



Free

Base Chief Said Page 3
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CFB/BFC Winnipeg

31 May 1989

CFB Winnipeg salutes its athletes

FEMALE

**Athlete
of the
Year**



PTE NATHALIE HOUDE


Pte Nathalie Houde, who is employed at CMTT (south side), was awarded this years Base Female Athlete of the Year by the BComd on 27 May 89 at the Herc lounge.

Nathalie is new to sports in the CF, but has shown a keen interest in organizing and participating. Pte Houde was involved in the following sports programmes this past year:




- 1988 Base Female Soccer Team — Player
- 1988 Base Female Broomball Team — Player
- 1988 Base Female Fastball Team — Player
- 1988/89 Inter-section Broomball — Player
- 1989 Prairie Region Badminton Champs — Competitor

Well done Nathalie, and I am sure we will be hearing about you in the future.

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HOCKEY BROOMBALL

VOLLEYBALL SOCCER

BASKETBALL BOWLING

BADMINTON

Special sports issue

CFB Winnipeg has achieved CF sport success by winning seven regional competitions, and having several teams and athletes compete at CISM and National level. CFB Winnipeg is proud of these accomplishments and congratulations to all athletes, coaches, and officials for their achievements. This issue is for you: look back with pride and remember the enjoyment you achieved in obtaining success.

MALE

**Athlete
of the
Year**



MCPL FRANK NADON

MCpl Frank Nadon, who is employed with CFANS, was awarded this years Base Male Athlete of the year by the BComd on 27 May 89 at the Herc lounge.

- Frank participated in several team sports this past year with one noticeable accomplishment. These teams all won gold medals, with Frank's leadership and skills playing a big part in their success. The following is a list of MCpl Nadon's achievements:
- 1989 Pr Region Volleyball Champs — Coach/Player
 - 1989 Pr Region Broomball Champs — Player
 - 1989 Inter-section Hockey Champs — Player
 - 1988 Inter-section Slow-pitch Champs — Player
 - 1988 Base Fastball team — Player

Congratulations Frank and hopefully you bring that gold formula to the base fastball team.

Base Commander's Corner/Coin de la Commandant de Base

by Base Commander

This special edition of the Voxair is dedicated to CFB Winnipeg's accomplishments during the 1988/89 sports season and to the men and women who made it possible.

Our athletes proved beyond comparison that we were number one. Their performance; winning seven regional titles; a gold, silver and bronze at the National Championships as well as individual honours to members selected to represent the forces at civilian national competitions is a remarkable achievement and one we can all be proud of.

Success at any level of sport and especially at the regional and national level just doesn't happen. The dedication our coaches and athletes have displayed is highly commendable. In addition, the support of supervisory staff, and the cooperation of co-workers who accepted additional responsibility in the absence of our champions is most praiseworthy. Particularly noteworthy is our superb BPERO staff who have been the key personnel in their endeavours.

This encouraging display of excellence shows that CFB Winnipeg personnel are made of the right stuff. Whether you were a participant in the inter-section programme or were a member of the many support organizations that helped put it all together, or played on one of our base teams I am certain that our accomplishments during the 1988/89 sport season will be remembered with a great deal of pride by all of us for many years to come.



Base Commander, Colonel Loren H. Reynolds

Cette édition du Voxair est dédiée aux accomplissements des athlètes de la BFC Winnipeg pendant la saison de sport 1988/89.

Nos athlètes ont prouvé sans comparaison qu'ils étaient numéro un. Leur victoire: Gagnants de sept titres régionaux; une médaille d'or, d'argent et de cuivre aux Championnats Nationaux ainsi que des honneurs individuels aux membres choisis pour représenter les Forces aux compétitions civiles nationales est un dénouement remarquable dont on peut être fier.

Le succès à chaque niveau du sport et plus spécialement au niveau régional et national se fait avec effort. La dédication que nos instructeurs et athlètes ont démontrée est plus que remarquable. En plus, le support des employeurs/surveillants et la coopération des co-travailleurs qui ont accepté des responsabilités additionnelles pendant l'absence de nos champions, on doit à beaucoup de remerciement. Plus particulièrement il faut mentionner notre superbe personnel du centre de récréation et de loisirs qui ont été les personnes clés par leurs efforts constants.

Cette encourageante démonstration d'excellence démontre que le personnel de la BFC Winnipeg est fait de la bonne étoffe. Que vous ayez été un participant dans le programme entre-section ou un des membres d'une de nos nombreuses organisations de support qui ont groupé le tout harmonieusement, ou un joueur dans une des équipes de la base, je suis certain que nos accomplissements durant la saison de sport 1988/89 nous reviendront en tête avec beaucoup de fierté pendant plusieurs années.

Physical Fitness and the military profession

It's a fantastic feeling to be really fit and full of energy, but many of us neglect that vital ingredient of good health — regular exercise!

If exercise conjures up visions of back-breaking physical jerks, competitive sports, expensive equipment, and long boring routines, think again. Exercise is a natural need of the human body and it can be fun and painless. That stretching yawn first thing in the morning, itself a form of exercise, is demonstrating an unconscious need to stretch the muscles and put the body to work. It is followed by a slight relaxation, a give of the muscle tissues. However, reluctantly acknowledged, the body is expressing a desire for activity. And, for most of us, that desire is rarely satisfied.

Exercise, in any form, improves balance and coordination and helps to keep the muscles in trim. Most people who have been persuaded to participate in some kind of strenuous exercise are surprised when they discover that afterwards they feel invigorated and less tired than they did before they began. This feeling of restored vitality is one of the best arguments for involvement in meaningful physical activity, be it for competitive or purely humanistic reasons.

We, in the military are fortunate. From the moment we join the Canadian Forces, we are exposed to the philosophy of maintaining a sound mind in a sound body, and have at our disposal excellent facilities for achieving that goal. The dedicated professionals

who make up the Physical Education and Recreation MOC, both officers and NCM's, devote their entire careers to ensuring that the rest of us have the opportunity to remain physically fit and competitively active, if we so desire.

As members of an integral unit of CFB Winnipeg, we in Air Command Headquarters are fortunate for another reason. The official sports programme supported by CFB Winnipeg is one of the finest in the Forces, and its record speaks for itself. In 1988 members of CFB Winnipeg achieved some truly notable results. Teams from CFB Winnipeg swept the Prairie Region Championships in Hockey, Volleyball, Basketball, Broomball, Bowling, Badminton and Soccer. The men's Broomball team advanced to the Nationals, again capturing the Championship in that event. Our Hockey team also went to the Nationals and came in third overall, another remarkable feat. Sgt Stu Nauss and Capt Bing Sherer represented Canada in the CISM Golf Championship. Capt Ross Hainsworth won the Manitoba Provincial over 35 Squash Championship and captured the Prairie Region Open Championship, earning the right to advance to the Nationals.



LCpl S.A. Browarski, Co, Aircom HQ

Were it not for the cancellation of service airlift, CFB Winnipeg could feasibly have captured the National Championships in Badminton and Squash as well.

These outstanding results speak highly, not only of the competitors, but of those who made participation fun and possible,

our PERI staff. On behalf of all members of Air Command Headquarters, it is my distinct pleasure to express a heartfelt thanks and congratulations to Capt Greg Peet and his staff of dedicated professionals for an outstanding year of achievement, and for making physical fitness a cornerstone of life at CFB Winnipeg.



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The Base Chief Said...

SPORTS has become a dirty word for some. It's another area of our lives in the military which has suffered from the slashing and cutting which has taken place over the years. There was a time during my career when we had, what has to be considered, professional athletes. That is if a professional is a person who gets paid for what he does.

The period of my career that I recall best was in the late fifties, and early to mid sixties. Those had to be the hay days for sports. Now I don't want you to get the impression that I was a jock, I have never had that kind of talent, inter-section was about all I was capable of doing.

Back in 1959 we had a sports officer by the name of Major "Marvelous" Marv Thurgood. It was his opinion that a real man should either be able to administer or take a beating in the ring. My company was mustered one morning and we were asked two questions, age and weight. The purpose was soon clear, because within days, a two week boxing tournament was announced. My fight was scheduled for a Thursday night, against a rather flabby looking guy from Springhill, Nova Scotia. I figured I could take him, but no one bothered to tell me that this chap

had worked in the coal mines prior to joining. I did not take me long to find out that under that flab was a well muscled young man.

My fight was about number seven on the card, and I was fighting out of the Blue corner. By the time my turn came, the score was Red corner six, Blue corner NIL. I knew that I was in trouble! I managed to stay in with the guy for two and half rounds, when he finally caught up with me. I was never a great runner either. So ended a not so bright career in the ring. It's kind of funny now, but in those days, I was not laughing, as a matter of fact, my body was sore and bruised for weeks.

Boxing was one of those sports that we did well by getting rid of. The Battalion boxing team on the whole were "punchy", and the majority were privates, and would remain so for a long as they served. They would qualify as machine gunners, one of the easiest support weapons trades, and then their careers would stagnate.

There is no way to describe the absolute delight we took in belonging to the battalion which had the best boxers in the Canadian Army. Nathan Paris, John MacNeil, Ray Downey, Nagey

Harb, Rod Foster. All these men were first class boxers, and had they had the proper training, one can only speculate as to how far they might have gone on the outside.

