

JUNE 29, 1983

WINNIPEGGERS AT THE GAMES



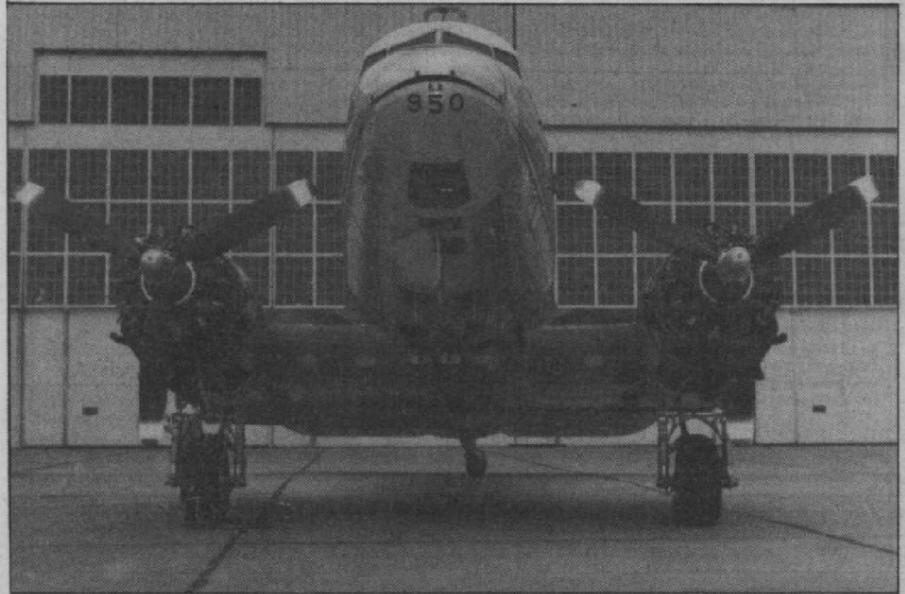
Master Corporal Albert (Pete) Graham finds time to place a "van for hire" sign on a van assigned to the World University Games in Edmonton. Soon, more than 4400 athletes from 97 countries will be arriving for the games and all the vehicles and transport personnel will be extremely busy. MCpl. Graham, a mobile support equipment operator from Canadian Forces Base Winnipeg, has joined more than 300 members of the Canadian Forces from across Canada and 50 DND civilian employees at CFB Edmonton to support "Universiade '83" being held here from July 1 to 11. MCpl Graham is the son of Mrs. Suzanne Pedersen of (11149 Pondersa Blvd) Pittmeadows. (CANADIAN FORCES PHOTO by Sgt. Dennis Mah.)

ANOTHER DOUGLAS RACING TEAM ACHIEVEMENT

The Voxair gave the article on "Dolly Who" such a honoured position in the May 18/83 edition that it is with much modesty that we note the slight glitch of the "before" photo being the "after" and vice versa.

The BAMEO, Major Meindl and his Dakota maintenance crew "The Douglas Racing Team" have taken on another extensive undertaking. This Dakota, numbered 950 and nicknamed "The Gimli Goose" by the Douglas racing team has given such reliable service that the useable hours were exhausted before attaining its programmed slot for DLIR. After extensive negotiations it was decided to convert his Dakota to a more conservative fuel efficient model capable of highway travel and taxi tests only.

This programme encompasses the complete inspection of the wing stress areas for cracks which virtually renders this airframe capable of achieving another 2400 flying hours after complying with the required laid down periodic inspections. The process involves not only the airing out of the "timely machine", but also the in-depth wing inspection normally carried by the depot level inspection repair team at AMDU Trenton.



On completion of this joint CFB Winnipeg/CFB Moose Jaw inspection the "Ole Time Machine" will have a new lease on life and probably go on to outlast a good many existing serving members.

CHANGE OF BASE COMMANDERS TAKES PLACE

Colonel Stewart McGowan was born in Montreal in 1938, enrolled in the Royal Canadian Navy in 1955 and graduated from Royal Military College in Kingston.

After completion of pilot training Colonel McGowan's first operational flying tour was with VS 880, based at HMCS Shearwater in Nova Scotia flying the Tracker aircraft. He then joined the aircraft carrier HMCS Bonaventure in 1962 and in 1966 went as Deck Officer aboard the destroyer HMCS Ottawa. Following conversion to the Sea King helicopter, with subsequent service in HS 50 Squadron, he again served in HMCS Bon-



Colonel SE McGowan, C.D.

aventure before joining the destroyers HMCS Margaree and HMCS Assiniboine.

(Continued with Parade Photos in next issue.)

GUESS WHO'S CLOWNING AROUND



HOME IS . . . Corporal Breton (Lumpy) Lumsden puts the finishing touches on a signpost in Edmonton. Cpl. Lumsden is a mobile support equipment operator from Canadian Forces Base Winnipeg, supporting the World University Games, "Universiade '83", being held in Edmonton from July 1 to 11. (CANADIAN FORCES PHOTO by Sgt. Dennis Mah.)



"Serving the Winnipeg Military Community"
 "Desservant la communauté militaire de Winnipeg"

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 Sous la direction du Capitaine Grant Russell, le Caporal-chef Tom Langer (511) et Mme Ghislaine MacBride (498) à l'aide appréciée de nombreuses unités et journalistes indépendants collaborateurs de Voxair.

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SCAN CORNER

JOB MARKET

Servicemen approaching retirement must contend with conflicting facts and even some myths about employment conditions in Canada. Where the jobs are is still a very basic question.

There are thousands of specific categories of jobs in Canada. Since you are only interested in a single job, the choice will be narrowed down by a process of elimination beginning with skills and training, family circumstances and where you want to live. Unemployment statistics can be very meaningful in completing such planning.

Things have been very tight with unemployment pushing 1.2 million.

There are no best areas to look for

jobs in Canada and local conditions have to be examined carefully. The fact that a new industry might be about to open in an area of high unemployment could drastically change the picture in that area.

A three-fold lesson can be learned from this somewhat gloomy picture. First, investigate all facts before making that final break from the service. Second, remember that statistics can be deceptive since the serviceman has skills and experience to sell which create opportunities not open to every civilian. Finally, the tighter the employment in Canada the harder you must work at your job campaign.



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MAJ	SUTHERLAND	M.J.	09 MAY 83	14 DENT UNIT
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CAPT	AUBIN	B.A.	01 MAY 83	429 SQN
CAPT	ANDERSON	R.A.	01 MAY 83	2 PPCLI
CAPT	BRYAN	S.M.	01 MAY 83	2 PPCLI
CAPT	WILLS	S.N.	30 JAN 83	CFANS
CAPT	WAITE	J.R.	01 MAY 83	1 CEU
LT	HAU	J.P.	01 MAY 83	ULO
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WO.S.	KAPUSTA	R.G.	16 FEB 83	1 CEU
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WO.S.	GRAYDON	A.	16 FEB 83	RSS WPG
WO.S.	TYSON	B.R.	09 MAY 83	AIRCOM BAND
WO.S.	SMITH	J.H.	05 APR 83	B PER SVCS
WO.AL	DUKES	P.	11 MAY 83	733 COMM SQN
SGT.S	KIRSOPP	A.G.	21 APR 83	BAMEO
SGT.S	BAILEY	G.A.	26 APR 83	BPSVCS
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SGT.S	DEMERS	C.J.	25 APR 83	BSURG
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MCPL.AP	HICKEY	J.L.	02 MAR 83	2 PPCLI

BLACK DEVILS CENTENNIAL BABY



"Sure gonna need those" Centennial baby, Christian Alexander, seems to be thinking. Christian, born in May, was the first baby born to a member of the Royal Winnipeg rifles during this, their Centennial year.

