

Free

CFB/BFC Winnipeg

28 June 1989

Voxair

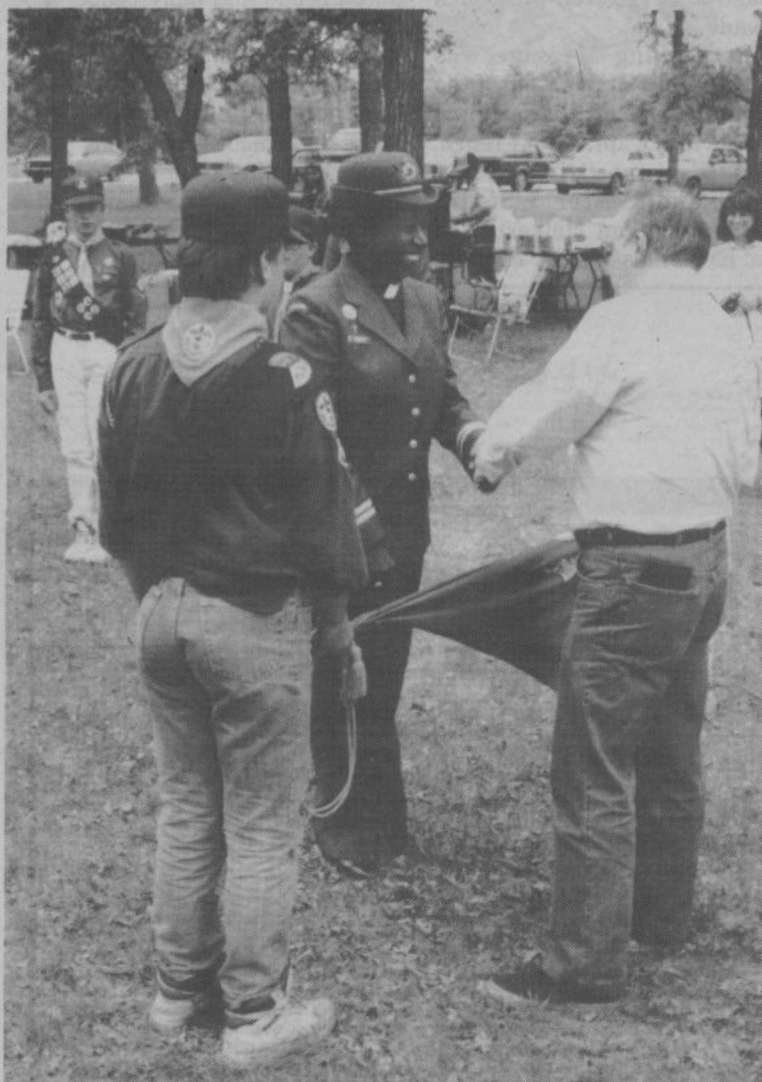


A visit from the past



A popular visitor to CFB Winnipeg this week was a World War II vintage Lancaster. It was on its way from the Warplane Heritage Museum in Hamilton, Ont to CFB Cold Lake where it participated in the 419 SQN colors presentation.

Padre Guntley invested



Padre Venice Guntley is invested as Chaplain of the 51st Winnipeg Scout Group by Bannatyne District Commissioner, Ken Wray. Assisting in the ceremony is Scout Rob Hoffart. The investiture took place at the annual Scout Group family barbeque.



HMCS Crusader

We are anxious to contact former members of the ship's company of HMCS CRUSADER which served from 1946 to 1960 and in the Korean theatre from 1952 to 1954.

