

Some Yesterdays

Fifty-eight years ago today, June 11, 1928, the world's first flight of rocket-powered aircraft was flown, in Germany.



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11 June 1986

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Edition

First national award in any sport

CFB Winnipeg wins national volleyball trophy

The 85-86 volleyball season ended on a successful note for the CFB Winnipeg Hornets this year. Their story is a successful one.

First victory was that of the "C" City Championship. At the Awards Banquet for the city league, two of their players were selected to the all-star team, Bob Barrett and Ken McDonald, Ken having been named the MVP of the league.

Having won a tournament earlier in January, the team thought that this would be the end of a fairly successful year. The CF Prairie Region Championships had been cancelled due to budget restraints and so a disappointed team who had been practising since September prepared to put away their volleyball shoes for another year. No Regionals, therefore no chance of being able to go to the Nationals, so it was with great excitement to learn that the Regionals had been rescheduled for April. So it was off to Edmonton, where Winnipeg came out of the finals victorious for the third year in a row, after having beaten a very tired Edmonton team three games straight.

After the Regionals, the team headed for the Belle Province and the famed Mega Structure, for the CF National Championship. The tournament was held from the 11th to the 14th of May and was a single-round robin-event with the first four teams playing off in the semi-finals.

After the semi's the Hornets had a 14-1 record, with its only loss to last year's champions, CFB Lahr. They went into the semis facing CFB Valcartier. Producing a wall against Valcartier's offense and dominating them with their own devastating offense, Winnipeg came out victorious in four games.

Heading into the finals, they met the very experienced NDHQ team. It was a hard-fought match, the Hornets taking the first game, losing the second, then getting back to their game plan. With the tremendous offensive pressures of Zach, Frank, Kaz and Ken McLean spiking, Rene and Ken McDonald setting, and the bench strength of Paul, Roger and Jim, who were used for their back court experience, the next two games were won, thereby clinching the CF National Volleyball Championship. This was done with an impressive 20-3 win-loss record. It is the first national championship for CFB Winnipeg in any sport.

To top off a very long, hard season, it was to the team's and the base's great pride to have three of their boys selected to a team that will represent Canada in an international tournament to be held in Colorado Springs in June.

Congratulations and good luck are extended to Bob Barrett, Kaz Oreziak and Ken McDonald.

The team extends their thanks to the Rec Center and all those who supported them. For those who couldn't or wouldn't, their cheer ... Pack This!!

WHERE WAS
YOUR
VOXAIR
ARTICLE?



NATIONAL HEROES — Here are the guys who brought national fame to CFB Winnipeg by capturing the Canadian Forces' men's national volleyball crown. Front, from left, are Paul Arsenault, Rene Dessaulniers, Kaz Oreziak and Ken McDonald. Back row, from left, are Jim Kinnear, Frank Nadon, Ken MacLean, Zach Vanthournout and Roger Bird.

Tutors notch million flying hours

MOOSE JAW — A milestone in Canadian aviation recently was attained at Canada's busiest airport, Canadian Forces Base Moose Jaw. On May 2, 1986, Lieutenant-Colonel Terry Findley, Commandant of No. 2 Canadian Forces Flying Training School (2CFFTS), and Officer Cadet Craig Harper, logged the millionth hour flown by the Canadian-built CT-114.

It was just another mission for Lieutenant-Colonel Findley as he added one more hour to the more than 4,500 he has logged almost entirely on high-performance aircraft, including the T-33 Silver Star, CF-5 Freedom Fighter, CF-101 Voodoo and, of course, the Tutor. For Officer Cadet Harper, a Victoria, B.C. native who is the youngest member of the junior course, the flight was his first in the Tutor and marked the first hour towards approximately 200 to earn his wings.

A durable and reliable trainer that rivals or surpasses any similar aircraft in service around the world, the Tutor was entirely designed and constructed in Canada by Canadair of Montreal. First flown as the CL-41 in January, 1959, the production version entered service with the Royal Canadian Air Force in December, 1963. One hundred and twenty-four of the 190 Tutors purchased still are in flying service with the Canadian Forces. Of these, 91 are used as basic jet trainers at 2CFFTS to train more than 130 pilots per year.



114 YEARS IN THE AIR — Major John Kelly, Base Flight Safety Officer, and junior course member, Officer Cadet Craig Harper, hold up the 1,000,000th Tutor hour sign as Lieutenant-Colonel Terry Findley, Commandant of 2CFFTS, is congratulated on the achievement by CFB Moose Jaw Base Commander, Colonel George Miller.

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VOXAIR VARIETY

By JOHN LAUDER



The Gas Station Theatre, otherwise known as the Osborne Village Cultural Centre, is the place for action this month. Only some five events are being featured in the Centennial Centre Concert Hall, while the Gas Station has only about five free dates. Last week there was an "International Festival of Contemporary Mime" with companies from France, Switzerland, Austria, the U.S.A. and Canada. This was followed by "Choreo/Graphics" from the 9th until the 11th (tonight), a set of new dances designed and performed by members of the Royal Winnipeg Ballet.

On Saturday, the 14th, the Yamaha Music Centre will offer a concert, and on Sunday, the 15th, the India School of Dance a recital of dance, music, and theatre. Then at the end of the month, on the 26th, 27th and 28th, the Youth Movement company from Minneapolis will present "After the Fall," the arthur Miller play about Marilyn Monroe.

In contrast, the events at the Concert Hall include "The Kingston Trio" tomorrow night, the 12th; a dance recital on the 19th; and International Band Festival on the 20th; and Jazz Trumpeter Wynton Marsalis on the 26th.

There is another choice, in that the Popular Theatre Alliance still will be running their play "The Bloodknot" at 160 Princess Street (also known as the home of the Prairie Theater Exchange) until Sunday, the 15th. This opened last Thursday, and deals with the timely topic of the apartheid problems of South Africa, as seen by the noted playwright Athol Fugard.

* * *

Opening last month, and running until September, are the pleas and offers from the various arts groups to have us all buy season tickets. As usual, there are big savings, and the first off the mark have been the Royal Winnipeg Ballet, who tell us prices are frozen, and we can save 25 per cent. Not that I am knocking this, it is a real saving, and you do get away from in front of the tube when you know you have to go out.

Actually, Winnipeg's prices are good if compared to the rest of the world, such as New York, London or even Expo 86. On a recent visit to the U.K., an explosion in prices was noted. Seats in the 2nd and 3rd balconies run \$20, while it is not impossible to pay \$44 for a front row seat in some theatres. Possibly only Transport types and those in Air Division can get to the London shows, but they do have to carry money if they go.

There was also an explosion noted in the staging of some plays — mobile stages as in "Cats" and runaways and tracks that ran all around the front of the theatre and balconies for "Midnight Express" — a show where all the characters were trains, (still people, but trains). It costs a lot for these effects, so ticket prices have to go up. But compared to prices here, they are in the stratosphere.