A platoon of 25 "Black Devils" formed up on a side street in the west end of Portage Avenue and marched to the home of Lt. John and Gloria Robins and presented mother and son with 100 boxes of disposable diapers.

In the photo Gloria and son, Christian are flanked by Lt. John Robins and the Unit's Commanding Officer, Lieutenant Colonel R. Werry.

44TH BATTALION TRIBUTE



(Photo by Kathy Cadorath.)

WINNIPEG — About 50 officers and men of the Royal Winnipeg Rifles, a Canadian Forces Militia Unit based at Minto Armoury, held a brief tribute to the fallen of the former 44th (Winnipeg) Battalion Canadian Expeditionary Force who distinguished themselves on numerous European battlefields during World War I.

The memorial ceremony commenced at 11 a.m. Sunday, Jun 19 at the war memorial in Vimy Park, Portage

Avenue and Canora Street and formed part of the regiment's 100th anniversary celebrations.

The tribute will consist of a wreath-laying and Last Post ceremony followed by the firing of a rifle volley over the memorial.

About six former members of the 44th who participated in the actions of the regiment during the First World War were present during the brief ceremony.



by Cpl W. Charlton

For those of you I missed on bosses' night, I wish to take this opportunity to express my sincere thanks for the help and co-operation received from various sections I called on for help during my 18 months as Entertainment Chairman, Junior Ranks Mess.

Through telethon, outdoor dance work, parties, social gatherings, etc. I have called on too numerous personnel to list individually either taking them away from work (which probably wasn't all that bad) or catching them on their own time. Either way it wasn't that easy at times, but we did the best we could with whom we had to get the task done.

Like anything else you only get out of a job what you put into it and learn by your own mistakes. Well I made a few bummers, but I learned to grin and bear it and from the few pats on the back I got, I have the general impression that the good time outweighed the bad.

So as I step down from these exalted heights, to one and all, thank you and may God bless you.

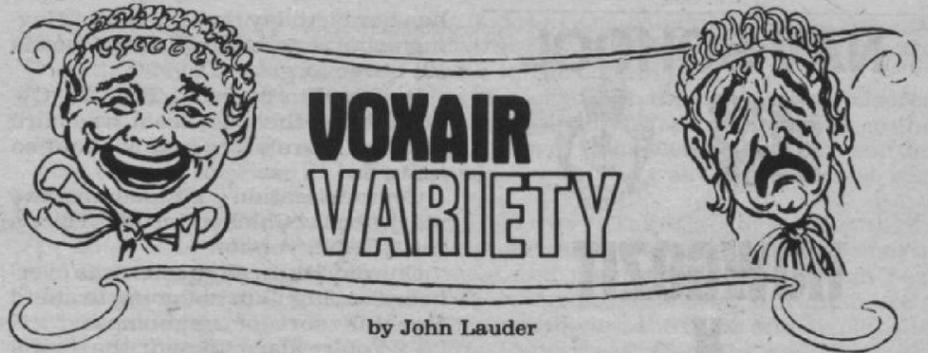
VERSE INSPIRED BY A PRAIRIE MUSE

I stuck my finger in a fan
To see if it would stop
And then I stuck one in a jug
To see if it would pop.

The fan was hard
The finger soft
I broke the jug
To get it off.

Now I have one hand
And one claw
I think I'll never
Try a saw.

Chev



Once the Dominion Day (or is it Canada Day?) holiday is over, the two biggie musical events of the summer season get rolling. On July 5th the Rainbow Stage "Pirates of Penzance" opens, while on the 7th the Tenth Anniversary Winnipeg Folk Festival begins at Birds Hill Park.

Although the Gilbert and Sullivan operetta has been the subject of two recent movies, the show has a timeless appeal, and a live production in the Rainbow Stage tradition should be well worth while. Tickets are \$4.50 to \$7.50 with a half price deal for children under 14 if accompanied by an adult. Another good feature is that there is no agency fee on any tickets.

For anyone new in town the location of the Rainbow Stage (open air, with a roof) is in Kildonan Park, some 4 or 5 kilometers north on Main Street, and on the east side of the street. There is plenty of free parking near the theatre.

☆☆☆

Birds Hill Park, for the Folk Festival, is 19 miles, or 30 plus kilometers, north-east of downtown on highway 59. If you do not want to drive, there is a transit bus service to all concerts. Shows are at 7.00 p.m. on Thursday the 7th, and at 11.00 a.m. to 6.30 p.m. and again at 7.00 p.m. on the three following days.

Some 120 plus groups and/or single artists have been booked to perform, so it is non-stop entertainment priced \$13 to \$15 per day. In addition there is a Handmade Village selling crafts, a Children's Village with puppets and clowns, etc, a film tent and an International Food Village. On Thursday night the main stage concert is "All Canadian", and specially priced at \$5.00.

☆☆☆

The Royal Winnipeg Ballet School will open its summer session on July 4th. Classes for both adults and children from 6 years and up are offered. Both jazz and ballet is available, plus a "Mom and Kids" ballet programme. Known as Summer Dancefit 1983, the classes will run for five weeks, which can be divided into two or three week sessions if you wish. Information from 956-0183.

VOXAIR VIXEN 30 YEARS AGO JULY 1953



Voxair Vixen
Elizabeth Taylor

THE CAR DOCTOR

by Paul Quinn

HOW TO BUY A BATTERY

There are lots of places to buy a battery and as a result, lots of newspapers advertising with enticing prices, Auto dealers, chain stores, etc. However, there are a couple of battery-buying decisions beyond pure price to make which can save you money. They involve battery performance and warranty. Cranking capacity measured in amps at 0°F is an indication of starting power. The rule of thumb is 1 amp for each cubic inch of engine displacement. If you have a 350 cubic inch engine, you want a battery with a cranking amp rating of about 350. These are not hard to find because most battery manufacturers are still making batteries with capacities primarily for large engines. In fact, it is easy to find batteries with 500 amp capacities despite the fact that few engines approach the 500 cubic inch displacement, but batteries with 100 amp ratings are just not around.

