helps her overcome her handicap.

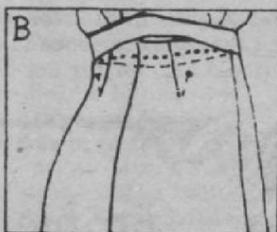
FASHION FUN FITTING HINTS

Basically, good fit means clothes that feel good and make you look terrific. Simplicity Patterns offers some solutions to common derriere fitting problems.

If you have a swayback, wrinkles form below the waist in back (A).



Solution: Open the waistline seam or remove the waistband in back to make the back waist seam allowance deeper at the centre back. Taper back to the original waist seamline at the sides. Widen darts to take out any width added to the waistline seam (B).

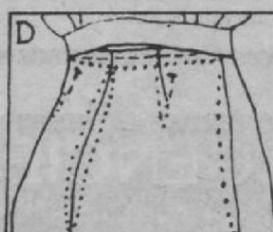


If your derriere is very round, clothes are too tight over the rear, the side seams pull toward the back (C), and the back waist and hemline may ride up.

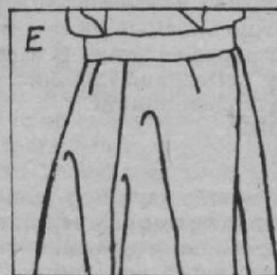


Solution: Let out the centre back and side seams at the back only, tapering back to the original seamline at the waist. If there's a zipper, let out only the back side seam allowances.

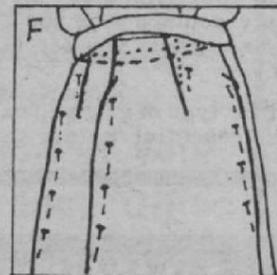
Let out any back waist seams up to 3/8" (1 cm) or lengthen the back hemline. Shorten darts to fit the curve (D).



If your derriere is very flat, clothes may sag or bag because there's too much fullness (E).



Solution: Take in the centre back and side seams at the back only, tapering to the original seamline at the waist. Take in the back waistline seam, if there is one, by making the seam allowance deeper. Lengthen any darts to fit the curve better (F). If the garment back is still too long, adjust the hemline as needed.



For additional information on solving your fitting problems, write:

Canadian Home Sewing & Needlecraft Association, 1659 Bayview Avenue, Suite 101, Toronto, Ontario M4G 3C1.

FITTING HINTS

Flowers and Fruit Baskets



Capri
FLOWERS

MORAY VILLAGE MALL
2639 Ness Ave. Winnipeg, Man.
R3J 1A5
Phone 837-8017

BEAUTIFUL YOU



by Rene Vincent

If you feel a little down or depressed, maybe you should make an appointment with your hairdresser.

A good salon can be like a private club. It is a quiet, intimate haven where cannot be reached by the office, family, creditors, or the dark winter weather.

A visit to the hairdresser can be a real social occasion, even a therapeutic experience.

The main secret of the happy hairdressing experience is a good relationship between hairdresser and client. Wonderful relationships do develop.

It is a well-known fact that many women will break just about any date other than one with a hairdresser.

Your hairdresser may very well become as close to you as your own brother. Possibly even closer. Especially if you see your hairdresser every week. Chances are, the only time you see your brother is at weddings, major holidays, and funerals!

The happy hairdressing experience also depends on a number of other things. The way you are received, the king of music they play in the salon, the conversations you just happen to overhear and, most importantly, the way they wash your hair all have a part to play.

The shampoo is the arbiter of a good haircut, too. All the products made by the beauty manufacturers are only as good as the person who applies them.

An unsatisfactory shampoo can spoil the whole visit. Authorative fingers and a relaxing massage can make your whole month.

You have to have faith in your hairdresser. Most people know very little, if anything, about the products that are put on their hair. You have to have as much confidence in your hairdresser as you do in your doctor.

This month, a visit to the hairdresser could be just what the doctor ordered. Especially if you have already found a warm salon and your hairdresser is a good friend.

Rene Vincent is executive director of the Allied Beauty Association.

