



4 AVRIL 84

Voxair

Second Class Reg. No. 1725



4 APRIL 84

A LOT OF HISTORY

An historical artifact, the first RCAF ensign ever presented to a squadron, days after it was approved in 1940 by the late King George VI, now rests, in trust, at Air Command Headquarters in Winnipeg, courtesy of Winnipeg's Western Canada Aviation Museum, Inc. First recipient, at Salisbury Plains in England, was Winnipeg's 402 (City of Winnipeg) Squadron. Left to right are Lt.-Gen. Paul D. Manson, Commander of Air Command, and the current commanding officer of the Winnipeg Air Reserve squadron, Lt.-Col. Larry E. Olson.



LGen P.D. Manson, COMD AIRCOM and LCol L.E. Olson, CO 402 (Air Reserve) SQN at the official presentation of the RCAF Ensign.



Attending the presentation were: (L to R) Mr Frank Kaplonski, 402 (AR) SQN, Historian, Mr K. Olson, Curator, Western Canada Aviation Museum, LGen P.D. Manson, LCol L.E. Olson and Mr G. Emberley, Executive Director Western Canada Aviation Museum.

R.C.A.F. ENSIGN

After the RCAF was formed on 1 April, 1924 several designs were proposed for a distinction flag. However, the British Admiralty who had the right to veto the introduction of any new flag adopted for use on land or sea with the British Territories, rejected them. Finally the air force ensign in its present form was shown to King George V in June, 1940 and he approved the design. As it had been approved by the King the Admiralty had no option but to accept it.

A Winnipeg Squadron was destined to be the first to receive the RCAF Ensign. In 1932 the first three Squadrons of the Non Permanent Active Air Force was authorized. One of these was No. 12 SQN, based in Winnipeg. In 1937 the Squadron was redesignated 112 (ARMY Cooperation) SQN (Auxiliary). The Squadron was mobilized in September, 1939 and assigned to Canadian Active Service Force for overseas duty with the 1st Canadian Division. Prior to their departure the Squadron's association with Winnipeg was formalized with the presentation of RCAF colours by the Mayor who referred to the Squadron as the "City of Winnipeg Squadron". On the 8th of June, 1940 112 SQN sailed for England from Halifax and upon arrival were posted to High Post, Salisbury Plains. Several days later the Squadron was inspected by A/M W.A. Bishop who presented them with the first RCAF Ensign. (It is this Ensign that is now on display at AIRCOM HQ). The Ensign flew at High Post until September, 1940 when the Squadron was posted to a RAF Station.

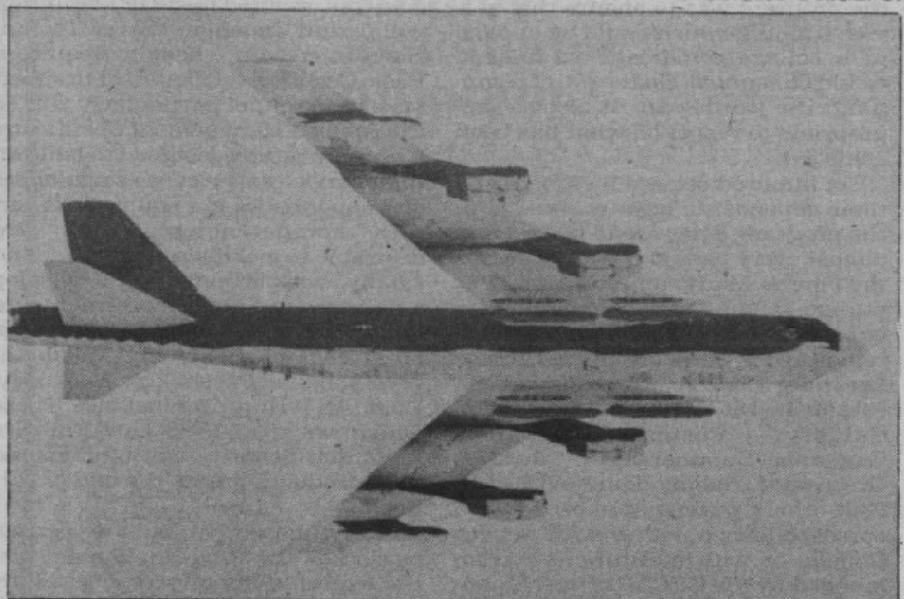
Shortly after being relocated the Squadron was redesignated No. 2 (Fighter) SQN and then 402 (Fighter) SQN. At the end of the Second World War the Squadron was disbanded. Subsequently the Squadron reformed in April, 1946 as 402 (Fighter/Bomber) SQN (Auxiliary) and later was redesignated as 402 (Air Reserve) SQN.

In 1983 the "City of Winnipeg" Squadron celebrated its 50th Anniversary. Just prior to the Squadron's Reunion the Western Canada Aviation Museum (WCAM) was given the Squadron's original Ensign by the family of the late W/C J. Clement, a former Commanding Officer of the Squadron. The Museum offered the Ensign for display at the Reunion after which it was placed in storage. WCAM's Executive Director, Mr. G. Emberley, and the Curator, Mr. K. Olson, did not feel that this unique artefact should be allowed to gather dust in storage and therefore in cooperation with the CO 402 SQN offered it on loan to AIRCOM HQ.

On 15 March, 1984 Mr. Emberley, Mr. Olson and LCol L.E. Olson, CO 402 SQN, officially presented the Ensign to LGen P.D. Manson, Commander Air Command. In accepting the Ensign on behalf of Air Command the Commander stated that it was particularly significant to receive it during the 60th Anniversary of the RCAF and the impending presentation of the new Air Command flag on 1 April, 1984. The Ensign, complete with pictures of the original presentation by A/M W.A. Bishop is on display in Building 2 of AIRCOM HQ.

JUST FLYING BY

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SCAN CORNER THE CFCCP A GROWING OPPORTUNITY

Just two years ago, the Canadian Forces Community College Program came into being to provide members of the Canadian Forces with college level educational opportunities often denied them by virtue of their frequent moves, unusual conditions of work and frequent postings to isolated or semi-isolated bases. The plan was to create a Forces-wide campus so that no matter where a service member might be serving he or she could be guaranteed that post-secondary credits obtained through self-study would not be "lost" on posting to a new community. As well, the program was to ensure that service training which could be applied to a college certificate or diploma would be counted. On the eve of beginning its third year it seems appropriate to report on what has been achieved.

Six hundred service members and their dependents have registered in the program. They are to be found in almost every base and station across the Forces. Many - an estimated 15%, pursue studies at local community colleges. Nearly 400 others have registered in subjects at the 12 Base Learning Centres which have been established at Esquimalt, Cold Lake, Calgary, Portage, Trenton, Galetown, Summerside, Cornwallis, Greenwood, Halifax, Lahr and Baden. Still others pursue studies through correspondence, either with Seneca College or with institutions recommended by the CFCCP office. Equally encouraging, over 70 forces personnel, DND employees and dependents have offered their services as tutors at the Base Learning Centres. And, of course, the staffs of many Base Education Officers, Base Training Development Officers and Base Ground Training Officers have become very much involved, not only in providing information on the

CFCCP, but in the operation of the Base Learning Centres. By the end of 1984 it is expected that at least three more learning centres will be open at bases, thus improving the portability of subjects from base to base and bringing nearer the day when post-secondary studies will be available throughout the Canadian Forces.

Program availability is expanding as well. Initially, programs in Business, Computer Studies and Travel and Tourism Studies were offered. To these have been added several subjects in Engineering Technology which, when added to the subjects credited for POET training, will permit Canadian Forces Technicians in certain trades to acquire a Basic Certificate. Of interest to supervisory personnel particularly will be the Applied Management Certificate, a course of study designed to build on their service experience as managers and supervisors but adding to it certain competencies which are desirable to a civilian employer. And finally, work is under way to develop a program in Law Enforcement and Security. Some subjects of this program-to-be are already available at several bases: Psychology, Sociology, Business Writing, for instance. Those which are specific to Law Enforcement and Security will be prepared for introduction near the end of this year.

