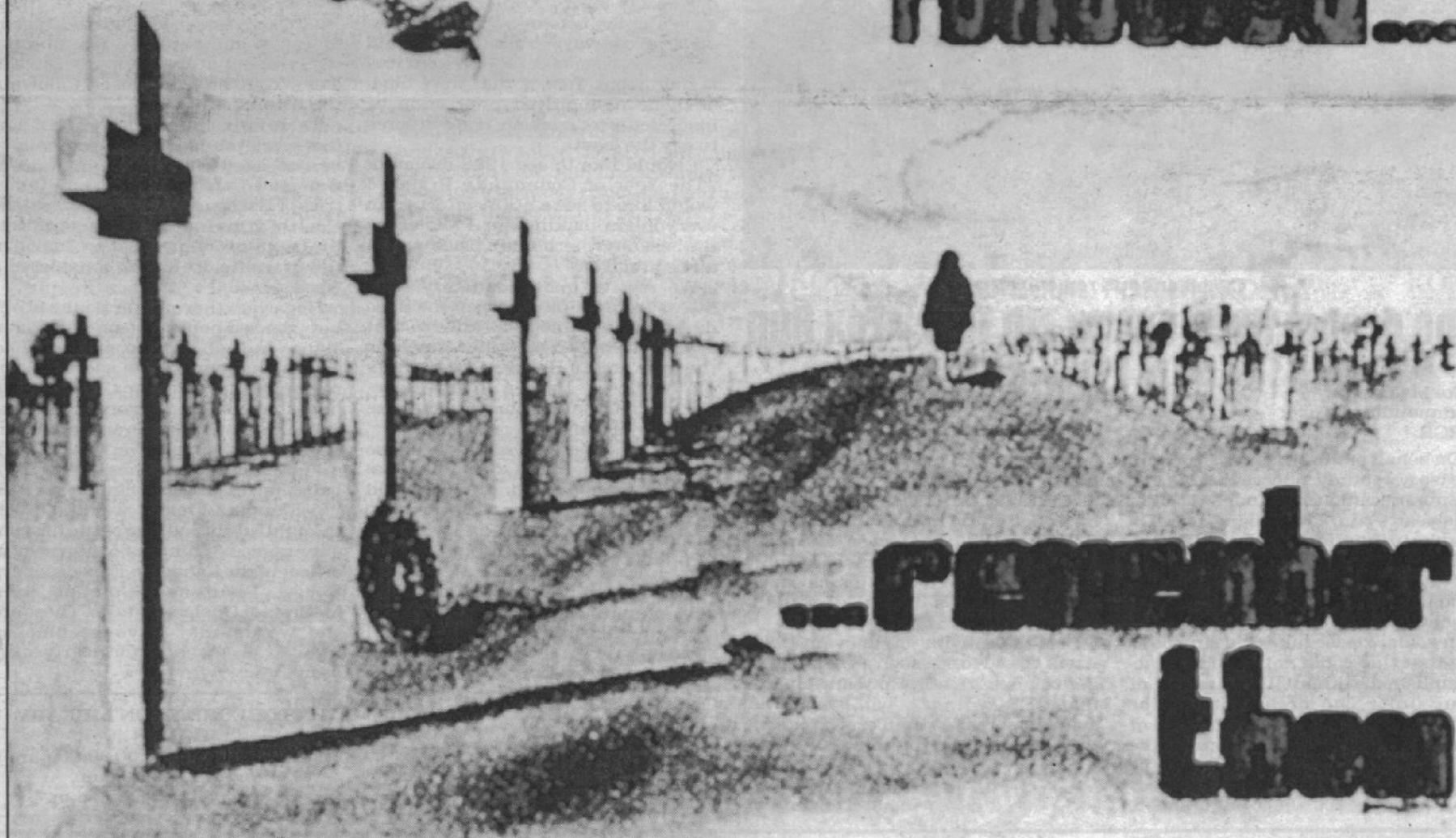


Voxair

4 November 1987



Remember the
lonely paths
they
followed...



...remember
them

Lest We Forget



From the Editor

The following article was submitted by the Royal Canadian Legion.

War, of course, is a horrible thing — countries are destroyed, along with the people who live in them. No one knows this better than war veterans, and so no one was happier when the wars ended than the thousands of Canadians who fought in them.

But what kind of country did they return home to? It is one of the ironies of the Second World War that the men and women who came home found that they had transformed their country, even though they had been away from it.

Consider some of the things that had happened while they were serving overseas. Canada had gone to war as a producer of raw materials and agricultural goods, and she ended it as one of the world's great manufacturing nations. She had started the war as a largely rural country and by its end urbanization had made large strides. Her cities had mushroomed.

Other things had happened. When Japan overran the rubber plantations of Asia, Canada promised to produce

How the war changed Canada

synthetic rubber. By war's end, 10 plants were in operation and Canadians were turning out 15 kinds of rubber. It was the same kind of story for the vehicle manufacturing industry and so many other things.

For Canada's veterans, the return home must have made them feel like Rip Van Winkle did after his long sleep: It was still the same country, but it had been transformed.

But even if there was some apprehension about the kind of country they would be returning home to, it couldn't hide the joy they felt when the war in Europe ended. Canadians celebrated from coast to coast and in Europe, but perhaps one soldier from British Columbia's Westminster Regiment put it best. He was shaving on VE-Day when he happened to look at his image in the mirror. "Boy", he exclaimed, "am I glad to see you."

The changes that the veterans returned home to didn't stop them — or Canadians — from remembering the country's 114,000 war dead. And that is one thing that hasn't changed in the 42 years since the war ended. The Legion's Poppy Campaign is just as successful now as it was in 1945.



The Base Chief Said . . .

Quincy and I were walking around the PMQ area the other day, and I was telling him how lucky we were this year, as many of the flowers people had planted survived well into October. I recall being in Penhold on 27 August, when they were hit by a very heavy frost which killed most of the bedding plants. Too bad! It's a bit sad this time of year, when the flowers have died and the leaves have fallen.

Those of you who made the effort this past summer to plant flowers, and look after your lawns, no doubt got a letter from the Base Commander thanking you for your efforts. It was interesting driving around, both the North and South PMQ sites, having a look at what you did. I must admit, I enjoyed touring the PMQ areas with the Base Commander more than I do with Quincy. At least the Base Commander doesn't want to stop at every fire hydrant, and telephone pole.

Another side of what we saw was not so pretty. We saw signs of total neglect of lawns, and PMQs in general. There are a few of you living in what has to be considered, "good value for the dollar housing", who appear not to have any respect for your own property, let alone that of your neighbours. Some of the things we observed were: derelict vehicles in driveways, over-grown lawns, over-grown areas between the sidewalks and the roadways, packing boxes and crates by the sides of PMQs, old tires laying about, fences that were obviously never approved for erection, or inspected after erection, real eye-sores to say the least.

I would like to see 1988 declared, "The Year of Community Pride". I would like to see a 100% effort from everyone in making our PMQ areas the best anywhere, and a place we can all be proud of.

We receive many laudatory comments from people who visit the Base during the summer, and an area that is always singled out for comment is the front area of Hangar 16. Most people think we have a lovely Base. Wouldn't it be nice if that was the case with our MQ areas?

As a result of the letter the Base Commander sent out, one individual took the time to respond, and I would like to share her letter with you.

"Thank you for your kind words in your letter to my husband, on September 14, 1987.

The upkeep of our PMQ does not only keep us busy, but also helps to give our children a sense of pride and security. We believe in making the best of every posting, which means

that as long as we are healthy, happy, open-minded, and provide for a comfortable home, it does not matter in which part of the world we live in.

We are proud to be one of the many families in our community who display the same or similar attitudes.

Your letter was very much appreciated."

With this type of family living in our midst, I think we're in pretty good shape.

Speaking of flowers and such things, by the time this edition hits the street we will be nearing Remembrance Day, and the wearing of the poppy. The regulations state that the poppy shall be worn on the left side of the head-dress, from 4-11 November inclusive.

On the Male Service Cap, it shall be worn centred on the left side of the cap band immediately above the chin strap button. On the Female Service Cap — (CF, Army and Air Force), it is centred on the left side of the hat, midway between the top of the hat ribbon and the upper stitching on the crown. For Navy Female personnel, the pin on the poppy shall be inserted vertically into the edges of the upturned brim, midway on the left side. On all other types of head-dress, it is worn on the same plane and immediately to the wearer's left of the cap badge.

Although associated with the tragedy of war by generations of Europeans, the wearing of the poppy in Canada dates from the years closely following the Armistice of 1918.

There is much conjecture about how this scarlet emblem came originally to be associated with the remembrance of war dead. Certainly in the Low Countries of Europe, which have known the clash of arms for countless centuries, the poppy grows in great profusion in the grain fields, and is considered a weed.

