



<b>Free</b>	
Base Chief Said . . . . .	Page 2
Officer's Mess Auction . . . . .	Page 4
Sports . . . . .	Page 9

CFB/BFC Winnipeg

8 March 1989

# Winter Operations - 2 PPCLI style

Capt. M.J. Minicola



As the misery of yet another Prairie winter drags on, the Second Battalion continues to surge forward while mere-mortal Winnipeggers allow themselves to be dragged down by the season. There is a simple remedy to the depression of prolonged winter - we in 2 PPCLI subscribe to it heartily. Specifically, if you stay busy enough, and go away as often as possible, it is impossible to stagnate here within the compounds of Ice Station Zebra. In the process, we will all have accumulated enough field pay to go to Acapulco come end-March and truly vanquish the winter blahs.

January saw the Battalion deploy to Shilo for a two-week Winter Battle School. This exercise consisted of a number of live-fire section ranges which each company rotated through in turn. Activities ranged from section trench clearing to tank stalking to company patrolling; the training was highly worthwhile and, surprisingly, the weather was reasonably accommodating.

February marked a number of activities. Much of the Battalion deployed to Calgary for the 1 CBG Sports Competition, EX STRONG CONTENDER. The result was as expected, the Battalion won the Volleyball competition and, more importantly, the Bde overall major unit title. In addition, the good will of the fighting men of Winnipeg was convincingly carried to the populace of Calgary. Afterwards, many re-

mained, and more people arrived for Bde Officer study weekend and EX POISON DART, a Bde Command Post Exercise.

As February now closes, we head back out to beautiful Shilo for an advance-to-contact exercise. This exercise will practice the Bn sub-units in small unit tactics (PI, Sect, and Coy level) and will make an excellent forerunner to RV '89 in Wainwright in May. Additionally, to also sharpen our edge for RV, the Battalion will deploy to Dundrun, Saskatchewan in the hopes of catching the last breaths of the winter freeze-out in another PI/Coy level Battle School. All in all, it's a tall order - a lot of training is going to be done, and, without doubt, the adjustment from balmy Germany to Manitoba's Arctic Clime will be complete.



Company patrolling at Winter Battle School, Shilo.



Members of a company from 2 PPCLI take their turn at the live-fire section ranges at the Winter Battle School.

## Exercise Strong Contender - Calgary

February 3-9 saw the Second Battalion Princess Patricia's Canadian Light Infantry depart for Calgary to take part in EX STRONG CONTENDER, the Brigade Sports Meet. The events were Hockey, Floor Hockey, Broomball and Volleyball; the would-be competition - 1 and 3 PPCLI, 3 RCHA and 1 Svc. Bn.

From the outset of the round robin competition, it was clear that 2 PPCLI would dominate the show. All four Unit teams coasted through the round robin, making the playoffs easily. In fact, all four teams finished at least tied for second place. This was made particularly impressive by the fact that both the Broomball and Hockey teams were seriously understrength due to injuries, and the Volleyball team had never played together before.

In the playoffs, the Hockey and Floor Hockey teams were eliminated in the opening round in losses which can only be classified as major upsets. Both Broomball and Volley-

ball, however, advanced to the finals. In the finals, an undermanned Broomball squad put up a valiant fight against 1 Svc Bn only to lose a 4-2 decision after staging an impressive comeback. The Volleyball team, however, took the finals easily, coasting past 1 PPCLI 3 games to 0 and past 3 PPCLI 3 to 1.

The overall result was academic. The strong results posted by all four teams in the round robin, combined with the second and first finishes earned by the Broomball and Volleyball teams in their respective finals were more than enough to bring overall top honours to the Battalion. Well done 2 PPCLI - 1989 1 CBG Volleyball and Overall Sports Champions!! Second Battalion - second to none!

Capt M.J. Minicola



Battalion members participate in section trench clearing.



# The Base Chief Said...

I've just returned from CFB Penhold where I had the pleasure of attending the graduation parade and mess dinner for members attending Junior Leader Course 8901. There were eight members of CFB Winnipeg on the course, Cpl Rosemary Kelly from Base Supply, MCpl Bob Dupras, and Cpl Alden Young from Base Comptroller, MCpl Dan Britton, and Cpl Dale Daw from BAMEO, and finally Cpls Karl Strieby, Doug Hawley, and Ralph Strecker from the Air Command Band. There is no doubt that this is a most important course in the young service persons career, and I was happy to be there and share that day with them. I was filled with pride while watching them graduate.

General Kinsman was the reviewing officer for the parade, and gave a thought provoking presentation at the mess dinner. I also learned a bit of gossip about the General from his former Base Chief, Joe Wood. It seems that while General Kinsman was Base

Commander in Cold Lake, Joe could not keep the General's picture up in the mess. After every function, it was missing! It was discovered that the ladies attending these functions were always walking off with it. I am happy to report that to date, no one has stolen Colonel Reynolds' photo from any of the places that it's displayed. I guess we are truly blessed.

The Canadian Forces have been getting a lot of press lately, especially with the ruling of the Canadian Human Rights Commission decision that women should be allowed in all trades and environments of the Canadian Forces except submarines. The Calgary Herald reported that the last four ships of the six ship batch were to be extended by 10 meters, in order to accommodate the women who will be joining the ships' companies. If my information is correct, the Armoured Corps will be towing those little JAYCO, hardtop trailers behind their tanks when on

exercise in the field. I think that this is a sensible solution to the problem of accommodations in the field for mixed gender crews.

A couple of the servicewomen at Base HQs were asking me who these people are, who are fighting so hard for women's rights in the Forces, and why don't they stop? Not many of the women I know, who are already in the Forces, want the right to serve in combat roles.

An article in the Globe and Mail of 25 Feb 89 reported that military recruiters have asked for a 17% increase in their advertising budget. Colonel Gordon Lewis, said there were 21,500 applications in the first nine months of 1986-87, but only 14,655 during the corresponding period in 1988-89. Up to a year ago we had a waiting list of 6000, that list has shrunk to about 3000. I would like to suggest that those numbers will decrease further with the recent ruling of the Human Rights Commission.

I do hear supervisors complain from time to time about having to go short, when female members are on maternity leave. I'm sure that if they could invent a way for males to have the child, most women would be only too happy to accommodate them.

Therein may lie the solution to both the problem of shortfalls in

recruiting, and manning. NDMC could be provided with a humungous big day care centre. When a service woman has a child, that child could be posted to NDMC, where it could be educated, fed, and raised, until such time as it is old enough to enrol in the Forces. This way we could perpetuate ourselves.

I was going through the Base Locator, trying to find a certain Master Seaman (MS), or Cpl, and much to my dismay, all those ladies who do not wish to be identified as married or single, are also using the abbreviation MS. This is causing me great confusion, and wasting a lot of my time. We will have to work on this one. Maybe if we establish another working group, we can study this one, and come up with a solution to a very minor problem.

If you think I'm going to comment on the picture of yours truly on page two of the VOXAIR, 22 Feb 89, you will have to wait. Remember, I know who took the picture, and I know the circumstances under which it was taken, and I don't get mad, I get even! I did consider asking the Ayatollah Khomeini to put out a contract on these people.

There were two comments in the VOXAIR about the dress of military members of this Base. Did the authors of these comments do anything about the sit-

uation, or are they waiting for me to do something?

Quincy was elated to hear from his old bud Skippy. As he pointed out, it's been awhile. Quincy does not have a solution to the problem of pets in the BLHUs... short of banning all pets in BLHUs. Then, where would this leave Skippy? Surely we can't have Mr. "D", BACCNO, require occupants to report to his office with dogs, and then have them measured against one of those little signs, which reads, "IF YOU ARE TALLER THAN THIS, THEN YOU ARE TOO TALL FOR BLHUS".

It's like dress regulations. I don't care how many times you write an order, or where you post it, if no one enforces it, then it's not worth the paper it's written on.

Quincy told me a cute little story that I would like to share with you.

A dog walked into the Dodge City saloon and ordered a beer. Laughing, the bartender reached for his rifle, shot the dog in the foot, and snarled, "Scram! We don't serve dogs here!"

A week later, the dog came back wearing his six-guns. Striding up to the new man at the bar, he said, "I'm looking for the man who shot my paw..."

Writing this column is getting harder and harder.

## 708 Comm Sqn Trenton 25th Anniversary

708 Communication Squadron Trenton will be celebrating the 25th Anniversary of their formation from 18-20 August, 1989, at CFB Trenton.

This weekend celebration is open to all former, retired and current members of "Thumper Squadron". It will begin with a "Meet and Greet" on Friday night, complete with a DJ and several different varieties of finger foods. Saturday, our guests will spend the day visiting the various work centres in the area, to see the latest in state-of-the-art communication equipment and to see the changes that have taken place over the years.

Saturday night there will be a banquet and dance. To round off the weekend, a brunch will be served on Sunday morning.

As of 1 January, more than 400 invitations have been mailed out. Despite this, the Committee is sure that they have missed a lot of people. It is hoped that when you read this, you will get in touch with the 708 Comm Sqn Historical Committee and let them know if you will be able to attend. Give them your name and any names you might have of former and retired members that may have been missed.

The deadline for registration is 31 March, 1989. This will allow



sufficient time to finalize plans and make this celebration a success.

