



Free

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 Court Structure Page 4
 Sports Pages 8 & 9

CFB/BFC Winnipeg
 5 April 1989

2 PPCLI are champs!

Base Commander's Floor Hockey Tournament

This year 15 teams participated in the tournament, a great turnout by those sections involved.

Due to the number of teams, we started the tournament Thursday evening. All teams were guaranteed 3 games, with the teams going to the elimination round playing as many as 7.

...undefeated after 7 games

This year's champion was 2PPCLI, who went undefeated throughout the tournament.

733 Comm Sqn was this year's runner up.

The staff would like to thank all sections for their participation and sportmanship. See you in May for the BCOMD's Slo Pitch Tournament.



Left to right: 3rd row — Dale Bears, Gregg Clarke, Andy Wilcott. 2nd row — Mike Wallace, Rod Bungy, Maj Brazeau, Bill Slievert, Rod Tulley, Terry Grogan, Steve Head. 1st row — Tim Oloan, Kevin Torfason, Corey Fishers.



PERI staff awarded Base Commander's Commendation

The BPERO, Capt Greg Peet, proudly accepts the BComd's Commendation on behalf of the PERIs from Col Reynolds, BComd.

The commendation was awarded to the PERI staff for their superb organization dur-

ing the 1988 Terry Fox Run. The efforts of the PERI staff and the participation of the military community resulted in CFB Winnipeg raising over 25 thousand dollars for this very worthwhile cause. This contribution is the most ever

accumulated by the Canadian Forces.

The PERI staff would like to thank all participants and look forward to seeing you at this year's Terry Fox Run.



PERI staff received BComd's Commendation for their good work in the 1988 Terry Fox Run.

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THE KIT BAG II

TERRY LAWRENCE

So Quincy and Cpl Trevena vote "No" on the Voxair Vixen. Actually, there was no issue as I have no editorial authority, I was just reminiscing and perhaps stirring the pot a bit, as Cpl Trevena suggests. Obviously it worked, as Ms Trevena took the time to respond and to eloquently express her opinion. I cannot agree that the name "Vixen" was ever intended as a literal description of the models and I seriously doubt that anyone looking at the bathing suited ladies considered that

interpretation. The name was obviously coined as whimsical alliteration.

I think it absolutely disgusting that Voxair has turned into a sexist tabloid reminiscent of some of Britain's worst...and has put itself in league with the likes of Playgirl Magazine.

Obviously, the three women whose names appear in the editorial credits are exercising more than their fair share of editorial photo selection! Quincy

must have shielded his eyes in embarrassment when he saw the photograph of the nearly naked, greased-up young man on page 11 of the last Voxair.

I would suspect that Cpl Dave Shirley was persuaded to pose in all innocence, not suspecting that he would be displayed like a slab of beef in a decadent tabloid where women could ogle, slaver and fantasize. Have you no shame Dave Shirley? Don't you realize that some weak willed woman may entertain unclean thoughts

as she pins your photograph above her desk, or worse, on her bathroom wall? I can only hope that Quincy, as I did, turned the page quickly to the Chaplains Corner.

of hair; it's at home in a dresser drawer!

I was disappointed that there was no RCAF mess dinner on April 1st but as I pondered the subject it dawned on me that there are not a lot of RCAF types left in uniform. Obviously we have to pay attention to our current status in history. There has to be a time to move onwards and upwards and as much as old geezers like me like to prattle on about the "Good old days" we have to step aside for new traditions and values. I do note with considerable satisfaction that the air element is going to be paying closer attention to Air Force type indoctrination for those lucky enough to be channelled into light blue jobs.

There was an RCAF 65th birthday party at the Lawrence's house. Sorry you couldn't all make it. Further details are best left to your imagination.

We get letters...

Dear Mr. Lawrence,

Read your column with interest, particularly the part about the Voxair Vixen.

In 1952-53 and thereabouts I was editor of the magazine. There were a good number of pages to be filled. The only people I could rely on was the students and the Station Padre. Everyone else would miss their deadlines—but I'm sure things aren't that much better now.

Anyhow I instituted the Voxair Vixen because it filled a full page and was extremely popular. I got all the pix I needed from the Studios in Hollywood.

