

NEW BOSS TAKES AIR COMMAND HELM

WINNIPEG — Air Command ushered in a new commander Aug. 19, with flags snapping in a brisk Prairie breeze, CF-18 fighters roaring a tribute overhead, and 300 air force members performing the accompanying parade ritual.

"I accept the commission which you have just given me with enormous pride," said Lieutenant-General Paul D. Manson, who on the eve of his 49th birthday became the organization's fourth commander since its inception, in 1975, on the same hangar line.

He was directing his remarks to the new chief of the defence staff, General G.C.E. Thériault, who, as presiding officer, also warmly praised the retiring commander, Lt.-Gen. Kenneth E. Lewis.

After 36 years of military service, Gen. Lewis now moves on to a new career in the civil aviation field.

"It is, of course, a singular honor," Gen. Manson told the audience, "for an airman in Canada to accede to the command of Air Command.

"I am very conscious of the challenges that this assignment brings with it, not the least of which will be matching the remarkable leadership of my predecessor, as demonstrated during his three years in command," said the new commander.

In directing his remarks to the CDS and all ranks of Air Command, Gen. Manson said that "in particular, also, I acknowledge the great challenge that Air Command faces in contributing to the deterrence of war, at what is a very critical moment in the history of our country.

"With the enormous destructive power of modern weapons," he added, "deterrence cannot be allowed to fail, because the results of failure are intolerable."

He went on to say that "it is essential, therefore, that the first objective of Air Command must be the maintenance of that high level of operational effectiveness which has characterized this command since its inception."

"In the context of deterrence," he said, "which, after all, is our business, I acknowledge the importance of NORAD and NATO, which I consider to be two of the greatest and genuine peace movements of our time.

"As a member of Air Command," he added, "I am proud to serve these alliances and to support their very profound underlying concept, which is that peace and freedom are inseparable and attainable."

Later, he said, "In a few moments, Gen. Lewis will step to this dais to receive his final salute as a serving member of the Canadian Forces. It will be a historic moment, and I think a sad one, as members of Air Command offer a well-earned tribute to a great Canadian airman and leader at the conclusion of a truly distinguished career."

Turning to Gen. and Mrs. Lewis, he said "we all extend our heartfelt gratitude for all that you have done, and we express our sincere best wishes for a happy future. You will be missed."

The outgoing commander, Gen. Lewis, in addressing the parade and



COMMAND CHANGE — Formal documents are signed in a flight line ceremony at CFB Winnipeg, Aug. 19, in which Lt.-Gen. Paul D. Manson, 49, right, assumed command of Air Command, succeeding Lt.-Gen. Kenneth E. Lewis, left. Presiding officer, center, is the chief of the defence staff, Gen. G.C.E. Thériault. The new commander, "father" of the CF-18 fighter program, formerly was chief of air doctrine and operations at National Defence Headquarters, Ottawa. Gen. Lewis leaves the forces after a 36-year career to take a new post in the civil aviation field in Ottawa. (Canadian Forces photo by Pte. S.B. Sauve)

assembled guests, said, "I hand over command to Gen. Manson with a sense of pride, satisfaction and optimism:

"Pride in the men and women of Air Command, military and civilian, whose accomplishments, often against very difficult challenges, have steadily improved the effectiveness of the command."

"Satisfaction that the quality of our people has never been better, and that much-needed equipment is appearing; it is satisfaction tinged with a realization that we still have a long way to go in re-equipping our force and increasing our personnel establishment."

"Optimism that these needs will be met eventually, and that Air Command, under Gen. Manson's leadership, will make strong progress."

He concluded by saying, "to Gen. Manson, my compliments and best wishes. You are an officer of exceptional ability, and I am pleased to hand over Air Command to you."

Highlights of the ceremony for many were the two fly pasts by four of the new CF-18 fighter aircraft for the incoming and outgoing commanders. Fittingly, the one in tribute to Gen. Manson also was for the same man who had managed the new fighter aircraft program, which led to

the government's selection of the CF-18.

Vice-regal tribute

Earlier, the lieutenant-governor of Manitoba, Hon. Pearl McGonigal, presented a government house scroll to Gen. Lewis, saying that "Because of his wise counsel, good advice and strong leadership, Air Command has risen to be a very high-profile command ... he is a person who has performed ordinary duties extraordinarily well, and has performed extraordinary duties in an absolutely outstanding manner."

The ceremony — also attended by Gen. James V. Hartinger, commander-in-chief of NORAD, with headquarters in Colorado Springs — marked the first time Air Command's new Queen's and Command Colors have been on parade since their consecration and presentation by Gov.-Gen. E.R. Schreyer one year ago.



United Way

THE THRILL OF A LIFETIME

He asked for it ... and he got it. Eleven-year-old Glen St. Denis of Cambridge, Ont. got his thrill of a lifetime during RV 83. The lad spent a day and a night in the field with 2 Airborne Commando of the Special Service Force from Petawawa. With a little help from his friends in the CF, and some television producers, the wish he expressed in a letter to the popular CTV program *Thrill of a Lifetime* came true. Glen asked to spend a day with the Canadian Army and to "do everything they do". Well, he didn't do everything, but he did quite a bit. In Wainwright, he travelled by helicopter to a drop zone to watch 2 Commando parachute in and assault a company of the Third Battalion, PPCLI. Then Maj Pat Dillon, CO of 2 Commando, invited him to spend the night in bivouac with the unit. Glen also took part in a patrol exercise and soon saw how an Airborne unit lives in the field. He hopes to become an army cadet next year and eventually attend military college.



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**BUSINESS MANAGER/
 GERANT D'AFFAIRES**
 Captain/Capitaine Jim Lister
 832-1311 (625)

**ADVERTISING MANAGER/
 AGENT DE PUBLICITE**
 Robert Jackson 888-3552

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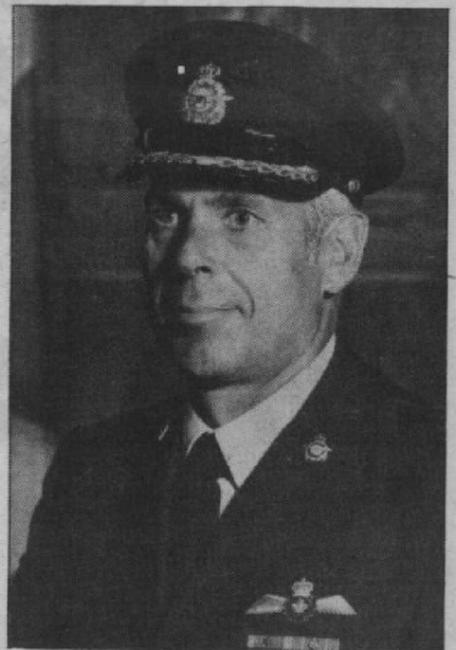
Lieutenant Colonel J.R. (John) Chandler OMM, CD, was transferred from Air Command HQ as Base Administration Officer for CFB Winnipeg in June of this year.