Our hockey team in Germany was another professional group. No duties, come in to work at 1100 hrs for practice, and then play games in the evening, or on the weekends. It wasn't a bad go! There was only one string attached, and that was that they were expected to win. In those days we had a CO who's nickname was "Gold Finger", simply because, if there was a shiny trophy to be won, we were expected to win it. He was prepared to give our teams anything they wanted, as long as they brought home the gold. And you know, there was no complaining on our part, because our accomplishments in sports, reflected in the way we did our jobs. We were winners, we knew it, and enjoyed it.

I had the opportunity of attending a graduation of a JLC in Penhold in February while the Prairie Regional Volleyball championships were on. I got the chance to go to two games. Both resulted in losses for Winnipeg's Mens and Ladies teams, but there was something which I was struck by, and that was that even though they were down, they never quit, always giving their best effort. I seen that same attitude in the base personnel who graduated from the JLC later that day. So there is a relationship between the way we play sports, and the way we work. By the way, CFB Winnipeg Mens'

team won the regionals, and the ladies finished third.

While serving in Germany in the 60's, it was traditional to have a Canada Day Track and Field Meet. These were most enjoyable, with keen competition, and a good time had by all.

As you might imagine, there were a few individuals in the Battalion who were all-round sportsmen. These people would play hockey in the winter, get ready for track and field, and then finish off the summer playing fastball. Quite a life! Certainly not good for a career in the forces, but a good life, none-the-less.

It is more difficult to get people interested today in representing a base/unit/section on the sports field. As mentioned before, this is as a result of fewer people to do the main jobs. There is one aspect that does bug me. There have

been a couple of cases where an individual has played for base representative team all year, then when it comes time for regional and national championships, the individual might screw up by arriving late to work, or some such thing. The solution to the problem is to deny him/ her permission to go with the team to those championships. The people with the power, are not hurting the individual, as much as they are hurting the team. There are other ways of dealing with people. Charges, counselling, Record Warnings, etc, etc, and that's how they should be dealt with.

CFB Winnipeg has done well this year in regional and national competitions, and Quincy and I congratulate you all. As far as it goes, CFB Winnipeg does well at everything.

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DOMINION LUMBER



CPERO's comment: Hard work pays off



Maj Randy Helgason, CPERO

by H.R. Helgason, Major
Prairie Region Sports
Director for Commander

The 1988/89 sports season was a banner year for CFB Winnipeg. It has been many years since a base has so dominated the Regional Sports Programme. During the past year, CFB Winnipeg has captured Prairie Region Championships in soccer, hockey, broomball, bowling, badminton, volleyball and basketball. This unprecedented string of victories did not happen by chance. While talented athletes can win a championship, winning military sports championships takes much more than raw talent. It takes a commitment from the base and most importantly, the co-

operation and support of supervisors at all levels. Without their support, a base sports programme cannot thrive and grow. In addition to the support of the chain of command, successful sports programmes require dedicated coaches willing to sacrifice time away from job and family to promote their sport.

On behalf of all bases and stations in the Prairie Region, congratulations to CFB Winnipeg. We salute your achievements and thank you for your contributions to the Canadian Forces Prairie Region Sports Programme.

Recreation Council Sitrep

The CFB Winnipeg Recreation Council is at the end of another productive year. After two years of enjoyable experience, I wish to thank the BPERO, Capt Greg Peet for his leadership and superb administrative skills.

I would also like to take this opportunity to promote the various clubs and activities that we, as a council, support and sponsor. In building 90, the Bowling Club and the Mixed Bowling Club take advantage of our bowling facility, the Rifle Club is very active within the Base as well as in competitions at the provincial level. For those of you who like aerobic fitness and swimming, we have the Goldeyes Scuba Club which runs courses as well and the Master Swim Club. The Badminton Club is also a popular choice. In Building 21, the Woodworking Club offers an ideal opportunity to develop or discover wood working skills. The Ceramics Club has been undergoing renovations and is ready for operations.

All these clubs are represented on our council and their presidents vote on issues of concern to you, the military member. Maybe, you have an idea for a club...why not lend a hand to something that can give you new horizons and new friendships!

In parting, I want to congratulate Maj Rick Thompson of Air Command HQ on his nomination to Chairman and wish him a warm welcome on behalf of all the members.

by J.A.A. Chouinard, Major
Rec Council Chairman

Le Conseil des Loisirs de la Base

Le Conseil des loisirs de la BFC Winnipeg termine une autre année fructueuse. A la fin de la deuxième année d'un mandat riche en expérience, je désire remercier l'officier d'éducation physique et des loisirs, le capitaine Greg Peet dont le leadership et les talents d'administrateur nous ont été un atout précieux.

Le Conseil regroupe plusieurs clubs sous sa tutelle. Nous avons deux clubs de quilles, un club de tir, un club de natation, un club de plongée sous-marine, un club de badminton. Pour ceux qui aiment bricoler, le club de menuiserie et le club de céramique offrent leurs services au Building 21.

Tous ces clubs sont représentés lors des séances du Conseil et les présidents de chaque club ont un droit de vote. Peut-être songez-vous à créer un de ces clubs!

En terminant, je tiens à féliciter le major Rick Thompson du QG du Commandement aérien pour sa nomination au poste de président du Conseil et je lui souhaite la plus cordiale des bienvenues.

par le major Alain Chouinard
Président de Conseil

From the BPERO...

by Captain Greg Peet

During the 1988/89 sports season CFB Winnipeg entered 12 regional competitions, and I'm sure you're well aware that our athletes captured 7 championships and won individual honours in the remaining events. On the national scene our broomball team were gold medalists, the soccer team silver medalists; the hockey team bronze medalists and our volleyball team were quarter finalists. In addition our teams are well respected locally which is evidenced by their regular appearance atop the standings in civilian sports leagues; most notably the servicewomen's

volleyball team and the men's floor hockey team.

In as much as our Base teams put CFB Winnipeg on the military and local sports map, the athletes who dedicate their time, skills and energy to the inter-section and inter-unit programme are our greatest resource. In many cases these programmes serve as a feeder system for base teams, while in other cases many members participate strictly for the exercise and esprit de-corp.

Participation in the inter-section, inter unit sports programme is at an all time high. Three new leagues were formed,

the inter-section hockey and softball leagues doubled their teams and the entries into the various BComd sports tournaments reached the maximum.

The entire PERI staff joins me in congratulating all our competitors. Your willingness to get involved has produced a winning combination and has made our community a better place to live. Further we pass on our sincere thanks to base authorities, co-workers and the many volunteers whose valuable support made it all possible. It is our pleasure to serve you and we look forward to another exciting sports season.

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BPERO section awarded Base Commander's commendation

The BPERO section would like to congratulate all coaches, players, and officials involved in CFB Winnipeg's 1988/89 Sports Programme. Not only is it enjoyable to be part of a winning programme, it is also exciting to have such a large involvement of the base personnel. With this type of attitude, CFB Winnipeg will continue to thrive on sports. The BPERO and staff look forward to another successful year, and supporting your sports program.



BASE COMMANDER'S COMMENDATION

Left to right: Sgt Irma Piper, Sgt Ron Gallant, Cpl Bobbi Howard, Col Reynolds (BComd), Cpl Andy Kagphengst, Cpl Mike Scott, MCpl Bryan Pearce, Cpl Dave Shirley, Capt Greg Peet (BPERO), Sgt Jim Wallace, MWO George Springer (Snr PERI), Maj Brazeau (BPSvsO).

The military athlete: work or sports?

by OCdt Bruce Schofield

After such a successful year in sports for CFB Winnipeg, how did our athletes manage both a career and their sport(s)? This issue arises throughout the year at various levels of supervision and creates some tough decisions for all involved. The 1988/89 sports programme was successful on this base because it had the supervisors support and athletes who worked hard at both their job and sport(s).

The number one commitment towards the military must be your job. The CF wants service

personnel who are dedicated, knowledgeable, and represent the military in high standard. Athletics and sports are just a couple of tools which help service personnel achieve these attributes.

Dedication is necessary for the service person to be productive at work and in sport. The demands on today's athletes require hours at games, practices, skill development, and personal fitness. Since most activities occur after working hours, many athletes sacrifice their family and leisure time for their sport.

Just like the military requires knowledge to perform tasks, sport requires athletes to learn plays, rules and training principles. Athletes, coaches, managers, and officials take hours off their leisure time to learn their sport.

The military presence is very recognizable in Winnipeg. Athletes representing the military are expected, by both the public and the CF, to set a high standard of fitness, dress, and deportment. This type of pride can be reflected all the way back to the individual's unit.

The military athlete is an enhancement to the CF. They must always strive towards being a service member first and an athlete second, but both should work together. CFB Winnipeg's sport success last year was a combination of strong support from both the unit and the athlete. The continuation of this co-operative support in the years to come will make CFB Winnipeg a strong contender in the CF sports programme.

2PPCLI plays key role in Base Success

The return of the Second Battalion Princess Patricia's Canadian Light Infantry from Germany in the summer of 1988 was a boon for CFB Winnipeg in many ways — perhaps none greater than on the athletic level. The fact that the Patricias were able to integrate fully into all Base sports was key in producing a run of Base athletic accolades unmatched throughout the Canadian Forces.

Second Battalion athletes played key positions on virtually all of the Base teams which fared so impressively. Prairie Region Champions in Volleyball, Basketball, Hockey, and Soccer all had numerous PPCLI players. The Hockey and Volleyball teams would go on to third place finishes in the Nationals while the Soccer side reached the CF finals before bowing out.

