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CFB/BFC Winnipeg
 16 March 1988

Exercise-Lightning Strike

by L. Rossetto

INUVIK, N.W.T. — More than 3,000 soldiers and airmen from the Special Service Force, 10 Tactical Air Group, Air Transport Group, Fighter Group and Communications Command mounted the largest Defence of Canada Operation to date.

Stretching from Trenton, Ont. to Inuvik, the exercise spanned more than 4,000 kms, or more than one-and-a-half times the distance from Paris to Moscow. Projecting a military force over such distances takes a fine-tuned organization and complex administrative skills; and more than a passing nod to co-operation between the Army and the Air Force.

Conducted in several phases, Lightning Strike began in Ontario in late January with separate security operations near Borden, Barrie, Orillia, Collingwood, and Midland. With support from 10 TAG helicopters and a parachute assault the Royal Canadian Dragoons and the 1st Battalion, The Royal Canadian Regiment conducted an air-assault landing and airmobile operations to "recapture" CFS Lowther, 42 kms north-west of Kapuskasing.

Perhaps the most daunting part of the exercise called for multiple parachute assaults north of 60° including Inuvik, and Norman Wells, N.W.T. as well as Prince George in British Columbia. This called for the establishment of a support base in Yellowknife as well as the prepositioning of forces in Edmonton.

For the first time, Fighter Group participated fully in the

exercise. Each of the airborne assaults was supported by fighters including CF-5s, CF-18s, T33s and even Challengers from North Bay. After the target was "softened" and secured by the ground forces several fighters deployed to their "forward operating locations" to provide close air support as required. As it happened, CF-18s temporarily in Inuvik actually scrambled and intercepted Soviet Bear-H bombers over the Beaufort Sea — as graphic a representation of Canadian sovereignty as one would want.

The Coppermine side of the exercise was also interesting, in a differing light. For the first time a MAJAID, that is assistance for a major air disaster, was actually practiced. Canadian Rangers and other local inhabitants provided willing "victims" for the ministrations provided by 2 Field Ambulance (also from Petawawa) and SAR resources from CFB Edmonton. The disaster might have been only play, but the conditions under which our CF representatives had to work proved but too real.

In many cases, lessons were learned that had been forgotten from earlier exercises. Too often the battle to survive — and MINUS 47° was definitely not just "for exercise purposes" — took more effort than the job at hand. But the bottom line was that the servicemen, yes and women, proved once again that they had the mettle to meet the challenges of this vast, and sometimes forbidding, land and that they can operate "anytime and anywhere".



Pilot in the cockpit, a fully armed CF-18 waits on alert in the hanger at Inuvik's airport. The aircraft and crew belong to 441 Tactical Fighter Squadron from Cold Lake. They were operating from the Inuvik forward operating location in support of exercise Lightning Strike 88. In addition to many practise intercepts, three CF-18s intercepted a Russian Bear-H bomber over the Beaufort Sea. This was the first western Arctic intercept of a Soviet aircraft. The mist surrounding the aircraft is from the crystalizing exhaust of other aircraft outside the hangar in the -31°C temperatures.

DND/CI photo by Cpl Myles Turple



Safety is paramount when CF-18's are operating but it's also important when civilian airlines are flying. That's why, from right, Warrant Officer George Dowling, Master Corporal John Kennedy and Master Corporal Don Wilson had to remove their mobile arrester gear cable from the Inuvik runway every time a Canadian Airlines mainliner or other large aircraft arrived or departed during exercise Lightning Strike 88. The three Edmonton based technicians are permanently assigned to Edmonton's mobile arrester gear detachment. Designed to provide extra safety for fast flying CF-18s, the arrester gear cable is stretched across the runway whenever CF-18s are operating. In the event of an overshoot or an abort the aircraft is supposed to engage the cable with its tail hook. This particular system, acquired in 1986, has 19 arrests (mainly practice) to its credit. With the creation and manning of forward operating locations Warrant Officer Dowling and his team spent a lot of time in the north at places like Iqaluit, Goose Bay, Yellowknife and Inuvik. This time they were deployed with 441 Tactical Fighter Squadron from Cold Lake.

DND/CI photo by Sgt Beau Loeffler



When it's -37°C (without windchill) and you're manning a roadblock more than 3,000 kms from home at an isolated Inuvik N.W.T. airport, it's good to have a warm tent to turn in to when your tour of duty is done! That's just what these three Petawawa-based paratroopers found during their week-long deployment to Inuvik. Members of 2 Commando, Canadian Airborne Regiment, they were participating in Exercise Lightning Strike 88. More than 115 troops parachuted into the Mackenzie River delta town to defend it against a terrorist threat. From left, Trooper Ed Brown, a medic from 2 Field Ambulance, attached to the Commando, Corporal Paul Cook, and Trooper John Faulds catch up on the heat.

(DND/CI photo by Sergeant Beau Loeffler)



The Base Chief Said...

Quincy has been a regular nervous Nellie lately. It all started awhile back when he received a threatening note to the effect that if he didn't stop snitching, he would have his knees operated on. At the time he wasn't worried, because in the Peanuts comic strip, it was established by Snoopy, that dogs do not have knees. The nervousness set in when he saw the Peanuts cartoons in a recent copy of the Free Press, wherein Snoopy was given an X-Ray, showing that dogs do indeed have knees. On seeing that, Quincy turned absolutely white. We are having a hard time getting him to go outside now, and he certainly doesn't want to be outside by himself. I hope the person who made this threat will lay off, the dog is a nervous wreck.

I was down in the basement doing the ironing the other day, and humming the RCAF March Past; Quincy was howling! It

doesn't seem like it, but it's been exactly two weeks since the Air Command Band Concert in support of the Military Police Fund for Blind Children was held. This was my fourth, and they get better every year. Thanks to the Air Command Band, the Pipes and Drums of 3 RCR and 402 Squadron for providing me with so much enjoyment. There were a lot of people, who did a lot of hard work to make this all happen, and I thank them. I really enjoyed a piece called the Norwegian March, and of course I always enjoy the Pipes and Drums when they play the Black Bear, because I get to holler, "HOY". Well done to all.

There was a moment in the programme that seemed to cause a bit of confusion. This occurred when the Band played the RCAF March Past. It's not the first time I've seen confusion either.

Most of the marches used today belong to the Army, and of

course each Regiment retained their marches after integration. It was quite different in the Navy and Air Force, where the focus was not on individual units, but rather the RCN and RCAF. This is still reflected in the marches of sailors and airmen.