As well we wish to contact persons who, as infants, were baptised using the ship's bell and whose names are inscribed on the bell. These persons are as follows:

Theresa Lamont MILNE
24 June 1951
Terence Richard BAKER
24 June 1951
Gerald Frederick WILLIAMS
24 June 1951
Wendy Lynn PEARSON
no date on bell
Patricia Sisley TANNER
12 July 1953
Margaret Jean CROTHERS
30 Aug. 1953
Robert Allan ROSE
20 Sept. 1953

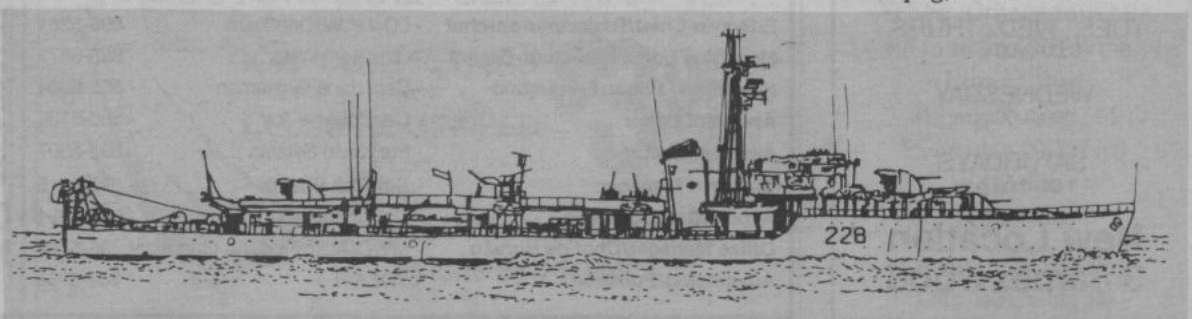
Michael Peter KEREIFF
31 Oct. 1954
Heather Diana JAMIESON
31 Oct. 1954
Danny Elwood PICKETT
31 Oct. 1954
David Allison FRASER
29 June 1957
Deanna Lyn HARPER
1 Sept. 1957
Gail Lucill ASTLES
4 May 1958
Keith Craig CHANDLER
4 May 1958
Kevin O'Hara HUXTABLE
4 May 1958
John Paul Harvey KINGSTON
4 May 1958
Margaret Rosemary BRADLEY
22 June 1958
Patrick Michael SAUNDERS
6 July 1958
Barbara Elizabeth FRASER
13 July 1958
Richard Carl BANDY
13 July 1958

Samuel Morris SELLARS
4 Sept. 1955
Terence Michael McKAY
13 May 1955

The CRUSADER's bell has been given over to the care of St. Paul's High School in Winnipeg, an independent school with a long and glorious association with Canada's navy. Two hundred and sixty-eight students from St. Paul's served in the Canadian Navy during the Second World War and of these, five gave their lives.

A special and secure place of honour is being prepared for the bell in the Library of the school and an installation ceremony will take place on September 20, 1989.

Interested parties should write:
LCdr(R) W. Bowes
c/o HMCS Crusader Trust
Box 392-905 Corydon Avenue
Winnipeg, MB R3M 3V3





The Base Chief Said...

The other day when I got home, I was not in a good mood. This was obvious to Quincy when I took him for his early evening walk, and was not pleasant to him. He asked me the obvious: "WHAT'S EATING YOU?" So I told him how I felt.

Some days, work goes like a song. People are energetic and cooperative. You don't have a bit of trouble with anybody. The next day nothing goes right. Everybody is lazy or sloppy. They don't use their brains or their initiative. Everything gets fouled up.

Sometimes — more often than I realized — the main difference between the first day and the second was me. On the one day I felt good — and I was patient, understanding and constructive. The next day I didn't feel so good — I was abrupt, grumpy and

ready to jump at anything wrong. Maybe you aren't like this, but most people are. You've probably seen the same thing in your own boss. It's just plain human nature and something you've got to guard against.

When you're having trouble with people, remember; they're having trouble with you too. Think a minute! What's eating you? Did you have a fight with your wife? Are the kids staying out too late? Is the boss giving you a hard time? Be honest with yourself. See if you can put your finger on precisely what's ailing you. Then talk it out with somebody. You'll feel better getting it off your chest than you will brooding about it. When you feel grumpy try to find out why and try to get over it.

If you can't forget your troubles, at least you can make al-

lowances for them. Keep an eye on yourself. When you feel badly, be sure you don't take it out on others.