Unfortunately, it isn't a perfect world and the Program has not met the expectations of everyone. Many members asked for programs which simply weren't available in a distant learning mode, even though they are available at regular day classes at Seneca College. Computer Studies have suffered in some areas because ready access to computers has not been possible at all Base Learning Centres, and the cost of providing them to a small number of students

BASE COMMANDERS COMMENDATION AWARDED FOR SAR EAST

Dear Major Marsh,

I would like to formally acknowledge your outstanding professional performance and dedicated personal effort to SAR EAST during the period 4-18 January 1984. Your long hours and perseverance turned a major and sensitive media situation into a total success. For this, I compliment you and thank you on behalf of CFB Winnipeg.

To visibly recognize your professionalism and attendance to duty, it is my pleasure to award you the CFB Winnipeg Base Commander's Commendation.

Sincerely,
 Colonel S.E. McGowan, CD
 Base Commander



Canadian Forces Base Winnipeg Base Commander's Commendation presented to Major Don Marsh (DNDOI) for his contribution to SAR EAST.



Canadian Forces Base Winnipeg Certificate of Outstanding Achievement presented to Mrs. Fran Burns (DNDOI) for her contribution to SAR EAST.

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has been prohibitive. Some learning centres have not been able to get up to full speed because the conversion from 1/4 inch video tape to 1/2 inch tape was initiated soon after the program got started and dubbing facilities were simply swamped with demands for more tapes than could be met immediately.

On balance however, the results speak for themselves: 600 registered members studying at 12 (soon to be 15) Base Learning Centres under the guidance of 70 part-time tutors is a far cry from an office, a telephone and six empty filing cabinets. In short, the CFCCP is alive and well and is preparing to provide more and better services to the military community.

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



FREE TAX HELP EASY-TO-READ

Canada's Income Tax Act is a voluminous document that most Canadians will never read, even though the legislation it contains affects the amount of money they take home each pay day, the expenses they can claim at tax time and the size of their tax refund.

Revenue Canada, Taxation knows that the Income Tax Act does not make easy reading. To help Canada's more than 15-1/2 million taxpayers fill out their tax returns and get what is owing to them at tax filing time, the Tax Department publishes a series of easy-to-read tax pamphlets that are available free-of-charge at District Taxation Offices across the country.

The tax information pamphlets make easy reading because they are broken down into easily digested packages. The subjects are then grouped into categories that include a Financial series, Business series, Family series, Non-Resident series and a broad general category called Understanding Income Tax.

People can request a complete series, several series or individual pamphlets.

The family series, for example, includes such topics as the student, the single parent and child care expenses. They outline in simple language the types of expenses that can be claimed, what must be included in income, what tax changes occur when there is a change in family status and examples of how to make certain types of tax claims.

The business series covers topics such as rental income and information for employers about automobile benefits.

The financial series contains up-to-date information on legislative changes relating to registered home ownership savings plans, registered retirement savings plans, capital gains and donations of art or cultural property.

For people living outside Canada or contemplating such a move, the non-resident series will answer questions about Canada's tax treaties and the tax implications of living outside Canada.

In the general series on Understanding Income Tax, subjects such as paying tax by instalments, forward averaging or what happens to your tax return are explained. This series is often used by students or those wanting details on what happens to a tax return after it is dropped in the mail box, how tax returns are stored, or how many tax returns a day are handled by the country's seven Taxation Centres.

Taxpayers can pick up one or all of the 25 pamphlets from their nearest District Taxation Office.



JUNIOR RANKS DINING LOUNGE OPENS



Last week saw the official opening of the newly renovated Junior Ranks Dining Room. LCol Chandler was on hand to cut the ribbon and declare the dining room officially open. Guests from supporting sections and members of the Junior Ranks dining committee were invited to tour and comment. All were impressed with the modern design and totally new look. Thank you to all the diners for their patience and co-operating during the renovations. The new dining room is making you the envy of Air Command. A special thanks to BCE, DCL, Mrs Mozur, Air command Interior Designer, and all those who worked so hard to see the project thru to completion.

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JUST FLYING BY

JUST FLYING BY — A United States' Strategic Air Command B-52 "Stratofortress" carrying four test air launched cruise missiles (ALCMs) overflies the Primrose Lake Evaluation Range during the first test flight of the unarmed ALCM in Canada on March 6.

During the test flight, the guidance system of one ALCM provided steering indicators to the B-52's aircrew. A second test ALCM was the test back-up and the other two test ALCMs provided weight and balance.

The Canadian government agreed to the ALCM testing in Canada in July 1983. The agreement, which is valid for a five year period, allows for up to six test flights of the ALCM each year of the agreement during the months of January, February and March. The established flight corridor for the testing program begins over the Beaufort Sea in the northern Arctic, proceeds east of the Mackenzie River Delta and parallel to the Rocky Mountains. At a point near Dawson Creek in northern B.C. the corridor turns eastward toward the Primrose Lake Evaluation Range, part of the Cold Lake Air Weapons Range which straddles the border of Alberta and Saskatchewan, where the test terminates.

The only test to take place in 1984 did not involve the launching of the ALCM from the aircraft. The B-52, G model, from the 319th Bombardment Wing, took off from its home station, Grand Forks Air Force Base, N.D., was refueled shortly after take-off and a second time while over Alaska, flew the flight corridor and then returned to Grand Forks. Although the flight lasted approximately 13 1/2 hours, the test of the ALCM's guidance system only took 4 1/2 hours. (CANADIAN FORCES PHOTO BY Sgt. Dave MacGregor, CFB Cold Lake).

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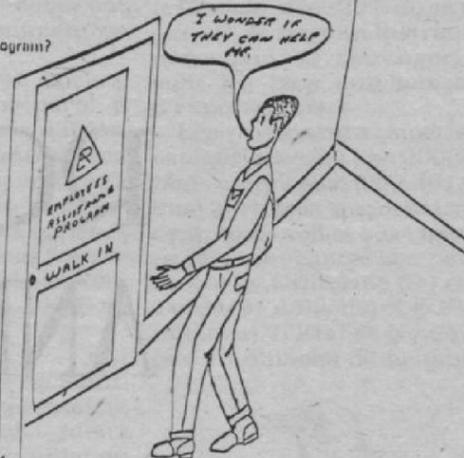
Canex Consumer Advisory Committee. Front Row (L to R) Cpl Pat MacDonald, member Wo John Giles, Chairman, Mrs. Lee Harris, Secretary. Back Row (L to R) Mcpl Jim Crowe Member, Sgt Fred Pennell Member, Mcpl Al Macdonald, Public Relations, Absent Mcpl Jim McNabb Member.



employee assistance program

What is the Employee Assistance Program?

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HAPPY BIRTHDAY RCAF FROM THE VOXAIR STAFF



RCAF — 1924-1984 AND THE MEMORY LINGERS

LA PRONOGRAPHIE: TELLE QU'ON LA JUGE

1^{ere} Partie

Voici un article tiré de la Revue "Justice" sept. 83. On y parle d'un sujet fort débattu depuis quelques années et face auquel il semble très difficile de trouver un accord "social". Etant donné le peu d'espace dont le Carnet francophone dispose à chaque publication de Voxair, l'article est donc divisé en trois parties dont chacune sera présentée lors d'édition séparée.

A l'époque où Michel-Ange peignait les fresques de la chapelle Sixtine, ses contemporains s'indignaient de l'audace des corps qui s'y déployaient dans toute leur nudité. L'Angleterre victorienne a inventé le blanc de poulet pour éviter de parler de la poitrine et de la cuisse. Autre temps, autres mœurs.