All airmen in the Canadian Forces march to a single tune, "RCAF March Past." This musical score, known in Britain as "The Royal Air Force March Past," was written originally by Sir Walford Davies shortly after the formation of the RAF in 1918, and later was re-arranged and altered by Sir George Dyson. It was in 1943, when the RCAF was so heavily engaged in the air war over Britain and Germany that permission was granted for the RCAF to use the march and, today, the "RCAF March Past" continues to be the quick march of the Air Operations Branch and Air Command.

Now about the confusion I referred to. It resulted when some of us stood for the march. There were a number of people who hesitated. I've seen a similar situation at a Mess Dinner, where a young corporal, wearing the Air Force DEU did not stand. After the dinner I asked him why he only stood for his branch march? His reply was that the tune, as

listed, was "RCAF March Past", and as he had never belonged to the RCAF, he didn't think it would be appropriate for him to stand. I would like to suggest to each and everyone of you who wear the Air Force uniform, that notwithstanding that you do not belong to the Air Operations Branch, it is still quite right and proper to stand for the RCAF March Past, at any time.

I've been spending a lot of time shining boots lately, and Quincy was wondering what that was all about. I told him that we have been doing a few Guards of Honour lately. He seemed satisfied with that answer, and went and laid down.

As a matter of fact, we did the opening of the Manitoba Legislature on 11 Feb 88 in our Air Force uniforms, and if I say so myself, I think we did a pretty good job. I love doing guards down there, the noise you can make on those marble floors is great. I'd also like to do an all "Blue" Guard with wedgies. Anyway, well done to those on that guard.

We did an arrival Guard of 50, for General Fox, Commander of FMC on 3 March, and again, I think we did an alright job. It sure looked good from where I was standing.

Tomorrow morning, we will

mount a guard at Air Command Headquarters for the CDS, General Manson. There is no doubt in my mind that it will be just as good.

When I took over as Base Chief, I remember writing a column, in which I said that CFB Winnipeg, will set the standard for Guards in Air Command. I think we are well on our way to establishing that standard. The pride that I detect in our men and women who do these guards is most gratifying to me. We can and will do better.

I am still amazed at the number of DEU shortfalls, especially with the Air Force uniform. A large number of people (MCpls and below), are still missing items of clothing. It seems to me that it should not take a person who is posted here in July 1987, a year to be kitted with the Air Force DEU, but it's happening. I hope that things will pick up in the future.

Quincy reminded me that I missed two names in my last article which are relative to the subject, we have BROTHERS and COUSINS at the Base as well. Thanks for the reminder Quincy, what would I do without you? #\$\$&#\$.!!!!



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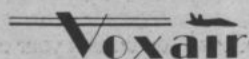
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NEXT DEADLINE 21 MAR. 88
BY 1200 HOURS



Second Class Mail. Reg. No. 1725 ISSN 0300-3213

We get letters...

Dear Quincy,

Well, the Winter Olympics are a warm fuzzy memory, and things are back to normal on the tube...too bad. Those two weeks made for some pretty exciting viewing, not to mention the comic relief provided by some poor country preacher blubbering all over his silk tie, begging forgiveness for being a hypocrite plain and simple!

But let's get back to the Winter Games. People have been critical of Canada's collection of medals. No golds, two silvers, two bronzes: Our people should have done better.

I thought about that as I walked to the corner store with my son one recent evening. We were a short distance from the store, when a woman came out of her house, jumped into her late model muscle car, drove down the street to the store, bought something and drove straight home again.

Just out of curiosity, I paced out the distance between her house and the store and, give or take a few feet, the distance was about 200 yards. Can you imagine that, Quincy? That short a distance and the person had to use a car! If that person's habits reflect a national attitude towards personal health and fitness, what should we expect?

As for me, my hat's off to Karen Percy, Brian Orser, Elizabeth Manley and all our other fine young Canadians who gave their all through years of training and personal dedication. Their performances on the world stage were excellent, medal or not.

As for the sofa spuds who can't even walk to the corner, let them blubber with the TV evangelists.

The Peakin' Deacon.

5th Annual Military Band Concert

The 5th Annual Military Band Concert held in the Centennial Concert Hall on 2 March was a most successful evening. The Air Command Band under the direction of Capt John French and assisted by Master of Ceremonies Mike McCourt, vocalist Lorenzo Conyers, and the Pipes and Drums of both 402 Squadron and the 3rd Battalion Royal Canadian Regiment put on a first class musical concert.

At this time we do not have the final figures on ticket sales, amount of money raised for the Blind Children or attendance figures. However, as compared to previous years it appears this year's concert will surpass all

previous years by a considerable degree.

A tremendous amount of organizational effort was applied to this year's concert and all of you who contributed to this event are commended.

Maj Bob Butt and Fran Burns provided invaluable assistance in media coverage.

The Military Police Section had top sales as a unit.

Finally, for all of you who came to the concert, thank you for contributing to such a worthwhile cause.

The following people are recognized for their excellent effort for this worthy cause:

Concert Organization/Organisation du Concert

LCol K. Doerksen	BADMO
Maj W. MacInnis	BPADMO
Maj D. Carpenter	BCEO
Maj. D. Tudor	BAMEO
Capt S. Kathler	ARAF

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5ème Concert annuel de musique militaire

Le 5ième Concert annuel de musique militaire qui a eu lieu le 2 mars au Centennial Concert Hall a été un succès grandiose. La Musique du Commandement aérien sous la direction du Capt John French assisté de l'animateur Mike McCourt, du chanteur Lorenzo Conyers et des cornemuses de tambours du 402e Escadron de la réserve aérienne et du 3e Bataillon du Royal Canadian Regiment ont réalisé un concert de première classe.

Présentement, nous n'avons pas les chiffres exacts concernant la vente de billets, le nombre de personnes qui ont assisté et le montant d'argent provenant des contributions et des dons. Toutefois, en comparant avant les années précédentes, cette année semble surpasser les autres de loins.

Le maj Bob Butt et Fran Burns ont été d'une assistance inestimable pour l'ensemble de l'information.

La section de la police militaire a eu le plus de vente de billets.

Finalement pour tous ceux d'entre vous qui ont assisté au concert, merci pour votre contribution à une cause méritoire.

Un immense effort a été appliqué à l'organisation de ce concert et tous ceux de vous qui ont contribué sont remerciés surtout les personnes suivantes, pour leur excellent travail:

Cold Lake Regional Hospital Homecoming

A Homecoming is planned for former employees of the John Neil Hospital and her predecessors for July 29, 30, and 31, 1988. All former employees of these hospitals, and present employees of the Cold Lake Regional Hospital are cordially invited to attend.