Battery warranty is equal to performance in maintenance. All the batteries we sell at your Canex Service Station are the maintenance free type. They have a 500 amp capacity and carry a 60 month (5 year) warranty. If a battery fails in the first 90 days after installation it is replaced free to the customer. After 90 days it is under warranty on a pro-rated basis, you get a credit proportional to the number of months left. An average cost on a five year warranty battery is approximately \$1.10 per month. For your protection on warranties, stick with a name brand battery. Shell, Gulf and DELCO are excellent batteries and all carry a five year warranty. I strongly recommend a 500 amp maintenance free battery for this part of Canada where severe cold winters exist. If you use a light viscosity oil (5 W 30), a battery blanket, block heater, and have your car tuned up every fall, you should have a trouble free starting winter.

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NAV SCHOOL

news
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news



HOWGOZIT X

June 6th, 1945. Do you recall the significance of that day? I can not help but remember. My wife, Debbie,

has her birthday on a June 6th. Having some respect for the past means I'll never forget D-Day.

It's good to be back. That 25°C+ weather on the west coast was hard to take. There's lots to talk about so hang on.

Communication... Remember the story about "Chicken Little"? Here's the CFANS version:

One day the head rooster was overheard saying "I'm not going to stand for this sort of shabbiness..." "... You're darn tooten; the roof's going to come down!" Well this was of great consternation to the little chicken who overheard it. He immediately went to the #2 rooster and informed him of the boss's displeasure: "... and gee the boss was saying he's going to bring the roof down soon. I'm sure it had something to do with the shabbiness of the littlest chickens." "Ahah!" thought the 2 I.C. "I knew those little chickens were not up to scratch. I know how to kill two humans with one stone here." And so it came to pass that the littlest chickens got to pound the pavement while the head rooster was very satisfied with the job C.E. had done on his roost (new roof, new walls, new carpet etc. . .). The moral? As C. and A.R. would say "Ah for a good comm system."

Course 8207 was fortunate enough to graduate before the axe fell. Of the five students on the course Lt Dave Attwell was the honor graduate (highest overall average). Top notch work Dave. He and 2nd Lt Robert Provençal are off to VP 405 Sqn (CFB Greenwood) while 2nd Lt's Gord Reid and Bruce Young will be only a stones throw away at VP 415 Sqn. The almighty Aurora has spoken. 2nd Lt Daniel Perron will continue to be the black sheep of the flock. He will continue his flying duties with 436(T) Sqn CFB Trenton on the faithful Herc. A hearty "Bravo Zulu" to you all from the COMDT., instructors, and staff at CFANS.

On the O.R. side of the coop we've got a new MRS. Cpl Cathy Dodgson

has tied the knot with Captain Tom Payette. Prior to the wedding the girls held a "boisterous" wedding shower for her. It must have been good because when I pressed for info they only giggled. I had noticed a mark on Judy's arm and enquired. Marie quickly quipped that it was a hickey but Judy retorted "I've better places for a hickey..." (more laughter). Before the place went totally "higgledy-piggledy" I managed to eke out of them that Cathy and Tom were planning to take one set of parents along on their camping honeymoon (definitely a gaggle by now). And that's the overheard truth! What we did agree on was good times for Cathy & Tom.

Usually following marriage there's kids. Congrats to Capt and Mrs. Tom Whitburn and 2nd Lt and Mrs. "Willie" March on their little bundles of joy. I'm not sure if the babies are "air superior" blue (that controversy is still up in the air) or pleasant pink but I'm sure it does not matter to the proud parents.

Spring does things to people. After a long cold winter most people want a change. New cars seem to be the order of the day. To those I've talked to the biggest change was Capt Chris King's new wagon. Most state that if you put black curtains in the back it would pass as a hearse. Chris?

Mess Dinners also are making the rounds. What was your opinion of the BComd's finale held on 12th May? For me the aftermath brought to mind the movie "Day of the Living Dead" (i.e. a real horror story). Suffice to say it was "a good-un". Just as the dust begins to settle we gear up for more. Come the last week of June there's the BComd's parade and two course graduations (8206/08). A double "whammy" I'm sure.

You want a Bedtime Story? Fine. For B.S. #6... reread the "Chicken Little" story.

More to follow.

429(T) SQN BILLY BISHOP BEER FEST

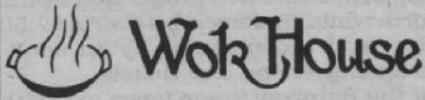
On Friday evening 27 May 83, 429 (T) Sqn hosted the Billy Bishop Beer Fest in a effort to raise money for the Bishop Heritage Fund.

As was printed in a previous issue of the Voxair, the Bishop Heritage Fund's goal is to raise sufficient enough money so as to purchase Billy Bishop's childhood home and thereby create a First World War Museum.

429 (T) Sqn is pleased to announce that the Billy Bishop Beer Fest was an overwhelming success. Not only did over 300 people attend, but over \$1100.00 was raised for the Fund.

429 (T) Sqn would once again like to thank all those personnel from the many Base Sections who helped make the Beer Fest such a success. Moreover, a special thanks must go to the Air Command Band "Oom-Pah-Pah" section who kept the polkas going despite the rain and the obvious danger of becoming human lightning rods. For a while it seemed that the harder it rained the greater the number of people who danced (perhaps it was a raindance).

The Billy Bishop Heritage Fund has collected from the Canadian Forces across Canada an approximate grand total of \$12,000.00. 429 (T) Sqn has individually contributed over \$1200.00 of this grand total. Once again 429 would like to thank CFB Winnipeg for its support.



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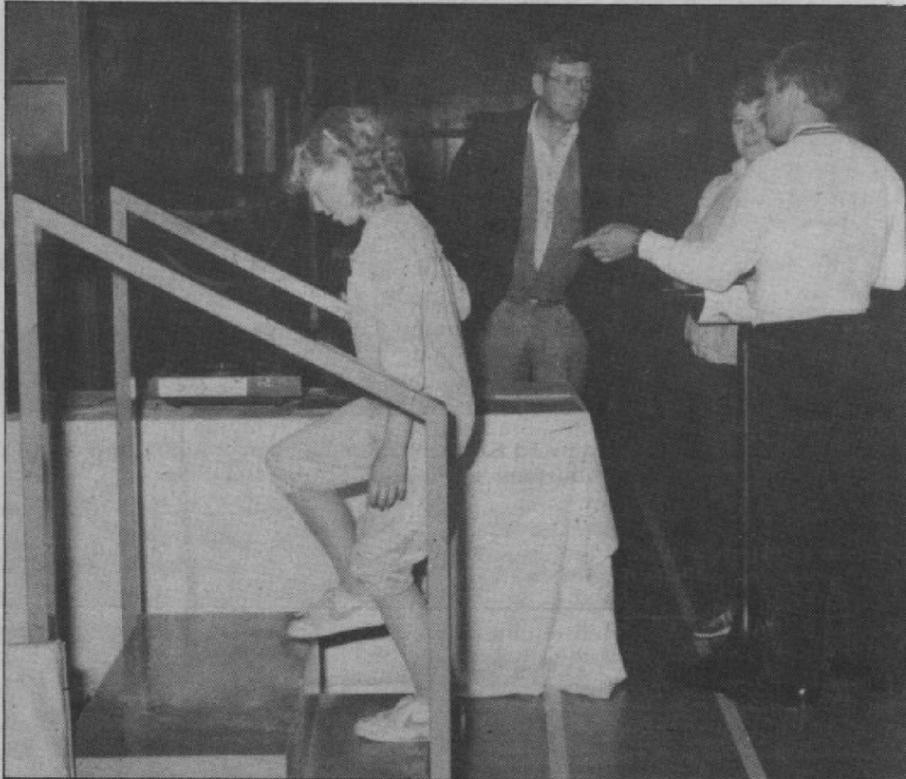
12 MAY 83

The Canadian Hospital Association and the Canadian Public Health Association annually sponsor a Canada Health Day. The primary goal of Canada Health Day is to promote good health in the community.

