

NEIGHBOURHOOD WATCH WORK

The following is an excerpt of an actual incident of break and enter which occurred in the BLHU's at CFB Winnipeg. (names have been changed).

On 17 Mar 83, Mrs Smith observed two male persons enter the Chisholm residence at 692 Braintree Crescent, Mrs Smith telephoned Mrs Chisholm at work to see if they had house guests. Mrs Chisholm said that there was no one staying at the house and would Mrs Smith see who was there. Mrs Smith went across to the Chisholm residence, entered and confronted the two unidentified persons, whom fled the house.

This is just one of several incidents of B & E which have occurred in the PMQ's over the last year.

In this case, the prompt action by Mrs Smith probably averted the theft of thousands of dollars worth of personal property.

NOTE AND OBSERVE the following pointers:

- know who lives to the left, right and across the road from you;
 - Mark all of your valuable property with your Social Insurance Number and put "prevent crime stickers" on your doors which state that all your property is marked;
 - make it your business to know if your neighbours are going away for an extended period of time;
 - have a responsible person look after your house if you leave for any length of time;
 - let the MPs know when you go on leave and how long you'll be away;
 - leave a light on;
 - always lock your windows and doors;
 - stop deliveries that come on a regular basis (ie. paper, milk, etc).
- SECURITY IS EVERYBODY'S BUSINESS.**

2 PPCLI COMPETES IN CYPRUS

by
MCpl HJ Seggie

During our tour in Cyprus, we have had several opportunities to demonstrate what soldiering is all about: physical fitness and shooting, to name a few. Although 2 PPCLI is a mechanized infantry battalion, a high level of fitness and marksmanship must be maintained.

To spark the interest of the officers and men alike, HQ UNFICYP has organized several military and sports competitions that see the soldiers of each contingent on the island competing for top honours. Very often, only a few points separate the winning team from the last place team. Fierce competition rules the day in each of these competitions.

Some of the competitions are team oriented, such as the Military Skill at Arms competition, while others test individual skills, such as the UNFICYP Ski Competition.

All things being equal, our six months here have proved to be quite busy for many of the sportsmen in the unit, with a great deal of success achieved by members of 2 PPCLI.

1 CEU BRINGS HOME CHAMPIONSHIP



BEAVER CUP HOCKEY CHAMPS — 1983 — 1 CEU — Front row L to R: Capt B. McFadden, Cpl H. Cameron, Capt B. Pettis, MWO J. Meikle, Maj D. Riddell, Sgt J. Michaud, Maj M. Whitty. Back row L to R: Lt M. LaRoche, Lt J. Hache, Capt K. Pickford, WO G. Hackey, Sgt. J. Gaudet, MWO B. Baker, WO G. Pettis, Capt K. Webb. Missing Capt J. Fedoruk, LCol J. Hosang, Lt M. Desjardine, Cpl J. Chapdelaine.

JUNIOR'S RESTAURANT — A TASTE OF HOME

by Lieutenant Jake Bell

The last thing a Canadian soldier on UN duty would expect to find 8500 miles from Winnipeg is a Junior's Restaurant. Well, there is one in Nicosia, Cyprus and it's run by former Winnipegger, John Theoclitou.

John worked for seven years at various Junior's restaurants in Winnipeg training new employees. His base of operations was the Junior's Restaurant at 290 Henderson Highway.

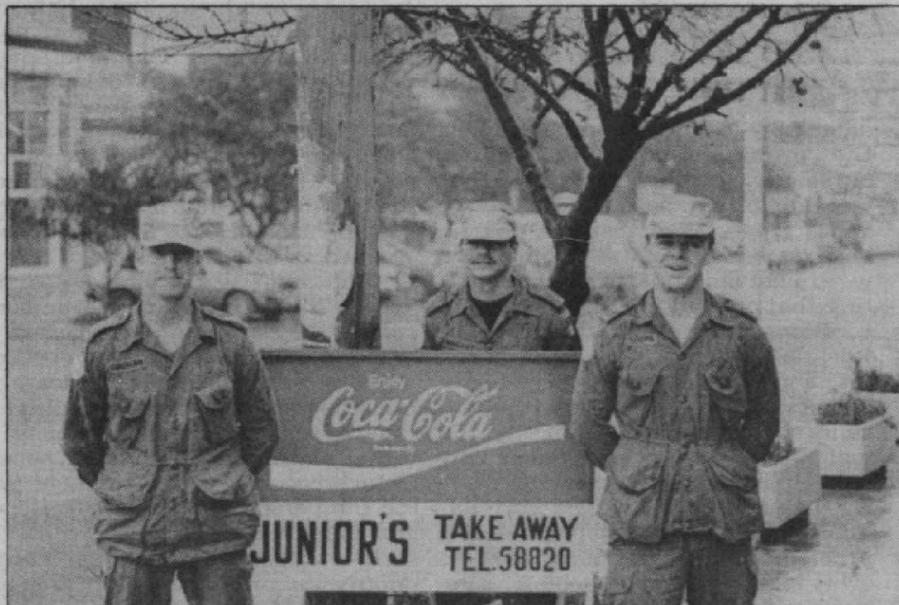
"My wife, Soulla, and I moved to Cyprus some eight months ago from Winnipeg to bring the taste of Canadian food to the Cypriot people." Both

John and Soulla were born in Cyprus and moved to Canada. Their families are still residing in Winnipeg. Soulla says, "Sometimes I miss Canada but I really enjoy the Cypriot culture."

The restaurant is located at 63 Grivi Digeni, in a rapidly growing section of Nicosia. Business is good all year round and is best in the summer with the influx of European tourists. "We get a lot of tourists from Europe coming here to eat and a good portion of the Canadian soldiers stationed here in Cyprus come to eat the Canadian food", says John.

The restaurant menu is the same as the Junior's in Canada with a few additions. They serve Fat Boys and French Fries but they also serve pizza and serve beer and wine with meals. John says proudly, "I do the cooking myself to ensure the taste standard is the same here as in Canada; I think it is!"