The only written complaint I had was some comment from an intellectual telling me that 'vixen' was hardly a complimentary title and the individual went on to tell me what vixen meant according to the dictionary. Paid little attention to it of course as I was addicted to alliterations—then and now. The only verbal

complaints I got were from some of the station female help telling me that 'surely I didn't have to go to the States to get good looking women to grace the pages of the station magazine—what was wrong with all the girls nearer to hand. My how things change.

And of course there was no need for French translation although I probably would have welcomed that too, after all it does fill pages and our magazine came out every three weeks to coincide with the graduation of the navigation classes.

Had a real whizbang of an Advertising Editor, name of Harry O'Hara. He could literally sell ice boxes to you know who.

Anyhow, enjoy your column and keep up the good work.

Yours truly,

Russ Bowdery

Chatham High School Twenty Year Reunion

If you were a 1969 graduate of C.H.S., in Chatham, New Brunswick, and haven't yet been contacted about the upcoming reunion in Chatham on July 1, we're hoping to hear from you. Write to:

Joan (Dealy) Russell at
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First Commemorative Para Rescue Reunion

The first Para Rescue Reunion will be held in the City of Trenton, Ontario from 22 to 24 September 1989 to commemorate the 45th year since the formation of Para Rescue in Canada. All inquiries should be directed to:

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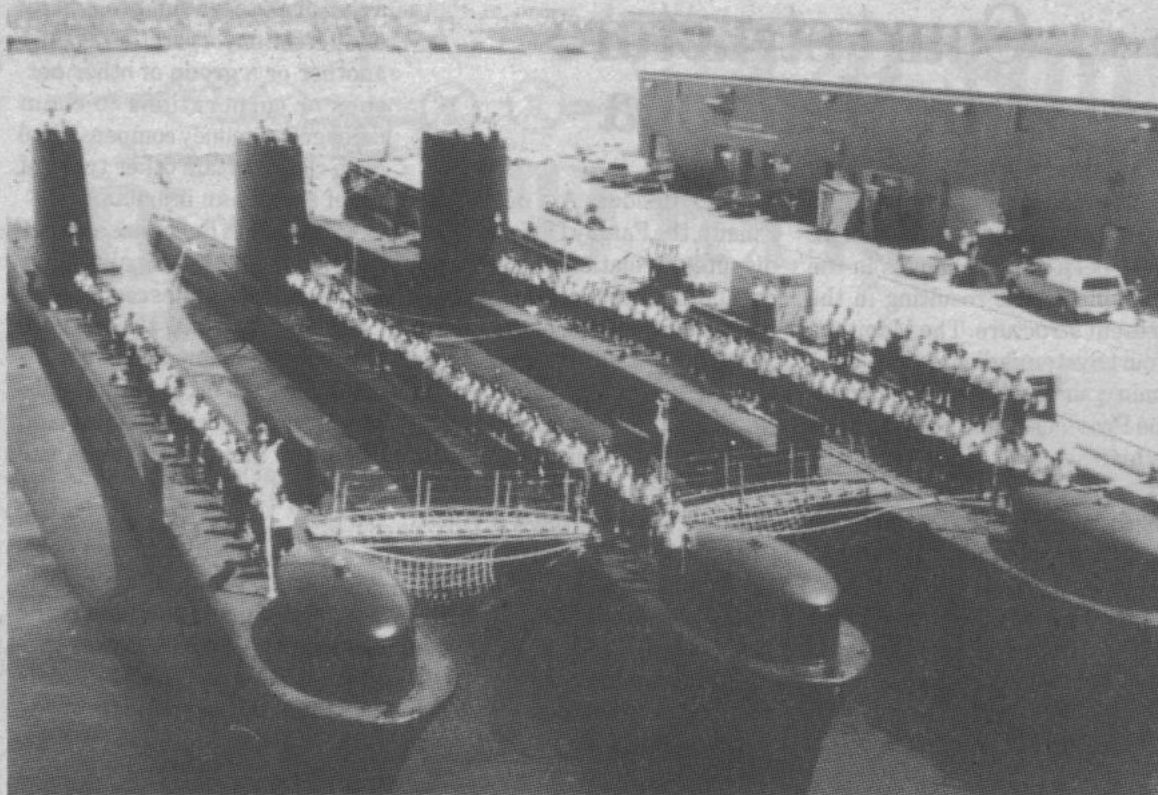
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2 PPCLI Celebrates Regimental Day

Friday, March 17 saw the Second Battalion Princess Patricia's Canadian Light Infantry celebrate their Annual Regimental Day. In keeping with tradition, the day saw the normal parade, sports competition and mess dinners.