LCol Chandler joined the RCAF Reserve in 1956 as Fighter Control Operator and then the RCAF Regular in 1958.

He flew his first two tours as Radio Officer in Air Transport Command on North Star and Yukon Aircraft. Then in 1956 he was posted to RCAF 1(F) Wing Marville, France as Operations Officer and then on to the Air Weapons Unit at Decimomannu, Sardinia as Unit Personnel Administration Officer.

He returned to Canada in 1967 to undergo pilot training and after graduation flew as a pilot in transport and training aircraft.

He served as an Intelligence Officer in NORAD Headquarters at Colorado Springs, at Moose Jaw as the Officer in Charge of Officer Development, before being promoted to Lieutenant Colonel and posted to Winnipeg in 1981.



LCol J.R. Chandler

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UNDE - LOCALLY YOURS

Now that our beautiful summer is coming to an end, it is time to start planning for our fall activities. As a starter, you can mark your calendar for Friday, the 30 Oct, as the date for our Fall Social, to be held in the Hercules Lounge. For those members who have never attended a 705 social, you can be sure of a most enjoyable evening, excellent food, choice wines, music for easy listening or dancing, and most important, excellent company.

Our first regular meeting for the fall will be held on the 27 Sep, at 7:30, in the Hercules Lounge, your local executive would appreciate a good turnout, they want to know your problems and suggestions to build a better local for you the member.

MILITARY FAMILY STUDY

What are the everyday stresses and strains of service life? How do the stresses of service life affect the general health and well-being of the service person, their spouse, marriage, children and careers? Questions such as these are being asked in a Force wide survey of Military Family Life/Work Stress and in the next couple of weeks you and your spouse may be asked to complete a questionnaire and give your views on service life. The results of the study are intended to provide an understanding of family life in the Forces and to guide future DND policies.

Clearly, the survey is an indication that the Forces is concerned about the well-being of service families. If you are equally concerned about service life make every effort to come out and express your views if you have been included in the survey.

EX-SERVICEMEN SOUGHT FOR STUDY INTO EFFECTS OF 1950s RADIATION

A researcher studying how high-level radiation affected servicemen who worked with it in the 1950s is looking for more veterans who may have been exposed to radioactive material.

Dr. Sankaran Raman, an epidemiologist with the University of Ottawa, is appealing to any veterans not already part of the study to contact him. Raman's work, sponsored by the Veterans' Affairs Department, centres on mortality rates among veterans involved in decontamination duties at Chalk River in 1953 and 1958. Two separate accidents there exposed some workers to high levels of radiation. The study also focuses on ex-servicemen who witnessed atomic bomb testing in Nevada and Australia in the 1950s.

If the ex-servicemen have died, their families are urged to contact Raman in confidence.

If Raman's study shows fatalities from some types of cancer are higher among people who handled radioactive material or who were at the atomic bomb blasts, their claims for pensions could be strengthened. Among those still alive, a morbidity study — a study of their overall health and lifestyle — might become necessary in order to determine if they are entitled to a special pension claim.

Raman said having his data analysed by Statscan should take about six months. A final report will go to the pension commission in April 1984.

Ex-servicemen or families of ex-servicemen wishing to participate in the study should write in confidence to: Dr. S. Raman, Department of Epidemiology and Community Medicine, University of Ottawa, 451 Smyth Ottawa, K1H 8M5.

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I used to be in the Navy
Before Hellyer came on the scene
And took away all of my navy blue
clothes
And dressed me in dark grungy
green.

He stuck out his tongue at us
sailors
On our faces he gave us a slap
He refit our pride —
"Bonaventure"
Then sold the Old Lady for scrap!

We guys in dark blue aviation
Suffered worse than the Fish-
heads, it's true.
They at least kept some kind of
Navy
While we had to mix with Light
Blue!

With birds on our caps and our
collars
Just like crabfats, we fly from the
shore;
Which reminds me; There's one
thing I do like,
I don't go to sea any more!

T. Lawrence/83

4 CMBG AUGMENTED
FOR EXERCISE

OTTAWA — More than 4,000 Canadian soldiers will take part in a month-long training exercise in Bavaria, Federal Republic of Germany, beginning August 19.

The soldiers, members of 4 Canadian Mechanized Brigade Group (4 CMBG) along with augmentation troops from Canada train annually in Bavaria as part of the NATO fall manoeuvres. The first part of the exercise will take place on a military range at Hohenfels from August 20 to September 8. This first phase is for small unit training.

The brigade will then move north to an area approximately 70 kms east of Nuremburg for two weeks of intensive combat operations in the Bavarian countryside.

For the Canadian brigade, this exercise is the culmination of a year of training. All their skills and tactics are tested under realistic conditions. During the exercise, called Swift Thrust III, 4 CMBG will practice defensive and offensive manoeuvres.

Approximately 50 cadets, 300 militia and 600 members of the Regular Force from across Canada will be flown to Europe for the fall manoeuvres. This will provide the opportunity to test and practice procedures for reinforcing Canadian units in Europe in case of a crisis. Flyover units are to augment the Royal 22^e Regiment, the Recce Squadron, and the Defence and Employment Platoon at Brigade Headquarters.

radios on and tuned to a local rock station.

"Trivial Pursuit", the new board game which has taken the world by storm, was my birthday gift from Jane. We've had a few games and have barely made a dent in the number of questions. I foresee many hours of entertainment in store. I always knew that the wealth of useless information I have would "come in handy" someday.

Sgt. Doug Mann is getting even more brazen in his devotion to the CFL first-half season leaders. He now wears a B.C. Lions jersey AND a brand new Lions cap to Winnipeg Stadium! It's probably a good thing that he sits in the more couth and quiet West stands.