John thinks it is and so do the Canadian soldiers from the Second Battalion Princess Patricia's Canadian Light Infantry. Being from Winnipeg themselves, Junior's brings back a taste of home.



Three members of 2 PPCLI are shown outside the Junior's Restaurant in Nicosia, Cyprus. Left to right are Privates TP Grogan, JR Mallaley and D. Shiers.

2 PPCLI TEAM ENTERS BIATHLON

The 2 PPCLI Biathlon Team, consisting of the following members: 2Lt. Kenny H.T., Mcpl. Fougere, Pte. Karas, Pte. Rivard, has returned after 2 months of training and competing at Camp Wainwright Alberta.

The team competed respectably in the Alberta championships, The Western Canadian championships, and the Shell cup.

As a rear party unit, the team competed in the minor unit category in 1CBG and while winning in that category, managed to defeat the major unit team from 3 RCHA. At the FMC championships, no major/minor unit distinction was made, and yet 2 PPCLI made an extremely strong showing, placing 10th out of the 21 teams that had qualified to compete.

Back in Manitoba, the team has only the provincial championships before standing down for the year.



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ANNOUNCEMENT TO MQ RESIDENTS INSULATION — MQ BASEMENTS

Following is a list of MQs scheduled to have insulation installed in basements. Occupants will receive notice, in writing, 48 hours in advance of date and time when their MQ will be done. Occupants shall be responsible for moving their own personal effects. Occupants are reminded that they are responsible for arranging access to workmen in accordance with MQ Orders Para 23.

Blanche St. — Nos. 100, 104, 108, 112, 124, 128, 136, 140, 144, 152, 164, 168, 185, 139, 147, 151, 155, 159 and 163.

Carpathia St. — No. 425.

Grenadier Dr. — Nos. 340, 344, 348, 352, 356, 360, 364, 368, 372, 376, 380, 384, 388, 392, 396, 400, 416, 420, 424, 428, 444, 456, 460, 464, 468, 480, 484, 488.
339, 343, 347, 351, 355, 359, 363, 367, 379, 383, 387, 391, 395, 399, 403, 425, 429, 433, 445, 449, 453, 457, 461, 465, 469, 473, and 481.

Kenaston Blvd. — Nos. 397, 342, 344, 348, 356, 360, 364, 368, 372, 376, 380, 392, 396, 400, 404, 408, 412, 416, 420, 424, 428, 432, 436, 440, and 429.



SCAN CORNER

SCAN SEMINAR WORKSHOP
12-14 APR 83

TOMORROW'S JOBS. YESTERDAY'S SKILLS

A new series of articles needs an introduction or explanation as to what you can expect during the weeks to come. Those first two sentences sum it up.

"Tomorrow's Jobs" because you and I know that your career in the Canadian Armed Forces will come to an end. Retirement. This, however, is the wrong word because everyone also knows that servicemen do not retire when they complete their 25 or 28 years, but move to the outside world and continue working. No, servicemen do not retire — they change jobs.

"Yesterday's Skills" because facing the challenge of modern Canada and a change in jobs involves planning and careful preparation.

Over the years everyone builds up a personal catalogue of marketable skills and experience. This is the plus

side of the ledger. The minus side is the problems faced in selling ourselves to civilian employers. Your training might be out of date, we speak a language that the civilian does not understand, and sometimes we are not sure how to go about getting that civilian job. A good deal of soul searching thought, and hard work is needed.

The change from serviceman to civilian can be difficult and the present economic climate in Canada makes it much harder. That is why help is available through the SECOND CAREER ASSISTANCE NETWORK. This series will examine the problems and assistance available to every serviceman approaching retirement and, more important, the ways and means of reaching out for tomorrow's jobs.

THE ART OF COMMUNICATION (NON-VERBAL)

by Sgt John Giles

In order to communicate effectively with others, it is sometimes more important to master non-verbal communication than have a certain ease for expressing oneself. The verbal elements of an ordinary communication between two people contain less than 35% of social realities of the situation, while 65% of these realities are expressed by implicit messages. The latter include the way we dress, our physical appearance, our posture, our body tension, our facial expression, the frequency of our visual contact, hand and body movements, intonation, remoteness, touch, etc . . .

To communicate effectively with others, we must be just as conscious of their implied messages as we are of their verbal messages.

Non-verbal communication can be grouped into four categories:

1. Physical: Including facial expression, tone of voice, touch, smells, sounds, etc.
2. Aesthetic: Including creative and artistic expressions such as music,

dance, painting, sculptures, etc.

3. Symbolic: Including the expressions of faith such as religion, myths, beliefs, status, etc.

4. Descriptive: Including all signs or symbols such as emblems, flags, salutes, sirens, etc.

Through communicating with each other, people modify their relationships and at the very least learn to define their respective roles, as well as what is expected of them individually or collectively, and above all how they conform to this expectation.

But one thing is even more important: they can, by communicating influence and modify situations. Without communications every one would remain isolated, without influence on individuals or groups and vice-versa.

The rewards of good communications is obvious. To excel in this art takes hard work, patience and above all the ability for each of us to listen. Let's not just talk to each other, let's COMMUNICATE.

SUPPLEMENTARY DEATH BENEFIT

Most service personnel are aware that the Supplementary Death Benefit Plan (SDBP) provides for the payment of the equivalent of one year's pay in the event of their death.

The fact that the member can name a beneficiary to receive this benefit does not seem to be well known. This provision was introduced on 20 December 1975, but those who were participating in the Plan prior to that date are still governed by the previous rules. So we have two types of participants prior to 20 December 1975 and those who did not become participants until that date or later.

First, let's deal with the rights of those who were participants prior to 20 December 1975. The rules were fairly simple:

- a. if the participant was single; the benefit was paid to his estate;
- b. if the participant was a married male, the benefit was paid to his wife;
- c. if the participant was a married female, the benefit was paid to her estate.