The history of the Squadron is being written. This 80 page professionally published book will be on sale to all those who attend. If you would like a book but cannot attend the weekend events, you can obtain your copy of "708 CommSqn — the first 25 Years" by contacting the Committee office. Let's hear from you as soon as possible.

Our address is: 25th Anniversary Committee, 708 Communication Squadron, CFB Trenton, Ontario, K0K 1B0 or phone the Committee Chairman, Cecil Paul, at 965-3004 or 965-3006 during normal working hours.

By Cecil S. Paul

## Braun Pro-1500 Hair Dryers recalled

The following is a repeat of recent correspondence received from CSA: Quote Toronto, Ontario, February 10th and 20th, 1989: Braun Canada Ltd., and Canadian Standards Association are warning owners of hand held, portable hair dryers marked quote Silencio Pro-1500 unquote on the side of the dryer and quote Type 4591 unquote on the back of the handle to stop using them immediately because they pose a potential fire hazard.

Testing by Braun and CSA revealed that if the hair dryers heat switch is left in the low setting and the fan switch is positioned between quote 0 and 1 unquote, it is possible that one heating element remains on without the fan operating. If the hair dryer is left in the nozzle down position, the unit may overheat and catch fire.

In the interest of safety, Braun Canada Ltd. is voluntarily recall-

ing the hair dryers and is requesting owners to return the Braun quote Silencio Pro 1500, Type 4591 unquote hair dryer to the following address for replacement: Braun Consumer Exchange, P.O. Box 5049, Paris, Ontario N3L 3W5. For further information, contact: Manager, Customer Service, Braun Canada Ltd. (416) 670-9234. A replacement hair dryer will be sent by mail to the return address provided.

Replacement hair dryers have a three digit code beginning with quote 9 unquote on the handle beside the power supply cord entry. The recalled hair dryers were marked with a three digit code beginning with 7 or 8. For further information, contact: Allan F Bailey, Manager, Public Relations, Canadian Standards Association, 178 Rexdale Boulevard, Rexdale, Ontario M9W 1R3 747-4395 unquote.

### MOVING TO OTTAWA?

For Professional Service Please Call



Judy M. Stephaniuk  
Sales Representative

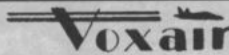
2660-2662 Alta Vista Dr. Ottawa Ont.  
K1V 7T4  
Office: (613) 737-9988 Res: (613) 521-2572

### POSTED TO EDMONTON?

I specialize in Military relocation. Call me collect for a package of area, mortgage and real estate information.

Canada Trust Realtor

Canada Trust Realtor  
Val Heuman  
457-2424 or 456-6919



VOXAIR OFFICE HOURS: MONDAY and THURSDAY 1-4 p.m. TELEPHONE 889-3963 HEURES DE BUREAU — VOXAIR LUNDI et JEUDI de 13h à 16h

Telephone-answering system operates remainder of week/Repondeur automatique pour le reste de la semaine Produced by/Produit par XACT Inc. /Phone 889-3013/Fax 888-0715

Editor-in-Chief/Rédacteur-en-chef	- LCol K.W. Doerksen	- 895-5281
Managing Editor/Directeur-Gérant	- Capt Tom Walls	- 895-6672
Production Editor/Production	- Capt Jane Grossman	- 895-6334
Assistant Editor	- Capt Wayne Joy	- 895-5136
Assistant Editor	- Pte Kevin Sytsma	- 895-5307
Sports Editor/Rédacteur (Sports)	- MCpl/Cplc Brian Pearce	- 895-5511
Accountant/Comptable	- Pte/Sdt Chantale Duchesne	- 895-5331
Office Manager/Chef de Bureau	- MWO/Adj(m) Louise Guenette	- 895-5764
Advertising/Publicité	- VOXAIR	- 889-3963

VOXAIR is the unofficial Service newspaper of CFB Winnipeg and is published every two weeks under the authority of the Base Commander, Col. Loren H. Reynolds, CD. Opinions and views expressed do not necessarily reflect those of the Editor, the Base Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. Correspondence should be addressed to: VOXAIR, Bldg. 4, CFB Winnipeg, Westwin, Manitoba R3J 0T0.

VOXAIR est le journal non officiel de la BFC Winnipeg et est publié avec la permission du Commandant de la Base, le colonel Loren H. Reynolds, C.D. Les opinions et les points de vue qui y sont exprimés ne sont pas nécessairement ceux de l'éditeur, le Commandant ou le ministère de la Défense nationale. L'éditeur réserve le droit de modifier ou refuser la publication d'un article ou d'une annonce publicitaire. Toute correspondance doit être adressée à: VOXAIR, Bldg. 4, BFC Winnipeg, Westwin, Manitoba R3J 0T0.

DEADLINE 13 MARCH 89/DATE DE TOMBÉE 13 MARS 89  
NEXT ISSUE 22 MARCH 89/PROCHAINE PARUTION 22 MARS 89

### BASE RECREATION LIBRARY HOURS

TUES., WED., THURS.  
6:00-9:00 p.m.

WEDNESDAY  
1:00-4:00 p.m.

SATURDAYS  
1:00-4:00 p.m.

New Location  
3 Jameswood



# THE KIT BAG II

## TERRY LAWRENCE

I really don't care what language is on shops and stores in Montreal, I really enjoy the joie-de-vivre and the cosmopolitan atmosphere of that city. Duty called recently and I spent four days rediscovering parts of "downtown".

Schwartz' on the Main still serves the best smoked meat in the world and Notre Dame Cathedral is as impressive as ever. Between those two extremes there is a city which deserves to be enjoyed at least once by all Canadians.

\* \* \* \*

Four days in Montreal and the only baseball cap I saw was worn by a service member on T.D. from Cold Lake.

\* \* \* \*

Yes, that is me acting as Lord of the Medieval Feast at a local hotel. What's the matter? You've never seen a Captain in a velvet mini dress and tights?

A heartfelt "thanks" to the great god of sweater design and issue. Earlier this winter I offered a General fifty bucks for his but he wouldn't budge from fifty-five. Now I have my own and it certainly has made eleven hangar a lot more comfortable.

\* \* \* \*

Does anyone remember the Voxair Vixen? At one time, not too many moons ago, Voxair published photographs of rather tastefully constructed and fashionably swim-suited females. A carry over I suppose of the pin-ups that adorned military barracks and work places through a couple of world wars.

When I had the pleasure of serving as Editor of Voxair some eight years ago, I resurrected some pre-used Voxair Vixen photos, as did another Captain Editor a few short years before. When my predecessors did it, Voxair made the national news. When I did it, nobody but a couple of irate readers bothered. One of those irate readers used to bombard

the Voxair office with letters condemning the sexist attitude of the editor and bemoaning the fact that we were leading women into slavery, prostitution and worse. I replied that a lot of women (and men) make an awful pile of money as photographers' models and that I felt it my duty to encourage them. Over a couple of cups of coffee and a few smiles, a former BADMO and I decided to pension the vixen rather than draw national attention once again to our decadent military press. Now less is worn on the beach than ever appeared in Voxair, women are openly discussing mens "buns" and flocking to shriek at male strippers. Does all this mean that it's time to have another "go" with the vixen??

\* \* \* \*

Some car and truck dealers appear to be in a bit of an inventory squeeze. I don't remember ever seeing and hearing as many ads for last year models. Could this possibly mean that there are some really good deals out there

in consumer land? I would suspect that things are not all that bad with the dealers though as Portage Ave West is becoming a chrome and glass automobile sales office paradise. I haven't bought a new vehicle for several years, as my rusty old van will testify, but I have shocked myself once or twice by asking for price quotations. Frightening!!!

\* \* \* \*

Hands up all those who have a collection of baseball caps with company logos stuck on the front. While I was selling real estate I actually saw two houses which featured large collections of ball caps displayed all around rec room walls. Reading that bunch was almost as educational as reading the base chief's license plate list.

\* \* \* \*

Deadline time for this issue catches me in Greenwood, N.S. Lots of memories there. I was part of the mob that was transferred to support the Argus, way back in '58! Hordes of airmen and families with nowhere to live. Things were desperate. Some families lived for several weeks in tents at campsites. Others waited in motels while abandoned buildings and even stables and chicken houses were converted into rental units. I built a single garage and four of us lived in that while I built a house. It will be interesting to see if the house and garage are still standing. I spent six years at Greenwood and still have a real soft spot for the Annapolis Valley.

\* \* \* \*

A really macho type guy was dumped by his girlfriend when she tired of his bragging and his baseball cap collection. He wandered around town feeling angry and sorry for himself. He found himself in a church where he muttered "Oh God, why are women so beautiful?" He was shocked when a rumbling bass voice answered, "So that you will be attracted to them!" "Yeah, but why are some of them so stupid?" he asked. The big bass voice replied, "So that they will be attracted to you!"

\* \* \* \*

I caught an item recently in the CFB TORONTO DISPATCH which activated the old memory cells. It was an advertisement for "STUNT PERSONS" to work in movies, television etc. The pay offered was \$300 to \$1000 a day!

The work involved high falls, crashing through windows, bar-room brawls etc. HELL, I remember when we used to do all that stuff in old Airmens Wet Canteen for \$72 a month.

\* \* \* \*

I LIKED THE LAST EDITION OF VOXAIR! I counted all the embryonic double chins on the Grips & Grins page and don't feel too badly now!