As with all celebratory occasions, the day commenced with a parade. The Adjutant read telegrams of congratulations to the Battalion, then WO G.F. Collins, in what has become an annual event, recited his poem "The Ric-a-damn-doo", a personal ode to the Regiment and its Colours. Following the parade, the Battalion moved to the Sports Field for the annual Broom-a-loo competition. The affair opened with a round-robin

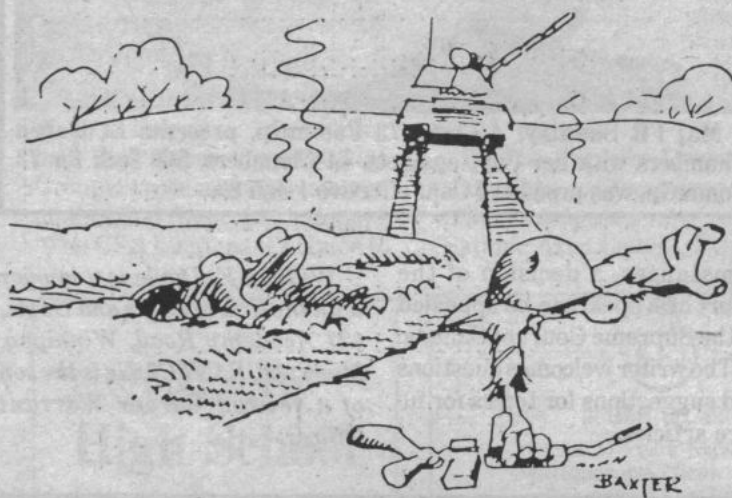
tournament between Companies. Spirits were high, elbows higher, and sticks were higher still as Combat Support Company thumped its way to the Battalion title, defeating B Coy in the finals. In the Officers/Sr NCO's match, the Sr NCO's took a 1-0 decision on a shoot-out in overtime, giving the Sr NCO's bragging rights for another year. Later that evening, the Officers held a mess dinner in celebration of the occasion, with the Sr NCO's holding theirs the following evening. All in all, it was a fine day of celebration; and the good fellowship and high spirits which prevailed throughout proved just what it means to be a Patricia.



75th Anniversary of Sub Service

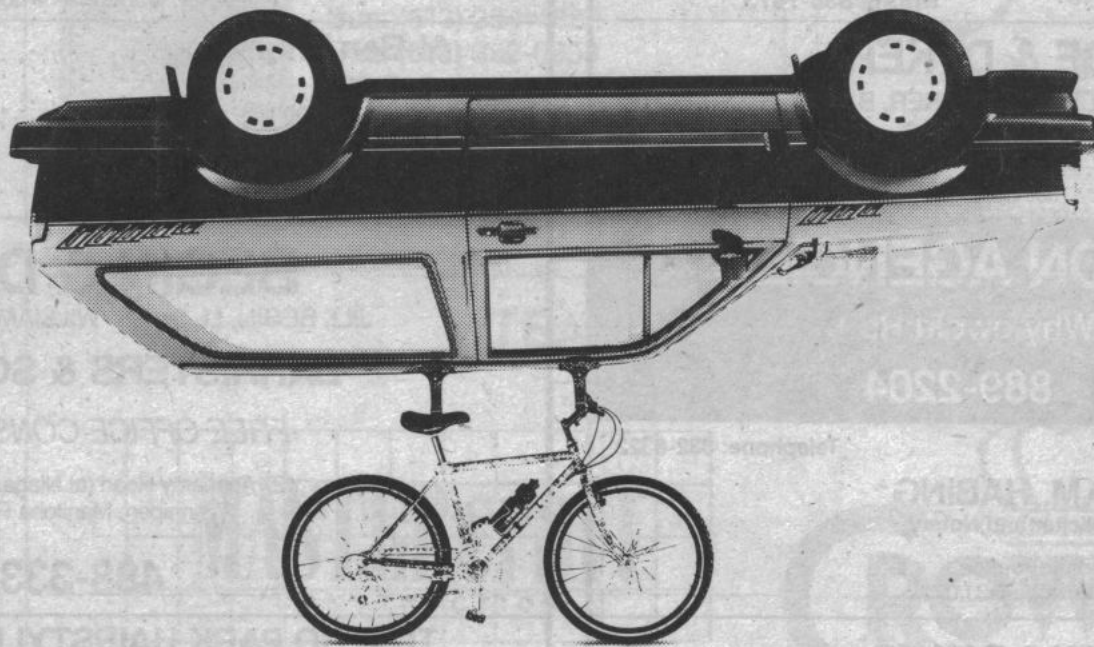
The 75th anniversary of the Canadian Submarine Service will be celebrated with special events in Halifax in April and August. Among the highlights in April are, a submarine 'open house', a reunion ball, a submarine display dedication at the Maritime Command Museum and a church parade. Separate events will be held in August to celebrate the actual anniversary date. It's rare to see all three of the navy's Oberon-class submarines operational at the same time (photo above) — one is usually in refit. This occurred in the summer of 1986 when the refit cycle was altered. From left to right are: HMCS Okanagan, HMCS Onondaga and HMCS Ojibwa.