When the Plan was amended the rights of former participants were retained. However, they could also designate a beneficiary and thereby come under the new rules applicable to members who became participants in the Plan on or after 20 December 1975. The new rules were that the benefit would be paid to:

- a. the beneficiary where the deceased member had named one;
- b. the deceased member's estate, if he had not named a beneficiary, or
- c. if the amount payable is less than \$1000. as directed by the Minister.

So, what is the advantage of naming a beneficiary? The main advantage is that there is no delay in paying the benefit where a beneficiary is named. Also when the participant dies and the spouse is in need of immediate funds the Accountant Officer can be authorized to make an advance payment of \$1,000, if the spouse is named as the beneficiary.

When naming a beneficiary participants should be aware that in some cases they are naming a person to receive other benefits which become payable at the time of their death. In the case where a participant dies and there is no surviving spouse or children, any superannuation benefit which becomes payable may be paid to the person named as beneficiary for purposes of the SDBP.

It is important that a participant notify his commanding officer of any change in marital status by reason of marriage, separation, or divorce or death. Failure to notify a change in marital status may result in serious

delay in the payment of the death benefit.

The designation of a beneficiary, or the change of designation of a beneficiary, will not be valid until a properly completed form CF 497, Supplementary Death Benefits Plan — Designation or, Change of Beneficiary which has been signed by the participant in the presence of a witness, is received at NDHQ/DPS (Director of Pay Services). The naming of a beneficiary or changing of a beneficiary shall be deemed not to have taken place unless the completed form CF 497 is received at NDNQ/DPS prior to the death of the participant.

Having named a beneficiary, a participant may cancel the naming of that beneficiary at any time by completing form CF 498, Supplementary Death Benefits Plan — Cancellation of Designation of Beneficiary. This form does not provide for the naming of a new beneficiary so if it is the intent of the participant to name a new beneficiary form CF 497 should be completed.

The naming of a beneficiary is an important part of a member's estate and financial planning and should not be treated lightly. Those who have not yet done so may exercise this privilege by completing the appropriate form at their base of unit Orderly Room.

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HANDY TO CFB WINNIPEG
NORTH SIDE

1 CEU IN THE NEWS



I recently had a conversation with some retired servicemen and some who had served for a few years during WW II. The subject was uniforms and the consensus among the Vets was that the troops, when even seen in uniform, look like a "sack of - - -!" There were some picturesque descriptions of what I interpreted to be a; Work Dress, b; Interim Jackets and c; Head Dress. At the time of the discussion I was wearing S3, clean, neat and regulation (with the exception of an RCAF button on the left breast pocket). The "Old Sweats" agreed that when servicewomen or servicemen wear their best uniform they look great. "Don't the Officers dress up and set an example any more?" asked a WW II vintage WO I. "How come they wear that. . . . cola uniform?" asked another. I could see we were in for a lengthy debate so I bought a round and tried a couple of lines of defence, a; Uniforms are expensive and b; S3 uniforms are too thin for winter and too dark for summer; and c; well, I didn't get around to c; because of the chorus of "B . . . S . . .!" "If you guys are going to wear the uniform, wear it with pride and let the public see that pride" summed up an ex S/L RCAF pilot.

I have to agree that the relaxed dress regulations and the apparent relaxed attitude to those reg's have caught a lot of us by surprise. To be realistic, how many of us can keep track of the ever increasing combinations of hats, shirts, sweaters, sleeves, jackets, coats, badge positions and the length of a "short stop" in public?

The buck stops with the reflection we see in the mirror. There should be no need for panic when ordered on parade (remember those?) and there should be no need to be featured in the Kit Bag column.

In the "How Come" department. How come nobody among the several hundred users of Sharpe Blvd ever "spoke to" the wearer of the Blue Furry Earmuffs?

Years ago, at RCAF Station Clinton, a well known WO I by the name of "Moose" Brennan had a large sign on his office wall which read "No man is entirely useless; He can always be used as a horrible example!" An area on the poster was reserved for the photograph of the most recent transgressor. No, my picture did not appear, . . . nearly, but not quite.

In a most magnanimous manner the Sr NCO's and WO's turned over their dining facilities to the officers for the Annual RCAF Anniversary mess dinner on March 30th. Thanks, and a tip of the old Wedgie to them all.

I got a report on a "flight line worker" who wanted to place an Ad in the classified column but "wimped out" at the last moment. From what I heard, the subject is "going through another Mid-life crisis and would like to meet sympathetic ladies". Sounds like another D.O.M. from the BAMEO section to me. For more information phone 832-5080 and say Brenda told you to call.

You know you're getting old when a pretty girl smiles at you, and you check to see if your zipper is done up!

Firstly to run down some of the changes that have taken place over the last six months or so. A change of command parade took place and LCol J. Hosang assumed his new duties replacing LCol E. Everest, who is off to DCER, and all unit personnel wish the very best to him and his family in the Nation's Capital.

Capt Tony Wojcik has been promoted to Major effective 01 Mar 83, WO Bill Baker to MWO, Sgt's Gallant and Purdy to WO, MCpl Barry Miller to Sgt and Cpl J. Leduc to MCpl.

In spite of (or because of) all the days spent on TD a number of personnel have had recent additions to their families. Congratulations are in order for Capt Tony Ament, Capt Ken Webb, Lt Marc Desjardins, WO Gary Hachey and Cpl Brent Mathers. Nuptials were celebrated by WO Ray Gullison, Lt Jim Ritter and Lt Marc Laroche — Best Wishes!

A large number of people in the unit are involved in intra-mural and personal sport/fitness programmes and MWO Joe Meikle and WO Gary Hachey are to be applauded for teaming up with Major Soapy Waters and Sgt Stan Schneider in Winning the Prairie Regional Curling Championships held at CFB Shilo in January. The highlight of the winter season though was the opportunity for a hockey team from the unit to participate in an Engineer Hockey Tournament hosted by BCEO, CFB Shilo. Our team was augmented by three stalwarts from Air Command DCOS MILE; namely Maj Mike Whitty, Capt Buzz McFadden and Capt Kirby Pickford and they were a welcome addition to the team.