An impressive showing was also made by the Battalion at EX STRONG CONTENDER, the 1 CBG Sports meet. Here Patricia

entries in Volleyball, Floor Hockey, Hockey, and Broomball all performed admirably, taking top brigade honours in Volleyball, and also seizing the overall trophy. The Floor Hockey team, which placed third in the meet, would later go on to sweep all opposition aside in winning the CFB Winnipeg Base Commander's Floor Hockey Championship in March.

Overall it was a highly impressive showing by both the Base and the fighting men of the PPCLI who bolstered its teams. The future for CFB Winnipeg teams at both the Regional & National levels surely remains bright as this productive association remains, WELL DONE. VP



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Capt Bud Knight — World champion 1975.

Bowling achievements

Military Nationals — always represented Prairie Region
Singles Wins — 1973, 1975, 1977, 1982

Team Wins — 1973, 1976, 1979, 1982

Civilian Nationals

Sask — 1972, 1973, 1974

Armed Forces — 1975, 1976, 1977
Won singles gold in 1975 & silver in 1977

NWT — 1980, 1981, 1982

Won singles bronze in 1980

Man — 1978, 1988, 1989

Won mixed team silver in 1988

Master Bowlers Nationals

Sask — Mens Team — 1973, 1974

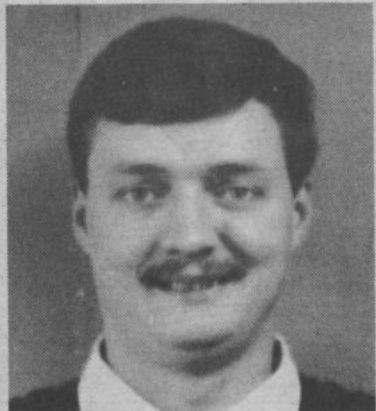
Man — Mens Team — 1976, 1977, 1978, 1979

Won gold 1979

Coached Man — Ladies Team — 1988

Won silver 1988

SHAPE Basketball



Cpl Roy Field — SHAPE Basketball representative.

Cpl Roy Field was selected to represent the CF for the first time in basketball at the SHAPE tournament in Europe during Dec 88. Teams from Spain, Italy, Germany, and the United States were some of the stronger competition that also participated. Out of the eight teams participating, Canada finished sixth. This was an excellent showing for Canada's first exposure to this competition. The CF will be building the basketball program towards higher levels of competition, partly due to the success of Cpl Roy Field and 14 other players and coaches who represented Canada in world competition.

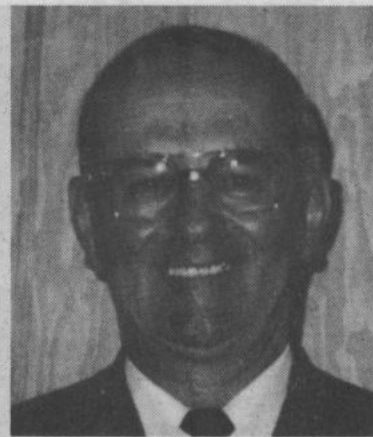
CISM Conseil International Sport Militaire

Le Conseil International du Sport Militaire (CISM) est une organisation sportive internationale fondée en 1948. À son inauguration cinq nations étaient membres du CISM. CISM a 87 membres nations. Le Canada s'est joint en 1985 et a été représenté en 1986 au biathlon, ballon-volant, golf et course de randonnée.



International Military Sports Council

CISM (Conseil International du Sport Militaire) is an international sports organization founded in 1948 whose membership has grown from five to the present 87 countries. The Canadian Forces became a member in 1985 and entered its first CISM competitions in 1986 with representation in the biathlon, volleyball, golf and cross-country events.

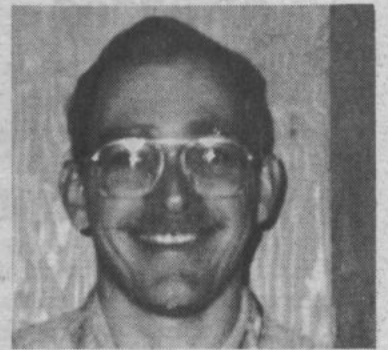


Capt Bing Shearer — CISM golfer.

Bing can't remember how many zones or regional championships he has participated in; however, he does remember that he has won 17 of them, 10 in the Prairies and 7 in Ontario. He has also won 3 National Championships, 3 East/West Training Command Championships and 1 Canadian Training Command Championship.

Bing will be travelling to Colorado later this year as a member of Canada's team in the CISM championship. See you on the links, Bing!

CISM Golfers



Sgt Stu Nauss — CISM golfer.

Stu will be a member of the CF CISM golf team, which will participate in the CISM competition to be held in Colorado Springs in Sept 89. His golfing achievements include:

- Four CF Nationals — gold in 1988
- Thirteen Regional Competitions
- 5 gold Prairie
- 2 gold Ontario
- 1 gold Europe
- Two Manitoba Amateur Tournaments
- win 1988 match play.

National Squash Championships



Capt Ross Hainsworth

Capt Ross Hainsworth recently represented Manitoba at the National Squash Championships in Victoria, B.C. Ross finished fifth in the 35+ category after a very competitive week.

His accomplishments to date include:

- 1989 Manitoba Champion;
- 1988 Prairie Region Winner
- 1983 Ranked 14th in Canada by CSRA
- Winner Ontario Open Men's Age 30+
- Winner Toronto and District Men's A Championship
- 1982-85 Competitor in Ontario Men's A Level

National Broomball Championship

MVP



Capt Willis Jacobs

Capt Willis Jacobs has been an important link in CFB Winnipeg's past two Prairie Region Championships and last years National Championship. He has also had the opportunity to play in 3 civilian national broomball championships. The most recent one being played here in Winnipeg where he was a member of the Stonewall Molsons Rockies.

Willis capped the season off by winning several awards in the city league. He was chosen MVP of the league, first team all-star, and top scorer.

Coach

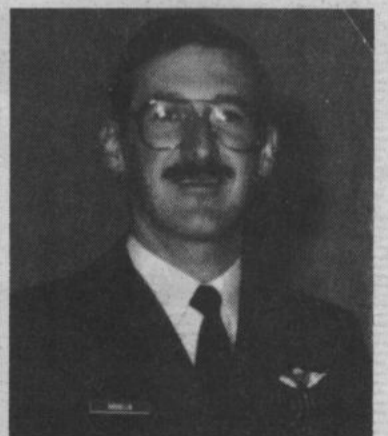


MCpl Bryan Pearce

MCpl Pearce coached/played with the CFB Winnipeg Flyers. He has participated in 7 straight CF Nationals and 5 civilian Nationals as a player/coach, and was a member of last years CF National Championships.

Bryan was also a member of the Molson Rockies who competed in the civilian nationals this year in Winnipeg. MCpl Pearce will be coaching/playing next year and is looking forward to the challenge of repeating as Prairie Region champs for the 3rd year in a row.

Top Defenceman



Maj Daniel Gosselin

Maj Gosselin is probably the most successful coach/player in the CF winning 5 CF Nationals in his 10 year career. This year he played for and coached the Molson Rockies, leading the team to be the first western team to beat Quebec in the civilian nationals.

Maj Gosselin's play earned him the top defenseman at the National Championships. He also won top defenseman in the league and was a first team all-star.

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Military Policeman competitive water skier

Cpl Pete Loftis of the Military Police Section at CFB Winnipeg is one of Manitoba's competitive water skiers. Pete skied last year at the Provincial and Western Canadian level in both slalom and jump.

Finishing 5th in jump, and 7th overall in Manitoba, he is nationally ranked at 20th in jump, based on his performance at the Western Canadian Championship.

This year, Pete will be skiing at the Provincial Championships in Portage La Prairie 22-23 July and at the Westerns which are also being held this year in Por-

tage La Prairie, 4-6 August.

Following the Westerns, it will be off to Edmonton for the National Championships 16-21 August. In the meantime, there will be several other tournaments in Manitoba, the good ole U.S. of A., and the Saskatchewan Provincials, which Pete and his fellow team members will be using as a warm-up for the big events in August.

Based on Pete's strong performance in Minneapolis at the end of last season, he should be looking forward to a very successful summer this year.



Cpl Pete Loftis — Competitive water skier.



Cpl Dave Shirley

1989 Mr. Manitoba Championships

Cpl Dave Shirley, of the base PERI staff, entered the 8th annual novice bodybuilding championships in Mar. 89. Dave placed 3rd in the middle weight class in Manitoba's largest bodybuilding contest ever held.