Birthday number 49 slid by a couple of weeks ago but not without certain recognition. Jane and I joined forces with my brother and sister-in-law for our first visit to Restaurant Dubrovnik. In a word — superlative! Service was excellent. The waiters were attentive and unobtrusive. The Maitre d' is an artiste and obviously runs a tight ship. The ambiance is subdued elegance and the only music is that of a violin.

The menu is an absolute delight with an imaginative balance of Yugoslavian and North American cuisine.

My brother and I chose the Dover Sole, Jane ordered a Filet Mignon and my sister-in-law, the mixed grille. The sole was exquisite, superbly prepared and delicately seasoned to perfection. The ladies were ecstatic in their praise of the meat dishes. The wine list is better than those of most local restaurants, offering a very comprehensive choice. Desserts, the bane of we undisciplined and infrequent dieters, were attractive, sweet and totally irresistible.

All-in-all, a memorable dining experience. Published restaurant guides tag Dubrovnik's as expensive but we found prices comparable to lesser establishments and in our estimation, good value. With cocktails, appetizers (I had the frogs legs!) entrées, desserts, coffee, liqueurs, and two bottles of mid-range wines, our bill for four was \$179.00.

Full marks for Restaurant Dubrovnik!

I had heard that the Rose and Crown Pub at the venerable Marlborough Hotel on Smith St. was a popular spot and much like a British Pub. We tried it one evening and I'm afraid that the one visit will be it. The decor is pub-like and they do have some British beers but there the similarity ends.

I was by far the oldest person in the place and even Jane (who is MUCH younger than I) felt positively middle-aged. The customers all appeared to be between the ages of 18-25. Beautiful girls, for the most part quite stylishly mini-skirted and jump-suited, handsome young men, tight jeaned, sleeveless and shod in the best of runners.

When the noise started, we knew that we were in the wrong place. Drums, guitar, bass and electric keyboard amplified to ear bleeding levels shattered whatever remained of an anticipated quiet evening. Massed pipe bands couldn't have generated that much noise and a return to the sounds of aircraft engines running up would have been blessed relief.

Conversation was impossible which may have accounted for the relatively large number of girls seated alone or in pairs; I mean, how can a guy strike up a conversation or even ask a lady to dance. Lip reading or sign language are probably among the more desirable communication skills of yough these days.

The beer was good though.

This year's Blue Brigade is an absolute girl watchers delight. Twenty beautiful young ladies who perform their dance routines to practiced perfection. If that's "chauvinistic", I don't care!

It was bound to happen! At the recent Air Command parade at which both the Aircom 'Australian Blues Band' and the 402 Sqn. Pipe Band were playing, two teen-aged spectators had to have their portable

429 (T) SQN MEMBERS EARN MEDALS

On 4 Aug 83, Captains Brad Lerner and Rick Abbott, both of 429 Transport Squadron received their justly earned CDs, which were presented by LCol M. Terreau Commanding Officer 429 (T) Sqn.

Capt Lerner, a native of Eston, Saskatchewan graduated from RMC in 1975 and gained his wings in 1976. He has since flown with 880 Tracker Squadron and 429 (T) Sqn. Brad has just recently been posted to NDHQ Ottawa.

Capt Abbott, a native of Ottawa, Ontario is also a graduate of RMC, class of 1977. Rick gained his wings in 1978 and has been with 429 (T) Sqn for the past 4 years. Capt Abbott will be moving on to 2 CFPTS Moose Jaw this fall.

Congratulations to both!



L. to R. Capt Lerner, LCOL Terreau, Capt Abbott.

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UNITED WAY CAMPAIGN STARTS

This year's campaign commences on the 19 Sep and runs to the 28th of Oct. Contributions made by our members will receive separate recognition. A friendly contest will take place between Air Command, CFB Winnipeg, PPCLI and civilian members of Local 705. The benefit to our local will be knowing that we have helped people less fortunate than ourselves, and gained the respect of our co-workers in the Military. Deductions are made from your pay check and receipts included on T4 slips for Income Tax deduction. A lot of small deductions add up to a lot of help for needy people and as a bonus, there is the good feeling that you have helped where help is most needed. Before this can take place, we need members willing to canvas their fellow workers in each Section. If you are willing to take on this worthwhile responsibility, please call Local 705 President Minnie Chaikoski, at Local 728. Let us aim for 100% participation from all the civilian employees at CFB Winnipeg.

WHERE DOES THE MONEY GO?

The United Way is unique; it is the only charitable organization in Canada that can guarantee unconditionally that every cent of every dollar donated goes to work in the community. Most fund-raising campaigns allot 20-30% to collection expenses and a similar amount to administration. The United Way is different: all operating costs are picked up by the Western Canada Lottery Fund. It is also by far the most efficient charity in the country by virtue of its consolidated approach, one campaign supporting 65 agencies providing over 80 community services.

Where does the money go? The United Way supports a wide range of human care services. Many of the agencies you will have heard of: Boy Scouts, Girl Guides, Red Cross, Children's Aid, CNIB, YMCA, YWCA, Meals on Wheels, Society for Crippled Children, MS, Diabetes and the Mental Health Association, to name but a few. There are also many others, less well known, which might otherwise not get the funding to carry on their essential community services.

The allocation of United Way funds is determined by local volunteers who carefully scrutinize and review the requests and requirements of each agency. These concerned citizens donate their time to ensure our one gift does all we want it to do. Services supported by the United Way include the following:

- Adaptive recreation for disabled
- Blood donor recruitment
- Camping for the disabled
- Community development of neighbourhoods
- Community planning and co-ordination
- Community research and planning
- Crisis counselling/intervention; suicide; rape; battered children/women
- Cultural awareness
- Day camping for children
- Dental health care
- Disasters; flood, fire, etc.
- Emergency aid; food, etc.
- Emergency shelter and family substitute
- Employment for the disabled
- Family and individual counselling
- Family preservation and strengthening
- Financial Management assistance
- First-aid training



- Friendly visiting of seniors
- General advocacy/public awareness
- Health education/public awareness
- Information and referral
- Maternal and child health care
- Meals for elderly, disabled, convalescent
- Medical equipment
- Medical research
- Native support
- Personal development; character/leadership/physical
- Pharmacy prescription
- Pre-school; language disorders; deaf and hearing impaired; orthopedically and mentally handicapped
- Recruitment and support of volunteers
- Rehabilitation for disabled
- Residential camping for youth
- Residential care; unwed, pregnant girls/women
- Senior citizen centres
- Sheltered employment for disabled
- Support to the unemployed
- Tracing and re-union of families
- Transportation for the disabled
- Water safety programs
- Youth outreach



Col S.E. McGowan, Base Commander of CFB Winnipeg formally challenging Air Command Headquarters and the Second Battalion Princess Patricia's Canadian Light Infantry. A worthy challenge indeed: to meet and exceed the assigned goals for the 1983 United Way Campaign. LGen P.D. Manson, centre, Commander Air Command quickly accepted stating the generosity of Air Command Headquarters is well known. At right, Maj T.J. Calvin, "C" Company Commander representing the PPCLI CO, also readily accepted. Maj Calvin said the men and women of the PPCLI thrive on challenge and he is confident that the PPCLI will win the three-way contest. Goals for this year's Campaign are: Base — \$18,500; AIRCOM HQ — \$12,000; and PPCLI — \$6,000.