The main point of this article deals with CWO Keith Deller and his large contribution to the 1 CEU and its forerunner CMU's. Keith will be retired soon after spending 37 of his young years with the military. He has spent somewhere in the neighbourhood of fifteen years with CMU/CEU and the last seven with 1 CEU, Winnipeg, as the Unit CWO. His efforts over the past couple of years has been in compiling information and material to document the history of CMU's and 1 CEU. Over the course of his career Keith has been involved in many sporting competitions and when it was decided that we would be sending a hockey team to Shilo to compete in the Beaver Cup he showed that he still has that old competitive drive and

SHORT TAKES

Short quotes and comments on news releases and unsolicited newsletters and pamphlets that are otherwise destined for the garbage.

From the Law Reform Commission of Canada, Jan. 1983. The nitty gritty of "contempt of court".

1. Every one commits an offence who
 - (a) disrupts a judicial proceeding by disorderly or offensive conduct, or
 - (b) disobeys an order made by or under the authority of a court in connection with the conduct of a judicial proceeding.
2. Every one commits an offence who disobeys any order of a court where such disobedience constitutes an outright defiance of, or a public challenge to, judicial authority.
3. Every one commits an offence who
 - (a) affronts judicial authority by any conduct calculated to insult a court, or
 - (b) attacks the independence, impartiality or integrity of a court or of the judiciary.
4. (1) Every one commits an offence who, while judicial proceedings are pending,
 - (a) attempts to obstruct, defeat, or pervert such proceedings, or



CWO K. Deller presents hockey team sweaters to CO of 1 C.E.U., LCol J. Hosang.

spirit. (We thought for a while he was going to lace on the old blades). To show his support he purchased team sweaters and socks, complete with distinctive markings, to be left on the inventory as his retirement gift to the unit. This kind of "Espirt de Corps" seems to set the pace for everyone concerned and it carried through the whole of the tournament. The team played with vim and vigor and went undefeated. The experienced players played with reckless abandon and the marginal players gave a herculean effort. Capt Ken Webb was voted the MVP of the tournament and the committee could not have selected a more worthy recipient. He was our coach and on ice leader and excelled at both. Cpl Hank Cameron, the manager, took care of the 1001 other details and needs.

The games at Shilo provided us all with an opportunity to meet some of the newer engineers and technicians and for comradery "discussions" with our old buddies. They were great

hosts. It was pretty neat that we obtained the trophy legally this year. (Last year we had to steal it). Enough about that.

As usual members of the unit are involved with projects in many geographical locations; Cold Lake, Chilliwack, Gander, Holberg, Etc. We have just completed an extension and renovation to the HQ building at CFS Bermuda and will soon be starting work on the new Pers Services building at CFS Alert. Naturally these projects are only successful with the support of the many tradesmen employed with us for temporary duty from other Canadian Forces Bases. If you are looking for a change in climate or for a challenge then volunteer through your BCEO. The latest project in Alert is our largest undertaking in the North to date and will require many support tradesmen. We look forward to working together.

CHIMO

(b) publishes or causes to be published anything he knows or ought to know may interfere with such proceedings.

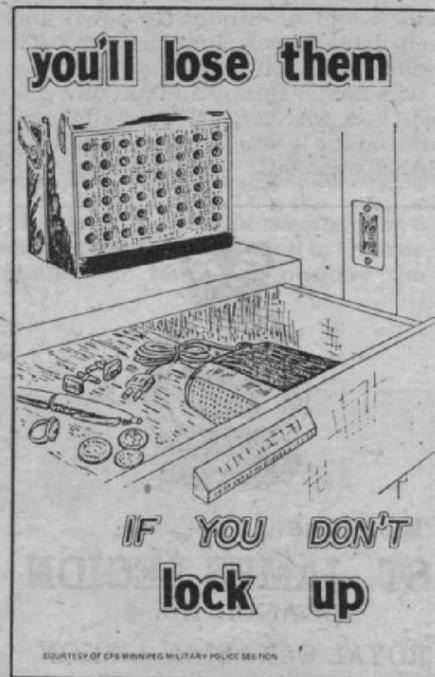
(2) This section does not apply to accurate and impartial reports of judicial proceedings published in good faith except where a court has made a lawful order for a hearing in camera or for non-publication of such proceedings.

(3) For the purposes of this section, judicial proceedings are pending,

(a) in civil matters, from the time the matter is set down for trial until it is adjudicated and the trial is terminated.

(b) in criminal matters, from the time an information is laid or an indictment preferred, until a verdict, order, or sentence, as the case may be, is pronounced thereon.

5. Every one who commits an offence under section 1, 2, 3 or 4 is guilty of an indictable offence and is liable to imprisonment for two years.



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"THE NAME FRIENDS RECOMMEND"

A. E. LEPAGE



NAV SCHOOL

news
news
news
news



AEROSPACE REPORTS

The loneliness of command took on a new meaning last week as Lieutenant-Colonel Forbes held an ASC supervisory staff meeting in the broom closet. I figured between the two of us we could finally straighten this place out. I had about five different ways I could answer the phone. As computer instructor I thought I'd phone myself at ASCI and ask for the day off, but I answered as the ASC and put myself on hold. No more calls for the day. I devoted myself fully to my duties as acting SANC course director. Now I could really justify taking the day off.

The reason for the quiet halls was that most of the aerospace staff and wives headed south with all the students and their wives for two days at Eglin AFB in sunny Florida. The trip of course combined business with pleasure. According to reliable rumour the course actually received several good classified briefings. It was a short trip, but the wives were glad they packed their bags and decided to go. There wasn't enough time to get a good tan, but there was enough time to spend lots of money. Stu and Sherry Morthole took advantage of the trip to do a little house hunting in Alabama and get a head start on their southern drawl. Stu and Linda Gallagher thought it a good opportunity to see a little more of North America before heading back to England in July.