The original log cabin hospital pioneered by Doctor/Reverend J.E. Duclos and Nurse Iva Marshall in 1921, has been claimed by fire. The first John Neil Hospital, a former dance hall, remains on Lakeshore Drive. This hospital was opened in 1924 and served the community well until 1958 when the second John Neil was officially opened. The 'two' John Neils' were 'one' for a brief period during construction and transition. In the fall of 1958 the two hospitals were separated, and the former taken to a new site. The second John Neil was demolished in October, 1987, after almost thirty years of faithful service. The legacy continues with our move to the new hospital in Nelson Heights, Cold Lake. The Cold Lake Regional Hospital was officially opened in May, 1987.

A book is being compiled outlining the history of these hospitals. We would welcome additional information and pictures, which would be returned to the owner upon request.

We would like to extend a hearty welcome to all former and present employees and their families to come and indulge in some healthy reminiscing.

The weekend begins with a welcoming, "Meet and Greet", at the Lakeland Hotel on Friday, July 29, 1988. Saturday morning tours of the Fish Hatchery and Esso Resources have been

planned. A tour of the Cold Lake Regional Hospital begins at 1330 hours. On Saturday evening we will enjoy a dinner and dance at the Leisure Sports Village in Grand Centre. The family picnic will commence at noon, Sunday, and will be a nice culmination of events.

The cost per person is \$25.00, which includes the "Meet and Greet", tours, dinner and dance, and family picnic. A cash bar will be available at the Friday and Saturday night activities. Please reply by March 31, 1988 if you plan to attend. Your cheque or money order, addressed to Mrs. Vivian Nelson, P.O. Box 464, Cold Lake, Alta., T0A 0V0, would be appreciated at this time.

Should interest and response be less than favourable we will cancel the Homecoming and return your money. If you are not

planning to attend could you please send us a postcard.

The Cold Lake Aqua Days festivities are planned for the same weekend, which should allow for a variety of activities.

Further information will be forwarded upon request.



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March: Nutrition Month

Diet is associated with 32% of cancer deaths in Canada.

Over the past few years, scientists have increased interest in the role diet may play in the development of particular types of cancer — including cancer of the breast and large bowel.

During March, Nutrition Month, volunteers of the Canadian Cancer Society, Manitoba Division will promote "Healthy Food Choices", a program outlining sensible food choices to influence the way you feel and the way your body fights disease.

Many organizations will participate in this program including grocery stores, hotels, hospitals, fitness centres and schools. In addition, several restaurants will display "Healthy Food Choices" messages including the Charter House and International Inn coffee shops.

The Canadian Cancer Society recommends that you follow Canada's Food Guide and take the following steps:

- 1) Reduce your total fat intake
- 2) Eat more fibre-containing foods
- 3) Have several servings of vegetables and fruits each day
- 4) Keep your weight close to ideal
- 5) If you drink alcohol, have two or fewer drinks per day

6) Reduce your consumption of smoke, nitrite-cured and salted foods.



Living With High Blood Pressure

It is estimated that some two million Canadians have high blood pressure. Most have no obvious symptoms, so it makes sense to be on the alert. It's a disease that's easily and painlessly controlled, but if allowed to go on untreated, high blood pressure may lead to increased risk of stroke, heart disease or kidney failure.

Detecting high blood pressure is as simple as visiting your doctor or local health clinic. The painless test takes only a few moments. The doctor or nurse will simply put a cuff around your upper arm and monitor your pressure. If the test shows you have high blood pressure, the doctor will either prescribe medicine, modify your diet or both.

Whatever the recommendation, it's very important to follow the doctor's instructions carefully. Although you may "feel fine", high blood pressure can do great damage with no apparent signs.

Some cases of high blood pressure, perhaps 5 to 10 per cent, are caused by illnesses, but the cause of the vast majority of cases is not known. Most experts do agree, however, that certain things contribute to a person's risk of developing high blood pressure.

C Surg Presents Retirement Scroll



Presenting Sgt J. Messervey with his scroll from the Surgeon General is Col W.A. Clay C Surg AIRCOM HQ. Sgt Messervey retired after 29 years with the Medical Services Branch. CWO Lowther, C Med A, looks on.

First, you are likely to be a candidate for the disease if someone else in your family has or had it. Another positive risk factor is being overweight. Still another is a diet high in salt.

The good news is that there are simple, painless ways to effectively control high blood pressure. If your doctor decides that you have only "mild" hypertension, he or she may suggest that you lose some weight, cut down

on your salt intake or get more exercise.

For moderate to severe hypertension, many medications or combination of medications can be used. The trick is to be diligent about taking them all the time.

Never stop taking your medication because you don't "feel sick." If you miss a day, don't "double up" the next day. Instead, call your doctor or pharmacist for instructions.

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CANEX Travel by Janice Cowan

CANEX has developed a new service for the military community — a travel agency!

Voyages CANEX Travel is open for business at CANEX headquarters in downtown Ottawa. Two small information centres at CFB Ottawa, one at Uplands and the other at Rockcliffe, have also opened, and there'll be another outlet at National Defence Headquarters.

The Ottawa office opened in September 1987. Dawn Forster, manager, said business increased as word spread about the agency and now telephones in her office at 245 Cooper Street ring incessantly. Besides Dawn the office employs two travel consultants, Julie Gélinas and Linda Newbold.

How does CANEX hope to compete with other well-established travel agencies across Canada? In the long-term the service will provide group travel and tours at reasonable prices (and Dawn already has three destinations in mind for the 1988/89 winter season).

In the short-term Voyages CANEX Travel offers better payment terms (25 per cent down, 25 per cent each month thereafter — four equal payments), discounted insurance and \$10 CANEX gift certificates for each \$500 spent on travel.

The Ottawa office also has a very experienced manager in Dawn Forster who has spent 20 years in the travel business in England, Ottawa, New Brunswick, Toronto and Winnipeg. She has organized group, corporate, fixed itinerary and retail travel and cruises. She has travelled to almost every part of the world and so knows from first-hand experience the destinations chosen by her clients.

"When you make travel plans, you are really relying on the knowledge of the consultant," said Dawn. "Your travel agent shouldn't just pull a file on the

place to which you want to go. The trip should be researched to find the best deal for you."

People who can use the CANEX travel service include Canadian Forces personnel, RCMP and civilian employees of DND and their dependents; retired military personnel, veterans, widows or widowers of veterans and their families; CANEX employees and DND school teachers and their families.