* * *

Artspace, the building which will be a home for 19 visual and literary arts groups in the downtown area is getting its finishing touches, and will open in September. An administrator now has been appointed, and the final building will feature four galleries, a cinema, two resource centres and workshop spaces. You should support this effort, as you are paying for it, through donations by the city, the province, and the Federal Government, and also through your lottery tickets.

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are staffed Tuesdays & Thursdays only, 1-4 p.m.
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PINOCCHIO BACK IN LIMELIGHT — It looks like a cross between an anteater and an aardvark, but, take away its long needle-like nose, it's just another Douglas DC-3 Dakota, albeit the oldest airplane in the CF inventory, having been part of the RCAF and Air Command since 1944, longer than anyone wearing the air force blue or unification-green uniforms. Now belonging to 402 (City of Winnipeg) Air Reserve Squadron, it was performing before the cameras a few days ago at Vancouver's Expo 86, along with more than 30 other DC-3 vintage aircraft, and, as usual, Pinocchio stole the show. It got its long honk several years ago at what is now CFB Cold Lake, Alta., when a CF-104 Starfighter nose-cone job was affixed to its stubby schnoz. Along with functioning radar and associated navigational system in the Dakota's cabin, it permitted students to fine-tune the radar, while a nearby instructor didn't have to worry about flying the machine at the same time. Seems that Pinocchio — like an old soldier — never dies. The Expo 86 event celebrated the 50th anniversary of the Douglas DC-3, rated as the most successful airliner ever built. Pinocchio's now 46 years old, so it's time it grew a grey moustache under that schnozzola.

Public Service staffing freeze ends

Treasury Board President Robert de Cotret has suspended the Public Service staffing freeze imposed last February 6 to help redeploy employees affected by the reduction in the size of the Public Service.

"I am confident that the staffing freeze can be suspended without jeopardizing the continuing efforts being made to place affected employees," Mr. de Cotret said. "The success rate to date is very encouraging, and I now am confident that the actual number of layoffs in this reduction exercise will be no higher than 500 by the end of 1986-87. However, I would not hesitate to reinstate the freeze to deal with changing circumstances, or take other steps to ensure that the layoffs do not exceed current projections."

In this May, 1985 Budget, the Minister of Finance announced a 15,000 person-year reduction in the size of the Public Service over the next five years. Approximately 5,200 employees are affected this year. Public Service Commission figures show that about 3,500 of these have been or would be offered another job, 2,600 in

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SIGN-OVER CEREMONY — BGen L.T. Rowbottom, right, commander of Air Reserve Group, and the new commanding officer of 402 (City of Winnipeg) Squadron, LCol J.M. Symonds, sign documents implementing the change of command of the squadron.

New CO takes over 402 Squadron

Change of command day, May 11, for the 402 "City of Winnipeg" Squadron was a blue day — really a blue day — with navy blue and airforce blue the dominating colours.

Incoming commanding officer, Lieutenant Colonel J.J. Symonds, a pilot graduate of the Fleet Air Arm, took the salute as the 402 Pipe Band marched past, playing "Heart of Oak," while a sizeable contingent from HMCS Chippawa looked on.

LCol Symonds joined the Royal Canadian Navy in 1962 under the Venture Plan. Flight training includes stints at Centralia and Rivers, Manitoba, hardly a maritime environment. Upon winning his wings, he was assigned to Trackers in Shearwater, but eventually served first in fixed wing aircraft and, later, helicopters on HMCS Bonaventure, HMCS Protector, and HMCS Athabaskan.

Upon returning to civilian life, he moved to Winnipeg, where, in 1975, he joined 402 Squadron. He filled a variety of assignments before taking over command.

Leading the parade before the retiring commanding officer, LCol L.E. Olson, he marched the Squadron to the RCAF marchpast. "It completed," he

said, "My conversion to the airforce."

Lieutenant-Governor, the Honorable Pearl McGonigal, addressed the parade with special words of praise for the Squadron and its aging fleet of DC-3s.

"I feel a particular closeness to the members of 402," said the Lieutenant Governor. "Thanks to their assistance, I have been able to visit 20 remote communities that have never been visited by a Lieutenant Governor. I have been further North, West, East, and South in the provinces of Manitoba than any other Lieutenant Governor, and this has helped me come to know what 'true north' really is. And 'strong'. And 'free'."

Both the Lieutenant-Governor and the Commander of Air Reserve Group, BGen. L.T. Rowbottom, praised the leadership of the retiring CO, LCol Olson.

LCol J.M. Symonds was born in Falkirk, Scotland on 16 May 1945. He immigrated to Canada with his parents in 1949 and settled in Vancouver, B.C. In September, 1962, he enrolled in the Royal Canadian Navy under the Venture Programme. In January, 1964, he began primary flying training at RCAF Base Centralia and then moved to CJATC Rivers, Manitoba, for

402 Squadron — cont'd

advanced flying training on C-45 Expeditor aircraft. He received his wings in October, 1964.

In November, 1964, LCol Symonds began conversion and tactical training on the CS2F-Tracker aircraft at HMCS Shearwater. The next year he was posted to VS 880 Squadron and served on HMCS Bonaventure until October, 1968. During that period he flew throughout North and South America, the North and South Atlantic and in Europe. After a three-year staff posting to HMCS Esquimalt as University Liaison Officer for the University of Victoria, he commenced helicopter conversion training and was posted to HS 50 Squadron in HMCS Shearwater, flying CHSS2-Sea King helicopters. As an ASW helicopter pilot, he served on HMCS Protector and HMCS Athabaskan.

In October, 1974, he took a voluntary release from the Regular Force to pursue his education. He attended the University of Manitoba and graduated in May 1977 with Bachelor of Science

in Mechanical Engineering. During the summer breaks from university, LCol Symonds flew helicopters in Canada's north.

LCol Symonds joined 402 "City of Winnipeg" Squadron in April, 1975, and since then has performed the duties of Aircrew Training Officer, Squadron Aircraft Maintenance Engineering Officer, Squadron Personnel Officer and Deputy Commanding Officer. He is a graduate of the Canadian Forces Staff Training Reserves (STAR II) 1980 course.

In civilian life, LCol Symonds is a professional engineer working for Bristol Aerospace Limited and worked on the Black Brant sounding rocket space program with the National Research Council before taking up his present duties as manager, Engineering Administration.

LCol Symonds is married to the former Margaret-Allison Killen and they have two children, Christopher and James.

Recreation Council

Announcement

Because of abuse of the use of guest fees, they will be replaced by a drop-in charge. Charges will be \$1.00 for children up to age 16, and \$3.00 others, 16 and older.