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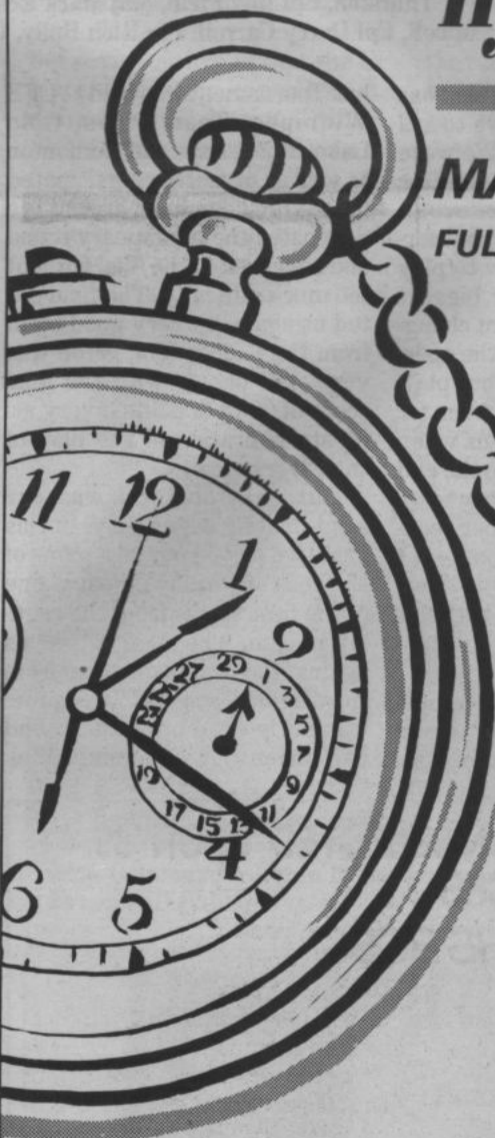
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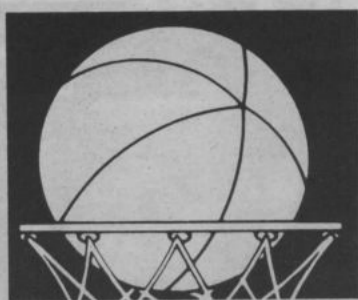
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Winnipeg hosts Regionals

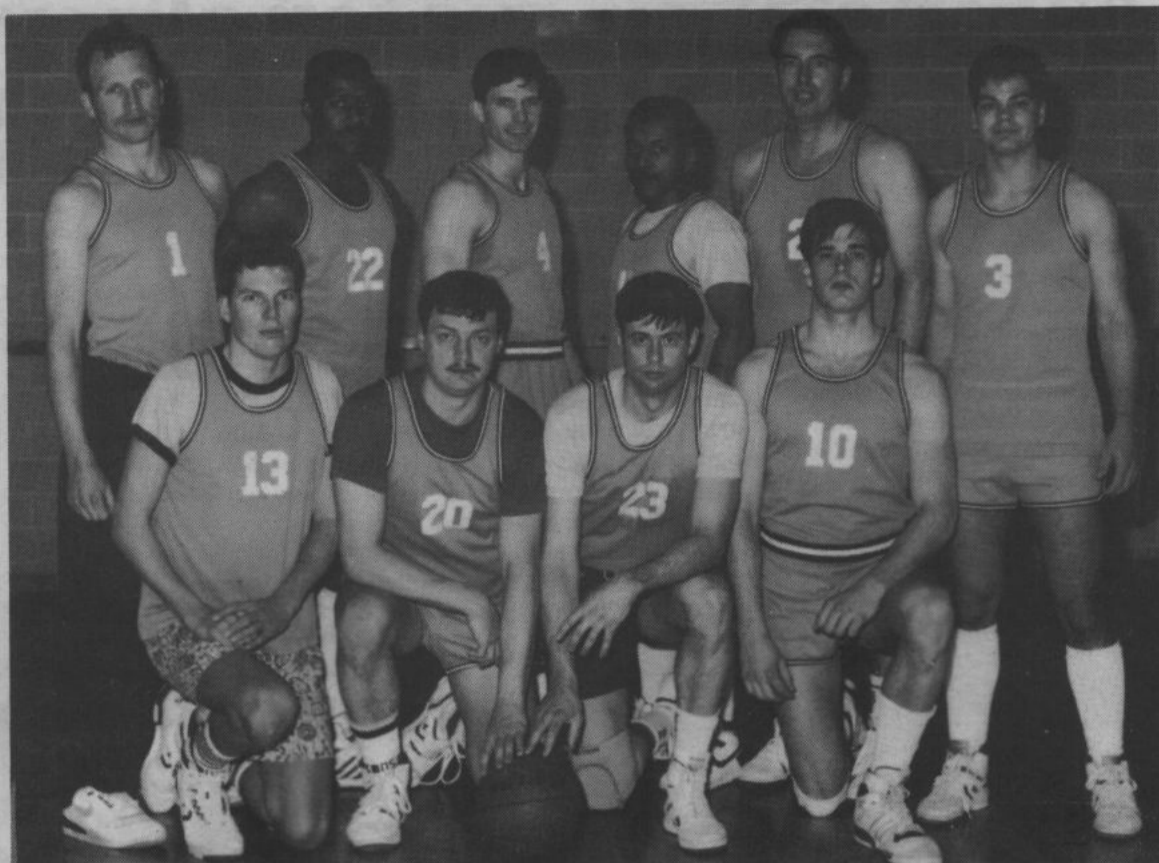


"BComd tosses Jumpball at Regionals"

In order for regional sports to be a success, bases must host the CF Sports Programme. Winnipeg teams have enjoyed traveling to CF bases and participating in regional and national competition. This year Winnipeg hosted the Regional Basketball in Mar. The success of this tournament can be accredited to CFB Winnipeg. Base Foods and 2PPCLI

provided excellent resources and made the visiting teams stay here enjoyable. Other services and personnel also contributed to the tournament, as visiting teams were very pleased with their visit to Winnipeg. The BPERO section looks forward to welcoming teams into Winnipeg for future competitions.

Flyers win Regionals



1989 PRAIRIE REGION BASKETBALL CHAMPIONS

Back Row (L-R): 2Lt Kyle Easter (Coach), Pte Ron Higgins, OCdt Chuck Walton (Coach), MCpl Steve Milton, LCol Angus Hay, Pte Pat Scantland.

Front Row (L-R): Lt Kevin Thurston, Cpl Roy Field, Maj Mark Eckley, Capt Mike Minicola.

Absent: Pte Dwight Campbell, Cpl Darcy Carroll, Pte Rich Holly, Cpl Alan Minns, Capt Guy Robson.

The Base Basketball Team had what one would have to call a very successful year. We were entered to play in the Greater Winnipeg Mens Basketball League. The team struggled early on as we learned how to play together as a unit. Our biggest problem was the constant changing in our lineup due to the operational commitments of our players. This is a common problem for all teams, and lucky for us when our season came down to the end we had the majority of our team in uniform. We finished our regular season near the bottom of our division. In the first round we defeated a nemesis from both this year and lost by a fairly substantial margin.

The preceding week to our semi-final was a very busy one indeed. The Prairie Region Basket-

ball Tournament was held at CFB Winnipeg. Teams from Cold Lake, Moose Jaw, and Edmonton as well as ourselves participated in the three day tournament. We dominated the preliminary round and advanced to the final without too much difficulty. The final pitted us against a very good team from Cold Lake. The game was very well played with the final score of 68 to 61 being a very accurate indication of the play of the Flyers victory.

Our next obstacle was our semi-final in league play. In this game we played our best game of the year and easily defeated one of the best teams from the regular season. The final pitted us against the first place team from the regular season. The game was fairly even until the second half when our opponents took

control and won the game. Considering that this game was our seventh in five days we played extremely well.

The completion to our season was the Provincial "C" Tournament in Steinbach. Once again we played superbly and advanced to the finals where we lost a very hotly contested match to the local team.

The Flyers success can be attributed to all the players, who worked hard and pulled together, and to 2Lt Kyle Easter and OCdt Chuck Walton for their dedicated coaching.

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Women's Broomball: A test of dedication

This year's team participated in the Winnipeg Women's Broomball League. This proved to be a real test of dedication for the small core of players who braved the bitter cold of the Stoney Mountain arena.

The team represented CFB Winnipeg at the Regina Invitational Tournament, and the Provincial Intermediate Championships in Roblin.

The team would like to thank their units for their support this past winter, whether it was time-off to participate, or money to buy draw tickets. All these things helped to keep the team alive.

Team members were: Capt Joanne MacIsaac, Lt Mary Congdon, Pte Natalie Houde, Cpl Rose Kelly, Pte Liz Arruda, Pte Patti Meisner, Pte Deanne Myatschi, Pte Isabelle Lucier, Cpl Rose Gallant, Sgt Gerri Gallant, Pte Linda Cheeseman, Pte Lucy Picard, Cpl Bobbi Howard, MCpl Kelly Pitchard, Cpl MaryAnn Lacasse, Cpl Dave Shirley — Coach.

Flyers Broomball champs again!



L-R, Top: Cpl Shawn Bowe, Cpl Ian Punt, Capt Sylvan Lescourte, Maj Danie Gosselin, Cpl Randy Summers, MCpl Luc Boisvert, Capt Willis Jacobs, MCpl Butch Ott, WO Don Roberts, Cpl Andreas Kagphengst.

L-R, Bottom: Cpl Ralph Reinguette, MCpl Bryan Pearce, Cpl Rob Estensen, Cpl Patty Brousseau, Cpl Danny Cummings, MCpl Frank Nadon.

Absent: WO Thivierge.

The 1988/89 broomball season was both rewarding and disappointing for the CFB Winnipeg Flyers. Rewarding in that they continued their domination of the Prairie region by capturing their second straight championship, but disappointing in that the CF Nationals were cancelled. As defending CF National Champions and sporting a well balanced team, the Flyers would no doubt have made a valiant attempt at gaining a second

straight national title. The Flyers have not been beaten by a CF team over the past two years, which extends the winning record to 28 games.