"The ultimate goal is to open Voyages CANEX Travel at major CF military bases," said Ms. Forster. "We operate as a normal retail travel agency — issuing tickets for air, sea and rail, booking holidays, honeymoons and reunions — but what we hope to do at CANEX is offer tours at good prices. A tour I'm hoping to organize is one to China."

CANEX organized a "massive mail-out" to advertise the opening of the Ottawa office in September. Regular advertisements now appear in the CFB Ottawa base newspaper, *The Falcon* and will appear in special CANEX flyers. Telephone enquiries about the new travel service have come from as far away as Kingston and Petawawa. "Because of the response I know the demand from the military community is out there," said the Ottawa manager.

"The travel industry is very competitive. Until our tours are in place and we are out of the planning stages we have to work a little bit harder than other agencies."

Voyages CANEX Travel's main office is open Mondays to Fridays from 0830 to 1630 hrs. Telephone is 613-996-4438. The information centre at Uplands is located at the base exchange from 1100 hrs to 1900 hrs on Thursdays. The centre at Rockcliffe is open every Saturday from 1000 to 1700 hrs.



Are there seats available on that holiday flight? Checking the computer at the Voyages CANEX Travel office are (left to right), manager Dawn Forster and travel consultant Linda Newbold. (IS88-001 by Sgt Tim Smith)

Des sièges de libres sur ce vol vacances? C'est ce que sont en train de vérifier (de g. à d.) Dawn Forster, directrice, et l'agent de voyage Linda Newbold de l'agence Voyages Canex Travel. (IS88-001 par le sergent Tim Smith)

Voyages CANEX

par Janice Cowan

L'Économat offre actuellement un nouveau service à la communauté militaire : une agence de voyages.

Mis à part le bureau principal au centre-ville d'Ottawa, Voyages Canex Travel compte déjà deux comptoirs de vente à la base d'Ottawa, un à Uplands et un autre à Rockcliffe; de plus, un autre comptoir ouvrira bientôt au Quartier général de la Défense nationale.

Le bureau d'Ottawa, qui est situé au 245 de la rue Cooper, ne brasse des affaires que depuis septembre 1987, mais déjà le téléphone ne déroutait pas. D'après Dawn Forster, directrice de l'agence, c'est le bouche à oreille qui a grandement contribué à faire connaître ce nouveau service. Julie Gélinas et Linda Newbold, agents de voyages se partagent le travail avec Dawn.

Comment l'Économat espère-t-il pouvoir rivaliser avec les autres agences de voyages reconnues au pays? Dans l'avenir, l'Économat prévoit offrir un éventail de voyages (voyages organisés et autres) à des prix raisonnables (d'ailleurs M^{me} Forster a déjà en tête trois destinations pour la saison d'hiver 88/89).

Dans l'immédiat, Voyages Canex Travel offre un meilleur mode de règlement que ses concurrents (25 p. 100 comptant et le reste en trois mensualités de 25 p. 100 chacune — quatre paiements égaux), une assurance-voyage à rabais et des certificats cadeaux Économat de 10 dollars pour chaque tranche de 500 dollars du prix du voyage.

Comme la directrice du bureau d'Ottawa travaille dans le domaine depuis 20 ans (en Angleterre, à Ottawa, au Nouveau-Brunswick, à Toronto et à Winnipeg), les voyages n'ont plus aucun secret pour elle. Elle est allée un peu partout dans le monde et connaît donc de visu les destinations qui sont choisies par ses clients; de plus elle a touché à tous les aspects du monde des voyages (pour les groupes, pour les compagnies, etc.).

"Quand vous préparez un voyage, vous comptez beaucoup sur les connaissances de votre agent," affirme M^{me} Forster. "Il ne devrait pas seulement vous proposer des brochures qui décrivent d'endroit où vous voulez aller; il devrait aussi effectuer les recherches pour vous trouver les meilleurs prix possibles."

Parmi les personnes qui peuvent utiliser ce nouveau service de l'Économat, on retrouve les militaires des Forces canadiennes, les agents de la GRC, les employés civils du MDN, les militaires à la retraite, les anciens combattants, les veufs et les veuves des anciens combattants, les employés de l'Économat, les professeurs du MDN ainsi que les personnes à charge de chacun de ces groupes.

«Nous avons pour but ultime d'ouvrir des comptoirs Voyages Canex Travel dans toutes des grandes bases,» dit M^{me} Forster. «Nous offrons les mêmes services qu'une autre agence de voyages : nous émettons des billets pour les voyages par avion, par bateau et par train et nous réservons aussi des chambres pour les vacanciers, les gens en lune de miel et les hommes d'affaires. Toutefois, ce que nous espérons le plus à l'Économat, c'est de vous proposer des voyages à des prix intéressants. J'aimerais beaucoup par exemple pouvoir organiser un voyage en Chine.»

En septembre, pour souligner l'ouverture du bureau d'Ottawa, l'Économat a organisé une «vaste campagne publicitaire par la poste». À l'heure actuelle, des réclames paraissent dans le journal de la base d'Ottawa, *Le Falcon*; des dépliants publicitaires spéciaux de l'Économat seront également publiés. Les efforts publicitaires semblent porter fruit puisque même des gens de Kingston et de Petawawa téléphonent pour avoir des renseignements au sujet de ce nouveau service de voyages. «Si je me fie aux premiers résultats, je crois que nous répondons à un besoin de la communauté militaire,» déclare la directrice du bureau d'Ottawa.

«Comme la concurrence est féroce dans l'industrie du voyage et que nous en sommes encore à l'étape de la planification, notamment en ce qui concerne nos voyages, nous devons travailler un peu plus fort que les autres agences.»

Le bureau principal de Voyages Canex Travel est ouvert du lundi au vendredi de 8 h 30 à 16 h 30 et vous pouvez obtenir des renseignements en composant le 613-996-4438. Vous pouvez également vous rendre au comptoir situé à Uplands, au magasin de l'Économat, tous les jeudis de 11 h à 19 h ainsi qu'au comptoir de Rockcliffe tous les samedis de 10 h à 17 h.



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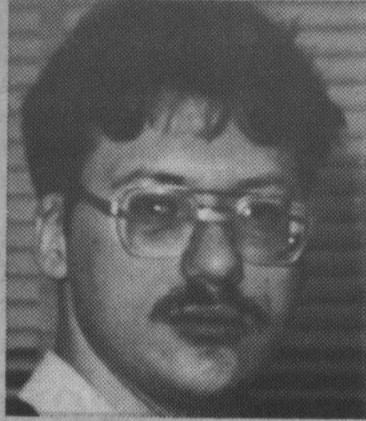
Base Comptroller



Pte B. Jean received her first chevron from Capt C. Beattie effective 5 Jan 88.