On 12 May 1983, the Base Hospital participated in the nationally sponsored Canada Health Day. Eleven static displays were offered for viewing in the Westwin Gymnasium and a large selection of films were shown on a continuing basis in the Base Theatre. Canada Health Day was open to all base personnel and their dependents.

The theme for Canada Health Day 1983 was "I Take Care of My Health . . . Do You?" The static displays and films addressed the individuals responsibility for maintaining personal physical and mental health. Although participating in Canada Health Day fell short of expectations, significant interest was expressed by those who took the time to view the films and displays. A ten speed bicycle, donated by CFB Wpg Canex, was offered as a participation prize.

Canada Health Day will be an annual event at CFB Wpg. We all look forward to seeing you next year — in the interest of your health.



Cardiovascular assessment is a good indicator of physical fitness. MCPL Rick Charlton explains routine to prospective candidates.



Second Lieutenant J. Richardons (14 Dental Unit), right foreground, mans the dental display during Canada Health Day.



Pte(W) Vos and Capt(W) Allen (right) taking blood pressures. High blood pressure is a major cause of many cardiovascular accidents.



Capt(W) Smallman presenting Sgt Lasage (BTNO) with a certificate for a ten speed bicycle. The certificate was redeemable at CFB Wpg Canex for the ten speed cycle.

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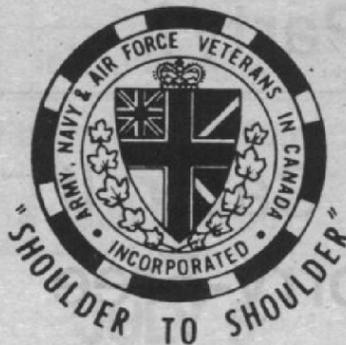
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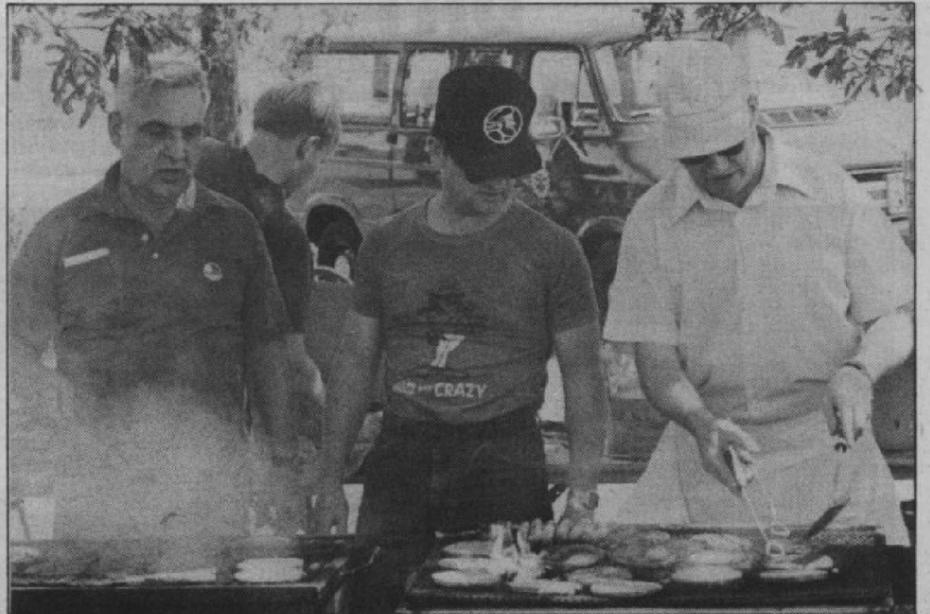
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HANDY TO CFB WINNIPEG
NORTH SITE

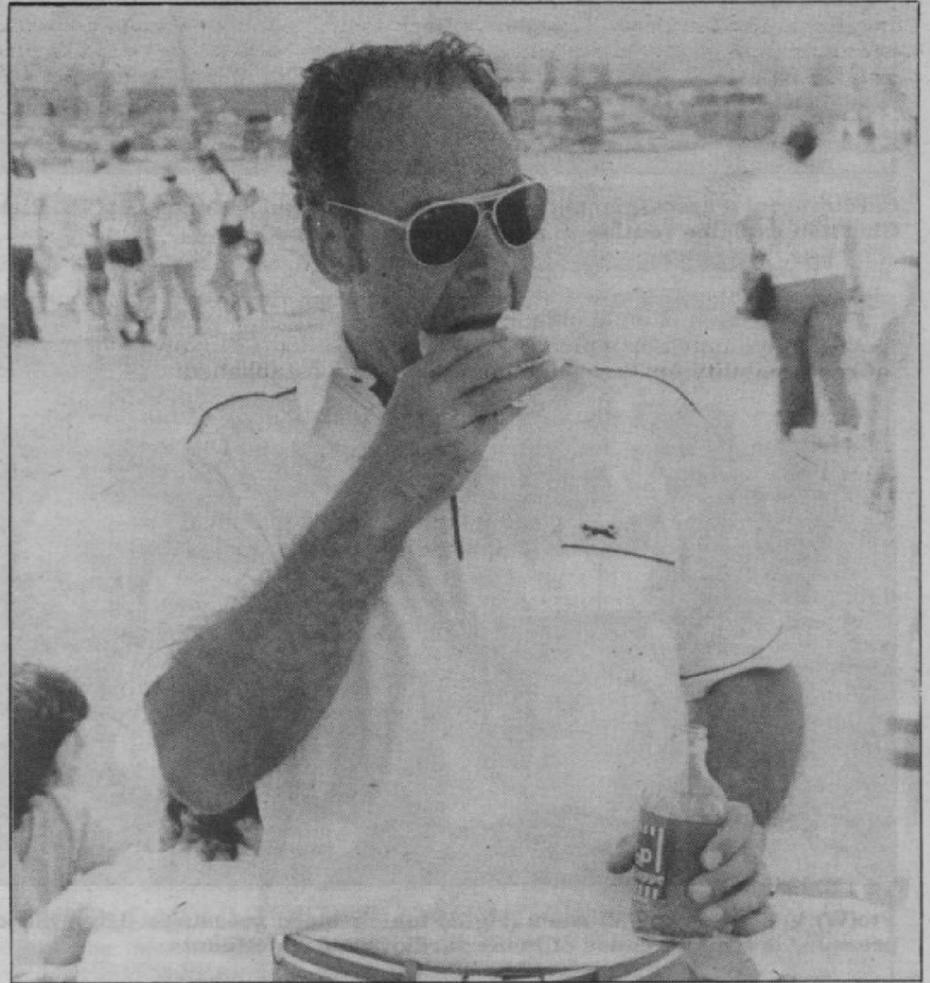
WESTWIN COMMUNITY FUN



Two year old Lacey enjoys a hot dog. Lacey is the daughter of Joan White who works at Base Foods.



