



**Free**

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**CFB/BFC Winnipeg  
 29 November 1989**

# Air Force Members Honoured

What do a lieutenant-colonel from Winnipeg, a rotary wing aviation unit in the Sinai desert and two search and rescue crews from Summerside have in common?

They are the latest members of the air force to receive special awards.

## Airman of the Year

Air Command has named Lt-Col Ken Allen of Winnipeg as Airman of the Year.

For the past three years Lt-Col Allen has had the dual responsibility in Air Command Headquarters of senior staff officer Maritime Command and senior staff officer Flying Training.

As a member of the Pilot-Get-Well program committee aimed at stemming the exodus of experienced pilots from the Canadian Forces, his wealth of experience and substantial foresight have been the key in developing an effective plan, according to Air Command. He has also developed initiatives aimed at increasing pilot and navigator production, enhancing the image of the flying

instructor and improving the operational effectiveness of maritime aviation.

"This enormously talented and courageous officer has brought credit upon the air force as a result of his every endeavour, not only this past year but throughout his career," said Air Command's recommendation. "During this particularly difficult year for Canada's air force, Lt-Col Allen has been both an inspiration and a tower of strength and is highly deserving of recognition as Airman of the Year for 1989."

Lt-Col Allen was presented with the award when he was the guest of honour at the recent annual meeting of the Royal Canadian Air Force Association (RCAFA).

Air Marshall W.A. Bishop, VC, Memorial Trophy

At that RCAFA meeting, the Rotary Wing Aviation Unit (RWAU) that was formed to serve in the Sinai, was presented with the Bishop Trophy for 1988.

*(con't on page 3)*



Accepting the Bishop Trophy were several members of the CF who have served with the RWAU during their careers. They include, from left to right, Master Cpl M. Simard of 430 ETAH, Lt-Col E.A. Findley of 427 Sqn, Sgt D.F. Leblanc of 403 Sqn, Capt E. Bolduc of 408 Sqn, Master Warrant Officer J.A. Proulx of CFB Bagotville B Tn O, Sgt N.M. Kinpinski of the Minto Armoury in Winnipeg and Sgt A. Scourse of CFB Trenton, TRACS STU.



Lt-Col Ken Allan, left, was presented with the Airman of the Year Award by the national president of the RCAFA, Air Vice Marshall Gord Ockenden.



Winners of the Mynarski Trophy from 413 Sqn included, from left to right, Master Cpl A.T. Morris, Cpl A.G. Bevan, Cpl J.F.M. Michaud, Sgt R.K. Lang, Master Cpl K.A. Brodhagen, Capt R. Greenaway, Capt J.S. Komocki, Lt J.P. Kinnear and Capt R.M. Stortini. Missing: Capt P.D. Fleet.

Les gagnants du trophée Mynarski. On reconnaît, de gauche à droite, le caporal-chef A.T. Morris, les caporaux A.G. Bevan et J.F.M. Michaud, le sergent R.K. Lang, le caporal-chef K.A. Brodhagen, les capitaines R. Greenaway et J.S. Komocki, le lieutenant J.P. Kinnear et le capitaine R.M. Stortini, tous du 413<sup>e</sup> Escadron. Non présent, le capitaine P.D. Fleet.



## Air Command Band Christmas Concert

**When: December 10th, 7:30 p.m.  
 Where: Building 21 CFB Winnipeg (N)**

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# The Base Chief Said...

11 November 1989 was not a good day in the Smith household. First of all, it was Remembrance Day and we had no band for the ceremonies downtown. Notwithstanding that, and if you take everything into consideration, I guess it went pretty well. However, there were too many small things that went wrong for my liking. If any of you were not pleased with what you saw, please feel free to call me at local 5656 to voice your displeasure.

I would like to acknowledge the participation of 402 Squadron at this year's ceremonies. As far as I'm concerned, they acquitted themselves in fine fashion. We were all "Blue" this year, and I hasten to add, we looked damn good.

After the services downtown, I returned to Base and helped put

our things away. I then went home for a cup of tea, and had every intention of going to the Mess to help greet some of the many veterans who always find their way to our Mess after their respective services.

I wasn't home too long before I received the phone call that I had expected for the past two months. It was my brother in Nova Scotia with the announcement that our dad had passed away.

Needless to say, I didn't feel much like going to the Mess after that bit of news. I mentioned how bright Quincy was in a previous column. Well, let me tell you, Cocker Spaniels look sad at the best of times. On Saturday, Quincy looked as sad as I've ever seen him. He knew Ann and I were

troubled, and somehow I think he knew the reason why.

I guess it was appropriate that my dad passed away on 11 November, after all he was a veteran of WW II. I was always confused as to whether he served overseas or not. You see, he never got further than Newfoundland. Of course back in those days Newfoundland was a colony of Great Britain, therefore, he had received the Defence of Britain Medal. He served with the Army from 1939-1944. I can barely remember those days.

The ten children of Albert Smith gathered on the Digby Neck with our step-mum to pay our respects to our father. In typical Nova Scotia fashion, and in the tradition of Great Britain, it rained cats and dogs on the day of his funeral.

One of my most vivid memories of my dad happened in the fall of 1948. We lived on an island where he ran a lighthouse. That year, he decided that he would row my sister Shirley and I off to the mainland every day so we could attend a proper school. He used to warn us to keep an eye on the weather, and if the wind came up, we were to call,

and he would come get us. On this particular day, I guess I was sleeping in class again, because he had to come to the school to get us.

The men on the mainland told him to leave my sister with one of the families, and take me. I've often wondered about their logic!

Anyway, we launched the boat (skiff), and he handed me the scoop. It didn't take me long to realize why. Shortly after we launched, we were into it. The seas were breaking over the side and I was bailing for all I was worth. Suddenly it happened! I threw the scoop overboard. In a quiet reassuring tone my father gave me his hat and I did the best I could with it. It wasn't long before we filled up. Dad and I slipped over the side, and hung on, finally drifting to a small island, where we waited for low tide.