COMMUNITY SERVICE AWARD

COMMUNITY SERVICE AWARD

A nomination form will be available in the next two editions of the Voxair. Don't forget to fill one out. Give a deserving member of the community a "Pat on the Back".

Forms will also be available through the two community councils and base exchange outlets.

COMMUNITY SERVICE AWARD NOMINATION FORM

19

MAJ B.D. Brennan
Chairman
Community Services Awards Committee
Canadian Forces Base Winnipeg
Westwin, Manitoba
R2R 0T0

1. I/we nominate:

SIN NO	RANK	MR/MRS/MS	SURNAME	INITIALS
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UNIT/PLACE OF EMPLOYMENT	TELEPHONE	YEAR
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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 NO	RANK	MR/MRS/MS	SURNAME	INITIALS
--------	------	-----------	---------	----------

SIGNATURE	UNIT/PLACE OF EMPLOYMENT	TELEPHONE
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PLEASE COMPLETE THIS FORM AS FULLY AS POSSIBLE. Remember, everyone may not be fully 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 30 April 1982.

THANK YOU

ATTENTION FOOD SHOPPERS!

Shop with Canada's **LARGEST**
bulk freezer food company

NEW WEST PRIME BEEF WPG. LTD.

Branches in: Vancouver, Nanaimo, Kamloops & Kelowna, B.C.
Edmonton & Calgary, Alberta Winnipeg, Manitoba
Toronto Opening Soon

Look at this Sample Order!

This order is suggested for a family currently spending about \$50 per week on groceries. It can be changed in any way to suit your family requirements. Yes, you buy in quantities. What a convenient way of food shopping — one order will convince you — no matter what your eating habits or size of grocery budget.

177 LBS. OVEN READY BEEF (NET) CUT FROM CANADA GR. A

30 LBS. STEAKS

Porterhouse Steaks
Wing Steaks
T-Bone Steaks
Sirloin Steaks
Round Steaks
Blade Steaks
Beef Steakettes

64 LBS. ROASTS

Sirloin Tip Roasts
Rump Roasts
Round Steak Roasts
Cross Rib Roasts
Blade Roasts
Blade Pot Roasts

45 LBS. ASST. BEEF

Stew Beef
Beef Liver
Brasing Beef
Short Ribs
Soup Bones (free)

38 LBS. GROUND BEEF

Ground Beef Medium
Ground Beef (Patties)

ASSORTED MEATS

34 lbs. Frying Chicken Gr. A
10 lbs. Turkeys (Young) Gr. A
14 lbs. Wieners
6 pkgs. Fish & Chips
18 Meat Pies
8 lbs. Beef sausage
4 lbs. Haddock
6 lbs. Cod Fillets
8 lbs. Veal Patties
8 Cornish Game Hens
12 lbs. Breakfast Sausage

LAMB (IMPORTED)

4 lbs. Lamb Shoulder Roasts
3 lbs. Lamb Shoulder Chops
4 lbs. Lamb Leg Roasts
2 lbs. Lamb Loin Chops

FROZEN FRUIT

4 x 15 oz. pkgs.
Strawberries
4 lbs. Raspberries
6 lbs. Apples
4 lbs. Rhubarb

PORK

16 lbs. Pork Shoulder
Butt Roast
10 lbs. Tenderloin
End Chops
12 lbs. Dinner Ham
12 lbs. Pork Sausage
10 lbs. Sliced Side Bacon
8 lbs. Side Spare Ribs
8 lbs. Shoulder
Butt Steaks
10 lbs. Pork Patties

VEGETABLES

FRESH FROZEN
(CANADA FANCY)
8 lbs. Green Beans
8 lbs. Mixed Vegetables
8 lbs. French Beans
8 lbs. Peas
8 lbs. Carrots
8 lbs. Kernel Corn
8 lbs. Hash Browns
8 lbs. Cauliflower
8 lbs. Broccoli
8 lbs. Brussel Sprouts

DINNER ENTREES

Lasagna
Cabbage Rolls
Deluxe Pizzas

DESSERTS

Apple Pie
Cherry Pie
Rhubarb Pie
Butter Tarts

FRUIT JUICES

6.25 OZ.
(CONC.)
12 Grape
12 Apple
12 Orange
12 lemonade

STAPLE ITEMS

6 pkgs. Pr.
Cheese Slices
16 packs Kraft Dinner
20 lbs. Margarine (veg.)
6 lbs. Shortening
4 lbs. Lard

Substitutions are allowed

Receive these Specials with your Order

10 lb. Combined Total Limit Per Customer

Sirloin Steaks	1.89 lb.	Boneless Dinner Ham	.99 lb.
Standing Rib Roast	.99 lb.	Frying Chicken, Grade A	.29 lb.
Sliced Side Bacon	.66 lb.	Ground Beef (Med.)	.49 lb.