A change in schedule now will result in Bldg. 90 opening at 1030 hrs on Saturday mornings.



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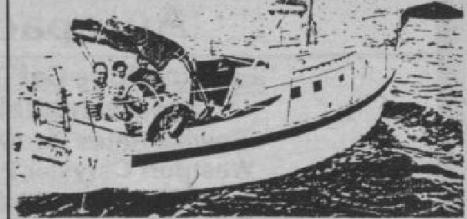
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ENDS 18 YEARS AT CFB WINNIPEG — Mrs. Nellie Sharpe is presented with her retirement scroll, signed by the Prime Minister of Canada, and presented by the Base Administration Officer, LCol. John R. Chandler. For the past 13 years, she has been on the staff of the Base Hospital. She retired May 31 with the good wishes of her colleagues. (BASE PHOTO SECTION)

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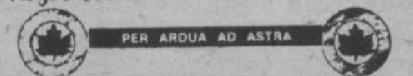
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PER ARDUA AD ASTRA





The 'Peg board

Bomber Command medal

Information was received at the Group Convention that a new medal has been struck for all ranks that served in Bomber Command in Britain during WWII. It is apparently to be worn centered below existing medals, but will cost around £34.0, or about \$70.00. Application procedures will be published when received.

National conventions

For all you keen types that enjoy attending National Conventions, as you know, 1986-87 is at St. John's, Newfoundland; 1987-88 will be at Red Deer, Alta. and 1988-89 at Victoria, B.C. If Nfld. is too far, how about the latter two?

Group conventions

A little closer to home, the May, 1987 Group Convention will be held in the fair City of Winnipeg. No excuse for missing this one — plan to attend and find out how much fun they are! Details will be circulated when ironed out. In 1988 the Group Convention is at Moose Jaw, Sask.

Wing Flag Party

Not necessarily the kind of party where you imbibe freely, although it might be permitted, this one involves Wing Members, so desiring, capable of walking the length of the room. You are urged to join the "Colours" squad flight (depending on response) for parading the "Colours" at General Meetings and special occasions. Any number of three or more are needed, so let's have some participation on this one! Earl Hiscox has agreed to ramrod this drive and your support is essential. No response will result in "Duty Watch"!

Exercise bound?

For those of you sitting around home during the day, how about a round of golf now and then? Call the Secretary, Doug Angus, 837-8524, and we will set up a schedule if possible, to visit various golf courses during the summer. They will also find suitable contenders for challenge matches with Brandon Wing, etc. Give me a call!

New executive elected for 1986-87

Past Pres., Gord McKay; president, George Carlyle; 1st Vice Pres., Greg Elvin; 2nd Vice Pres., Herb Ireland; Secretary, Doug Angus; Treasurer, Doug Doern; Directors: Bill Kowaluk, Syd Chapman, Bert Page, Ray Scholes, Art Johnson, Doug Munro, Reg Baldwin, Doub Gibbs, Bert Aldrich, Rita Green, Howard Shouldice, Stan Janiski.

Now, we need your involvement, attendance, and support at meetings and entertainments. Remember, the greatest cause of aging is inactivity! Stay young by getting active in Wing promotions!!!

RCAF Benevolent Fund report

The 1985 Annual Report of the RCAF Benevolent Fund is in the hands of your Secretary if anyone wishes to peruse same.

New book release

"CANUCKS UNLIMITED" by Bob Baglow, is the story of RCAF CF-100 Aircraft and Squadrons from 1952 to 1963. About 10" x 9" with 120 pages, it retails at \$19.95 plus postage and handling. Contact the Secretary No. 500 Wing if you wish to place an order.

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Burnout, stress and anxiety

By MAJOR G.E. TONKS
Chairman,
Personnel Resource Council

"Johnny comes home from school; he's had a bad day. Dad arrives home, sits in the easy chair, puts his feet up; he has a lot on his mind. Two problems need solving and by tomorrow morning. Where to start, it's going to be tough.

Johnny says "Dad."

To which he gets snapped at "Can't you see I'm busy?"

Pressure, stress from time to time, we all feel it.

The heart beats a little faster, we are edgy, a little uptight and quicker-tempered than usual.

The accumulative effects of negative stress affect every area of our lives. Pressures we face at home have an effect on job performance, and pressures of the job have an effect on how we handle ourselves at home.

Someone has pointed out that, in certain circumstances, stress might even be contagious. A husband under a lot of pressure from the job snaps at his wife, an argument begins and she yells at the kids.

Some other common signs may be apparent that indicate a person under stress.

You are feeling tired all the time, in spite of the amount of sleep you get.

You find that you are now daydreaming when you rarely engaged in this activity; a form of wishful thinking that denies the facts.

Friends comment that you don't look good anymore.

You become cynical and somewhat bitter-feeling; what's the use; performance slips.

You're working harder, accomplishing less. You may actually be working longer at any given task, but feel no satisfaction or pride in accomplishing it.

You forget appointments and deadlines, sometimes rushing at the last minute, and become frustrated and angry at yourself.

You become short tempered. Usually you're a pretty easy-going person.

Sometimes you feel disorientated when the days activities are over and sleep does not come easily.

Usually friendly, you find yourself avoiding people, sometimes including family. There may be a tendency to put off family decisions, so your spouse makes them and you feel unconsulted and resentful.

You had a good marriage, but now you find yourself arguing over little things that before you would not have given a second thought.

Happiness or joy is elusive.

Many of the above can be applied to the job or the home, all in some way are disruptive. On the job, a number of manifestations occur, such as poor attitude; lack of interest; drop in standards such as dress and deportment and, in some cases, performance.

If any of the above symptoms are present in your life, there are a number of things that can be done to improve the situation. For starters, only three will be discussed here.

First, sit down and identify the symptoms that are present. Ask yourself two questions, "What have I done about them?" and secondly, "What can I do about them?" You may have the answer, freeing yourself and feeling better.

If there seems to be no answer, talk with someone else. Include your boss in the list. An experienced supervisor can be a great assistance in some

cases and can point out ways of dealing with certain situations, especially those that are job-related.

If the problems are personal or confidential and you have decided that you can't or don't want to involve your supervisor at this time, seek professional help. There are a number of people trained to assist those who request help for any number of reasons. The list on this base is rather full: padres, social workers, doctors, nurses (trained in stress-reduction techniques), BPSO.

These people have other resources at their disposal and contacts to help you solve most problem areas. Use them, they are paid to support personnel. In each case, they are bound by confidentiality. We have also experienced that most people resolve their situations causing the stress, quickly and adequately, once this process is begun.

Problem not the problem, the answer is!

Sometime the problem is not the problem, finding the answer is. Recent statistics indicate that as many as one person in every three or four may need such assistance in a lifetime. Remember, in most cases the social worker or padre will not solve your problems, you will. They will assist you, by helping you find your own solutions.