If you feel ornery most of the time, you've got a serious problem. For your own good see a doctor, or a smart counselor. Maybe they can help find out what's bothering you. Remember, more people are held back by personal factors than by lack of ability. Don't let personal troubles stand in your way.

In response to my explanation, Quincy told me this little story.

Do you remember the happy traffic cop you once saw? The fellow who had a smile for every car. When he beamed at you, it was like a tonic — even the motor ran better. His grin seemed to say, "Hey bud! Wake up! Life's a lot of fun".

Silly? Yes, I suppose so. But sometimes I feel that he knows more about the secret of happiness than the wise man of India. Life depends so much on how you look at it. We are pretty sure that the cop is not any healthier, wealthier, or luckier than anybody else. He smiles because he has decided to smile. No matter what his troubles he is not going to burden the world with them.

People who say they cannot smile mean they won't smile, but no one has ever proved anything by taking himself or the world too seriously. Stretch those face muscles and feel it lift your heart.

How can anybody smile when the whole blamed world seems to be going to pot? You can't save it by frowning, can you? In days like these you need a smile — it is your best defence against the atom bomb and ulcers. And don't forget — a smile is the best way to handle people whether they are six or sixty. It puts people in the mood to agree with you. **GRIN AND BEAR IT.**

That's good advice Quincy, and I'll try to remember it. Thanks Bud.

I thought about what Quincy had said, and remembered reading a short article of a similar vein. It went like this.

Have you noticed the kind of people who are getting ahead in the Air Force? Those who are moving the farthest and the fastest are usually even-tempered people.

There's a good reason for it. The people who succeed in controlling other people have first learned to control him/herself.

They have made a habit of considering things calmly and carefully. They keep their personal feelings and prejudices out of the picture.

They have also learned to control their tongues. They generally listen more than they talk. They get the other person's point of view. They take an interest in other people's feelings, ambitions and accomplishments, and soft-pedal their own. They're more interested in passing credit along than in hogging the spotlight.

They resist the temptation to give people the treatment they sometimes deserve. Instead, they concentrate on treating them in a way which will get the best results.

Acting like that doesn't come naturally. It takes self-control, and often years to learn. It is contrary to most of our natural instincts.

Those who learn how to control themselves generally move ahead fast. And they have the satisfaction of knowing they are the calming, steady influence which welds individuals into an effective organization. Without them the outfit would simply come apart at the seams.

Air Command Band special performance



Air Command Band — Mess Dinner Group.

Members of the Air Command Band have just returned from a successful trip to Lahr Germany. Under the leadership of Master Warrant Officer John Van Helvert the band performed at a mess dinner in honor of the Minister of National Defence the Honourable Bill McKnight. One hundred and thirty officers and guests representing twenty two branches of the service were treated to an evening of music. Solos by Warrant Officer Dave Jackson, Sgt Paul Creally and Cpl Karl Strieby were outstanding and were received with much bravado.

The Tasking Message was received only 9 days before the dinner and was a success due to the efforts of Capt. John French, Chief Warrant Officer Fritz Garbe, and Master Warrant Officer John Van Helvert. The band had a mess dinner commit-

ment in Winnipeg at the same time as in Europe so it took some real organizing to accommodate both functions. Praises go to the enthusiastic help from the Base Orderly room and Base Photo Section with their help processing the documents necessary for travel.

Now the band is off to Colorado Springs for a week of parades, mess dinners and concerts. Then it is off to Calgary for the Stampede Parade and more concerts through the week. From Calgary it is on to Edmonton for the Klondike Parade and daily concerts. And then the highlight of the Tour — Regina. Air Command Band will be the Ceremonial Band for the Royal Visit of The Duke and Duchess of York.

This summer promises to be a busy time for the band and will be an education for both the audiences and the members.

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NEXT ISSUE 26 JULY 89/PROCHAINE PARUTION 26 JUILLET 89



THE KIT BAG II

TERRY LAWRENCE

Those of us who have been in Winnipeg for some time perhaps take the city for granted. We settle into a routine of eating, sleeping, shopping, working, freezing and slapping mosquitoes. We complain about the drivers and the weird traffic system. We all want to go to B.C. or back to Ontario, if we can sell our houses in this lousy market.