One thing has always stuck with me, especially in my later years, and that is, that as close as we might have been to drowning, I was not afraid, because I knew my father would get me through. If my father had seen action in Germany during WW II, I know he would have won a medal for

bravery.

It was great to get together with my brothers and sister again, most of whom I had not seen for 15 years. We only wished that the circumstances could have been different. We spent two short days catching up on everything. I got my address book updated, and many pictures were taken. I think the one thing that struck all of us, was the thought that this could well be the very last time we would all be together in one place again.

On checking my address book, it's easy to see why. Linda is in Yellowknife, Eric is in Calgary, Ron and Shirley live in the Toronto area, Bonnie and Ena are in Fredericton, Alfred is in Saint John, NB, Clayton lives in Mink Cove on the Digby Neck, and Jim the elder (I like that), lives in Lower Argyle, NS, and spends about six months of the year on Michias Seal Island, NB, where he has followed in my father's footsteps as a lightkeeper.

So Albert Smith, Dad, may you rest in peace, and I can assure you, Remembrance Day will now have a renewed meaning for me, for the rest of my life, and I SHALL NOT FORGET.



This week our look at the CFANS organization focuses on the Advanced Flight. The navigation instructors of the Advanced Flight are organized into 3 cells: Maritime, Transport and Officer Development.

The Maritime Cell provides instruction in radio communication, multiple system or integrated navigation and a variety of subjects related to maritime patrol. This training prepares the basic air navigator graduate for fur-

ther training at the Aurora or Sea King OTU's. In the communication lectures, students learn basic radio telephone techniques, message formats and the communication systems used in maritime aircraft. The maritime patrol related subjects are introductory in nature and include visual recognition training to identify Soviet ships and aircraft, electronic warfare sensor systems and acoustic detection of submarines.

The Transport Cell prepares the graduates for operational training within Air Transport Group. Students learn to operate navigation computers used in ATG aircraft and special procedures for flights in the Arctic, overseas and on search & rescue missions.

The roll of the Officer Development Cell is to increase the communication skills and military knowledge of navigation students. Students must complete various military writing exercises and deliver short speeches to their classmates. Lectures are also given in leadership theory, orders and regulations in the CF and Canadian military knowledge.

In the next edition the functions of the Training and Standards and the Operations Flight will be discussed. And now a look at recent happenings at CFANS.

The Maritime side of the house is "abuzz" with rumours of the destination for the proposed "Maritime Deployed Operations Training Exercise". When asked to choose a suitable destination,

keeping in mind the operational objective of such a trip, an informal survey revealed Bermuda or Hawaii as overwhelming favourites.

All CFANS personnel wish Capt "Mick" Conway and family the best of luck upon their posting to the Air Navigation School at RAF Finningley. Mick's posting leaves the Transport Cell Commander's job open for our veteran nav instructor Capt Al Watt. In addition, Capt Richard Leblanc, fresh back from staff school, moves into Standards thereby paving the way for Capt Dan Boisvert to become Section Commander of the Navigation Cell.

On a final note, Capt "West Coast" Wightman has been hitching a ride to work lately because

the "Love Van" has finally packed it in. This relic from the hippie era, content to quietly roam the streets of Comox/Courtenay, was dealt a fatal blow by the recent arrival of the infamous Winnipeg winter. Interment will take place back on "the island" after a suitable period of mourning is observed.

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**DEADLINE 4 DEC. 89/DATE DE TOMBÉE 4 DÉC 89**  
**NEXT ISSUE 13 DEC. 89/PROCHAINE PARUTION 13 DÉC. 89**



Second Class Mail. Reg. No. 1725 ISSN 0300-3213

# Special Visitors

On 12 October 1989, Air Command Headquarters was honoured by a visit from two very special people: Mrs. Stephanie Holowaty and her daughter, Jocelyn — the sister and niece of Pilot Officer Andrew Mynarski, VC. Mrs. Holowaty is

the current family custodian of Andrew's Victoria Cross. The medal was awarded posthumously in recognition of his heroism in trying to save a trapped fellow crew member from the flames of a burning Lancaster bomber on the night of 12 June 1944.

## Members Honoured

(con't from page 1)

The trophy is awarded in recognition of outstanding and meritorious service in any field of aviation.

The RWAU is a helicopter unit serving with the Multi-national Forces and Observers (MFO) supervising the current peace treaty between Egypt and Israel. Formed in 1986 in Al Gorah, Egypt, it currently operates eight *Twin Huey* helicopters and since its formation over 1,300 Canadian service personnel have served with the unit. The RWAU has been manned on a rotational six-month tour basis by 408, 427, 430 and 403 squadrons.

The RWAU provides 24-hour search and rescue and medical evacuation support, command and control flights, transportation of observers, logistics airlift of supplies to remote areas and special missions.

"The members of the RWAU have not only enriched the heritage of the air force, but have also reinforced the high standards attained by Canadian

peacekeepers," said Air Command's citation. "It has been an important facet of the MFO and the evolution of peace in the Middle East."

**Pilot Officer Andrew Mynarski, VC, Trophy**

Also awarded at the RCAFA's meeting was the Mynarski Trophy for outstanding work in search and rescue. For the second year in a row it has been awarded to 413 Squadron of CFB Summerside.

This year two crews from 413 Squadron were selected by Air Command for their part in rescuing 27 sailors from the foundering Greek ship *Katia* in November, 1988.

During a six-hour mission, the *Buffalo* crew flew cover for the crew of the *Labrador* helicopter while they lifted the sailors to safety. The first group of 11 were transported to another ship about 10 miles away and the 16 remaining sailors were carried to a safe landing at Sable Island with only minutes of fuel remaining.