Some methods do not work. Procrastination or putting off until later doesn't resolve anything and most of the above will not just go away until dealt with. Self-medication with alcohol or other drugs not only is dangerous but sometimes self-defeating. The problem remains, and, in the case of financial situations causing stress or family situations, often enlarges the problem.

Avoidance or running away doesn't work. A change in situation may give temporary relief, but when circumstances parallel the original, as they often will, stress and its associated problems often return. Many times, I have counselled people with problems in second marriages, during which it was found that similar feelings and circumstances have evolved that were present in the first marriage and contributed to its break up. The lesson is that such situations are better dealt with at the time. If truly resolved, they often don't re-occur, and if they do, the way of dealing with them is already experienced and in place.

Lastly, remember you are important. At one time or another, everyone experiences stress, whatever the cause: loss of a loved one by death, divorce, personal or job problems, financial or marital. The areas of possibility include all areas of life. It is not that we experience stress that is the problem, it is what we do about it that counts.

Many of the symptoms mentioned above are old as the hills. We now are learning better and quicker ways to alleviate them. As general knowledge in the world doubles every 10 years, it is reasonable that this field is no exception. Stress, burn-out and anxiety reactions are common, but they need not be debilitating if dealt with and, when handled, the result is greater joy in life. For the Forces, an increase in efficiency and morale is expected.

(Major Tonks may be contacted at 895-5417).



CAMP WAINWRIGHT, ALTA — Warrant Officer Ernest Lajeunesse, left, platoon warrant officer of 2 platoon, Mike Company, 3rd Battalion, The Royal Canadian Regiment of Winnipeg, briefs his section commanders during combat team training with the Lord Strathcona's Horse at Waincon 86. The majority of 3 RCR is on UN peacekeeping duty in Cyprus, but Mike's Company's five officers and 116 non-commissioned members haven't been wasting their time back in Canada. According to WO Lajeunesse, Waincon is the first major field exercise for the majority of his young soldiers. With only nine months service behind them, mostly in Cornwallis and The RCR Battle School in Petawawa, Mike Company's soldiers are spending as much time as possible in the field at Waincon. "We've only been into the tented area once, just long enough to do some necessary track maintenance," WO Lajeunesse says. (PHOTO BY PTE JOZEF BAARS)

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ANAF goes to bat for UIC benefits for CF retirees

WINNIPEG — At the 51st annual convention of units of Manitoba and Northwest Ontario Command of Army, Navy and Air Force Veterans in Canada, a resolution was passed for submission to Finance Minister Michael Wilson in Ottawa respecting the reinstatement of Unemployment Insurance benefits for Canadian Forces retirees.

The resolution states:

WHEREAS:

Canadian Armed Forces pensioners, government, and private sector workers who retire early and receive certain types of pensions or annuities are being denied unemployment in-

surance benefits while they look for new careers, or make the transition to retired life, and
WHEREAS:

These people have paid unemployment insurance premiums all of their working lives.

THEREFORE BE IT RESOLVED:

The Army, Navy & Air Force Veterans in Canada make strong representation to the Finance Minister to repeal this controversial new unemployment insurance regulation.

In other business, ANAF also announced that retiring CF members will be granted complimentary membership for the balance of the year in which they retire.

The honour of your presence is requested at the marriage of a relaxed & refreshed Bride to an organized Groom on

a day full of pleasant memories at an ideal o'clock at a lovely choice location with an outstanding reception to follow

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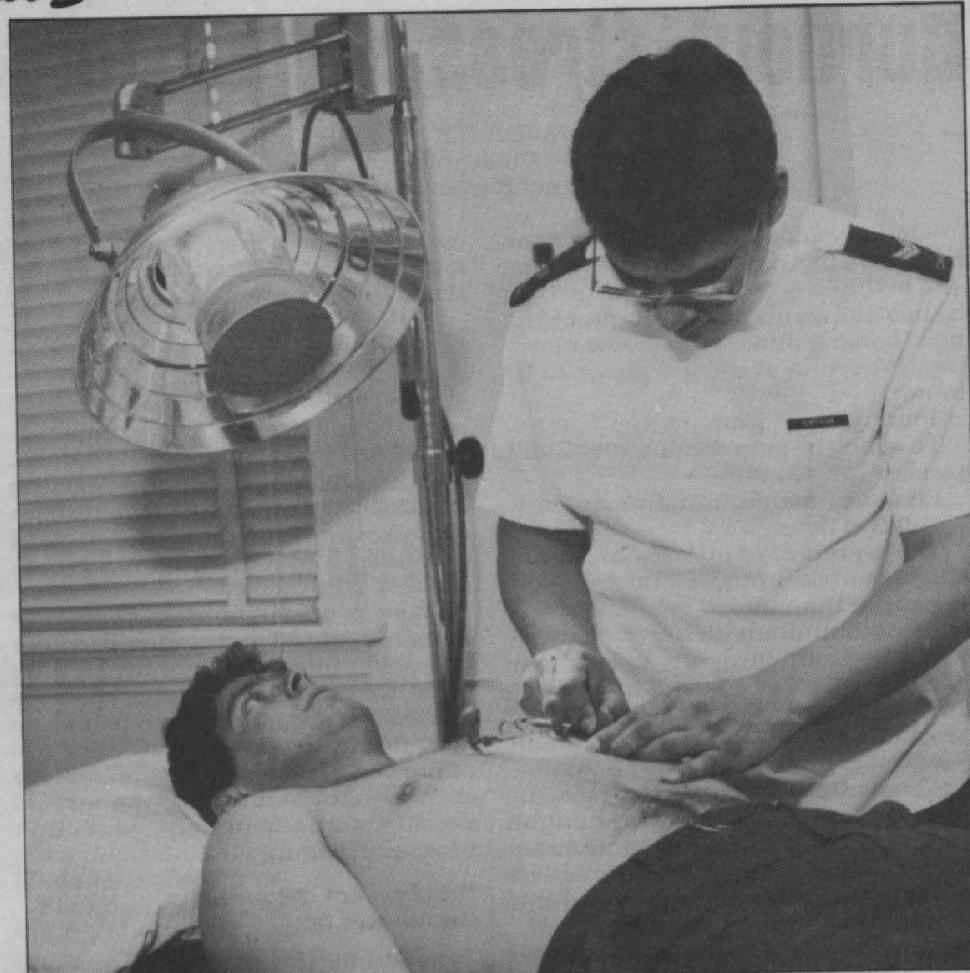
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CANADA HEALTH DAY — Cpl Vince Henderson of the Base Hospital reassures Tony Qualiga as he attaches ECG electrodes while demonstrating the use of the machine during Canada Health Day activities. Vince takes his expertise to Germany on posting to the Field Ambulance this summer. The ECG is a graphic record of electrical impulses generated by the heart and is done routinely for all aircrew and "over-forty" medicals. The Base Hospital performs an average of 100 ECGs per month. (BASE PHOTO SECTION)

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SIC ITUR AD ASTRA



SERVICE-WIFE AUTHOR — Janice Cowan displays her four published books, all relating to themes and locales familiar to Canadian military members and dependents.