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ACT NOW and receive your choice of one of the following quality appliances by Oster and Sunbeam for one dollar with your first food order.

LIMITED TIME OFFER.



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832-1311 ext. 580

CLASSIFIED

Income Tax Completion Phone SGT Dutchin Local 617 or 324.

INCOME TAX RETURNS

Prepared by experienced preparer at reasonable rates. Call MAJ Hudd at local 234 between 1830-1930 hrs., Mon-Fri for appointment.

FOR SALE

1952 MERCURY PICKUP Completely rebuilt. Body primed — ready for paint. Running condition. Asking \$1,450.00. Phone 489-6798 after 5 pm or contact B. Securo at 565.

FOR SALE

Moving to Europe — Must Sell Hi-Fi Component Sound System: Kenwood Receiver and Speakers Denon Turntable, Superscope Cassette Deck in excellent condition. Asking \$500.00.

Black & White Portable Television: Magnasonic 12 inch 1 year old, excellent condition. Asking \$75.00.

Coleman Cooler: Used only once — in perfect condition. Asking \$30.00.

8-Track Auto Tape Deck: Sanyo. Asking \$30.00.

Classified Ads may be sent prepaid to Voxair, Bldg. 10, CFB Winnipeg. Rates are \$2.00 per issue with a 30 word maximum including reply address and phone no.

Exceptional Career Opportunity

A B.C. Mining company requires a corporate pilot with operational experience on helicopters and multi engine fixed wing aircraft. Please forward resume to:

Flight Operations
Babette Lake Quartzite Products Ltd.
9333-120A St.
Surrey, B.C.
V3V 7G6