It won't be long, as a matter of fact, before the course is off again on the regular ASC European tour. For the pre-tour gala party Bill Learmond decided on the Lord Gort Medieval Feast. I think he's trying to make Linda homesick. Everyone is welcome and costumes aren't necessary but could be a lot of fun.

On the home front, Lynne Watts called Jim from Kingston last week and told him that the Easter Bunny brought them a present; a new car, and would he kindly fly down and help drive it back. Just be thankful it wasn't a Rabbit, Jim.

The Easter Bunny brought us a present too, SANC 8302. Actually they arrived the weekend before the other SANC even left.

HOWGOZIT VII

Where does all the time go? It seems like only yesterday that Course 8205 arrived. You were like a litter of dachshund pups; so eager to please and so easily confused. Some of the pups never made it but you managed to get your senses straight. Through perseverance and hard work you've earned the right to leave this friendly doghouse for the open field. Congratulations and welcome to the real world of military flying. Twelve hour crew days are now a thing of the past. The top student on 8205, 2Lt Paul Hudson (overall avg 91%) is off to VP 405 Sqn Greenwood. 2Lt Dave Berry will be heading to VP 415 Sqn Greenwood. 2Lt Jeff Byam will be tracking west to VP 407 Sqn Comox. 2Lt Georgie Ferguson (top female student) was fortunate in securing the best ATG posting... 435(T) Sqn Edmonton. 2Lt Ron Grossman will be following plotting Jeff to VP 407 Sqn and 2Lt Chris 'hiccup' Purdy is going to another Herc Sqn, 436(T) Trenton. For 2Lts Berry, Byam, Ferguson and Grossman successful completion meant promotion from OCdt and also a commission in the 'CAF' (Canadian Armed Forces, of course). On behalf of the COMDT, LCol Forbes, your CD, Capt Tom Whitburn, and all the staff at CFANS the best of luck in your military endeavours. Remember though, even a grown dachshund can trip over his own ears!

As for the rest of the school, the biggest news seems to centre around a new school decal. I saw one proposal and it looks quite good: like the RAF decal only with a red maple leaf in the centre and the words 'Canadian Forces Aerospace and Navigation School' centred around the outside. There was some slanderous 'coffee shop talk' about a bison but I'd best not write that, they are pretty touchy over there.

Remember the changes I forecast last month? They've started to come true. Maj Verge and Maj Hanson have swapped jobs (now V - NFC and H - NAFC), the NBFC, Maj Huber, does smile (I saw it myself... he was leaving for the Birchwood Inn), and Jim Dodds is really a LION. Jim was given a farewell luncheon at the Birchwood by about 20 of the staff. The COMDT presented him with a school plaque while the remainder gave him his Lions jacket complete with school crest to remind him of his past. All the best Jim, over at non-tech workshops, Base Supply.

If you missed the grad parade last Thursday or if you have not been to Hangar 21 lately then you haven't seen the new CFANS banner. Simply smashing! A special thanks to Louis Jordan (garrison tailor Kapyong Barracks) and our own Cpl Duke Duquette for getting it ready... and to 8301 for donating 'rack time' to set it up. Good show.

'Now is the winter of our discontent' what with the cold and gloomy Wx and the occasional U/S Herc. Some of the instructors though have been fortunate enough to get away from it all on course. Capt Eldren

THE SMILING FACES OF SANC 8302



Here to help us celebrate the rites of Spring are, L-R in the photo: Jeff Boucher from HS 443, Claude Cloutier from VP 415, Rick Furney from 436 T Sqn, Paul Godwin from VP 405, Pierre Trudeau from 425 Sqn, Bob Paxton from CFANS, Mike Wittich from VP 407.

A hearty welcome troops and we hope you enjoy your stay.

Thuen is still at Staff School in T.O. (yes Barbara he will come home some day), Capt Rob Stevens is at CFB Borden taking SIT 1, and although not for any holy purpose Capt Bob Paxton has moved upstairs in an attempt at SANC-tification. Oh yes, Capt Paul Peloquin has returned to the fold, fully SANC-tified... now to do some real work eh Paul? When our AdmO, Capt Marty Vogt first heard he was going to Germany for a few weeks TD he had more than visions of spatzle dancing in his head. 'Paper war is hell' was all I could get out of him. Mind you his waistline told me so much more.

Speaking of the gym I now know why so many guys work out at the weight room. Believe me it's not just to push weights. Just going into the weight room usually doubles my pulse!

On the ATG side of things the school has been busy too. I used to wonder how Capt Jean Leclerc (now responsible for ATG assignments) managed it... It seemed no matter how early I arrived at work (around nine-ish) his car was already there. Now I've figured it out. He parks it at the school prior to going flying all

over the globe (at least Cold Winter). Cpts Brennan, Sitko and Whitburn have returned from the South American trainer (594) and after SPL 591 Capt Currie is an official Jamaican limbo dancer.

Do you know that after my last article no one at 429 would so much as give me the time of day? Sorry, one did. Thanks Gord, you're a bud. Anyway it seems there was a bit of a 'kafuffle' over that article. Let me set the record straight. 429 Sqn works damn hard and yes they don't complain when they fly weekends (they've been buzzing my house for the last month). As a matter of fact they do a lot of weekend flying... it's just that over here at the school we also work during the week... there, satisfied? You know a professor of mine used to say '... writing is fun... but when you dish it out expect it back tenfold.' It is fun and I do. Mind you I don't profess to be an OZYMANDIUS; I'm simply a little speck of sand.

Todd Martin Capt. 133
(Ed. Note: At this point Capt Martin begins to retell Lt Al Baldry's bedtime story. Space will not permit all of it here so it will appear in its entirety in the next issue, April 20.)