Navel gazing and hibernating just won't do!

Now I'm not a big fan of Manitoba winters but summer is a different tale. Winnipeg and surrounding communities host a myriad of first rate entertainment. You need convincing? Check out this list.

1. The International Children's Festival in Kildonan Park.
2. Manitoba Marathon. Of course it's over for this year but it is fun watching all those people running around with their tongues hanging out.
3. The Red River Ex. As good as any medium sized city can offer and the free grandstand shows feature a wide variety of talent.
4. Folklorama. 2 weeks of su-

perb entertainment in pavilions representing some three dozen countries.

5. Boat rides on the Red and Assiniboine Rivers. The dinner cruise on the Lord Selkirk is my favourite.

6. Various special events in Assiniboine Park. July 1st fireworks and Ballet In The Park are two examples.

7. The Winnipeg Zoo. Greatly improved through the years and you must be living in a cave if you don't know the Giant Pandas are there for a few more weeks.

8. Grand Beach. Miles of white sand and acres of exposed flesh of all shapes, sizes and colours. Some of the bathing suits worn are not for the faint-hearted.

9. Winnipeg Beach and Gimli. Lakeside resorts without the flash and youthful skin parade of Grand Beach.

10. The Icelandic Festival at Gimli.

11. The Manitoba Stampede at Morris. It's not Calgary but a lot of the same competitors are entered. A chance to wear your Western duds without feeling foolish.

12. Rainbow Stage. World class "outdoor" theatre in the park. There is a roof but bring your insect spray.

13. Apple and Corn Festival in Carman. Only a few miles away and as friendly a place as you'll ever want to visit.

14. Ukranian Festival in Dauphin. A drive through the Provincial Park and a week of pretending to be Ukranian, even if you're not.

15. Municipal golf courses. You don't have to be Bing Shearer to play. For a few bucks you can golf with the world's worst.

16. Lower Fort Garry. Manitoba as it used to be in fur trading times. A great outing for the family. Drive, or go by riverboat. Don't forget the camera!

17. The Prairie Dog Central. A ride in a Victorian era train.

18. Assiniboia Downs. Thoroughbred horse racing. It's better than 649 'cause you can see the winner before the race.

19. Fishing the Red and Assiniboine Rivers. I haven't tried it but I have seen some of the ugliest cat-fish in the world pulled out of the Red.

There, that's about a dozen and a half just for starters. Enjoy!

nothing like a posting or a promotion, or both at the same time to get one's pulse racing. Postings used to be a lot simpler a few years ago. You'd watch your treasures being loaded into a truck, pile the family into your heavily mortgaged '53 Studebaker and drive day and night to beat the truck to the new base. It's much more complicated now of course. There's the marketing of your real estate, the house hunting trip, the discouraging word about PMQ's at the new base, career oriented spouses changing jobs or trying to transfer, kids in special education programs, assorted pets and other livestock to ship, and the constant concern over the permanency of your new base. "Should we rent?" "Should we buy?" "Should we retire early and go where we want to go?"

We all realize that the biggest problem anyone can encounter on a posting is with the teen-aged daughter who will just die if she has to leave her friends, especially that tall skinny, pimply, long haired twit who plays lead garbage can for a band called "Killer Kut Klub".

I got some very positive comments about my column on "Management". A few readers

swore I was writing about their specific section. I wasn't, but if the "cap fits" as they say...!

We recently tried Montebello Restaurant on Pembina Highway. The menu is Italian and excellent if a bit pricey. I steered clear of the heavy tomato sauce dishes but my dining companions gave a "thumbs up" to their choices. We were a bit disappointed in the ambience as we had been expecting something a bit more "Posh and exclusive" for a special occasion.

We also survived the one hour wait at the bar to sample the offerings at the new Red Lobster. It was worth the wait. I'm just wondering how long it will be before they start cramming more tables into what is now quite a comfortable family type eatery. Prices are moderate too.