FOR RENT

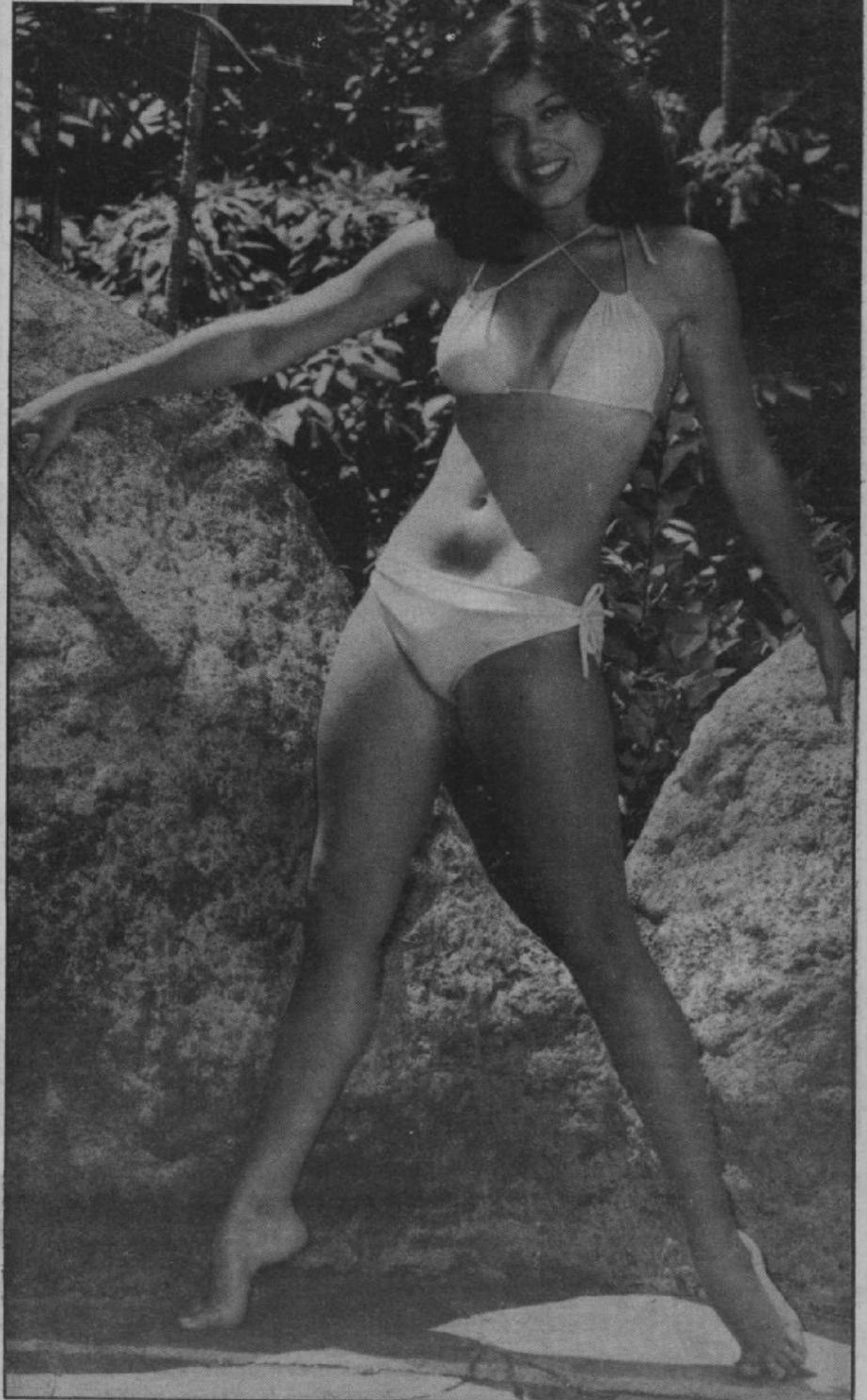
House in Crestview Area. 10 minute drive to the base.

- 4 Bedrooms
- Diningroom
- 2 Full bathrooms
- Finished Recroom
- Fireplace
- Big back yard

\$450.00 per month. Available 1 May.

For the above items, contact CPL Langstaff at Dental Clinic (Local 522) or at 832-6413.

VOXAIR VIXEN



Courtesy Florida Sunken Gardens



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MANITOBA CENTENNIAL
CONCERT HALL

Ticket information available through
CFB Protocol Office Bldg 86
Aircom Protocol Office Bldg 2

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MAR. Program

Eves.: Mon. thru Sat. 20:00 hrs.
Sat. Matinee 14:00 hrs.
Sun. Evening 20:00 hrs.

Tue. 9	Wed. 10	Thu. 11	Fri. 12	Sat. 13	Sun. 13		
LOOKER		NO SHOW	FOX HOUND	TIME BANDITS			
Sun. 14	Mon. 15	Tue. 16	Wed. 17	Thu. 18	Fri. 19	Sat. 20	Sun. 20
TIME BANDITS	PRINCE OF THE CITY	WOW... Russ Meyer's Super VIXEN 3		NO SHOW	SUPER FIZZ	The French Lieutenant's Woman	
Sun. 21	Mon. 22	Tue. 23	Wed. 24	Thu. 25	Fri. 26	Sat. 27	Sun. 27
The French Lieutenant's Woman		In one weekend, they took control of David's mind. Now, he belongs to Father.	TICKET TO HEAVEN	NO SHOW	GET OFF ON IT!	Save For Your Life, Charlie Brown!	
Sun. 28	Mon. 29	Tue. 30	Wed. 31	COMING ATTRACTIONS			
AN AMERICAN WEREWOLF IN LONDON		Imagine your worst fear a reality.	THE HOWLING	REDS	WARREN BEATTY CLARE KEATON EDWARD HERRMANN JERRY KOSINSKI JACK NICHOLSON PAUL SORVINO MAUREEN STAPLETON	Raggedy Man	

SUBJECT TO UNAVOIDABLE CHANGE WITHOUT NOTIFICATION