Bruce Barton, Roy Switzer and Keith Sinclair slave over a hot grill on a hot day - hot dogs and hamburgers were popular all afternoon.



"YOU COOK 'EM, CHIEF, I'LL EAT 'EM."
Bruce Butler who works at air command headquarters shows how big guys eat hamburgers.



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DAY SATURDAY JUNE 18



Clowning around is Brenda Gaebel. Fifteen month old Hailey, daughter of Denny and Debbie Salter, gets a little help holding down her balloons from clown Brenda Gaebel.



Two happy girls, Valerie, 5, daughter of Gilles and Dagmar Gauthier and Lori, 6, daughter of Betty and Moe Kennedy take a spin on the "Komet".

SOUTH SIDE COMMUNITY COUNCIL NEWS

The South Side Community Council has revived again under the direction of the Base Commander. A new committee has also been appointed/nominated. At a meeting held on 15 Jun 83, the following areas of responsibility for the councillors have been established:

	Address	Home ph.	Work ph.
President			
Sgt Jean-Pierre Jolin	469 Carpathia Rd	489-5684	214
Vice President & Ward 5			
MWO Dave Sneath	1953 Corydon Ave.	489-2806	011
Secretary			
MCpl Ginette Jolin	469 Carpathia Rd	489-5684	314
Treasurer, Fin. councillor and POMV safety Rep.			
MWO Jack Rheume	321 Doncaster St	489-2360	654
Ward 1 & pet control			
WO Pat Morrow	461 Carpathia Rd	489-8184	742
Ward 1 & Sports			
Sgt Jean Belec	356 Kenaston Blvd	489-9410	214
Ward 2 & Youth Activities			
345 Kenaston Blvd	489-2123	796	
Ward 2 & Playgrounds			
Cpl Jerry Stewart	417 Kenaston Blvd	489-9655	740
Ward 3 & Social Activities			
Sgt Doug Fisher	484 Grenadier Dr	U/L	205
Ward 3 & Scouts & Guides			
MCpl Denise O'Brien	164 Blanche Ave	489-2405	888-3119
Ward 4 & Skating rink			
MCpl Rick Hayes	350 Doncaster St	489-4858	606
Ward 4 & Welcome Wagon			
Mrs Joyce Harrison	350 Doncaster St	489-4858	449
Ward 5			
?????			
Ward 6 & Publicity			
Lt Gilles Dery	231 Kenaston Blvd	489-4206	888-5233
Ward 6			
?????			
Capt Rick Anscob			
(Until 30 Jun)			
Ward 5			
north side of Corydon, between Kenaston and Doncaster, and Kenaston, Ubique and Doncaster, north of Corydon to playground at 272 Ubique; and (total residences — 57)			
Ward 6			
all houses on Ubique and Kenaston north of playground at 272 Ubique. (total residences — 64)			

There are still two vacancies opened for new councillors in wards 5 and 6. All MQ(S) residents 18 years and over are eligible to serve on the Council. The division of the wards is as follows. So come on down all interested pers. and be recognized to any of the Councillors in office. The various activities organized by the Council and the well-being of all MQ(S) residents depend greatly on the devotion of the Councillors and the participation of all residents. So let's work together and form an active and happy community.

Watch for advertising and news on upcoming activities/events on the Base newspaper or other add and join in. One of the first tasks of the Council will be to up-date the list of the residents in each ward in order to re-establish the collection of assessment fees. Support your local Community Council.



Eleven year old Neil Russell holds on tight while he rides one of the merry-go-round rides.

B	I	N	G	O
Every Wednesday				
at 8:00 p.m.				
in Building 21				
Fifty Cents a Card				
\$1,000 Jackpot				

JULY 5
is the next
deadline for
VOXAIR
copy.

SAFETY SCOOP

CF Base Winnipeg and CFS Gypsumville were honoured recently for achieving the lowest accident rates for 1982 in their operation of mobile support equipment (MSE). Chief of the Defence Staff safety plaques were presented in recognition of their commendable MSE safety records. The plaques are presented annually to a base and station of Air Command achieving the lowest accident rate per 160,000 km.

Flowers and Fruit Baskets



MORAY VILLAGE MALL
2369 Ness Ave. Winnipeg, Man.
R3J 1A5
Phone 837-8017

BASE COMMANDERS SOFTBALL CHAMPIONSHIP



CHAMPIONS 2PPCLI



RUNNERS UP 1 CEU

PATRICIA ROYAL RUN

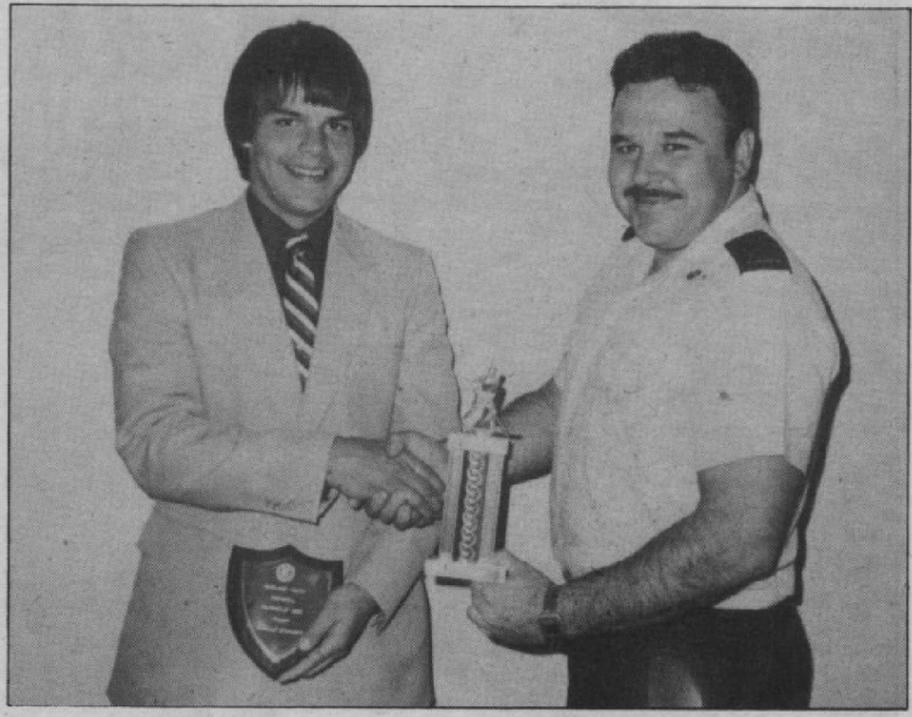


This summer members of Canada's select Infantry Regiment, the Princess Patricia's Canadian Light Infantry will be conducting a road run from Victoria, British Columbia to London, Ontario. The purpose of this exercise is to hand deliver the Regiment's greetings in the form of a scroll to one of its sister Regiments, the Royal Canadian Regiment, on the occasion of its centennial year.