Airman's wife in Germany puts out fourth book

Author Janice Cowan's fourth children's book, *Mystery on the Miramichi*, has recently been published and is available in bookstores throughout Canada.

Like her three previous books, *Maple Island Mystery*, *Mystery of Castle Hotel* and *Secret of Ivy Lea*, Janice Cowan's new novel is set in an area familiar to military personnel and dependents.

"At various times we have been posted to Nova Scotia, Toronto and Kingston," said Janice, whose husband is Maj Ian Cowan, currently serving at CFB Baden-Soellingen, Canada's NATO base near Baden-Baden, West Germany. "Maple Island Mystery" is set in Nova Scotia, *Mystery of Castle Hotel* is set in Toronto, and the action in *Secret of Ivy Sea* takes place in the Thousand Islands, near Kingston."

Mystery on the Miramichi is set near Chatham, New Brunswick, where the Cowan family was stationed between 1980 and 1983. The story concerns the visit to a Canadian air base of a brand new aircraft, a "secret" plane, and a plot by a hostile country to steal the fighter aircraft prior to its taking part in the annual air show.

Four children, aided by several adults, foil the attempt, but not before three of the children have been taken prisoner aboard a foreign fishing trawler heading for the open sea.

Janice Cowan is the editor of CFE's *Der Kanadier* newspaper at CFB Baden-Soellingen. Followers of her

books will be familiar with two of the characters in her new novel, Heather and Jill Graham. They have appeared in all four of her books, which are published by Borealis Press of Ottawa.

Are the characters in her books based on real people? "Maybe the pleasant characters are based on people I have met," said Janice. "The villains certainly are not."

A fifth children's book, *Black Forest Adventure*, currently is "in the works." Last year, Janice undertook a tour of DND Schools overseas to promote her writing. She has visited DND schools in Canada on various Artist-in-the-Schools programs. She was recommended for, and received, an Ontario Arts Council Award, towards the writing of her new book.

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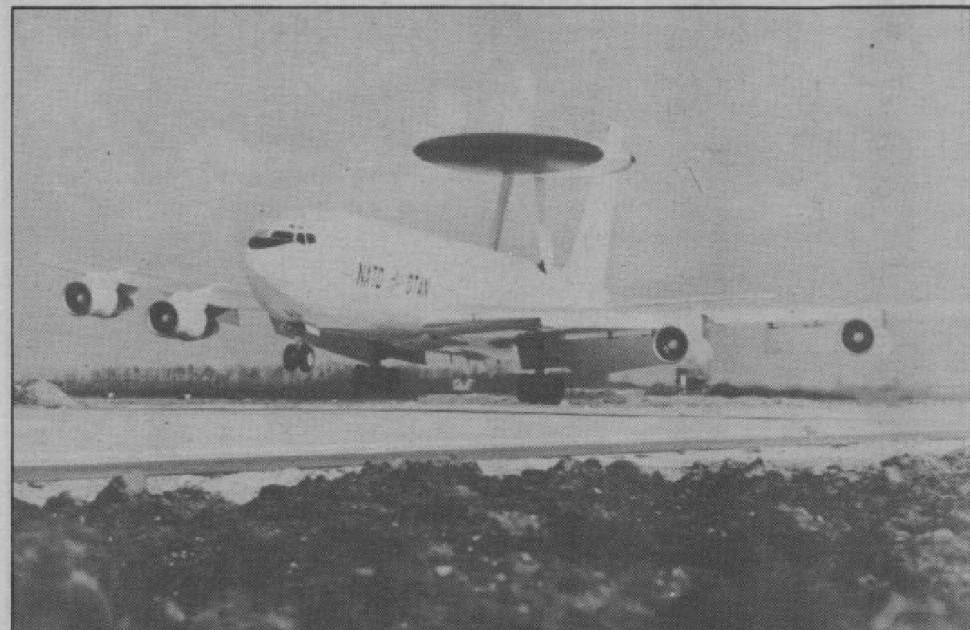
CFS Gypsumville will stage a reunion for past and present members, August 15-17, 1986, marking its closing in 1987.

Some activities planned include mess events, street dance and pancake breakfast.

Limited accommodation is available on station, as well as parking for trailers.

Past members of CFS Gypsumville interested in joining in the activities are to contact Capt. Strong at NTAS 493-8355 or Cpl. Goldsmith at NTAS 493-8232.

Responses should be received by June 30.



E-3A NATO Airborne Early-Warning aircraft will be on display at the Quinte International Air Show held in Trenton June 28-29. A fleet of 18 such aircraft operate out of Geilenkirchen, Germany, to provide aerial surveillance in support of NATO forces in Europe. It will be on display to the public during the Trenton show.

Trenton air show soars June 28-29

TRENTON — The list of attractions at the Quinte International Air Show, to be held at CFB Trenton, June 28-29 is long, impressive and still growing.

Major Al Davidson, air display coordinator, has booked some of the most spectacular aerial acts available today, led by the Canadian Forces Snowbirds and Sky Hawks Parachute Team.

To illustrate the theme of the show, Partners in Peace, military performers will be joined by the famous Ray Ban Gold Aerobatic Team, which will fly four Pitts Specials this year instead of three; the French Connection, a unique male-female flight team; the Great American Flying Circus, featuring the Daring Damsels of the Sky; and the Coors Silver Bullet, world's smallest and lightest jet aircraft, performing amazing aerobatic manoeuvres at speeds nearing 480 kph (300 mph).

In addition, several vintage aircraft from both World Wars will be on dis-

play, on the ground and in the air, right alongside their modern counterparts. Giant bombers and transport aircraft, sleek fighters, various helicopters and ultralights will vie for attention of the visitors.

Although details are unavailable at this time, the German Air Force has indicated that it will be at the show. The Royal Air Force also has been invited to attend with its Harrier vertical-takeoff-and-landing jets and a Tornado fighter.

All flying activities are coupled with ground displays, bands, demonstrations and a draw for free airline tickets should make for a very interesting weekend at the Quinte International Air Show. Even Ronald McDonald, of hamburger fame, will be there to entertain children, young and old. Gates open at 9:30 a.m. and close at 5:00 p.m.; air show 1:00 to 4:00 p.m.; admission \$2 per person, children under 12 free, carload \$6.