\* \* \* \*

LAST WORD. I know, it was twenty-one years ago when the Forces were integrated.

\* \* \* \*

## BOR leads the way in PEP

What is PEP?? Well it happens 5 times a week at Building 90 from 0715-0800 and the BOR is out there in full force. PEP is a personalized exercise program with the class lasting about 40 minutes. It is broken down into four stages; first a warm up, then a 15 minute circuit where the individual gets out what he/she puts into it. The third stage is a walk/run for 15 minutes and finally the cool down. The PEP pro-

gram is a self motivated program, it is not compulsory, it's optional, unless advised by your section.

Remember that for the best benefits you should participate at least three times a week. There is a PERI conducting all classes and he/she will assist you in your progression. So if you are a few pounds over or your VO2 is down the PEP could be the answer for you. For more information contact Building 90, local 5514.

### HOBBY & CRAFT FAIR

Would you and/or a family member be interested in participating in a South Side Community Hobby and Craft Fair. This fair is open to all CFB Winnipeg residents and will be held Saturday, 15 April 1989. If you are interested and/or have any questions please call Cathy Bissonnette at 489-1115 or Willie Cherry at 489-6701.

### BETTER PLACE FOR MOVIES VHS & BETA

SPECIAL **55¢** Details at Store

**FREE Membership**  
**FREE VCR Rental**

When you rent 2 movies at regular daily rental rates

2165 Portage Ave.

831-7511

#### Confused by Tax Changes?

Let a professional do your tax return. Reasonable rates. Call Dolores for a free estimate at 489-6029.



Welcome...

#### ST. JAMES LEGION

BRANCH No. 4  
ROYAL CANADIAN LEGION  
1755 PORTAGE AVE.  
WINNIPEG, MANITOBA

BINGO  
EVERY WED.-FRI. & SAT. 8 P.M.

DANCING  
TO LIVE BANDS  
EVERY THUR.-FRI. & SAT.  
9-1 A.M.

MEAT DRAWS  
EVERY SAT. 2 P.M.-5 P.M.

## NEW OR USED NO PAYMENTS NO INTEREST FOR 60 DAYS

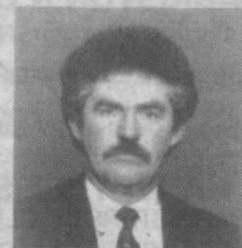
WHEN IT COMES TO PRICE YOU'RE THE BOSS!



CHRYSLER PLYMOUTH LTD.

730 PORTAGE AVE.

WINNIPEG



GLENN THOMAS (RETIRED)

**SEE THE 1989 PLYMOUTH COLT 200 GT**  
**JAPAN'S CAR OF THE YEAR!**



# Going once, going twice, sold!



Mrs. Penny Reynolds and Capt Cathy Gibson, members of the Officer's Mess Auction Committee, were pleased to present to the BAdmO, LCol Ken Doerksen and the BSurg, Maj Cameron, the equipment purchased from the proceeds of the auction held last May.

Mark Friday, May 26th on your calendar and start saving your money! This is the night for the 2nd Annual Officer's Mess Auction. Last year's event proved so popular and tremendously successful, it just had to be repeated.

This year's proceeds will be shared between the Base Hospital to provide patient comfort needs and two community health centres. These centres will be set up on the north and south sides of the base and are in the primary stages only.

Last year's funds, so generously donated, enabled the hospital to purchase two 21" Toshiba colour TV's with remotes and one Toshiba VCR. Other purchases include a Lumex preferred care recliner with removable table and a Minor Aquatic lift. This lift assists patients unable to help themselves in and out of the bathtub. Both items are of great benefit for the critical and/or long term in-hospital patient.



Equipment bought by the funds raised at the 1st Officer's Mess Auction in May 1988.

## 6RD/AMDU HISTORY

Aerospace Maintenance Development Unit (AMDU) will be celebrating its 50th Anniversary in 1990. To this end, the Unit plans to publish an unofficial history. We need photographs, stories and reminiscences from personnel who were stationed at #6RD/AMDU from 1940 to present.

Any material submitted will be promptly returned. Please send contributions to Commanding Officer, Aerospace Maintenance Development Unit, CFB Trenton, Astra, Ontario, K0K 1B0. Attention: Major E.T. Karkut, NDTO.

# Professional & Business Directory

## CHAPMAN GODDARD KAGAN

BARRISTERS & SOLICITORS

George E. Chapman, B.Sc., LL.B. Donna G. Kagan, LL.B.  
 Alan R. Goddard, B.A., LL.B. George A. Derwin, LL.B.  
 Kelly P. Land, LL.B. Allan R. Francis, LL.B.

1864 Portage Avenue Phone 888-7973

## RUTLEDGE & UNGER

R. F. RUTLEDGE, B.A., LL.B. — A. I. UNGER, B.A., LL.B.

COUNTRY CLUB PLAZA

310-3025 PORTAGE AVE. 888-3204

## BALDWINSON AGENCIES

Rec Centre (Whytefold Rd.)

Autopac 889-2204

Ronald M. Habing B.A., LL.B.

Telephone: 832-8322

### RONALD M. HABING

Barrister, Solicitor and Notary

2643 Portage Avenue  
 Winnipeg, Manitoba R3J 0P9

## WARKENTIN & CALVER

Barristers Solicitors Notaries

ERWIN P. WARKENTIN, B.Th., LL.B. — PHILLIP G. CALVER, B.A. (Hons.), LL.B.

N-3025 Ness Avenue Winnipeg, Manitoba R2Y 2J2 Telephone: 885-4452

## HARVEY & FISHER

BARRISTERS & SOLICITORS

K.A. "TONY" THOMAS, B.A., LL.B.

400-228 Notre Dame, Winnipeg, Manitoba R3B 1N7  
 Telephone 957-1810

## K.D. MUNRO, C.D., LL.B.

BARRISTER & SOLICITOR  
 RCAF/CAF RETIRED

PITBLADO & HOSKIN

BUSINESS 942-0391 1900-360 MAIN STREET, R3C 3Z3 HOME 452-8780

## IRVING H. KERR, CD., LL.B.

Barrister & Solicitor

BARNES & KERR  
 200-171 NEPEAN ST.  
 OTTAWA, ONTARIO K2P 0B4

Office: (613) 232-8200  
 Res: (613) 728-8467  
 Fax: (613) 232-8821

## NEMY, BROWN & ROY

Barristers Solicitors Notaries

Morton H. Nemy, B.A., LL.B. John C. Brown, B.A., LL.B.  
 Barry A. Roy, B.A., LL.B. Jack M. Rabkin, B.A., LL.B.

200-2727 Portage Avenue (Courts of St. James Shopping Centre)  
 Winnipeg, Manitoba Phone: 888-8890

## Al-Ben Engraving

Plastics — Metals  
 Name Plates — Trophies — Plaques  
 AL BENNETT  
 263 Ainslie St. R3J 2Z5  
 Phone: 837-1512

## SILVER HEIGHTS DRY CLEANING CENTRE

837-7209  
 Professional Cleaning & Pressing  
 Special Rates on Uniforms  
 2249 Ness Avenue

## BEGIN & DOYLE

JILL BEGIN, LL.B. WILLIAM DOYLE, B.A., LL.B.

## BARRISTERS & SOLICITORS

FREE OFFICE CONSULTATION

427 Academy Road (at Niagara), Upper Level  
 Winnipeg, Manitoba R3N 0C2

488-3337

## TUXEDO PARK HAIRSTYLING & BARBERING

146-2025 Corydon Avenue, Winnipeg, Man. R3P 0N5

BEAUTY SALON  
 489-9079  
 MONDAY-SATURDAY  
 HOURS: 9-5

Cuts - Perms - Colours - Shaping  
 For Men, Women and Children  
 MEN'S HAIRPIECES FITTED

MEN'S HAIRSTYLING  
 & BARBERING  
 489-7997  
 CLOSED MONDAY  
 HOURS: 8-6, SAT. 8-5

## ST. JAMES TRAVEL AGENCY

COMPLETE TRAVEL ARRANGEMENTS

• AIRLINE TICKETS • PACKAGE TOURS  
 • CRUISES • TRAVEL INSURANCE

1855 PORTAGE AVENUE — 888-2668

## The ARGUS Hobby Shop

(Across from the Birchwood Inn)

• Decals  
 • Vacu-forms  
 • Magazines  
 • Miniatures



• Model Kits  
 • Books  
 • Games  
 • Paints

Telephone: (204) 837-7677 2519 Portage Avenue, Winnipeg, Manitoba R3J 0P1

## LÉANDRE G. BUISSÉ

B.A. B.S.W. LL.B.  
 AVOCATS - NOTAIRES - BARRISTERS - SOLICITORS

TELEPHONE 233-0614  
 RES. 254-0070

DENISET FRÉCHETTE  
 674, RUE LANGEVIN STREET  
 WINNIPEG, MANITOBA  
 R2H 2W4

# Demands for aircraft grow

*(One of a series of articles about the Dakota)*

by Maj. Robert Butt

As the Second World War dragged on, Canada's demands for Dakota aircraft grew. By 1944, Canada's fleet had grown to over 30 of the type. The 32nd delivery to RCAF Station Rockcliffe was the second Mark IV to come on strength.