However, there is no doubt about how the red poppy became for Canadians, indeed for the whole allied cause, the symbol for sacrifice, for remembrance, and for the prayerful hope that man would somehow, someday, eliminate the horror that is war. It was fifteen lines of verse written in a dug-out in the trenches not far from battle-torn Ypres in Belgium, in 1915. "In Flanders Fields" was the quiet, thoughtful outpouring of the heart of a courageous, compassionate medical officer of the Canadian Expeditionary Force, Lieutenant-Colonel John McCrae, of Guelph, Ontario. These are the words that have become so familiar, to so many, for nearly sixty years.



Canadians still remember.

The dream lives on . . . 7th Terry Fox Run

To:
LCol MacArthur
Commanding Officer
3 RCR

On behalf of the 7th Terry Fox Run, please accept my sincere thanks and deep appreciation for all our support of this year's run. **The Dream Lives On** thanks to the efforts of the 3rd Battalion of the Royal Canadian Regiment.

The results to date are looking terrific and I'm confident that we will reach both our financial and participation goals. Please take pride in knowing that this could not have been accomplished without the support of your unit. The press conference received an incredible amount of positive feedback and of course, the run was a great success. It will be quite exciting to see the final totals for your event, once the pledge sheets

have been processed through the banks.

I can't begin to describe the significance of the regiment's contribution since 1984, but please take pride in knowing that the efforts of the unit have resulted in us coming closer to realizing Terry's dream — to find a cure for cancer.

Best wishes with your move in 1988, it will be sad to see such a valuable organizer depart, however I am hopeful that CFB Winnipeg will remain an avid supporter of the Terry Fox Run through the contribution of 2PPCLI.

— Nancy Arsenault,
Provincial Coordinator



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est en marche is on the move

par le capitaine Douglas P. Martin

S'il est un sigle qui est très utilisé ces temps-ci par le personnel non officier c'est bien AMCC, soit l'Avancement dans le métier selon la compétence et les connaissances.

Au cours de la dernière saison s'affectations, un bureau de projet, nommé BP AMCC, a été instauré, avec comme mandat de créer une stratégie pour développer un nouveau système de grades et de progression selon la compétence au sein des Forces canadiennes. Peu de non officiers seront touchés par le programme pendant la période de développement d'une durée de deux ans. Mais une fois de programme mis en force, tous le seront.

Selon le colonel Bill Sterne, administrateur du projet: «Notre travail consiste essentiellement à créer une ébauche d'un système de grades et de progression selon la compétence, qui augmentera les capacités opérationnelles des Forces canadiennes.»

Le BP AMCC a effectué une première série de rencontres avec les divers Commandements, à la fin

septembre-début octobre. Ces rencontres ont servi à créer une stratégie visant à développer et à rendre effectifs les objectifs du programme AMCC.

Dans l'équipe du colonel Sterne, on retrouve l'adjudant-chef G.B.J. Turgeon qui agira en tant qu'adjudant-chef du projet. Ancien adjudant-chef des FC, il sera le principal intermédiaire entre l'équipe du AMCC et tout le personnel non officier.

«Une fois complété, le programme permettra aux Forces canadiennes de reconnaître et de récompenser ceux et celles qui auront amélioré leur compétence dans leur domaine. Présentement, le seul moyen de récompenser quel-qu'un, c'est de lui donner une promotion pour augmenter son salaire. En instaurant un système de récompense flexible et équitable qui reconnaît de façon efficace l'accomplissement du militaire, l'AMCC viendra enrichir le mandat les Forces canadiennes, qui est d'attirer, de motiver, d'entraîner et de retenir le bon personnel.»



CWO G.B.J. Turgeon



Col W.B. Sterne

The most important acronym to all non-commissioned officers in the Canadian Forces today is TASK; Trade Advancement for Skill and Knowledge.

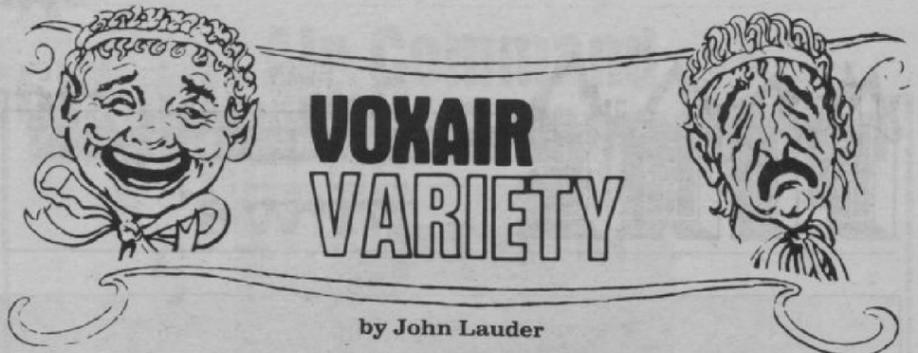
During the annual posting season in 1987 a project management office was formed, called TASK, with a mandate to create a strategy to develop a new system of rank and skill progression in the Canadian Forces. Although the development phase may not effect many NCM's in the next two years, the implementation, once approved, will affect every sailor, soldier and airman in the CF.

"Basically, the job that we have," said Col Bill Sterne, Project Manager TASK, "is to create a framework for rank and skill progression that will enhance the operational capabilities of the Canadian Forces." The Project Management Office TASK just completed their first round of meetings

with the Commands in late September and early October. They began a dialogue with the Commanders aimed at creating a strategy to develop and implement the objectives of TASK.

Chief Warrant Officer G.B.J. Turgeon, Project CWO and former Canadian Forces Chief Warrant Officer is the principal liaison with the project management team on behalf of all CF non-commissioned members.

"When our mandate is complete it will permit the CF to recognize and reward individuals for increased military occupational skills," said Col Sterne. "Right now the only way we can reward is by promotion for pay. By providing an equitable and flexible reward system that effectively recognizes achievement, TASK will enrich the military personnel mandate of attracting, motivating, training and retaining the right people."



by John Lauder

Unless one works as a member of a Transport crew, world-wide travel is not available, and even Canada-wide travel is limited to your next posting. So to get a feel for the far away places, some folk rely on the travel films offered by various groups. World Adventure Travel is one of these, and they give us bright colour movies, accompanied by lectures by American professional travelers.

Last week the topic was Nova Scotia, Newfoundland, and Labrador, and the speaker was Montana born (a nearby state?) Don Cooper, billed as the Will Rogers/Bob Hope of the travelogues. As I had just returned from driving to N.S. and back, I was interested in his version of the Maritimes.

The few shots of fine scenery were great, such spots as the Cabot Trail and Peggy's Cove, but the speaker is also a wild life expert, so was able to find deer and moose, presumably in the parks. His endless stream of jokes (e.g. My brother was the only man in the U.S. Army to get a 'Dear John' letter from his Mother") did not relate to the subject at hand, so grated a bit.

Included were many pictures of the U.S. owned ferries that run from Maine to Yarmouth, but it was not mentioned that the price on these is \$165 U.S., or some \$196 Canadian dollars, when I was there. No go.

However, to escape Winnipeg winters, it is nice to visit distant lands. Next travelogue is by the Rotary Club, "Caribbean Gold" on November 24th, and on the 7th of December Adventure Tours is back with "China".

* * *

The Manitoba Theatre Centre's present play, W.O. Mitchell's "Royalty is Royalty" ends on Saturday night, the 7th. A very timely topic, in that Her Majesty has recently completed a number of such visits to small Saskatchewan towns. The comedy has been playing to full houses, and there are still some seats left, if you hurry.

Next on the MTC agenda is the Warehouse offering, which opens to-night, November 4th. "The Rez Sisters" by Manitoba playwright Tomson Highway, ran in Toronto last year and won awards as the Best New Play of 1986, and as the Outstanding New Play. It tells the story of a group of seven Native women who travel to Toronto to compete in the biggest bingo game in the world. Their dreams, laughter and tears are shared with the audience. Praised by the press as "exuberant, entrancing and remarkable", this should be a lot of fun.

Shows are Monday to Friday at 8:00 p.m. and Saturdays at 3:30 and 8:30, prices from \$7.00 to \$14.00. More info at 942-6537.

* * *

Another kind of comedy, now running at the Gas Station Theatre of River Ave at Osborne St, is the show with the longest title "A Coupla White Chicks Sitting Around Talking". This deals with the plight of two housewives who are blessed with erring husbands, and tells how they unite to thwart their men. Prices range from \$3.00, Tuesday nights only at the door, to \$5.00 for Wed, Sat and Sun matinees; up to \$10.00 for other nights. Call 942-6140.

* * *

Footlight footnotes... at the Centennial Concert Hall for the next little while is a wide range... "Les Ballets Jazz", from Montreal tonight, the 4th; the Winnipeg Symphony on the 6th with Arthur Polson as guest violinist; then the Symphony again on the 7th and 8th with a Pop Concert offering Gilbert and Sullivan with the Winnipeg Singers. On the 14th, 17th and 20th we get opera, "Il Trovatore" by Verdi, sung in Italian with English subtitles. Then for the less cultured on the 21st and 22nd another pop concert "It don't mean a thing if it ain't got that swing", with Ron Paley and his Big Band joining the Symphony. Finally on the 23rd there will be "A Gala Show" presented by the Folk Arts Council which features no less than 14 local ethnic groups. So get away from the Box and see something live for a change.