Le Service canadien des sous-marins fêtera son 75^e anniversaire, à Halifax, en avril prochain. Le programme comprend, entre autres, une journée d'accueil à bord d'un sous-marin, un gala des anciens, la dédicace d'une exposition ayant pour thème les sous-marins, au musée du Commandement maritime, et une parade de messe. De plus, au mois d'août, d'autres cérémonies viendront souligner la date anniversaire du Service canadien des sous-marins. Il est rare que les trois sous-marins de la classe Oberon se trouvent en service en même temps (photo ci-dessus). Normalement, il y en a toujours un en radoub. La photo a été prise en 1986 alors que le cycle des radoubs venait tout juste d'être modifié. De gauche à droite : l'Okanagan, l'Onondaga et l'Ojibwa.



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THE "I CARE" DEALERSHIP

Court structure in Manitoba

by William E. Doyle

Manitoba's court system is constantly changing. In fact, there have been major changes in the immediate past resulting in the present structure. The Manitoba Court System is divided into three main courts, which are known as the Provincial Court of Manitoba (which we will refer to as the Provincial Court), the Court of Queen's Bench (which we will refer to as Queen's Bench), and the Court of Appeal.

The Provincial Court is divided into three divisions known as the Criminal Division, the Youth Court Division, and the Family Division. The Criminal Division exists for the purpose of hearing criminal and quasi-criminal cases relating to less serious offences over which it has exclusive jurisdiction. In relation to more serious offences, the Criminal Division has jurisdiction relating to the initial plea and the preliminary inquiry, but only has jurisdiction in relation to the trial of the accused with his or her consent. The Youth Court Division of the Provincial Court deals with offences relating to individuals between the ages of 12 and 17 at the time the offences are alleged to have been committed, and charges filed pursuant to the

Young Offenders Act of Canada. Finally, the Family Division hears disputes in relation to child custody and maintenance but is only operational outside of the City of Winnipeg and Selkirk. The Queen's Bench is the court in Manitoba which handles the majority of the cases at the first instance. As indicated, criminal cases all start at the Provincial Court but many are transferred to the Criminal Division of the Queen's Bench for trial either by judge alone or with a jury as well. The Queen's Bench also deals with appeals for criminal matters which were initially tried in the Provincial Court.

The Queen's Bench also has a Probate Division which handles matters relating to estates of deceased persons. The Family Division handles separation actions, divorces, adoptions, guardianship applications, and other related family and domestic cases and disputes.

The Civil Division is the division which handles any civil disputes, including lawsuits for the recovery of debts, contract disputes, landlord and tenant disputes, personal injury claims, labour disputes and so on. For clarification,

a civil dispute is a suit brought by one person or corporation against another or a group of other persons or corporations to claim damages (or money compensation) or to claim certain other types of relief such as an injunction.

The Queen's Bench has another division, being the Small Claims Court, which handles certain civil cases only, and only those where the amount claimed does not exceed \$3000.00. It allows minor disputes to be handled faster and cheaper, usually without the presence of lawyers for the parties.

The Queen's Bench also deals with bankruptcy and the orderly payment of debts pursuant to the Bankruptcy Act. The latter program is designed to allow a debtor to make arrangements to pay off all of his creditors on a manageable basis and from the time such arrangements are made the debtor may not be sued by the creditors.