Donning runners and shorts in lieu of their helmets and fatigues, the soldiers will begin the long trek in Victoria on the 10th June 1983 with the scroll being handed off from runner to runner until it finally reaches London, Ontario on the 2nd July 1983. There the scroll will be formally presented to the Royal Canadian Regiment at a small ceremonial parade.

Winnipeg's own battalion, the Second Battalion of the "Patricias" will be carrying the scroll from Winnipeg to Wawa, Ontario via the Trans Canada Highway commencing at noon on the 22nd of June. A group of 45 young men will be delivering the message over the 1400 kilometre distance, making each runner responsible for roughly 30 kilometres of the route. To meet the final deadline, the run will be continuous, day and night, thereby making Ex Patricia Royal a challenging task for the soldiers. The trek will take the runners through all the towns and cities en route including the major centres of Kenora, Dryden, Thunder Bay, Marathon and Wawa.

GARLAND KEITH AWARD PRESENTED



Pictured below is Don Stenger receiving a trophy from Mayor Rick Mt Pleasant for being selected the Westwin Community Representative for the Garland Keith Award. The Garland Keith Award is presented to the youth displaying qualities of sportsmanship and citizenship in the St James Assiniboine municipality. Don attends school at River Heights Collegiate and has maintained an excellent scholastic record. He is the Assistant Captain for the St James Canucks Tier 2 Hockey Club, plays baseball for the St James A's, is an avid golfer and a member of his schools drama club. Congratulations Don for being a most worthy representative for our community.

RED CROSS SWIM CLASS JUL/AUG 83

SWIM REGISTRATION INFORMATION

1. Registration will take place in the Rec Centre Bldg. No. 90, from the 20th to the 30th June during normal working hours 0800-1630 hrs.
2. Minimum age is 6 yrs old and meet the required height of 44 in. (114 cm).
3. Badges are a requirement for open swimming and will be available at registration. Badges are not required for swimming lessons and children 5 yrs and younger, but must be accompanied by an adult when swimming.
4. Swim badges — must be sewn on bathing suit:
 - black and yellow \$7.50 each/\$25.00 family — expires 31 Mar. 84
5. Registratin fee: \$10.00 per child.
6. Classes will consist of 10 lessons and all lessons will be 30 or 45 minute duration depending on the colour commending on the hour.
7. All classes will take place between 0800-1200 hrs Monday to Friday.
8. There will be four sessions of 10 lessons through July and August
 - Session one 4 - 15 July 83
 - Session Two 18 - 29 July 83
 - Session Three 1 - 12 Aug. 83
 - Session Four 15 - 26 Aug. 83

PROGRAMME EQUIVALENCIES

COMPLETED	ENTER	COMPLETED	ENTER
Novice	Yellow	Water Safety 1	Yellow
Pre-Beginner	Orange	Water Safety 2	Orange
Beginner	Maroon	Water Safety 3	Red
Survival	Maroon	Water Safety 4	Maroon
Junior	Blue	Water Safety 5	Blue
Intermediate	Grey	Swim Skill 6	Green
Senior	White	Swim Skill 7	Grey
		Swim Skill 8	White
		Swim Skill 9	White
		Swim Skill 10	White

SCHEDULE

SESSION No. 1	DATES
0800 - 0900 Hrs. Levels — Grey & White	Jul 4, 5, 6, 7, 8,
0900 - 1000 Hrs. Levels — Yellow & Green	11, 12, 13, 14, 15
1000 - 1100 Hrs. Levels — Orange & Blue	
1100 - 1200 Hrs. Levels — Red & Maroon	
SESSION No. 2	DATES
0800 - 0900 Hrs. Levels — Grey & White	Jul. 18, 19, 20, 21, 22
0900 - 1000 Hrs. Levels — Yellow & Green	25, 26, 27, 28, 29
1000 - 1100 Hrs. Levels — Orange & Blue	
1100 - 1200 Hrs. Levels — Red & Maroon	
SESSION No. 3	DATES
0800 - 0900 Hrs. Levels — Grey & White	Aug. 1, 2, 3, 4, 5
0900 - 1000 Hrs. Levels — Yellow & Green	8, 9, 10, 11, 12
1000 - 1100 Hrs. Levels — Orange & Blue	
1100 - 1200 Hrs. Levels — Red & Maroon	
SESSION No. 4	DATES
0800 - 0900 Hrs. Levels — Grey & White	Aug. 15, 16, 17, 18, 19,
0900 - 1000 Hrs. Levels — Yellow & Green	22, 23, 24, 25, 26
1000 - 1100 Hrs. Levels — Orange & Blue	
1100 - 1200 Hrs. Levels — Red & Maroon	

SPORTS SHORTS

SUMMER PROGRAM REMINDER

The first session starts on Monday July 4th until Friday July 22nd.

Registration will be taken on the first day at Lipsett Hall at 9 a.m.

This is a free program for children ages 3 to 12.

Sponsored by Community Council South. It will run from 9 a.m. to 12 p.m., Monday to Friday.

For further information phone 489-6798.

SUMMER FUN PROGRAM

For children ages 3 to 12, at Lipsett Hall.

Two sessions:

Session one: July 4 to 22.

Session two: August 2 to 19

Monday to Friday, 9 a.m. - 12 p.m.

Registration will be taken on the first day of each session at 9 a.m.

Activities: swimming, bowling, arts and crafts, sports, games...

For further information call 489-6798.

CFB WINNIPEG SWIM BADGE POLICY 83/84

The cost per swim badge is set at \$7.50 per person up to a maximum of \$25.00 per family.

All Canex patrons using the facility during recreation swimming must be in possession of a valid swim badge.

Personnel already in possession of a Black badge are validated until 31 Mar 84. All other personnel must purchase a valid badge from Bldg 90 or A-2 PERI staff. Effective 13 Jun 83 individuals not in possession of a valid swim badge will be denied access to the pool.

PHYSICAL ACTIVITY AND WEIGHT CONTROL

Introduction

Within the past few years some new and significant findings regarding the importance of physical activity in fat control have emerged. Presently dieting is the primary method used to control weight in North America, with physical activity playing a minor, sometimes non-existent, role. The emphasis upon dieting is wrong. The limited success, particularly in effecting permanent changes, should make each of you search for another means to win the battle of the bulge. Physical activity can produce the meaningful bodily changes desired, while at the same time promoting fitness, health and enjoyment for the rest of your life. There is no better means available to permanently resolve your overfat problem, and the overfat problem of such a large proportion of our population.

