



Voxair



Canadian Forces Base Winnipeg — Home of Air Command

Base des Forces canadiennes Winnipeg — Foyer du Commandement aérien

16 Jan 80

Issue No. 1

Vol. 29



"It just wouldn't be right" said Bruce Dowe, 10 years old, when asked why he and Michael, 8, turned in a wallet full of money which they had found in the Recreation Centre washroom on January 2nd, 1980.

Michael, son of MCPL Ron Hayes of 56 Leicester Square, and Bruce, son of MCPL H.E. Dowe of 68 Leicester Square, had gone into the Recreation Centre to get warm. There they found the wallet belonging to Gordon Bruno of St. Eustache, Manitoba.

Realizing the money had to be returned, the young pair took the wallet to Mrs. Doris Strawson of the Recreation Centre Snack Bar staff who called Voxair.

Pictured returning Mr. Bruno's wallet to Mrs. Strawson are Michael (left) and Bruce. During a brief interview by the editor of Voxair both lads expressed justifiable pride and satisfaction that they had done a good, honest deed. Obviously, too, their parents part in the boys' action extended back several years. Both families should be proud of Michael and Bruce — fine examples of good, solid citizens who will become the strong foundation of a future Canada.

Michael and Bruce — good show!

Editor

(CF PHOTO by MCPL V. Tungstead)

WINNIPEG—A member of CFB Winnipeg's 429 Squadron, CAPT Ronald J. Uruski, 39, of Windsor, Ont., has been awarded a Chief of Defence Staff Commendation for his courageous and prompt actions in extinguishing a fire in his C-130 Hercules transport plane at Canadian Forces Base Edmonton in January, 1979.

During a landing, the tower informed CAPT Uruski that one of his wheel areas was on fire. Training procedures require stopping the aircraft, calling for assistance by emergency vehicles, evacuating the aircraft and escaping to a distance of at least 300 feet from the airplane.

After evacuating the crew, and with total disregard for his own safety, CAPT Uruski stopped to assess the fire, and, while facing the possibility of hazardous explosion,

managed to extinguish it himself.

A graduate of Patterson High School and Herman Collegiate in Windsor, Ont., CAPT Uruski enrolled in the Canadian Forces in 1959. Receiving his commission and pilot wings in 1963, he flew Argus patrol aircraft on Canada's east coast and was a staff officer in Halifax before going to Edmonton in 1975 to fly 435 Squadron's Hercules transport planes. It was while with 435 Squadron that CAPT Uruski performed the deed earning him the Chief of Defence Staff Commendation.

In June, 1979 CAPT Uruski was posted to CFB Winnipeg's 429 Squadron where he continues to fly Hercules transport planes. He is married and has two children.

(BASE PHOTO)



Editorial Commentary
WEATHER

Let's talk about the weather. What weather? Why, Winnipeg weather of course. It's been cold for about a week now, hasn't it? You are fed up? Why? Winter is half over. Think of last year, or the year before.

So many people dwell on the cold temperatures which hit Winnipeg that I'll bet the temperature psychologically drops at least ten degrees. For example, consider the case of the Chief Warrant Officer (construction engineering) who was overheard in the Base Exchange garage last week saying that he had called his career manager and volunteered for sea duty at Esquimault to "keep from freezing to death". Perhaps a funeral at sea?

But, consider the two young boys featured in the front page photo of this issue who went into the recreation centre to get warm and ended up helping someone — and, Voxair has been told, have received a small reward. You see, by grappling with the Winnipeg temperature with local resources at hand, something good may happen to you, or someone else.

Yes, Winnipeg is colder than most Canadian locations, but, it's FREE. Consider Siberia at this time of year, or the warm climate of Rhodesia, or Cambodia. And what about our people at Alert?

Think WARM, like the soft warmth of a new-born babe, or the tender warmth of an older babe, or the mature warmth of advanced age.

And, if you here in Winnipeg really think you have had things bad this winter, consider our politicians who so recently were "warm and secure" in their Commons' seats and are now out in the cold, not knowing what the voters really think. You see — doesn't that feel good? Next, think about the election, our politicians, your vote. Guaranteed to warm up any atmosphere.

There is no reason to "feel" cold in Winnipeg, no matter what the temperature. As Harry Douglas of the Deep River Boys so often sings, "reach out and touch somebody's hand" — warmth follows.

Editor



SGT Celeste Gorham, 16, of Brandon's 82nd Squadron, Royal Canadian Air Cadets, meets with Manitoba's Premier Sterling Lyon during the Squadron's inspection at the first annual Golden Falcon Invitational Competition for sports, shooting and drill held in Winnipeg over the holiday season. Squadrons from Brandon, Portage la Prairie and Winnipeg competed.

Escorting the Premier during the inspection is W.O (1st Class) Angela Wilkinson, 18, also of the Brandon squadron.

The Brandon squadron tied for second place in the competition, while the City of St. James' 170 Squadron won the trophy for best over-all squadron. (BASE PHOTO)



VOXAIR is the unofficial Service newspaper of CFB Winnipeg and is published under the authority of the Base Commander, Col. J.R. Allingham

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In the event of a typographical error appearing in an advertisement, no goods may be sold and the difference charged to this newspaper whose liability is limited to a refund of the space charge for the advertisement in which error occurs.

VOXAIR offices are located in Building 52 at CFB Winnipeg. Correspondence and copy should be addressed to: VOXAIR, CFB Winnipeg, Westwin, Manitoba R2R 0T0.

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ISSN 0300-3213

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Commonwealth Wartime Reunion

WINNIPEG, SEPTEMBER 18th to 21st, 1980

Response to notices of the third reunion of Commonwealth Aircrew has been remarkable. Over 3000 replies have been received and an estimated 5000 are expected to attend. Registrations are arriving from New Zealand, Australia, England, United States, Japan, Northern Ireland, Scotland, Canada, South Africa, Switzerland and Hong Kong.