Manufactured at the Douglas Aircraft Company's Oklahoma City plant, along with six others of the remaining nine in the CF, tail number 12957 was originally given the number 976. It arrived via the US Army Air Force with the serial number 43-48741 on 19 September 1944, and went to 164 Transport Squadron at Edmonton where it stayed until 1949 as a resource with 435 Squadron.

Transferred to RCAF Station Summerside, P.E.I., 976 took on duties with 1 Air Navigation School until 1952, when it returned to the west with 2 Air Navigation School at RCAF Winnipeg. The aircraft did seven years duty at the school with a brief hiatus at 25 Ambulance Unit at RCAF Station Carberry. It then moved to the station at Saskatoon for two months and

returned to Winnipeg with 111 Communications Unit. Duty at Saskatoon followed again in 1960 and a transfer in 1962 put the aircraft at Downsview in Toronto.

Tail number 976 wasn't finished at Winnipeg yet, though, and returned for more duty in 1964. It was redesignated in 1970 with its current number and put in storage in Saskatoon in February of the same year. By 1974, it was back in the air again at Winnipeg for six months before it did another short term in storage at Saskatoon. Again, by December of the same year, it returned to Winnipeg and was assigned to 429 (Composite) Squadron. It still serves there with 402 Air Reserve Squadron and the Central Flying School.

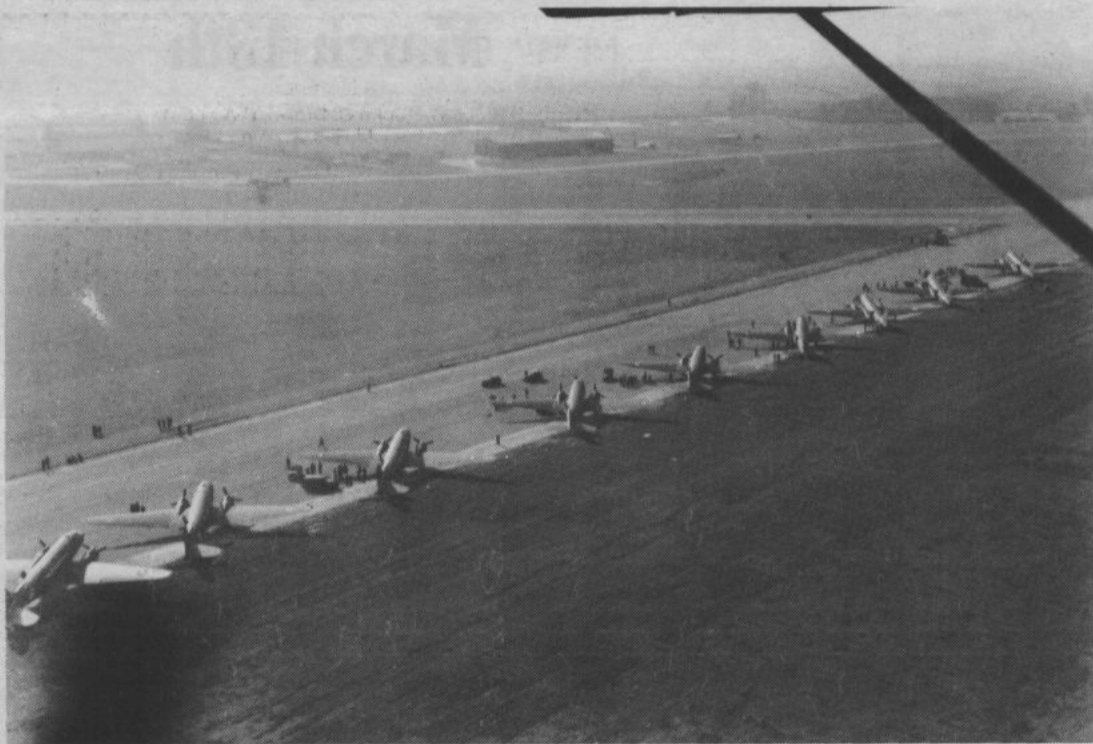
The second Mark IV to come on strength with the RCAF is known as the "Millenium Falcon" these days by those that fly and maintain it. This reference to a Star Wars craft, old and trustworthy, is a fitting tribute to its longevity. Its retirement in March 1989, will mark 45 years of service to the nation.



Two Canadian Forces C-47 Dakota aircraft will be crossing the country between 10-22 March, 1989, painted in the colours they wore during the Second World War. The Dakota painted in the colours worn in Burma operations (Top — Burma 1944) will be making stops in eastern Canada and a second aircraft painted in the colours worn in the European theatre (Bottom — Europe 1944) will tour the western and northern parts of the country. The flights are part of the retirement ceremonies for the Dakota as it ceases operations with the Canadian Forces on 31 March, 1989, after 46 years of service with the Royal Canadian Air Force and Air Command.

*(Photos PL27005 and PL30046)*

Deux aéronefs C-47 Dakota des Forces canadiennes peints aux couleurs qu'ils portaient pendant la Seconde Guerre mondiale traverseront le Canada du 10 au 22 mars 1989. Le Dakota peint aux couleurs des avions déployés en Birmanie en 1944 (photo du haut) visitera l'Est du Canada, tandis qu'un avion portant les couleurs du théâtre d'opérations européen (photo du bas) visitera l'Ouest du pays. Ces vols s'inscrivent dans le cadre des cérémonies d'adieu au Dakota qui sera mis à la retraite le 31 mars 1989 après 46 ans de service au sein de l'Aviation royale du Canada et du Commandement aérien.



**BINGO** — Every Mon. Wed. Fri. 8 PM  
Crib night every Thursday at 2000 hrs.  
Join us for six meat draws  
made each Saturday at 1500 hrs.

**DANCING Saturday Evening**  
**SERVICE PERSONNEL WELCOME**  
Army, Navy & Air Force Veterans  
in Canada

**ASSINIBOIA UNIT NO. 283**  
3297 Portage Ave., R3K 0W7  
Opposite Westwood Shopping Centre  
**THE FRIENDLY CLUB**

**Specializing in**  
**TAILORED TO MEASURE**

For Ladies or Gentlemen  
• Complete alteration service  
• Military uniforms our speciality  
• Experience • Quality  
• Integrity

**Serafino Falvo**  
**Tailors**

**1765 CORYDON**  
*(Corydon at Beaverbrook)*

**489-9371**

## POLO PARK INN

ENJOY THE COMFORT  
AND CONVENIENCE OF  
ONE OF WINNIPEG'S  
NEWEST HOTELS...

SPECIAL ARMED FORCES  
RATES STARTING AT

**\$40.00**

**POLO PARK INN**  
1405 ST. MATTHEWS AVE.

Call: **JANICE M. MORIN**

Sales & Marketing Manager

**204-775-8791**

**Telex: 07-55143**

Les Dakota du 435<sup>e</sup> Escadron «Chinthe» s'alignent sur la piste de la station de la RAF Down Ampney, Gloucestershire (Angleterre), avant leur départ pour le Canada. L'escadron et ses appareils sont rentrés au pays en 1946.

Dakotas from 435 "Chinthe" Squadron line up at RAF Station Down Ampney, Gloucestershire, England, prior to takeoff for Canada. The return of the squadron was in 1946.



**SPECIALIZING IN:** A Wide Variety of Donuts, Pastries,  
Sweet Buns

**CHEF'S SPECIAL:** Soup, Sandwiches, Tea, Coffee  
& Hot Chocolate

**Open 24 Hours Daily • 3263 Portage Ave.**

## POSTED TO OTTAWA?

Put your "TRUST" in us.  
A combined 58 years of RCAF/CAF experience  
**WORKING FOR YOU**



**Ray (Blackie) Doucette**  
Sales Representative  
(613) 824-6343



**Don Harold, BA, CD**  
Sales Representative  
(613) 830-9999

CALL COLLECT FOR YOUR FREE INTRODUCTORY PKG.

**The Canada Trust Company**  
2034 St. Joseph Blvd., Orleans Ont. K1C 1E6  
**(613) 830-9999**

Canada Trust Realtor

# Base Comptroller Promotions



Carolyn Manko promoted to Captain effective 08 Feb 89.



Bob Dupras receives his MCpl from Maj Stokes, B Compt.

# Base Hospital promotion



Captain Cathy Gibson, a Nursing Officer at the Base Hospital was recently presented with her new rank by the Base Administration Officer, Lieutenant Colonel Kenn Doerksen and Major S. Cameron. Congratulations, Cathy!