Pte D. Emery received his first chevron effective 4 Jan 88.



Cpl R. Hildebrandt received his Corporal chevrons. His promotion was effective 2 Feb 88.



Maj L.P. Stokes presents Capt J. Smith (NPFAO) with her Captain epaulettes. Capt Smith's promotion was effective 1 Jan 88.

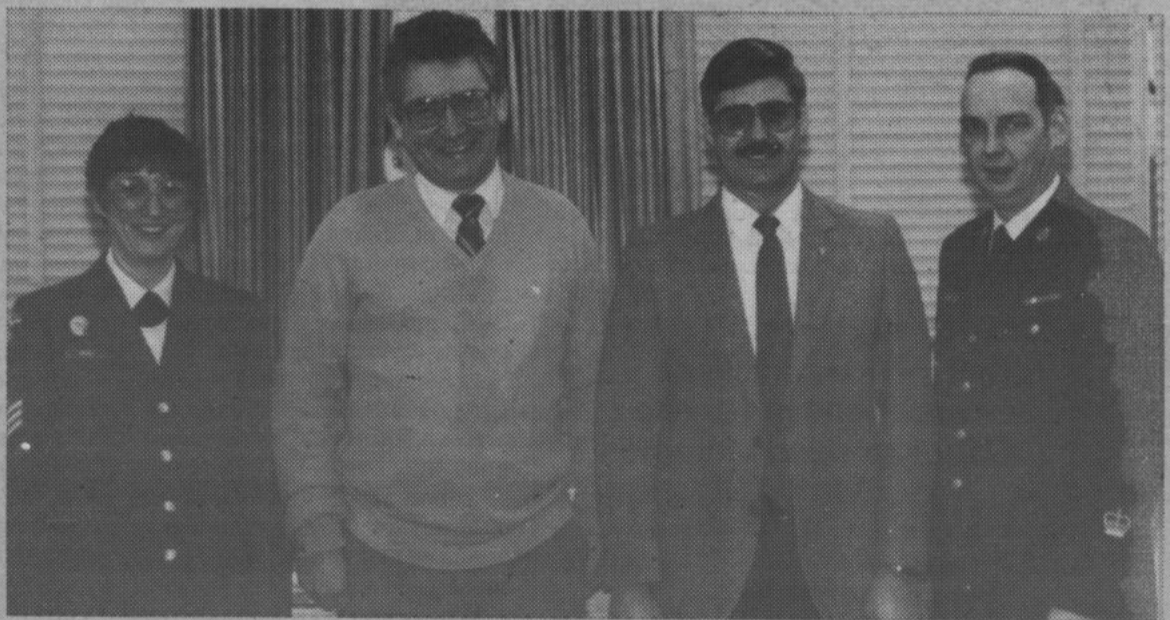
Base Internal Audit Grp: Crime Stoppers

Have you ever had the opportunity to meet the Base Internal Audit staff? Auditors are the people who go in after the war is lost and bayonet the wounded! Does this sound familiar? If it does, you have the old concept of how auditors used to approach their "victims"!

There have been many changes to internal auditing over the past few years. Unlike the auditors of the past, the propensity to nitpick should not form part of any audit observations. Observations are discussed with individuals concerned when they are found, thus eliminating the feeling that something is being hidden from you, the worker.

Auditors also do a lot of writing. They must substantiate the good with the bad, therefore everything has to be documented. So the next time you see an auditor madly writing, it doesn't necessarily mean you have done something that is not in accordance with regulations.

We would like you to take a new look at the auditors you meet. They won't bite your head off if you say "hello"...they may even document in their working papers that the section was very hospitable.



Sgt. McPhail, Mr Wilson, Mr Simmons, WO Vergie



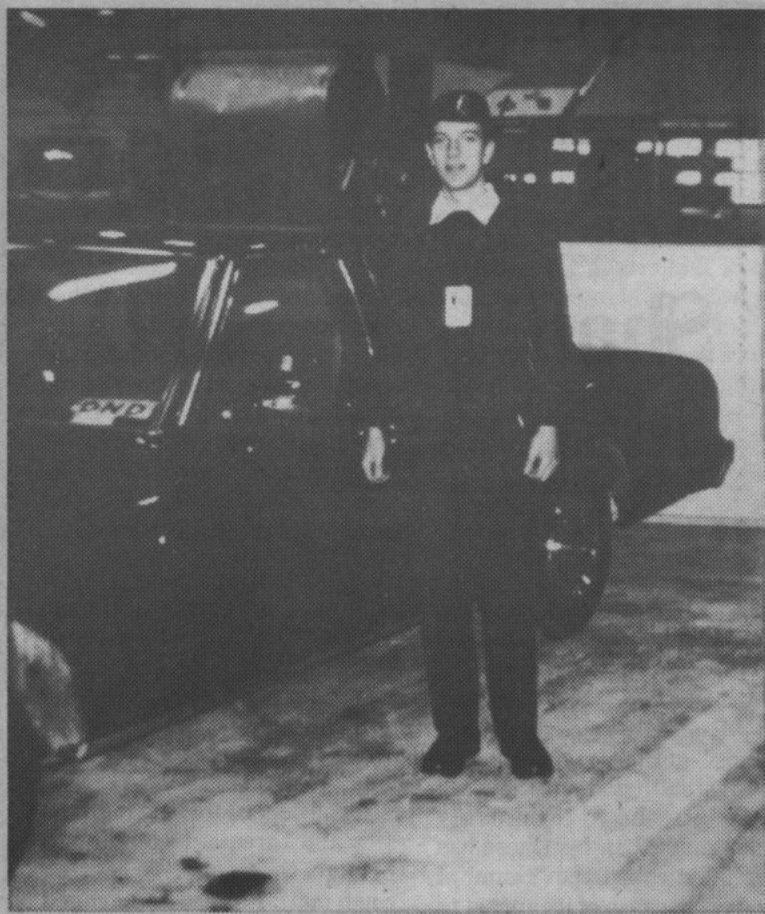
Left to Right: Sgt Kerr, CWO Boutet, Mr Palmer, Mr Samulaitis

Promotions



Lt C. Manko (PAO) presents Cpl J. Kimmaliardjuk with her Corporal hooks effective 27 Jan 88.