L to R: Captain Don Pearsons of the Air Command Heritage Committee, Lieutenant-Colonel Stefan Browarski, Headquarters Commanding Officer, Miss Jocelyn Holowaty, Mrs Stephanie Holowaty and, admiring the Victoria Cross, Brigadier-General G.R.J. "Sky" King, Chief of Staff Operations.

The Air Command citation said "it was an achievement which exemplified the finest qualities of teamwork and cohesion in the face of adversity. The skill and courage demonstrated by the rescue crews in this most

demanding mission clearly demonstrated the ideals upon which the Mynarski Trophy is based."

The crew of *Labrador* 302 were Capt Ron Greenaway, Capt Paul Fleet, Sgt Bob Lang, Master

Cpl Ken Brodhagen and Cpl Al Bevan. Flying in *Buffalo* 457 were Capt J.S. Komocki, Capt Jim Kinneer, Capt Mike Stortini, Master Cpl Dave Hancock, Master Cpl Andy Morris and Cpl Mario Michaud.

## Base Orderly Room

As some of you may have noticed, the "BOR NEWS" has been absent from the last few editions of the VOXAIR. This is due to the fact that our last rep has been posted. The BOR was looking for a new rep that has a way with words, quick wit and wisdom. Unable to locate such a person they had to settle for me.

As a lot of you have already noticed, the BOR has gone through a rather dramatic change of personnel this past summer. Most of our "OLD REGULARS" have been posted out, as the commercials say, "TO

LIVE THE ADVENTURE." Though, I doubt if many of them will be jumping out of planes or scuba diving in the near future. The latest person to depart our humble Orderly Room is Rylla O'Connell. She has moved from the R&D Section to take over the task as the new Base Central Registry Supervisor. We wish her all the best and know for fact

that she will do a fantastic job. Good luck Rylla from all of us.

The month ahead promises to be an exciting one for the BOR, with the BPADMO Christmas Dance and the BHQ Christmas party to look forward to. However our renowned service will not falter in the hands of our efficient staff on "the morning after."



Mary Popowych

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# Goose Bay Environmental Impact Statement Released

CFB Goose Bay will continue to be supported by the Department of National Defence as the proposed site of a NATO Tactical Fighter Centre based on the findings of an Environmental Impact Statement (EIS) released on Oct. 31.

The aim of the study was to examine the possible effects that an increase in low-level flight training under the current multinational agreement and the establishment of a NATO Tactical Fighter Centre in Goose Bay might have on the environment in the Labrador and Quebec areas, and to suggest ways to mitigate potential impacts.

The study, which cost over \$6 million, covers all aspects of the environment including biophysical, socio-economic and resource use impact. It focuses on an area over 500,000 square kilometres in size, approximately five times larger than the actual flight training areas. There are no permanent settlements within the flight training areas.

Overall, the EIS indicates that any adverse impacts on the natural and human environment in the area would be more than offset by benefits to the local area, the province and Canada as a whole. As such, the impacts do not warrant the withdrawal of CFB Goose Bay as a potential site for the NATO centre.

### Over-Flying Avoided

A local native group in Goose Bay, the Naskapi-Montagnais Innu Association, has demanded that low-level flying be stopped. The Innu claim that low-level flying has disrupted their traditional lifestyle. It has long been DND policy to avoid over-flying anyone

located in the training area. Should the Innu or any other group wish to be avoided while hunting or fishing in the training areas, they only have to inform DND of their intended location and pilots will be ordered to avoid them. Currently, aircrew who knowingly disregard this policy face disciplinary action.

Flight avoidance, which is the main measure of mitigation, would be greatly enhanced by the participation of all resource users and native groups.

According to the EIS, many of the interactions between the development of a NATO centre and the environment will result in negligible impacts that will not require mitigation.

### Geographic Information System

DND will establish at the base a fulltime environmental officer, whose main responsibility will be to oversee the input of such information into the computer-based Geographic Information System (GIS).

The GIS is a planning tool. It is the compilation of all the socio-economic and bio-physical data gathered over many years of studies, shown as areas overlaying a map of Labrador and northern Quebec. The computer takes the factors which affect an area, calculates the cumulative effect of all DND activities on the environment and displays it as colour-coded avoidance areas.

Once the initial information is inputted, the operator can change the importance of factors or modify them to suit changes in migratory patterns. This information can come from several sources including university or government reports and studies,

DND sponsored research, pilot observations and input from local contacts.

The GIS is one of the key elements in the avoidance programme suggested by the Environmental Impact Statement. The technical data will be given to flight operations staff to allow them to take the most important factors into consideration when planning their daily flight activities.

### Significant Benefits

The Environmental Impact Statement also indicated that the establishment of a NATO Tactical Fighter Centre holds the potential to secure the future of CFB Goose Bay and to bring up to \$2 billion in economic and employment opportunities to Labrador and the rest of Canada by 2001.

The bulk of the social and economic impacts will be felt by the people of Central Labrador. The population of Happy Valley-Goose Bay will grow significantly and coupled with this growth will be an increase in housing and job opportunities.

In recognition of this expected growth, DND would establish full-time positions for an additional social worker and personnel officer; funding for a town planner for the town of Happy Valley-Goose Bay; and a Resource Use Advisory Group representing hunters, trappers, fishermen and outfitters.