At the other end of the scale is the Sal's in the Courts of St. James. It always used to be a decent place to go for a quick, tasty breakfast, but now is on our list as a place to avoid. Management has allowed the place to get grimy and the food was as bad as the torn upholstery, and what we ate of it, tasted about the same. I have written a letter to the head office expressing our revulsion and displeasure.

Farewell gatherings all over the Base these days. There's

BAMEO PROMOTIONS

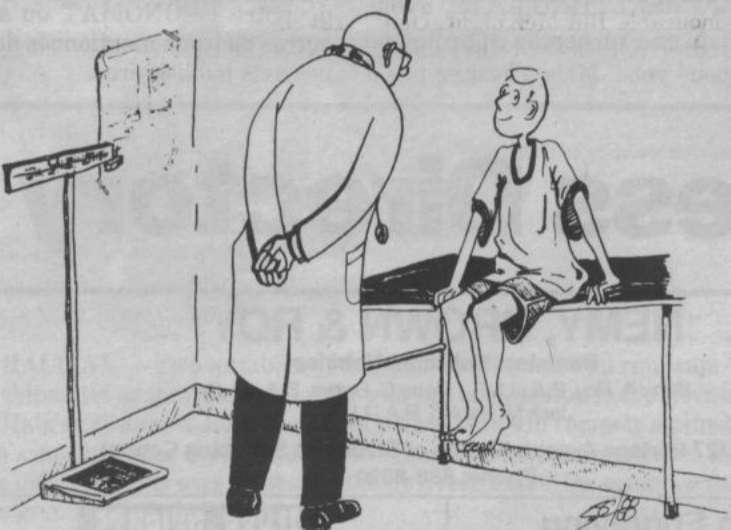


Sgt Ray Taillon, of BAMEO Log Control, receives his promotion to Warrant Officer from Major Tudor. Ray is transferred to CFB Trenton this summer.



MCpl Mike Owen has reason to smile. He is shown receiving his sergeant's stripe, effective, 1 Jul 89, from the BAMEO Maj D.I. Tudor.

Eat more, drink more beer, and for Pete's sake no more running!



A BMI FANTASY courtesy of The Gazette

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1400 Hrs

Team Concept
4 Golfers (Per Team)

League Play

Will be on Tue afternoon at the CFB Winnipeg Golf Course

All sections, branches or units interested in entering a team(s) please have a representative at this meeting. If further information is required contact MCpl Bud Burgess at Bldg 90, Base Gym Loc 5514.

KIDS! KIDS!

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10 Lessons

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CANEX launches CANSUREX II

At last, here it is, a sensibly priced property and liability insurance plan for homeowners, condominium owners, and tenants who live "off base."

Most of us who have occupied MQs and SQs over the past six years are familiar with CANSUREX, that property/liability plan for occupants of military controlled quarters. Periodically we've received bad press for developing programs such as CANSUREX that cater to "on base" personnel only. Not so any longer: CANSUREX II is born.

CANSUREX II is offered by Reed Stenhouse, Ltd, Ottawa, is underwritten by the Commonwealth Insurance Co., and is administered by CANEX HQ. This plan incorporates the best fea-

tures of plans offered by the majors in the industry; for example, all plans have \$1,000,000 liability coverage, sewer back up coverage, \$150 deductible, and other enhancements. And let's not forget the price. Our analyses indicate that the published rates for CANSUREX II, at the time of this writing, are 20-50% below the "best rate in town."

We encourage everyone to shop around for their insurance needs in much the same way as one shops around for the best RRSP rates. As far as insurance is concerned, if you are like me, you'll select the cheapest product on the market. But this may not always be the wisest path to follow. You should ascertain how fast and fair are their claims serv-

ice, how stable is the company, what are the exclusions, are claims settled on replacement cost, etc.