Base-Transportation Driver of the Month: Jan '88

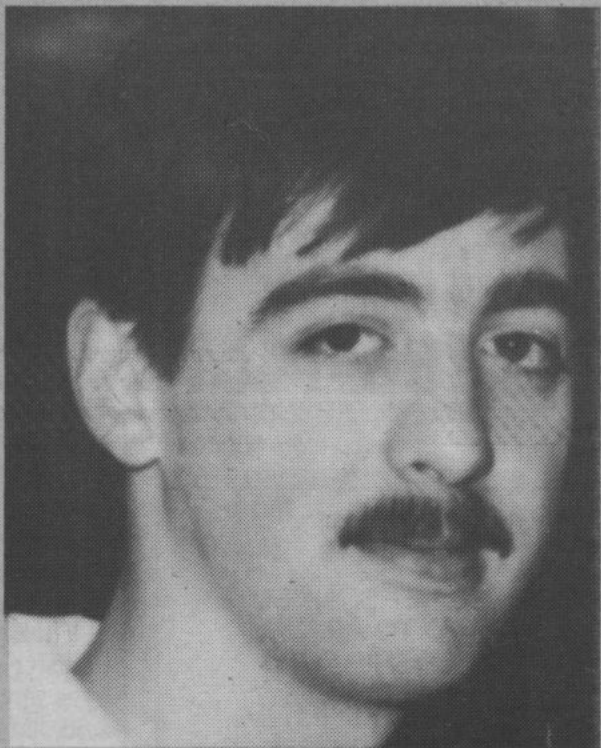


"Pte Eric Fleurant has earned the honour of Driver of the Month for January 1988. He is presently employed as the D/Comd of Air Command's driver. Congratulations are extended from the BThO and all BTh personnel.

B A M E O



Sgt. G.L. Gowie receives his CD1 from Col. L.R. Reynolds (B Comd) — 25 Feb 88.



Pte. J.W.G. Boily receives his first hook from Maj. Tudor (BAMEO) effective 15 Feb 88.

Airwoman of the Month



Cpl Capstick accepts congratulations and her privileged parking spot (Lt Armstrong's) reservation for her selection as Airwoman of the month — Mar 88 from Maj Tudor.

Cpl Colleen CAPSTICK is a CRS Tech presently employed in the CRS Labs; 3rd floor 16 Hangar. Colleen is a dedicated Technician and she has spent many hours organizing events for the BAMEO Entertainment Committee ie. AVS Curling Bonspiel, BAMEO Curling Bonspiel. In appreciation for those endeavours,

and her cheery disposition, Cpl Capstick is BAMEO Airwoman of the month.

Colleen, will amongst other benefits, not have to walk from the main parking lot, as she will enjoy the use of Lt Armstrong's Parking space right in front of 16 Hangar.

CHAPLAINS CORNER



Shah Mat No More!

The Game of Chess holds a fascination which few other leisure activities can match. Those who have sat before their "Knights" and "Rooks", "Castles" and "Pawns", and engaged an opponent of stealth and strategy will appreciate how formidably challenging it can be. Chess has often been called the "Game of Royalty" because of its appeal to kings and rulers over the centuries. It is an ancient activity and began in the 7th Century in India. Its name is thought to have originated from the Persian word for King — "shah". The object of the game — was to "shah mat" i.e. to "checkmate". "Shah mat" literally means — "The King is dead" and chess players even today who concede defeat, will topple over their king signifying the loss.

This period in the Church's life leading up to Easter is called "Lent" wherein the opposing forces to Jesus' kingship and ministry are acknowledged to be "Closing In" for the "Kill". The Lenten Message depicts the final strategy employed by evil to destroy this kindly Jesus and the ful-

fillment of God's work. "Shah mat" appeared to be the inevitable outcome throughout Jesus' arrest, and mockery of a trial and brutal crucifixion upon a cross. There appeared to be nothing humanly possible to prevent the "checkmate" of Jesus' life. But then — there was Easter!

Unfortunately, many people today continue to live as if "Shah mat" was their inevitable final destiny. Their hope and happiness begin to be squeezed out by life's opposing forces. There can seem to be no escape! Lent reminds us that God, too, in Christ, has experienced these same anxieties and threats. God suffered through them even accepting "Shah mat". But Easter changed the rules of Life and Death! Jesus Christ — the King was ALIVE! Death was the loser — Eternal Life — the winner.

St. Andrew's Chapel will be observing Lenten Services, Sundays at 10:30 hours and invites you and your family to participate. A Good Friday Service, 01 Apr at 4:00 P.M. will commemorate the passion of Christ to be followed by the traditional Resurrection Easter Service, 03 Apr at 10:30 hrs. The "Men" of the congregation plan to cook an Easter morning Pancake Breakfast for 9:00 A.M. at the chapel and give "Mom" a well-deserved break! Everyone is invited, so come on out and celebrate the end — for all time — of the Christian "Shah mat"!

The Jameswood School Orientation Program has added a Women's Friendship Centre to its community outreach program.

Every Wednesday morning, women in the Jameswood area and their preschool children gather at the school for coffee, friendship and support. Since over 80% of Jameswood's students have fathers in the military, the women in the area share many experiences and problems.

"Many of these women undergo stresses unknown to the civilian community, such as extended spousal absences, or frequent and abrupt relocations to various parts of Canada and the world," said Jameswood Orientation Program teacher Lorraine MacDonald.

The Friendship Centre gives these women an opportunity to see they are not alone, and a chance to share ideas and solutions, said Ms. MacDonald.

Speakers are sponsored monthly to address specific concerns and interests determined by the group, she added.

"We hope to reach the women in the area, and let them know there is a support group available," said Ms. MacDonald.

The Jameswood Orientation Program is funded by a grant from Inner City Educational Initiatives.

The Women's Friendship Centre meets every Wednesday from 9:00 to 11:00 a.m. in the Jameswood School auditorium. For further information please contact Lorraine MacDonald at 889-8890.