### Panel Review

NATO ministers could choose the location of the tactical fighter centre as early as November 1989, but are expected to make the choice by May 1990. Regardless of their choice, however, and



Brig-Gen (ret'd) CD Young, manager of the Goose Bay Management Office, points out one of the flight training areas near CFB Goose Bay. (Photo by Warrant Officer Jean Blouin)

before the Canadian Government can commit itself to establishing such a centre, the EIS must be reviewed by a panel appointed by the Minister of the Environment and the public. This review will include a 90 day period during which the panel will decide whether the EIS is adequate and acceptable under the guidelines established in 1987. If deemed acceptable by the panel, the EIS will become the subject of public hearings. The panel is expected to submit its final report and recom-

mendations to the Minister of National Defence and the Minister of the Environment in mid 1990. In light of the EIS however, DND believes that CFB Goose Bay is still the site which best satisfies NATO requirements for a tactical fighter centre. Through its development, the centre will contribute significantly to the growth and economic prosperity of the central Labrador region.

by Capt. Darlene Blakeley

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# Safe 1989 Driving Week

The week of Dec 1-7 has been declared National Safe Driving Week. The allocation of a special timeframe for safe driving is aimed at challenging Canadians, both young and old, to recognize potential hazards and to understand what can be done to prevent accidents.

This year's theme for National Safe Driving Week is "COURTESY IS...". We should be quick to respond to the challenge of answering the question "WHAT IS COURTESY?" Whatever shape the answer may take, they are seldom applied once people are placed behind the wheel in today's unforgiving driving society. "COURTESY IS..." may take several forms. It may show up when we take a few extra moments to help someone enter the flow of traffic, a reciprocal gesture we would all appreciate. "COURTESY IS..." is also yielding the right of way when required to do so, or to pleasantly allow other motorists to proceed when the right of way is questionable.

Another often overlooked example of "COURTESY IS..." might be a better understanding by Canada's drivers of the less "enthusiastic" motorists that may, at times, appear slower

moving and more cautious. These drivers probably have a better understanding of the hazards associated with driving and instead of practicing "delaying tactics" they may actually be engaged in defensive driving. So instead of showing impatience with these drivers, some of us could use their example to better the quality of our driving.

The recent arrival of cellular telephones in many automobiles has created the need to increase the awareness of safety hazards associated with their use. A common error made by many cellular phone users is to take their eyes off the road while attempting to dial numbers. Users should become familiar with the location, functions and features of their unit, so that all dialing can be made "By Touch". Another error is improperly replacing the receiver in the cradle. This may cause driver distraction should the receiver fall from the cradle while the vehicle is in motion. If you are contemplating the purchase or rental of a cellular telephone or if you already own one, make every effort to become totally familiar with it BEFORE you take to the road.

In keeping with this year's theme of "COURTESY IS..." the



Are you being courteous?

Base MSE Safety Section urges all base personnel and their dependents to drive courteously and carefully during the week of Dec 1-7. The MSE Safety Section will be out on the streets of the base and MQ area to assess the quality of driving and will award individual "Silver dollars" to

deserving drivers. The names of these deserving drivers will then be put together for the draw of a year's membership with the Manitoba Motor League. So don't be surprised if you are stopped by military personnel during the Safe Driving Week. It can only mean good things.

Base Transport would like to take this opportunity to wish you and yours a very Merry Christmas and a safe and joyous New Year and remember, drinking and driving do not mix!

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## 14 Training group HQ

After a hiatus of several issues, the 14 Training Group HQ snoop has recovered his lost crayons. Having found a brown paper bag to print on, I now burst forth in a frenzy of journalism that will no doubt relegate this issue to the bird cage bottoms of history.

Much has happened within the Citadel of Air Force Training since September not the least of which is Major Al Harvey's promotion. In addition, two Majors returned to the fold on reserve service. Messrs George Potvin and Grant Luke are now firmly

ensconced in Reserve Training and Air Tech Training respectively.

Lt Joe Fewer, our Admin O has returned from classification training in Borden, thus giving his erstwhile assistant, PO2 Ted Scott time to concentrate on maintaining traditional naval discipline with his orderly room staff. Translated, this means that if they don't stop using his badminton racquet as a fly swatter, there will be keel haulings and stoppage of grog!

Flight "Leftenant" Terrance D. Lawrence CD is currently over

'ome in Blighty, doing whatever Blighters do, which is most likely language refresher training.

Most Groupies new to Winnipeg will by now know that winter is upon us, as they suffocate when their nostrils freeze shut. This phenomenon, combined with the deluge of media advertising thrust upon us tells us that Yuletide approaches.

Ah yes! That time of year when the masses struggle through the din of crowded malls and the haze of burning plastic in a fruitless effort to find the true meaning of the season. And the

perfect gift.

Like the one parents will want to give to their aggressive little girls who aspire to a career in combat arms or as a fighter pilot. It's called "My Little Pit Bull", and comes fully assembled and needs no batteries.

The Groupies will thrash it out on the dance floor at the As-

siniboine Golf Club on 7 Dec. The annual soiree gets underway at 1830 and those planning to attend should have had their tickets by yesterday. If not, you might try grovelling in front of PO Ted Scott, and compliment him on the paint job in his office.

Mercifully, my pen has run dry.

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# SPORTS ANNOUNCEMENTS

## Regional Badminton Championships



L to R: 2Lt Dawn Hislop, WO Arsenault, Capt Simard, Capt Andre, MCpl Power, Pte Cox, LCol Don Brennan, Capt Schofer, LCol Benn.

The Regional Badminton Championships were held at CFB Moose Jaw 30 Oct to 3 Nov 89. There were a total of six bases competing to represent the Prairie Region at the National Championship. The Nationals will be held the 11 to 15 Dec 89 at CFB Cold Lake. This year's Regional team consisted of LCol Benn, LCol Brennan, Capt Andre, Capt Schofer, Capt Simard, 2Lt Hislop, WO Arsenault, MCpl Power and

Pte Cox. After four days of intense competition, the following personnel from CFB Winnipeg emerged triumphant in their events:

- Master Doubles LCol Brennan  
MCpl Power
- Senior Doubles Capt Schofer  
Capt Simard
- Masters Singles LCol Brennan
- Senior Singles Capt Andre

The following people from CFB Winnipeg have been chosen

to represent the Prairie Region at the Nationals.