Finally, the Court of Appeal handles appeals of decisions made in all courts of the province with the exception of appeals from decisions of the Provincial Court in criminal matters as already discussed and Small Claims decisions which are handled by way of a new trial in the Queen's Bench. Generally speaking, the Court of Appeal is the final decision for a matter. Such appeals are heard in the City of Winnipeg. In certain limited cir-

73 CommGp HQ Promotion



Maj FR Sauntry, A/Comd 73 CommGp, presents Lt Karen Chambers with her Capt epaulets. Lt Chambers, SO Tech for 73 CommGp, was promoted Capt effective 1 Jan 89.

cumstances, a decision of the Court of Appeal can be appealed to the Supreme Court of Canada.

The writer welcomes questions and suggestions for topics for future articles.

William E. Doyle is a lawyer with the firm of Begin and Doyle, 427 Academy Road, Winnipeg, Manitoba, R3N0C2. He is the son of a retired Career Warrant Officer.

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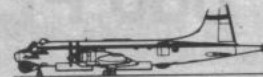
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14 Training Gp HQ

— Rumor mill grinds on...

As the 'Peg slowly emerges from beneath the frozen sludge to welcome the 1989 pothole season, the rumour mill grinds on at a relatively slow pace.

Posting instructions seem rather light so far. Major Joe Clapp, Staff Officer Air Traffic Control Training has been cleared eastbound to NDHQ. Cpl Tony Irving, the fastest Admin Clerk in the West, will point his joggers toward Calgary, while Major Larry Faulkner, Staff Officer Pilot Trg will retire to take up farming full time and practice instrument approaches on his John Deere.

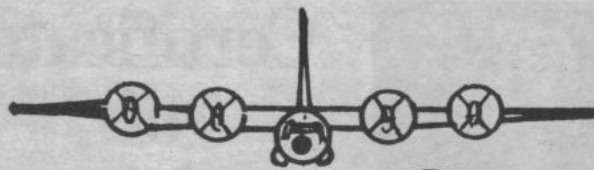
Looking to further fill the void of good literature in shopping mall book stores, some creative Groupie prose may soon emerge under hard cover; par example: "The CFR Lieutenant's Guide to

Quickie Career Planning on a Budget". Subjects include:

- take up golf on the cheap—start with 12 old hockey sticks in a kit bag;
- the AERE officer's secrets of gourmet cooking featuring Kraft Dinner and its many intrigues.
- the delights of dining out — Big Mac Ooh la-la!
- you can resole your shoes with a well-done steak.

In the dumb but truly Canadian news items for the month of March, the pick of the crop has to be: the banning of the new telephone book in Nova Scotia because the picture of figure skaters on the cover is considered "naughty".

I guess the folks Down East wouldn't be too receptive to this writer's proposed new release "Satanic Area Codes".



Bison Bits

Coming back from the Easter weekend, we hope that a good time was had by all and also that your bunny was generous...On another note, the inter section volleyball came to an end when CFANS/429 Sqn won the finals over the 73 Comm Gp. A fair competition was held as only one game separated the winning team in the final set. (best out of 5 games).

Maj Gohier had the surprise of his life on CFC 590. After landing in Lahr, Germany, he found out that he would have another mouth to feed on returning home. Congratulations Major and your wife Carolyn on the new baby girl. Your fan club is getting bigger every three years.

429 Sqn

CD recipients



Congratulations for 22 years of special effort and personal devotion to the Canadian Forces for the CD recipients. From left to right Sgt. Bertrand, WO Johnston, WO Gloutnez, MCpl Sawatsky. The next picture will be in 10 years from now!

MCpl Gary Pullen is on the survival course for two weeks. He was bored with eating the same menu every day and decided to expand his cooking ability

while keeping his affinity as a natural gourmet. Good luck Gary and watch out for the bear!

Well that is all we have for this time, 'til next time!

Ness Jr. High School

is forming an Anniversary Committee to start planning the school's 25th anniversary celebrations in 1990. Any former students, staff, and members of the community who are interested in joining the planning committee are invited to a meeting on Wednesday, April 12 at 7:30 p.m. at Ness Junior High, 3300 Ness Avenue. For further information, please call Mrs. Audrey Kelly at the school at 837-1361.

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Graduation Met Tech QL6B 8901

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The graduates of QL6B 8901 are to be employed throughout the Canadian Forces Mobile Command, Maritime Command as well as Air Command bases.

Certificate of Achievement



CERTIFICATE OF ACHIEVEMENT — Sgt D. Bolt, a recent graduate of the Meteorological Technician QL6B 8901 Course, received the Certificate of Achievement from Col D.J. Rooke DCOS Ops. The Certificate of Achievement is given to the student who has attained the highest academic standing on that course.