Members of the Flyers enjoyed individual recognition at the recently held awards banquet for the South Central Manitoba Senior Mens Broomball League. Awards handed out to CFB Winnipeg players included: MVP — Willis Jacobs; Top Defensive Man — Daniel Gosselin; Top Scorer —

Willis Jacobs; Most Sportsman-like — Al Thivierge; 2nd team allstar — Al Thivierge; 1st team allstars — Willis Jacobs & Daniel Gosselin. To cap an up and down year for broomball in Winnipeg, three members of the Flyers were selected to represent Manitoba at the 13th National Mens Elite Broomball Championships. Maj Daniel Gosselin, Capt Willis Jacobs, and MCpl Bryan Pearce augmented the Stoney Mountain Rockies and finished

with a "B" side bronze medal.

In closing the Flyers would like to extend a thank you to Daniel Gosselin (posted to Bagotville). Daniel provided the leadership and playing skills that has made CFB Winnipeg such a dominant force in CF broomball over the past two years. Daniel has indicated that he is ready to retire from competitive broomball. Now that he is leaving Winnipeg, many of us hope that he does just that. All the best Daniel.



Les entraîneurs sont des personnes spéciales qui se dévouent à aider les athlètes à réaliser leur plein potentiel, à développer leurs aptitudes et à exécuter des performances dignes de fierté.

Les gouvernements fédéral, provinciaux et territoriaux, les organismes de sport amateur et les sociétés commanditaire se réunissent pour célébrer 1989, l'Année de l'entraîneur, pour reconnaître la généreuse contribution que l'entraîneur s'engage à apporter à la collectivité.

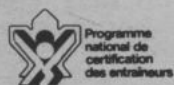
L'Année de l'entraîneur comportera une série de célébrations spéciales, d'événements et de programmes communautaires en l'honneur des réalisations des entraîneurs.

Nous pouvons tous partager l'Année de l'entraîneur qui offre à la population canadienne l'occasion de féliciter les entraîneurs de tout niveau.

Faites partie de ces célébrations; faites connaître votre reconnaissance.

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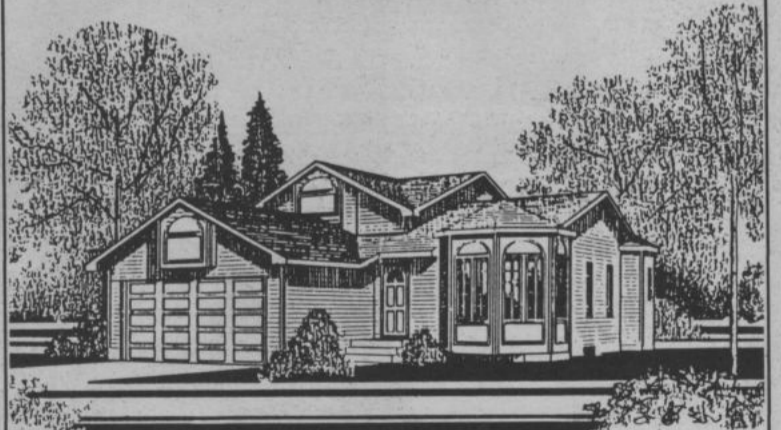
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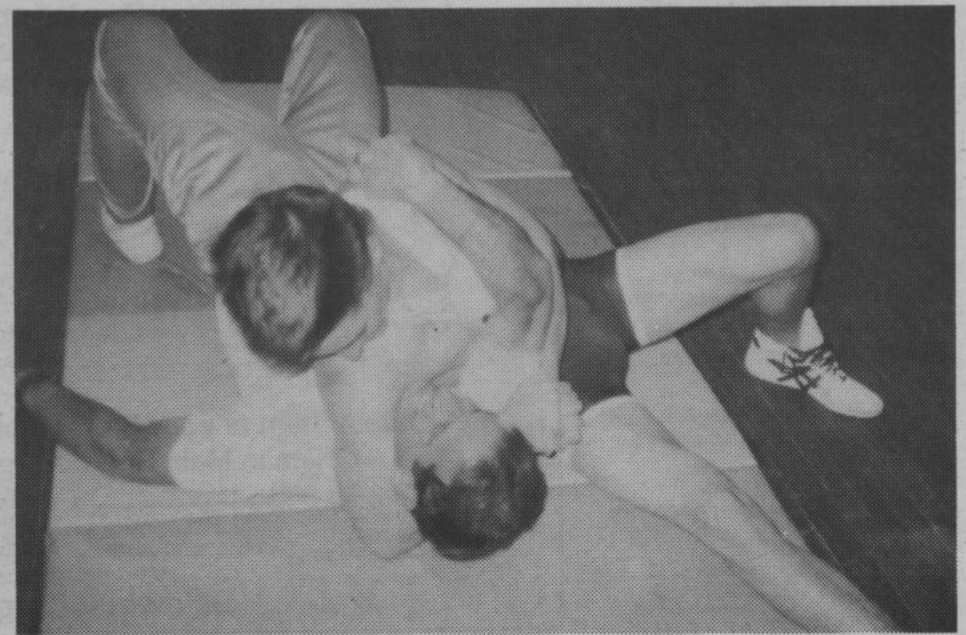
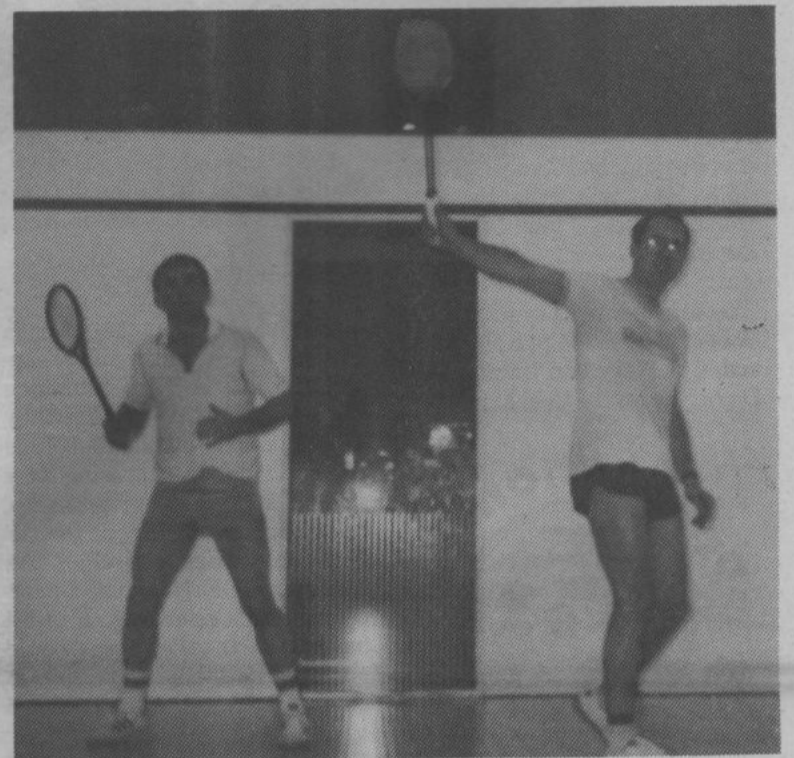
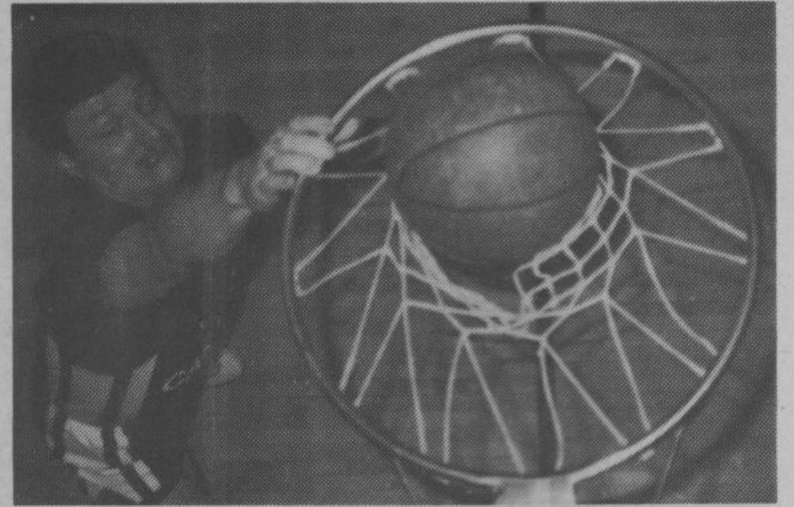
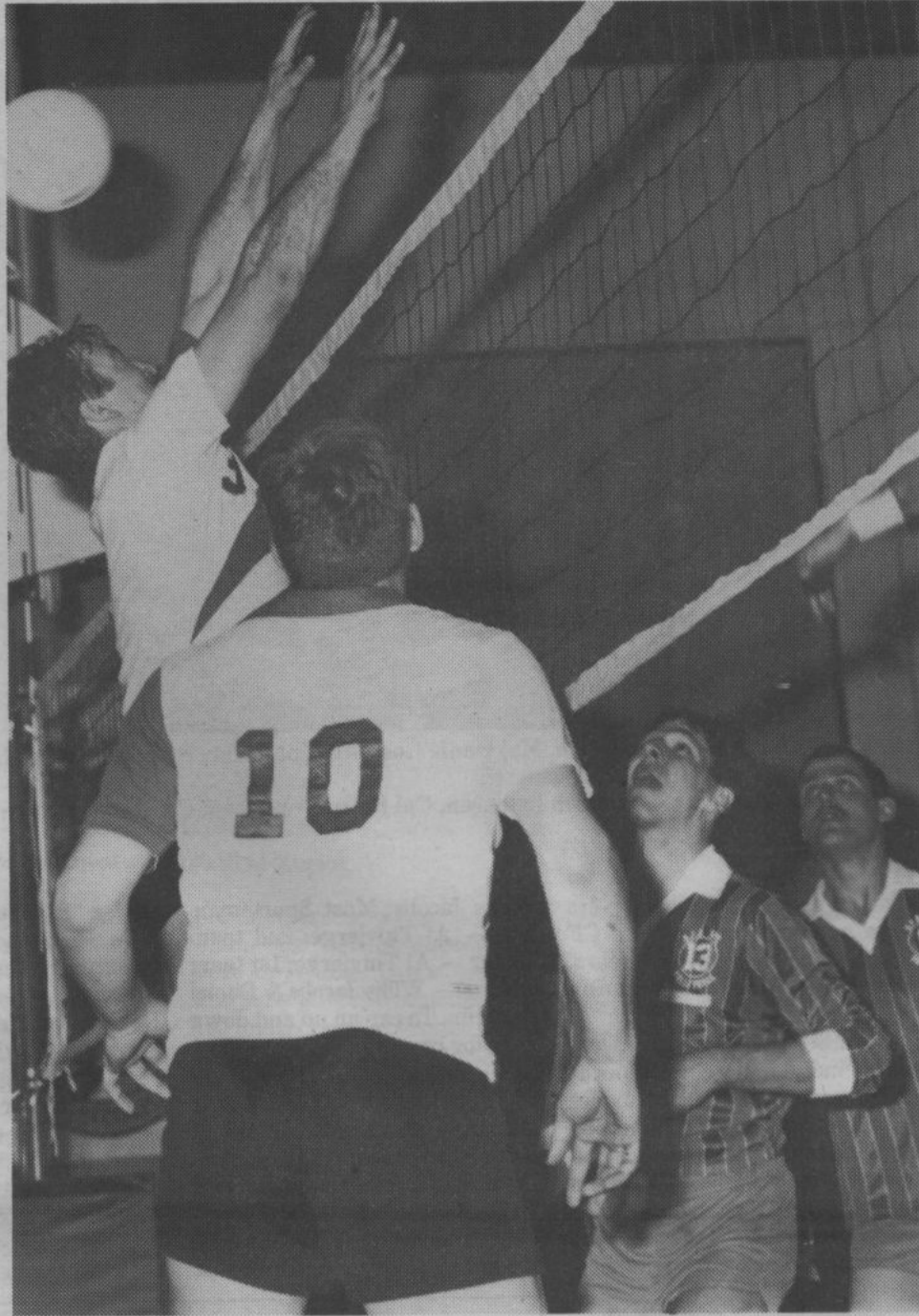
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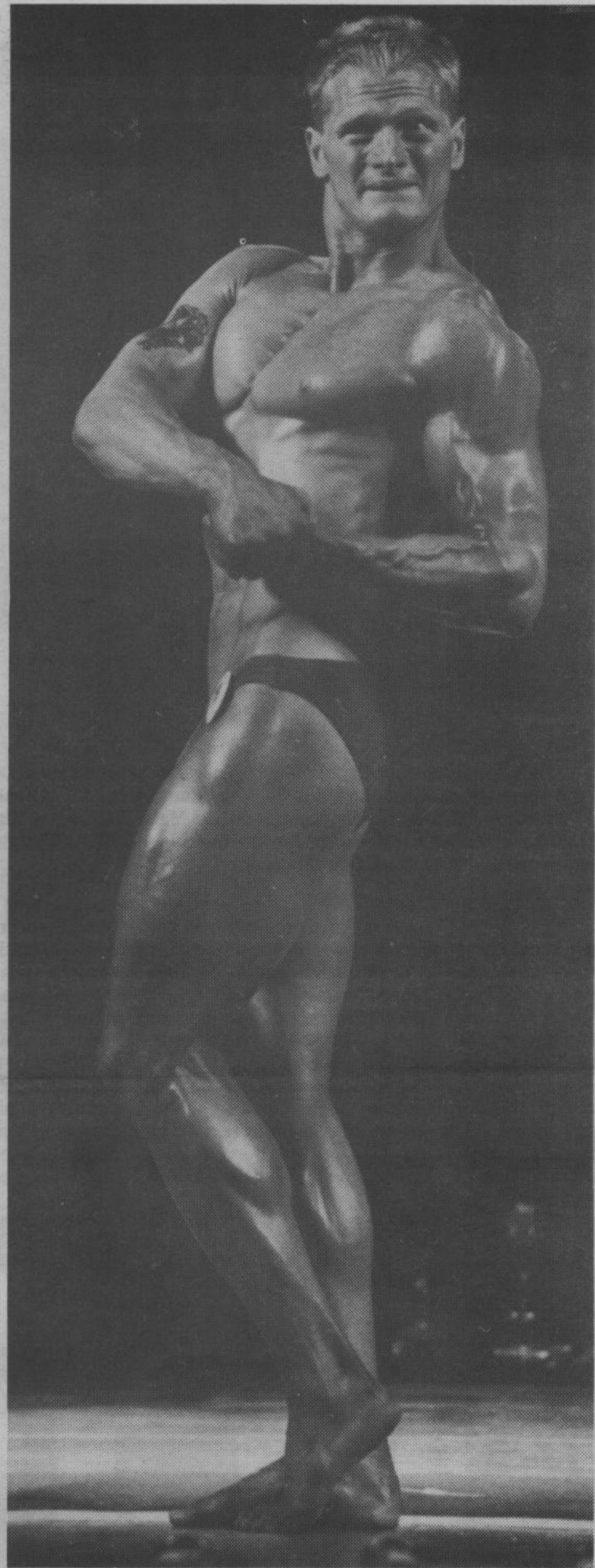
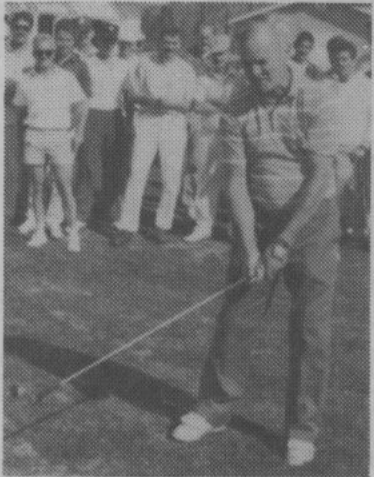
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CFB Winnipeg Hockey Champs