Fat is where it's at

Excess fat is what millions of North Americans have, and the removal of excess fat is what millions of dollars are spent upon annually. We are a fat society. We over-eat and we under-move. Our response to soft living is a soft body. Fat is necessary in the proper amounts and places in your body. You use it to protect your internal organs, to insulate you from the cold, and as a source of energy for work. Fat also shapes your body, rounding off angles and yielding shapely curves. A little bit of fat is good, a lot is bad.

What your body says

Your body communicates. Your physical appearance tells a lot about how you regard yourself. You express a body imagery which others tune in to and react to. Their reaction may be positive or negative and is based to a large extent upon preconceptions in

their own minds, but it is real. It is therefore important for you to realize that body imagery exists, and that it reflects upon you, your sense of self-worth of self-goodness, your self-concept. Each of you should have a positive body image. To have this you must develop a body you can feel good about. If you feel good about yourself, you will exude a sense of goodness to others, and they will react positively to you. Positive feelings reinforce each other. By changing your body your entire outlook, your energy flow and output, and your relationships with others can change. You can create a new you.

Numerous studies have aptly demonstrated that in such diverse environments as children's playgrounds and the world of business, body imagery is very influential. Children will repeatedly choose normal weight peers as playmates over their fat counterparts. In business, individuals who are obese tend not to be promoted. Corporate and corpulence do not mix. The obese are perceived as not having the personal characteristics requisite to a top management position (if you can't control your own body, how are you going to control others?). Coupled with this is the expectation of many years of service to the organization, service which might be interrupted by the unhealthy consequences of being too fat. Strong evidence suggests that as the proportion of body fat increases beyond normal the incidence of certain physical disabilities such as hypertension, cerebro-and cardiovascular disorders, diabetes, cirrhosis, iron deficiency anemia, gall bladder dysfunction, and orthopedic disabilities also increases. Excess fat complicates surgery and shortens life expectancy (this is the reason overweight individuals have rated life insurance policies). Like it or not, your body is going to have a great influence upon where you are and where you can realistically go.

The Energy Crisis

It is paradoxical that during a time of an acclaimed energy shortage many North Americans possess an overabundance of personal energy reserves, FAT. This overabundance reduces personal efficiency and productivity. It slows you down, makes you feel sluggish, decreases your opportunities for activity, increases your chances for injury, and increases your risk of acquiring certain degenerative diseases and premature death. Why persist in storing something which is going to have such a negative influence upon you? Rather than conserve your stored energy you should be using it up. Don't hoard it, waste it. Consider yourself an anti-conservationist. Be active every chance you have and burn up those stored fuels. You will find that as your activity increases and you use up more of your fat reserves the easier physical tasks will become. You are achieving a degree of physical fitness and carrying less weight around. It is ironic, but the lower the fuel reserves you carry around, the lower your chance of "running out of gas", fatiguing. The energy crisis world wide results from insufficient fuel reserves to meet the demands for them. In your personal energy crisis you have insufficient demands to meet your fuel reserves; you do not undertake enough physical activity.



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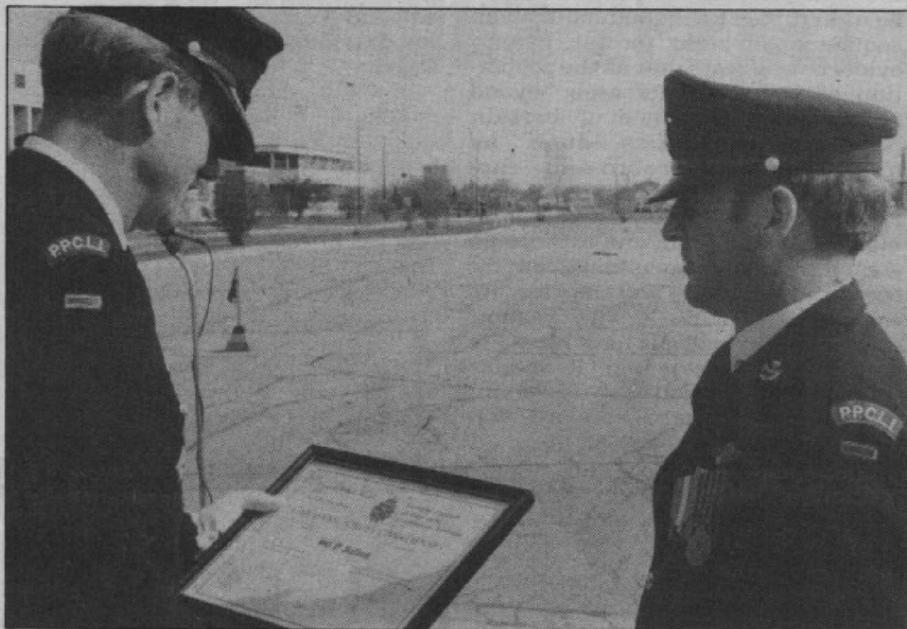
1. If you are a member of the Regular Forces or a full time permanent Public Service employee holding a CFB Winnipeg PLCC card you may be eligible.
2. Credit limit is \$1000 on purchases at the retail store or parts and labour at the service station of at least \$100.
3. 10% down with the balance in two post dated cheques, one dated 90 days hence, the other 180 days.
4. Bring your PLCC card with you.
5. Not portable. Bill must be settled in Winnipeg before posting.
6. Subject to approval by the BXO and a credit check with the Winnipeg Credit Bureau.

**More details available at
832-0787, 837-9390 or 889-6394.**

SHAKES N' TAKES



Mr. Harold Wilson receiving Honorable Lifetime Membership to 2 PPCLI by Lt/Col B.W. Ashton CD May 27.



WO.P Ballam receiving Physical Fitness Award for Aerobic Excellence from Lt/Col B.W. Ashton CD May 27.



MCpl Smuland receives 1st clasp to CD from Col. Smith Base Commander.

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HOUSE FOR SALE — Charleswood Super well-kept 4 bedrooms, 3 baths, family room with open fireplace. Many features include large kitchen, main floor laundry, carpeting throughout, double garage. Phone Dan DeLeeuw at 885-5570.

CRESTVIEW — 10 MIN FROM BASE 4 bedrooms, 3 baths, OFP, large LR & DR, wall-to-wall carpet, family-size kitchen, rec room with wet bar, central air, in-ground pool/w new liner, large utility shed. Close to bus, shopping centre and school. Price reduced to \$84,900. Available 1 Aug. Negotiable. 181 Lumsden, Contact: 889-3034 — Judy. Real Est: Royal Trust — 339-9251. Agent — Mrs Kae Hartel.

FOR SALE

Baby carriage, playpen, and child back pack, please call 885-9197 after 5 p.m.

An 8 x 9 utility shed with solid wooden base. Asking \$275.00. 832-6189.