Global interest in this annual Winnipeg Pilots' and Observers' Association venture is attributed to the maintenance of close ties with senior Air Force officers in Europe and senior commanders in Canada's Air Command.

LGEN G.A. Mackenzie, Commander of Air Command, has continued the interest shown by his predecessor, LGEN W.K. Carr, by giving the strongest possible support, particularly with relation to the air show to be held at Canadian Forces Base Portage la Prairie.

Among special guests at the 1980 reunion will be some internationally known figures like Sir Douglas Bader, Johnnie Johnson, Air Commodore Johnny Fauquier (CO of the famous 617 Squadron — the Dam Busters) and Group J.B. Tait, the man who led the attack that sank the Tirpitz.



Denzil Feinberg
Chartered Financial
Planner

In October 1979 Denzil Feinberg graduated from a comprehensive course in finance, insurance & taxation, run by the Canadian Institute of Financial Planning, head-quartered in Toronto. It impartially covers savings, loans, mortgages, life/health insurance, investments, tax-shelters, group plans etc.

As Manager in Manitoba for UNIVERSAL SERVICES (FINANCIAL) LTD., Mr. Feinberg enjoys on-going rapport with clients, and welcomes enquiries at: 307/2410 - 170 Hargrave St., Winnipeg R3C 3H4 ph 942-0904.

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EILEEN FORCHUK

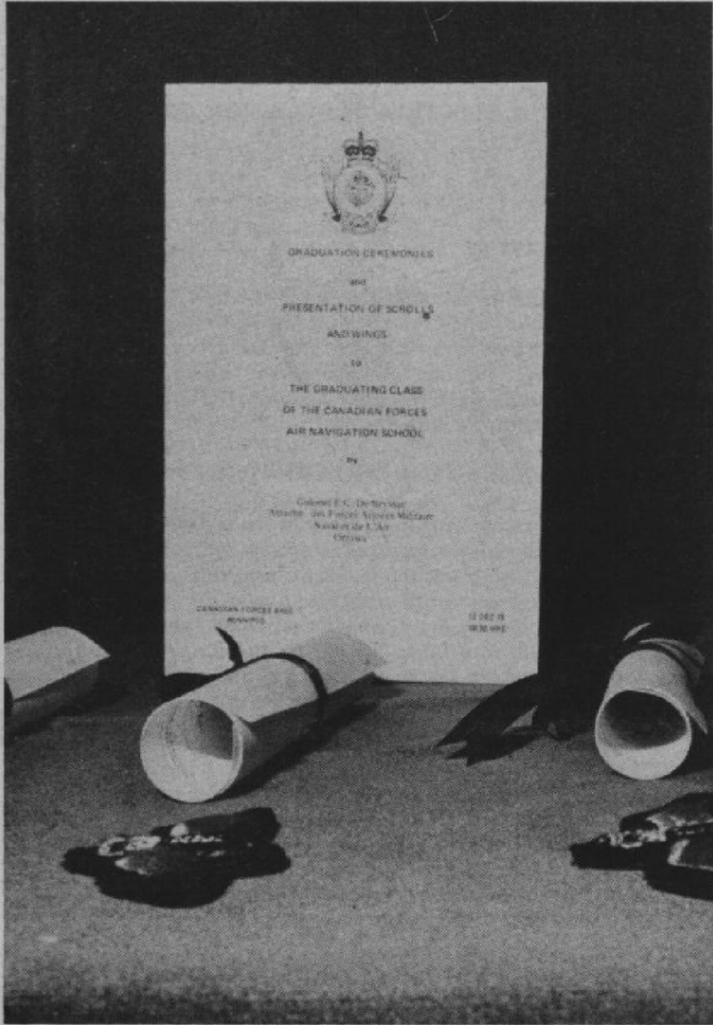
**MOVING TO THE TRENTON AREA?
WRITE FOR YOUR FREE MAP**

NAV SCHOOL REPORTS

One of the smaller CFANS graduations turned out to be one of the most interesting with the six graduates of course 7903 receiving their wings from COL E.C. DeBeysac; Land Sea and Air Attache for France, Ottawa. The COL's two previous postings before coming to Canada were Air Attache to Spain, and Chief of Operations for the Air Defence of France. Course director for the graduates was CAPT Remy Meline, French Air Force, currently on exchange posting with CFANS. The graduation parade was followed by a reception and dinner in the Officers' Mess. Following the dinner, CAPT Meline continued with the instruction of his course, and at midnight demonstrated the fine art of "Champagne Sabré" which is opening a champagne bottle with a sword. Each of the graduates successfully completed the "performance objectives" of this lesson. The next graduation, courses 7904, 06 and 07 is scheduled for 20 Feb 80.



LCOL Rowlatt, Commandant CFANS presenting CF Navigator wings to CAPT Rémi Meline, French Air Force exchange officer with the Nav School. (BASE PHOTO)



CLUB 200 NEWS

There have been numerous club winners since our last listing, so here they are: These are all \$100.00 winners.

- | | |
|-------------------|----------------------|
| 24 August 1979 | SGT Allen |
| 31 August 1979 | SGT Gleadall |
| 7 September 1979 | PTE (W) Gilbert |
| 14 September 1979 | WO Stevens |
| 21 September 1979 | SGT Chaisson |
| 28 September 1979 | SGT (W) MacAskill |
| 5 October 1979 | PTE Laliberte |
| 12 October 1979 | SGT Murphy |
| 19 October 1979 | SGT Pollock |
| 26 October 1979 | Mrs McGhie |
| 2 November 1979 | WO Grist |
| 11 November 1979 | CAPT Anscorb |
| 18 November 1979 | MAJ White |
| 25 November 1979 | PTE (W) Vaillancourt |
| 1 December 1979 | SGT Lafontaine |
| 7 December 1979 | Mr Laframboise |
| 14 December 1979 | CAPT Barr |
| xxxxxxx | |
| 14 December 1979 | CAPT Barr — \$1,000 |
| 21 December 1979 | SGT (W) MacAskill |
| 28 December 1979 | CAPT Caldwell |
| 4 January 1980 | CPL Neill |

Applications for new members are available by contacting SGT McGhie, local 511. Remember each week the South Side Community Council makes a \$100.00 draw and \$1,000.00 draw at Christmas and membership is only \$1.00 a week. WHO'S NEXT.