Next Voxair deadline  
March 13th

**Rentown ...IS RENT-TO-OWN**

# Rub a dub dub RENT OR RENT-TO-OWN from the tub.

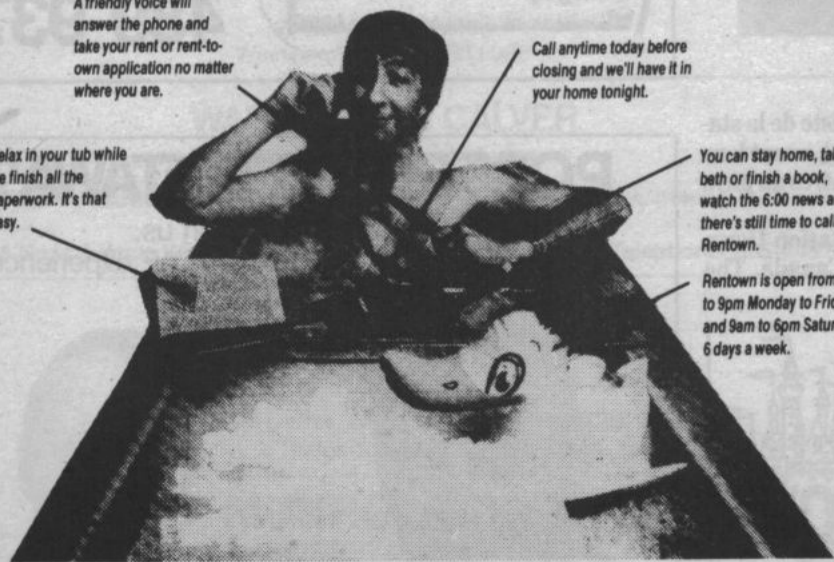
A friendly voice will answer the phone and take your rent or rent-to-own application no matter where you are.

Call anytime today before closing and we'll have it in your home tonight.

Relax in your tub while we finish all the paperwork. It's that easy.

You can stay home, take a bath or finish a book, watch the 6:00 news and there's still time to call Rentown.

Rentown is open from 9am to 9pm Monday to Friday and 9am to 6pm Saturday, 6 days a week.



# RENT OR RENT-TO-OWN

- TELEVISIONS • VCR'S • STEREOS
- APPLIANCES • FURNITURE

**NO DOWN PAYMENT** OR  
**NO FINANCE COMPANIES**  
**NO BANKS** TO DEAL WITH  
**NO CREDIT REFUSED**

## RENT OR RENT-TO-OWN FAMOUS BRAND NAMES:

- |                   |                          |
|-------------------|--------------------------|
| <b>Panasonic</b>  | <b>Admiral</b>           |
| <b>PHILIPS</b>    | <b>TOSHIBA</b>           |
| <b>Kelvinator</b> | <b>MOTOROLA CELLULAR</b> |
|                   | <b>Technics</b>          |

TURNED DOWN BY OTHERS...CALL RENTOWN

**Rentown** STORES INC  
 1353 Portage Ave. 1240 Main St. 1600 Regent Ave. W.  
**786-5841 586-8353 668-1010**  
 Open Mon. to Fri. 9 to 9, Sat. 9 to 6.

THE BEST DEAL IN TOWN, ALL OVER CANADA

## BAMEO

### Airmen of the month — Mar 89



Cpl Marcel Hamelin accepts Maj Tudor's exclusive parking spot on the doorstep to 16 Hangar for being selected Airmen of the Month for March.

As duty photographer on the evening of 11 January 1989, Cpl Marcel Hamelin was called out to the air incident involving an Air Manitoba C46 aircraft in -24°C weather. His knowledge of his trade and a

keen eye for a photo opportunity led to a series of excellent technical photographs for use by the Crash & Salvage Team and also by the civilian investigators.

## Base Supply In Memoriam

The sudden passing of Mr. Andrew Walter Capek (Andy) 15 February 1989 has left all personnel in Base Supply deeply saddened.

Prior to his beginning with the Civil Service, Andy served with the Winnipeg Field Artillery overseas during World War II. In November 1956 he joined the Civil Service and worked as a pack-helper in Clothing Stores with 16 ROD RCOC until December 1971



Andy Capek

when he transferred to the BPERO Section and worked as a Storesman responsible for the recreation inventory. On 17 March 1976, Andy began work with Base Supply in the Repair and Disposal Group. Andy was due to retire next year having completed 35 years of dedicated service.

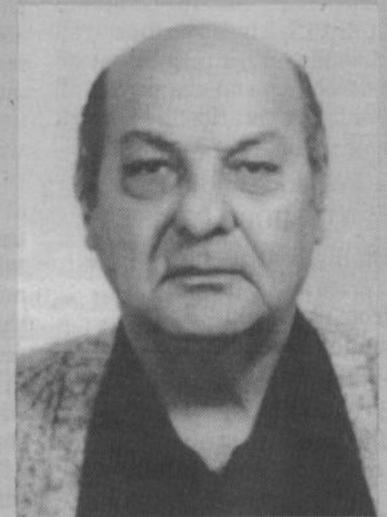
Andy will be sorely missed by all his friends and co-workers in Base Supply and other sections in CFB Winnipeg with whom he had contact.

All Base Supply is saddened by the sudden death of Mr. George Bonazew 20 February 1989.

George began with the Civil Service in January 1982 as a Storesman in Base Supply. He has worked in General Stores, Receipts and Issues and his latest position in the Tool Crib within General Stores.

Prior to joining the Civil Service, George served in the Military. He was overseas during World War II with the Ordnance Corps and also served during the Korean War. He retired as a Sergeant from the Canadian Forces in 1979 having completed 31 yrs of service.

George received his 35 year dedicated service medals in 1988. He was a valued member of Base Supply and will be missed by all his friends and co-workers.



George Bonazew

# POSTED

to

Ottawa • Kingston • Borden • Petawawa

## National Defence Credit Union

Your *full-service* financial institution. Serving members of the Armed Forces for over 26 years

### Services include:

- Term Deposits/GIC's
- Daily Int. Cheq./Savings
- Personal Loans
- Line-of-Credit (max. \$30,000)
- Mortgage Loans (open/closed)
- RRSP's/RRIF's
- Safety Deposit Boxes
- Automated Teller Machines
- And Many More . . .

### MORTGAGE LOANS AVAILABLE

(up to 90% financing)

### Locations:

- 101 Colonel By - Ottawa
- 150 Gloucester - Ottawa
- CFB Kingston (Canex Mall)
- CFB Borden (Canex Mall)
- CFB Petawawa (Canex Mall)



**THE CREDIT UNION**  
BELONGS TO YOU AND ME

Member: Association of Military & Affiliated Credit Unions

# CHAPLAINS CORNER



## Padre Molon bids farewell

Capt. E.N. Molon, Chaplain (RC), 2PPCLI, bids goodbye to all his friends on his retirement on 16 March '89, and thank you all for your co-operation in his work as a chaplain.

### Prayer on Moving Day THE HOBO PRIEST

Lord, my heart is sad and cries as I part from the flock. Abandon them not.

My days ahead are dark and cold. Lead the way or I will split to stray. Be one with us all the way. Amen.

## Greetings from the Chapels

### Growth and commitment

"The pledge to God of an ir-reproachable conscience through the resurrection of Jesus Christ" (1 Peter:3:21).

Man is called to grow. Our physical growth comes to an end rather early in our life, but there is an intellectual and psychological growth which is an on-going process. Should we stop developing our potential, we should soon realize that we actually regress. There is no life that is fully satisfying without that constant movement forwards. It is the privilege of a human being to be always able to be more mature.

One of the most important factors in this maturing process is the way we relate to others. We soon find that living with others means that we accept to commit ourselves to those with whom we live. This commitment varies with circumstances and people, ranging from simple courteous attitudes to a strong, lasting friendship, to conjugal and parental love. The quality of one's commitment makes the quality of that person's life. A person who is never really able to establish that firm, real bond of relationship with others becomes or remains superficial, selfish.

What is true in human existence is also the rule of Christian

life. We all know that the core of Christian existence is the twofold commandment of love. And what is love, if not a real commitment? We acknowledge God's love and presence in our existence in faith and dedication to His Kingdom. We also welcome others as they are, since they are all, in the eyes of God, brothers and sisters in His family. Our daily life has its meaning in that perspective: through all what makes the complex network of a human group, through all its activities, God gathers all His children into His one family. This is why all what leads to unity, peace, is so basic in our attitudes. There is no real love if we do not accept the others as they are, if we do not acknowledge that they have rights, that we all need this mutual support which makes the unity of a human group.

Christians will soon celebrate this lasting commitment of a man who gave His life for each and all of us, and fulfilled his Father's will by leading us to a full understanding of our existence and by calling us to share a new life that is already present in a heart renewed by this presence of God in our midst. Our celebration of Easter is not only the matter of a few celebrations: it is also what

RC CHAPELS	
<b>OUR LADIES OF THE AIRWAYS (NORTH)</b> Sat. 1700 hrs, English Mass 1900 hrs, Messe française Sun, 1115 hrs, English Mass Confessions upon request, until 15 minutes before each Mass. During the 1115 hr Mass, there is a Nursery program for children under the age of 5. Sunday School: 1000-1100 hrs Weekday Masses: Mondays through Thursdays, 1900 hrs Arrangements for Baptisms are to be made at least two months before the intended date. The preparation that has to take place can be conducted before the birth of the child. Arrangements for Marriages have to be made at least three months before the intended date of wedding. A Marriage Preparation session is mandatory. Please contact the Chaplains through the Secretary: (895-5087, North; 895-6024, South).	<b>ST. GEORGE (SOUTH)</b> Sun, 1000 hrs, English Mass Chaplain is available for Confessions at any time. Sunday School: 0900-0945 hrs. Weekday Masses: Mondays through Thursdays, 1830 hrs
PROTESTANT CHAPELS	
<b>CHAPEL OF THE GOOD SHEPHERD (NORTH)</b> 0900 hrs, Eucharist (ACC) 1100 hrs, Divine Worship	<b>CHAPEL OF ST. ANDREW (SOUTH)</b> 1000 hrs, Divine Worship 1115 hrs, Intergenerational Sunday School Holy Communion, conducted according to the rites of one of the five supporting denominations, will be held at the regular service on the first Sunday in each month. Nursery is provided for children during Divine Worship. Baptism and Marriage are to be arranged by appointment and seven weeks advanced notice is required prior to the solemnization of Holy Matrimony. Please contact the Chaplains Secretary at (North) 895 5087, (South) 895 6024 for an appointment.

we do in everyday life to express our commitment to God and to all our fellow men and women. God offers us in Christ the possibility of a new growth, and gives our life its real meaning by expecting our free and constant acceptance

of His will that His family would be one. Growth is a matter of love. This is what Easter brings us all.

by Padre Marcoux

## RELOCATING?

**REALTY WORLD™** has offices throughout Canada and the United States



Dave Unrau  
REALTY WORLD



Ute Vann

We can put our referral system to work and make your move a pleasant one. Call us for the best service in town at  
**REALTY WORLD - Landex UNICITY MALL**  
**885-9284**

THE RESULTS PEOPLE.™



1445 St. Matthews Ave., Wpg., Man. R3G 0K7 (204) 786-3851

Special Discount ATTENTION Special Discount  
Going to Germany? Just Returning?