L'obscénité était il n'y a pas si longtemps une notion avant tout morale, liée à la religion. Aujourd'hui cependant, les revendications féministes lui ont donné une autre coloration. A l'occasion de l'apparition de la télévision payante, les femmes, appuyées par l'Eglise et des regroupements d'hommes sensibilisés à ce problème, ont demandé de nouvelles législations contre la pronographie. Pourtant, même si on n'en a pas fait beaucoup mention dans ce débat, le Code criminel contient déjà des dispositions pour réprimer la diffusion de matières obscènes. C'est dans ce contexte de revendications qu'il importe de connaître les limites avant de songer encore une fois à légiférer. La pudique Angleterre:

On utilise les mots "pornographie" et "obscénité" indistinctement, même si le terme pornographie est apparu plus tard au 19^e siècle. Au début, il désignait les écrits traitant des prostituées et de leurs clients. Puis, il finit par s'appliquer à toute publication de nature impudique ou obscène. L'Angleterre, source de notre droit pénal, n'a connu cette infraction d'obscénité qu'à partir du 18^e siècle. Les poursuites étaient limitées au domaine sexuel dans le contexte d'oeuvres antireligieuses. En fait, à cette époque, ce qui suscitait l'inquiétude, ce n'était pas l'obscénité mais l'hérésie. De nos jours, c'est exactement l'inverse.

Il faudra attendre 1868 avant que les tribunaux anglais ne donnent une définition de l'obscénité dans la célèbre affaire *Kicklim*. La poursuite avait été instituée à la suite de la publication d'un tract antipapiste intitulé *The Confessional Unmasked*. On y révélait les techniques utilisées par les confesseurs pour tirer des confidences érotiques des pénitentes féministes. D'après ce jugement, pour déterminer le caractère obscène d'une oeuvre, il suffisait de voir si elle avait tendance à dépraver et à corrompre les personnes sensibles aux influences immorales. Ce critère subjectif a voyagé pendant des décennies à travers les Etats-Unis, l'Australie et le Canada. Son effet le plus immédiat fut évidemment d'armer les censeurs victoriens. Jusqu'au milieu du 20^e siècle, des auteurs comme D.H. Lawrence, Sigmund Freud, James Joyce et Henry Miller ont été censurés.

La législation actuelle:

En 1959, le Parlement canadien adopta une nouvelle définition de l'obscénité qui est: "est réputée obscène toute publication dont une caractéristique dominante est l'exploitation indue de choses sexuelles et de l'un quelconque ou plusieurs des sujets suivants, savoir: le crime, l'horreur, la cruauté et la violence". L'intervention du législatif dans ce domaine contreversé n'a pas enlevé à l'obscénité tout son caractère subjectif, même si la nouvelle définition qu'en donne le Code criminel laisse moins moins de prise à l'arbitraire. Lorsque le juge est en présence d'une publication, qu'il s'agisse de littérature ou de cinéma, il doit se demander:

1) s'il y a exploitation sexuelle, 2) s'il s'agit d'une caractéristique dominante de l'oeuvre; 3) si cette exploitation est indue. Une caractéristique dominante:

A quoi doit-on se référer pour déterminer si une caractéristique dominante d'une publication est l'exploitation des choses sexuelles? Doit-on considérer l'oeuvre comme un tout, ou au contraire, peut-on se satisfaire d'extraits isolés, choisis pour les détails scabreux? La Cour suprême s'est prononcée sur cette question en 1962 lorsque l'on tentait de faire interdire le livre de D.H. Lawrence *L'Amant de Lady Chatterley*. La Cour jugea qu'il fallait considérer la publication dans son ensemble et non pas chercher à isoler des passages ou des mots pour juger d'une oeuvre entière. L'ouvrage peut cependant avoir plus d'une caractéristique dominante. Il suffit d'établir qu'un de ses principaux thèmes glisse dans l'exploitation de choses sexuelles. Cependant, dans une affaire ontarienne mettant en cause la revue *Penthouse* en 1979, la Cour d'appel a jugé qu'une revue différerait d'un livre et qu'on pouvait isoler des passages d'un magazine pour chercher une de ses caractéristiques dominantes. Une revue, contrairement à un livre, n'est pas conçue pour être lue de la première à la dernière page. D'après ce critère, un film devrait être analysé dans son ensemble; le cinéphile se satisfait en effet rarement de quelques séquences.

Exploitation indue:

Le Code criminel ne fournit pas de normes permettant de reconnaître "l'exploitation indue du sexe". Pour définir ce concept, les cours ont donc développé des critères moraux (bas instincts) ou sociaux (niveau de tolérance de la société). La jurisprudence reconnaît que l'exploitation de thèmes sexuels est parfaitement légale. La censure arrive lorsque cette exploitation se situe au-delà de ce qui est justifié et nécessaire pour véhiculer un message. L'affaire de *L'Amant de Lady Chatterley* a permis de préciser que seule est interdite l'emphase mise sur un thème sexuel pour encourager les bas instincts. L'obscénité est socialement dommageable du fait qu'elle entre en conflit avec des valeurs importantes de la société et qu'elle les menace. Elle va à l'encontre des valeurs courantes relatives à la violence, à la liberté et à la dignité humaine. Toutefois, si le simple déplaisir que suscitait une action à laquelle un citoyen peut se livrer était suffisant pour qu'elle soit interdite, on pourrait dire adieu à toute liberté individuelle. Nous serions à la merci du pluralisme: cette hantise "qu'il y ait quelque part quelque un d'heureux", disait le journaliste américain Mencken.

L'usage de la sexualité est abusif lorsqu'il choque et qu'il dégoûte. Mais, qui est susceptible d'être dégoûté et choqué? Un obsédé? Un adulte très puritain? En fait, pour déterminer si une exploitation du sexe est indue, le juge doit rechercher le niveau de tolérance de la communauté canadienne contemporaine en faisant abstraction de ses goûts et de ses répugnances personnelles. Il doit se demander si le citoyen canadien, "l'individu sensuel moyen", est disposé à tolérer la diffusion et la vente du produit qui est devant lui. Cette référence au milieu social ne doit se faire à partir d'un groupe social trop puritain ou au contraire trop permissif, pas plus qu'elle ne saurait s'appuyer uniquement sur le monde des arts ou sur les intellectuels. La communauté de référence est la conjonction de toutes ces tendances. Chaque époque a son niveau de tolérance. Les idées du citoyen moyen face aux choses sexuelles ont donné le coup d'envoi à une campagne de sensibilisation qui est devenu un mouvement de masse pour s'opposer à l'exploitation sexuelle de la femme au cinéma. Nul doute que le juge devrait tenir compte de ce nouveau facteur dans l'appréciation du niveau de tolérance de la société.

Une question de discrétion? L'obscénité, un bien public?
A SUIVRE DANS LE PROCHAIN VOXAIR...

LE CARNET FRANCOPHONE

Vous est présenté par: J. LUSSIER Capt

REFLEXION

On apprend peut-être à vivre à un enfant, mais lui apprend-on à être Heureux...?

GAGNER EST UNE HABITUDE

Savoir où aller, est une chose, mais connaître les routes qui s'offrent à nous, utiliser les moyens qui nous mèneront à bon port, en est une autre. Personnellement je crois qu'il n'y a pas de limite à ce qu'une personne peut accomplir ni jusqu'où elle peut aller, si elle ne s'inquiète pas de savoir qui aura le mérite de ses actions.

Nous possédons en nous d'innombrables talents cachés. Pourquoi dis-je qu'ils sont cachés? Parce que leur potentiel est rarement utilisé et leur puissance est inexploitées. Vous voulez être gagnant - devenir quelqu'un - avoir du succès?

Nous le savons: le succès réside dans la façon d'aborder nos rêves, car seul le rêve est capable de préparer l'avenir et de nous tenir en vie. Il faut surtout savoir rêver. Rêver très grand, car la vie est trop courte pour être répété.

Il faut aussi croire fortement que nous pouvons accomplir de grandes réalisations et nous serons surpris de nos dépassements. C'est en s'oubliant, en laissant son Ego (son moi) de côté que nous pourrions accomplir des choses que nous avions d'abord cru possible. Gagner est une habitude.

Malheureusement, perdre en est aussi une. Et, dans l'état d'esprit de tous et chacun, il est facile de se laisser influencer par le pessimisme. Beaucoup de gens veulent croire que tout va mal et, ils finissent par le penser. Je crois qu'il faut éliminer cette insécurité que plusieurs ressentent à l'intérieur d'eux-mêmes et développer ce sentiment de confiance en soi en l'avenir.