1980



Renewal



Stickers

MONDAY TO FRIDAY

BLDG 90
Main Entrance
8:00 a.m. to 8:00 p.m.

BLDG B3
Room 126
10 a.m. to 12:20 a.m.

BLDG P2
Lunchroom
12:30 p.m. to 3:00 p.m.

(BLDG 90 ONLY, Saturday 10:00 a.m. to 2:00 p.m.)



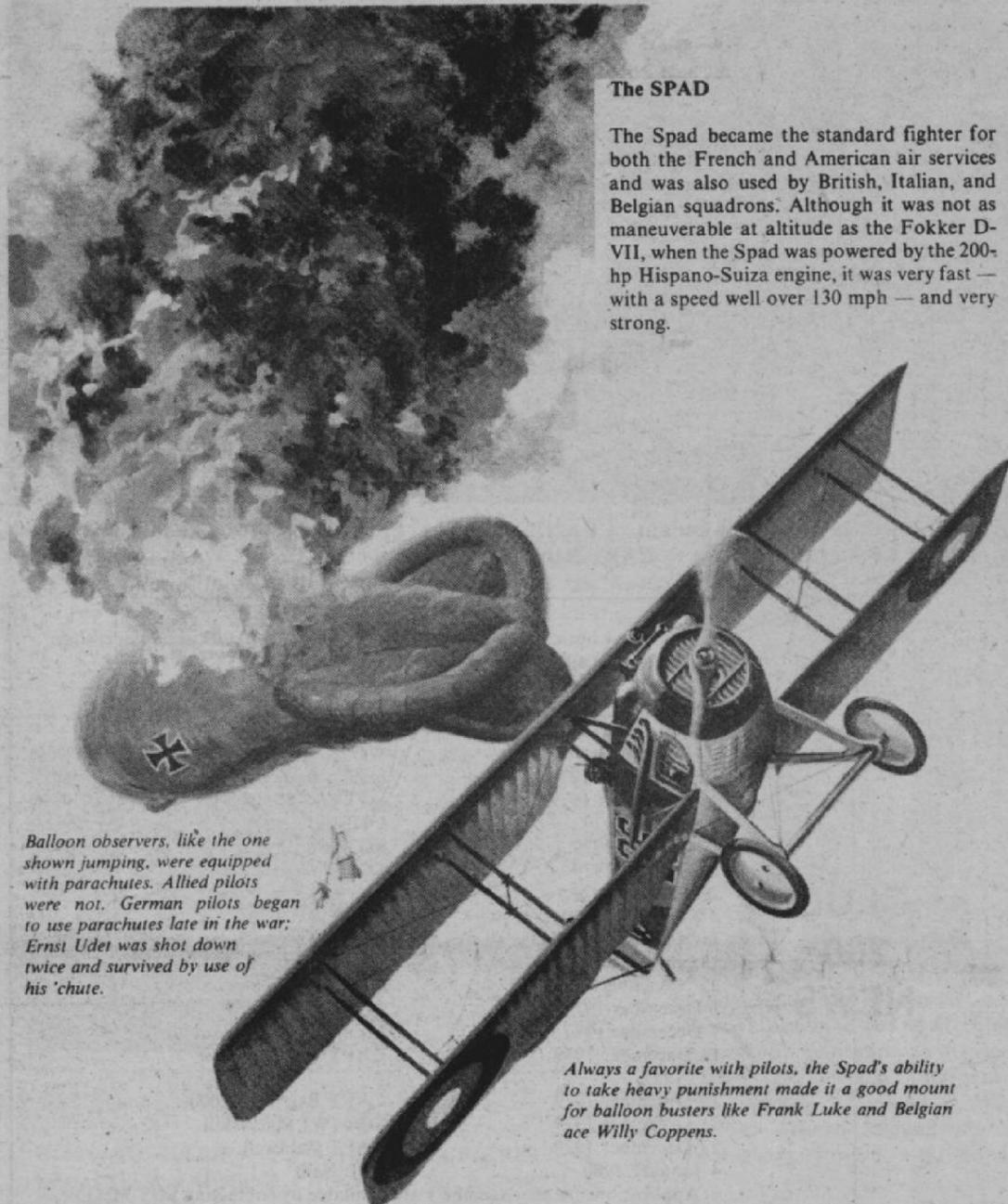
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REC CENTRE (WHYTEWOLD RD.), 889-2204 or 888-4763

"ACES HIGH"

(The series, "Aces High", is reproduced from the booklet of the same name with the kind permission of General Dynamics Corporation.)



The SPAD

The Spad became the standard fighter for both the French and American air services and was also used by British, Italian, and Belgian squadrons. Although it was not as maneuverable at altitude as the Fokker D-VII, when the Spad was powered by the 200-hp Hispano-Suiza engine, it was very fast — with a speed well over 130 mph — and very strong.

Balloon observers, like the one shown jumping, were equipped with parachutes. Allied pilots were not. German pilots began to use parachutes late in the war; Ernst Udet was shot down twice and survived by use of his 'chute.

Always a favorite with pilots, the Spad's ability to take heavy punishment made it a good mount for balloon busters like Frank Luke and Belgian ace Willy Coppens.

UNDE LOCALLY YOURS

The next General Meeting of UNDE Local 705 will be held in the Herc Lounge - 23 January, 1980. In order to ensure that all members are aware of, and have the opportunity to take advantage of the numerous courses available, there will be an election of an Education Co-ordinator. The executive urges all members to get involved with this important election. If you think this is the job for you or you know of someone who has an interest, by all means come out and let us know.

We will also be electing a person to fill the position of SGT-At-Arms as Sister Deanna Vowles has been transferred to British Columbia. We wish her well in her new position with the Public Service Commission. Their gain is our loss.