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FIRE PREVENTION NEWS



Acting Base Commander LCol Doerksen and the Base Technical Services Officer LCol Ross pull the fire alarm at the Base Hospital to initiate an evacuation drill during Fire Prevention Week. The theme this year was Learn Not To Burn . . . Plan Your Escape.

Planning and practicing an escape from fire eliminates a great deal of the panic and confusion that often results in tragedy. Statistics show that fires in the home account for approximately 75% of all fire fatalities. This number could be greatly reduced if everyone would learn what to do in the event of fire. You can learn not to burn simply by planning and practicing an escape from your home today. If you have any questions in regards to Fire Safety feel free to phone the Base Fire Prevention Bureau at 895-5501.

Where's Tommy?

By WO R.B. Jay

The world is a fascinating place for Tommy, age 3. It is full of interesting things to feel, to see, to taste, to smell, even to try. Growing up is an amazing learning process for every child . . . but because he lacks experience, he does not know what is safe and what is dangerous.

Mother puts Tommy to bed for a nap, and goes next door to have a cup of coffee with her friends. She explains that she can stay only a minute . . . but minutes slip away, and while mother is gone, a little child like Tommy can encounter many dangers.

With mother away, Tommy may leave his bed and explore the bathroom. Remembering the pleasant flavor of candy, he may find and taste something that looks much the same in the medicine chest, and then . . . only a minute alone, and Tommy's wonderful world may be gone forever.

Perhaps that old toaster with the frayed cord will develop a short, and the sparks ignite the clothes in the nearby basket. When Tommy is alone, who can keep him safe?

Cleaning supplies, though supposedly stored out of reach, may be a threat to Tommy because he has

learned that a drawer pulled out of the kitchen cabinet makes a good ladder. If he could only read, he would understand labels warning "Danger", "Poison", "Keep Away From Children" . . . only a minute alone, and Tommy's life may be at stake.

The livingroom seems safe, but what about the matches on the table? Tommy could experiment while he's alone.

Supposing Tommy decides to fill the lawnmower with gasoline. He hasn't learned that the water heater pilot light may ignite fumes from the gasoline and cause an explosion and a serious fire.

There are many dangers facing Tommy while mother is next door having coffee with her friends.

When mother returns and discovers Tommy missing from his bed, she begins to search for him. Frightened when she cannot find him, she realizes her mistake in leaving him alone. A startling ending emphasizes that small children, in their inexperience, may be seriously endangered, and should never be left alone . . . not even for a minute.

Could your child be Tommy?



TIME:TIPS

Work from a clean desk. It's a simple enough idea to save time and improve concentration, but many executives ignore this time-saver. Recent studies tell us that the average person has 36 hours of work on his or her desk. That doesn't include time for meetings, appointments, interruptions, and unplanned tele-

phone calls. That stack of files and unfinished work is a constant reminder of what you cannot accomplish. It creates undue stress and pressures and prompts you to tackle projects randomly rather than in order of priority. It makes you feel the job is never done. So start your day from a clear desk. You'll accomplish more with greater satisfaction.

TIME: TIPS: a series on improving your productivity by Daniel Stamp, Priority Management Systems Inc.

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"Rotation" Operation Princess Royal II

By Lt L.A. Coghill

Now that Personnel Preparation Week at Kapyong Barracks is behind us the Rotation Office can finally get down to answering the specific questions that arose during the initial briefings. As previously mentioned, "Rotation" articles in the Voxair will be one source of information available to members of 3RCR and their dependants concerning the move to CFE. The first subject, that of Education in Germany, generated a number of questions which I will begin to answer now.

DND schools at CFB Baden-Soellingen open their doors to students attending junior and senior kindergarten and students from grades 1 to 13. The Baden Elementary School offers English language programs from junior kindergarten to grade 6, French Immersion from senior kindergarten to grade 6 and French as a first language from junior kindergarten to grade 6.

Programs at Baden Senior School use a semester system and include English language from grades 7 to 13 and French Immersion for grades 7 and 8. Students wishing to continue their French studies may take either single French classes from grades 9 to 13 in Baden or full classes in French in Lahr. Bus transportation is available for students in this case.

It is important to emphasize that there is little difference between the DND overseas schools and those in Canada. Baden schools follow an Ontario-based curriculum and have the advantage of being able to draw talented teachers from all across Canada. The senior school has all the facilities of a high school in Ontario. This means that students receive all of the core subjects but in addition, others such as French, typing, computers and industrial arts are also available. Another bonus not found here is that the schools have an exceptional extracurricular program which involves travel throughout Europe.

Students are bussed to and from school from all outlying areas. Special buses also look after the kindergarten children who attend school for half days only. These buses are monitored by adults as well as high school students.

The school system in Europe, unfortunately, does not have the support resources necessary to deal with children who are either very gifted or who have special learning needs, academic or behavioural. That is to say there is

no "special education" program. The DND schools do have learning assistant teachers whose role is to assist the students who may be experiencing some difficulty in specific areas. However, this is done on a short-term basis only with the goal of helping the child achieve the expected classroom level as soon as possible.

Baden school calendars 88/89 will be available for reference in Jan/Feb 88. Unit members should review this calendar with regard to course selection for their dependants. A DND visiting team from Baden will conduct pre-registration in Feb/Mar 88. In order to establish the equivalency of schooling, a transcript of marks for dependants will be required. Further details will be announced when specific dates are confirmed.

In addition to providing a program comparable to Canada for dependants the opportunities for adults to upgrade their education are also considerable.

Whether a member wishes to finish high school, learn the native language or start college or university courses, Germany is as ideal a place to start as any. In fact, many subjects such as History will take on a whole new meaning when studied in an European context.

The University of Manitoba offers "on site" courses in Lahr and a few in Baden, in addition to their normal number of correspondence courses. The Canadian Forces Community College Program also offers courses from Seneca College in English or College Ahuntsic in French. Again, Lahr also offers a variety of these "on site" courses in applied arts and technology.

Continuing Education is offered at Baden Senior School for high school level night school courses and another popular course is the German Language Training Course which is designed for beginners as well as intermediate and advanced levels.

Should you have any further questions dealing with education or anything else related to Rotation do not hesitate to phone us (local 6645).

One final note, the first "Rotation" article on 23 Sep 87 should have read that the advance party of approximately 75 personnel and their families will leave in early May 88 rather than Feb/Mar 88.

The next issue will contain information on bringing your pets to Germany.

Air Command Commander's Commendation



MWO H. Gerstheimer

Warrant Officer Harry Gerstheimer was presented with an Air Command Commander's Commendation in recognition of outstanding service on September 18th, 1987 at CFB Moose Jaw. In further recognition of his many talents, he was promoted to Master Warrant Officer effective September 16th, 1987.

The award reads "WO Gerstheimer's career has been distinguished by superlative performance within both the military and civilian communities. His dedication, leadership and professionalism have contributed significantly to improving the quality of life of others and have brought credit to himself, Air Command and the Canadian Forces." The award is signed by Lieutenant-General L.A. Ashley, Commander Air Command.

Master Warrant Officer Gerstheimer has been in the military for almost 18 years. In that time he has touched the hearts of everyone he has met and his selflessness is typified by the number of hours he spent with his co-workers and various community groups. Harry was actively involved with the Royal Canadian Legion, the Saskatchewan Social Services' Valley View Centre, St. Anthony's Home for the Aged, and the Moose Jaw Big Brother organization. He spent many hours playing Santa Claus at hospitals or playing his guitar and leading sing-a-longs with shut-ins, sick children, senior

citizens and mentally handicapped people.

As an airman and professional air traffic controller, MWO Gerstheimer has progressed through the ranks at an above average rate. His postings have been CFB Portage La Prairie, Manitoba for 4 years; CFB Baden, Germany for 6 years; and CFB Moose Jaw, Sask for 7 years. Of particular interest during his time in Moose Jaw was Harry's involvement in the Old Timer's Hockey Team. He managed the team for 4 years, coordinating and organizing over 70 games throughout Alberta and Saskatchewan each year.

He was a "founding" organizer of an annual International Curling Funspiel involving fellow controllers from Minot Air Force Base in North Dakota, Saskatoon, Regina, Winnipeg, Edmonton and Cold Lake. This event has been a great success since 1983.

To list the remainder of MWO Gerstheimer's achievements would require a novel. He is an incredible person and anyone who has met or worked with him is richer for the experience.

Moose Jaw's loss is Winnipeg's gain. On July 24th, 1987, then WO Gerstheimer was posted to Winnipeg to take a year of French language training. Harry will be missed by the community of Moose Jaw, and all who know him wish he and his family well.

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3 RCR Housing Office Staff



Files pile up after Personnel Preparation Week at 3RCR Housing Office. L-R. WO Tarrant, Lt Coghill, Maureen, MCpl Adler, Sgt Murphy, MCpl LeBlanc.