L'investissement le plus rentable est celui que nous faisons sur nous-même. Je crois fermement que le plus grand accomplissement de l'homme, son plus grand moment, c'est celui où il a mis tout son coeur pour une bonne cause.

Le défi le plus fascinant de notre vie, c'est d'avoir à explorer et à exploiter une gamme infinie de possibilités et de devenir ce pourquoi nous avons été créés. VOUS ETES NES POUR GAGNER - VOUS ETES GAGNANT PAR EXCELLENCE. Texte de Gaétan Desmarais paru dans la revue "Excellence" de janvier 1983.

LE CALENDRIER

FILMS EN FRANCAIS

La CINESERIE tous les lundis soirs à 2000h au Cinéma Main, 243 rue Main. \$2.00 (étudiants \$1.00). Une réalisation du CCFM. 233-8972.

— 9 avril, "HISTOIRE D'AIMER" de Marcello Fondato;

— 16 avril, "MAIS QU'EST-CE QU'ELLES VEULENT?" de Coline Serreau;

— 30 avril, "LE RETOUR DE MARTIN GUERRE" de Daniel Vigne;

— 7 mai, "ILS SONT GRANDS CES PETITS" de Joel Santoni;

— 14 mai, "LE CHAGRIN ET LA PITIE" de Marcel Ophelus, Alain de Sedoury, André Harris.

Il y a souvent d'autres films en Français avec sous-titres anglais aux cinémas de la ville.

SPECTACLE

— les 13 et 14 avril: PHILIPPE!! "Tout ce que je fais, je le fais pour toi". Une création manitobaine réalisée par le CCFM. Au CCFM à 2000h.

Philippe Pitre, le gars qui a quitté St-Boniface pour faire sa vie dans le monde de la chanson à Montréal. Philippe, l'artiste qui a chanté à New York, à Tokyo et à Hong Kong. Philippe, l'homme qui est revenue à sa ville natale. Philippe nous chante de ses triomphes et ses défaites, et en le faisant il décrit la vie de toute une génération. Votre monde - comment c'était, comment c'est, comment ça pourrait être...

• On vous rappelle que la Société Franco-Manitobaine a préparé, à votre intention, une trousse d'information qui vous fournira des renseignements utiles quant aux régions où se trouve les Franco-Manitobains, et une liste des écoles et des organismes et/ou services franco-manitobains. C'est vraiment bien fait. Pour l'obtenir, appelez la SFM au 233-4915.

EDUCATION

Le Collège Universitaire de Saint-Boniface offre: Cours d'Intercession, 18 avril au 28 juin 1984 (deux semestres); Cours d'Été, 3 juillet au 17 août (deux semestres).

CONCERT CABARET

La Chorale des Intrepides, le 14 avril 1984 à 2030h à la Salle Le Rendez-Vous, 768 avenue Taché. Billets \$8.00 (étudiants \$6.00) au guichet du CCFM et auprès des membres de la Chorale, Tél.: 233-8972.

RIONS UN PEU...

Un menteur parmi eux:

Le capitaine dit à l'adjudant: "Je viens d'apprendre que le Sdt Pépin vient de perdre dans un accident d'auto, sa mère, sa soeur, son frère et sa tante. Prévenez-le, mais avec souplesse, hein."

L'adjudant réunit ses hommes dans la cour et annonce: "Que tous ceux qui ont perdu leur mère, leur soeur, leur frère et leur tante, dans un accident d'auto, sortent des rangs".

Personne ne bouge. "Parfait, s'exclame l'adjudant. Pépin, vous ferez quatre jours de cachot".

EN BREF...

Selon le Business Week, l'Amérique compte près de 650,000 millionnaires. Un peu plus de la moitié sont des hommes, 45% sont des femmes. Le quart sont veufs ou veuves; les 2/3 sont mariés. L'Etat de New York a le plus de richards (56,000 contre 38,500 en Californie).

Sans leurs exportations, les Japonais sont fichus. Vrai? Faux! Dans un numéro spécial sur le Japon, le magazine Time rapportait que ce pays n'exporte que 13% de sa production. C'est le Canada, avec 29% de sa production qui est le pays industrialisé le plus dépendant de l'étranger. Les USA sont les plus autonomes avec 7% d'exportations.

Les recenseurs américains sont catégoriques: en l'an 2000, la population américaine (267,461,000 individus) sera très majoritairement concentrée au sud et sur la côte ouest du pays. Les Etats les plus peuplés seront la Californie (30 millions), le Texas (21 millions) et la Floride (17,4 millions). L'Etat de New York n'aura que 15 millions d'habitants.





COMMUNITY NEWS

PROTESTANT CHAPELS

THE CHAPEL OF THE GOOD SHEPHERD, corner Whytefold and Silver — North Side:

- Divine Worship: 11:00 a.m. Sundays
- Sunday School : 11:00 a.m. Sunday Nursery
- Choir Practice: 7:00 p.m. Thursdays

THE CHAPEL OF ST. ANDREW, corner Grant and Kenaston — South Side:

- Divine Worship: 10:30 a.m. Sundays
- Sunday School : 10:30 a.m. Sundays Nursery
- Choir Practice: 7:00 p.m. Thursdays

BAPTISMS: By appointment, 832-1311, Loc 417.

MARRIAGES: By appointment, 30 days notice required.

BIBLE STUDIES: — 7:00 p.m. Mondays — Chapel of the Good Shepherd
— 10:00 a.m. Fridays — Chapel of the Good Shepherd

LADIES GUILD: — 1st Monday each month at 7:00 p.m. — Chapel of the Good Shepherd

COUPLES CLUB: — 4th Friday each month at 7:00 p.m. — Chapel of the Good Shepherd

CHAPLAINS:

- G.E. Tonks — Base Chaplain (P) — 832-1311, Loc 417
- S.C. Fowke — Chaplain (P) (North) — 888-5175
- G.W. Lanctôt — Chaplain (P) (South) — 888-9036

GIANT FLEA MARKET

**Saturday May 12th
8 A.M. - 2 P.M.**

BIGGER AND BETTER THAN LAST YEAR

- FEATURES —**
- MILITARY DISPLAYS
 - HIGH BOX TEAM
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 - APC RIDES
 - REFRESHMENTS
- AND MUCH MUCH MORE**

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APRIL IS CANCER MONTH

April is Cancer Month for the Canadian Cancer Society. This year's objective is to raise \$1.22 million. These funds are distributed to our numerous ongoing programs in research, patient services and public education.

Your invaluable assistance is requested through printing some or all of the enclosed publicity ads in your newspaper during the month of April. A donation of advertising space to the Cancer Society assists all humans in the battle against cancer.

Thank you in advance for your help. Dramatic progress is being made in the treatment of various cancers but we still have a long way to go. With your help, cancer WILL be beaten.

**WITH YOUR HELP
CANCER CAN BE BEATEN**



Your donation to the Canadian Cancer Society makes a big difference today and in the future.

The money you give supports many vital services: on-going patient care, public education programmes, the research needed to ensure a brighter future. Please give generously. With your help, cancer can be beaten.

CANADIAN CANCER SOCIETY

BASEBALL REGISTRATION

Westwin Community Council will hold baseball registrations for all boys and girls between the ages of 5 to 18 yrs.

Place: Bldg. 90 (Rec Centre, front door)

Date/Time: 4 Apr., 1800-2000 hr., 7 Apr. 1000-1200 hrs.

Fees: Ages 5 to 7 (T-Ball) \$5.00. 8 and 9 (Minor) \$10.00. 10 and 11 (Mosquito) \$10.00. 12 and 13 (Beaver) \$10.00. 14 and 15 (Bantam) \$15.00. 16 and 17 (Midget) \$15.00.

Westwin Community Council membership cards must be shown at registration or any extra (3) three dollars per player will be charged or membership forms will be available (\$1.00 a month which will be a pay deduction.)

My first request for umpires and coaches in the last Voxair indicated nil response from all readers, so in the event there are still no volunteers after registrations are completed all monies will be returned to you with the following note attached quote "Baseball season cancelled due to one person being unable to supervise 100 players, 4 nites a week" unquote.