CGE Potscrubber II Dishwasher, excellent condition, \$500. 832-1311 (ext. 400 or 612) days or 889-0147 eves.

Sears portable cassette recorder \$20.00, Sanyo AM/FM radio with cassette recorder for \$35.00, electronic Simon \$25.00, plus assorted board games. 489-6879.

Queen-size waterbed mattress, liner and heater. Offers 489-4682 from 10 a.m. to 10 p.m.

Airline ticket to Calgary and return. -DEP. June 25 Return July 11. \$200. or best offer. PH. Jodi after 5. 885-3723.

Kamado Pot, famous Japanese BBQ clay oven w/wheels/vent medium size 20" like new \$40.

Bicycle, junior convertible 17x22" WW tires \$20.

Pet Travel Cage, 12"Wx14Hx19D \$20. Ph. 885-3723.

1 pair aluminum slot mags, 14x10, never used, \$75. One pair chrome slot mags, 14x7, excellent condition, \$40. Both for Chevy. 885-2591.

Movie Cameras: Bolex 8mm, Elmo Super-8 sound movie camera. Pentax 110 camera with wide-angle and tele lenses. Other misc film/photo equipment: editor, splicer, cutter, gadget bag, etc.

Stergo Speakers, Stereo Stand. Love Seat — rust/beige (opens to single bed). Chairs — blue, upholstered. Lamps. Phone Base local 303, or 888-5863 after 5.

17 ft. Flyte, tandem, sleeps six, stove, 3 way fridge, furnace, toilet, awning. Phone 489-3202.

FOR SALE

Honda bike seat \$10, bike motorcycle battery \$20., two 13" tires with rim, \$30. Ph. 837-2652.

5-speed girls bicycle, 26", \$60. Bar & 2 stools, \$450. Cutter and shasts, \$175. Tarp, heavy duty, \$60. Ph. 837-3365 or 832-1311, loc. 562.

MOTORCYCLES

Honda 750., café racer, quarter faring, rear seats, solo seat and new paint. Ph. 832-1807.

1983 GPZ 305, red, 1/4 fairing, alloy wheels, 10 months warranty remaining, 2100 km. Ph. loc. 127 and ask for Rob.

CARS

Posted overseas. Must sell 1976 Volaré Station Wagon. Excellent condition. Available in July. \$2,250. Ph. 888-0382.

CAMPERS

76 Ford supercab camper special with rustler, 9.5 ft. slide-in O.H., camper w. conv. elec. toilet, 3-W fridge, 3 burn stove, 2-W lights, water stge. tank, fresh water inlet, fully cped, newer spring matt. and bedding, sleeps 5. Some camping supplies included. 489-4682 from 10 a.m. to 10 p.m.

For sale, 10-1/2 foot overhead camper, loaded, in immaculate condition. Lot 221A St. Marys Road, 1-883-2550.

For sale, 1976 Ford — F150 truck. Fully equipped new Edson Camper. \$8500 or trade for small car. Phone Maj Sutherland 837-3365 (home), 832-1311 ext. 562 (office).

HORSES

Beautiful matched pair of Chestnut Arabian Horses. Proven show winners. Riding equipment, sleigh, trailer and box also for sale.

Posted to Otter Lake. Reasonably priced. Phone Maj Sutherland, loc 562 or 716 work, 832-1311 home.

2 saddle horses, various riding equipment. 832-3365 home, 932-1311 ext. 562 Maj Sutherland.

BABYSITTERS

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

Experienced mother looking for babysitting work in own home, weekdays from 7 a.m. - 5 p.m. 366 Doncaster (South Site). Ph. 489-9129.

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

Mature 13 yr. old will do babysitting during the summer months. Ph. 885-5060.

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

LOST

18 Jun 83. One set of wheels on seventeenth fairway at Bel Acres Golf Course. Urgently needed before next Saturday. Finder please call Keith Hiley at Loc 594.

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Book early and avoid disappointment. Phone Portage La Prairie 428-3963 or 428-3643.

REUNION

All former CFB Shilo students who attended Princess Elizabeth High School between the years 1962-1968 are invited to a reunion at CFB Shilo from July 30 - August 1, 1983. Registration Fee — \$20.00 per person. Trailer parking available. Contact Ken Wells, Postmaster, CFB Shilo, Manitoba, R0K 2A0.

A Squadron reunion is being held for 408 Squadron in Edmonton Alta from 26-29 July 1984. The intention is to reunite all ex-squadron members who flew or maintained the variety of aircraft in our past.

One of the major undertakings 408 Squadron wishes to pursue in support of this event, is the publication of a squadron history, in hard cover format, during the spring of 1984. 408 Squadron would like to locate ex-squadron members to compile a mailing list and to acquire any personal anecdotes to aid us in telling our story.

To fund this project it is necessary to "pre-sell" copies of the book. Interested ex-members of 408 Squadron are asked to send \$16.00 for their copy to: Lieutenant Kevin Kokotailo, care of Commanding Officer, 408 Tac Hel Squadron, CFB Edmonton, Lancaster Park, Alta, T0A 2H0.

Once the book has been received from the publisher, copies will be forwarded by mail.

LOOK INTO FIRE PREVENTION IT PAYS!

JULY Program Telephone 888-6290
Cinema Theatre WINNIPEG
CANADIAN FORCES BASE

SUN	MON	TUE	WED	THU	FRI	SAT(mat)	SAT(eve)
COMING ATTRACTIONS							Set 2
GANDHI The Best Picture of the Year Best Actor of the Year - Ben Kingsley "The Best Film of 1982" RICHARD ATTENBOROUGH'S FILM "GANDHI" Starring BEN KINGSLEY, I. M. FOSTER JANET HEAL, EDWARD ROY POPE, JUDITH ANNE ROBERTS, JOHN GIELGOD, MARTIN DONOVAN		NO SHOW		Something Wicked This Way Comes		THE MEANING OF LIFE	
MONTY PYTHON'S THE MEANING OF LIFE		INDEPENDENCE DAY A SMALL TOWN IS A GOOD PLACE TO BE BORN IN		TOOTSIE		TOOTSIE	
Can you keep a secret? DUSTIN DIXON TOOTSIE		A film as powerful as the feelings this family discovers TOOTSIE		TOOTSIE		TOOTSIE	

COMMUNITY CALENDAR

SUN	MON	TUE	JUNE WED	THUR	JULY FRI	SAT
			29	30	1	2
			Bingo 8 p.m.	MIL Pay Day Ceramics 7 p.m.	Canada Day	
3	4	5	6	7	8	9
		Voxair Deadline	Bingo 8 p.m.	Ceramics 7 p.m.		
10	11	12	13	14	15	16
			Bingo 8 p.m.	Ceramics 7 p.m.		
17	18	19	20	21	22	23
		Voxair Deadline	Bingo 8 p.m.	Ceramics 7 p.m.		

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2251 Ness Ave.
889-4437

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Aurele Foidart
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* Deposits fully insured by Manitoba Stabilization Fund.
** Share offer expires July 1, 1983.