

Some Yesterdays

Forty-two years ago today, March 19, 1944, the RCAF's 409 Squadron got its first deH Mosquito NF XIII bomber, in Acklington, England.



Winnipeg



CFB/BCF WINNIPEG
"FOLLOWING THE CANADIAN FORCES"

19 March 1986

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FIFTY YEARS TO THE MINUTE — Around the world, statesmen said nice things; journalists did write-ups; and television stations aired special shows on the birthday of the DC-3, 50 years old and going strong. In Winnipeg, 402 "City of Winnipeg" Squadron, last NATO squadron to have Dakotas, did a commemorative flight with liftoff — 50 years to the minute — after the first DC-3 flew in sunny California. In Winnipeg, winds were from the northwest at 20 m.p.h. and the temperature was minus-28 Celsius. The old Daks have been through many paint jobs, from RCAF to the current livery. The ghost image of a former assignment, Training Command, is seen above the wing. Birthday crew members are (left to right): Cpl Glen Lloyd, LCol Larry Olson, and Capt Chuck MacIntyre.

Federal budget's impact on DND-CF

Finance Minister Michael Wilson provided for continued growth of Defence spending in his budget tabled in the House of Commons, February 26.

Larry Davies, the DND Assistant Deputy Minister for Finance, has analyzed the impact of the budget on defence and concluded:

— A healthy economy is the government's primary objective because it will be the basis for the support of its programs;

— In spite of the requirement for restraint in all areas, the Defence budget will continue to grow, although at a lower rate than originally forecast for the next two fiscal years; and

— Defence remains a high priority area and the government is committed to make every effort to further increase Defence allocations.

Thus, while all departments of the federal government were adversely affected by the budget, the Department of National Defence fared better than most. The Defence budget is to increase by 2.75 per cent in 1986-1987 and two per cent in 1978-1988. Moreover, the government is committed to retaining that two per cent rate of real growth — as a minimum — until 1990-1991.

Should the budget generate the anticipated savings and strengthen Canada's fiscal and economic position, it is the government's intention to provide for a greater rate of growth in the Defence budget than now forecast for the period 1988-1991.

Impact on DND

In making the announcement, Finance Minister Michael Wilson said "While Defence remains a high priority, even here it has been necessary to reduce the rate of real growth for the Defence budget by one per cent in both fiscal years 1986-1987 and 1987-1988."

"This will yield savings of 100 million dollars in 1986-1987 and 185 million dollars in 1987-1988 . . . (but) for the year of 1988-1989 to 1990-1991, the government intends, for planning purposes, to set Defence spending growth at two per cent per year."

The department had estimated budgets for \$10.055 billion for 1986-1987 but will receive, instead, \$9.955 billion. For 1987-1988 the budget will be \$10.575 dollars, rather than the \$10,760 billion.

"That is consistent with the governments firm commitment to playing a meaningful and effective role in NATO and NORAD," Mr. Wilson said. "And," said Mr. Davies, "while the figures are lower than previously planned for the next two years, they contrast sharply with previous estimates which had shown that Defence funding would reflect no further growth beyond fiscal year 1987-1988."

The Department of National Defence, because it purchases so much of its equipment abroad, is at the mercy of the international currency exchange rates. For every cent of change in the exchange rate, there is a change of approximately 12 million dollars to the Defence Department. In recent months, the Canadian dollar had slid from \$1.35 per U.S. dollar to \$1.40 and that would have cost DND an additional \$60 million more than it had planned.

As a result of the government's budget action to reduce the deficit, the dollar should strengthen to about \$1.36 or \$1.37 and thus recover from 12 million to 24 million.

However, because DND buys its goods and services from the private sector, it will also be affected by changes in new corporate income

See page 12

Burglars, child molesters

Do you care?

- If your stereo is missing from your car on Monday morning and you are already 15 minutes late for work?
- If your wife calls you at work at approx 11 a.m. and tells you she had her purse stolen off the kitchen table while she was in the basement doing the laundry?
- If your son or daughter is a half an hour late coming home from school and when he or she walks in with a bag of candy and they say "some nice man gave it to me?"
- All of the three items above are facts taken as statements by the Winnipeg Police, and you think they may not happen to you or your family living in a quiet neighbourhood like Westwin.
- Think again and learn more at the meeting of Neighbourhood Watch on Wednesday evening 26 March at 7 p.m., in Building 90.

This is a community effort to make us all aware of the dangers that could happen to you and unless we work together as a team to protect our area we live in, then crimes like these will multiply.

Crime "stats" on the base since January 1985 are:

1. Break and Enter — 4 (the most recent on Sharp Blvd.);
2. Thefts (excluding bicycles) approx \$2,000 — 2 car stereos, one on Pais-

ley, one on Braintree;

3. Willful damage — approx \$450.00; and
4. Bicycle theft — 40 (not recovered).

These are just a few handled by our Military Police, which is small compared to the 6,800 (that's right), 6,800 crimes the Winnipeg Police had to deal with in 1985 in the St. James-Assiniboia area. This included everything from purse-snatching to sexual assault.

The Neighbourhood Watch is a call-out system which includes every one on your street and it has been very successful in the Charleswood area, so please take time on 26 March at 7 p.m. to learn more.

It costs nothing but your time and your assistance on checking out suspicious-looking people in your neighbourhood. It could possibly eliminate a serious crime before you read about it next day in your newspaper.

MCpl Ron Doucette (local 5103) is our Military Police representative and works closely with officer Dan Henderson of the Winnipeg Police Force. Feel free to call Ron at anytime for more info on the Neighbourhood Watch program.

See you at the meeting.

Al MacDonald, Councillor Ward 9

Block parents vital

By LYNDA McNABB
Block Person Chairperson

I would like to take this opportunity to thank all our devoted Block Parent families and welcome the many new ones who have joined us since September. At present, on the North Side, we have a total of 25 families involved. On several occasions I have driven around the P.M.Q. area and it is great to see all the signs up in your windows.

This program is very important to aid in the safety of our community and, to all of us who have children, we are sincerely appreciative of your interests and concerns.

Be sure your children know where the Block Parent homes are in your neighbourhood so, if they should ever run into a problem, a safe home is available for help. If you require any information on this program, please feel free to contact me 885-2668.

The following is a list of all our Block Parents and we applaud you all for a job well done. Thanks from your Block Parent Chairperson and our terrific community.

Block Parents of Jameswood School Area as of Feb. 25, 1986:

NAME	ADDRESS
Mr. & Mrs. Casev,	82 Braintree Cres.
Mr. & Mrs. Chevalier,	565 Whytewold Rd.
Mr. & Mrs. Elder,	493 Conway Street
Mr. & Mrs. Hartie,	3-14 Strauss Dr.
Mr. & Mrs. Hoffer,	2 Leicester Square
Mr. & Mrs. Justice,	110B Argus Cres.
Mr. & Mrs. Sally,	37 Silverwood Bay
Mr. & Mrs. Steckham,	116 Bourkewood Place
Mr. & Mrs. Gaudreau,	30 Braintree Cres.
Mr. & Mrs. McNabb,	114H Sabre Cres.
Mr. & Mrs. Grant,	509 Whytewold Road
Mr. & Mrs. Outingdyke,	31 Silverwood Bay
Mr. & Mrs. Pepin,	45 Silverwood Bay
Mr. & Mrs. Gray,	114G Sabre Cres.
Mr. & Mrs. LeBlanc,	114A Sabre Cres.
Mr. & Mrs. Piovesan,	89 Leicester Sq.
Mr. & Mrs. Welton,	121 Braintree Cres.
Mr. & Mrs. Serduk,	102 H Comet
Mrs. Zapotichny & Mr. Stoddard,	73 Cornwall Blvd.
Mr. & Mrs. Guinchard,	113G Sabre Cres.
Mrs. Eva Granger,	25 Paisley Place
Mr. & Mrs. Bergeron,	2 Paisley Place
Mr. & Mrs. P. Johnston,	52 Leicester Square
Mr. & Mrs. M. Wagg,	76 Bourkewood Place
Mr. & Mrs. P. Proctor,	106H Sabre Cres.

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Letters to the Editor

Dear Editor:

Does *Voxair* know something that the Honourable Pearl Mcgonigal and I don't? We were both aware that her appointment as Lieutenant Governor was nearing an end, but I can assure you that this sudden announcement has taken us both by surprise. I refer to the caption to the photo on Page 9 of your 19 February, 1986 edition, under the heading "Chippawa officers commended for life-saving efforts".