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Dealing with Autopac after a personal injury

By William E. Doyle

Amid the pain and suffering associated with any personal injury which was as a result of a motor vehicle accident, it is important that one is reassured that compensation will be forthcoming when dealing with the Manitoba Public Insurance Corporation or Autopac as it is commonly known. It should be noted that the subject matter of this article only relates to obtaining compensation for personal injury. Vehicle damage and other losses associated with loss of a motor vehicle will not be dealt with herein. It should also be noted that the statements made herein relate to the most common situations involved. In addition, note should be taken of the fact that coverage is provided in relation to accidents occurring within Canada and the United States. For further information, it is suggested that you consult legal counsel.

In many situations when you have suffered personal injury as a result of a motor vehicle accident, you will be contacted by an adjuster for Autopac to further the claim that you will be making. Should such not be the case, you should contact the Bodily Injury Claim Centre of Autopac to arrange for an appointment to meet with an adjuster. At that time, the adjuster will have you complete an Accident Benefits Application form and assist you in making a statement in relation to the accident in question. Keep in mind that at all times in relation to such dealings with Autopac you are entitled to legal counsel.

Regardless of whether you are responsible for the accident in which you were involved, you are still entitled to disability benefits. Such benefits are also commonly called "Part II" benefits. This type of benefit is normally the first type of benefit

that you will receive as it includes partial compensation for lost income.

Various types of benefits are available pursuant to Part II of the applicable Regulation. First, an individual will be reimbursed for medical expenses, dental expenses, ambulance charges, chiropractic expenses, prescriptions, and other related expenses up to a specified limit. In addition, where an individual by reason of the injuries suffered, has become incapable of continued engagement in his former employment, payment may be made for any necessary occupational rehabilitation training. Second, where loss of life has resulted from the injury, one's executor or personal representative will be paid for the actual cost of funeral and burial services to a maximum of \$1,500.00. Third, again in the situation where loss of life results, a death benefit is payable to the dependants of the deceased with the amount of such benefit varying depending upon the dependant's relationship to the deceased. Fourth, benefits are payable to an injured person, partially indemnifying such person for lost income or for a loss of their ability to perform their trade, calling, or home duties.

For all but 7 days following the date of the accident, an individual can be reimbursed for periods during which they are totally disabled or partially disabled as defined in the Regulation and determined by the attending medical practitioner. Benefits payable for total disability range from \$150.00 to \$300.00 per week depending upon the individual's earnings during the 6 months immediately preceding the accident. Benefits payable for partial disability are in the amount of \$60.00 per week. This type of benefit is also payable to a person who manages and

controls a household and who is not otherwise employed.

Finally, the disability benefits payable through Part II of the Regulation include impairment benefits payable for the permanent loss of a bodily function whether such loss is either total or partial. The benefit payable depends upon the degree of impairment and is determined pursuant to a schedule attached to the Regulation and is to a maximum of \$20,000.00 for total impairment.

It is important to note when considering this type of benefit that other than the above indicated reimbursement for funeral expenses and payment of a death benefit, no benefits are payable either to a person who is driving without legal authority or while disqualified. Such is also true in relation to a person who was a passenger of such a driver unless the person upon reasonable and probable grounds believed that the drive was qualified and authorized.

In addition, the Regulation includes various policy conditions which may disqualify an individual from receiving benefits of this nature. Finally, while many of the criteria are subject to the opinion of the attending medical practitioner, Autopac is entitled, where there is dispute as to the injuries suffered, to subject the individual to an examination by a qualified medical practitioner that it may appoint.

For an injured person, who was either the driver of a motor vehicle who was not totally responsible for the accident in question, who was a passenger in a motor vehicle involved in an accident, or who was a pedestrian involved in an accident, additional benefits are payable by Autopac as the insurer of the individual responsible for the accident. Pursuant to such

coverage, Autopac will pay to any person who has suffered loss or damage as a result of the accident, the amount of such loss or damage which legal liability would otherwise prescribe. A portion of such amount is payable where responsibility for the accident partly falls upon the claimant. Most important under this head of recovery is a lump sum settlement from Autopac as compensation for pain, suffering, and the loss of enjoyment of life.

The amount of such compensation is determined by, generally speaking, the seriousness of the injury and the length of time it takes for a person to fully recover. The only means by which such can be assessed is to compare the seriousness of the injury relating to the individual in the case in question to previous court decisions relating to injuries of a similar nature. Such is often the reason why legal counsel is consulted in such a situation. It is also important to note that any benefits received by an individual pursuant to Part II of the regulation are deducted from the total amount which is otherwise received.

In summary, when dealing with the Manitoba Public Insurance Corporation in relation to the settlement of compensation to be received as a result of a motor vehicle accident, it is important to be aware of all the possible benefits that you may be entitled to. Hopefully this outline of such benefits will serve to increase any benefits that you may otherwise receive.

William E. Doyle is a lawyer practising with the firm of Begin & Doyle, 427 Academy Road, 488-3337. He is the son of a retired Career Warrant Officer with the R.C.A.F.

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Financial Planning

Don Faso, C.A.



In looking at your total financial picture, every possible variable should be taken into account, and for that reason a financial planner may be of assistance.

National spending habits as a percentage of income are something like 30% to 35% on housing, savings 10% to 15%, car loans 10%, and 20% to 25% on expenses that you can't control such as food, utilities, and insurance premiums. The rest is discretionary. If your spending is different than this, try and determine that what you are doing is right for you. In order to have some long term financial security, it is a good idea to prepare a personal budget to comply somewhat with the above. Sit down with your cheque book and do your homework.

Once you have established your budget — be flexible — it can be adjusted after 3 or 4 months — then try and live by it. Be sure that your 10% to 15% savings are working properly for you; after maximizing your R.R.S.P.'s, look at the advantages of earning dividends or capital gains rather than interest. Look at the legal contracts in your life such as your will, the beneficiary designation on your R.R.S.P.'s and life insurance and the possible impact of the family law reforms on your marriage.

People nearing retirement age should ensure that their mortgage and any other non-taxable debts are paid down. A close look should also be taken at your life insurance; often people nearing retirement are over-insured.

In order to determine your prospects for financial security as you near retirement, it is essential to examine your total assets and liabilities. It is important to accumulate assets over your working lifetime, but don't become asset rich with the big home, cottage, boat, etc. and still have little money. If you have no assets generating income, you may have to sell something to supplement your pension income. If you have to sell something, then you have to change your lifestyle — you probably don't want to do that.

Proper planning on the road to retirement will help ensure that lifestyle changes won't be necessary. In retirement it is necessary to have assets that generate income such as investment certificates, bonds, stocks or income producing properties.

If you are planning on retiring early, you should also plan on taking advantage of the new Canada Pension Plan rules that allow contributors to receive benefits from age 60. Benefits are reduced by at least 0.5 per cent for each month the person is short of the retirement age of 65, when the old age pension also kicks in but for the average person it will take to somewhere around age 78 before you reach the break-even point — if you live that long.

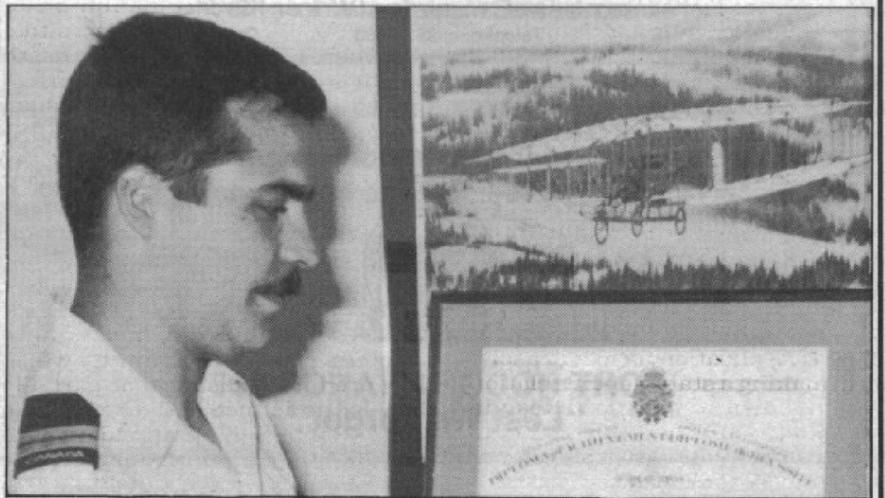
Finding the right financial plan for you is hard work, whether you try to do it yourself, or whether you do it with a planner, but it could mean thousands and thousands of extra dollars when you retire. It's a comfortable feeling to know that you've put the proper plan in place — why not eliminate one of the big anxieties in your life.

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All that hard work is finally recognized as the Commanding Officer 733 Comm Sqn, Maj Atkins, presents a "Diploma of Achievement" to Capt Douglass for successful completion "with distinction" of the OPDP Program. "Well done, Scholar Douglass."



Well done! Capt Lemasson of CFS examines the OPDP certificate recently awarded to him for successful completion of the program.