- 1st Seed Seniors Capt Andre
- 1st Seed Masters LCol Brennan
- 2nd Seed Masters MCpl Power

On behalf of Base personnel the PERI staff would like to pass on our congratulations to each member of the CFB Winnipeg Badminton team on their excellent performance during the championship.

## CFB Winnipeg Captures Silver at Prairie Region Squash

The CFB Winnipeg Squash team made up by LCol Erickson, Capt Irani, Capt Thompson, Cpl Loftis and Pte Cox participated in the Prairie Region Squash Championship at CFB Shilo 5-8 Nov 89.

Following a gruelling 2 days of play LCol Erickson won the Sr Division and Capt Irani placed 2nd in the Open Division; with both winning the right to represent the Prairie Region at the CF Nationals which will be held at CFB Cold Lake 11-15 Dec 89.

Congratulations to all members of the team for their great efforts in bringing home the Silver.

## PEP PROGRAMME

**Personal Exercise Programme** - Classes are instructed on Mon, Wed, and Fri 0715-0800 hrs at Bldg 90. This is a healthy way to start your day.

## AEROBIC CLASSES

**Aerobic Classes** are held on Tue and Thu 0715-0745 hrs at Bldg 90. Be on the floor, ready to go by 0715 hrs. Come out and join the fun.

## Inter-Section Bowling Stats as of 8 Nov 89

### TEAM STANDINGS

1st place, 14 Trg Group 63 points; 2nd place, DCOS PERS 57 points; 3rd place, Air Reserve HQ 55 points; 4th place, Mixed Bag 41 points; 5th place, BCOMPT 40 points; 6th place, BCE 38 points.

### HIGH SINGLE MEN

1st, Jim McLeish 369 points; 2nd, John Benson, 346 points; 3rd, Joe Gillesbegare 341 points.

### HIGH SINGLE LADIES

1st, Marg Kerr 212 points; 2nd, Darlene Adam 212 points; 3rd Adriana MacKay 201 points.

### HIGH DOUBLE

Dan Dupras, 603; Marg Kerr, 400.

## NOON HOUR CASUAL (Military Only) SKATING

St. James Civic Centre  
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Wednesday's  
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## Looking for a PART-TIME JOB Gymnasium/Building 90 Monitor

Two monitor positions are now open at Bldg 90 gymnasium to supervise during recreation times.

Applicants must be 18 years of age or older.

Hours available: Mon-Thu 1700-2200 hrs; Fri 1700-2000 hrs; Sat 1300-1600 hrs; Sun 1300-1600 hrs, 1800-2100 hrs.

Pick up application forms at the Recreation Centre, Bldg 90.

## Kelly Corporate Relay



Left to Right: Lt Grant Reid, Lt Pierre Latourneau, Sue Reid, Cpl Steve Appleton, Cpl Rick Grasley, PERI OPI.

The 1989 Kelly Corporate Relays were a great success, with a total of \$4,500.00 being donated towards the Manitoba Cardiac Institute. Canadian Forces Base Winnipeg not only participated in the relays but won the Mixed Team category, plus first team over all. The team consisted of Pierre Letourneau, Grant Reid, Sue Reid and Steve Appleton. Due to unforeseen problems we were unable to field a second female. Sue Reid ran both female legs and had an outstanding performance. I would like to thank each member for their superb effort. This race was the last team event for the 1989 season. I hope that next year we have more teams and runners entered into many different events.

The Great Grain Relay will be held at the Max Bell Centre on the indoor track. The date for this has not been published as yet but is usually held in February. The relay is a two hour run, consisting of five members, all male, all female, mixed or masters. Each member must complete 800 metres before handing off the baton. The 1989 mixed team event was won by CFB Winnipeg. It is a very exciting run and a great break from those winter blahs.

There has been some talk among those at meets that the Base should have a running club. If you have any interest in such a group feel free to call the base gym at local 5511. Till next year have a safe and happy holiday.

By Cpl R.R. Grasley

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# Weight Training Clinic



Weight Training Clinic, back row (L to R): Cpl Max Johnson, Cpl Greg Cole, Pte Bruce Douglas, Lt Steve Irwin, MCpl Paul Evans, MCpl Jeoff Joyce, Cpl Dave Shirley (Clinic Instructor). Front row (L to R): WO Pete Comeau, Cpl Matt Schnaider, MCpl Tim Parker, Cpl Andre Valcourt, Cpl Claude Trepanier, MCpl James Hennessy.

Pictured are the personnel who attended the one day Weight Training Clinic at Lipsett Hall 6 Nov 89. All participants had hands on practise with over 40 weight training exercises. The main objective of the clinic was to teach proper exercise technique so that at the end of the session

personnel would be able to formulate their own personalized training program using proper lifting techniques and safety procedures. The clinic wrapped up with a Question and Answer period, covering subjects such as supplements, dieting and training for specific body types.

If you missed this clinic there is another scheduled for 04 Dec 89, 0800-1600 hrs at the Lipsett Hall Weight Training Room. The first 12 confirmed registrations will be accepted. Contact Cpl Shirley local 6183 for registration. This clinic is open to all CFB Winnipeg military personnel.

# Haunted House



MO's, Ward, social worker staff. Front row (L to R): Dr. S. McKim, LS J. Paddon, Capt C. Gibson; back row (L to R): Capt L. Scott, Dr. E. Pearson, Dr. L. Jewer, Capt D. Bannister, Mrs. K. Williams, Dr. G. Borrett.



MIR, Chaplain, Base Hospital orderly room staff. Back row (L to R): Cpl R. Wojcik, PO2 D. Brooks, Padre Guntley, MCpl K. Murray, Cpl B. Blair; front row (L to R): Ms L. Bergen, Miss J. Harrison, Mrs J. Shantz.