Women's Friendship Centre

Voxair-gram

— this issue, presented by Base Food Services

V E S Q P R S G O U U Z I P F P J
 B H B N H N B Y K L Z R B F P W F
 O J C M O M Y U B Q P O N A I E G
 L M E N Q I L D S E U J Y O Y B A
 F N P U U Z T F I G A A R E X F C
 U N P E T L E A F N S T L O I D F
 M T J C N R X B R O N S T I C Q O
 F H G S L T E O R R T E E I T K I
 Q J F A E S I S B E E E R M E Y Y
 S G C R C I S T S H A I J S T U T
 F O R O E N R M L E F K L C I D O
 O T V I F E E O A E D E F P Y D L
 E O T I L F Z N L D M A I A P E W
 Q P V V D L E E A A A E Z B S U O
 X H U N F A T E R F C K N V B T S
 L H A Y B O X F O A D N O T O I G
 D G I N T D N U D A G S C A T C G

The Following Words are Hidden in the Puzzle

- ADAMS
- BEATTIE
- BOXLUNCH
- BREAKFAST
- CALORIES
- COFFEE
- DESSERT
- DINNER
- ENTITLEMENT
- FREEZER
- GIBBIE
- GRILL
- HAYBOX
- MENU
- MESS
- NO
- QUALITY
- RATIONS
- ROCKY
- SUPPLIER

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Big Brothers of Winnipeg is a social service agency which is primarily involved with boys who need adult males to be their special friends. Why not share the rewards that come from a relationship like John and Kevin's.

Be a Big Brother Call today!
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A Little Salt

A parrot that evidently had been in the home of disagreeable people was bought by a Christian gentleman and taken to his home. It was soon discovered that Polly's vocabulary contained many ugly words that were not proper for even a parrot to use. In order to cure Polly of this naughtiness it was decided to take her to the minister's home where there was a nice parrot, in the hope that by association Polly would soon forget her ugly words. When the two parrots were placed on the same perch they eyed each other for a few minutes in silence. Then the newcomer arched her neck and yelled: "I wish the old huzzy was dead!" The minister's parrot turned her eyes upward and solemnly said, "May the Lord Grant it!"

Courtesy Toronto Dispatch



SECOND CAREER!

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BAMEO Bonspiel



Some intense action in the final end of THE CHAMPIONSHIP game. Cpl Bernie Pepen, Lt Horm Irani, Sgt Fred Straub, and MCpl Jones watch in vain as Cpl Steve Appleton sweeps their rock out.



"A" Division Winners (L-R) Cpl Steve Appleton, MCpl Gary "the ringer" Sutherland, Cpl Josie Lacasse, MCpl Don Stobbart display the winners' hardware which will add to the clutter on their fridge, which doubles as a trophy shelf.



"B" Division Winners. Participants were surprised to see Miller's Maranders (Maroons, Morons...) standing at the end of the day, let alone winning a consolation championship. (L-R) Pte Mark Regert, Cpl Rick Bayliss, MCpl Roger Huggins, Sgt Kevin Miller.



"C" Division Winners. Preventing a Shut-Out of Avionics Labs in this Consolation were (L-R) Cpl Colleen Capstick, Cpl Yves Roy, Cpl Carl Jalbert and Cpl André Lacroix.



"D" Division Winners. (L-R) Sgt Gerry Cancilla and the civies, Mike Cloney, Ron Hancock, Peter Andrychuk from Supply/Calibration Centre that he whipped into shape — Well he tried anyway!



(L-R) Ptes Kevin Sytsma, Randy Catton, MCpl George Ross, Sgt Ken Collard proudly wear their BAMEO toques which they won as draw winners. The fact that they posed for the picture wearing them bears testament to their condition after a long and full day of curling.



CFB Winnipeg Wins Fifth Consecutive Men's Volleyball Regionals

The Olympics — the ultimate of athletic competitions overshadowed another sporting competition held in Alberta — one in which 10 members of CFB Winnipeg participated. CFB Edmonton was the host site of the Prairie Region Men's Volleyball Championships which took place from 21-22 Feb. Six teams from Calgary, Cold Lake, Edmonton, Penhold, Shilo and Winnipeg competed for the right to represent the prairies at the CF Nationals to be held at CF Galetown from 10-13 Apr.

The tournament was run as a single round robin, the top four advancing to the semi-finals. When the dust had settled Edmonton and Winnipeg had identical 13-2 win/loss records, however

Edmonton was awarded first by virtue of a 2-1 record over Winnipeg. Cold Lake took third at 9-6 and Shilo fourth with 6-9.

The semis, a best 3 of 5 match pitted Edmonton against Shilo and Winnipeg against Cold Lake. Edmonton had a relatively easy time disposing of Shilo in 3 straight games but Winnipeg encountered considerably more difficulty in getting past Cold Lake. The match became a 2 hour marathon in which each team displayed a great desire to win. The finals had all the makings of a home town romp with a rested Edmonton team backed by local supporters poised to dethrone the reigning Prairie Region Champs. Their hopes were quickly dashed when Winnipeg won

the opening games 15-3, 15-8. Edmonton rallied in the third game to win 15-9 but this comeback was short lived as Winnipeg stormed back to post a 15-13 victory to clinch their fifth consecutive Prairie Region Championship.

The CFB Winnipeg Men's Volleyball Team extends its appreciation and thanks to the Base Commander, the BPERO and his staff, and the various section heads for their support and best wishes. A special note of thanks to 429 Sqn and CFANS for providing transport to get the Manitoba teams to the competition. The team is looking forward to bringing back to Winnipeg the CF Men's Volleyball National Championship it lost last year. YOU GOTTA BELIEVE!

Chili, Garlic Bread, and Sore Muscles

Avionics Support Organization (AVSO) staged a very competitive first annual curling bonspiel on 23 Feb 88. The effort put in by Cpls Colleen Capstick, Bernie Pepin, and Pte Ed Fowler made for an enjoyable day for the 47 participants.

A novel draw allowed for four divisions and ensured that people were curling all day. A fine meal of homemade chili and garlic bread was served, and many prizes were handed out.

No casualties were reported, however many sore muscles surfaced the next day. Comments that implied that production in Labs didn't suffer due to the minimal manning for that day were brushed off as jealousy.

Till next year, when Labs can reclaim the trophy!