Following is the Agenda for the General Meeting 23 January, 1980.

CALL TO ORDER - 7:30 P.M.

ROLL CALL OF OFFICERS

READING AND APPROVAL OF MINUTES OF PREVIOUS MEETING

TREASURER'S REPORT

CORRESPONDENCE

COMMITTEE REPORTS

UNFINISHED BUSINESS

NOMINATION & ELECTION - EDUCATION CO-ORDINATOR, SGT-AT-ARMS

NEW BUSINESS

ADJOURNMENT

HEALTH AND SAFETY

I would like to draw the attention of members to a number of articles in the December issue of the Argus Journal with respect to health and safety.

There have been some recent changes to the Occupational Safety Policy effective 1 November, 1979 and all members are requested to familiarize themselves with these changes. It is most important to know your rights with respect to unsafe working conditions.

PERSONNEL MANAGEMENT AND THE MERIT PRINCIPLE

Some interesting recommendations made by the D'Avignon Commission are also covered in this edition on page 8. If you are not receiving the Journal on a regular basis, don't blame the Public Service Alliance, blame yourself for not making enough waves in the right department. For your own personal do-it-yourself wave making kit, please contact Doug Johnston at 225.

NOTE: The president of Local 705 will be attending a Union Training Course for the period 14 Jan 80 to 22 Feb 80 inclusive. Any problems, queries, etc. please contact 1st Vice President Doug Johnston at ext 225 or Cathy Pfeifer 2nd Vice President ext 281.



Maggiore FRANCESCO BARACCA

Italian ace Francesco Baracca began his military service in 1907 in the cavalry. He served in this branch until 1912, when he volunteered for aviation training. His first three air engagements — all against Austrian opponents in 1915 — ended in frustrating gun jams. The fourth, on April 7, 1916, ended differently. Baracca was flying a new Nieuport 11 and this time his guns worked perfectly against an Aviatik two-seater, which fell at Medea. Although many of his missions were flown in support of ground troops, Baracca's score climbed steadily; by the end of November 1917, he had 30 victories. His 34th and last kill was a reconnaissance ship escorted by more than 20 fighters.

On June 19, 1918, Baracca's squadron (now flying Spads) was sent into the battle raging near Montello, Italy, as the Austrians tried to cross the Piave river. Baracca flew up and down the line attacking bridges and troops. He was killed by intense fire from the ground.

Let's talk about a better way to handle your money.

When you put money in the bank, it's for your own good reasons. Which means that you want a savings plan that's tailored to your own needs and wants. And that's why we offer different accounts and investment certificates, each with its own interests, and each with its own unique features.

True Chequing Accounts. Regular and True Savings Accounts. Savings Certificates and Monthly Income Deposit Receipts. Term Deposit Receipts. And Certificates of Deposit.

If you want to get the most for your money, let's discuss the individual features of each. Let's get together. And let's talk.



The First Canadian Bank

Bank of Montreal

Let's talk.

Portage & Whytewold Branch (North Side)

Ray Silvius, Mgr. 837-8368

Tuxedo Park Shopping Centre Branch (South Side)

Gary Chase, Mgr. 474-1331

Courts of St. James Branch 2727 Portage Avenue

Donald Murray 889-8850

Portage & Westwood Branch 3330 Portage Avenue

Blair Caithness, Mgr. 888-6770

CARE for the children

Millions of children desperately need basic food, shelter, schooling and health care. Your help is needed. Send your donation today.



CARE Canada 1312 Bank St. Ottawa K1S 5H7



Voxair Variety

By John Lauder

For the past few weeks we have been overwhelmed by selection in the press and newsmagazines of the best and worst performances of the past decade. Such details as the ten worst movies of the seventies, the best performance by an actor in a TV mini-series, and the ugliest new face on the Gong Show have been offered to us by the critics, together with comment on how the whole showbiz world is going down the pipe.

Rather than get involved in similar selections, it may be best now to look to the future, and begin now to select the best for the 1980s. On the local scene so far this year we have had an outstanding classical music event, the rendition of Tchaikovsky's Symphony No. 5 in E Minor by the Winnipeg Symphony Orchestra under guest conductor Franz-Paul Decker of the Montreal Symphony. This performance last week gave new dimensions to the old classic, from which so many popular songs have been stolen.

Looking to the stage, undoubtedly the best comedy for January 1980 will be *Absurd Person Singular*, now running at the Manitoba Theatre Centre. This play, which opened on January 11th, is from the pen of British writer Alan Ayckbourn, author of such past hits as *How The Other Half Loves* and *Relatively Speaking*.

Ayckbourn has written some 22 plays which have been translated into 26 different languages, and produced both on Broadway as well as in England and throughout the world. He enjoys putting offbeat technical problems into the plots of his comedies, and *Absurd Person Singular* is no exception. In it he throws together three couples from different levels of the social ladder and follows them and their activities through three successive years. By placing unusual characters in unpredictable circumstances, the humour boils outward from the stage in almost volcanic proportions.

So far this year there has been no activity in the field of dance, but hopefully we can again look forward to another offering of *Nutcracker*, by the Royal Winnipeg Ballet. The 1979 version played to capacity crowds in eleven performances on the road to Vancouver, Calgary and Edmonton, and in seven at home. In total, some 45,400 people saw and enjoyed this modern classic this past year. The Ballet also qualifies as the comeback-of-the year award, as last spring the media was writing it off as broken and battered. Yet by year end it was enjoying its best season, both financially and artistically.

The one non comeback-of-the year was our own Studio 22, which unfortunately also qualified as the big loss of the decade. In the early seventies, the Base Drama Club was producing several plays per year, and was a healthy amateur company which contributed to the local entertainment scene in a very positive way. However, it died for lack of interest and has never been able to come back, in spite of efforts of several people who have tried valiantly to breathe some life into the dead organization. Sic transit gloria mundi.