With CANSUREX II, we at CANEX HQ have done most of the leg work for you, but check around anyway and least of all get the opinion of those who have been insured with CANSUREX (remember, that "on base" plan). CANSUREX II is an offshoot of, and will be administered in much the same way, as CANSUREX. CANSUREX will still cover occupants of SQ/MQs; CANSUREX II will cover the rest.

If you want to know about CANSUREX II and how to apply, pick up a booklet at your Base Exchange or at other locations as advertised.

Les économats inaugureront CANSUREX II

Enfin, le voici, le régime d'assurance de responsabilité civile et des biens personnels, au coût raisonnable, offert à l'intention des propriétaires de maison ou de condominium, et des locataires qui vivent à l'extérieur de la base.

La plupart d'entre nous qui ont habité des LF ou des LC au cours des six dernières années connaissons bien CANSUREX, régime d'assurance de responsabilité et des effets personnels à l'intention des personnes habitant les logements sous la responsabilité des autorités militaires. Il arrive de temps en temps que nous rece-

vions de mauvais commentaires au sujet de l'élaboration de programmes tels CANSUREX qui s'adressent seulement au personnel résidant sur la base. Ceci est révolu: CANSUREX II a vu le jour.

CANSUREX II est un plan d'assurance offert par Reed Stenhouse Ltd, Ottawa, souscrit par Commonwealth Insurance Co; cette assurance est administrée par le QG ECONOMAT. Elle donne les meilleurs aspects et avantages du programme offerts par les principales sociétés d'assurance, par exemple, tous

les plans ont une couverture de responsabilité de 1,000,000 dollars, une couverture des dommages causés par un refoulement des égouts, une franchise de 150 dollars et autres avantages, Et surtout n'oublions pas le prix. Notre analyse indique que les taux publiés pour CANSUREX II, au moment de la rédaction de la présente note, sont 20-50 pour cent au-dessous du meilleur taux offert par les concurrents.

Nous vous encourageons à étudier le marché d'assurance de la même façon que vous faites les banques pour les meilleurs

Base Civilian Personnel Pay and Benefits Staff



The BComd recently presented an award to the Pay and Benefits staff of the Base Civilian Personnel Office on behalf of the Assoc ADM (Per) to recognize their commitment to quality, professionalism and integrity in civilian personnel administration. On behalf of all civilian employees who rely on their expertise — well done! And by the way, where's my retro cheque?

(L — R): Marilyn Roebuck, Sharon Finn, Jean Dawson, Lottie Klapatiuk, BComd Col Reynolds, Joan Bristow (office manager), Andrea Walker and Nadia Thickens. Missing: Arlene Leonard.

REER. En ce qui concerne l'assurance, si vous êtes comme moi, vous choisirez le produit de moins cher offert sur le marché. Mais ceci peut ne pas être la bonne méthode à suivre. Vous devez vous assurer que les services offerts sont justes et équitables; vous devez également chercher à savoir si la société est stable, si les sinistres sont remboursés au coût de remplacement, quelles sont les exclusions, etc.

Avec CANSUREX II, nous, au QG des ECONOMATS, avons fait une recherche approfondie pour vous. Mais n'hésitez pas à

vérifier si vous le voulez et à chercher à connaître l'opinion des personnes qui ont été assurées avec CANSUREX (rappelez-vous, ce régime "sur la base"). CANSUREX II en est une ramification et sera administrée de la même façon que CANSUREX. CANSUREX assurera encore les résidents des logements LC et LF; CANSUREX II assurera le reste.

Si vous voulez en savoir davantage sur CANSUREX II et comment en faire la demande, n'hésitez pas à obtenir un livret auprès de votre ECONOMAT ou aux autres endroits mentionnés dans nos avis publicitaires.

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BOR Update

I am a mushroom and occupy a desk located towards the rear of the BOR. As several clerks sat leafing through the latest edition of the VOXAIR the day it hit the newsstand I couldn't help but overhear the snide comments directed towards the ever elusive BOR Update. I shall attempt to redeem myself via this submission.

Change is the name of the game this summer on the admin side of BHQ. The BAdmO, LCol Doerksen (our fearless leader who treads where others fear to tread!) is off to raise hell and lower BMIs at CLFCSC Kingston.