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2 PPCLI — 6 MONTHS IN CYPRUS



Sergeant Ron O'Connor waves to his family in Winnipeg as he escorts the VCDS (right) during a recent inspection of the line. Ron is a member of 2 PPCLI currently serving a six month tour of United Nations peacekeeping duty in Cyprus.



"No I'm sure we're over here . . ." Pte Curtis Johnson and Cpl Don McNabb (right) share a chuckle over a discrepancy in location in Nicosia, Cyprus. Every survival kit has to be issued with a sense of humour and it's no different for these soldiers of 2 PPCLI serving a six month tour of United Nations duty in Cyprus.



Several members of A Company, 2 PPCLI participate in an escape and evasion exercise conducted recently in the mountainous area of Cyprus. The two day exercise aimed at breaking the routine of the peacekeeping mission and provided the soldiers with the opportunity to practice the skills of an infantryman.



The Comd FMC inspects a UN Guard of Honour composed of members of 2 PPCLI in Cyprus. LGen C.H. Belzile recently visited the battalion in Cyprus to talk with Canadian soldiers and conduct line tours and observe the peacekeeping operation.



The Comd FMC (center) shakes hands with MWO CC Shaddock (right) during a recent visit to Cyprus. MWO Shaddock is the ETQMS of the Maint Pl belonging to 2 PPCLI.



The Vice-Chief of the Defence Staff, LGen G.C.E. Theriault, CMM, CD chats with Pte D.I. Clarke of 2 PPCLI during a recent inspection in Nicosia, Cyprus.

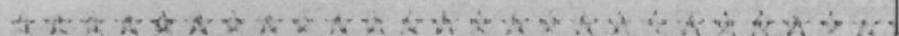


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SPORTS & RECREATION

WESTWIN POOL CLOSURE

The swimming pool in Bldg. 90 will be closed from Mar 7 until further notice due to window replacement project.

The swimming registration planned for March is therefore cancelled.

CASUAL GYM TIMES BLDG 90 — NOTICE

Tuesday and Thursday Casual Gym times from 6:00 to 8:00 p.m. are now open to all military and dependants of CFB Winnipeg.

CRAFT BAZAAR

The Base Recreation Centre, Building 90, will be holding a Craft Bazaar 15-16 April 1983. Any organization or individuals wishing to show and/or sell their wares are to contact M/Cpl Tom Langer, 832-1311, local 511. The last Craft Bazaar was a success so let's get your name in, as soon as possible, for a space in the Recreation Centre. Forms for this event will be at the Recreation Centre, Building 90, CFB Winnipeg.

This Craft Bazaar is open to Military, dependents, and DND employees.

DANCE AEROBICS/WESTWIN GYM

Dance Aerobics classes will start 12 April 1983 and run every Tuesday and Thursday for ten weeks from 200-2100 hrs. These classes are open to men and women. Registration will take place at 1930 hours 12 Apr 83 at the gym office.

CFB WINNIPEG MEN'S SOFTBALL TEAM

Any personnel wishing to play softball this year for the Base team are asked to contact the PERI staff at local 511/514.

The team is looking for a coach and manager. Anyone interested call local 511/514.

CFB WINNIPEG MENS AND LADIES SOFTBALL TEAM

Any service personnel wishing to participate for either the Men's or Ladies team are asked to contact the PERI staff at loc 511/514.

PRAIRIE REGION SKEET CHAMPIONSHIP

Personnel interested in participating in the Skeet Championship in CFS Alsask from 22-24 April 1983 are to contact the PERI staff at local 511 or 514.

INTER-SECTION SOFTBALL LEAGUE

Sections interested in entering a team in the CFB Winnipeg Inter-Section Softball League are to contact the PERI staff at local 511/514.

**Bingo
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8:00 p.m.
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Vosair DCOS LOG TEAM WINS AIRCOM VOLLEYBALL CHAMPIONSHIP



Major General McNaughton presenting the championship plaque to team Captain Major Larry Leach. Team members from L-R Maj Bill Moynogh, Major Bob Pirson, Maj Larry Leach. (M/Gen McNaughton) Col Ron Powers, L/Col Ed Fougere and Capt John Welton (voted the most valuable player by the officials).



Wake up, Dad!

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CFB DOG OBEDIENCE CLUB

The Dog Obedience Club will put on an agility display in the main gymnasium of Building 90 at 1930 hours 15 April, as part of the Craft Bazaar.

There will be dogs leaping through barrels, walking a plank 5 ft above the floor and scaling a 10 ft. wall.

Plan to attend the CFB Craft Bazaar April 15-16, most clubs on base will be represented and you may find something of particular interest to you!

FROM ONE EXTREME TO ANOTHER JOGGERS RECEIVE AEROBIC AWARDS

by Patricia McClinton

It is estimated that over half of the population is either dieting or watching their weight at any given point in time. In this regard we are all entitled to an opinion and ours is that too frequently the wrong people are concerning themselves about calories.

Women who are already as thin as laths worry constantly about gaining one spare ounce of flesh while the fatties jiggle their way from one mouthful to the next.

Food is intended to be enjoyed. Eating should be a sensual experience, not the mere clinical stoking of the body. Watching the wraiths deprive themselves in order to maintain the conformation of a fence post is as unpalatable as observing the truly overweight continue to gorge themselves.

Sensible eating, to our way of thinking, means the avoidance of extremes and the attainment of balance in order to give our bodies the nutrients they need. That doesn't mean, however, that we should eliminate items from our diet simply because we like them very much.

Within each of the four food groups, there's bound to be something for everyone. If you truly dislike milk, substitute Cheddar cheese or yogurt. There's certainly enough variety in the fruit and vegetable group to satisfy anyone. We are a nation of meat-eaters but the vegetarians among us manage to find replacements. Cereals, pastas, muffins, biscuits, crackers and bread are among the wide variety of foods in the cereal group.