Constable Alf Diack of the Winnipeg City Police introduces Mr. Bert Berman (center) while MGEN K.J. Thornycroft looks on and MWO J.E. Commings holds Mr. Berman's wheelchair steady. Mr. Berman and many others from the King Edward Memorial Hospital were guests over

the holidays at the Annual Parapalegic Christmas Party hosted by the Winnipeg City Police Association and the CFB Winnipeg Warrant Officers' and Sergeants' Mess.

(CF PHOTO by WO Jack Casey)

COUNCILLORS WANTED

Westwin Community Council (N)

The Westwin Community Council (N) has vacancies in the following Wards. It is the feeling of the council that volunteers make excellent councillors as they have a demonstrated interest in community affairs. If are unable to fill the positions, someone from the applicable Ward will be appointed by the Base Commander.

WARD	AREA
1	MQ's 58 to 155 on Bourkewood Place; MQ's 34, 36, 38, 43, 45, 49, 53, 57, 61, 65, and 93 to 109 on Leicester Square; and MQ's 58 to 75 on Jameswood Drive
2	MQ's 2 to 57 on Bourkewood Place; MQ's 2 to 32 and 40, 44, 48, 52 56, 60, 64 and 68 to 89 on Leicester Square
6	MQ's 2331 to 2355 Ness Avenue; MQ's 62, 66, 70, 72 and 74 to 191 Braintree Crescent; MQ's 24, 28, 32, 36, 40, 44, 48, 52 and 56 on Listowel Bay
7	107 Sabre; 108 Canso; 109 Sabre; 110 Argus; 111 Sabre; 112 Argus; 113 Sabre; 114 Sabre
9	MQ's 450 to 512 on the West Side of Moorgate; All MQ's on Conway
10	MQ's 421 to 511 on the East Side of Moorgate; All the MQ's on Sharpe

WANTED

ADULT and TEENAGE BABYSITTERS required for CFB Winnipeg Babysitting List. Please call Babysitting Co-ordinator, Linda Dalrymple at 885-3357 for further information.

HELP GEORGE DO IT

SAVE WATER, SAVE ENERGY

ENERGY SAVERS: CONTROLLED FLOW HEADS

A number of new shower heads offer special effects while others offer savings in the amount of water used. Some offer both. Any shower head that can regulate and decrease the amount of water used saves in two ways: it saves water and sewer costs and it saves hot water (remember that 40% to 60% of water

used is heated).

One such device is being tested by DND and initial reports indicate savings in water consumption in the order of 35%. This device is the "Bubble Steam" controlled flow showerhead which is available locally for \$8.00 per unit. Others should be considered carefully.

Remember that a normal shower-head delivers 10 gallons per minute. If you measure a controlled flow show units against this norm and find one that has a setting that delivers from 3 to 6 gallons per minute you have a winner.



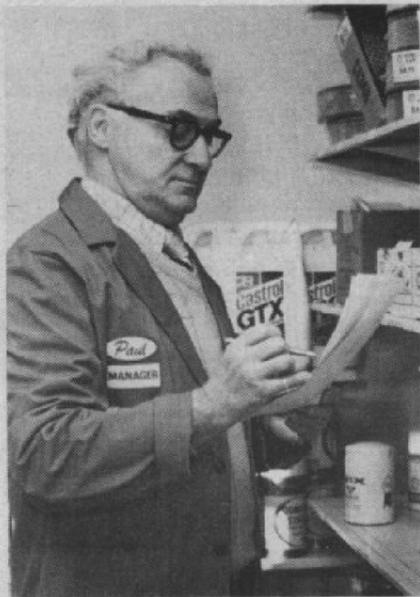
We meet for lunch 12:00 noon sharp, 1st Wednesday of each month, in East dine room - Bldg. 61. For further info, contact Wes Coombe, Local - 225.



Send UNICEF Cards



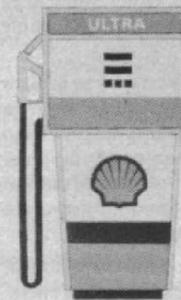
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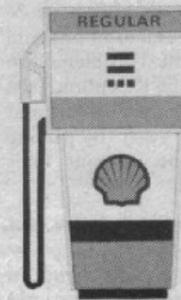
Paul Quinn
Manager



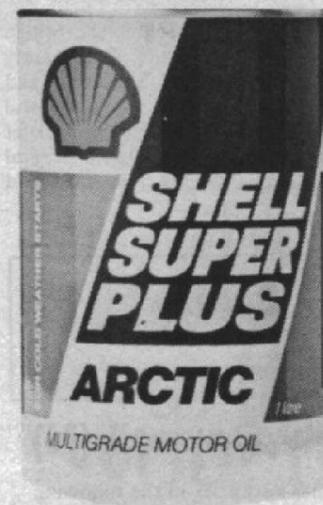
Roger Ryplanski
Chief Mechanic



Shell Ultra*
This top quality gasoline is specially designed for late model cars, for which the owners' manuals recommend a non-leaded gasoline with a minimum Research Octane number of 91.



Shell Regular
A gasoline blended to suit the needs of older, low compression ratio cars, especially those for which a "regular" grade gasoline of a minimum Research Octane number of 94 is recommended. *It must not be used in cars equipped with catalytic converters!*



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the oil that flows at 40° below.



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GAS BAR

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0900 — 1700 Sat
1200 — 1700 Sun

SERVICE

0800 — 1700 Mon-Fri



Eric Brown
Mechanics Helper



Isaac
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Service Station Staff

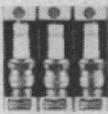


helps



Shell X-100 Multigrade

This 10W/30 multigrade oil provides "SE" quality protection and passes the same stringent engine tests as X-100 single grade, yet offers the advantage of all season performance. It is not recommended for use at temperatures below zero, as this is where Shell Super 5W/30 should be used.