The season is only approx. seven (7) weeks long (15 May - 29 June) so hope to see you at registration 4th and 7th April. Al Macdonald, Sports, Westwin C.C., 127.

COMMUNITY COUNCIL SOUTH ALLOCATION OF GARDEN PLOTS SUMMER 84

Again this year, some garden plots will be available to the residents of the South side Married quarters. The plots are located on the west side of Doncaster street, next to the skating rink between Corydon Ave. and Blanche Ave. There are a total of 16 plots available.

The plots may be reserved starting May 6, 1984 from Mrs. Joy Hayes at 350 Doncaster St. on a first-come basis. No phone reservation will be accepted. A fee of \$25.00 will be collected upon registration, \$10.00 of which may be refunded at the end of the season if the plot has been looked after during the summer and cleaned off and levelled in the fall. The plots will not be considered reserved until the fee is paid and the rules are signed.

A rototiller will be available to the plot owner for the preparation of his/her garden and water hoses will be available throughout the summer. So whether you be an expert or a beginner, come and enjoy the pleasures of gardening. Have a good summer!

NOTICE

Westwin Thrift Shop
Tues. 7:00 - 9:00
Wed. 7:00 - 9:00
Thurs. 1:30 - 3:30

A ribbon cutting ceremony marked the official opening of the Shamrock Tea and Bazaar sponsored by the C.W.L. of Our Lady of the Airways, which was held in the Hercules Lounge on March 17th, 1984. Cutting the ribbon is our Parish Priest, Father Gagnon, along with Terri Scott, our C.W.L. President, and Faith Seguin, our Bazaar Convenor. The winners of our three raffles and door prizes are as follows:

Clown Cake (donated by Marlene Snider) was won by Bernie Matters.
Bunny Cake (donated by Terri Squires) was won by Mrs. Atwood.
Baby Afghan (donated by Phyllis Delany) was won by Ben Tardif.
Double Bed Sheets (donated by Canex) was won by Darlene Augustson.
Flower arrangement (donated by Christy's Greens Florists) was won by Edith Hodgson.

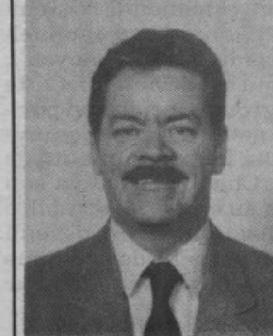
Gift Certificate (donated by Ormiston Florists) was won by Marlene Snider.
Candle Holders (donated by Peoples Jewellers) was won by Jane Wojcik.
St. Patricks Cake (donated by Carol Sniderhan) was won by Justin Augustson.

Stitch kit (donated by Kinsie Wool Shop) was won by Ken McLeod.
10 L. P. Records (donated by Sam the Record Man) was won by: John Switzer, Fran Burnham, JoAnne Politis, Jamie Politis, and Heather Broderick.

A big Thank You to all who made it a success. Your support was greatly appreciated.



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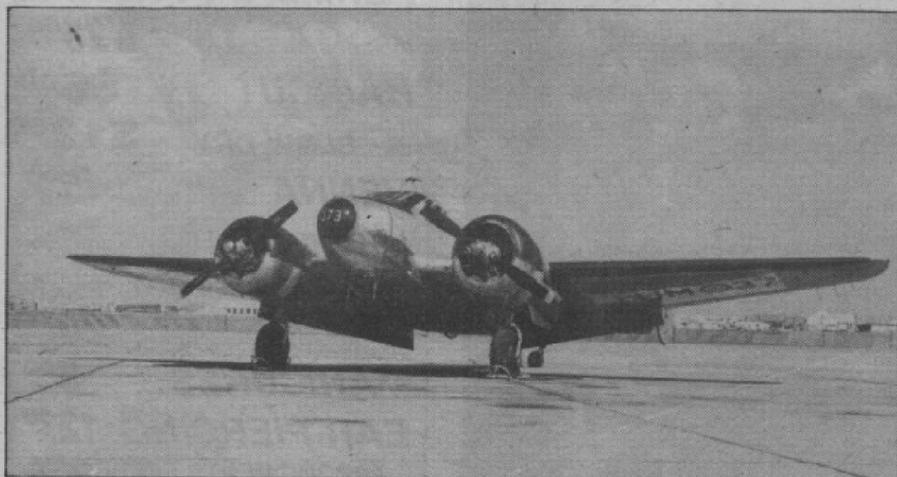
COOL CAMPOUT FOR CADETS



On 25 and 26 February about twenty-seven cadets and staff from Number 6 Royal Canadian Air Cadet Squadron (McGregor Armouries) supported by a cadre of CFB Winnipeg and 2 PPCLI personnel deployed to Birds Hill Provincial Park for a camping exercise. The weekend's activities included snowshoeing, compass use, and general winter camping skills. As anyone who has camped in the snow is aware, eating, sleeping, and other necessities of survival take a great deal of the time so the exercise was somewhat rigorous. The cadets themselves learned to operate the temperamental gas stoves and lanterns and to erect and stow tents and associated gear, all after instruction by a "Patricia" soldier attached to each tent group. A single camp fire burned the whole weekend, thanks to a continuous overnight fire security watch, also by the cadets. The IMP rations were almost unanimously considered excellent, criticism coming only from those who had never partaken of the IRPs of yesteryear. Highlights of the exercise have to include using the outdoor facilities, adjusting to the country-western music from Cpl Webb's portable stereo, and competing in a tent-assembling race. Although the girls would detest being singled out in this mostly-male exercise, it must be mentioned that the tent group which won the competition was entirely female.

The success of this venture is due in a major way to the logistic and personnel support of many military units in Winnipeg. From the tired and slightly sunburned cadets, many thanks to Lt Byatt and his "Patricians", 17 Service Battalion (Minto Armouries), Prairie Cadet Office, Base Supply and Base Transportation for a most memorable experience.

C-45



MUSKATEER



TOP STUDENT AWARD



LCol Jackson 2 i/c CFSCE presents Pte P.S. Clark with the "Top Student" trophy on completion of his RAD OP TQ5A course in Kingston. Well done, Paul!

LEARN ABOUT GLIDING



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SPORTS SHORTS

LADIES FASTBALL SKILLS CLINIC 14 APRIL AND 5 MAY 1984

The Skills Clinic will be held in Building 90, Westwin Recreation Centre, from 1:00 to 4:00 p.m. For further information contact Corporal Lumsden, local 115 or 888-1850 or Sgt Beebee local 624.

BOARD SAILING/WINDSURFING MEETING

On Monday, 9 April 1984, at 7:30 p.m. there will be a meeting at the CFANS Theatre for all military personnel, dependants and DND employees interested in the sport of boardsailing/windsurfing.

At this meeting, the formation of a Base Windsurfing Club will be discussed. The club will provide lessons to those interested in learning. All new-comers are strongly encouraged to attend this meeting.

For further information, contact the Rec Centre local 511/514.

SWIM BADGE POLICY WESTWIN/LIPSETT HALL POOLS

For FY 84/85 effective 1 March 1984 to 28 February 85 the following policy is in effect:

- a. swim badges will be required for all personnel utilizing casual swim periods;
- b. cost per badge is \$10.00 with no pro-rating and no refunds;
- c. the family plan of \$25.00 shall remain in effect this year;
- d. badges are not required for youth, 5 years and under, however they must be accompanied by their parent or guardian; and
- e. badges are not required for noon hour swims or formal military training;

This policy is in effect for pools in Building 90 Westwin and Lipsett Hall.

Badges can be purchased from both Building 90 Recreation Centre and Lipsett Hall.

SMALL CRAFT SAFETY INSTRUCTOR COURSES SPRING AND SUMMER, 1984

Canoeing module — June 18-22, daily 9:00 a.m. - 5:00 p.m. \$63.00*.

Canoeing Module — April 27-29 + May 4-6, Fridays 6:00 p.m. - 10:00 p.m. Wkends, 9:00 a.m. - 5:00 p.m. \$63.00*.