Front Row (Kneeling): Capt Bobby Legendre, MCpl Kevin Verschoore, Pte Dave Leboulch, MCpl Scotty Hornbrook, MCpl Darren Lepoidevin, Cpl Tommy Reid, Capt Marty Galvin, MCpl Punch Genest, 2Lt Shane Schreiber.
 Back Row: WO Larry Surridge (Coach), Cpl Mark Fesciuc, Sgt Wayne Lavallee (Trainer), MCpl Dave Robertson, MCpl Alden Friesen, MCpl Ron Lyver, Capt Gord Reid, Cpl Jacques Gauthier, Cpl Tony McDougall, Cpl Pete Loftis, Cpl Lee Sharp, Sgt Don Hulan, Cpl Mark Benjamin, (Equipment) MWO Ron Cooke (Manager).

This past year's CFB Winnipeg Flyers hockey season was largely a success. Under the coaching of WO Larry Sunridge and MWO Ron Cooke, the team went from a slow start all the way to the CF large base hockey nationals.

The repatriation of 2PPCLI saw the base inherit the nucleus of last year's CF hockey championships. With the addition of

several Air Force players, the Flyers were able to put together a credible threat to Prairie Region hockey.

The beginning of the season had the Flyers playing in the Labatt's Nohit Classic Division league. This league is comprised of many teams with ex-junior, senior and even professional players. All in all a good calibre league. The Flyers started slow-

ly with several players missing due to operational commitments, however once everyone was back the team started on a winning streak that eventually placed them in the top two. Unfortunately due to the timing of the CF Regionals and Nationals, the team was unable to complete in the league's playoffs, much to the delight of the other team.

Next it was off to Edmonton

for the Regionals. They went undefeated, and upset Cold Lake in the final game 7-4. The team proceeded to the CF Nationals in Lahr. After losing their first game to Esquimault, the team rebounded to make the playoff round. Their semi-final game pitted them against Petawawa where the Flyers gave up 5 goals in the first 2 periods. Not ones to roll over and die they came back

in the 3rd with 4 goals. Alas, too little, too late. Thus the team finished 3rd overall at the tournament by beating Esquimault in the consolation game 12-0.

All in all, an excellent season for a young team. Many players are returning next year which looks well for the future.

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In Nov 88 the Geriatric Jets entered a tournament which was held in the city and sponsored by the Winnipeg Old Timer’s. Sound play and hard work earned the team the silver medal in their division.

The same cannot be said for the Prairie Regional Play Downs. We had the team on paper but came out flat. Next season we are going to use steroids instead of geritol.

Old Timer hockey players all think that they can coach, as most of them have 20 or more years of hockey experience. During a game it is not unusual for the coach to receive several inputs from the players. But coaching Old Timer hockey players is somewhat like training dogs; it is impossible to stop and correct a dog who has been doing bad

habits in the corner for 20 or more years.