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ASO-1986 BAMEO CHAMPS — Front row, from left, Serge Doucet, Guy Thibault and Jim Fisher. Back row, Mark Wilson, Mike Huard, Chris Daley, Gaeton Bourassa, Denis Tremblay and George Jamieson. (BASE PHOTO SECTION)

By CAPT. W.W. PLINKETT
AMCRO

BAMEO Workshops take ball-hockey challenge cup

The saga continues between BAMEO sections, Workshops and AMCRO. In early April of this year the Workshops section had challenged AMCRO section to a manly game of ball hockey. Much to their surprise, they were defeated by the AMCRO team, composed of team players averaging the age of 45 years.

To enlighten the saddened and demoralized Workshops Section, AMCRO re-challenged the section on 15 May 86. The Workshops team, desperate for victory, had stacked their team with youth and experience from various other sections, contrary to the rules set forth prior to the challenge; however, since the AMCRO section is

ready to meet any challenge, no matter what the odds, the onslaught was on.

With overwhelming odds in their favour, Workshops still were not confident in obtaining a victory. To ensure their win, a savage import, no names mentioned, viciously submitted a brutal blow to Capt Plikett's rib cage. Seeing the AMCRO team Capt demobilized, the remaining players were frightened to defeat.

The Workshops section invites any challenge anywhere, any time, to any BAMEO section manly enough to face and defeat the defending champions. The BAMEO Challenge Cup is up for grabs.

BAMEO section stages sports day

Recently, BAMEO Section held its sports day at the North side gymnasium and bowling alleys. Main object of the event, other than to have fun and demonstrate one's prowess on the volleyball courts and bowling lanes, was the Baldwinson Trophy.

It's awarded annually to one of BAMEO's four sections, AMCRO, ASO, ARO and AVSO.

Defending champions, AVSO, represented by Capt. Willy Plinkett, were early contenders, but towards the end of the day it was ASO, represented by Capt. Chris Daley, who emerged as this year's champions.

All in all, it was a fun day and it was nice to see such a good turnout.

Keep posted for future BAMEO sporting events.

BAMEO/ASO wins Baldwinson trophy



THE WINNAH! — ASO representative, Capt. Chris Daley, accepts the Baldwinson Trophy, handed over by Capt. Willy Plinkett. (BASE PHOTO)

Association wants 300 Big Brothers

Currently, the Big Brothers Association of Winnipeg, Inc. has 428 Little Brothers matched to their own Big Brother. There are still about 300 boys throughout the city waiting for a Big Brother. Many of these boys have been waiting for two years.

Big Brothers needs adult men to volunteer to spend three to five hours a week with a boy from a father-absent home. We ask for a two year commitment from our Big Brother, but this can be changed, depending on individual circumstances.

The Association also requires female and male volunteers to serve as casework aides, and to assist in our various fund raising and social events, such as "Bowl for a Kids' Sake" and annual picnic, that takes place throughout the year.

Please call: 786-1461, Monday to Friday, 8:30 a.m. to 5:30 p.m.



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CANADIAN FOUNDATION FOR ILEITIS AND COLITIS ANNUAL CHARITY GOLF TOURNAMENT

All proceeds to be used in Manitoba for medical research for Inflammatory Bowel Disease.

Tuesday June 17, 1986 at the Glendale Golf and Country Club,
400 Augier, 12:30 p.m.

SHOTGUN START

STABLEFORD TOURNAMENT

Teams drawn according to handicap, anyone can be a winner

Barbeque dinner

PRIZES AWARDED FOR

- Low individual net, 2nd, 3rd
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- Low team net, 2nd, 3rd
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- Closest to the pin - weekend accommodation for two at Minaki Lodge
- Longest drive - 6 months free membership to World Gym
- Hole in one - Trip to Las Vegas, courtesy Lew Miles Las Vegas
- Hole in one - Trip for two anywhere in the world CP Air flies
- Too many prizes to mention all of them.

Entry fee is \$75.00. Includes golf, dinner, and \$45.00 charitable donation tax receipt.

Phone 489-8141 or Local 5854 for an entry form. Entry is limited, so please enter early!

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Recreation Council Announcement

Because of abuse of the use of guest fees, they will be replaced by a drop-in charge. Charges will be \$1.00 for children up to 16, and \$3.00 others, 16 and older.

A change in schedule now will result in Bldg. 90 opening at 1030 hrs on Saturday mornings.

Beach Party



Saturday
June 21st
Junior Ranks
Mess

Come in your beachwear
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Members — \$2.00
Guests — \$3.00

Next month — Street Dance

Hairworks Etc.



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183 Bruce at Strathmillan



DCOS Ops team sweeps Air Command HQ 12-team volleyball league.

Tuesday and Thursday noon hours at Building 21, since the end of October, 1985, have been the scene of the Air Command Headquarters volleyball league.

The league consisted of 12 teams that started the season with a round-robin. Following this, teams were divided into A and B Divisions and a round-robin was played within the division.

Following play-offs between the top four teams in each division, the final games were held on April 2, 1986.

The A Division saw DCOS OPS defeat RSS Prairie to become the 1986 league winner. While in the B Division, DCOS Maintenance #2 defeated DCOS MILE.

Congratulations to all winners!

The season ended with the following standings:

A			
Team	Points	Team	Points
DCOS OPS	42	DCOS MAINT #2	29
RSS PRAIRIE	37	DCOS PERS	23
SSO OE	26	DCOS MAINT #2	20
DCOS LOG	26	DCOS MILE	18
DCOS C & E	34	ACOS CIV PERS	6
AIRCOM HQ	16	SSO MCS/MIS	4

Building 90 summer hours

Please take note that for June, July, August, the Gymnasium, Building 90, will be closed from 1600 to 1800 hours on Fridays.

Heure d'ete edifice 90

Priére de noter que pour Juin, Juillet, Août, le Gymnase Édifice 90 sera fermé de 1600 à 1800 heures les Vendredis.



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All Students Receive a School Sweater, Group Photo and School Certificate. Our Instructors: John Ogorodnick — Detroit Red Wings All Star, Mark Lofthouse — AHL's New Haven Nighthawks, Kelly Rissling — Former Philadelphia Flyer, Cathy Chernetski — One of Edmonton Top Power Skating Instructors, and Mal Ogorodnick — Experienced Coach and Phys-Ed Instructor.

We Guarantee at least One Pro on the ice at all time plus two helpers. All Instructors: Playing Pros, Former Pro's or Highly Rated Jr. and College Players.