On Oct. 31, anyone unlucky enough to visit the Base Hospital discovered the usual staff "replaced?" by a collection of witches, clowns, bag ladies, and animals, etc.

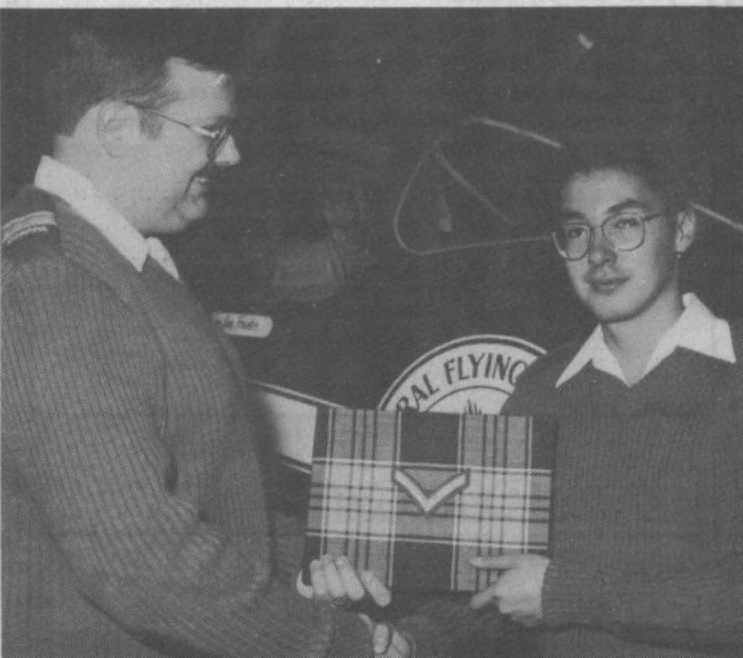
Lt Col Forrestell was brave enough to accept the challenge of picking the best costume, best pumpkin, and the most outrageous costume.

Capt Bannister won for her

great green witch's makeup, L/S Paddon won for his/her most outrageous costume for his impersonation of the sexiest nursing officer in the military, and Pte Wowk, representing the ward Med - A's, won for best decorated pumpkin.

Maj Jewer (as Garfield) led the pack to the goodies. The participation by the hospital staff was tremendous.

# BAMEO Presentation



Pte Mike Bolander was recently presented with his first hook by Lt Hudon (ASO). Mike joined the forces in March 1987 and was posted to CFB Winnipeg in April 1988 after completing training in Borden as an air-frame tech. He currently works in the A/C servicing section of the BAMEO organization.

## Inter-section Floor Hockey Results

Upon the completion of Round 1 the standings are as follows:

	W	L	T	Pts	Place
Flyers	5	0	1	11	1
CFANS	5	1	0	10	2
2PPCLI	4	2	0	8	3
BAMEO	3	2	1	7	4
Engineers	2	4	0	4	5
733 Com Sqn	1	5	0	2	6
BTNO	0	6	0	0	7

The Top Scorer for round one is MCpl Bryan Pearce of the Flyers.

14 goals in 6 games = GOAL PIG

"Good Shooting Bryan"



MCpl Bryan Pearce.

## Build The Body Of The '90s Weight Training

Weight training classes to develop strength will be held on Mon, Wed, and Fri 0730 hrs to 0800 hrs at Bldg 90. (beginning Wed 15 Nov 89.)

This class which is open to all military personnel will be strictly weight training, designed to help individuals who have difficulty achieving the minimum standard in push ups or grip strength during the Express evaluation.

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# Greetings from the Chapels

## Tender Loving Care — Life's Best Rejuvenator Jesus said, "Love one another" John 15:12



by Padre Venice Guntley

Snow is already on the ground and Christmas is approaching, but on my kitchen table are the bright cheerful colours of a pot of petunias drinking in the warm rays of sunlight from the large window nearby. These petunias had seen brighter, more abundant glorious looking blooms of summer but they had a marginal experience of a "brush with death". They were terribly wilted and had almost died when they had been left for a week in the dark chapel without their regular amount of water, sunlight, and tender loving care. To make matters worse, they had been taken indoors to escape the effects of a killer frost but that was the week-end the central plant had turned on the heat, thus transforming a beautiful cool chapel into a roasting pot with heat blasting from every vent in the building.

This plant-lover writing to you

was dismayed that "neglect" could produce such devastating results. Immediately the memory flashed back to the day a neighbour had stopped to admire the beautiful pots of petunias which adorned the front steps giving a warm welcome to her home.

"Oh no wonder you are unable to answer your telephone. I've been calling for the last hour and thought I would walk over to see if you were outside. Do you say your prayers over the flowers?" She exclaimed, in admiration.

"Just about", I answered. "These flowers remind me of people. We all need tender loving care to keep us alive and beautifully blooming where we are planted. As I pluck off the dead flowers to leave a place for the young ones to develop and bloom, I think that is similar to people getting rid of things that hinder their good development and growth socially, physically, mentally and spiritually. I often place the dead flowers at the roots of the plants and they eventually become like manure which will

provide extra nourishment and fertilizer to the soil. This is similar to people using past experiences, both good and bad, to help them to become better people reaching out to others and making this world a better place to live in".

My neighbour agreed that even the most talented person thrived better with positive stroking and she had seen the difference in people when they were given the loving support of family and friends. Not only do these petunias act as a reminder that all things and all people are created by God but they also remind us that we are capable of expressing ourselves to the fullest when others support and enable us to exhibit our finest qualities and achieve our highest potential. As the song says: "No man is an island. No man stands alone. Each man's joy is joy to me. Each man's grief is my own. We need one another, so I will defend each man as my brother, each man as my friend".