Canoeing Module — May 25-27 + June 1-3, Fridays 6:00 p.m. - 10:00 p.m. Wkends 9:00 a.m. - 5:00 p.m. \$63.00.

Power Module, June 9, Saturday 9:00 a.m. - 5:00 p.m. \$20.00.

* Plus Texts.

Phone Rec Centre Bldg. #90 for more info.

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PRAIRIE REGION BADMINTON CHAMPIONSHIPS

The Prairie Region Badminton Championships were held at CFB Edmonton from the 6th-9th of March 84. CFB Winnipeg was represented by a 4 man team of vets (over 40). All four individuals did in fact make the National Team to represent the Prairie Region at the Forces Nationals the 23-30 Apr. 84 being held at CFB Winnipeg. The team consisted of Sgt. Ches Bennett, Maj. Don Brennan, L/Col Don Poole and Maj Carl Ross. Sgt Ches Bennett was a double win-

ner by winning the Vets singles and then teaming with Maj Don Brennan to win the Vets doubles championships. Maj Carl Ross & L/Col Don Poole were the winners up in the Vets doubles. Pictured below left to right are Maj Don Brennan co-holder Vets Doubles Champions, Col Detracey Base Commander CFB Edmonton, Sgt Ches Bennett Single Vets Champion. Co-holder Vet Doubles Champion.



CFB WINNIPEG PLACES 3rd AT PRAIRIE REGION BOWLING CHAMPIONSHIPS



L to R Rear: Sgt Feuillatre, Mcpl Borden, Mcpl Dyck. Front: Mcpl Boughner, Cpl Palmer, Mcpl Short.

APRIL IS CANCER MONTH



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FIRE PREVENTION NEWS

There are many ways young children can be burned in the normal course of their activities around the home. Matches and lighters, of course, rank high as the cause of many painful, disfiguring burns . . . not to mention the property damage that can result when children are left alone with them.

Fire has a very important and necessary role in our lives and the earlier a person learns the proper use of fire the less likely there will be any type of match or fire play. Fire safety education must be positive and emphasize what to do and how to do it.

Telling a child 'Do not play with matches' gives no positive information and rarely prevents match play. Good fire safety and fire prevention habits practised by adults are the best example for children to follow. These basic steps will help parents achieve this objective.

1. Take matches away from toddlers and preschool children and always keep matches out of their sight and out of their reach.
2. Older children should be allowed to use matches only when grownups can watch and help.
3. Emphasize to children: Matches are tools, not toys. The match should be presented as a TOOL having a specific function (lighting candles, starting camp fires, lighting a fire in a fireplace) and the use of a match for purposes other than those for which it was designed should be presented as being an improper use of the TOOL. The match is not a toy and to use it as a toy would be the same as attempting to drive a nail with a saw or cut a board with a hammer. A tool has a specific purpose and should be used only for that purpose.

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HELP US TO PROTECT

.....YOU and Yours

**CO-OPERATION IS HALF
THE BATTLE
AGAINST.... FIRE!**



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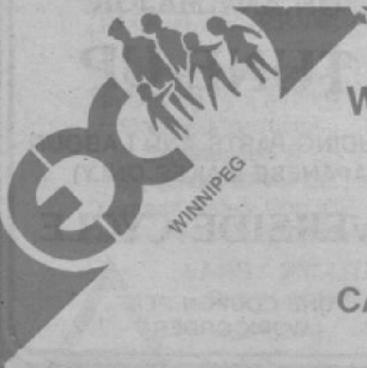
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2 PPCLI



2 PPCLI CLEAN-UP AT STRONG CONTENDER

Last month the 1 Canadian Brigade Group (1 CBG) conducted its annual sports competition, Ex Strong Contender, at CFB Calgary. The competition brought together over 600 athletes from 10 units to compete in the sports of hockey, broomball and volleyball. 2 PPCLI fielded very strong teams in all three sports. When it was all over, they were presented the aggregate major unit trophy signifying supremacy in Strong Contender.

The big winner was the hockey team who finished the round robin in first place with only one loss and then skated on in the finals to victory defeating 1 PPCLI for the championship. Cpl 'Gretzky' Hulan led both the team and the tournament in points scored while at the other end, Sgt 'Dryden' Brooks kept the space between the pipes secure. The team now looks forward to the Canadian Army Hockey Championships at CFB Petawawa from 11 to 16 Mar.

The Broomball team put up a valiant effort and managed a fourth place finish overall. There was great hope for the team as WO 'Rock' McCarthy earned two shutouts during round robin play, but in the semi-finals, the Rock crumbled and victory slipped through their fingers with a 1-0 loss to 3 RCHA.

Last, but not least, is the Volleyball team. Having left Winnipeg with only four days practice they were not given much of a chance. Behind the consistent play of Pte 'Thumper' McQueen, the remainder of the team rallied and they succeeded in finishing third overall.

For the participants from 2 PPCLI it was a very successful week. Great spring weather and the hospitality of Calgary kept spirits high. Winning the Grand Aggregate Trophy proved once again to the rest of the Brigade that 2 PPCLI remains as always, Second to None.



1 BDE MAJOR UNIT HOCKEY CHAMPIONS

Front Row L to R: Pte Buckle, Pte Sharp, Cpl Hulan, Sgt Brooks, Pte Juniper, Pte MacPhearson, Pte Ford, Pte Lockie.
Standing L to R WO Ballam, Capt Gallant, Pte Hannan, 2Lt King, MCpl Clancy, Pte Cowden, MCpl Parrell, Pte Friesen, Pte Parrott, 2 Lt Kroone, Pte Wilson, Pte Harding, Sgt Timko.



Sgt St Pierre receives the Aggregate Major Unit Trophy signifying supremacy in Ex Strong Contender.



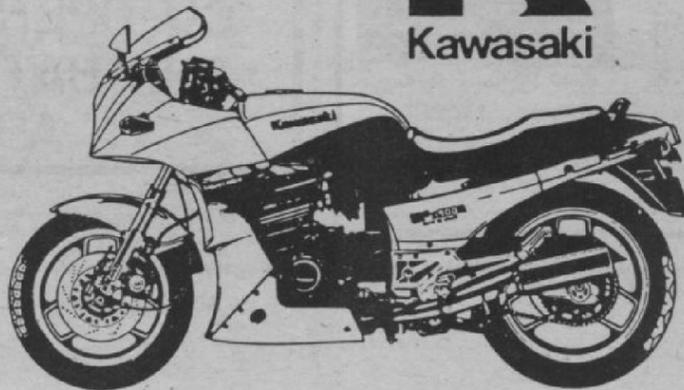
Team Capt, Pte Juniper receives the Major Unit Hockey Championship Trophy from 1 Bde Comd BGen JL Sharape, CD

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CULTS

You and your family are the targets! A number of cults are active in the Winnipeg area. There is some evidence that they may already be soliciting in PMQs and private residences.

Common practices are to sell flowers, books, candy or ask for donations to causes or charities. Other items not necessarily of a religious nature, may also be offered for sale. These practices are used to support the local group or provide its leadership with funds regardless of their claims.

1. WHAT CAN YOU DO?

BE CAREFUL . . . The cults see you coming long before you see them.

Urge your neighbours and friends to stop buying flowers, candy, records, jewellery, etc., which are being sold door-to-door, in the streets and in shopping malls by groups with obscure names and objectives. Never give money to any organization without first thoroughly checking it out. Remember cults claim they collect for 'children's homes', 'drug rehabilitation programs', 'senior citizens', and 'youth ministries' but these charities never receive the money . . . Don't Feed The Hand That Bites You!

Be aware of what is said and written about cults in the media.

2. TYPICAL CULT RECRUITS

— From middle to upper class family backgrounds.

— Sixteen to thirty-five years old.

— Of average to above average intelligence.

— Well educated.

— Intellectually curious.

— Idealistic.

3. HARMFUL EFFECTS

— Loss of free will.

— Destroyed family relationships.

— Involuntary slavery.

— Neurotic, psychotic or suicidal tendencies.

— Hallucinations, panic, dissociation, guilt, identity diffusion and paranoia.

— Reduced capacity to form flexible and intimate human relationships.