There is no reason for normal Canadians to be deficient in nutrients. Nor is there any virtue, in our opinion, in striving for concentration camp slimness. It is as senseless as an undisciplined appetite which leads to over-weight and even obesity.

Within our ranks are too many of each kind — those who take a perverse pleasure in depriving themselves and those whose quest for food knows no bounds. Unless we have a serious metabolism problem, sensible eating is mid-way between these extremes.



Major General McNaughton DM presented scrolls and seals for Aerobic Performance to:

Back Row L-R: LCol Diamond CG Silver Seal, 6000 points — Maj Vanrooyen DE 100 points, Capt Haynes CR 100 points, Cpl Hoydalo P 100 points. Front Row L-R: Maj Guidinger RW 100 points, MWO McDonald RAJ 100 points, Capt Cheverie IL 100 points.

These joggers are now well on their way towards their second and third seals.



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FIRE PREVENTION NEWS

SPRING CLEAN UP

Can fire find a place to start in your home or at your place of work?

It can ... unless you put fire inviting rubbish on the run!

Household rubbish is the target for clean up! "Leftovers", "Outgrowns" and "Castoffs" can clutter our homes ... and become bad fire hazards.

Check closets for accumulations of forgotten games, wallpaper remnants, boxes, bags, old bedding, etc. They can "feed" a fire. Get rid of them now.

Check garage and basement for old paints, oily rags, wood scraps, piles of paper, empty cardboard boxes, old furniture, and other junk. Avoid a do-it-yourself fire!

Check basements and/or attics (if you have one) for old rugs, drapes, mattresses, lamp shades, old toys, cast-off clothing or costumes ... and any other doubtful clutter. If you think it is too good to throw away, remember it's downright dangerous to keep!!

Plain everyday trash should be kept in covered containers and away from

fire sources or stairs. Containers should be emptied at least weekly.

Check around the yard — piles of old wood, worn tires, dead grass and brush, and other rubbish need clean up attention ... now!

Rubbish and trash causes approximately 12% of all Canadian home fires. Almost everyone collects rubbish and trash. For your fire safety dispose of as much unused material as you can and store the remainder safely.

Collect and dispose of rubbish and trash regularly, at least once a week as part of the house cleaning. Paint rags, wax rags, etc., should either be destroyed or stored in a covered metal container. Any rags saturated with paint, oil, grease, wax, furniture polish, etc. can catch fire by spontaneous ignition.

Get the jump on "fires, do your spring clean up now, this week, and in some cases every week. Enjoy living by knowing that your home and place of work is "fire free".

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BXO COLUMN

by Major Dick Hawson

RETAIL STORE RENOVATIONS COMING

Well, its finally happened. On 10 March the contract was signed to carry out the renovations to the Canex Retail Store to give it a long needed facelift. By the time you read this, construction should have started. Planned Grand Opening to take place 14 June; however, based on past experience this date is subject to change. Watch this column for further updates. Better yet, drop into your store to watch the progress of the renovations.

During the renovations it is planned to stay open for business as usual; however, this is a fairly significant undertaking and the place will be a mess. There is no doubt that there will be some inconvenience but I ask for your understanding and tolerance. This project will make Canex a more attractive, comfortable place to shop and will enable us to better meet the needs of you, our customers.

While you're in the store checking out the renovations stop long enough to take a look at the Commodore Vic-20 computers now on sale at Canex. These computers are available with all of the accessories needed to use them as either a video game machine or a micro home computer with monitor, printer and added disk drive. Sometime in late April the Commodore 64K computer should also be available in your Canex. So, all you computer bugs out there, here's your chance to have your own home computer to play with to your heart's content. I've even made arrangements for my own personal instructor.

Don't forget the Canex "win a free tank of gas" contest. To qualify all you have to do is fill up at Canex. Each Monday a license number is drawn

and posted on the Commander's Board in front of the Service Station. The owner of that car is entitled to a free fill up (max. 50 litres).

After much waffling by yours truly it has finally happened, and Canex has taken the plunge. The Snack Bar at the AMU is now open for all Boeing flights, in order to provide a better service to our travelling customers. All suggestions and/or constructive criticisms will be welcome.

In addition to these expanded hours Canex will be opening up a new snack bar on the south side in building B-12. Scheduled grand opening will be late April - early May. Watch the next issue of the Voxair for details.

Watch the next edition of the Voxair for the final results of the Canex "trim the fat" challenge. April 4 is the final weigh in to see if those who lost weight kept it off.

COMMUNITY SERVICE AWARDS

Have you completed a Nomination Form yet?

What Nomination Form, you say? for the CFB Winnipeg Military Community Service Award. All members of the Winnipeg Military Community are invited to submit names of those they feel deserve a Community Service Award for their volunteer efforts in helping to improve our community. Nominees should have provided voluntarily his/her time and experience in some respect, not necessarily benefitting the whole community but certainly a reasonable part. Full guidelines on who, why and how you should vote have been published in the 9 Mar and 23 Mar 83 issues of Voxair. Additional Nomination forms are available at the BOR, Bldg 90 and from all Base Exchange outlets.

Don't delay! Nomination forms must be submitted by 27 April 1983. Awards will be presented on 5 June 1983.

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THE DEVIL MADE ME DO IT

Article contributed by
Sgt Ron Stenger

by Sgt John Giles

We, at Base Supply, would like to brag a little about our recent re-warehousing project in the Base Maintenance Land (BML) Supply Group. I guess you can say that we've got 'Spring Fever' in the fall, and completely renovated our warehouse by introducing the new Vidmar Storage Cabinets.

If you've ever been in one of our Supply groups, you know what cluttered and cramped storage bins look like. I bet you often wondered how we Supply Techs can find anything. Well, you won't see the old storage bins in BML anymore.

Our new storage system is not only space and time saving, it has a neat and clean appearance.

We've made use of 31 cabinets that consist of approximately 12 drawers each. All the small parts are neatly stored in these drawers, with the top one at approximately eye level.