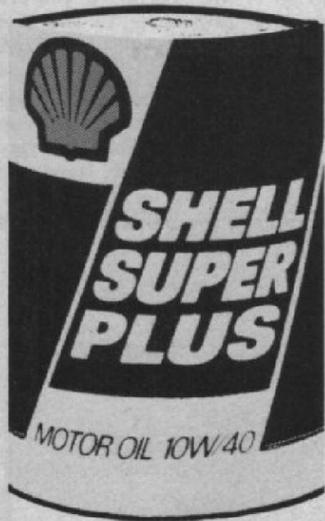
Shell Champion Spark Plugs

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Shell offers a complete line of the more popular *oil*, *air*, and *gas line* filters, which are guaranteed to meet or exceed original equipment specifications.



Shell Super Plus is Shell's best ever motor oil.

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Gas Attendant



Peter Langes
Mechanics Helper



riesen
Mechanic



Al Bennett
Ass't Manager

**Come
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or Pens**
**while quantities
last**



SPORTS

SWIM CLASSES

The following swim classes will be offered on the days and dates specified. Registration is at both the Lipsett Hall and Westwin pools on the days and times listed.

Ladies Learn To Swim

Where: Westwin Pool
 When: Wednesdays
 Time: 1:30 to 2:30 pm
 Dates: 13 February to 31 March 1980
 Cost: \$12.00
 Registration: Saturday 2 February 1980 1:00 to 2:00 pm
 Wednesday 6 February 1980 7:00 to 8:00 pm

Red Cross Swim Classes (Pre Beginner, Beginner, Junior, Inter-Mediate, (Senior and RLSS Lifesaving 1, 2 & 3))

Where: Lipsett Hall and Westwin Pools
 When: Saturdays
 Time: 0900 - 1200 am
 Dates: 9 February to 3 May 1980
 Cost: \$12.00
 Registration: Saturday 2 February 1:00 - 2:00 pm
 Wednesday 6 February 7:00 - 8:00 pm

Moms & Tots

Where: Westwin Pool
 When: Monday and Wednesday
 Time: Monday 1:30 to 3:30 pm
 Wednesday 2:30 to 4:00 pm
 Dates: 11 February to 31 March 1980
 Cost: \$24.00 twice a week - 1 child
 \$12.00 once a week - 1 child
 \$36.00 twice a week - 2 children
 \$18.00 once a week - 2 children
 Registration: Saturday 2 February 1:00 to 2:00 pm
 Wednesday 6 February 7:00 to 8:00 pm

Adult Learn To Swim

Where: Lipsett Hall
 When: Wednesday
 Time: 8:00 to 9:00 pm
 Date: 13 February to 31 March 1980
 Cost: \$12.00
 Registration: Saturday 2 February 1:00 to 2:00 pm
 Wednesday 6 February 7:00 to 8:00 pm

Bronze Medallion and Bronze Cross

Where: Westwin
 When: Monday and Wednesday
 Time: 8:00 to 10:00 pm
 Date: 11 February to 12 March 1980
 Cost: \$30.00 (includes books and testing)
 Registration: Saturday 2 February 1:00 to 2:00 pm
 Wednesday 6 February 7:00 to 8:00 pm

NOTE: Refund Policy. Refunds will not be granted after the second lesson. A three dollar (\$3.00) penalty will be assessed on all refunds.

For further information call:

SGT MacAskill — Local 509 NCO i/c aquatics
 CPL Sargent — Local 511 NCO i/c Westwin Pool
 CPL Strachan — 888-5021 NCO i/c Lipsett Hall Pool

Badminton Playdowns

The selection for CFB Winnipeg's badminton team will take place 13 - 15 February 1980 at Building 90 in the gymnasium.

Prerequisites for qualifying as a member of the CFB Winnipeg representative team for regional competition at CFB Winnipeg, 20 to 24 February 1980 are as follows:

- be medically fit;
- complete last physical fitness test with at least a good level;
- participate in base play-offs on times and dates scheduled; and
- have section head approval for both base and regional participation.

Interested personnel are to contact CPL Wills at local 511/514 to register prior to February 8, 1980.

Prairie Region Cross Country Ski Championship

CFS Sioux Lookout will host subject championships 12 - 16 February 1980 consisting of:

- 30 KM Mens Race;
- 4 by 5 Relay;
- 15 KM Mens - Veterans;
- 10 KM Womens;
- 5 KM Womens - Novice;
- 5 KM Mens - Novice;

All CFB Winnipeg personnel interested in qualifying for this event contact CPL Wills, local 511 - 514 not later than 15 January 1980.

If sufficient interest is shown, a Base Playdown will be held Friday, 25 January 1980 at 1:00 p.m., to select a base team.

Keep The Runner's Edge Thru Winter

No this isn't another article on winter running, we get enough of those this time of year. This one is on how to maintain the fitness you've achieved from running in summer through the long cold winter.

Two of the main reasons we reduce the miles we run in the winter is the slippery footing outdoors and the monotony of running indoors. The result of this reduction in mileage is a deterioration of our fitness level and the addition of a few pounds. How can we avoid this? Try cross country skiing and learn to ski away those winter days!

X country skiing is inexpensive and superior to running in developing the cardiovascular system and maximum oxygen uptake which is important for any kind of running, long or short. The muscle groups you use in X country skiing oppose those used in running thus giving the running muscles a well deserved rest. But an important point is that X country skiing requires flexibility as does running so you maintain your level of flexibility all year. Another big plus for X country is that you get away from the constant pounding of running and your leg joints get a well needed rest while you glide along the trails.

As I mentioned earlier X country equipment is not expensive, you can get a starters kit for a reasonable price, between \$50 and \$100. But before you buy any equipment rent some from the various outlets in town and give it a try. The places that rent the skis are the various ski shops and golf courses that allow X country skiing.

If you supplement your running with X country skiing you're sure to keep fit and enjoy the winter. The days you don't feel like running indoors slip on the skis and hit the trails, you'll find it refreshing. The winter is alot shorter when you're out there enjoying it.

(by Bob Thomas)

Base Male Bowling Playoffs

The selection for the CFB Winnipeg male bowling team will take place 5 to 7 February 1980 inclusive, at Lipsett Hall.