Not to be outdone, Mrs. Minnie Chiakoski, President of Local 705 UNDE, issued her own challenge on behalf of all civilian employees within the military community. Mrs. Chiakoski challenged all Base military personnel, AIRCOM HQ and the PPCLI to beat the percent participation of the civilian component of CFB Winnipeg and all lodger units. Flanking Mrs. Chiakoski are (left to right): Maj Calvin, Col McGowan, LGen Manson and Capt Pearsons, the Armed Forces United Way Campaign Chairman. "The 1983 Campaign will mark the first time that the three major elements comprising the military presence within Winnipeg will be recognized separately and since civilians make up roughly 25 percent of this strength, it is only fitting that they also be recognized," said Mrs. Chiakoski.



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HOWGOZIT XV

Do you know what one of the worst inventions to man is? The spring loaded toilet seat. That's the truth. We have them here at the Nav School. Someone told me it was an ex-Comdt's way of keeping his troops sharp. Personally I don't buy that. I think it was either some demented woman's idea of a joke or the M.O.'s way of keeping the air navigator population under control (probably showed him up at the bar). So guys, if you are having trouble waking up in the morning come on over for a real pick me up.

I was BDO a short while back. You know, B.M.O.B. for the day. You would not believe the power that surged through my viens. It was exhilarating. For example while making coffee and selling pop/liquor I talked (unofficially of course) to a few MP's regarding what is really on the military mind. Low and behold if there was not a cabinet shuffle at the end of the week. Beware the power of

the BDO. Mind you I was surprised anyone bought the pop (75¢) or liquor (\$2.50). What a nice profit. Maybe the BDO should lobby for a percentage of what he or she can sell. . . Being BDO also entitles me to meals in the mess. What a dinner: French onion soup, escargots in mushroom caps, Chateau Briand with Bernaise sauce, and of course vegies, salads, desserts. Truly fit for a king, well at least for the B.M.O.B. My compliments to the chef. Unfortunately I paid for it the following day at the gym.

At present there are six courses in residence. And then there is the NIC. We are eagerly awaiting the completion of their course. We need help! To say the School fell short of instructors this summer is putting it mildly. Some days saw instructors teaching eight lectures a day or flying from 0700 to 1300 hrs (7 AM to 1 PM for the army types) and then returning to the school for a few lectures. I know, I know, it's all pensionable time. None

the less a special pat on the back to the instructors and staff for hanging in there. OK, students too, but how often does an instructor doze off while giving a lecture? Don't answer that! Maybe we will get air conditioning at the School.

Coffee Shop Talk: LCol Forbes how does your garden grow? In an effort to bring back the "Air Force" look at the Nav School the Comdt has personally undertaken the reforestation of his office. "Really the palm trees are for the students' benefit. I'm preparing them for what they will encounter in the near future". Alvin Toffler watch your 6 o'clock. Next it's going to be the walls . . . air force blue right? (Lodger sections promulgate). I also have a sneaking suspicion that the "air superior blue" turtlenecks will soon be back in vogue.

There have been a few ATG trips to various parts of the world (Germany, Norway, England, Alaska, Hawaii, Mexico, Cambridge Bay, St John's NFLD). It was not all "fun and games" though. Cpts Cameron, Gagnon, Leddy and Martin all had their annual checkride. They survived by the pressure will not be off

until the dreaded 3 1/2 hour CAT exam is also behind them.

Course 8302 just returned from their Orientation Visit. From what I understand they enjoyed it. The OTS staff go out of their way to put on a good briefing. It's a definite plus for the students because it solidifies in their minds what they'd like to do following graduation. Thanks again to the Hercules, Aurora, and Sea King OTS personnel.

Speaking of graduations, look for the new improved (SIC) CFANS banner at the next graduation parade. Comments?

And how about the Change of Command parade? Did you see the four shiny F-18's? Course 8210 got so worked up about them I knew a classroom break was in order. Although the T/O and flypast were bland (we expected a mini-airshow) it illustrated how the students yearned for the "go fast" world. You never know . . . maybe the new M.N.D. will request a much needed MOD.

T.T.F.N.
Todd Martin

ARMX 83: THE SHAPE OF THINGS TO COME

It's the stuff James Bond movies are made of.

An electronic beep . . . beep . . . beep alerts you that someone is shooting at you. It's a near miss — this time. Next time, you're not so lucky. You know you've been hit. It's not the blood; it's your beeper — it's going crazy and only a key can stop the noise. Of course the key will also deactivate your rifle and put you out of the war. You're wounded . . . or dead.

This scenario may have the ring of a new electronic video game but in fact, it's army training. Computerized direct fire weapons — everything from rifles to tanks — will make this kind of realistic training possible for CF members. And according to LCol Stu Northrup of the Directorate of Operational Guidance Coordination at NDHQ, "It's the next best thing to real combat: this kind of immediate feedback training will save lives if we ever have to go to war."

This kind of modern technology, as it applies to military training devices, was featured during the "ARMX 83" exhibition organized by LCol Northrup at Mobile Command Headquarters in St. Hubert, Que. earlier this year. And Agent 007 would have felt right at home amid the electronic gadgetry on display.

ARMX 83 was the first Army Technology Training Devices Exhibi-

tion sponsored by DND. It was such an unqualified success that plans are already in the works for ARMX 85 in Ottawa, which will be billed as a tri-service exhibition due to the universal application of many of the training devices to the three environments.