If all of us try to help another

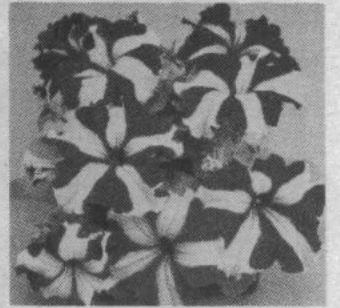
person as we go along life's pathway, then we would be able to look back at the end of each day without any feeling of regret. At the same time we would also be able to look forward to the morrow with a sense of assurance and confidence that tomorrow, like today, will be lived to the fullest with God's help, guidance and strength. Let us try to get the most from each hour, each day and each span of life in the spirit of one of my other favourite songs which says:

"If I can help somebody as I pass along,  
If I can cheer somebody with a word or a song,  
If I can show somebody he is travelling wrong  
Then my living shall not be in vain".

It only takes a little loving care to help people along life's pathway and as another contemporary spiritual song says:

### A LITTLE LOVE

It only takes a little love to warm an aching heart.



To lift a broken spirit, to take another's part,  
It only takes a little trust a stranger to befriend,  
But oh, it makes a difference in the end.

It only takes a little love to smile a friendly smile,  
To touch a grieving shoulder, to walk a second mile,  
It only takes a little time a kindness to extend,  
But oh, it makes a difference in the end.

Jesus taught us all about it so many years ago,  
For love was always with Him wherever He would go,  
He calls us now to follow, to take the time to care,  
Through all the gentle, loving things we share.

Because it only takes a little love to calm another's fears,  
To bear another's burden, to weep another's tears,  
It only takes a little word to cheer a lonely friend,  
But oh, it makes a difference in the end.



by Padre Gordon Shields

## Little Things

*"It's the little things in life that count."*

"It's the little things in life that count" may be a trite expression, but it is not without truth. A cheerful smile, a pleasant greeting, a friendly handshake, a quiet "I love you" between husband and wife, or parent and child: the existence of life may not depend

upon such things, yet they are ingredients of a full and wholesome life — things that make life worth living.

Church attendance might be considered among such things, since it is something that might seem small in itself. It requires little time, even less hardship, yet many generations of Christian lives bear witness to its infinite worth. Indeed, earlier Christians deemed it so precious a privilege that they were willing to risk

abuse, discomfort, persecution, and even death in order to follow the dominical precept to gather in His name for worship. Recognizing that the abundant life promised by the Lord depended heavily upon their presence, the thought of absenting themselves from corporate worship — especially the weekly celebration of His resurrection was untenable.

And so it should be for us. The Church, as His Body in the world, has taught us that part of our Christian obligation is "to worship God every Sunday in His church". That is not simply a nice suggestion; it is a prerequisite to

holiness or wholeness of life. To disregard it is to ignore God, weaken the witness of His Church, fail your fellow Christian, and in essence, impoverish one's life forever.

It may seem a little thing not to attend Church, but if it is, it's a little thing with eternal overtones. For how shall we ever expect to join angels, archangels and all the company of heaven in their eternal praise of God if we fail, of our own free will, to worship with the saints on earth?

A little thing? Perhaps; but "it's the little things in life that count" — both now and eternally.

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# Community News



## Grand Openings

The Family Support Centres (FSC) are open for business. Although the Centres are not yet fully furnished, nor in full swing as far as programs go, everyone is invited to drop in, discover what the Centre can offer you and how you can support the Centre.

December is the month for Christmas concerts, parties, shopping and preparations. There never seems to be enough time. The FSC is offering a few activities, one in particular that should help with preparations.

**Christmas Baking Exchange** — Bake 3 dozen of your favourite goodies. Package 1/2 dozen each including a recipe copy (for those who may suffer from allergies!). Mix, match, and take home an equal assortment of baking for your freezer. This is great for all you office workers!!

South Site, 1822 Corydon Avenue, Monday, December 18, 1:30 pm.



As she cut the ribbon, Mrs. Pam Sutherland officially opened the Family Support Centre at 1822 Corydon Avenue on Tuesday, November 7. Major T.W. Loveridge, DCO 2PPCLI, Marla Kaposvary Director FSC, and Maj D.C. Brazeau, BPSvcsO shared in the event.

North Site, 54 Bourkewood Place, Tuesday, December 19, 12:30 pm.

**Kiddies Christmas Fun** — Moms and children, from 2 1/2 to 5 years are invited to share a special Christmas storytime with representatives from the Winnipeg Public Library. Each child will then have time to create a few decorations of their own, and share a small Christmas snack. A small fee of \$1.50 will be charged to cover material costs. Please

call Marla at the FSC (837-8443 or 488-4161) on December 4 or 5 to confirm your attendance, so we can be prepared.

South Site, 1822 Corydon Avenue, Wednesday, December 6, 2:00-3:30 pm.

North Site, 54 Bourkewood Place, Thursday, December 7, 2:00-3:30 pm.

**Toy Donations** — Each Family Support Centre has rooms that will be designated for children.



The Family Support Centre at 54 Bourkewood Place celebrated its "Grand Opening" on Wednesday, November 8. Col. H.C. Armstrong, BComd and Marla Kaposvary Director FSC, held the ribbon while Penny Saliga did the honour of cutting the ribbon.

Toys are needed and anyone who can donate a toy (in good condition), or books is asked to drop them off at either FSC.

**Babysitting List** — If you are a teen or adult, who babysits on an occasional, part-time or full-time basis, the FSC would like to hear from you. A babysitting list is being compiled and copies will be kept at each FSC. Good sitters are hard to find so it would be great to hear from you as soon as possible.

The Family Support Centre has information on a variety of resources and services (financial, parenting and child care, health, counselling, etc). Please feel free to call anytime, with any question. I'll do my best to get the answer for you and/or direct you to the correct service. Please remember, if you are wondering what to do one afternoon, drop down to the Family Support Centre. It would make my day to see a friendly face. See you soon.