BACK ROW — Left to Right: Mr. Richard, Sgt Bolt, Sgt MacEachern, Wo Bishop, Sgt Woodgate, Sgt Allard, Mr. Konzelman
FRONT ROW — Left to Right: Mr. Boughton, MWO Frosst, Col Rooke, Miss Quinn, MWO Roy



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Capt Mel Sitko receives a certificate of recognition for his outstanding support to the AIRCOM Management Consulting Services from SSO MCS LCol J.R. Lambie. Capt Sitko retired to accept employment in the Halifax area.

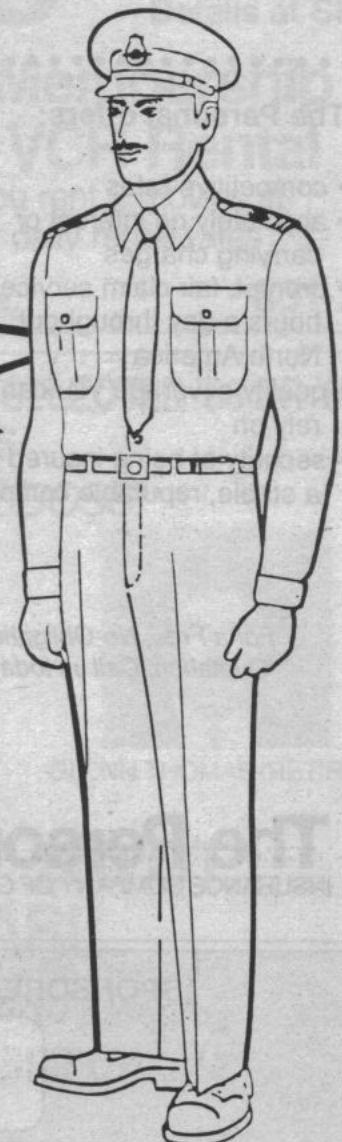
MWO Brian Brown receives congratulations on his recent promotion from SSO MCS LCol J.R. Lambie.

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SPORTS ANNOUNCEMENTS



Arrows the undisputed champs.

1989 Inter Section Hockey Champs Arrows

of the Arrows. This made the Arrows the undisputed champs for the year.

It is evident that the new format adopted this year allowing unit teams has been very successful. The league was competitive throughout the season. With everyone's support, next year should be just as good.

The final standings for the regular season were as follows:

Another season of Inter-Section Hockey is over. The playoffs came down to the first place Arrows and last year's champion Oldtimers. It was a best 3 out of 5 series. The Arrows won the first two games and it looked like they were going to go three straight, but the Oldtimers came back in the third game with a score of 5-4. The victory was shortlived however, with the fourth game 4-2 in favour

PLACE	TEAM	RECORD	POINTS
1	Arrows	22-6-2	46
2	Supply	19-8-3	41
3	Transport	18-10-2	38
4	BAMEO	17-9-4	38
5	Oldtimers	14-14-2	30
6	2PPCLI	4-24-2	10
7	Braves	2-25-3	7

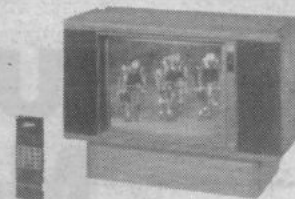
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Inter-section Volleyball

— Final standings and
playoff results

Final league standings were as follows:

1st Place	73 Comm Gp	39 points
2nd Place	BCEO	36 points
3rd Place	BEME	31 points
4th Place	CFANS/429 Squadron	21 points
5th Place	BCompt	14 points
6th Place	BHQ	7 points