By way of explanation, I note that the original outline for these photos used the abbreviated form for my naval rank, i.e. "LCdr". I thank you, very much, for the impromptu promotion; however, the longhand version of LCdr is "Lieutenant Commander" ("Major", in Air Force language, but please call me "Lieutenant Commander").

I do enjoy reading *Voxair*, rife, as it is, with fast-breaking news items such as the one mentioned above, and

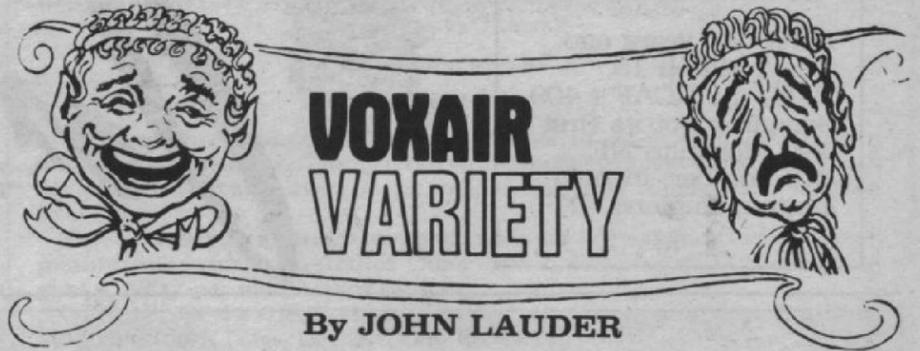
I shall continue to peruse its pages in search of fresh and enlightening material.

To the many who phoned, offering their congratulations on my promotion, the RPC will be when I get the back pay.

Yours truly,

A.B. Sakolinsky
Lieutenant Commander
RSS HMCS Chippawa

Editor's note: Gremlins, gremlins, gremlins! I'm quite familiar with the rank of lieutenant-commander, having bobbed around the Atlantic and European waters for two years in a minesweeper during what Archie Bunker called "the big one." Because of personal circumstances, I was not available to proof-read the offending edition. Our apologies to Her Honor and the LCdr. Meanwhile, we've ordered another batch of gremlin exterminator.



By JOHN LAUDER

Remember that it is only a week to the Gala Concert by the Air Command Band at the Centennial Concert Hall. It's for the very good cause of the Military Police Fund for Blind Children, and for only \$5.00 per seat, \$3.00 for children and seniors. Tickets at the messes or from the MP Section in Building 95. Not only is it an order that you go, but one backed by all the legal power of the Military Police.

* * *

The Royal Winnipeg Ballet gave us the World Premier of "The Big Top," a circus ballet, early in March. Full of life, with very colourful sets and costumes, this was a real hit, and something the Company will no doubt perform many times across North America as time goes on. All the activity on stage tends to divert one's attention from the dancing, but the choreography by Jacques Lemay is imaginative. Such things as high-wire acts, tumbling clowns, prancing horses and animal acts are portrayed by the dancers.

Balancing the evening's program was the classic second act from Swan Lake, with Evelyn Hart, Barry Watt, and John Kaminski all at their best. This used to be one of the standard numbers of the RWB, and it was good to see it back on stage.

* * *

The Manitoba Theatre Centre has had some bad luck with local playwrights at its Warehouse Theatre, and the Board is undergoing convulsions over the firing of Artistic Director James Roy. So, for the current Main Stage production, which opened on March 13th (a lucky day?) they have gone to the best playwright of all, and possibly his best play, the dark drama *Hamlet*. Always a hit, this version will run until April 5th.

* * *

Over at the Gas Station Theatre on Osborne Street, the Contemporary Dancers are offering a show called "Nothing Past the Swans," billed as a cross-art venture by dancer Tedd Robinson, in collaboration with writer Per Brask, sculptor Keith Oliver and with original music from Toronto and Winnipeg. It runs from tonight, March 19th, to the 22nd, with show time 8:30 p.m. Call 452-1238 for tickets. Then, on the 26th and 27th there will be two other productions, "The Windigo," by Native Theatre Productions; and "King Arthur and His Magic Sword," by the Children's Theatre Company. These at 1.00 p.m. and repeated at 8.00 p.m.

Finally, on the 29th, the India School of Dance will offer two numbers, entitled "Neighbor" and "The Great Transformation." Info on these last three shows from 284-2757.

* * *

Also showing at the Centennial Concert Hall during the next two weeks are a gospel concert tonight, "Silverwind," at 7.30 p.m.; the Symphony on the 21st and 22nd, with guest violinist Cho-Liany Lin, and again on the 23rd with a Concert for Kids, featuring that favourite children's musical story, "Peter and the Wolf." On the 23rd the Maynard Ferguson Band will perform, and on the 24th, the group, "Honeymoon Suite." The 25th brings a change with the Explorers' Club film "Hawaii." After the Gala Concert, mentioned above, on the 26th, the Winnipeg Chapter of the S.P.E.B.Q.S.A. will, on the 29th, bring back "The Best of Barbershop Harmony."

* * *

Speaking of the Winnipeg Symphony, they have a new money-raising idea in a two-for-one car raffle. The grand prize of this year's raffle is two cars, a Lincoln Continental and a Merkur XR 4T1 (don't ask me what this last one is, it looks like an overgrown Tempo). There are other prizes in early-bird draws, so at \$30, a shot, or two for \$50, and only 6,000 tickets to be sold, it may have better odds than 649 or the Provincial. Tickets will be flogged in the Malls around town, or can be bought from the Symphony Office in the Concert Hall. Lots of luck!

Editor's note: John Lauder is travelling. His column will resume in early May.



QUARTER-CENTURY PLAQUE — Peter Enns, centre, a meteorological instructor, displays his 25-year service plaque presented by the Base Commander, Col. S.E. McGowan, right. Left is P. Kowal, Commandant, Canadian Forces School of Meteorology. Mr. Enns has served tours of duty at CFB Portage, CFB Gimli, CFB Moose Jaw and CFB Winnipeg. (Base Photo Section)

Gala Concert

A charity bash

The Centennial Concert Hall will be cookin' on Wednesday night, 26th March 1986, when the curtain rises for a gala concert of the military kind. The Military Police Fund for Blind Children, in conjunction with the Air Command Band, are sponsoring the **ONE - NIGHT - ONLY** event. Tickets by **PRIORITY - ORDER - ONLY** and cost — Adults \$5.00, Children & Seniors \$3.00, and for groups of 10 or more \$3.00. Tickets may be obtained from the following locations:

Military Police Section — Bldg 95
Officers Mess Bar — Bldg 76
WO & Sgt's Mess Bar — Bldg 66
Mr Mess Bar — Bldg 61

Orders for tickets may be made at all locations.



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Taux d'abonnement sont: 10.00\$ pour un an et 25.00\$ pour trois ans.



CHURCH SERVICES

R.C. Chapels

Protestant Chapels

NORTH SOUTH
TELEPHONE: 895-5076 895-6181

Holy Week and Easter Services

Walking on the Road to Resurrection takes us towards the most significant liturgical celebrations of the church year. In this last week of Lent, the first of these celebrations occurs on Passion Sunday. The next major stop is Holy Thursday. Consider the three themes that will be developed in the Holy Thursday liturgy: the institution of the Eucharist, the institution of the priesthood and Jesus' command that we love one another (symbolized by the washing of the feet). Good Friday, this is the day on our Road to Resurrection that we have anticipated — and at the same time dreaded. It symbolizes for us the necessity to embrace the cross in our lives in the same manner that Jesus embraced his cross.

Today we are invited to reflect on the example of courage and love that Jesus gave us. As with Holy Thursday, the best and most significant way to do this is by attending the Good Friday liturgical service. This service has three parts: the liturgy of the world, the veneration of the cross, and communion. Each of these will focus on some aspect of Jesus' ultimate gift of himself.

On the evening of Holy Saturday, the church celebrates the Easter Vigil, the most solemn service of the liturgical year. This liturgy embodies and celebrates what is essentially Christian, and it, therefore, epitomizes our entire lenten journey. It invites us to enter the paschal mysteries of Jesus; death and resurrection with joy and gratitude. It symbolizes both our destination on the Road to Resurrection as well as our continued call to follow Jesus throughout the Easter season and beyond. If at all possible, observe this final day of the triduum by attending the Easter Vigil Service. This service has four main parts: 1) The service of light; 2) The liturgy of the world; 3) The liturgy of baptism; 4) The liturgy of the Eucharist.