As for Inter-Section Hockey, the team ended up in 5th place in the league but was the dark horse in the play-offs. Coach Garney Boutet juggled his lines around and came up with a strong team roster. The team made it all the way to the final game losing out to the Arrows younger legs and some hot goal tending.

The highlight of the season was when the team went to St Petersburg, Florida for an International Oldtimer’s Hockey Tournament. The team played well and went home with a sunburn and a silver medal. A thank you goes out to 429 Squadron for a 1st class flight.

A special thanks to Bob Sullivan, Garney Boutet and Greg Peet for dedicating their time to the team.

Well hockey season IS JUST FOUR MONTHS AWAY. We invite all those hockey players over 36 to come out. All the positions are open, especially the coach position.



Back Row (L — R)

Maj Brian Hope, Maj Bryan Boughton, Maj Gary Beers, Capt Bob Sullivan, MWO George Springer, WO Dennis Williams, Sgt Don Frederickson, CWO Chick Lenahan, WO John Kamperman.

Front Row (L — R)

Capt Greg Peet, Mr. Ian Hamelin, MWO Doug Bird, Mr. Greg Hunt, CWO Garnet Boutet, WO John Steele.

1988 CFB Winnipeg Golf Team



L-R: WO B.M. Graham, Sgt Gus St. James, Sgt Irma Piper, WO Ron Downey, Sgt Stu Nauss, Capt Bing Shearer.

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Back, L-R: WO Marcel Schur, Pte Marcel Paré, Cpl Darcy Carrol, MCpl Frank Nadon.
Front, L-R: Cpl Mark Wilson, Capt Danny Boisvert, Sgt Ron Gallant, Cpl D.E. Paradis.

It's the end of the volleyball season and once again the CFB Winnipeg Hornets came through the year with a couple of medals around their necks.

When the Regionals came along, the team was anxious to keep their 6 year Prairie Region winning streak alive. The team

made it through the round robin with the best record of any other team which gave them the chance to play the 4th place team in the semi-finals. That went fairly smooth as the Hornets took Calgary in three straight games. Then the team made it to the finals where they trashed their

favorite opponent, CFB Cold Lake, to extend their winning streak to 7 years.

A couple of weeks after the Regionals the team went to SUPERVOLLEY in Saskatoon to warm up for the Nationals. The competition level there was really high, but the Hornets after

playing about 10 matches in two days, came out on top winning the finals in two straight games against a Tier II team from Winnipeg. How sweet it was!

Finally the team went to the long awaited Nationals. There again the teams were very evenly matched. After the round

robin was through, the Hornets finished second and things were looking up, but it wasn't meant to be as the team went down in defeat after a long struggling 5 games semi-final match against CFB Lehr.

The Hornets enjoyed the challenge of keeping CFB Winnipeg on top of the volleyball world.

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CFB Winnipeg Ladies Volleyball team

The CFB Winnipeg Ladies volleyball team had a busy year with league and regional play. They had all around depth with good hitters and setters. Initially the team was first in their league, looking towards a very successful year. However some tough competition moved the team back in the standing, and the regionals were not to be won. Winnipeg was well represented in the Regionals as the girls achieved a third place finish.



Back (L — R) Lt Cynthia Hollett, Sgt Janice Harrison, Sgt Cathy Cox (coach), Cpl France Claude Rivard.
 Front (L — R) 2Lt Jacinta Fitzmaurice, Pte Pheme Walsh, Cpl Tracey Messier, Cpl Donna Dunbar.
 Missing 2Lt Nathalie Juneau, 2Lt Dawn Hislop, Pte Dana Harvie, Sgt Anne Martin.

High rollers get the gold!



L-R: Sgt John Boxnell, Capt Ron Brown, Capt Bud Knight, WO Bob Sypulski, PO Ted Scott, Sgt Gilles Legar.

The base 5 pin bowling team captured the Prairie Region Championships at CFB Shilo during the last week of Feb. This year the competition went down to the last ball of the 21 game tournament with CFB Winnipeg defeating CFB Cold Lake by a mere 1 pin. The lead had changed hands throughout the course of the event with both teams having the advantage several times.

Our team consisted of: Capt Ron Brown; Capt Bud Knight; WO Bob Sypulski, Sgts John Boxnell and Gilles Legare, and PO Ted Scott. Capt Bud Knight also took the high average and high triple awards.

Losers

We all shake the hand of the winner
 We cheer and honour his name,
 And everyone gathers around him
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 Or do we just go off with the rest?
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 thrilled you
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 man.
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 Remember we can't all be winners
 And losers are half of the game.
 Author unknown

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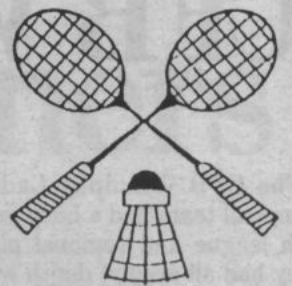
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L-R, Top: WO Dave Ells, Capt Mike Leblanc, Capt Tom Walls, Capt J.L.J.F. Simard.
L-R, Bottom: Sgt Carol Gibson, Pte Natalie Houde, Maj Gilles Archambault, Capt C.N. Schofer.
Absent: Cpl Mike Scott, WO J.A. Drolet, Capt Wayne Monson.

L'équipe de badminton



L'équipe de Badminton de la base a commencé sa saison affaiblie, quand trois membres sélectionnés lors des éliminatoires très compétitives n'ont pas pu participer aux championnats régionaux à Shilo du à d'autres engagements militaires. Une équipe complète, à l'exception d'une position homme au niveau senior, a participé grâce au prompt travail de la section des OEPLs, ce qui a rendu le championnat régional des Prairies possible.

En tête de l'équipe dans la catégorie ouverte pour homme, on trouvait le Capt Marc LeBlanc qui a débuté le tournoi et n'a perdu aucune partie, terminant en gagnant le championnat (simple) avec une victoire contre le joueur no.1 d'Edmonton. Le Capt Wayne Monson, notre joueur deuxième rang, n'a perdu aucune partie dans la portion du tournoi par élimination, mais il a perdu trois parties serrées ce qui l'a empêché de participer aux finales. Le Capt Wayne Monson a pris sa revanche en jouant en double avec le Capt LeBlanc, où ils ont facilement remporté la victoire pour la catégorie ouverte double. En complétant le championnat pour l'équipe des hommes, le Sgt Kevin Torfason et le Cpl Mike Scott ont joué dans le 3^e

rang et le 4^e rang où ils ont dû faire face à une dure compétition.

Les deux compétiteurs dans la classe maître de Winnipeg ont facilement surclassé le reste des compétiteurs et ils ont dû s'affronter pour les finales homme-simple avec l'adj Ron Drolet qui a remporté la victoire sur le Capt Toms Walls. Ils ont ensuite combiné leurs efforts pour remporter le titre en double.

Même avec des performances individuelles élevées, le championnat était avant tout un travail d'équipe. Les points supplémentaires critiques, afin d'assurer l'avance de l'équipe sur les huit autres bases invités, ont été fournis par Sgt Carol Gibson et le Sdt Nathalie Houde dans la division des femmes où le progrès s'est accru d'une façon constante ainsi que l'Adj Dale Ells qui fut forcée de compétitionner seule dans la catégorie senior pour homme.

Le seul désappointement pour l'équipe est survenu lorsqu'il a été annoncé que le championnat national a été annulé. Ainsi privant l'opportunité des quatre joueurs qualifiés, Capt LeBlanc, Capt Monson, Adj Drolet etg Capt Walls de compétitionner pour le titre national individuel et de représenter la région des Prairies pour le titre du championnat par équipe.

CFB Winnipeg domine la Région des Prairies

The Base Badminton Team got off to a shaky start this year. Three members of the original team, selected after a very competitive base playdown, could not make the trip to the Prairie Region Championships in Shilo due to other military commitments. Some fast work by the PERI staff allowed a full team to be entered, with the exception of one of the Senior Men's positions. The result was a Prairie Region Championship.

Leading the team in the Open Men's category was Capt Marc LeBlanc, who played first seed and went undefeated throughout the tournament. He wrapped up

the Single's Championship with a tough win against the Edmonton number one seed in the final. Capt Wayne Monson, the team's number two seed, went undefeated in the round robin portion of the competition, but lost a close three game match in the elimination round to keep him out of the final. He got revenge, however by teaming up with LeBlanc to easily capture the Open Double's Championship. Rounding out the Open Men's team, and holding their own against some very tough competition, were Sgt Kevin Torfason and Cpl Mike Scott who played third and fourth seed respectively.

The two Base Winnipeg Masters Men's competitors easily outclassed the rest of the field and had to face each other in the single's final with WO Ron Drolet outlasting Capt Tom Walls to take the title. The two then teamed up to win the Double's Championship.

Despite the strong individual performances, the Championship was primarily a team effort. Providing those critical extra points to lift the team above the other eight bases were Sgt Carol Gibson and Pte Natalie Houde in the ever-improving women's division and WO Dele Ells, who was forced to compete alone in the Senior Men's category.

The only disappointment for the team came when the National Championships were cancelled. This deprived the four qualifying players, Capt's LeBlanc, Monson, and Walls, and WO Drolet, the opportunity to compete for individual national titles and to represent Prairie Region in a quest for the team championship.

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Runners-Up 1988 CF National Soccer Championships.