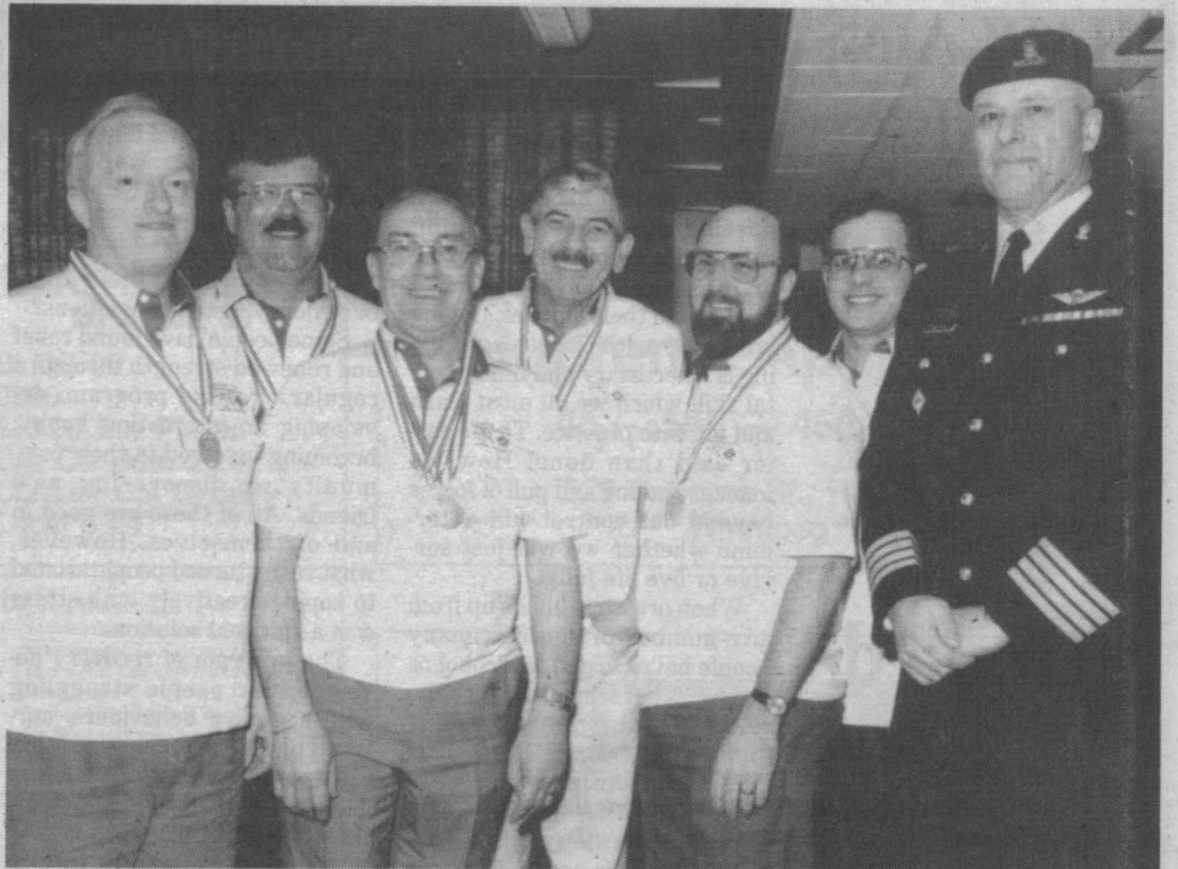
The play-off round saw:

73 Comm Grp defeat BHQ
BCEO defeat BCompt
CFANS/429 Sqn defeat BEME

Semi-Finals CFANS/429 Sqn defeated BCEO

Finals CFANS/429 Sqn defeated 73 Comm Group

The finals were hard fought games by both teams and after 5 games of excellent competition the team from CFANS/429 Squadron were victorious. Congratulations to all teams for a very successful year and for the excellent sportsmanship.



L — Sgt Bonnell, Capt Brown, Capt Knight, WO Sypulski, PO2 Scott, Sgt Legare, Base Commander, LCol Saunders, (Shilo).

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Regional Bowling Champs

Our congratulations go out to the CFB Winnipeg Bowling team. The team of Capt Brown, Capt Knight, WO Sypulski, Sgt Bonnell, Sgt Legare, and PO2 Scott went on to capture the 1989 Prairie Region Bowling Championships.

The event was held in CFB Shilo 27 Feb to 3 Mar 89. It came down to a hard fought battle between Cold Lake and Winnipeg. The determining factor came down to the last bowler, last bowl, last pin of the Winnipeg team by Sgt Bon-

nell. Capt Knight also captured the awards for High Average 250.8 and High Triple 818. At no time did they feel that they had lost control over the situation, proving again that Winnipeg is the ruling force in Regional sports. Good Show Guys!

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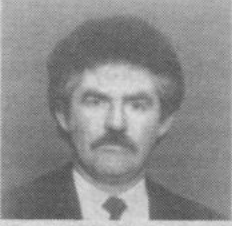
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Stressed Out!!