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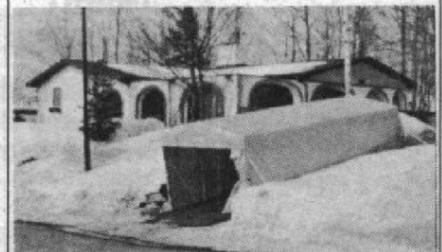
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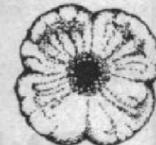
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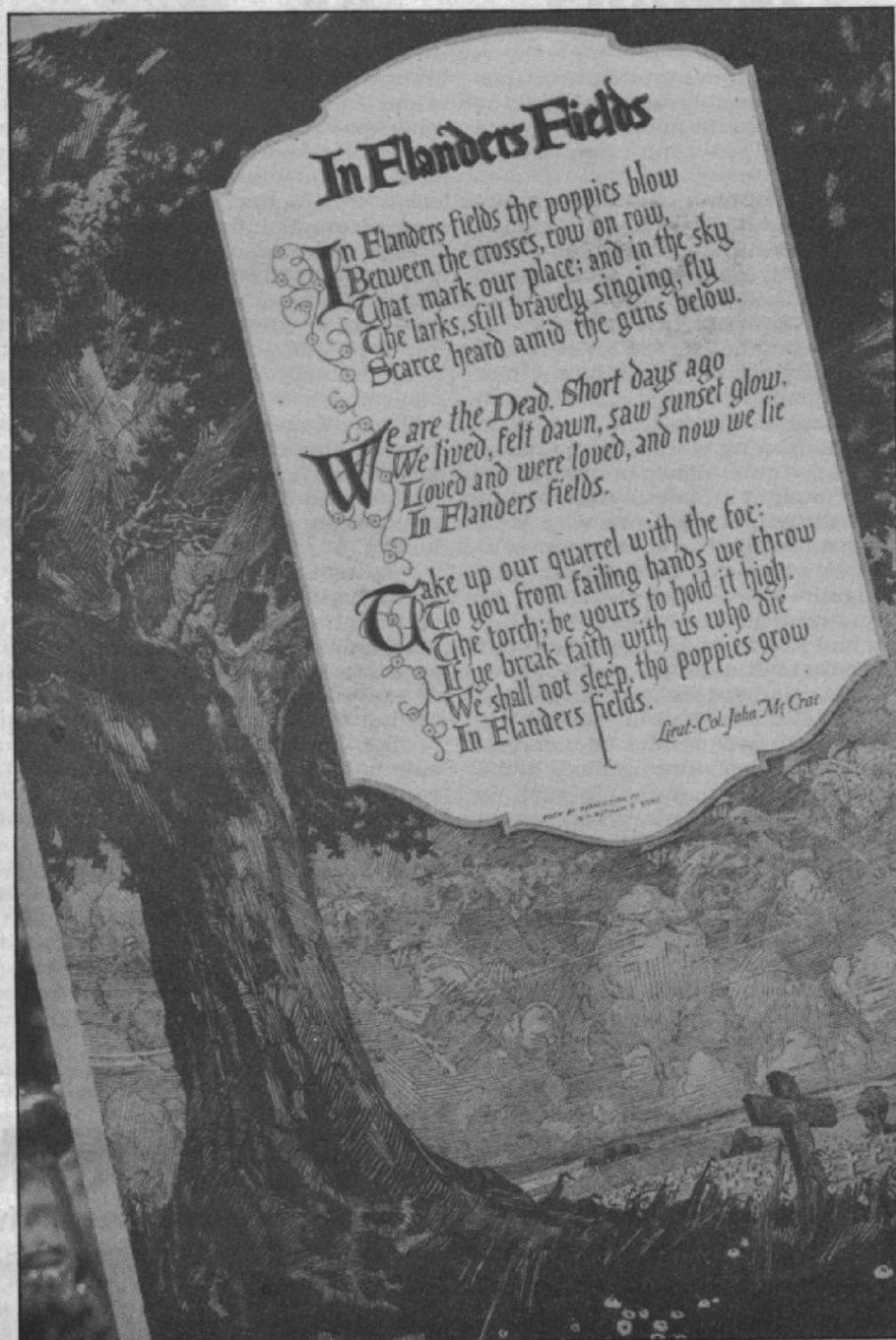
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In Remembrance Of Our
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1914 - 1918
1939 - 1945
and Korea



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In Flanders Fields

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

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

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

Lieut.-Col. John McCrae

WHO DIED...



 Their memory lives forever 
 1914 - 1918 1939 - 1945 1950 - 1953
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*In memory of all who fought and those who fell
 In defence of our nation;
 In thanksgiving for the freedom
 They so valiantly maintained
 For us to enjoy.*

From the members of 402
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In Remembrance Of our fallen comrades of past wars



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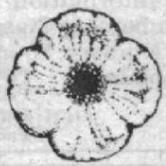
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In Remembrance Of Our Fallen Comrades

1914 - 1918
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 AND KOREA

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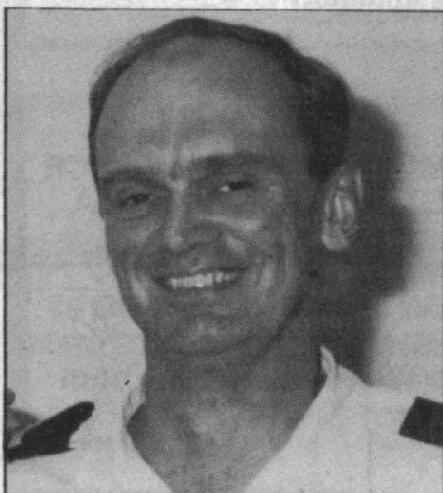


Preparing For Christmas

I was in a department store in mid-October and noticed that the Christmas trees had already been put up! My mind snapped to attention, "We're two months away from Christmas." I realized that the Christmas commercial machine was being cranked into motion for another year. We would soon be worrying about what to buy Aunt Sally or Uncle Albert this year.

On the way home, I listened to the

Congratulations Padre Baker



Congratulations Padre! Padre Baker was recently promoted to Major.

car radio. The news came on, and it was the usual recitation of killings and terrorist bombings throughout the world and I wondered what the tiny Christian community could possibly do to make a difference.

I thought of Christmas: God was born in Bethlehem; God entered human history and nothing will ever be the same again. That is what Christmas is about.

In Baptism, we are asked, "Will you seek and serve Christ in all persons, loving your neighbour as yourself?" "Will you strive for justice and peace among all people, and respect the dignity of every human being?" and we respond, "I will with God's help." Through our prayers, public worship, and Eucharist, we learn to live out our lives in peace. Through living out our baptismal promises, we can establish peace and justice in the places where we have been given responsibilities.

Why not come along to the Chapel of your choice and learn something more about Jesus before we celebrate his birth on the 25th of December?

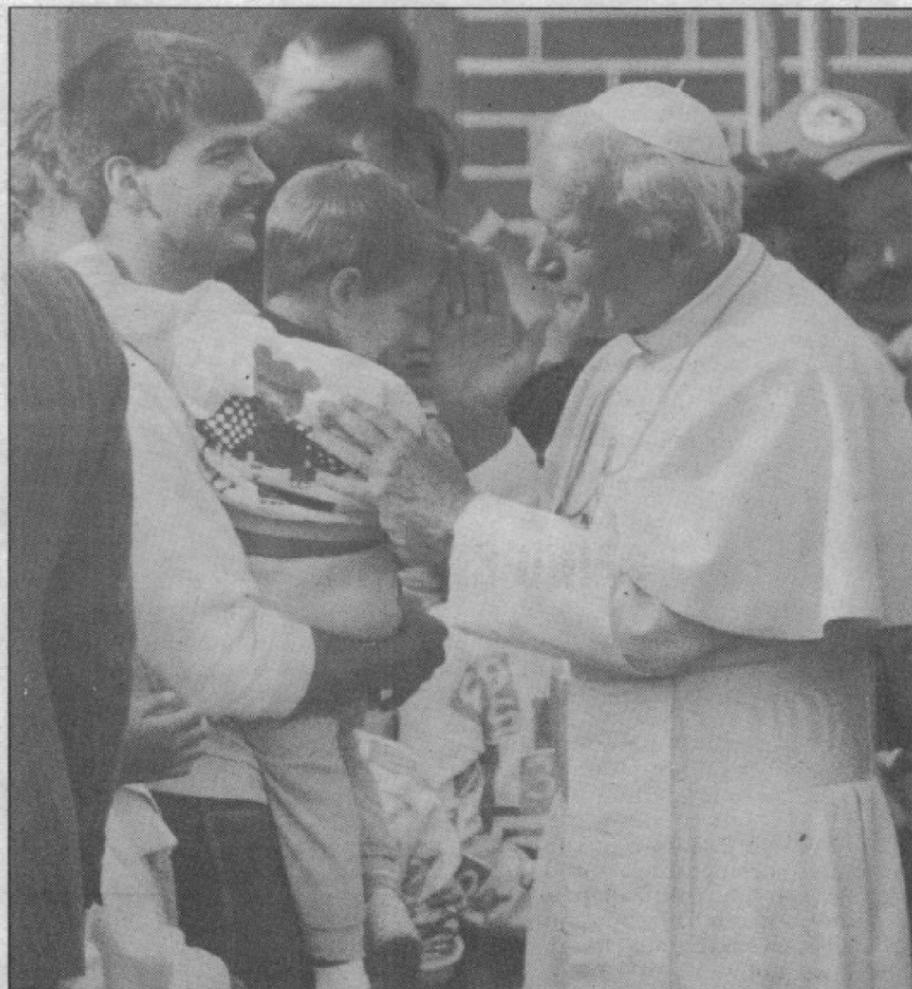
At Good Shepherd, we will be having a special service of remembrance on 8 Nov at 1100 hrs for the war dead. Later in the month, we will be getting ready for Christmas with various Advent preparations (lighting of the Advent wreath, Bible Study, Sunday School Pageant and then the Christmas services). Come and join us! Come and get ready for Christmas. **The Rev'd John G. Jolliffe**

Fellowship At St. Andrew's Chapel

A time to realize that life is short in years. It is time for you to come out and share your Joy & Peace with others.