Prerequisites for qualifying as a member of the CFB Winnipeg representative team for regional competition at CFB Cold Lake 10 to 14 March 1980 are:

- be medically fit;
- completed last physical fitness evaluation with at least a good level;
- participate in base play-offs on times and dates scheduled; and
- have section head approval for both base and regional participation.

There will be a \$5.00 entry fee for the 24 games competition payable on the 5 February 1980.

Interested personnel are to contact the Recreation Centre local 511 or 514 to register prior to February 1, 1980.

LADIES MORNING FITNESS CLASSES WESTWIN GYM

Commencing Monday, 21 January 1980 the PERI staff, Building 90, will be conducting a twelve week Ladies Physical Fitness Programme, on Mondays and Wednesdays of each week.

Registration for the above program is now being taken. All interested servicewomen, female dependants, DND dependants and civilians may register by phoning local 511/514, Building 90.

Course will consist of one hour of exercising in the gymnasium.

Timings for both days are 1000 to 1100 a.m.

Cost for this program (twelve weeks) is:

- servicewomen - no charge;
- dependants and DND - \$10.00; and
- civilians - \$15.00.

Registration fees must be paid on the first day of the programme.

NOTE: If not enough interest is shown this programme will not be conducted.

SKI NEWS

Well the snow is finally here, and the Skiers of CFB Winnipeg are on their way to another active season of both Cross Country and Downhill skiing.

The first of many ski trips for CFB Winnipeg personnel took place on Saturday, 29 December to Mt. Agassiz. Thirty-seven souls showed up at 0700 hrs to board the bus and be on their way to fun in the snow and sun. Although the cross-country skiing left something to be desired, the downhillers had a good time on slopes which had something to offer for the beginner to the advanced skier. Obvious signs of having a good time were more than evident on the bus coming home as the

participants had little or no problem going to sleep from an active day outdoors. In all, 12½ hours elapsed from the time we left base until we returned.

Our next trip will take place on 26 Jan 80 at Mt. Agassiz. If you are interested drop over to the Rec Center before 1600 hrs 24 Jan 80 and sign up. Remember, all that is required is that you be a DND employee or dependent to sign up for these trips. Trips take place every second Saturday and leave the CFANS Parking lot at 0700 hrs, returning at approximately 1900 hrs the same evening.

by CPL Ron Wyman

**THE WESTWIN COMMUNITY COUNCIL
 INVITE THE RESIDENTS
 OF CFB WINNIPEG (NORTH)
 TO
 A WINE AND CHEESE SOCIAL
 TIME: 1330 - 1630 HOURS
 DATE: 17th FEBRUARY 1980
 PLACE: HERCULES LOUNGE (Bldg. 90)
 MEET AND GREET YOUR COUNCILLORS
 AND
 FIND OUT ABOUT ALL OF THE ACTIVITIES
 AVAILABLE TO YOU AND YOUR DEPENDENTS
 i.e. Playgrounds, Bingo, Sports, Scouts,
 Garden, Ceramic, Photo, Hobby Shop
 and Teens Clubs etc.**

80

MILFOTO REUNION

"The Military Photographers (MilFoto) Reunion will be held at CFB Ottawa (Rockliffe and Uplands) on May 16-17-18, 1980. All former and serving photographers of the Canadian Forces (Army, Navy, Air Force) are invited.

Information and application forms are available at all Base Photo Sections or by writing to:

**MilFoto Reunion
 CF Photographic Unit
 CFB Ottawa
 Ottawa, Ontario**

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BE A BUDDY — PASS THE WORD AROUND

200 CLUB GRAND PRIZE

The 200 Club, a lottery sponsored by the Community Council (South), recently conducted its year end \$1000 grand prize draw. The winner was CAPT Bob Barr of AIRCOM HQ. The normal weekly draw is for \$100, and membership is only \$1.00 per week, payable by acquittance roll (for military members — civilian members are required to pay cash).

Because of postings, there are usually memberships available. There are some available now. Contact one of your Councillors and join the winners. All profits from the club are used for community improvements.



AND THE WINNER IS

The BCOMD, COL J.R. Allingham, assisted by SGT G.D. McGhie of the Community Council (South), selects the winning ticket for the 200 Club \$1000 draw.



A THOUSAND DOLLARS EH...

200 Club grand prize winner of \$1000. — CAPT Bob Barr of AIRCOM HQ after receiving the good news.



BEE GEES GREATEST HITS

For months there was a steady stream of written words dealing with the upcoming release of Fleetwood Mac's "Tusk" album. Upon its release "Tusk" picked up healthy sales and continues to do so, but to date has been unable to crack the barrier set up by The Eagles' "Long Run" or Styx's "Cornerstone".

With a minimum amount of hype The Bee Gees released their "Greatest Hits" (RSO Records RS-2-4200 — marketed by PolyGram) packaged and debuted in the top ten. The two record set contains a total of 20 songs and is probably the most attractively packaged and slickest produced set on the chart.

Drawn mainly from their "Main Course"; "Children of the World", "Spirits Having Flown" and "Saturday Night Fever" albums and adding one never before released song and a 'B' side, "Greatest" stands to move into the double digit millions and reward all concerned with yet another truckload of mega-bucks.

Opening with "Jive Talking" Robin, Barry and Maurice Gibb, backed by their Bee Gees Band (Dennis Bryon, drums and percussion; Blue Weaver, keyboards & synthesizers; and Alan Kendall, steel and electric guitars) bring the listener a solid serving of hit product that ranges from "Night Fever" and "Tragedy" through "Rest Your Love On Me", "How Deep Is Your Love" and the hugely successful "Staying Alive".

Recently the subject of their own TV special which scored as one of the best shows of the season, The Bee Gees, like so many other acts in the public eye are the subject of the press as to whether or not they will break up to pursue solo careers. Considering that the group is the hottest in the industry and generate millions of dollars during an extremely soft economy it is hoped that they won't split up.