This year close to 3,000 spectators attended ARMX, including CF military personnel from Canada and Europe and civilians from police forces, other government departments and foreign attachés. Sixty-three civilian firms from Canada, Europe, Israel, the United States and the United Kingdom exhibited their wares during the three-day event.

LGen Charles Belzile, Commander Mobile Command, explained to those attending the exhibition that the basic philosophy behind ARMX was to make sure soldiers and units of the Canadian Forces were trained to use their weaponry to maximum effectiveness. "As weapons systems become more capable, so too must our soldiers," he said.

He told exhibitors that industry can provide independent research and develop innovative technology based on a sound understanding of the army's goals. In reference to the modernization and revitalization of CF training, LGen Belzile said, "If you can show us a better, cheaper way

of conducting any portion of our training, my staff will listen. If it's a great idea, I'll listen."

The CF want to improve the realism and training value of their field training exercises, he explained. "If ever Canada is involved in another war," he said, "the outcome will depend more on the quality of the Canadian soldier, his leaders and his training, than on equipment."

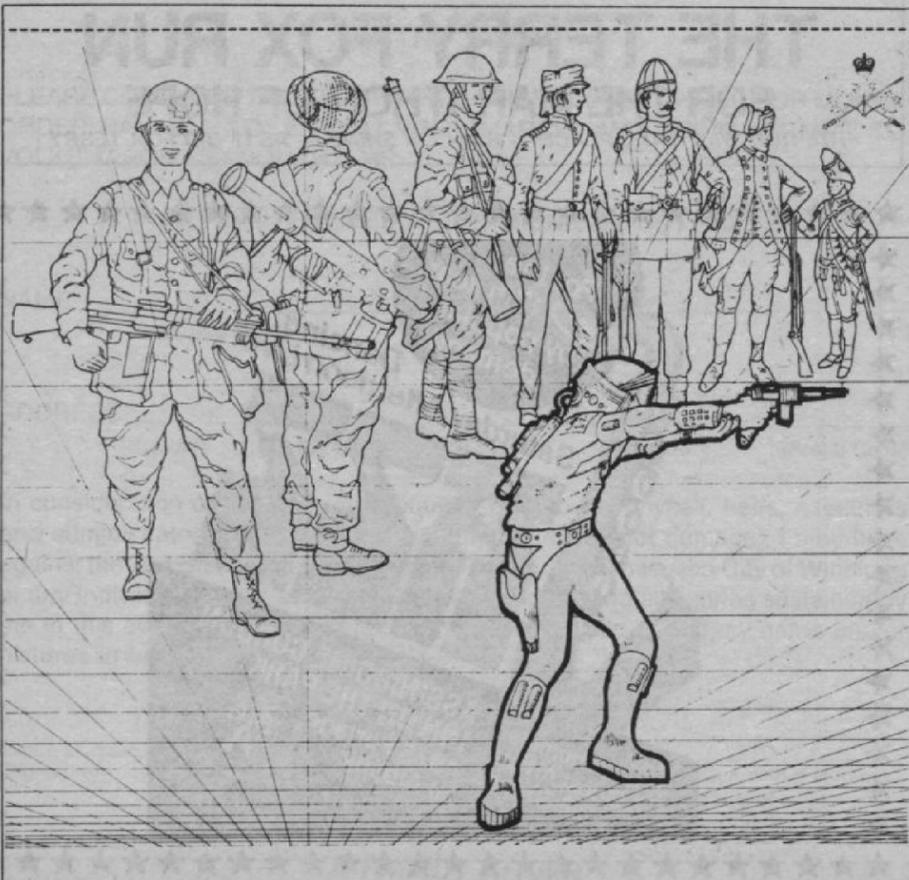
Military spectators viewed a wide cross section of the latest devices that will eventually influence how the Forces train.

Users had an opportunity to personally discuss their training problems with the technology developers. And instructors were made aware of what's available.

"Industry representatives loved having us there because it gave them the opportunity to check the practical application of their devices," said LCol Northrup. "One conversation between a senior NCO and a company representative triggered a modification to one piece of equipment."

A friendly atmosphere, in which the military and industry could exchange information about the expanding field of simulation, was what the organizers strived for. And that's what they got.

James Bond — eat your heart out.



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VOLKSMARCH

WHAT IS VOLKSMARCHING? A NON-COMPETITIVE outdoor event where a participant follows a marked route at his/her own pace, stopping at designated points for refreshments and rest. The route is circuitous and the Finish is at the starting point. "EVERYONE IS A WINNER" and at the Finish, a distinctive medal, especially designed for the event, will be "awarded". "VOLKSMARSCH" . . . a German term, literally translated, means "people's walk". Most Americans spell it "Volksmarch". Anyone can participate and there are no age restrictions. Volksmarching is a **family oriented activity** and many parents carry infants in "back packs" or push them in strollers when the terrain permits. Youngsters walk the short distances and senior citizens participate regularly. Runners/joggers usually start when the event opens to have a "clear track" uninterrupted by walkers.

HOW DO YOU PARTICIPATE IN A VOLKSMARCH? Pre-register in advance thus reserving a Start Card for a medal. This saves paying a late registration fee on the day of the Volksmarch and insures an award medal is reserved for you.

DATE — Sunday 23 October 1983 **ROUTE** — Nature Trail through Assiniboine Park
TIME — Noon - 2 PM (DON'T BE LATE) **DISTANCE** — 5.5 miles or 10 kilometers
START — Kapyong Barracks (corner of Grant & Kenaston) **ENTRY FEE** — \$2.00 per indiv., or \$7.00 per family of 4 for pre-registration

Featuring

1. VOLKSMARCH MEDAL
2. GERMAN BAND, German Food and Beer at DRILL HALL (1:00 - 10:00 PM)
3. FREE refreshments (soup and juice) at stands during walk
4. ARMoured VEHICLE DISPLAYS and KIDDIE RIDES at Kapyong Barracks

Complete the ENTRY FORM in its entirety and deliver it to VOLKSMARCH HEAD-QUARTERS (8-4 Mon-Fri), Building B-3, KAPYONG BARRACKS, 561 Kenaston Blvd. Mailed entries will be accepted if postmarked before midnight October 20, 1983, and may be mailed to:

PHONE INQUIRIES — 888-7106 / 837-4297 VOLKSMARCH HEADQUARTERS
 Kapyong Barracks
 561 Kenaston Blvd.
 Winnipeg, Manitoba
 R3N 1V9

ENTRY FORM

PLEASE COMPLETE THE ENTRY FORM AND ENCLOSE CHEQUE OR MONEY ORDER PAYABLE TO: 2 PPCLI VOLKSMARCH, AND BRING OR MAIL TO VOLKSMARCH HEADQUARTERS.