You have made it! The moment of Easter victory has arrived. Six weeks ago, like an eager runner at the start of a race, you set out on the Road to Resurrection. Now, you have broken the tape at the finish line. Whether you sprinted effortlessly to your goal or dragged yourself wearily the last few miles, you have earned this season of rest and self-congratulation. Will this Easter season, indeed, mark journey's end for you? Or will you merely pause to catch your second wind before undertaking the next challenging step toward spiritual growth?

Pendant quarante jours, nous avons réfléchi sur le fait que, aux yeux du Seigneur, il n'est jamais trop tard pour prendre un nouveau départ. Nous avons priés pour que le Carême nous transfigure, nous nous sommes laissé inviter à la pénitence et au partage. Nous sommes presque au terme de notre Carême. Nous entreprenons la semaine sainte: une semaine grave, bien sûr, mais une semaine qui conduit à la résurrection. Nous lirons le récit de la Passion et nous regarderons la croix; mais il nous faudra aussi regarder les rameaux, et les fleurs, et les chants d'acclamation à un Jésus bien vivant: celui qui nous rassemble chaque dimanche dans son Esprit de confiance, pour célébrer son Père.

Célébrer la Cène du Seigneur, sa mort et sa résurrection, c'est aller au coeur du mystère chrétien. Avec le triduum pascal, nous entrons dans une démarche de foi. Nous suivons le Christ dans les mystères qui expriment son amour pour nous et qui donnent sens à nos vies. Pour les uns ce sera un approfondissement de leur foi au Christ. Pour d'autres ce sera une redécouverte ou une nouvelle conversion. Il est difficile de briser le rythme de nos vies trépidantes, mais l'Eglise nous invite à prendre le temps de vivre le mystère pascal et de le célébrer. S'occuper ainsi de sa foi, c'est prendre ses propres intérêts en rencontrant Celui qui, dans sa mort et sa résurrection, est notre lumière et notre vie.

Schedule of various celebrations that will be held at Our Lady of the Airways (North) and at St. George's Chapel (South).

PALM SUNDAY	22/23 MARCH	DIMANCHE DES RAMEAUX
Saturday — 1700 hrs	Mass	Our Lady of the Airways
Samedi — 1900 hrs	Messe	Our Lady of the Airways
Sunday — 1000 hrs	Mass	St. George's Chapel
Sunday — 1115 hrs	Mass	Our Lady of the Airways
HOLY THURSDAY	27 MARCH	JEUDI SAINT
Thursday — 1900 hrs	Mass	Our Lady of the Airways
1900 hrs	Mass	St. George's Chapel
GOOD FRIDAY	28 MARCH	VENDREDI SAINT
Friday — 1500 hrs	The Passion	Our Lady of the Airways
1500 hrs	The Passion	St. George's Chapel
1900 hrs	Way of the Cross	Our Lady of the Airways
1900 hrs	Way of the Cross	St. George's Chapel
HOLY SATURDAY	29 MARCH	SAMEDI SAINT
Saturday — 1900 hrs	Easter Vigil	Our Lady of the Airways
1900 hrs	Easter Vigil	St. George's Chapel
EASTER	30 MARCH	PAQUES
Sunday — 1000 hrs	Mass	St. George's Chapel
1115 hrs	Mass	Our Lady of the Airways

PENITENTIAL CELEBRATION: Monday, 17 of March at 1930 hrs at St. George's Chapel. There will be confessions at anytime before and after masses throughout the period of Lent.

Thomas said, "unless I see the mark . . . unless I put my finger into the place . . . I will not believe it." (John 20:25). Thomas is very much a late 20th century person. He is pitched between a great longing to believe and a chronic inability to believe.

We live in a city, a country, a culture which demands proof. Von Daniken argues that God is really a fleet of inter-galactic visitors. Huge drug industries suggest that God is really perfect health. Among Christians there is a great longing that the faith be proved true. In recent years the full resources of modern science are being utilized to examine the Shroud of Turin to find out if it really is the shroud in which our Lord's body was wrapped for burial. "Unless I see," said Thomas, "I will not believe."

We live in an age when we long for new resurrection in every aspect of our personal being. We long for it in society and the church.

Some things are simple and straight forward. Jesus says, "Come to me" . . . Jesus says, "I will give you new life." Jesus says, "Do this . . ." celebrate the Holy Communion, "love one another."

Come and join us and discover the new life that comes to us in these simple and straightforward things. Come see . . . and believe.

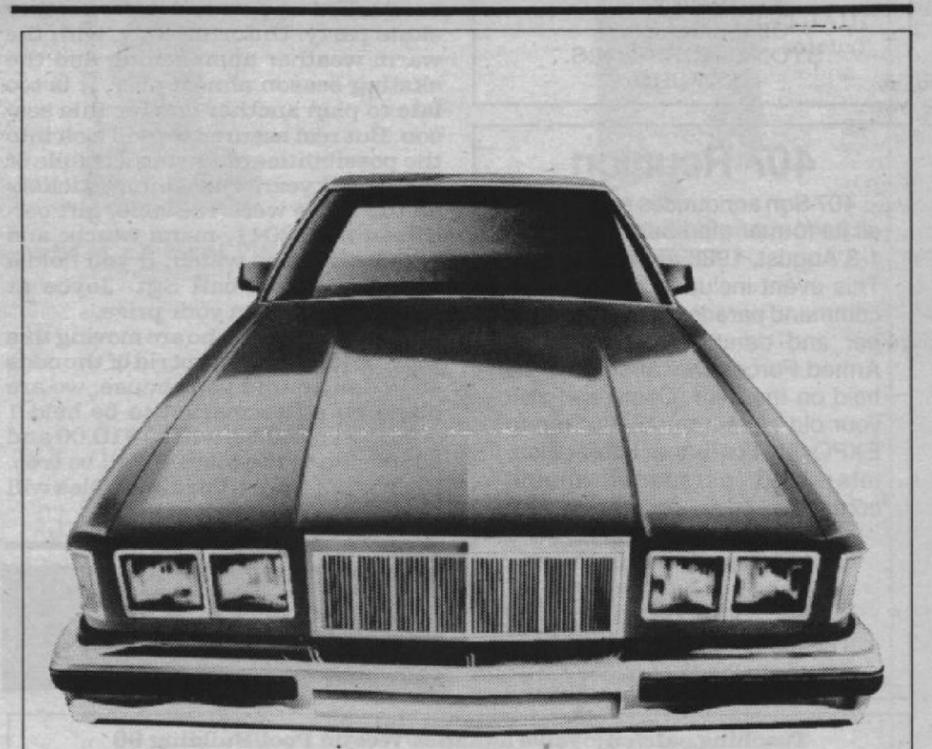
Services during Holy Week:

Monday to Thursday	— 1630 hrs —	Holy Communion A.C.C., Chapel of the Good Shepherd (North)
Friday, Good Friday	— 1100 hrs —	Chapel of the Good Shepherd (North)
	— 1030 hrs —	Chapel of St. Andrew (South)
Easter Sunday	— 0900 hrs —	Holy Communion A.C.C., Chapel of the Good Shepherd (North)
	— 1100 hrs —	Divine Worship, Chapel of the Good Shepherd (North)
	— 0900 hrs —	Holy Communion, Chapel of St. Andrew (South)
	— 1030 hrs —	Divine Worship, Chapel of St. Andrew (South)

A happy Easter.

The Protestant Chaplains,
Padre G. Tonks
Padre J. Jolliffe

Chaplains: Padre G.E. Tonks BChap (P) 895-5417
Padre E. Wiley Chap P (South) 895-6022
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Rowbottom takes over

Canada's reserve air force under new command

Retiring commander's message

Robert Frost, in his poem "Stopping By Woods On A Snowy Evening," wrote . . . "But I have promises to keep, and miles to go before I sleep." This capsulizes the mood today within the Reserve Air Force of Canada. The promises of a brighter future for Canada's Reserves have been made but yet unrealized. We know the air-force journey is not measured in days but years, but I cannot but feel that during the last three years the foundations are in place from which we can build a stronger, more viable, and yet accountable Air Reserve.

Canada's Reserve Air Force has had a long and distinguished record of service that dates back to the 5 Oct 32. That year, three non-permanent squadrons were formed. No. 110 Squadron (now 400 City of Toronto) was established through the initiatives of its founder, the late Air Marshall Curtis, a reservist who later become the Chief of the Air Staff. Similar endeavours by AVM McGill realized the formation of No. 115 Squadron (now 401 City of Westmount). No. 112 Squadron (now 402 City of Winnipeg) was also established on this date. It was from this nucleus, more than 50 years ago, that Canada's Air Reserve and oldest squadrons were born.