## Base Lottery Update



On November 8, 1989, the Base Lottery draw was held in the Rec Centre, Bldg 90. The winner of \$125 was Sgt Spracklin from Air Command Headquarters. The winner of the draw held on November 15, 1989 in Bldg 86 for \$125 was MCpl S. Szmadya of Base Transport.

Applications for the lottery are still available by contacting your section OPI or Lisa Dreger, Base Lottery Coordinator at local 5862.

**NEXT DRAW DATES:**

6 Dec 89	14 Dental Unit	\$125	1000 hrs
13 Dec 89	TBA	\$125	1000 hrs
20 Dec 89	14 Trg Gp Hq	\$1300	1000 hrs

Please contact the Lottery Coordinator if you would like to be on the list of sections opening up their doors for the lottery.

**Base Recreation Library - Christmas Closing -**  
The Base Recreation Library will be closed from 21 Dec 89 until 5 Jan 90.

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# Air Command Band Christmas Concert

"It's that time of year, All the world falls in love, Every song you hear seems to say

Merry Christmas, may your New Year's dreams come true."

Ah! this wonderful changing world! These words from the popular Christmas tune may be more relevant this year than they have ever been, at least in this century.

We invite everyone to come and join us on Sunday, December 10th at 7:30 p.m. in Bldg 21, when CFB Winnipeg will once again open its doors to a family Christmas Concert for one and all.

With many hands helping; members of the community coun-

cils and their families, the padres; people from all sections of CFB Winnipeg will be getting together with the Air Command Band to produce an evening of Christmas Music and other selections blessed by the Christmas Message.

It will be a great evening for young and old, singing a carol or two, having a laugh and getting the Xmas Spirit with Families and Friends.

Once again an offering will be accepted with the proceeds going to the Winnipeg Christmas Cheer Fund. A chance for all of us to help those less fortunate this time of year.

"And now abideth Faith, Hope, Charity, these three; but the greatest of these is Charity."

1 Cor. 13:13

Capt. John French and all the members of the Air Command Band want to thank all those who helped make our year so successful and to wish everyone a Merry Xmas and a Happy New Year.

Join us on the 10th of Dec. Show time 7:30 p.m.



## Plan des langues officielles BFC Winnipeg

La Loi sur les langues officielles de 1988 affirme que le français et l'anglais disposent d'une égalité de status, de droits et de privilèges quant à leurs usage dans les institutions fédérales.

Depuis septembre 1988, la BFC de Winnipeg est désignée comme une unité bilingue, ce qui implique la provision de service dans les deux langues officielles.

Présentement, la base est dans la phase initiale de développement pour un nouveau plan des langues officielles afin de mieux servir les aspirations de la loi et de sa communauté. La première

étape de développement du plan est la collecte d'information.

Afin de répondre adéquatement aux besoins de la communauté francophone de la base, les opinions et commentaires des francophones à l'égard des langues officielles seront nécessaires.

J'invite donc tous les gens intéressés aux questions linguistiques à la BFC de Winnipeg à griffonner quelques mots et à les faire parvenir au Coordinateur de la Base — Langues Officielles, BFC Winnipeg, Westwin,

Manitoba, R3J 0T0. Tous commentaires seront traités confidentiellement.

Lt J.M. Morneau  
CBLO

### Bronze Cross Course

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## Family Information Series

### SESSION 3

"BUILDING POSITIVE  
RELATIONSHIPS IN A  
DYNAMIC FAMILY"

TUES DEC. 5th

STRATHMILLAN SCHOOL

(339 STRATHMILLAN ST. 1 BLOCK S. OF NESS)

7:30 P.M.

This session will look at very practical yet simple ways in which families may develop and enjoy their own uniqueness.

SPEAKER: Ms. Elizabeth Hill is a qualified practitioner in the field of Family Counselling and presently is Associated Professor at the School of Social Work at the University of Manitoba.

For more information contact 944-4456.



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## Westwin Community Council News

by Pte Rose Gallant

The Community Council Christmas BINGO will be held: PLACE: Bldg 21 (next to Air Comd); DATE: Wed. Dec. 13th; TIME: 7:00 pm (doors open at 6:00 pm).

\$1,000 JACKPOT and LUCKY 7 (\$500) MUST GO! There will be over \$4,000 in prizes, including turkeys and hams. Come on out and join us at the Xmas Bingo this year!

\* \* \*

There will be a Westwin Community Council Children's Christmas Party: PLACE: Base Theatre (Bldg 90); DATE: Saturday, Dec. 9th; TIME: 11:00 am.

There will be clowns to entertain the children, and don't forget! Santa Claus will drop by! Kid's movie (CHEETAH & FRIENDS) will begin at 1:00 pm.

There'll be plenty of candies, chips, pop and party favour bags! Come on, Mom & Dad and take the kids to the Westwin Kids Xmas Party. See you there!

\* \* \*

Also, the 51st Scouts Division are looking for volunteers for their Group Committee. Some positions available to be filled are: fund raising, secretary, quartermaster. We Need Volunteers! PARTICIPATE!

### WOs/Sgts Mess Entertainment

Entertainment calendar for December in the WOS' and Sgts Mess (N) is as follows:

December 1, Friday, mixed TGIF. Dance and Chinese food.

December 8, Friday, mixed TGIF. Dance and Ukrainian food.

December 14, Thursday, Officer's/NCM's Christmas exchange.

December 15, Friday, PMC's Christmas draw & bingo. Food — Chicken.

December 17, Sunday, NCM's mess Kid's Christmas party.

31 December, Sunday, New Year's Eve dance & levee.

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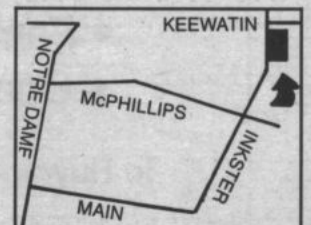
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