(NO MAIL ENTRIES AFTER MIDNIGHT OCT. 20)

NAME _____ CLUB/SCHOOL _____
(please print)

ADDRESS _____
(Number) (Street) (City) (Province) (Postal Code)

In consideration of this entry acceptance, I hereby for myself, heirs, executors and administrators, waive any and all rights of claims for damages I may have against the 2nd Bn PPCLI, the Canadian Forces, the Crown, the City of Winnipeg or any individuals associated with this event for any and all injuries sustained by me in this event, and I will additionally permit the free use of my name and/or pictures in broadcasts, the press, etc.

(Signature) _____ (Date) _____ (Signature of Parent or Guardian if entrant is under eighteen years of age.) _____

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GUIDES & SCOUTS REGISTRATION

SOUTH SIDE

Scouts, Cubs & Beavers

14 Sept 83 1900-2030 Hrs.
 at Lipsett Hall

Guides, Brownies & Pathfinders

15 Sept 83 1900-2030 Hrs.
 at Lipsett Hall

NORTH SIDE

Scouts & Venturers Ages 11-17

12 Sept 83 1830-2000

Cubs Ages 8-11

13 Sept 83 1800-1900

Beavers Ages 5-7

14 Sept 83 1745-1845

All registration at the Scout Hall Bldg. #81
 (There will be a registration fee)

GENERAL MEETING

for all parents and prospective leaders and helpers
 Thursday 8 September 83 1900 hrs.
 Scout Hall Bldg. #81.

LEADERS

Scouts & Venturers
 K. McLeod 889-8655

Beavers
 M. Swyers 889-6127

Cubs
 B. Aubin 889-9116

Group Committee Chairman
 P. Pelonquin 895-7228

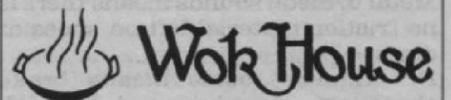
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THE CAR DOCTOR

by Paul Quinn

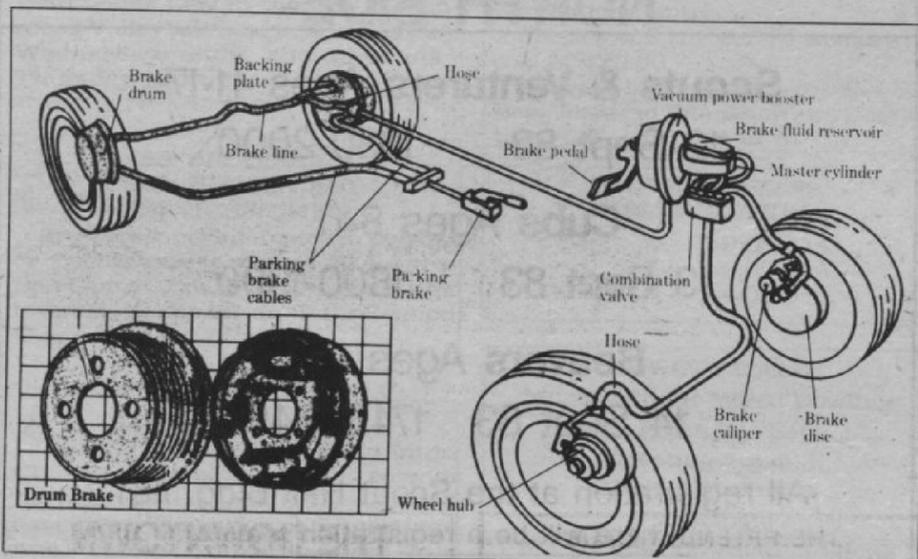
Your Canex Service Station mechanics are your brake specialists, but do you know, or ever wondered what happens when you apply your brake pedal to stop your car, or what to look for when your brakes start to fail? Your brakes stop your car by forcing a high friction material against a spinning cast iron disc or brake drums that are bolted to the wheels. This friction causes the car to slow and eventually stop. The friction material is pressed against the brake disc or drum by a hydraulic system. The system begins with the brake pedal which is attached to a master cylinder. Each brake is operated by a wheel cylinder. These cylinders are connected by a series of lines and hoses filled with hydraulic brake fluid. When you push the brake pedal a piston moves against the fluid in the master cylinder forcing it through the

brake lines and hoses and thus applies equal pressure to all four wheel cylinders. The cylinders in turn press the linings against the discs or drums.

What is the difference between a disc brake system and a drum system:

A. A disc brake consists of a cast iron disc or rotor and a caliper that clamps friction pads against it. The rotor turns with the wheel, the caliper is mounted on the suspension, when the brake pedal is pressed the two brake pads are forced against the spinning disc by the resulting hydraulic pressure. When the disc is pinched by the pads the disc is slowed or stopped, depending on the pressure you apply on the brake pedal.

B. A drum brake system operates on the same hydraulic principal as disc



brakes. However in this system there is a brake drum inside each wheel when the brake pedal is pressed the resulting pressure moves the two curved brake shoes, each with a lining of friction material against the inside of a spinning drum. The pressure you apply on the brake pedal causes the car to slow down or stop.

How do you know when you need brake service? Below are noises to listen for or visual inspections you can make and by knowing what to look for could save you extensive repair; or more important, save your life or a serious accident.

A. "Scrunching" noise probably means worn brake shoes or pads. Metal to metal sounds means there is no friction material left on shoes or discs.

B. "Squeal" noise means brake shoes are glazed caused by high speed braking. Brake shoes should be inspected and deglazed to insure proper braking.

C. Car pulls to one side, wheel cylinder leaking, wheel cylinder piston stuck, caliper stuck, not allowing the brake pad or brake shoes to return to a release position.

D. Rear wheels stick or lock when brakes applied, defective axle seals or rear wheel bearings.

E. Brake pedal moves up and down when you apply your brakes, brake drums out of round or have your

brake calipers checked for warpage. F. Low hard pedal, extending stopping distance, power brake inoperative, loss of friction lining.

G. Low soft pedal, brake warning light coming on, hydraulic leak, shoes or disc coming on, hydraulic leak, shoes or disc pads worn out, master cylinder not working properly. Flex rubber brake hoses leaking.