From these acorns grew other squadrons, such as 411, 418, 420D and 438. Their distinguished service includes — first squadron overseas, most aerial victories, first aerial victory and most sorties flown. Today these squadrons provide the lineage for Air Command's present Air Reserve Group. The standards we see in front of us attest to their service and the battle honours that resulted.

Their adoption by cities such as Winnipeg is fitting because of the wide participation of men and women from the local areas. That was true in the earlier years and continues today. While the majority of our officer core is recruited from the regular force, opportunities exist for other highly motivated individuals to learn the profession of arms through direct entry into the Reserves. The bulk of the other ranks are drawn from high schools, technical schools and universities. They are ambitious, young people continuing their education, both in the military and in institutions of higher learning. Their military employment helps them pay their way through school. It is a good investment for the forces and the country, I might add. Not only do many cross over to the regular force but it creates a re-callable pool of trained personnel, should a national emergency occur.

Our squadrons and augmentation flights have provided good opportunities for pilot and technician alike to gain valuable experience in the forces and at the same time representing the airforce to industry and the community at large. It is an important factor in the national equation that air reservists play a role in representing the aviation industry to the air force and, conversely, the air force to the aviation.

In some respects, we in the Air Reserves try to keep the Air Force aware of its changing markets, or the changing demands which will be placed upon us by our ultimate "shareholder," the taxpayer. I must say that the integration of the Air Reserves and the Air Force as a whole is closer to realization today than at any point in the last 30 years. It continues to improve.

It has been the recent preparation for mobilization, flowing from a total force policy, which has been the

catalyst which created what I like to call an **evolution to partnership**. The Air Reserve group, together with the Air Command Staff, have developed the most effective Air Reserve organization to meet its peacetime tasks and to provide for a smooth transition to a war footing, should the occasion arise.

We now can see the formation of additional flights to augment those major air bases not presently served. Plans now are being finalized to restructure the Montreal and Toronto helicopter resources into more effective support for the land element. The fact that regular support personnel should be integrated into the reserve structure will advance the efficiency of these units immeasurably. Other plans call for the establishment of additional reserve force units to meet an enhanced war structure and provide for better geographical representation throughout the country.

For those that will believe what future studies are telling us, it is suggested that the information age with its new communications and technologies raise new questions with respect to air power. Some would say that the air force itself could be "de-regulated" as an organic, autonomous activity, yet re-integrated into new forms with the national aviation community. We in the Air Reserve have learned over these past 50 years that to survive one must perceive the future. We have indeed been fortunate to have been given the task of coordinating the development of the **National Air Force** model as part of "Project 2010" — the Air Force's flight plan for the future. I think this shows the state of maturity the Air Reserves have attained in managing its future.

This task would not have been possible without our network of liaison staff officers opening up links between the Air Reserve Staff and the operational groups of Air Command. By virtue of their military and civilian background these officers have tended to integrate the interests of military, commercial, industrial, regulatory and academic concerns into the planning for the future.

We believe that only competent staff trained officers can provide this liaison. Recently established permanent training schools at CFB Borden and the CF Command and Staff Colleges has ensured our professional development.

We in the group are not just takers. I like to think that the leadership, organization and staff skills we develop are reinvested in the civilian companies in which we work. Therein is the return to the Canadian taxpayers.

In summary of my three year stewardship, I can say there are miles to go before we sleep but

- We are healthy and poised to grow
- We are a team, regular and reserve
- There is a future in the Reserve Air Force for those who will invest their time in it. I am sure the "Return to Blue" will only reinforce our dedication to service and our professional awareness.

I wish to thank the officers and other ranks of all our Wings, Squadrons and Flights and particularly the Deputy Commander and staff of ARG for their loyalty, high standards and dedication to serve. I am sure you will all give the same to my successor, General Rowbottom. I need not tell you that your new commander is one of Canada's finest and most capable officers — serve him well.

Good luck and bonne chance!!

Incoming



BGEN LESLIE T. ROWBOTTOM

Brigadier-General Leslie T. Rowbottom was born in 1933 and joined the British Army in 1951. He was commissioned in October of that year. He joined the Canadian Army in March, 1959 and has served across Canada on exchange with the United States and with the United Nations in Egypt.

He began flying in 1959, and served with both fixed wing and rotary wing aviation units. In 1969 he commanded 450 Transport Helicopter Squadron in Edmonton (447 Squadron).

After graduating from the University of Alberta with a BA, Brigadier-General Rowbottom spent a number of years on the staff of the Canadian Forces College in Toronto. He was Director of Naval and Air Reserves Staff Training from 1976 to 1984. He is a graduate of the Canadian Army Staff College (1967) and the Canadian Forces Command and Staff College (1972).

In July 1981 he was promoted to the rank of Colonel and was appointed

Outgoing



BGEN JOHN R. NEROUTSOS

Chief Staff Officer Plans and Operations at Air Reserve Group Headquarters. In October 1984 he was appointed to the position of Commander, 2 Air Reserve Wing, in Toronto. In the fall of 1984 he was awarded the OMM. In 1984 Brigadier-General Rowbottom began work on Project 2010 at National Defence Headquarters in Ottawa and continues to work on this long-range futures project.

In civilian life, since 1975, Brigadier-General Rowbottom has been President of Ontario Cruise Marine Ltd in Oshawa, a marina development and operations company, and spent some years as Harbourmaster of the Port of Oshawa.

On 1 March 1986, Brigadier-General Rowbottom was promoted to his present rank and assumed command of Air Reserve Group in Winnipeg.

He is married to the former Jill Chapple. They have four daughters and several grandchildren.



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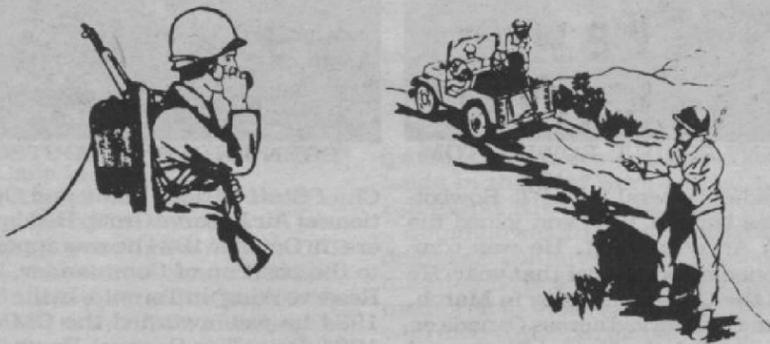
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Battle of the bulging

Until recently, most people equated physical fitness with bulging muscles.

PARTICIPaction, however, has always taken the position that fitness starts with a sound heart — a muscle, to be sure, but not the one that's going to win the Mr. or Ms. Universe title.

Still, anyone striving for overall fitness must work on developing skeletal muscle tone as well as cardiovascular fitness.

Understand, when you start a program involving calisthenics or weight training of any kind, you're not aiming to build a body beautiful — although that may result.

Your goal: to achieve strength and muscular endurance. Keep that simple premise in mind, and your efforts in the gym will pay greater rewards.

Any qualified instructor will tell you the basics:

1) a good program will involve resistance exercises and repetition of those exercises.

2) it makes sense to start with light weights and add poundage as you are able to complete your repetitions.

3) good form is imperative which means slow, deliberate controlled movements whether you're curling a dumbbell or doing a push-up.

4) a proper execution of a movement involves working the muscle through a full range of motion.

As you can imagine, you'll begin to pick up a myriad of other pointers once you start to work out with P.E. & R. staff guidance. You'll learn proper breathing techniques, how to concentrate only on the muscles being exerted, how to warm up and cool down and much more that will speed your progress while reducing the chance of injury.

Most important, you'll quickly overcome the false notion of "No Pain, No Gain." PARTICIPaction believes that *if it hurts, stop doing it!* We prefer the slogan: "Train. Don't Strain!"

Getting into a gym may seem a nuisance or unnecessary to some people. However, the benefits of regular, intense exercise last a lifetime — and only you can do it.

And PARTICIPaction knows that as a member of the Canadian Forces, you *can* do it!

This column is provided by the Directorate of Physical Education, Recreation and Amenities, in cooperation with PARTICIPaction.

PARTICIPaction



La guerre des muscles

Il n'y a pas si longtemps, on confondait encore bonne forme et gros muscles.

PARTICIPaction a toutefois toujours présenté le coeur (un muscle, sans doute, mais pas du genre à vous faire gagner le titre de Monsieur ou Madame Univers) comme la base de la bonne forme.