— Diminished intellectual ability, vocabulary and sense of humour.

— Physical deterioration.

— Malnutrition.

— Poor judgement.

— Reduced use of irony, abstractions and metaphors.

— Financial suffering.

4. CULT TECHNIQUES OF PSYCHOLOGICAL COERCION

ISOLATION
— loss of reality induced by physical separation from society and rational references.

HYPNOSIS
— state of high suggestibility induced by hypnosis, often thinly disguised as meditation.

PEER GROUP PRESSURE
— suppression of doubt and

resistance to new ideals, achieved by exploiting the natural need to belong.

LOVE BOMBING

— sense of family and belonging contrived through hugging, kissing, touching and flattery.

REMOVAL OF PRIVACY

— loss of ability to evaluate logically achieved by preventing private contemplation.

SLEEP DEPRIVATION AND FATIGUE

— Disorientation and vulnerability created by prolonging mental and physical activity and withholding adequate rest and sleep.

GAMES

— need for direction when playing games with obscure rules increases dependence on the group.

METACOMMUNICATION

— subliminal messages implanted by stressing certain key words or phrases in long confusing lectures.

NO QUESTIONS

— automatic acceptance of beliefs accomplished by discouraging questions.

CONFUSING DOCTRINE

— complex lectures, on an incomprehensible doctrine, encourage rejection of logic and blind acceptance.

REJECTION OF OLD VALUES

— acceptance of new life style accelerated by constantly denouncing former values and beliefs.

CONFESSION

— destruction of personal egos, increased vulnerability to new teachings and recruits' weaknesses revealed, through sharing innermost secrets.

GUILT

— teachings of eternal salvation reinforced by exaggerating sins of the former lifestyle.

FEAR

— loyalty and obedience to group maintained by threatening soul, life or limb for the slightest 'negative' thought, word or deed.

CHANTING AND SINGING

— non-cult input screened out by demanding repetition of mind narrowing chants or phrases, when faced with non-cult ideas.

DISINHIBITION

— abdication of adult responsibility encouraged by orchestrating child-like behaviour.

CHANGE OF DIET

— disorientation and increased susceptibility to emotional arousal achieved by depriving the nervous system of necessary nutrients, through the use of low-protein, child-like food.

CONTROLLED APPROVAL

— vulnerability and confusion maintained by alternately rewarding and punishing similar actions.

DRESS

— individuality removed by demanding conformity to the group dress code.

FLAUNTING HIERARCHY

— acceptance of cult authority produced by promising advancement, power and salvation.

FINGER POINTING

— false sense of righteousness created by pointing to the shortcomings of the outside world and other cults.

REPLACEMENT OR RELATIONSHIPS

— pre-cult families destroyed by arranging cult marriages and 'families'.

FINANCIAL COMMITMENT

— increased dependence on the group achieved by "burning bridges" to past, through the donation of all assets.

HE THAT WILL NOT REASON IS A BIGOT

HE THAT CANNOT REASON IS A FOOL

HE THAT DARES NOT REASON IS A SLAVE!

— William Drummond

INFO SUPPLIED BY THE COUNCIL OF MIND ABUSE

CFB CORNWALLIS OFFICERS' MESS SEEKS INFORMATION/MEMORABILIA

The Officers' Mess at CFB Cornwallis has recently undergone extensive renovations, the first since the doors were opened during WW II. Part of these renovations involved the uncovering of a large wall mural painted in the early post-war period by members of the RCNVR. This mural has been restored to its original splendor.

In attempts to enhance the surroundings, and to acquire information on the history of the Mess, the committee is seeking memorabilia and background on past Mess life. In particular, they seek factual information on the

characters and events connected with the original painting of the mural, as well as old photos, costumes, paintings, trophies, books, etc. relating to "the good old days" of Naval habitation of CFB Cornwallis.

Anyone willing or able to provide this type of support is requested to contact Major Wayne Garland at (902) 638-8631, local 285, or write to the Officers' Mess, CFB Cornwallis, Cornwallis, N.S. BOS 1H0. Your efforts and generosity will be appreciated by comrades for years to come.

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Lt. A.C. Augustson presenting Pte(T) GREG GAREAU, Veh Tech with his Pte Chevrons. Congratulations is extended to Greg from the staff at BML.



MCPL SIMON LEMAY is being presented with his MCpl Chevrons, by Lt A.C. Augustson. It has been a long wait but the day has finally come. Congratulations Simon.



Major Kirkland, the BMLO, is seen presenting Capt Bars to Lt AC Augustson on his promotion. Congratulations are extended to Capt Augustson from all the BML staff.

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HEARTY SOUPS THAT SATISFY

Hearty soups, thick with bite-sized pieces of meat and vegetables can be a meal in themselves. After a hard day of skiing, a bowl of hot soup radiates warmth to the tips of toes and fingers frosted from waiting in tow-lines. The savory flavor and nourishment of a steaming bowl of homemade soup quickly soothes and satisfies hearty appetites.

Creamy New England Clam Chowder, or its cousin Manhattan Clam Chowder, is quick and easy to make with everyday kitchen cupboard ingredients. Rich with meat and vegetables, Poule en Pot has such a depth of flavor family members will be sure to ask for more. And French Onion Soup is always a favorite. It can be made on not-so-busy days and frozen. Simply reheat, gratinée and it's ready when needed.

New England Clam Chowder

- 1/4 cup (50 mL) Mazola corn oil
- 2 onions
- 2 tbsp (25 mL) Canada/Benson's corn starch
- 2 cans, 5-oz each (142 g each) clams, drained (reserve liquid and measure, add water to make 3 cups (750 mL))

- 2 slices back bacon cut in 1/2-inch (1 cm) pieces
- 2 cups (500 mL) raw diced potatoes
- 1/2 cup (125 mL) diced white turnip, optional
- 1/2 cup (125 mL) diced celery
- 1 tsp (5 mL) salt
- 1/2 tsp (2 mL) pepper
- 3 cups (750 mL) milk
- 2 tbsp (25 mL) chopped parsley

Sauté onions in corn oil until soft. Stir in corn starch. Blend in clam liquid and water and bring to boil, stirring constantly. Add clams, bacon, vegetables and seasonings. Cover pan and simmer gently until the vegetables are cooked but still firm, about 20 to 30 minutes. The soup may be cooked, covered and stored in the refrigerator for two or three days until needed.

To serve soup, heat 3 cups (750 mL) milk (do not boil) and pour into hot chowder. Adjust the seasoning. Garnish with chopped parsley. Makes 6 to 8 cups (1.5 to 2L).

Manhattan Clam Chowder

- 1 28-oz can (796 mL) tomatoes
- 1 cup (250 mL) sliced carrots
- 1/2 cup (125 mL) diced green pepper
- 1 bay leaf

Follow the recipe for New England Clam Chowder but omit the milk. Add the above ingredients at the same time as the vegetables and simmer 20 to 30 minutes. Makes 6 to 8 cups (1.5 to 2 L).

Poule en Pot

- 1 kg (2 lbs) shank beef
- 1.5 kg (3 lbs) chicken
- 1/4 cup (50 mL) Mazola corn oil
- 2 onions, sliced
- 10 cups (2.5 L) cold water
- 3 cups (750 mL) sliced carrots
- 1-1/2 cups (375 mL) diced turnips
- 1 cup (250 mL) sliced celery
- 1 cup (250 mL) frozen peas
- 1 cup (250 mL) frozen beans
- 2 cups (500 mL) thinly sliced cabbage
- 2 tsp (10 mL) salt
- 1/2 tsp (2 mL) white pepper

Brown beef shank and chicken in corn oil. Add onions and sauté until soft. Add water and bring to boil; skim. Cook slowly 2 to 3 hours. Remove meat and chicken from soup. Discard skin and bone and cut meat into bite-sized pieces. Return to broth, add vegetables. Continue cooking, skimming as necessary, until vegetables are cooked and soup is well-flavored. Adjust seasoning and serve.