An opening note for all to attend a time of fellowship at the Saint Andrew's Chapel South Side each Thursday commencing 29 Oct 87, 12 Noon. Service personnel tend to shut out the hurts and worries of their life. There is a solution to your troubles and not just an opinion so join me in a study of hurts and troubles as seen through the eyes of God. Feel at ease to contact Sgt Jim Wiseman, local 6185 if additional information is requested.

Pope John Paul II At CFB Edmonton



CFB EDMONTON, ALTA — Samuel Quелlette, centre, clings to his father as he receives a personal blessing from Pope John Paul II during his departure ceremony at CFB Edmonton's flightline September 20. Corporal Mark Quелlette and son Samuel were among more than 150 DND employees, servicemen and women and dependants who spoke or touched the Pope during his brief stopover at this Albertan air force base. The Pope returned to Edmonton after visiting Canada's aboriginal peoples in Fort Simpson to board his Italian-bound plane. CF support to his visit included the arrival, airplane switches and departure ceremonies at CFB Edmonton with all that those activities entailed; provision of 41 Calgary-based soldiers manning a tented city in Fort Simpson; and, airlift of the air transportable traffic control unit from Trenton to combat Fort Simpson's fogs. (CANADIAN FORCES PHOTO BY SGT B.C. LOEFFLER)

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Both free and organized play--indoors and outdoors
Special excursions

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Protestant Chapels

The Chapel of the Good Shepherd (North):

— Holy Eucharist (Anglican Rite) 0900 Sundays
— Divine Worship 1100 Sundays

The Chapel of Saint Andrew (South):

— Divine Worship 1030 Sundays

For information regarding Baptismal Preparation, Baptism, Church Membership Classes, Marriage Preparation, Marriage, Sunday School, and Nursery, Young Peoples, and Bible Studies, please contact a Chaplain.

Chaplains: Padre R. Baker, BChap(P) - 895-5417
Padre J. Jolliffe, Chap(P) (North) - 895-5075
Padre P. Day, Chap(P) (North) - 895-5087
Padre E. Wiley, Chap(P) (South) - 895-6022

R.C. Chapels

TÉLÉPHONE:
MASSES
MESSES:

MARRIAGE:
MARIAGE:
BAPTISM:

BAPTÊME:

CHAPLAINS: Father Jacques Marcoux - 895-5272 - Home, 831-7291
BChap(RC)
Father Lindo Molon - 895-6023 Home, 489-5654

SECRETARY (NORTH SIDE): Francine - 895-5087
SECRETARY (SOUTH SIDE): Denise - 895-6024

NORTH 895-5087
Sat: 1700 hrs (Eng) Sun: 1000 hrs
Sam: 1900 hrs (Fr.)
Sun: 1115 hrs

Please give the Chaplain a six month notice
Parlez à l'Aumônier au mois six mois à l'avance.
Baptism Preparation Meeting is mandatory.
Please make an appointment at 895-5087.
Une réunion préparatoire au baptême est exigée. Il faut nous parler aussitôt que possible.

DND Employee Assistance Program Why Employee Assistance? People With Problems Need Services

Everyone faces personal problems from time to time. Often these problems are only temporary and are resolved by the individual alone, or with the assistance of family and friends. Sometimes, however, they are serious enough to require professional help, and may, in the absence of such assistance, cause severe personal distress. For working people, unattended concerns can adversely affect performance and threaten job security.

When troubled individuals go to work, their problems go with them. They manifest themselves in mistakes, pre-occupation, reduced productivity and increased absenteeism. Their consequences are often traumatic for both employee and

employer. The employee stands to lose his job and thereby increases his troubles. The employer whose employee faces lowered productivity and the possibility of having to hire and train replacements. Many employers, aware of these implications, have initiated on-site programs to help troubled employees through difficult times by helping them to reach needed professional services promptly.

Services are provided by trained Referral Agents. Please do not hesitate to call one of these individuals in your area:

St Gerry Howe	A/BPAdmO	5738
Sandra Bryson	CE	5546
Gloria Pearson	MIS	6520
Sgt Pat McAllister	1 CEU	5246
Austin Cooper	Pers Svcs	6224
Evelyn Richards	Nurse-Assoc. Member	832-1945
Maureen Sheehan	Flt Safety	5941

BEING SPECIAL

Be someone special — be a hero — become a Big Brother.

All it requires is your sincere willingness to give of yourself, both in time and interest. Show interest and concern for one boy, just one boy between the ages of six (6) and fourteen (14) years of age, who is from a father-absent home.

So consider yourself as one who can share and experience the joys of being a special friend. You will provide opportunities for a boy who requires your guidance and helping hand.

You need not be a gifted athlete, highly-placed business executive, widely-known community leader, or a gifted artist. Just be yourself and be able to be there for the boy. Men from all walks of life are invited to become involved with the Big Brothers Association of Winnipeg.

Call Big Brothers today at 786-1461 and plan to attend one of the following Information Meetings at the Big Brothers Office at 677 Portage Avenue.

November 2 (Monday)	12:00 Noon and 7:00 P.M.
10 (Tuesday)	12:00 Noon
18 (Wednesday)	12:00 Noon and 5:30 P.M.
26 (Thursday)	7:00 P.M.
December 1 (Tuesday)	12:00 Noon and 7:30 P.M.
9 (Wednesday)	12:00 Noon
17 (Thursday)	12:00 Noon and 5:30 P.M.
21 (Monday)	7:00 P.M.



Congratulations Public Service Merit Award



On behalf of the Deputy Minister of National Defence, LGen L.A. Ashley, Commander of Air Command, presents the Public Service Merit Award to Mrs. Christine Selby.

At a recent ceremony at Air Command Headquarters, Mrs. Christine Selby was honoured for her continuing exceptional contribution to Air Command Transportation operations and the Canadian Forces. For the past eleven years Mrs. Selby has been employed as a Scy-2 working for the Air Command Senior Staff Officer Transportation. Christine's overall professionalism, and outstanding administrative abilities have been an invaluable asset to the AIRCOM staff and are well known by truckers and movers throughout the Air Force. The prestigious award was accompanied by a cheque for \$1,000 — truly something to smile about. Well done Christine, and keep up the great work!