This Years School Will Be 2X1 Week Sessions: \$95.00 Per Week, \$175.00 For Both. Dates: Aug. 10-16, Aug 17-23.
4 Age Groups: 'A' 6-7-8 'C' 12-13
'B' 9-10-11 'D' 14-15

For Further Information Write:

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P.O. Box 1972
Medley, Alberta. T0A 2M0

OR PHONE Sgt Ron Shaw: Autovon 620-6653 or 403 594-7420 after 5 P.M. or M/Cpl Larry Hubley: Autovon 620-6231 or 403 594-3123

Name _____ Age _____

Address _____

Phone _____ Posn. Played _____

Sweater Size _____ (youth s,m,l adult s,m,l) Week # (1) (2) (Both)

Payment Enclosed: Cash () Cheque() Money Order ()



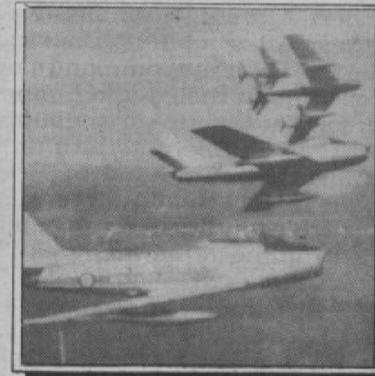
WORKSHOPS WIN BAMEO CHALLENGE CUP — AMRCO "Killer," MCpl Sutherland, left, of BAMEO Workshops, accepts the BAMEO ball hockey trophy from AMRCO, Capt. W.W. Plinkett, "unwillingly and by direct orders of the BAMEO," he says. (WORKSHOPS PHOTO BY CPL. JULIEN DUPUIS, BASE PHOTO SECTION)

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CANAV Books announces... THE CANADAIR SABRE



At last, a fitting tribute to that classic jet fighter—the Sabre. Larry Milberry's fine new book is by far the grandest ever produced about this superb aircraft, though it deals exclusively with the 1815 examples built by Canadair, including the incomparable Sabre 6.

The *Canadair Sabre* looks first at the Sabre's early years—preparing for production in Canada, forming the first squadrons, then setting up Canada's NATO Sabre contingent in Europe first at North Luffenham and finally on the Continent. All the excitement of the Air Division is here, dug out of the squadron diaries,

and enlivened by personal reminiscences of those who flew and maintained the Sabre in the heyday of the postwar RCAF. There is plenty of technical "gen," and coverage as well of the OTU at Chatham and of the RCAF fighter pilots who served in Korea, where Canadians downed at least nine MiGs. A full chapter is devoted to the various Sabre aerobatic teams, with special treatment of the famous Golden Hawks. As well the book covers the Overseas Ferry Unit, CEPE, the auxiliaries and test flying.

Besides the RCAF, *The Canadair Sabre* deals with the other air forces that flew the mighty "Sword." The RAF and Luftwaffe are treated in separate chapters, and "Sabres Around the World" covers such operators as Italy, Turkey, South Africa and Colombia. The short-lived Israeli Air Force episode is included, and the Pakistan Air Force Sabre 6s in combat against Hunters, Gnats and MiG-21s in the 1971 war with India. Among the various little-known aspects are Sabre 4s with the UN Congo operation in 1963 and with the Honduras Air Force in more recent years. The book concludes with the many Sabre 5s and 6s still flying on the civil scene. The appendices include a massive list of all 1815 aircraft, with particulars for each, squadron lists, diagrams, maps, poems, a list of over 500 Category "A" Sabre crashes (all operators) and a beautiful set of fold-out line drawings of various marks.

The Canadair Sabre includes the grandest collection of Sabre photos ever published—over 600, each beautifully reproduced, with over 70 in colour. A total of 368 pages of great aviation history. Without question, the ultimate Sabre book!

PRE-PUBLICATION OFFER

The Canadair Sabre will be published in July 1986 at \$40.00 (US orders US\$35.00 postpaid). Order your copy now and receive free one of CANAV's 1987 Sabre wall calendars with a different Sabre photo for each month, and a suitable-for-framing print of Geoff Bennett's painting of a 413 Sqn Sabre 2 commissioned by CANAV Books.

Please send me _____ copies of *The Canadair Sabre*. I enclose my cheque/MO for \$_____ payable to CANAV Books. (No shipping charge for advance orders.)

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New commander takes over Prairie Militia Area

WINNIPEG — Prairie Militia Area, headquartered at Canadian Forces Base Winnipeg, has a new commander, Brigadier-General John Litt of Thunder Bay, Ont.

Official ceremony and signing of change-of-command documents took place Saturday, May 24, at Prairie Militia Area Headquarters, CFB Winnipeg. Former Area Commander, BGen. John C. Law of Regina, handed over command to newly promoted BGen. Litt.

Litt began his Militia career in 1968 and, until his appointment as Area Commander, was the Commander of Thunder Bay Militia District. The new Area Commander is a native of Thunder Bay and in civilian life is owner and operator of the Thunder Bay franchise of Sam the Record Man.

Prairie Militia Area covers a geographical region spanning the area from the British Columbia-Alberta border to Thunder Bay. Gen. Litt will command the five militia districts in the region responsible for the training of some 2,500 reserve soldiers.

The appointment of a new commander for Prairie Militia Area also coincided with the beginning of Army Reserve Week in Winnipeg. About 250 Militia soldiers took part in a parade at City Hall Square, Saturday, May 24, to mark the week proclaimed to give recognition to the contribution reservists make to the community. Officials from the Mayor's office and senior officers from Prairie Militia Area were on hand for the signing of a proclamation designating Army Reserve Week.

Litt former teacher — 18 years in Militia

Gen. Litt began his Militia career in 1968 when he enrolled in 138 Company of the Royal Canadian Army Service Corps as a training officer. In the years to follow he served in a number of positions with Thunder Bay Militia District, including adjutant with the Lakehead Service Battalion, paymaster for the Lake Superior Scottish Regiment and deputy commanding officer of 18 Service Battalion in Thunder Bay. In 1979 he was appointed commanding officer of the Service Battalion.

Following his three-year term in that position the new area commander became the senior staff officer for Thunder Bay Militia District in 1981. In May of 1983 he was promoted to colonel and appointed Commander, Thunder Bay Militia District.

Born in Fort William, Ontario, 47-year-old Brig.-Gen. Litt obtained a BA in business administration and economics from the University of Minnesota. A former high school teacher,

he taught at a number of Thunder Bay high schools. He was the commercial director for Sir Winston Churchill High School from 1973-77. Litt's interests turned to private enterprise in 1976 and he currently is the owner and operator of the Thunder Bay franchise of Sam the Record Man.

Brig.-Gen. Litt currently resides in Thunder Bay with his wife, Patricia Catherine-Ann, and two children, David and Catherine.

The former Commander, BGen. John C. Law, joined the air component of the Primary Reserve as a flight cadet in November, 1951. In 1952, he transferred to the RCAF to attend Royal Military College in Kingston, Ont., graduating in June, 1955, with a BA, and concurrent promotion to the rank of Flying Officer.