French Onion Soup

- 1/3 cup (75 mL) Mazola corn oil
- 6 medium onions, thinly sliced
- 1-tsp (5 mL) sugar
- 1/2 tsp (2 mL) pepper
- 6 cups (1.5 L) beef bouillon
- 6 thin slices French bread toasted
- 1/2 cup (125 mL) grated Parmesan or Swiss Cheese

In large, heavy saucepan heat corn oil over medium heat. Add onions, sugar and pepper; sauté about 20 minutes or until onions are golden brown. Add bouillon; simmer, covered, 30 minutes. Turn into 2-quart (2.5 L) oven-proof soup tureen or six individual casserole dishes. Top with French bread; sprinkle generously with cheese. Bake in 400°F (200°C) oven 8 or 10 minutes or until cheese is melted and bubbly. Makes 6 servings.

Split Pea Soup

- 1 medium onion, finely chopped
- 1 medium carrot, finely chopped
- 1 celery stick, finely chopped
- 2 tbsp (25 mL) butter
- 1 quart (1 L) chicken stock
- 1 cup (250 mL) split peas, rinsed
- 1 ham bone (if available)
- 1/4 cup (50 mL) ham, finely

- chopped
- Pinch cayenne pepper
- Salt and pepper
- Bouquet Garni: 1 clove garlic, 1 bay leaf, 12 peppercorns, sprigs of parsley and pinch of thyme tied in a piece of cheesecloth.
- Garnish: 1/4 cup (50 mL) sour cream
- 2 tbsp (25 mL) parsley, finely chopped

Set temperature on MultiPot to 225°F (105°C), melt butter, add onion, carrot, celery and sauté 10 minutes, stirring occasionally. Add chicken stock, split peas, bouquet garni and ham bone. Bring to boil at 300°F (150°C); reduce temperature to simmer and cook until peas are tender, about 1-1/2 hours. Remove bouquet garni and ham bone. Puree the soup using a food processor, blender or food mill. Return soup to the MultiPot and just heat through. Stir in chopped ham. Adjust seasoning with cayenne pepper, salt and pepper. Garnish each bowl with a dollop of sour cream and a sprinkling of parsley. Makes 4 servings.

SALADS GALORE

Carrots Vinaigrette

- 1 L sliced, fresh, cooked carrots 4 cups
- 375 mL diagonally sliced 1-1/2 cups celery
- 250 mL thinly sliced red onion rings 1 cup
- 125 mL thinly sliced green pepper strips 1/2 cup
- 250 mL KRAFT Herb and Garlic Dressing 1 cup

Combine all ingredients, mixing lightly. Cover bowl with plastic wrap; marinate overnight in refrigerator stirring occasionally. Drain. Serve in a lettuce-lined bowl, if desired. Makes 10 servings.

Red Cabbage Slaw

- 250 mL chopped onion 1 cup
- PARKAY Margarine
- 175 mL KRAFT Zesty Italian Dressing 3/4 cup
- 1.5 L thinly sliced red cabbage 6 cups
- 500 mL cubed apples 2 cups
- 15 mL lemon juice 1 tbsp
- 5 mL salt 1 tsp

Cook onions in small amount of margarine until tender. Add remaining ingredients; mix lightly. Cover and simmer 20 to 25 minutes. Makes 6-8 servings.

Carrot Crisp Slaw

- 500 mL grated carrot 2 cups
- 500 mL chopped cabbage 2 cups
- 125 mL raisins 1/2 cup
- 125 mL pineapple tidbits 1/2 cup
- KRAFT Coleslaw Dressing

Combine carrot, cabbage, raisins, pineapple and enough dressing to moisten; toss lightly. Makes 6 servings.

Sweet and Sour Bean Salad

- 4 slices bacon, diced
- 1 medium onion, diced
- 1/2 tsp flour
- 1/4 cup vinegar
- 1 tbsp sugar
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 (19-oz) can Libby's Deep-Browned Beans
- 1/4 cup parsley flakes
- 1/2 cup chopped celery
- lettuce leaves

Saute bacon until crisp; set aside. Saute onion in bacon fat until tender. Add flour and vinegar; stir until thickened. Add sugar, salt, pepper and beans; cook until beans are hot. Add parsley and celery; toss gently. Serve on lettuce leaves. Makes four servings.

Crispy Apple Salad

- 500 mL raisin bread cubes 2 cups
- 2 L torn assorted greens 8 cups
- 250 mL thin apple slices 1 cup
- 250 mL cauliflowerets 1 cup
- 125 mL celery slices 1/2 cup
- KRAFT French Dressing

Place bread cubes on ungreased baking pan. Bake at 180°C (350°F), 10 minutes or until golden brown. Combine croutons, greens, apples, cauliflower and celery; toss lightly. Serve with dressing. Makes 8-10 servings.

Bavarian Beet Salad

- 250 mL chopped cucumber 1 cup
- 250 mL onion rings 1 cup
- 2 mL dill weed 1/2 tsp
- 2 mL salt 1/2 tsp
- 1/2 mL pepper 1/8 tsp
- 500 mL sliced cooked beets 2 cups
- Lettuce
- KRAFT Thousand Island Dressing

Combine cucumber, onion and seasonings; mix lightly. Chill. Arrange beets on lettuce-covered platter; top with cucumber mixture. Serve with dressing. Makes 4-6 servings.

Alpine Potato Salad

- 1.5 L quartered cooked potatoes 6 cups
- 500 mL shredded red cabbage 2 cups
- 500 mL ham strips 2 cups
- 250 mL celery slices 1 cup
- 50 mL green onion slices 1/4 cup
- 175 mL KRAFT Zesty Italian Dressing 3/4 cup
- 15 mL prepared mustard 1 tbsp
- 500 mL (227 g) KRAFT Swiss Cheese, cut into strips 2 cups

Combine potatoes, cabbage, meat, celery and onion. Add combined dressing and mustard; mix lightly. Chill. Add cheese just before serving. Mix lightly. Makes 8-10 servings.

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Col M.M. Zrymiak DComd Arghq presents the first clasp to the CD to LCol R. B. Sharpe SSO Training Development at ARGHQ.



WINGS PARADE — Lieutenant-Colonel Tim Guiler, 40, of London, Ont., is congratulated after successfully completing a recent Canadian Forces special parachute training course at the Canadian Airborne Centre in Edmonton. Making the presentation of the coveted "jump wings" is Major-General Herbert Pitts (retired), the Colonel of the Canadian Airborne Regiment. LCol Guiler, a Royal Canadian Artillery officer with the Regular Support Staff (Prairie), Winnipeg, was one of 26 servicemen from the regular and reserve forces, who graduated after three-weeks of intensive training. He is the son of Mrs. Ann Guiler of 924 Wonderland Rd., London, Ont.

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COMMUNITY CALENDAR — APRIL

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Mail Calendar entries to VOXAIR Bldg. 10	Military M Christian C Fellowship F 12:00-1:00 Every Mon. Drot. Chapel (N)	Prot. Chapel	Bible M C F Study 12:00-1:00 Every Wed. Prot. Chapel (N) Bingo 8 p.m.	4 5 Base Library 6:00-8:30 Ceramics 7 pm	6	7 Base Library 1:00-3:30
8	9	10	11	12	13	14
		VOXAIR DEADLINE	Bingo 8 p.m.	Ceramics 7 p.m.	MIL Pay Day	
15	16	17	18	19	20	21
Palm Sunday			Bingo 8 p.m.	Ceramics 7 p.m.	Good Friday	
22	23	24	25	26	27	28
Easter Sunday		VOXAIR DEADLINE	Bingo 8 p.m.	Ceramics 7 p.m.	MIL Pay Day	
			C.P. NATIONAL BADMINTON (LIPSETT HALL) 25-28 APRIL			



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Wed — Trudy Special	Special	1.90
Thur — Fish & Chips	Special	2.25
Fri — Hamburger & Fries	Special	1.60

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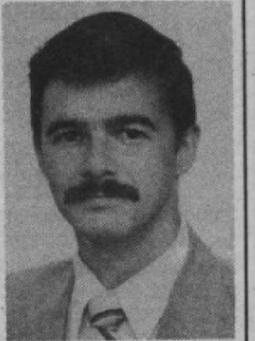


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