BAKE & CRAFTS SALE

CFB Winnipeg Ceramics Club

Date: 15 Nov 87

Time: 10 am - 4 pm

Place: Hercules Lounge

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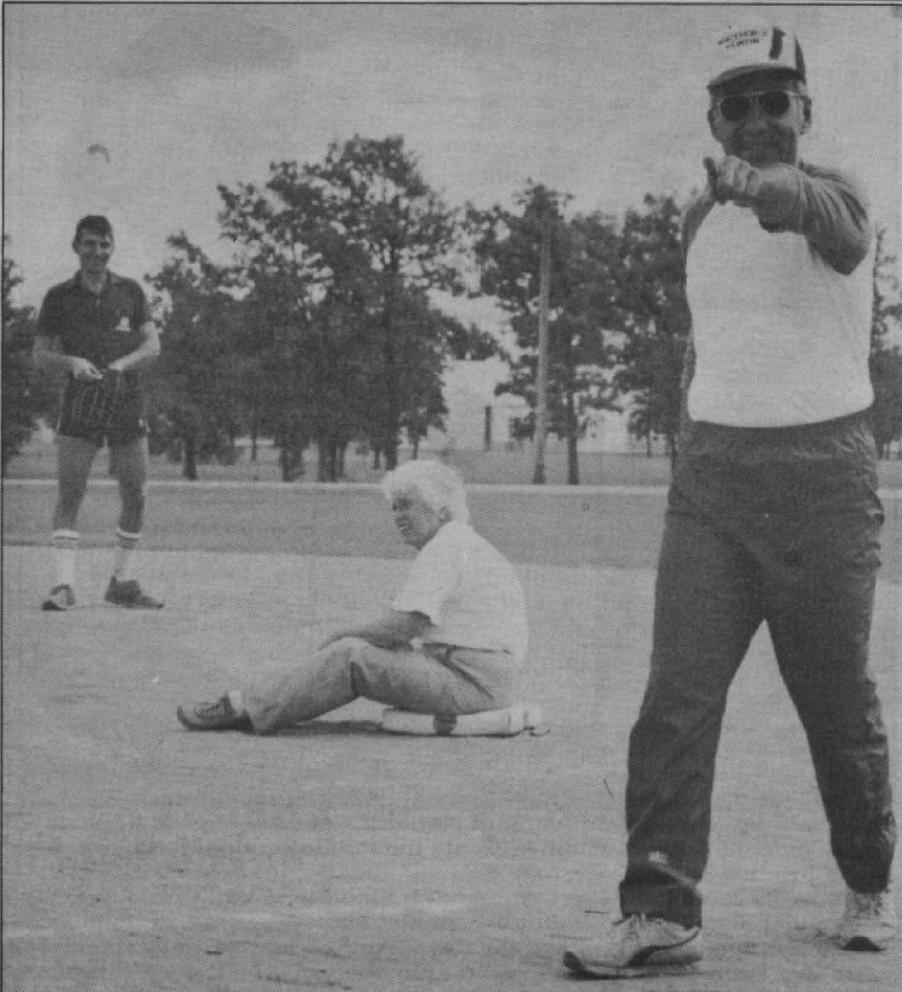
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S P O R T S



"Aww, Sit on it!" says Sheila Cuninghame, taking firm possession of first base during 14 Training Group Headquarters' recent slow pitch tourney. The pointing finger is attached to Major Chuck Verge, who is probably objecting to some snide remark made about Navigators.

Military Police Invitational Slow Pitch Tournament

It's going, going, gone. On 22/23 Aug 87, the Second Annual MP Slow Pitch Tournament was held at CFB Wpg. and as expected, was another great success. Eight teams participated in all, with our own Base MP team finishing second behind WPD Vice, who went through the tournament undefeated.

The Base Commander, Col REYNOLDS, was on hand to open the tournament by throwing the first pitch or should we say pitches.

The MP ball team would like to recognize and thank the following persons for their hard work and dedication, as without them, the tournament

would not have been the enjoyable success that it was:

- Scorekeepers — Wendy GALWAY, Julie READY and Edie MARTIN;
 - Umpires — Barry KEMBALL and Dan LADOUCEUR;
 - Hot Dog Vendors — Laurie HOLLAND, Alice CORNEY, Rita ALLARD and Joanne MCMANNERS;
 - From the PERI Staff — MCpl PEARCE;
 - MWO Keith and Linda CHAPMAN; the CANEX Staff for their bartending; and
 - Mr. Willy ABELS and partner for a top-notch meal.
- Again, a sincere thanks from the entire MP Ball Team.

Tournoi de balle lente sur invitation de la police militaire

"La balle est bien cognée, elle ira loin, c'est un circuit." Le 22 et 23 août 1987, le deuxième tournoi annuel de balle lente de la PM a eu lieu à la BFC Winnipeg, et comme on s'y attendait, il a remporté encore une fois beaucoup de succès. Au total, huit équipes ont participé au tournoi et notre équipe de la PM de la Base s'est classée au deuxième rang derrière l'escouade des moeurs de la police de Winnipeg, invaincue durant la compétition.

Le col REYNOLDS, commandant de la Base, était présent pour ouvrir le tournoi en effectuant le premier lancer ou plutôt les premiers lancers.

L'équipe de la PM tient à remercier les personnes suivantes de leur travail acharné et de leur dévouement car, sans elles, le tournoi n'aurait certaine-

ment pas connu un succès aussi retentissant:

- Les marqueurs — Wendy GALWAY, Julie READY et Edie MARTIN;
 - Les arbitres — Barry KEMBALL et un LADOUCEUR;
 - Les vendeurs de hot-dog — Laurie HOLLAND, Alice CORNEY, Rita ALLARD et Joanne MCMANNERS;
 - Le cplc PEARCE du personnel des MEPL;
 - Les adjum Keith et Linda CHAPMAN;
 - Le personnel de l'Économat pour s'être occupé du bar;
 - M. Willy ABELS et son associé pour un excellent repas.
- Encore une fois, toute l'équipe de balle lente de la PM les remercie sincèrement.

Weight Training Seminar

CFB Winnipeg will conduct a Weight Training Seminar in two sessions. The sessions will be held at Building 21 on two consecutive Thursday afternoons from 1300 to 1630 hours on 12 and 19 Nov 87.

This seminar is designed to aid beginners in the sport of weight training and will cover the following topics:

- a. functions of the muscles;
- b. proper lifting techniques;
- c. specific exercises for specific body parts; and
- d. individual programs.

There will be no charge for this seminar which is open to all military personnel and DND employees. To register call MCpl Gallant at local 5148.

Fort Whyte Centre Needs French-Speaking Volunteers

The Fort Whyte Centre is in need of French-speaking volunteers to help with its school environmental education programs.

An area of marshes, lakes, fields and forests set aside in the southwest corner of Winnipeg, the Fort Whyte Centre offers everyone a chance to learn more about the natural environment. Volunteers run most of the environmental education programs, and with the initiation of French programming this fall we urgently require

French-speaking volunteers to keep up with the demand by Immersion and French schools. Complete training is provided at our seasonal training workshops.

Consider exchanging three hours of your time each week for the enjoyment of unlocking the secrets of the environment for school children.

If you would like to join us, please drop by the Centre at 1961 McCreary Road, or phone 895-7001 and ask for Wendy Loly.

Le Centre Fort Whyte A Besoin Des Volontaires Français

Le Centre Fort Whyte a besoin des volontaires qui parlent français et qui peuvent aider avec leur programme d'éducation de l'environnement pour les écoles.

Situer dans une région de marais, lacs, champs et forêts dans la partie sud-ouest de la ville de Winnipeg, le Centre Fort Whyte offre à tout le monde une chance d'apprendre plus le sujet de l'environnement naturel. Des volontaires dirigent la plupart du programme d'éducation de l'environnement. Avec le début d'un programme

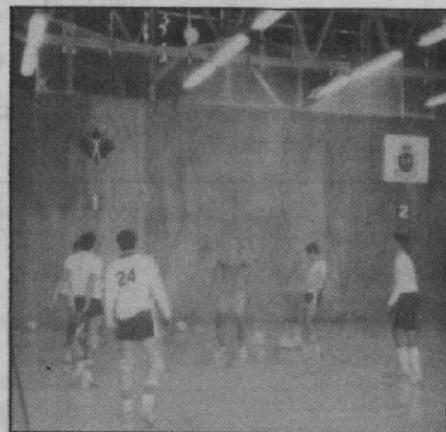
française cet automne, on a besoin immédiatement des volontaires qui parlent français à cause des demandes par les écoles françaises et d'immersions. Un entraînement complet est fourni à notre atelier d'instruction chaque saison.

Considérez échanger trois heures de votre temps chaque semaine pour le plaisir de découvrir les secrets de l'environnement pour les élèves.

Si vous désirez nous joindre, arrêtez au Centre à 1961 chemin McCreary ou téléphoner 895-7001 et demander Wendy Loly.

CFB Winnipeg Volleyball Team

This year's version of Flyers Volleyball will have a few changes but the team hopes to be as strong as last year. In 1986-87 the Flyers won the Prairie Regionals and placed second in the C.F. Nationals. They also won their division last year in the Winnipeg City League. Coach Kaz is looking for another good year. If you are interested in attending games the team plays at 2000 hrs on Thurs at Lipsett Hall.



By Degrees

The following joke was drifting around the campus at Oxford University when my father was growing up during the years between the World Wars. (It's recommended that the joke be read with a real 'down home' country accent for best results).

There was a farmer who had worked hard all his life, scrimping and saving to send his son to university. Since he himself had only received a Grade Seven education, this was a source of immense pride to the farmer.

After two and a half years of intense study and work, the farmer's son returned home, glowing with pride.

"Dad," he said, "I got my B.S."

After his son had returned to university, the farmer invited his neighbor over and spoke to him about his son's news.

"You know," he said, "I think about that quite a bit until it finally dawned

on me. All it means is, Bull S--t."

Well, the son continued to study hard, and five years went by before he returned to inform his father that he had acquired his M.S.

"Now that had me stumped for a bit," the farmer told his neighbor, "But after a while it came to me. All it means is, More of the same."

Six more years passed. The farmer's son at last returned, grown up and very mature, to calmly inform his father that he had, at long last, achieved a PhD.

"Well that had me stumped," the farmer told his friend. "I think about it, and think about it, but I just couldn't figure out what he meant. Then, the other day I was out in the cow pasture, and slipped and fell. And that's when it hit me. All it means is, Piled Higher and Deeper!"