Cela n'empêche pas que, pour être totalement en forme, il faut développer le tonus musculaire en plus de la bonne forme cardiovasculaire.

Cela veut dire que, lorsque vous entreprenez un programme impliquant toute forme de musculation, votre but premier ne doit pas être de développer les plus beaux muscles du monde.

Votre objectif doit plutôt être d'améliorer votre force et votre endurance musculaires. Gardez cela en tête, et vos efforts au gymnase donneront encore plus de fruits.

Tout instructeur compétent vous donnera les éléments de base:

1) Un bon programme comprend des exercices impliquant une résistance et la répétition des mouvements.

2) Il est bon de commencer avec des poids légers et de les accroître graduellement à mesure qu'on réussit ces répétitions.

3) Il est essentiel de faire des mouvements lents et contrôlés, que vous fassiez des poids et haltères ou des "push-ups".

4) Pour bien exécuter un mouvement, il faut respecter l'amplitude totale du mouvement musculaire.

Bien entendu, vous en apprendrez plus long lorsque vous entreprenez votre programme avec l'aide du personnel d'éducation physique et de loisirs. Vous apprendrez à bien respirer, à vous concentrer uniquement sur les muscles sollicités pendant l'effort, à vous échauffer et vous refroidir de façon à progresser rapidement, en réduisant les risques de blessure.

Surtout, vous apprendrez qu'il est faux qu'on ne progresse pas sans souffrir. PARTICIPaction conseille plutôt d'arrêter à la moindre douleur! Si ça fait mal, ça ne peut pas faire de bien!

Aller au gymnase peut sembler inutile pour certaines personnes. Pourtant, les bienfaits de l'exercice intensif et régulier vous dureront toute la vie. Et personne ne peut en faire à votre place.

C'est pourquoi PARTICIPaction vous rappelle son slogan: «Faites-le donc, pour voir!»

Cette chronique vous est présentée par la Direction — Éducation physique, Loisirs et Commodités, en collaboration avec PARTICIPaction.

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No. 500 Wing — RCAF Association

The 'Peg Board

February General Meeting

Some 35 to 40 members and guests turned up for the last General Meeting, 11th February, and following a short meeting we enjoyed a very pleasant get-together over wine and cheese and other goodies, courtesy of our Entertainment Committee, chaired by George Carlyle. A visiting RCAF member from Barrie Ont., Henry Rainey, was present, as well as guest, now new member, George Wautier.

One highlight of the evening was a draw held for Valentine flowers donated by florist-member Rita Green.

Trivia and Information

Obtained from Minutes of days gone by is the title of this bulletin — the general consensus of the membership and as the result of a motion duly moved, seconded and carried, the bulletin will be called "The Peg Board". Henceforth, "The Peg Board" it is!

For all you good members intending to bring a guest or guests to the 29th March Anniversary Dinner and Dance, the charge is now established at \$30.00 per couple, member or guest. After 28 February, tickets will no longer be restricted to members only, so get your order in as soon as you can to avoid disappointment.

A History of No. 500 Wing RCAF (still being updated) produced by the Secretary, was read by the President, outlining the activities of past years, along with the general conditions facing the growth of the Wing. A vote of thanks, expressed in the usual manner, was accorded the author.

Further to the Wing History, minutes are missing from the first or Charter Meeting up to 20th April, 1964; from 5 May, 1965 to Feb. 1966; and from 15th May, 1967 to 27 June, 1972. It is believed that the Wing was in a semi-dormant condition with only sporadic activities during the latter period, and quite possibly, no minutes were recorded. However, if any of you have information or knowledge of any kind which will enhance this Wing history, please phone the Sec'y. at 837-8524. There are also a couple of President's names missing. The following are the known Past Presidents: E.O.W. Hall; Oscar Olsen; Duff Roblin; Alf Turner; Gord. McNeil; Rex Johnson; Earl Carlyle; Don Stevenson; Steve Coote; Bert Aldrich; Herb. Bell; Neil Ivory; Stan Wooten; Earl Hiscox; Howard Shouldice; Al. Dowling; Freddy Frederickson; Bob. Slade; Vern Donnelly; Bill Kowaluk; and Gord. McKay. Any others????

Along the theme of Wing activities, is there anyone out there who can shed any light on the whereabouts of previous Wing inventory items? At one time there was a typewriter, a piano, various pictures and murals, a cupboard full of dishes, etc. etc. While some may have been disposed of, no doubt others are around still, but "in storage." Call the Pres. or Secy. if you have any information. Thanks. How about trophies???

Coming events

29 March, 62nd Anniversary Dinner & Dance, WO/Sr. NCO Mess Dining Room & Lounge at \$30.00 per couple. Assemble 1830-1930; Dinner 1930; Dancing 2100.

08 April, General Meeting. Entertainment to be advised.

13 May, General Meeting. Election

of Officers for 1986/7.

10 June, General Meeting. Wind-up activity to be advised.

Dress code for 29 March dinner & dance: Association blazer & flannels or business suit. Ladies attire to suit the occasion.

1986 Group Convention — 2 & 3 May

How about a little chatter in the outfield there?? This year we are meeting in Brandon and it would be most fitting if No. 500 Wing sent along a good sized contingent to support our good friends at Brandon. We can consider pool-cars, a bus, or what do you suggest?

There has been no further word on the National Convention in Nfld., in October yet but we will keep you informed.

Nominating Committee

Bill Kowaluk, Past President, is charged with coming up with the nominees for the next General Election. He is at 888-3598 (residence), so if you have a suggestion or wish to volunteer for a Chair or Committee, give him a call. Get involved — make your ideas known — don't sit back and complain because nobody read your mind! Positions are open for 100 members!

Wing Activities

Wing President and Secretary have combined forces to get out letters to about 50 ex-RCAF (members-at-large) in an effort to spread the good word and arouse a little interest in the Wing activities. Your part in this endeavour is to attend meetings and get involved to promote friendship.

Resolutions and Awards

No. 500 Wing is currently considering two resolutions — spouses to be admitted to Wing membership as associate members; and the establishment of an RCAF Hospitality Service across Canada. If you have anything to suggest, submissions will be received to the meeting of 8 April. All submissions have to be approved by the Wing and in to Group by the 10th April. Current resolutions will be presented at general meeting of 11th March, so let's get out and speak your piece!

Booklet #104 covers National Honours & Awards. Wings may submit two recommendations per year only (?). No record in minutes of the last persons recommended by No. 500 Wing, although a number have. Anyone having received recognition, please contact the Sec'y. to enable inclusion in Wing History. Recommendations for new individuals should be made to the President.

A number of members have not attended a meeting for quite some time. There has to be a reason and we would like to know how we can help get you out. If you require assistance or transportation, let us know and arrangements will be made to assist. If the program is not satisfactory give us an idea of what you would like (within reason). There is no reason why No. 500 Wing should not have a membership of 300 again and only your assistance will make it happen. Although the evening's program is not always suitable, spouses are always welcome. Come and make a new friend or renew your associations with old friends. We need you! If the Ladies would prefer an "Auxiliary" again, let us know. If there is enough interest, it can be arranged. Contact the President!

Join Today!

Royal Canadian Air Force Association

500 (City of Winnipeg) Wing
P.O. Box 581, Winnipeg, Manitoba
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Contact: Doug Angus, Secretary
Phone: 837-8524

Royal Canadian Air Force Association

PER ARDUA AD ASTRA



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Employee Assistance Program

By Maureen Sheehan
Air Command HQ Flight Safety

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- that all referrals, whether informal or formal, be on a voluntary basis;
- that referral agents, stewards and supervisors not diagnose or assess problems, but merely assist in referrals;
- that any agency to which EAP referrals are made be completely independent of management;
- that every effort be made to ensure complete confidentiality;
- that union locals retain the right to represent any member whether or not EAP assistance is being accepted;
- that the right of management to take administrative or disciplinary action not be altered by an employee's agreement to accept EAP assistance;
- that the EAP advisory committee conduct periodic reviews of the program, both to monitor its operation and to determine whether significant patterns are appearing. Remedial or preventive measures may flow from any examination that pinpoints a cause of problems.

Your referral agents are:

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Loretta Lemon	5732
Gloria Pearson	5125
Maureen Sheehan	5941
Jamie Robinson	5595
Charlene Yorki	6118

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What CF Rehabilitation program is all about

by CAPT. D.A. COOPER

Authorization of the ARP and the establishment of regional Alcoholism Rehabilitation Clinics (ARCs) was approved in June, 1980.