What a difference a year makes! A few postings, new coaching, and new uniforms and CFB Winnipeg wins the 1988 Prairie Region Soccer Championship.

The team, coached by Capt Doug McKellan (BHosp) and Sgt Bush Thornhill (2PPCLI), combined Base and Battalion forces to become the surprise of the Regionals. After losing their first game 4-3 to the big power Cold Lake they never looked back, winning the remainder of their games in the round robin to finish in second place. With Cold Lake going through undefeated, the boys had to beat them twice to win. The first game was close

with Winnipeg coming out on top 1-0. The second game was for the championship, and Winnipeg won with a commanding victory, 6-1, and was awarded the Prairie Region Soccer gold for the first time. The team then travelled to CFB Montreal and gave an excellent performance by placing second in the CF National Championship.

The team is starting off stronger this year, and will be playing in the First Division Winnipeg Soccer League. All games will be played at the Lipsett field, and spectators are most welcomed. For schedule information phone the Base gym loc 5514.

CFB/2PPCLI team-up to win National Silver and Regional Gold medals



Back Row: MCpl Rick Wheeler, OCdt Kevin Wright, MCpl Pete Underwood, Pte Ron Higgins, Maj Guy Trudeau.
Left to Right: Pte Cory Grant, and Capt Doug McKellan (Coach).
Front Row: MCpl Terry Gingell, Pte John Fairbairn, Capt Brian Flyers, Cpl Todd Price, Pte Steve Ally, Sgt Steve Hart and MCpl Colin Paul.



Back R-L: Cpl Caroline Page, Pte Linda Cheesman, Pte Patty Miesnor, Cpl Josee Lacasse, Cpl Marianne Lacasse, Cpl Karen Ingam, 2Lt France Guertin.

Front L-R: Cpl Anne Lawrence, Pte Natalie Hourde, Cpl June Fillmore-Jamieson, Sgt Gerri Gallant, Mrs. Joan McManners.

Ladies Soccer Team

The CFB Winnipeg Ladies soccer team made its inaugural season debut last year, and after a rocky start the team finished the season on a high note. They tied the Chilean Selects 1-1 after losing their first game of the season 5-1 to the same team and eventual league champs.

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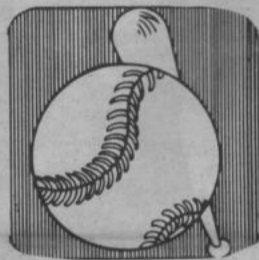
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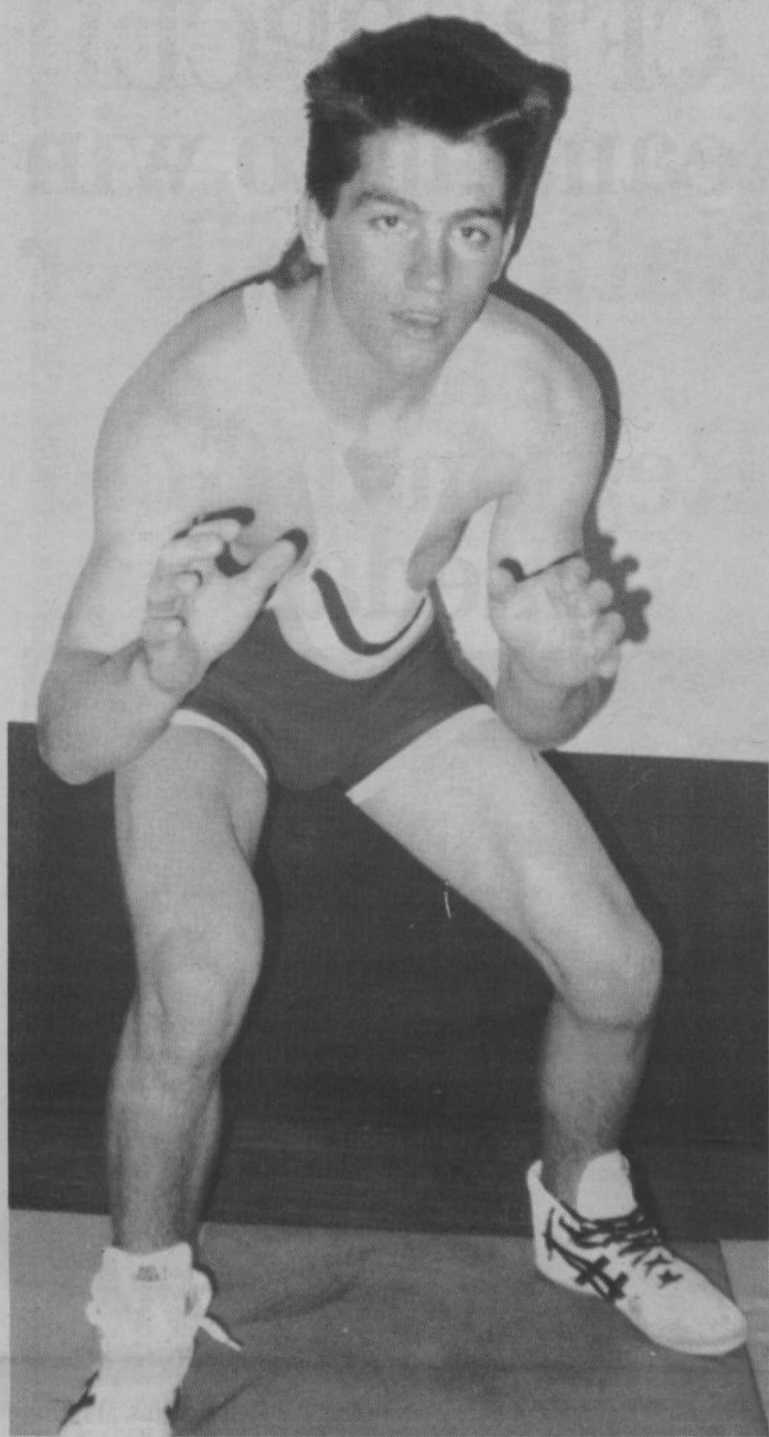


L-R, Top: MCpl Bryan Pearce, MCpl Bob Burke, MCpl Butch Ott, MCpl Bud Burgess.
 L-R, Centre: Sgt Paul Van Horden, Pte Mike Crotty, MWO Bernie Roy, Pte Ivan Inkpen.
 L-R, Bottom: Pte M.S. Hagens, MCpl Mike Hachez, Cpl Mickey Martin, Coach Sgt Rick Parent, MCpl Rick Dodds.

The CFB Winnipeg Flyers fastball team placed third in the Regionals. Players were selected from the Inter-section slow pitch league to represent the base. The coaching staff, headed by Sgt Rick Parent, organized the team which represented CFB Winnipeg towards a well earned third place finish. Congratulations for a valiant effort!



Team spirit keeps Regionals fun



Scott Lenahan — Canadian Wrestling Champion.

Canada's best

Scott Lenahan, 16 year old son of CP01 Chick Lenahan and Margaret, was successful in his quest for the gold medal at the Canadian Cadet Wrestling Championship held 4-6 May 89 at Sault St Marie, Ontario.

Scott, the Manitoba Cadet Champion in his weight class, captured the 70-kilogram title by defeating Rory Hildebrand of Alberta 6 to 1 in the final. The five other matches that led to his gold medal match were dominated by Lenahan who pinned four wrestlers in less than a minute and defeated Jamie McAllister of Oshawa, Ontario, 11 to 1. Scott qualified, through his victory, to represent Canada and compete at the world cadet championships August 8-14 in Liberty, Mo.

Scott's ultimate goal is to represent Canada at the '96 Olympics and he has come a long way in just four seasons of wrestling. In '87 he was the Canadian school boy champion; in '88 he was the only Grade 9 wrestler

to advance to the medal round of the Canadian Cadet championship and earlier this year he was the silver medalist in one of Canada's toughest meets, the Martin Tournament in Regina, Saskatchewan, where he competed against 17 and 18 year olds.

Scott wrestles at the University of Manitoba and his coach, Bob Molle (who is also an offensive lineman for the Winnipeg Blue Bombers), attributes Scott's success to his desire, hard work and most of all his natural instinct of wanting to win at all costs. "He'll never give up," Molle said of his determined wrestler, "he just doesn't want to lose." Hard work for sure — Scott practices six days a week on the mats and also works out in the weight room for two hours each day.

Scott's training will intensify from now until the World's in August. He's very excited and looking forward to representing Canada — we wish him all the best.



Back, L-R: Coach, Maj Matt Kasun, Cpl Sue Gould, Lt Cynthia Hollett, Pte Dana Harvie, Sgt Kathy Cox, Cpl C.A. Capstick.
 Front, L-R: MCpl Gail Miller, Cpl June Fillmore-Jamieson, Pte Nathalie Houde, Cpl Josée Lacasse, Sgt Irma Piper, MCpl Darrel Rosser.

During the 1988 season a servicewomen's softball team was organized to participate in the Prairie Region championship.

Although lacking in game situations, the team proved competitive under the coaching of Maj

Matt Kasun and Sgt Irma Piper. The team represented Winnipeg with class and good softball.

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A preliminary prospectus in English or French may be obtained from Investors Syndicate Limited, 447 Portage Ave., Winnipeg, Man. R3C 3B6 or from Les Services Investors Limitée, Ste. 401, 1303, Avenue Greene, Westmount, P.Q. H3Z 2A7.



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