Voxair

CD's and Awards



LCol Eric J. Sim, Commander 73 Communication Group, presents CWO E.A. (Yogi) George CD with his Chief Warrant Officer scroll on 7 Oct 87. CWO George joined the RCAF on 13 Feb 1954. He has served at numerous locations in his career which include St Jean PQ, Clinton, Falconbridge, AFHQ, Borden, Mont Apica, Foymount, Gypsumville, Halifax, Edmonton, Ottawa, Egypt, Vancouver, Esquimalt and Winnipeg. CWO George arrived at 73 Comm Gp in July 1986. He was promoted to CWO on 1 July 1987 and on 7 July 1987 assumed the position of Chief Comm Op. On the same date CWO George was appointed Group Chief Warrant Officer.



Colonel V.J. Lanctis, Commanding Officer of 14 Dental Unit presents Sgt A.H. Peck with his 2nd clasp to his C.D.

Sgt Peck began his career as an R.C.A.S.C. Soldier Apprentice 15 Jul 55. Following completion of apprentice training, Sgt Peck served as a Transport Operator in Soest, Germany, Gagetown, Churchill and Edmonton.

In Mar 1964, Sgt Peck remustered to Dental Laboratory Technician and has served with the R.C.D.C./C.F.D.S. in Edmonton, Cold Lake, Petawawa, Cyprus, Winnipeg, Summerside and Winnipeg again.

Sgt Peck and family will be remaining in Winnipeg upon his retirement from the Canadian Forces in the summer of 88.



Capt Geoff Graham of the ICP School was recently awarded with the 14 Training Group Master Instructor Award. This award is a rare achievement as it signifies 2000 hours of accident-free instruction in 14 Training Group aircraft. Well done Geoff!



Cpl Andy Appleton received a posting plaque. After remustering from 3 RCR, Andy progressed rapidly to TQ5 level and qualified for a posting to Germany.



Sgt Wayne Piper, the Chief Clerk at 3 Regular Support Unit, receives his CD1 from the Commanding Officer, Major D.H. Tulloch effective 23 July 1987.

CRAFT SALE

When: Saturday, November 21
 Time: 10:00 - 4:00
 Where: St. Andrew's Chapel Annex
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Rendez-vous '88'

Plans are well underway for our J.M.H. High School Reunion (1972-1975 inclusive). The official dates have been set for July 29th, 30th and 31st, 1988. Since James M. Hill High School is situated in Chatham, New Brunswick, many students whose families were stationed at C.F.B. Chatham were among the graduating classes.

It is our hope that readers of your newsletter who know the names and addresses of any graduates from J.M.H. ('72-'75) will forward this information to:
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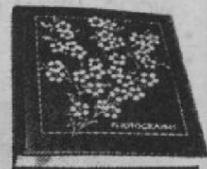
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14 Training Group HQ — Tips on Curling

The posties are still walking the bricks, grocery store workers have settled now that it's cold outside and here at 14 Training Group Headquarters two more staffers have learned how to make a pot of coffee (a 'major' achievement).

The big news of course is the free trade agreement. Its detractors claim a sellout, the proponents anticipate a hockey sock full of Yankee dollars; but the big question for the Canadian serviceman is this: Are we going to be able to wear those shiny plastic shoes that our American brothers wear? If so, it could bring about the demise of Kiwi shoe polish in the Great White North.

Good deal, eh?

On Friday afternoon Oct. 2nd, the Groupies got together for a Meet 'n Greet lunch and nine holes of attempted golf.

The Commander welcomed all the new arrivals to the staff; then after munching and chomping some good growlies in the clubhouse, the hacking and slicing began on the course. For those who are unfamiliar with the Assiniboine Course, there are some dandy roughs and hazards, including bushes, a creek, a swamp, an airport and particularly at this time of year, lots of leaves. A lot of balls got kicked around that afternoon, but everyone came out the winner of a prize.

Thanks go out to Capt Willi Plikett and MWO Terry Camplin for organizing the tourney and to Capt Ann Logan for handling the catering. For our next event Capt Logan promises "bangers and beans," luv".

Capt Logan, incidentally, swings a pretty mean golf stick; however when it comes to curling, she confides that she is a 'bonspieler' rather than a serious afficianado of the 'roaring game'. In order that she become more adept at curling, here are some hints on how to do it right:

1. When asked to play on a rink, explain bluntly to the skip that, while you may be rated a lead, you're really better as a vice skip.
2. Don't strain yourself getting onto the ice on time; show the other team what you think of them by being 15 minutes late.
3. After hogging your first rock, walk slowly down the centre of the ice and tell the skip you prefer an outturn to start the game.
4. Don't stand along the edge of the ice waiting to sweep. Try to cross the ice at least twice and, if you can time it right, just as the opposition is delivering a rock. This will prove you're really trying.

5. After a rock is delivered, saunter in the middle of the ice and watch. Never mind the guy who threw it; you're just as important as he is.
6. Take it easy sweeping. Beating the ice may be all right for kids; but you should remember your dignity and keep your back straight.
7. When sweeping, always stop at the hog line. If the skip wants more, let him do it himself. After all, if the jerk delivering the rock would practice a bit, you wouldn't have to sweep at all.
8. Always go behind the house after each shot and have a chat with the skip. Point out the shot that he should have called so he'll know you're willing to help.
9. When your skip is walking down to throw his rocks, stay right with him. Explain to him the necessity of not being too light. Emphasize that the opposition will count three if he misses this shot. In other words, build up his morale.
10. If your skip misses his shot, smack the broom on the ice. Then kick the rocks out of the house as hard as you can. It's fun to watch the other guys trying to dodge the rocks and you may be able to maim one of the opposition.
11. After the game, go straight to the bar and down three fast doubles. Then tell your skip how he should have handled every shot in the game. Speak loudly and clearly so that he will fully understand you.

These hints should assist you in gaining a broad knowledge of the game since no single team will ask you to play with them twice.

Oh, yes. It seems that curling was introduced to Canada a couple of hundred years ago in Quebec, by Scottish soldiers of the British colonial army. I can well imagine the French-speaking farmers and trappers watching these chaps with bare, knobby knees pushing big stones over the frozen St Lawrence and bashing at the ice with corn brooms. They probably decided right then and there that these guys belonged in some sort of a 'distinct society'.

This interpretation of an important piece of our nation's history is bound to draw the ire of some members of the Scottish persuasion; and I can well imagine a couple of hit men in kilts lurking in the bushes waiting to do me in.

So, if I am found floating face down in the Red River with a cement sporan around my neck, please remember that I always enjoyed the game of curling and always played according to these helpful hints.

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Base Hospital News

The active posting season has come to an end. We at the Base Hospital said good-bye to a good many of our staff posted elsewhere. New personnel have settled in nicely and are busy preparing for the upcoming OPEVAL. Dr. Jewer has just returned from his Basic Medical Officer Course while Dr. Cole departed to Toronto to attend the Flight Surgeon's Course. Our Base Surgeon, Maj MacNaughton, is on LWOP and expecting her first child any day now. Although our intersection ball team had a dismal year, we did get some "ringers" posted in so watch us fly next year. Our Entertainment Committee organized several functions over the summer highlighted by a day at "Fun Moun-

tain" and a cruise on the River Rouge. Several medical clinics have been established including prenatal and obesity clinics to provide better support to the military community here. They are run by a nursing officer in conjunction with a doctor and so far have been received favourably. A good deal of new furniture has been received and certainly improves the appearance of several departments. We are awaiting approval for major renovations to the Base Hospital which will really add to efficiency and better accommodate the users of our facility. The accompanying photos illustrate that we at the Base Hospital are always Forging Ahead.

Promotion



LCol Doerksen presents Captain MacNaughton, the Base Surgeon, with her A/Maj rank. For maternity reasons, Doctor Mac elected not to be in dress uniform.

CD Presentation



Only at the Base Hospital you say. PO Hann did not attend a medals parade in her maternity suit; however she did receive her CD at a small unit parade and the presentation was made by Doctor Mac.

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Responsible single mother would like to babysit occasional evenings and weekends; any age, wage negotiable; preferably in my home on Sabre Cres., or in your home near the Whytefold/Ness Ave area. Please call Tracey at 831-5606 after 4 pm.

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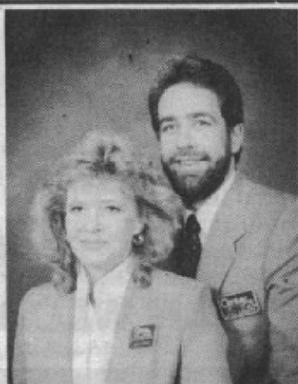
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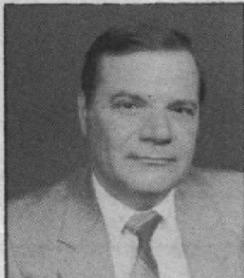
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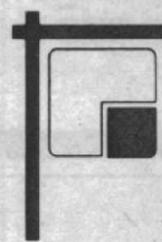
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