See **John D. Gillis**, an Ex-Serviceman who understands "Your Needs"

Bring in coupon for Payments to suit your income O.A.C.  
Special Cash Rebates

Phone me for an update on our current promotion programs.  
\*Available to all Service Personnel — Ex-Service and Legionnaires.



**John D. Gillis**

Got the Midwinter Blahs?  
Brighten Up Your Own Life  
By Helping Someone Else.  
Try Working with the Elderly at

## Deer Lodge Centre

in St. James  
Interesting Volunteer Opportunities are Available,  
Visiting on the Wards,  
Feeding Residents, Assisting with Speech Therapy,  
Recreation and Day Care Programs, Playing the Piano, Completing Daily Menus or Joining the Auxiliary

For more information call:  
Wayne Elliott  
837-1311 ext. 2224

## TEAMED TOGETHER...



**CLAUDE ETHIER**  
PRESIDENT

6990 Wiltshire Street  
Sardis, B.C. V2R 2T2

**858-5675**



**Mary Jane Bertin**  
Real Estate Specialist

46181 Yale Road  
Chilliwack, B.C. V2P 2P2

**792-9324 (604) 792-5433**

Build Buy

## Meeting the complete housing needs of the Military on the Move!!

\* Il nous fera plaisir de vous assister en Français ou en Anglais.

NEED A NEW OR USED CAR?

## EASTWOOD AMC

Special Discounts

to all service employees on Jeeps, YJ's and Cherokees

LOW LEASING TERMS

Low Payment Plans Available

On the spot financing available (OAC)

For free credit check call today  
661-JEEP

1004 Nairn Avenue  
Winnipeg

661-5337





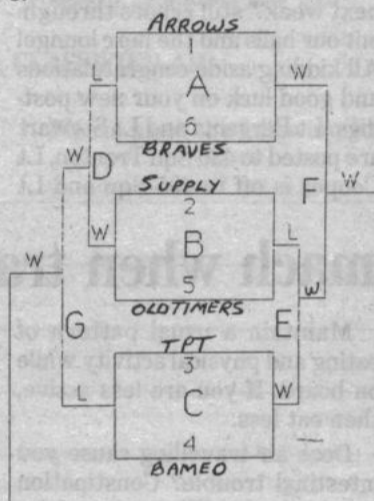
# SPORTS ANNOUNCEMENTS

## Intersection Hockey — revised playoff schedule

Location	Date	Series
KW	21 Feb	B1 if required
KW	22 Feb	C1
Vimy	22 Feb	A1
KW	23 Feb	B2
KW	24 Feb	C2
Vimy	24 Feb	A2
KW	27 Feb	B3 if required
KW	28 Feb	C3 if required
KW	1 Mar	A3 if required
Vimy	1 Mar	E1
KW	2 Mar	D1
KW	3 Mar	E2
Vimy	3 Mar	D2
KW	6 Mar	E3 if required
KW	7 Mar	D3 if required
KW	8 Mar	F1
Vimy	8 Mar	G1
KW	9 Mar	F2
KW	10 Mar	G2
Vimy	10 Mar	F3 if required
KW	13 Mar	G3 if required
KW	14 Mar	H1
KW	15 Mar	H2
KW	16 Mar	H3
KW	17 Mar	H4 if required
KW	20 Mar	H5 if required

KW 21 Mar "All Star" Team practice  
 KW 22 Mar "All Star" Game

All the series are 2 out of 3 except for the finals which is 3 out of 5.



L = LOSE  
 W = WIN



Back Row L-R: Lt Kyle Easter, Pte Nyron Higgins, OCdt Chuck Walton, MCpl Milton, LCol Hay, Pte Scantland. Front Row L-R: Lt Kevin Thurston, Cpl Roy Fields, Maj Eckerly, Capt Mike Minacola.

## CFB Winnipeg 1989 PR Basketball Champs

During the week of 21-23 Feb 89 CFB Winnipeg hosted the Prairie Regional Basketball Championships. Cold Lake, Edmonton, Moose Jaw and Winnipeg had participating teams.

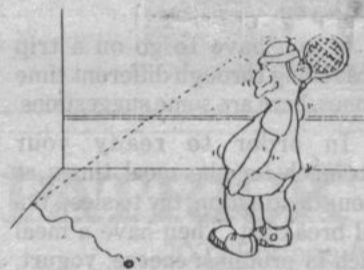
Following round robin play CFB Winnipeg emerged with a record of 3 and 0 with Cold Lake in second with 2-1, Edmonton 1-2 and Moose Jaw 0-3.

Due to the limited number of teams all teams advanced to the semi final play where Cold Lake defeated Edmonton 64 to 57 and Winnipeg won over Moose Jaw 76 to 50.

The final game saw Winnipeg and Cold Lake meet on Thursday 23 Feb 89 at 1000 hrs. After a well fought battle, Winnipeg emerged victorious by a score of 71-64.

## Squash Club

The CFB Winnipeg Squash Club will be holding a tournament 17 March at 0830 hours at Bldg 90. This tournament is open to all members of the Canadian Forces and all levels of players. If you are interested in a solid day of competitive competition contact Cpl Grasley at loc 5514. The final registration date for this is the 14th of March 1989.



## Martial Arts Survey

Communication Command HQ is conducting a survey to determine the number of CF members participating in Karate, Tae Kwon Do, Kung Fu and related martial arts. The aim is to determine if there is a sufficient number of experienced martial artists to justify CF sponsored events. The proposed format would provide all CF martial arts participants with the unique opportunity to participate in an apolitical forum, not affiliated with any specific civilian organization or style.

All regular and reserve personnel that have training in the above mentioned disciplines should contact Cpl Howard at the Base gym, loc 5148 or 5511.

### MOVING TO OTTAWA?



Mary Popowych

CANADA TRUST OFFERS Preferred Rates for Military Personnel. Call Mary Popowych for more information

Home — (613) 830-5167  
 Office — (613) 748-6666



## MARIGOLD

CHINESE AND AMERICAN DISHES, FINE DINING & COCKTAILS, BANQUET FACILITIES AVAILABLE  
 8 LOCATIONS TO SERVE YOU AT:

- 245 King St. (Chinatown) — 944-9400
- 1041 McPhillips — 589-7369
- 2591 Portage Avenue — 888-5665
- 487 St. Mary's Road — 233-1453
- 718 Osborne Street — 474-2401
- 885 Henderson — 661-3135
- 1755 Pembina — 261-9241
- 1380 Ellice — 783-1067

## MCR MICROCOMPUTER RENTALS

Rentals of: Macintosh, IBM, and Compaq Computers by the week or month to qualified applicants  
 208-584 Pembina Hwy.  
 Winnipeg, Man. R3M 3X7

**452-0112**

### Limited Edition Fine Art Prints



"Flight Into History" approx. image size: 26 x 13 in.

To co-incide with the close-out of the C47 Dakota an edition limited to 500 individually signed and numbered prints has been produced on high quality acid free paper. They are now available directly from the artist.

Send cheque or money order for \$50.00 plus 3.50 P.S.T. each  
 G.L. TANNER, 7 Aylmer St., Winnipeg, Mb., R2R 2G7



BARRY POTTER C.D.

## NRS NATIONAL REAL ESTATE SERVICE BLOCK BROS. REALTY LTD.

1857 GRANT AVE. WPG. MB.  
 BUS. (204) 489-1212  
 24 HR. PAGER

TRANSFERRED?



TED WRIGHT

CALL TODAY FOR A FREE EVALUATION OF YOUR PRESENT HOME. SEE OUR FREE CATALOGUE OF HOMES FOR MORE THAN 20,000 LISTINGS ACROSS CANADA

# 14 Training GP HQ



Pte Chris Sperling, of 14 Training Gp HQ's admin staff receives her first chevron from LCol Doug Gillanders, SSO Operations Training, who sincerely hopes that Chris knows how to sew on buttons.

# More Group Gossip

Here's a bizarre trivia question, dear readers: What branch of the Forces wears a uniform consisting of black navy DEU trousers, olive drab combat parka and a green beret? One was spotted on the base two weeks ago wearing Captain's (Lt N) rank with hands in pockets. Pass this one on to the Chief, Quincy.