Along with their reign at the top as singers, the group write their own material and have written huge hits for others. Most notable is their penning of hits for brother Andy Gibb along with Tavares' "More Than A Woman", Samantha Sang's "Emotion" and Yvonne Elliman's "If I Can't Have You".

They hold records for longevity in the top forty and their "Saturday Night Fever" ranks as the biggest album seller in history.

Of course, it would take a book just to list the accomplishments of the Bee Gees, suffice to say that "Greatest" truly is exactly what it says. "The Greatest".



There Never was an Arrow

Saw marks are still visible on this reconstructed model of the famous jet fighter, the Arrow, seen here with its owner, Bob Johnson. Now retired, Johnson worked for A.V. Roe for many years, was closely involved in production of the Arrow and was on hand when demolition of

the completed planes, models, plans and even film of test flights took place. The story is told in gripping details in "THERE NEVER WAS AN ARROW", a one-hour documentary to be seen Sunday March 2 at 10:00 p.m. on CBC-TV. (CBC PHOTO)

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MAJOR Ron Guimond 832-1311 extension 461

PROMOTIONS

SIN NO	RANK NAME	PROMOTIONS DATE	SECTION
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613 358 282	COL TROY	J.E. 19 NOV 79	CHAPLAIN AIR COM
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217 602 408	MAJ GUIMOND	J.Y.R. 12 DEC 79	BPADMO
429 265 515	MAJ HUDD	L.A.C. 01 DEC 79	AIRCOM
431 083 429	MAJ HENDRY	R.G. 01 DEC 79	AIRCOM
TO CAPTAIN			
429 531 650	CAPT REAUME	T.E. 16 DEC 79	RSS PRAIRIE DET
421 246 125	CAPT MARR	W.N. 16 DEC 79	2 PPCLI
TO LIEUTENANT			
245 545 702	LT JACQUES	D. 05 MAY 79	CFANS
TO 2ND LIEUTENANT			
622 921 757	2 LT BRECHT	D.L. 07 DEC 79	CFANS
231 802 653	2 LT FOURCREAULT	J.R. 07 DEC 79	CFANS
245 626 643	2 LT GOULET	J.R. 07 DEC 79	CFANS
623 708 690	2 LT PALING	S.E. 07 DEC 79	CFANS
619 929 474	2 LT MOSKOWEC	R.P. 24 MAY 79	2 PPCLI
TO WARRANT OFFICER			
707 852 760	WO HANOWSKI	E.S. 16 NOV 79	733 COMM SQN
TO ACTING WARRANT OFFICER			
431 580 596	A/WO HEPNER	I.D. 01 DEC 79	401 CFTSD
105 846 505	A/WO RUSSELL	D.F. 12 DEC 79	1CEU
TO SERGEANT			
107 801 574	SGT D'EON	H.G. 14 DEC 79	BCEO
706 634 920	SGT HOWARD	P.M. 10 DEC 79	2 PPCLI
106 343 916	SGT STENGER	R.F. 18 DEC 79	BASE SUPPLY
431 551 126	SGT GILLICH	H.F. 07 DEC 79	BAMEO
613 421 221	SGT HEUMAN	R.K. 25 DEC 79	BTNO
106 853 194	SGT FRASER	R.B. 03 DEC 79	BASE SUPPLY
612 544 007	SGT ARSENAULT	A.K. 18 DEC 79	BML

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- Pour obtenir de plus amples informations sur le REERM ou sur la façon d'en faire partie, contactez votre conseiller RARM/REERM.

MAJOR Ron Guimond 832-1311 poste 461

PRETTY PAT



PAT TUCKER
(Courtesy Judy Welch Agency Toronto)

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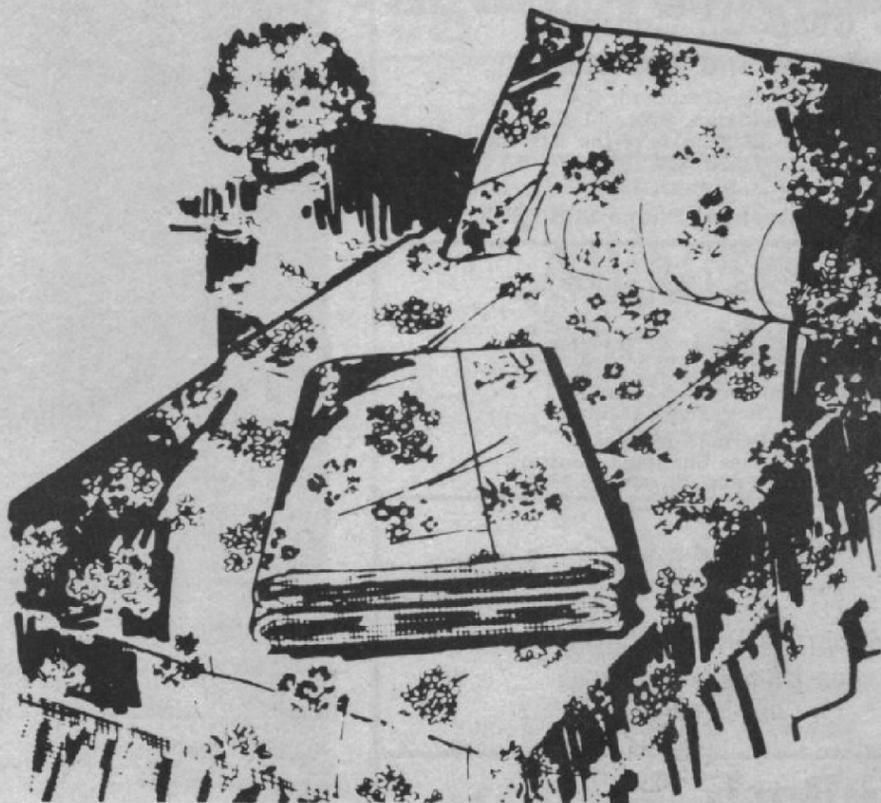
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