The above symptoms are a few you as a driver can determine. You can also prevent a possible expensive repair job by a visual inspection once a week.

A. Check your wheels inside for signs of brake fluid.

B. Check drive-way cement pad for liquid (brake fluid).

C. Red light coming on, this is a warning that there is a problem. Check immediately for an inspection by a mechanic.

What is involved in a good brake job? A comprehensive Canex brake job consists of the following steps:

1. Install premium quality disc pads or brake shoes.
2. Re-surface brake drums or rotors.
3. Re-pack inner and outer wheel bearings. Wash all bearings with solvent and inspect for wear.
4. Install new front wheel seals.
5. Inspect master cylinder, wheel cylinder, calipers, brake lines, flex hoses.

CHAPEL SERVICES



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Daily: Tuesday, Wednesday and Thursday — 4:45 p.m.
 Friday — 10:00 a.m.

Confession:
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 Avant et après chaque messe, et sur demande.

C.W.L.:
 Meetings every first Monday of the month.

Sunday School:
 Every Sunday from October to June, for Grades 1-9 inclusive at the Air Nav School from 9:30 a.m. to 10:30 a.m.

Choir:
 Every Tuesday evening at 7:30 p.m.
 Tous les mardi soirs à 7:30 p.m.

St. George's Chapel (S)

Masses:
 Sunday: 10:00 a.m.
Daily: Tuesday to Thursday (inclusive) — 4:30 p.m.
 Friday — 11:00 a.m.

Baptism:
 On request. Talk to us at least one month before.

Marriage:
 It is absolutely necessary to give a "Three Month Notice" and to follow a course of preparation.

Nous exigeons de connaître vos intentions au moins trois mois avant le mariage. Un cours de préparation est nécessaire aussi.

CHAPLAINS: Fathers J.R. Gagnon
 J. Archambault

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Chapel of the Good Shepherd (N)

Church Service & Sunday School:
 11:00 on Sunday

Chapel Activities:
 Couples Club — 4th Friday — 7:00 P.M.
 Ladies Guild — 1st Monday — 7:30 P.M.

CHAPLAINS: Padre G.E. Tonks — Base Chaplain — 832-1311 Loc 417
 Padre SC. Fowke — Chaplain (P) — 888-5175
 Padre G.W. Lanctot — Chaplain (P) — 888-9036

Chapel of St. Andrew (S)

Church Services & Sunday School:
 10:30 a.m. on Sunday

Christian Mens Breakfast — 7 A.M.
 4th Thursday — JR Ranks Mess
 Contact 417

After inspecting your brakes we will tell you exactly what, if anything is needed, and give you an estimate of what it will cost. If repairs are done by us, we also road test your vehicle's braking system to insure that it is working to its fullest potential.

Due to the high safety factor in your cars brakes, we at Canex Service Station will not do half a job. If your brake pads or shoes are worn out and you asked us just to install new ones without re-surfacing your drums or rotors we wouldn't do it, we would refer you to another establishment. At Canex we believe in doing the job right the first time. We are not perfect, and we do have the odd reject, but we believe that safety is first and foremost, especially with brakes. If you suspect a brake problem, come in and we will tell you exactly what, if anything is needed and what it will cost if repairs are needed. Your work

should be done by professionals, and at Canex we have top notch mechanics to help you. They care about your car. All brake inspection is free, so drop in and see us.

Paul Quinn is the manager of the Canex Service Station.



The 5 Point Club meets for lunch 1st Wednesday of each month at east end of Bldg #61, 12:00 sharp.
 Further Information Contact:
 Geo Burton — 697
 Wes Coombe — 225
 Doug Johnston — 225

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LIPSETT C.C. SPONSORS BIKE RODEO



BIKE RODEO

As scheduled the Bicycle Rodeo sponsored by the Lipsett Community Council was held on 10 Aug 83. Showing in the photographs are Cpl(W) Noella Brosha, a member of the military Police Sectin engraving a bicycle as part of Operation Identification. (Photo 1)

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SHAKES N' TAKES



CWO Ron Burkowsky being presented with his CWO Scroll by the Deputy Commander Air Com MGen D.M. McNaughton. Ron hails from Port Coquitlam, B.C. and is currently working out of Bldg. 17, DCOS MILE Works. Congratulations Ron!



After a 34-year career as a Laboratory Technician with the Royal Canadian Air Force and the Canadian Forces, Sargent William "Bill" Kowaluk retired. LCol Chandler, BADMO, congratulates Sgt Kowaluk on his Certificate of Service and his unblemished career.

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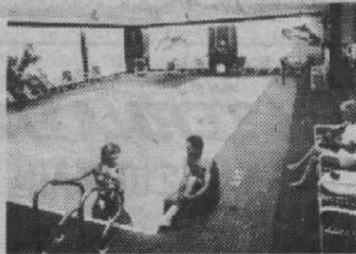


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ENGAGEMENTS

WEDDINGS

BIRTHS

Born to Joe and Judie Collier, a baby boy, 7 lb. 11 oz. at 0634 hrs. on 18 Aug 83. A brother for Jesselyn.

FOR SALE

Sony reel-to-reel TC758 auto reverse professional unit, 10" steel reels, 5 tapes, excellent condition, \$2300. value, asking \$1100. Home 837-8766, work loc. 185. Capt. Kap.

For sale, attractive coffee table and end table with wooden frames and glass tops. 888-9253.

I have an Intellivision with 9 cartridges all less than a year old. For more info. and price contact Cpl. Marc Meagher loc. 550 home 885-9621.

For sale, 30-in. elect. stove, \$200 OBO, fully automatic with rotisserie, digital clock, full width oven and storage, excellent condition. Tel 885-7057.

For sale, 30 gal. fish aquarium complete with healthy fish. All accessories plus numerous foods & water treatment. Asking \$125.00. Ph. 489-3553.

For sale, bearskin rug, mounted head and claws. Approx. 6 ft. black bear, \$300.00. 895-7779.

For sale, screen door, deluxe model, white, \$75.00. 895-7779.

For sale, two 13 inch 4-hole rims and two 14 inch GM rims, \$20 each, two A78-13 Safety 99 belted tires used less than 1000 miles, \$25 each. Tel local 546 or 895-7663.