The recent Ground Training Evaluation trip to Greenwood by SOAETT and TCON staffers, more appropriately dubbed "Adventures in Sleepy Hollow," produced some interesting observations. There's someone who's been there so long, he's thinking of leaving the Forces. He wants to get out before that fella Paul Hellyer up in Ottawa starts mixing all the soldiers and sailors up with airmen!

The Group HQ orderly room staff are now fighting the paper war from behind new ramparts, thanks to the efforts of the CE Combat Construction Team. Now that the sawdust has cleared, you can step up to the counter and drop off messages, pick up your mail and order a Big Mac, large fries and a Coke.

A couple of new yet not so new faces in the building belong to

Capt Hank Figenshaw and MWO Ken Stephenson, who will be handling Air Reserve Technical training.

It may be noticed that navigators per se have not been maligned in this column of late. It has been rumoured that a nav has put out a call to his compatriots worldwide to ban the Voxair and has put a price of \$4.95 on my head.

I'll hide behind the words of the late Lester B. Pearson: "I didn't say what I said when I said it. What I meant to say when I didn't say it, was that I wouldn't have said what I said when I did say it."

Now, if I could convince a navigator that this quote makes sense, I could sell razor blades to Yasser Arafat!



JUDY McCRAY  
Sales Representative

### TRANSFERRED TO TRENTON?

Call me for a free "Directory Of Homes" catalogue and a map of the Quinte area.

Bus: (613) 394-4837  
Res: (613) 392-0953

ROYAL LE PAGE REAL ESTATE SERVICES LTD.,  
253 Dundas Street East,  
Trenton, Ontario. K8V 1M1.

## Posting season is here!

We specialize in appliance servicing for your move, we offer a flat rate of \$40.00 plus tax for all your major and electrical appliances. Satisfying Winnipeg and the Military community for over 22 years.

Please, we need 24 hours notice

## Supreme Appliance

453-3545 — 453-3555

529 Osborne St., R3L 2B2  
Winnipeg

# CFANS Update

Back again with a Nav School update for the New Year. The year started on an up beat note with the birth of Mario and Christine Fortin's second daughter, Emilie. Major Fortin appears to be well on his way in forming his own future ringette team!

In sports, the CFANS students enjoyed a day of floor hockey competition while the instructors toiled all day on ground training. The end result was 8807 being declared the Nav School Ball Hockey Champs. It is still undecided whether the instructors are older and wiser for their training efforts or just older! Meanwhile, on the ice hockey rink the students have returned from their Christmas break with renewed enthusiasm, deftly handing the instructors three straight defeats. Before they get too boisterous they should

remember, if you are no longer a student you can play for staff!

In intersection sports the CFANS Broomball Team has cruised through the season and into the finals undefeated. Honourable mention must be made to AIRCOM Ops who have adequately supplemented our team roster. Our volleyball team has played somewhat erratically but it is hoped they can put it together before the playoffs.

Course 8803 have passed their final checkrides and are enthusiastically awaiting their grad. Their course cheer "It's too much work, can we reschedule it to next week?" still echoes throughout our halls and the here lounge! All kidding aside congratulations and good luck on your new postings. Lt Bergsma and Lt Stewart are posted to 436 Sqn Trenton, Lt Cooper is off to 405 Sqn and Lt

Hanes and Lt Peters are off to 415 Sqn, all in Greenwood. Lt Skinner is off to 407 Sqn Comox along with 2Lt Matthews who is going to 442 Sqn. Finally, Lt Brooks is off to 424 Sqn Trenton. Future scheduling looks a lot brighter!

Selected staff and course 8803 had a liaison visit to USAFA the second week of January. High points of the trip included a two day tour of the facilities and a day of skiing. The CAN-AM Crud Challenge resulted in a loss for our staff. The students are hoping next time they can take up the challenge and persevere with youth and vigor where age and cunning obviously failed. It was also asked why Captains Kimpinski and Tocher are supervisors when they cannot keep track of their own things.

Til next time.

## How is your stomach when travelling by air?

As a business man or woman, you travel a lot by plane. Have you ever experienced some gastro-intestinal disorders? If so, this article will give you some beneficial advice that will allow you to reach your destination in shape to handle your business.

At high altitude, some travellers will experience symptoms such as dehydration, fatigue, headaches, etc. Dehydration is caused by the low humidity in airplanes which increases insensible water loss through the skin. Therefore, you should avoid alcohol (wine and drinks) and caffeine (coffee, tea, coca-cola) beverages which promote urine loss. Instead, drink a lot of water, juices (fruit and vegetable) and caffeine-free beverages to prevent dehydration. Omit coffee during the dinner meal and afterwards.

If possible, eat a lacto-vegetarian meal (no meat or fish) including milk, cheese, yogurt and egg. This special menu is available if requested 24 hours in advance of the scheduled flight.

Maintain a usual pattern of eating and physical activity while on board. If you are less active, then eat less.

Does air-travelling cause you intestinal trouble? Constipation can be kept under control by drinking a lot of water and by eating foods rich in fibre (whole grains breads and cereals, fruits and vegetables, legumes). Granola bars could be good too, and they are easy to buy and to bring with you.

If you have to go on a trip travelling through different time zones, here are some suggestions.

In order to ready your stomach for the meal times at your destination, try to sleep until breakfast. Then have a meal rich in proteins: cheese, yogurt, milk.

When you are settled in at

your hotel, do not sleep after breakfast nor before dinner. Try to follow the routine of the people living there and their meal hours. Go to bed only after the dinner meal.

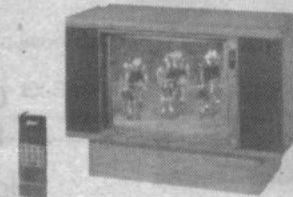
While you are away, never skip a meal because food is necessary for energy and concentration.

If you are too busy to have lunch between meetings, a granola bar, a small package of sunflower seeds, nuts, dried fruits, dates or raspberry cookies are easy to bring in your pocket or briefcase. Milk, chocolate milk, yogurt, a piece of Cheddar or Brick cheese, oatmeal cookies or muffin with fruits, can also be bought in small sizes and be eaten quickly.

Have a nice and profitable trip!  
*This column is provided by the Directorate of Food Services.*

## ST. JAMES TV

SALES & SERVICE



- COMPLETE SERVICE TO ALL MAKES
- FREE IN-STORE ESTIMATES
- TELEVISION
- VCR

888-1189 The quality goes in before the name goes on! 837-9554  
2727 PORTAGE AVENUE — COURTS OF ST. JAMES

# Bazaar & Novelty



## For All Your St. Patrick's Day Needs

Bingo Supplies & Equipment, Carnival & Party Supplies, Casino & Game Rentals, Dart Supplies, Imprinted Glassware — Balloons, Buttons, Etc., Advertising Specialties, Canopy Tent Sales & Rentals

Phone (204) 774-5468

1501 St. Matthews Ave., Winnipeg, Manitoba R3G 3L3

## C.F.B. WINNIPEG SQUASH CLUB TOURNAMENT

BLDG 90  
TIME: 0830

DATE: 17 MAR

CONTACT:  
CPL GRASLEY  
5514

# CLASSIFIEDS

## EVERYBODY'S MARKETPLACE



South site day care home has full time positions available for all ages, babies welcome. Provider has recently applied for license, is a non-smoker, and provides enrichment environment. Call 489-1935.

Energetic Mom will care for your child. Nutritious meals, special outings and ex large fenced yard for supervised play. Please call btwn. 6:30-9:00 pm. NORTH SITE PMQ's. 837-6261.



Kenmore washer and dryer \$600; GE stove \$300; Hot-point fridge \$300; Panasonic microwave oven \$200; Large microwave oven stand \$100; cabinet TV; Chest of drawers. Phone local 5621 or 895-7278 after 4 p.m.

Complete bedroom set with boxspring mattress \$150; Weilder weight bench with arm and leg curl attachments and approximately 75 lb. of weights, \$50. Phone 489-7938.

1 Roland amp, 1 Galaxy electric guitar, in excellent condition. Call local 5360 or 5397, or 831-6964.

Stereo (JH McLean) FM-AM radio, record player, pure walnut frame 5 foot. Asking \$450 OBO. Phone 694-3978 after 5 p.m.

Two Goodyear steel belted radials P185/80R13, \$35 ea. Phone Bob at 895-5582 or 488-3459.

European sized hardwood crib, 100% cotton fitted sheets and mattress all in exc. cond. Asking \$50.00 evgs. 6:30-9:00. 837-6261.

Baldwin Organ. Exc. cond. New was \$1900.00. Will sell for \$1400.00 or best offer. Piedmont sewing machine in cabinet. Good cond. \$115.00. 832-4436.

35 gal aquarium, child's desk, cash register, speakers & amp, tires & rims. Ph. 889-6470.

1 19-inch Sharpe color TV Set with remote control, less than 1 year old. \$350.00. 7' x 8' green carpet. \$30.00 Phone 582-3707.



6 mos old male Peekapoo. Very small, fluffy & cute. Exc. w/kids, house trained. Serious inq. only. He needs a loving home. Asking \$100.00 O.B.O. Evgns. 6:30-9:00 pm. 837-6261.