Recently, I've been acutely aware of how stressed we can become in our day-to-day living. While on a course in Halifax, I discovered that the military life puts a significant amount of pressure on individuals, marriages

and families. It's a time of increased expectations and demands on our physical, emotional and spiritual natures. PER's, posting messages, upcoming retirement, re-musterings all exert pressure upon members of the CF and their families. Coping creatively with the stress of living is a necessary and fundamental skill which we all must learn and put into practice. That's easier said than done! How we manage the tug and pull of forces beyond our control will determine whether we will just survive or live life fully.

When pressure builds up from any number of sources, many people have turned to alcohol or drugs, others have lost themselves in overworking, excluding family and friends from their lives. Unfortunately, these ways of dealing with stress have only succeeded in denying or suppressing very real pressures which are part of military life today. They hide or mask the fears and anxieties and only increase our vulnerability to increased

stress, producing anger, depression, frustration and illness.

How does one avoid the problems associated with harmful, destructive stress? How can we cope when countless challenges face us for our time, our energy, and our emotions?

Some people have found relief and renewed strength through a regular exercise program, developing an interesting hobby, becoming involved in their community or discovering new friends. All of these are good in and of themselves. However, what really turned people around to coping creatively with stress was a spiritual solution.

The program of recovery developed for people struggling with addictive behaviours, nurtured by stress, emphasized that each person needs to turn over his/her life to a higher power. Once that occurred, a peace, a contentment, an ability to face each day and its challenges became possible.

A genuine Christianity has offered that possibility, that hope for 2000 years. Our belief in a loving and caring God means that He is available and has the power to provide us with the means of coping creatively with stress each and every day.

Jesus Christ is our model for dealing with stress. Every morning he spent time alone, quietly with God, centering his life on certain basic truths that provided rest, strength and renewal. He said to his disciples when they were besieged by the needs of people, "Come with me by your-

RC CHAPELS

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1900 hrs, Messe française
Sun. 1115 hrs, English Mass
Confessions upon request, until 15 minutes before each Mass.
During the 1115 hr Mass, there is a Nursery program for children under the age of 5.
Sunday School: 1000-1100 hrs
Weekday Masses: Mondays through Thursdays, 1900 hrs
Arrangements for Baptisms are to be made at least two months before the intended date. The preparation that has to take place can be conducted before the birth of the child.
Arrangements for Marriages have to be made at least three months before the intended date of wedding. A Marriage Preparation session is mandatory.
Please contact the Chaplains through the Secretary: (895-5087, North; 895-6024, South).

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Weekday Masses: Mondays through Thursdays, 1830 hrs

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CHAPEL OF THE GOOD SHEPHERD (NORTH)

0900 hrs, Eucharist (ACC)
1100 hrs, Divine Worship

CHAPEL OF ST. ANDREW (SOUTH)

1000 hrs, Divine Worship
1115 hrs, Intergenerational Sunday School

Holy Communion, conducted according to the rites of one of the five supporting denominations, will be held at the regular service on the first Sunday in each month. Nursery is provided for children during Divine Worship.

Baptism and Marriage are to be arranged by appointment and seven weeks advanced notice is required prior to the solemnization of Holy Matrimony. Please contact the Chaplains Secretary at (North) 895 5087. (South) 895 6024 for an appointment.

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Greetings from the Chapels

selves to a quiet place and get some rest." At that point, they went away on a boat by themselves to a solitary place.

That's the secret! The secret to discovering serenity, peace in the middle of an often crazy, hurried world. Spending time alone with oneself and God and getting in touch with yourself and what is really important in life.

Stressed out—almost to the point of being burned out! Listen to the invitation of One who can handle all our stress "Come to me, all you who are weary and burdened, and I will give you rest."

Padre Peter Day
2PPCLI/& CFB Winnipeg

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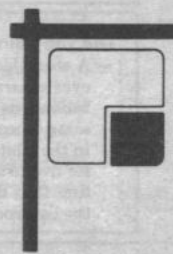
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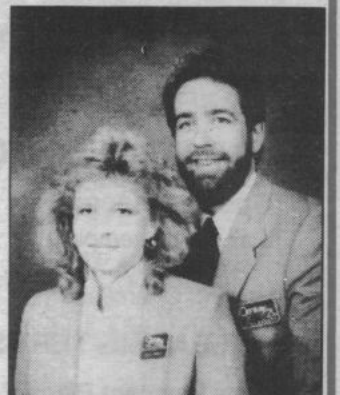
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