This brought the four existing clinics under control of the Surgeon General and created two more. At the same time the terms Base Alcoholism Rehabilitation Sections (BARS); AL-

CARE and Addictions Rehabilitation Clinics were changed to the current title, Alcoholism Rehabilitation Clinics or ARCs.

Purpose of the ARP is to assist COs in the rehabilitation of alcohol misusers who have demonstrated alcohol related problems in their work performance, family/social/economic func-

tioning, health or reflect discredit upon the CF. The goals are the elimination of alcohol abuse and its harmful effects, provide choices for an alternative lifestyle, attitude change and return the member to a more productive lifestyle.

The six ARCs (located at CFBs Lahr, Halifax, Valcartier, Kingston, Winnipeg and Esquimalt) are authorized to design and conduct a program of up to 30 days in length. Four of the six ARCs have in-patient capability and two (Lahr and Halifax) are out-patient facilities. They all conduct a 28-day treatment program using group therapy as the primary code of treatment. Four of the six ARCs offer treatment services in English, with ARC(EST) in Valcartier for French speaking only and ARC(EUR) in Lahr, provides treatment programs in English and French.

Regions of responsibility are:

- ARC(EUR)-CFB Lahr — All of Europe including special service forces.
- ARC(ATL) — The Maritime Provinces.
- ARC(EST) — CFB Valcartier — Quebec and French speaking members in Canada.
- ARC(CEN) — CFB Kingston — Most of Ontario, Alert and the DEW line sites.
- ARC(PRA) — CFB Winnipeg — From Thunder Bay to the Rockies including CFS Inuvik and NRHQ Yellowknife.
- ARC(PRA) — CFB Esquimalt — British Columbia

The ARP is an innovative, dynamic approach to the treatment of alcoholism for members of the Canadian Forces.

Structure

The ARP is a three-phase program for the treatment of alcohol misusers in the Canadian Forces.

Phase I is the pre-treatment phase where CF members are identified, assessed and, if applicable, referred to an ARC for treatment. There are three ways members are identified. The first is the member who approaches his/her supervisor, the Base Alcoholism Councillor (BAC), the Phase Three Coordinator, (PTC), a MO, Padre, SOCW, etc., and asks for help with an alcohol problem.

The second method is when a supervisor refers a member who is abusing alcohol to a MO or BAC/PTC for assessment, which is called a compulsory or disciplinary referral. The third way alcohol misusers are identified is by a MO who, through a medical examination or a series of alcohol related sick parade visits, decides that a medical referral for treatment is appropriate.

Once identified, the member is either referred to a MO or the BAC/PTC. The BAC/PTC will do an in-depth assessment which will be given to a MO for a diagnosis and appropriate action. If it is determined that the member has a treatable alcohol mis-

use problem, the BAC/PTC will make a referral to the regional Alcoholism Rehabilitation Clinic (ARC). If it not an alcohol misuse problem, the MO or BAC/PTC will refer the member back to his/her supervisor, or to an appropriate specialist i.e. SOCW, Padre, Financial Counsellor, etc.

Phase II is the formal 28-day treatment program at a Regional ARC. At the ARC the member is admitted as a hospital in-patient and undergoes one-on-one counselling, group therapy, attends didactic lectures, takes part in workshops, PT and attends Alcoholics Anonymous (AA) meetings. The goal of Phase II is to provide the member choices for an alternative life style, attitude change, elimination of alcohol abuse and its harmful effects and to be able to return to a more productive lifestyle. Studies have shown that 10 per cent of the members' recovery takes place during this phase of treatment.

Phase III is the minimum one year follow-up treatment program conducted at the members home base or station. The CO and MO determine how often members must meet, but at the minimum it must be at least every second week. Most units have a compulsory meeting every week, supervised by the BAC/PTC. The attendance at these weekly follow-up meetings is mandatory and critical for successful recovery. It is during this period that the members, discuss the difficulties and successes of their new life styles.

It takes between 18 and 24 months for a person to overcome the need for alcohol and be able to live an alcohol-free lifestyle in comfort. Most relapses occur during the following times from completion of Phase II treatment: 5-7 weeks; 5-7 months; 11-13 months and 18 months. A good Phase III program will enhance the members recovery program. 90 per cent of the recovery takes place during this period.

Staff

ARC(PRA) is responsible for the Phase II treatment of alcohol misusers in Prairie Region — that is from Thunder Bay to the Rockies, including NRHQ Yellowknife and CFS Inuvik. The clinic conducts a 28-day in-patient treatment program for up to 16 members at any one time.

To accomplish this task, ARC(PRA) has a staff of seven — A Clinic Director (Capt — MAO); A Senior Counsellor (Civilian - AS - 02); A Clinical Social Worker (Capt - SOCW); a Counsellor (Capt - any); a Counsellor (Sgt - ATR); A Counsellor and Clinic Med A (WO — Med A) and an ADM CLK (MCpl). The Capt - any position is being restricted to female.

All staff, with the exception of the Adm Clk, are trained as Alcoholism Treatment Counsellors by the United States Navy in San Diego. The 11-week course trains the person in the psycho-social aspects of alcoholism; identification of alcohol misusers; utilization of resources and support systems; interpersonal communication and group dynamics; in-

Cont. — page 9

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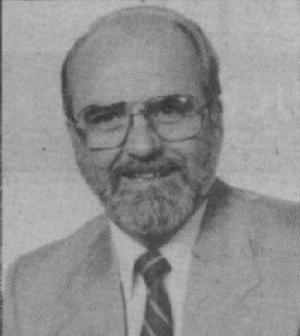


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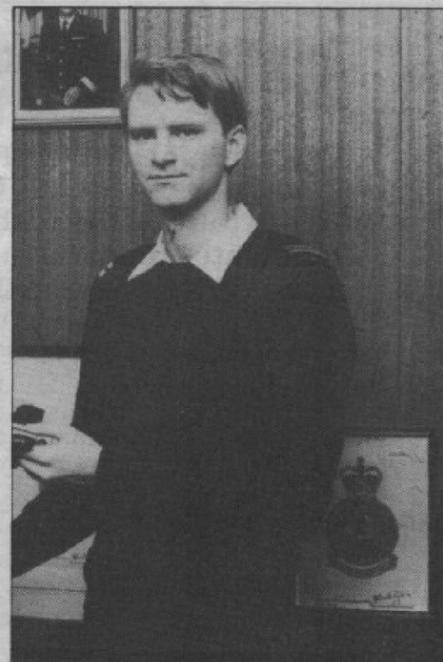
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ARP staff

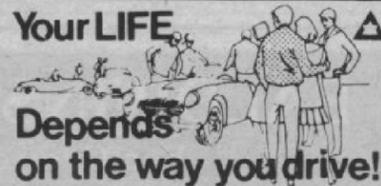
interviewing and problem identification; counselling skills — both one-on-one and group therapy; and a four-week practicum, where the skills are further developed.

After successful completion of this course the graduates must complete a one-year internship at an ARC, where they work with patients in both one-on-one and group sittings and under the supervision of a certified Alcoholism Treatment Specialist. After the internship, the Alcoholism Treatment Counsellor must pass a certification examination to become an Alcoholism Treatment Specialist. This is a lengthy and arduous process; however, because it is so, successful completion, perseverance, as well as commitment to personal and professional growth, mean a high level of competence in counselling. Alcoholism Treatment Specialists are the very foundation of our program for the treatment and prevention of alcoholism.

Four out of the current staff of five counsellors are certified as Alcoholism Treatment Specialists. We have one counsellor undergoing an internship and one on course in San Diego. In the region we have one San Diego-trained Base Alcoholism Counsellor, one going in April and one waiting selection. San Diego counsellor training is open to those members and civilians employed in an ARC or a full time established Base Alcoholism Counsellor position of which are three in Prairie Region.



PROMOTION — Andre Nadeau is presented with epaulets, denoting promotion to the rank of captain, by LCol. T.G. Senft, Commander of 73 Communication Group, effective Jan. 1. (Base Photo Section)



Interculture Canada

Looking for 5 families in Manitoba

Interculture Canada, a leader in the field of international educational exchanges, will offer to young students from Brazil, Spain, Japan and 30 other countries, the possibility of continuing their high school education in Canada, during the 1986-87 school year. Interculture Canada is searching for five families in Manitoba, who would be interested in hosting these students, aged from 15 to 18 years old.

Inviting foreign students to Canada allows them to discover a part of the world they have never seen before. It is also an opportunity for host families to share their culture and language and to help their student adapt to a new family and school environment.