For sale, 30 inch electric stove \$175 OBO. With rotisserie, full width oven & storage drawer. Excellent condition. Tel. local 546 or 895-7663.

For sale, sofa bed and matching chair, good condition. Asking \$300. 489-4291 after 5 p.m.

1 Coleman humidifier in good condition, \$20. A wooden wardrobe dresser, \$90. 1930's style metal bed frame, single size, \$40. Brass bird cage, \$20. Ph. 889-4291.

CARS

For sale, 1963 Dodge V8, AT, 72,000 org. miles, excellent condition throughout, \$800 o.b.o. Home 837-8766, work loc. 185. Capt. Kap.

1980 DODGE OMNI, VG Condition, Mechanically sound, reliable Lady Driven. Four Door, Blue. Call After 5 — Maureen 284-3329 or Lcl 675.

1976 Datsun F10 Wagon Front Wheel Drive, 4 Cylinder/4 spd. Am/Fm Cassette, New A/S Radials Tinted Windows, Trailer Hitch Very Good Condition 43,000 Orig. Miles \$2350.00 Phone: Bruce Home 888-4865 Work 783-3071.

CARS

For sale, 73 Ford Grand Torino, mag wheels, AM/FM cassette deck, needs body work. 489-4291 after 5 p.m.

TRUCKS

For sale, 79 GMC Suburban 350 cu. in., heavy duty towing package, tilt, roof-rack, low mileage, \$6,500 OBO. Ph. loc. 156 or 837-1648 and ask for Mark.

TRAILERS

73 Funcraft, sleeps 4, stove, fridge, furnace, 4 new radials, exc. cond. Asking \$7,000. 837-2376.

Motorcycle trailer, homemade, with 14" wheels, holds 3 bikes, \$200. Call Fred at loc. 268.

MOTORCYCLES

For sale, 1976 Honda XL 350, 3050 org. miles, comes with helmet and rainsuit, \$800. o.b.o. Home 837-8766, work loc. 185. Capt. Kap.

1974 Kawasaki F-7 enduro, street legal, 175 cc, 4100 miles, original owner, \$600. Includes extra set of tires and Shoei full-face helmet. Call Fred at loc. 268.

For sale, 1979 Honda Twinstar, 185 cc, electric start, \$500. OBO. Ph. 888-8420 after 5 p.m.

BABYSITTERS

Substitute teacher requires babysitter for occasional days beginning Sept. 15. 21 month old girl, north site preferred. Ph. 832-4474 and ask for Helen.

Experienced and reliable 14 yr old girl, completed Babysitting Course, is looking for work on the north site. Ph. 837-6363 and ask for Laura.

Wanted babysitter for boy in Grade I. Vicinity of Jameswood School preferred but not necessary. Ph. 889-9898 after 5 p.m.

Wanted babysitter, a reliable mom to babysit for a 4 yr old boy, 9 to 5, weekdays on the south site. Please call 489-5087 after 5 p.m.

Babysitting work wanted during the day, weekdays. 362 Doncaster (South Site). Ph. 489-7062 and ask for Shirley.

Babysitter available in Crestview area. Has taken Babysitting Course. Call Melanie at 889-2385.

Babysitter, 13 yr. old girl wishes to sit on south site, qualified. Call 489-4237.

Experienced reliable 15 yr. old young lady available for babysitting, south side. Ph. 489-2923 and ask for Lynn.

Babysitter required for 6 mo. old girl, in the vicinity of CFB Winnipeg for 2-3 days a week from 8 a.m. - 4 p.m. Mother with children of her own preferred. If interested please call 783-0808 after 5 p.m.

GARAGE SALES

14 family street sale, Honeybourne Crescent, off Dale Blvd. in Charleswood. Saturday, September 10th, 9 a.m. - 2 p.m.

SERVICES

Piano lessons, close to airport. Grade I to Associate Level, Royal Conservatory. Ph. 888-2664.

VOLUNTEERS

Anyone interested in volunteering their time to work the Thrift Shop, please phone 889-4284 or 832-5273.

Adult female volunteers required for group activities with Girl Guides in the Winnipeg area. Choice of location and age group. Volunteer now and receive orientation in time for New-Guider training in September. For placement in your community, please call 942-2458, Tuesday - Friday, 9:00-5:00. Office will be closed August 15th - 30th.

GUIDES & SCOUTS REGISTRATION SOUTH SIDE

Scouts, Cubs & Beavers registration will be held 14 Sep 83 at 1900-2030 hrs. at Lipsett Hall.

Guides, Brownies & Pathfinders registration will be held 15 Sep 83 at 1900-2030 hrs at Lipsett Hall.

YOUTH BOWLING

YBC registration, Lipsett Hall, Sept. 10-11 from 1-4 p.m. Volunteers needed. For more information phone Diane Lemire 489-7672 after 5 p.m.

OUR LADY OF THE AIRWAYS SUNDAY SCHOOL

This year again, we have our regular Sunday School every week from October to May. It is for all children of Grades I - IX. That is why all the parents interested should register their children, on Sunday, Sept. 18 at the Chapel, immediately before the 11:15 a.m. mass.

We are going to need more teachers to replace the ones who have been posted out. So please talk to us, we need your help.

WHERE: At the Chapel
 WHEN: Sunday, Sept. 18
 TIME: 10:30 a.m.

WHO: Students from Grade I - IX

The Chaplains

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COMMUNITY CALENDAR							SEPT
SUN	MON	TUE	WED	THUR	FRI	SAT	
Mail Calendar entries to VOXAIR Bldg. 10			7	8	9	10	
			Bingo 8 p.m.	Ceramics 7 p.m.	Youth Bowling Registration ←—————→		
11	12	13	14	15	16	17	
		Voxair Deadline Jr. Ranks Golf Tournament For Scouts, Guides, Cubs, Brownies, Beaver Registration check page 7	Bingo 8 p.m.	MIL Pay Day Ceramics 7 p.m.	Base Commander's Slowpitch Tournament	Yom Kippur	
18	19	20	21	22	23	24	
The Terry Fox Run Battle of Britain Parade			Bingo 8 p.m.	Ceramics 7 p.m.			
25	26	27	28	29	30	31	
		Voxair Deadline	Bingo 8 p.m.	Ceramics 7 p.m.	MIL Pay Day		



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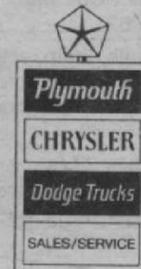
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