Our Prairie Region Broomball Champs



PRAIRIE REGION BROOMBALL CHAMPS

BACK ROW L to R — Rick Parent, Bryan Pearce, Dan Gosselin, Chris Pilon, Frank Nadon, Jim Wiseman, Willis Jacobs, Pete Woodward. FRONT ROW L to R — Dan Cummings, Sylvain Lescoutre, Pat Brousseau, Roger Benoit, Ralph Rienquette, Dave McNeil, Butch Ott. MISSING — Al Thivierge, Gil Gilbert, Claude Ross. AUGMENTEES — Vendette, St Onge

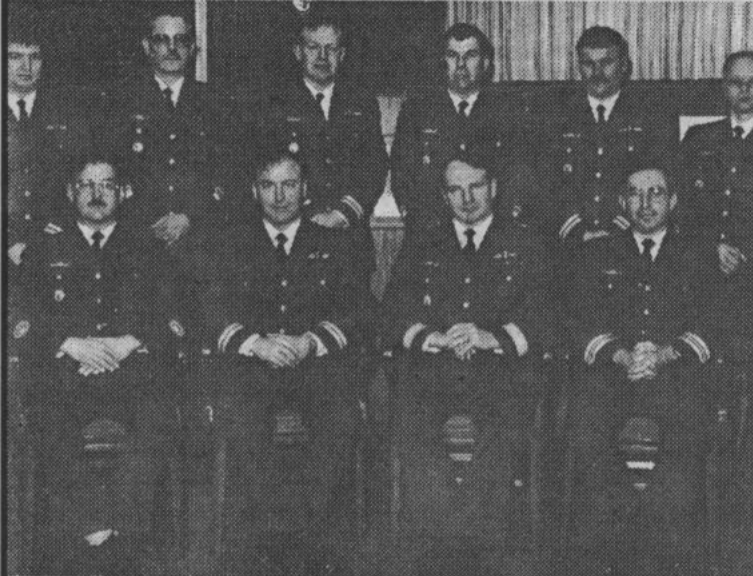
Winnipeg Rink Scores in Kenora



CFB Winnipeg Rink Captures Trophy at the fortieth annual Kenora Military Bonspiel held 13-14 Feb. After falling behind 4 to 0 in the final game the Bill Scott rink roared back to win a close one. The Scott rink was the only Winnipeg team to earn the silverware. Shown from left to right are Maj John Lamb, CO 116 Bty RCA presenting the 116 Bty RCA Trophy to Maj Bill Scott (skip), LCol Ray Massey (third), Capt Pat Carroll (second) and Capt Jim Lee (lead)

Photo Courtesy of Kenora Daily Miner

Training GP Trains Trainers



Graduates of the recently completed Course Training Plan/Course Training Standard Writers course at 14 Training Gp H.Q. Standing from the left: Capt. Doram (CFANS); WO Stuart (Trg Control); Capt Walls (CFS); WO Stevens (Trg Control); Capt. Reiser (CFS); WO Ollenberger (ARGHQ). Seated: MWO Ellery (SOACST) Capt McLeod, course director; BGen Eichel; Maj Clapp (SOATCT).

Sponsored training for Course Training Standards Writer and Course Training Plan Writer (TDC8 and TDC9) was recently run at 14 Trg Gp HQ.

Capt Don McLeod qualified at the CF Training Development Centre in order to teach these courses on-site here at Winnipeg. Taking the course here can save you a trip to

Borden. Besides, the Gp HQ coffee fund would appreciate the business!

Interested? Call the Base Training Administrator person at 5531 for a possible position on the next TDC 8 and 9 courses starting 11 April. Classes are conducted in the conference room at 14 Training Gp HQ, Hangar 11.



Maj. Joe Clapp of 14 Training Gp HQ explains the intricacies of a scalar chart to BGen Scott Eichel, Gp Commander.

The chart is a key factor in conducting task analysis toward the development of a course training standard (CTS). WO Garry Stuart, a training controller at Gp HQ was also a member of the CTS writers course recently held at Winnipeg.

Base Photo.

FIRE PREVENTION NEWS

Smoke Detectors: Does Yours Work?

It has been proven that smoke detectors save thousands of lives from being lost by fire each year. Regrettably many more are still being lost because the smoke detector failed to operate.

Smoke detectors will not operate if; the power to the detector has been shut off; batteries removed or allowed to go dead; or if covered with plastic, tape or dust.

MQ occupants are reminded that it is your responsibility to en-

sure the smoke detector in your home is maintained in good working order. This can be accomplished by cleaning and testing the device at monthly intervals.

To clean the detector simply vacuum the air inlets and to test, direct smoke into the detector chamber.

Any detector found to be un-serviceable for reasons other than a dead battery are to be reported to CE Work Control at

895-5207.

BLHU occupants are to replace dead batteries immediately. Replacement batteries can be obtained from the CE Tool Crib in Building 100.

The Base Fire Chief requests that you give a few minutes of your time today and at least once a month to ensure your smoke detector is working properly. It just may save you and your families lives.

A TIDY HOUSE SELDOM BURNS!



Canadian Forces French Course 8701



Sur les rives

La sculpture sur neige du CFFC : Sur les rives de la Rivière Rouge.

Photo de 2Lt Craig Bentley.

Bonjour encore de la part des étudiants du Cours de Français des Forces canadiennes (CFFC 8701).

Le mois de février a été très chargé pour les étudiants de l'école. Pendant la première semaine, nous avons passé l'examen de connaissance linguistique, niveau supérieur. C'était la première fois que plusieurs étudiants avaient passé cet examen! L'expérience pour tous a été très intéressante et instructive.

Le mois de février a été aussi le mois du Festival du Voyageur. Nous et nos professeurs avons visité et avons assisté aux activités au Parc du Voyageur, au Collège de Saint-Boniface et au Centre culturel franco-manitobain pendant deux jours du Festival. Ce fut une belle occasion de se familiariser avec la culture française et de parler français.

Nous avons aussi construit une sculpture sur neige pour la compétition adulte au Parc Provencher. Malgré les températures glaciales, sous la conduite du capitaine Ron Roy, nous avons fini dans le délai prescrit, et sans se geler les doigts ni les orteils. Nous avons gagné le quatrième prix, mais je crois que les enfants qui jouaient sur les sculptures après la compétition ont beaucoup aimé notre sculpture!

Si notre sculpture fond, nous nous réjouissons de beau temps, de l'été et par la suite, de nos messages d'affection. Peut-être, qu'avant la fin du cours, quelqu'un nous lancera un défi pour une partie de baseball.

A la prochaine!

Editor's Quote Book

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Herbert

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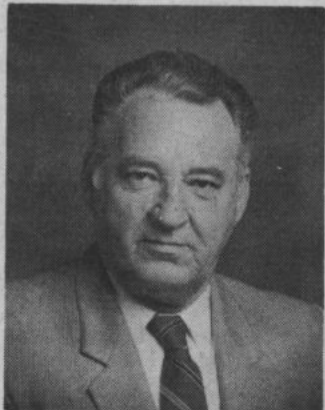


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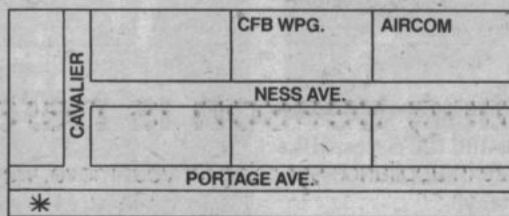
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