In return for their hospitality, the host family will, in turn, have the chance to discover another country through the customs and traditions of their young student. "Such an experience has helped us to open our eyes and our hearts to the world", one of Interculture Canada's families said

recently. It is also a unique occasion to develop a lasting friendship.

It is not necessary to have children to be able to host. However, it is important to be open, generous, understanding and to know how to include the student as a true member of the family.

Interculture Canada is a not-for-profit, non-governmental organization and a member of the AFS International/Intercultural Programs which have been operating cultural exchange programs for 40 years. The organization is aimed at promoting peace and world understanding through the exchange of people of different cultures and countries.

Interculture Canada offers the families of Manitoba a unique human and cultural experience. Families wanting more information may call Interculture Canada's toll free number 1-800-361-1879 or write to 59, St-Jacques, Suite 700, Montreal, Quebec, H2Y 1K9.

"Well, Bill," asked a neighbor, "I hear your boss has a fever. How's his temperature today?"

The hired man scratched his head and decided not to commit himself.

"T'ain't fer me to say," he replied. "The boss died last night."

Policeman (producing his notebook) — "Name, please."

Motorist — "Aloysius-Alastair Cyprian."

Policeman (putting away his book) — "Well, don't let me catch you again."

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Babysitters' Course

CFB Winnipeg's Fire Prevention Bureau will be running a Babysitters' Course on 4 Apr 86 from 0830 hrs to 1600 hrs in the Base Theatre, Bldg. 90.

Candidates must have reached their 12th birthday by 1 Apr 86. To register for this course contact Base Fire Prevention local 5501 Monday to Friday between the hours of 0930 and 1530. Cutoff date for registrations will be 2 Apr 86.

Police to driver: "How did you knock this man down?"

Driver: "I didn't. I stopped to let him cross the walk and he fainted."

Mother — "Your face is clean, but how did you get your hands so dirty?"

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Government settles terms with two bargaining groups

Treasury Board President Robert de Cotret today announced that Terms of Settlement have been reached with the Public Service Alliance of Canada for the Clerical and Regulatory (CR), Program Administration (PM), and General Labour and Trades (GL&T) Groups.

The tentative agreements, covering approximately 90,000 employees, were arrived at after five days of continuous negotiations.

"These have been extensive negotiations on very complex issues," Mr. de Cotret said. "I wish to commend the negotiators for both parties for arriving at a tentative settlement that is both fair and responsible."

The settlements, which the Alliance has unanimously agreed to recommend to its membership, provide for three-year agreements for the CR and GL&T Groups, and a two-and-a-half-year agreement for the PM Group, with increases to rates of pay averaging 3.5 per cent annually for these Groups over the term of the agreement. In addition, the number of pay zones for the GL&T Group has been reduced from 22 to 16.

Employees in the three Groups will also receive four weeks of vacation leave after nine (rather than ten) years of service, and improved overtime meal allowances. A new Technological Change Article, similar to the one contained in the Canada Labour Code, was also provided.

Introduced into the three agreements is a new provision whereby the government has agreed to make every reasonable effort to ensure that any reduction in the work force will be accomplished through attrition. The government has also agreed to form a tripartite Redeployment Committee, consisting of representatives of the Alliance, Public Service Commission and Treasury Board Secretariat, whose role will be to review the service-wide situation with respect to those employees identified as surplus, with a view to ensuring that maximum efforts are made to place them in jobs for which they are qualified or can be trained.

The Chairman of the Public Service Commission has also agreed to work

with the Alliance to establish the required processes for using seniority in layoff situations in cases where employees have been identified as being equally meritorious under the provisions of the **Public Service Employment Act**.

Members of the three Groups involved are employed in virtually all government departments and agencies.

Second group

Treasury Board President Robert de Cotret has announced that Terms of Settlement have been reached with the Professional Institute of the Public Service of Canada covering 18 bargaining units. The tentative agreement, affecting approximately 7,100 employees, was arrived at following intensive negotiations and with the assistance of a conciliation officer.

"The terms reflect the approach which has been taken by the negotiators for both parties to reach a responsible agreement on complex issues during this time of restraint."

The Terms of Settlement, which the Institute has unanimously agreed to recommend to its membership, provide for a duration of the agreements.

The majority of employees will also receive reductions in the length of service required for four weeks' vacation leave, from 10 years' service to nine years in the first year of the settlement, and to eight years effective June 1, 1987. Similarly, the service requirement for five weeks' vacation, which ranges up to 22 years for some groups, will be reduced to 20 years for all groups.

In addition, the settlement introduces a specific provision for the formation of consultation committees to discuss matters associated with the career and professional development of employees in these bargaining groups. These committees will be empowered through consultation to make recommendations on such matters as selection criteria for career development activities.

Members of the 18 groups are employed in most government departments and agencies.

News

Officers' Mess — North

by CAPT. R.J. EDWARDS
Assistant Entertainment Officer

Highlight of February was the Valentine's Day candlelight dinner and dance. From all accounts, the meal was excellent and the dance was great.

Another success was the TGIF, 7 Mar, which saw the mass extermination of go-o-od pizzas. Cool ales and good pizzas was the start of an enjoyable party.

Speaking of TGIFs, on 18 Apr the lower bar will be transformed into an English pub, complete with fish and chips. The 'pub' will be alive with a piano and banjo duo, so you may sing along or just enjoy; the choice is yours.

Remember Fri, 28 Mar, is a holiday, so that week there will be a TGIF instead of a TGIF.

Fri, 21 Mar, will mark a double event in the mess; at 1500 hrs there will be a general mess meeting, and later that day a mixed TGIF. The featured menu will be German and dancing will be from 2100 to 0100 hrs.

For the young and young-at-heart, the highlight of Apr will be on the 12th; "R T Y D Night," (Rock Till You Drop) featuring the top 40 rock band "The Point!" Come out and dance the (hopefully) last of the winter out of your bones. Don't run off after the dance or you'll miss the pizza and coffee.

All this for only \$5.00 per person or, as a special deal, two for \$10.00. Bring your special friend and I'll see you there.

The ARGUS Hobby Shop

(across from Birchwood Inn)



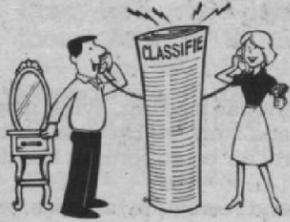
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WHEELS

- Four Firestone tires, deluxe Champion radials, P-185-BOR13, used, \$35. each; Car radio, 8-track and AM, with speakers, \$45; Manual Royal typewriter, \$50; Rust area rug, 8' X 11', \$250; Citizen ghet-to blaster, \$125; Kenmore sewing machine, with carrying case, \$300; Oster meat grinder, \$60; Strit men's bicycle, three speed, with baby seat, \$100. Call 489-6171.
- A beauty of a car, 1970 Ford XL, very good condition, power, air, luxury drive. You would love to own this car — \$1,000., firm. Call Maureen, 895-5941 (wor) or 489-2345 (home).

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Reward offered for return of a ring lost in the Junior Ranks Mess Friday, Feb. 28. Please call 895-5282 or 888-5461.

BABYSITTERS

Will look after children in own home, St. James area. Call 832-6482 anytime.
Babysitter wanted for three-year old girl, 7 a.m. to 4.30 p.m., Monday to Friday, South Site, call 489-2212 after 5 p.m.
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Stress seminars begin third Thursday each month

By MAJOR G.E. TONKS
Base Chaplain (P)

Beginning in May, 85, selected personnel from Winnipeg and other bases, together with staff from various HQs, were seconded to conference rooms in Ottawa, to hear the latest flashes on stress, its causes, effects and management.

Oh great, something new! Not really; stress in various forms and by other names has been with us for some time. What is new, or at least newer, is the growing evidence that negative stress, whatever its cause or source, contributes to or compounds other areas of life, and has a direct negative effect on the working environment, esprit de corps, morale and the general health of our personnel.