Trained as a supply officer he was promoted to Flight Lieutenant in 1959 and Squadron Leader in 1964.

With the advent of integration, Squadron Leader Law became Lieutenant-Colonel Law in 1968. He was promoted to Colonel in 1974. He took his release from the Regular Force in 1977 and enrolled in the Militia in 1978.

After serving as Senior Staff Officer, Saskatchewan Militia District for a short period of time, then Colonel Law was appointed Saskatchewan Militia District Commander. He was promoted to Brigadier-General and assumed the appointment as Commander, Prairie Militia Area in August of 1983.

In civilian life, Brig.-Gen. Law was employed with the Saskatchewan Department of Supply and Service for a number of years. He currently is the Deputy Minister of the Department of Parks and Renewable Resources for the Province of Saskatchewan.

Prairie Militia Area spans a geographical region from the Alberta-British Columbia border to Thunder Bay, Ont. Five Militia Districts under its commander are: Thunder Bay Militia District, Manitoba Militia District, Saskatchewan Militia District, Northern Alberta Militia District and Southern Alberta Militia District.

The five Districts command a number of units in their region, ranging from combat arms to service support. These units and districts, all ultimately under the command of Prairie Militia Area Headquarters, are responsible for the recruiting and ongoing training of as many as 2500 Militia soldiers.

They are employed on a part-time basis and are paid throughout their training and employment with the reserve. A number of ongoing programs also offer full-time summer employment to reserve soldiers.

You hadda ask

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"Because fathers seldom get a chance to use them."

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PIZZA



MINNESOTA GRADUATE; FORMER HIGH SCHOOL TEACHER — BGen. John Litt, left, signs documents appointing him the new commander of Prairie Militia Area, stretching from the Lakehead to Alberta-B.C. border. Others are BGen. J.J. Grant, Chief of Staff, Reserves, Mobile Command HQ, Montreal, and BGen. John Law, Litt's predecessor.

WARRANT OFFICERS' AND SERGEANTS' MESS CFB WINNIPEG

JUNE 1986

Friday, 6 June

MIXED T.G.I.F. AND DANCE

FOOD: Served from 1830 to 1930 hrs.
DANCING: To DJ in the Fireside Lounge
DRESS: Casual
COST: Members Free
Guests \$2.50 per person

Saturday, 7 June

RETIREMENT CANDLELIGHT DINNER

Come out and say farewell to our retiring members. The evening starts off with cocktails at 1900 hrs and dinner at 1930 hrs.
DANCING: To DJ in the Fireside Lounge from 2200 - 0100 hrs.
DRESS: Casual
COST: Members \$30.00 per couple
Guests \$40.00 per couple
TICKETS: To be purchased from Mess Office beginning 26 May until noon 6 June. Regular members may sign the acquaintance roll.

Friday, 13 June

MIXED T.G.I.F. AND DANCE

FOOD: Served from 1830 to 1930 hrs.
DANCING: To DJ in the Fireside Lounge
DRESS: Casual
COST: Members Free
Guests \$2.50 per person

Sunday, 15 June

FATHERS DAY BAR B Q

FOOD: Bar BQ Steak cooked at 1630-1800 hrs.
DRESS: Casual
COST: \$4.00 per person
TICKETS: On sale at Mess Office until noon 15 June
Come out and celebrate Father's Day, enjoy a Bar BQ dinner cooked to your choice by 2 cooks from our excellent Mess staff!

Friday, 20 June

GENERAL MEETING OF ASSOCIATE MEMBERS

Meeting starts at 1400 hrs. in the Upper Lounge.

Friday, 20 June

MIXED T.G.I.F. AND DANCE

FOOD: Served from 1830 to 1930 hrs.
DANCING: To DJ in the Fireside Lounge
DRESS: Casual
COST: Members Free
Guests \$2.50 per person

Saturday, 21 June

DOWNHOMER'S LOBSTER SCOFF

FOOD: Lobster Filet of Sole

Scallop
Fried Pops
Fiddle Heads
Rolls/Butter/Coffee and Tea
Served from 1900 to 2030 hrs.
The Matched Set 2100-0100 hrs in the
Fireside Lounge
Members \$30.00 per couple
Guests \$30.00 per couple
Relaxed
Limited to 150 persons and will be
available from the Mess Office from 2 June until noon 18 June

Friday, 20 June

GOLF TOURNAMENT

Details to be posted in the Mess foyer

Friday, 27 June

MIXED T.G.I.F. AND DANCE

FOOD: Served from 1830 to 1930 hrs.
DANCING: To DJ in the Fireside Lounge
DRESS: Casual
COST: Members Free
Guests \$2.50 per person

WEDNESDAY BARBECUE

Noon hour steak barbecue will be held every Wednesday. Reservations must be made through the Mess Manager's Office. Cut off time is 1300 hrs. every Tuesday.

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Guards Reunion

The Canadian Guards Association is making arrangements for a Reunion at the Connaught Range on the outskirts of Ottawa during the weekend of 4-6 July, 1986. Highlights of events are as follows:

- | | | |
|--------|---------------------|--------------------------------|
| 4 July | Afternoon - evening | Registration, Meet and Greet |
| 5 July | Daytime | Miscellaneous activities |
| 5 July | Evening | Beating Retreat, Reunion Dance |
| 6 July | Morning | Regimental Church Services |

All ex-members of the Regiment and those on attachment/posting from other Corps who wish further information should contact the Hon. Secretary-Treasurer at P.O. Box 972, Station "B", Ottawa, Ont., K1P 5R1.

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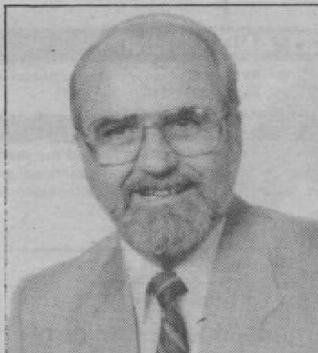


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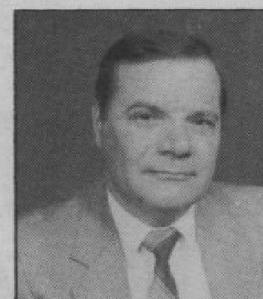
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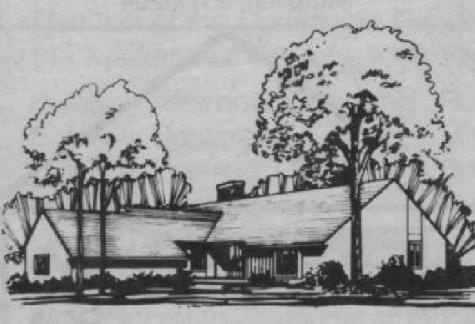
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