Each drawer can safely hold up to 400 pounds. (That's a lot of parts!)

These drawers also provide protection against dust and dirt, which is a continuous problem in a warehouse environment.

Vidmar storage, as I mentioned before, is very efficient and saves

time. A few weeks back, we were in Stocktaking, and what normally would have taken two weeks to complete only took two days. The more time we save doing our job, the more time we have to serve you, the customer.

Safety is an important factor as well. With the new cabinets being easily accessible, there is no need to strain yourself reaching for something on the top shelf. As an added safety precaution, we've installed ladders with guard railings.

This Vidmar re-warehousing project is also taking place at the Aircraft Maintenance Supply Group in 16 Hangar, and the Supply Group in Bldg C-1 on the south site.

So come to visit us in one of these Supply Groups. I'm sure you will be as impressed as we are with the Vidmar system.

The staff working in these supply groups with the new Vidmar cabinets had to put a little extra effort into their jobs while they were re-warehousing behind the counter in order to maintain the service to the customer.

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BPUSO REFUTES KIT BAG CLAIMS

WINNIPEG — Terry Lawrence, in the "KIT BAG" column of the March 9 VOXAIR, took a swipe at Base Supply for issuing a photograph of a Bulletin Board in response to a supply voucher requesting a Bulletin Board.

"The facts are not stated accurately" said Base Supply officer, Major Don Yaworsky. In a recent telephone interview Major Yaworsky said that the supply demand voucher and the covering memorandum were written in crayon and were barely legible. Supply staff interpreted the customer's request the best way they could and, moreover, the paper picture of a Bulletin Board has a stock number. More importantly, the price of a photograph of a Bulletin Board is far cheaper than a real Bulletin Board.

In consideration of the armoured regiments' chant, "Clank, clank, I'm a tank," or the Infantry Battalions, "Beep, beep, I'm a jeep," VOXAIR is wondering if the Base Supply Section is considering issuing catalogue photographs in response to requests for field equipment, aircraft spares and other pieces of kit in "short supply". It would certainly be cheaper.

TV HIGHLIGHTS

WINNIPEG (CFP) — Colonel Brian Smith, Base Commander at CFB Winnipeg, will be the featured guest on **Winnipeg Today**, Wednesday, April 20, at 8:30 p.m. on channel 13.

Host Chris Guly asks Col. Smith questions on the role of CFB Winnipeg and its contributions to the city and the region.

The program will be re-broadcast Thursday morning at 10 o'clock.

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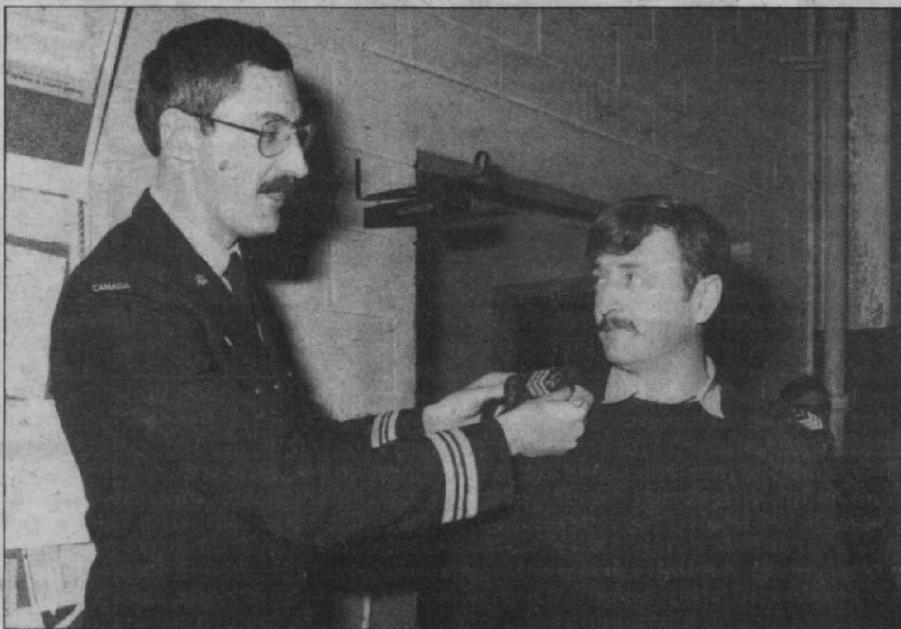
Hard Times



SHAKES N' TAKES PROFESSIONAL DIRECTORY



Cpl Burton is being congratulated by the BTNO, Maj Savage, for his recent promotion. He was promoted on the 3rd of March 1983, some 3 months in advance. This accelerated promotion is the result of his dedication and hard work, well done!



Sergeant Larry Leclerc, Veh Tech 411 being presented with his chevrons on his recent promotion to Sergeant, by Major K.W. Kirkland, Base Maintenance Land Officer, CFB Winnipeg.



Major General McNaughton presenting Cpl Pat Hoydalo with a scroll and seal for her first 100 Aerobic points. Cpl Hoydalo was the first female in the programme to reach the 100 point seal. Congratulations.

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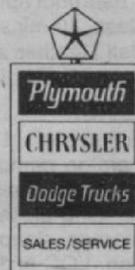
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Annual General Meeting

Notice is hereby given that the Annual General Meeting of Astra Savings and Credit Union Limited will be held at the Viscount Gort Flag Inn, 1670 Portage Avenue, Winnipeg, Manitoba, on Saturday, April 16, 1983, at 2:00 o'clock in the afternoon for the following purposes:

1. To receive the Report of the Directors; and, the Financial Statements and the Auditor's Report for the year ending December 31, 1982.
2. To elect Directors.
3. To transact such further or other business as may properly come before the Annual General Meeting or any adjournment thereof.

DATED at Winnipeg, Manitoba this 21st day of March, A.D. 1983 by Order of the Board

Ron Statham
Secretary