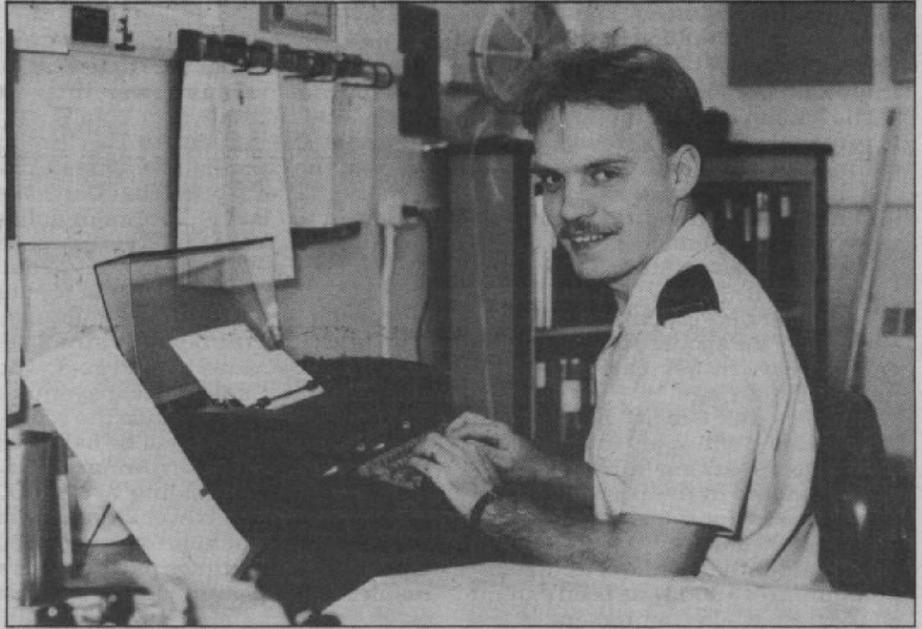
We also know that stress is accumulative in nature; pressures from the job may affect reactions in the home or vice versa. Depending on the amount of stress, an individual may become less efficient and attentive. Over a longer period of time, stress may also contribute to high blood pressure or hypertension. These symptoms, we know from our medical people, are not good. There is a lot of evidence that they are prime contributors to a number of illnesses, primarily heart attack.

We know, too, that some stress may actually be good for us, but too much too long is not.

Our most important source still remains our people. These seminars planned are designed for people of all ranks, military and civilian employees alike, to acquaint you with the problems of stress and to provide you with the tools to deal with it. This is basically a self-help approach. If we learn to recognize the signs and know what can be done, or what we can do to alleviate it, it is hoped that all of us will live longer happier lives.

The seminars on stress management are planned for 0830 hrs in the Base Theatre on the third Thursday of each month. They will be conducted by a team of professionals, some of whom have had considerable experience in different manifestations of the problem.

Come and learn to be more relaxed, more efficient, happier. The BComd and Branch Heads have endorsed the program, and the BComd has ordered it to go, so tell your supervisor to put you on the list. The sooner you become aware and do something to prevent or deal with stress, the greater the benefit to you.



PUTS UP FIRST HOOK — Private R.D. Worgul, an administrative clerk at the Canadian Forces School of Meteorology, Winnipeg, displays his first chevron on promotion. He's been in Winnipeg since July, 1984, coming from No. 2 Service Battalion, CFB Petawawa. (Base Photo Section)

History

Air Reserve Group

Canada's Air Reserve is one of the least publicized elements of the Canadian Forces, yet it has been a vital link in Canada's defence for more than half a century.

On October 5, 1932, the first non-permanent air squadrons were formed in Toronto, Vancouver and Winnipeg. Three additional squadrons were formed within the following two years. From this humble beginning the Air Reserve emerged as the backbone of Canadian Military Aviation at the commencement of World War II for it was the Air Reserve that provided the nucleus of Canada's air strength at the outbreak of war.

Number 110 Squadron, later re-numbered 400 "City of Toronto" Squadron, had the distinction of being the first Canadian Air Force Squadron to proceed overseas as a unit, arriving in England in 1940. At home the Air Reserve also provided the skill and experience to assist the British Commonwealth Air Training Plan and the Home Defence Squadrons.

After the war eleven auxiliary and nine regular squadrons were authorized to commence flying training with Harvard aircraft. The Auxiliary Air Force soon expanded to twelve squadrons, with two squadrons flying Mitchell bombers, four squadrons flying Mustang fighters and six squadrons equipped with the Vampire, the latest operational jet fighter.

The Air Reserve had entered the jet age, continuing to show the potential that had proven so valuable in 1939. Training and updating continued on the T-33 jet trainer and conversion was made to the famous F-86 Sabre jet fighter. The "Sword", as it was known to some, as a first line aircraft in Canada's air defence.

As world tensions relaxed and priorities changed, some squadrons were phased out in the late 50's and early 60's. Others were re-equipped with C-45 "Expeditor" twin-engined aircraft and moved to Air Transport Command.

With restructuring of the Canadian military in the late 60's, the Air

Reserve became part of Mobile Command providing light tactical transport in support of FMC's ground forces. The six squadrons continued to fly the deHavilland DHC-3 single engine "Otter" aircraft.

Further restructuring of the Air element saw the creation of Air Command in 1975 and one year later the formation of Air Reserve Group with headquarters located at Canadian Forces Base Winnipeg, Manitoba. Air Reserve units are part of the Air Reserve Group and have a variety of roles and aircraft. The concept of "twinning" with the Regular Force, an Air Reserve brainchild, has developed into what is known today as the Total Force concept.

In addition to the Air Reserve Group Headquarters, the Air Reserve Group currently consists of seven Air Reserve Squadrons, two Wing headquarters and nine Air Reserve Augmentation Flights.

The flying units of the Air Reserve include 420 Squadron, Summerside, Prince Edward Island, flying "Tracker" twin-engined aircraft on maritime reconnaissance and fishery patrols. 401 and 438 Squadrons based at Montreal and 400 and 411 Squadrons based at Toronto currently fly Kiowa light observation helicopters and support elements of Mobile Command ground forces. Based at Winnipeg, 402 Squadron flies the "Dakota" twin engine transport in support of Air Transport Group, 418 Squadron based at Edmonton, also supports Air Transport Group with light transport and search and rescue capability flying "Twin Otter" aircraft.

Air Reserve Augmentation Flights train to provide support to the Regular Force through individual augmentation at the Canadian Forces Bases where they are located. Nine "ARAFS" are situated across the country at Canadian Forces Bases Comox, British Columbia; Cold Lake, Alberta; Moose Jaw, Saskatchewan; Winnipeg, Manitoba; Trenton, Ontario; Bagotville, Quebec; Greenwood, Nova Scotia; Halifax, Nova Scotia; and Summerside, Prince Edward Island.

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If you find mistakes in this publication, please realize that they are there for a purpose. We try to publish something for everyone, and some people are always looking for mistakes!

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Woman in hat shop — "I'd like to try on that one over there."

Clerk: I'm sorry, madam, but that is the lampshade."



Cont. from page 1

You, the CF and the new budget

taxes which its suppliers will pass along to the customer. Those are expected to be \$9 million in the current fiscal year and \$12 million next year.

Impact on Personnel

The budget also contained changes to personal income tax regulations affecting members of the CF:

A three per cent surtax on the "Basic Federal Tax" in addition to the surtaxes previously announced, as of July 1, 1986 and lasting for the next two years.

The "Married Exemption" will be reduced by the spouses income for the entire year, rather than from the month of marriage.

A "Sales Tax Credit" has been introduced and will apply to those service members earning up to \$15,000. It will be reduced by five per cent of family net income for those earning more than 15,000 dollars.

Similarly, the "Child Tax Credit" (maximum of \$300.) has been extended to those whose net income is less than \$15,000. and will apply only to a small number of servicemen and women.

At the other end of the income scale, those who have sufficient fund for investments will now be able to "Gross-up" only one-third, rather than one-half, of earnings under the "Dividend Tax Credit" provisions.

Similarly, those taxpayers having or wishing to purchase "Treasury Bills" must now furnish their Social Insurance numbers to dealers so that infor-

mation returns, for taxation purposes, can be issued.

The "Disability Deduction" has been increased from \$2,610 to \$2,850. **Tax burden versus lower interest rates**

Part of the reason for the loss in value of the Canadian dollar is the international perception that Canada's deficit is too large. The weak dollar has a direct effect on interest rates. As the dollar goes down in value compared to other currencies, the cost of borrowing — interest rates — goes up. Conversely, as the dollar is strengthened, interest rates should go down.

Thus, while Canadian taxpayers are paying more to strengthen the economy, their tax outlay will be balanced by a reduced cost of borrowing. For example, a person holding a \$70,000 mortgage amortized over 20 years will see a reduction of approximately \$90 per month in mortgage payments as a result of a two per cent drop in interest rates.

Summary

Mr. Davies summarized the budget by saying, "The government has adopted a fiscal plan in this budget that relies on deficit reduction without unduly restricting the Defence services program. In the longer term, the stated intent to further assist DND when fiscal and economic conditions improve also provides an opportunity for even greater growth than currently planned. Overall, this budget is a positive one for the Department."

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May 30, 31, June 1, 1986

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