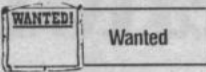
Lakefront cabin and lot. 22 x 32 unfinished cabin on 50 x 100 ft lot. 94 year lease. At Thomas Lake, near Erickson. Bus. 895-6218. Res. 895-3079.

23 foot Glendette deluxe travel trailer, sleeps 6 adults (main level), 1 child (bunk bed), 10 x 12 foot bug-tight add-a-room, factory air-conditioning, 3-way refrigerator, 4 burner gas stove & oven with hooded vent (oven never used), hot & cold running water, full bath complete with toilet, sink, shower (shower unused), 3 vent floor furnace heater fully automatic, kitchen sink with lots of counter space, cupboards, two 30 lb. propane tanks, TV antenna hook up, automatic converter, power pac battery, bike rack (holds 4 bikes), tandem axle, equalizer hitch, tire awnings. Asking \$10,500. Contact Gordon at 832-5353.



1986 Yamaha Virago 1100 cc. Show room condition hardly ridden, 5000 kms. Many extras. Sacrifice at \$3900.00. 837-6261.

1984 Tempo L 5 speed, 4 door. Non-smoker, no rust, only 40,000 miles, excellent condition, \$4800 OBO. Call 256-6871 or 256-4474.



Boy's skates, keyboard instructor, boy's x-country ski boots. Ph 889-6470.

To: The Editor — Voxair  
CFB Winnipeg  
Westwin, Manitoba R3J 0T0

A CLASSIFIED AD

Please place the following FREE classified in Voxair:

---



---



---



---



---



---

This is not a commercial ad.

Name \_\_\_\_\_

Address \_\_\_\_\_

Postal Code \_\_\_\_\_

Phone \_\_\_\_\_

## PATRICK REALTY

2003 Portage Ave. R3J 0K3  
Ph. (204) 837-1366

- Homes • Suburban Properties
- Farms • Fire Insurance
- Commercial • Autopac

To Buy or Sell Call Your Local Retailer

**Patrick Realty Ltd.**

### TORCHWOOD KENNELS

- Modern Facilities for Dogs & Cats
- Heated indoor — Outside Pens (3 sizes)
- Pick up & Delivery available
- Hours 8 A.M. - 6 P.M.
- Cremation, we return Ashes

PHONE 633-6000  
on Perimeter Hwy 101  
3 miles North of Portage Ave.

### GENERAL MFG. & REPAIR INDUSTRIES

- CUSTOM UPHOLSTERY
- WOOD - METAL FRAME - ANTIQUES
- REBUILT
- RECOVERED
- KITCHEN CHAIRS REPAIRED
- AIRCRAFT SEATS

CABINETS REFINISHED & REPAIRED

FREE ESTIMATES

**489-5690**

1246 BROCKVILLE STREET  
OVER 30 YRS EXPERIENCE

## NEW ARRIVALS



Puzzled about  
Manitoba  
License Plates?

- Fire Insurance?
- Contents?
- Pleasure Items?
- Life Insurance?

Obtain them at your Base Insurance  
Office in Main Rec Centre

DOWNTOWN  
1010-220 PORTAGE  
942-3006  
MON.-FRI. 9-4:30



BASE OFFICE  
RMI BLDG. 90  
889-2204  
MON.-FRI. 8:30-4:30

Call us or drop in to: **Baldwinson Agency**

# XENTRIX

## Hair Artistry

MORAY VILLAGE SHOPPING CENTRE  
2385 NESS AVENUE, ST. JAMES  
PH: 831-6804

Military Haircuts our Specialty  
Specializing in Precision Cuts  
Free Consultations with Every Visit

Complete Skin Care

- Facials • Manicures • Pedicures • Body Waxing •

**COMPLETE UNISEX HAIR CARE**



WHERE SATISFACTION IS GUARANTEED

1310 St. James Street  
(Near Polo Park)  
Winnipeg, MB. R3L 0L1

(204) 783-5407  
ALLAN YVON  
President

### AT MACDONALD AUTO BODY WE:

- Have been in business for over 40 years
- Do autobody repair and paint
- Specialize in Unibody Repairs
- Guarantee colour matches
- Specialize in basecoat clearcoat
- Give full guarantee on all work we do
- Provide free air conditioned courtesy cars
- Wash every vehicle inside and out
- Leave touch-up paint with every vehicle we do



# Oregano's

FULLY LICENSED

- WOOD BURNING PIZZA OVEN
- FRESH HOMESTYLE PASTA
- LUNCH, DINNER and AFTER THEATRE

7 DAYS A WEEK

**489-0100**

2025 CORYDON  
(Tuxedo Park Shopping Centre)  
Main Flr.

# Sorrento's


FULLY LICENSED  
DINING ROOM & LOUNGE  
"Relaxing Fireside Atmosphere"

PIZZA • SALADS  
PASTAS

**888-2682**


COURTS OF ST. JAMES  
2727 PORTAGE AVE.





**Life Insurance**  
RRSP'S and RRIF'S

**Dave Johnson, C.D. Ret'd.**  
15 Sorokin Street  
Telephone (204) 632-5777  
Winnipeg, Manitoba  
R2P 1R2



**J.D. (Jim) Holland, MMM. CD**  
2872 Ness Avenue  
Telephone (204) 889-2087  
Winnipeg, Manitoba  
R3J 1A8

*Licensed with the  
Maritime Life  
Assurance Co.*

## CHAPMAN, GODDARD, KAGAN

**Lawyers and Notaries**  
1864 Portage Ave., Winnipeg, Manitoba  
R3J 0H2  
PHONE: 888-7973

George Chapman  
Donna Kagan  
George Derwin

Alan Goddard  
Kelly Land  
Allan Francis

G.T. CHAPMAN, Q.C. (1923-1985)

**Representing Buyers & Sellers of Real Estate in the St. James Area for over 60 Years.**



**ROYAL LEPAGE REAL ESTATE SERVICES LTD., REALTOR**



**TRANSFERRED TO TRENTON?**

CALL: PAT BURROUGHS  
Sales Representative

Bus: (613) 966-6060  
Res: (613) 968-5420

257 PINNACLE STREET, BELLEVILLE, ONTARIO K8N 3B2



**CAROLE McCULLOUGH**

Forest Park Mall  
3900 Grant Avenue  
Winnipeg, Manitoba R3R 3C2  
Office 889-8812  
Res. 1-864-2794



## Canada Trust Realtor



**MONARCH REALTY LTD.**

226 St. Mary's Road Winnipeg, Manitoba R2H 1J3

- \* KNOWLEDGE
- \* INTEGRITY
- \* SERVICE
- \* SATISFACTION




24 HOUR PAGER  
**(204) 233-1800**



**Orv Malcomson, CD**



**LINDA SLOAN**  
942-3108 #2438



**MARION REALTY (1984) LTD.**



**GARTH GABLE**  
942-0141 #4811

1129 Paterson Street, Winnipeg, Manitoba R2J 1G7  
Business (204) 256-7366

**POSTED? MOVING?**  
Working with the Military for many years, we understand your special needs.  
Call Linda or Garth for  
**PROFESSIONAL REAL ESTATE SERVICES**

*WHEREVER YOUR NEW POSTING, CENTURY 21 CAN HELP.*



**For Complete Real Estate Services Coast to Coast**




**Professional Real Estate Service Coast to Coast**

**Pearl Langen**


REMAX REAL ESTATE INC.  
300-3025 Portage Ave.  
Winnipeg, Manitoba R3K 2E2  
Bus: (204) 837-7000 — 24 hrs.  
Res: (204) 837-6397



Call Mary or Grant Clements C.D., FRI  
RCAF/CAF RETIRED




**RE/MAX REAL ESTATE INC.**  
4910 Roblin Blvd., Winnipeg, Manitoba  
885-5948 (24 hours) Office — 895-9036 Res.




**Maureen V. Barnes**  
100 Osborne St. N.  
Winnipeg, Man. R3C 2H6

The **LIVING** LIFE INSURANCE POLICY

puts you in total control of your life insurance protection. It's flexible, inflation proofed, builds cash value at competitive daily interest rates, and all costs are fully disclosed annually. And you can insure your entire family under one policy. You can even vary your premium deposits according to your circumstances. Let me show you how Living Life can work for you — and change with your needs.




**946-8139 or 889-2232**



**WHO'S #1 NUMBER ONE?**

Who gets first crack at your pay cheque? Chances are, it isn't you! In fact, if you're like most people you probably pay yourself last — if at all. At Investors, we believe that to realize your dreams & goals, you must pay yourself first. I can show you how to do that — and how to make your savings grow. Call me today.

*Let me help you create & follow a Personal Financial Plan.*



**Investors Group**  
PROFIT from our experience

**DOES YOUR MONEY WORK AS HARD FOR YOU AS YOU WORK FOR IT?**

253-7040 489-4640



**POWER REALTY INC.**

- Military Postings Our Specialty
- Residential, Investment & Commercial Real Estate
- VIP™ Relocation Service
- For all your real estate needs put the winning team to work for you!

**RICHARD & CLARA MITCHELL — CALL FOR AN EVALUATION OF YOUR HOME**  
**(204) 452-5252 — 24 Hours**



**Richard & Clara Mitchell**





THE LARGEST REAL ESTATE ORGANIZATION IN THE WORLD. EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED. ® and (TM) trademarks of Century 21 Real Estate Corporation.