Needing support in this area, he has enlisted the aid of our current BPAAdmO (the resident authority on policing said BMIs), Maj MacInnis, who is posted to CFB Kingston. LCol Forestell of AIRCOM HQ and Maj Hyslop, currently attending the Continuous French Course, will pick up where these gentlemen leave off.

MCpl Julie Gallant hit the road for Gagetown 16 Jun 89. May CTCHQ be blessed with her for as long as Winnipeg was! MCpl Nicolle Kimpinski picks up her third 1 Jul 89 and, at time of writing, is posted to RSS Prairie (Minto) on 12 Jul 89. Congratulations

on a well deserved promotion, Nicolle (picture to follow...), and whose wrath did you incur along the way?! Nicolle will be replaced in July by MCpl Lillico from CFRC Edmonton. MCpl Sherrie Lloyd emigrates south to BEME 1 Jul 89 and will be replaced by MCpl Roberto Nadeau from AIRCOM HQ. Cpl Roger Doucette successfully completed his Adm Clk QL3 course under LOTP and has been selected for employment at CFRC Winnipeg. No doubt Roger will have recruits lined up to join the infantry... Cpl Bruce Boyle from Central Registry will soon depart for 2 Svc Bn Petawawa. It's as close to Borden as you're going to get for a while, Bruce!

Lt Anne Wallbridge is being broken in by leaps and bounds as

the new Asst BPAAdmO, replacing Lt Steve Pike who is now "Mr" Pike, seeking employment somewhere in England. Pip, pip, tally-ho, and all that rot...

The BPAAdm staff extend sincere congratulations to LS Heidi Sorrell, recently accelerated to that rank. Heidi is having a gender crisis and was most distraught when recently advised of the Navy's decision to have their women wear neckties in lieu of necktabs. That's life on the boat, Leading Seaman Sorrell!!!

WO Gary Marriott is currently fulfilling a tasking as Chief Clerk for a cadet camp in sunny Penhold. He assures us he's having FUN. (I'm sure he is — yours truly got stuck with the Sr NCMS' PER submission!!) OS Danny Leblanc is spending his

summer in the Tn OR in Chilliwack. Who does he know that we don't? Pte Linda Niven survived RV 89. She found it to be a great experience but, if there's ever another one, we'll have to find another volunteer!

For those of you who don't read ROs (shame on you!) the BOR is now open lunch hours and providing full service from 0730 to 1600 up to and including 1 Sep 89. Please make use of the extra hour.

Well, Staff — I promise one more article prior to my posting to LTC. I've had this overwhelming desire to parlez-vous ever since I married a Frenchman and learned he talks in his sleep — but only in French! Now — which one of you dimpled darlings wants the title of VOXAIR rep?!!

Naval gun run competition

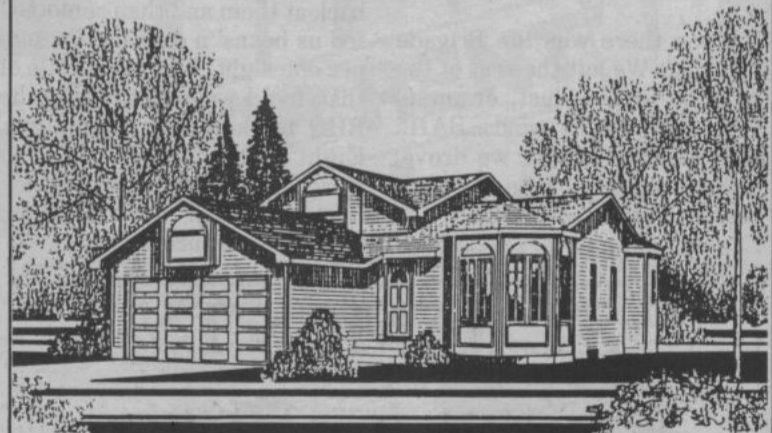


HALIFAX — Two members of the East Coast naval gun run team 'cross the chasm' with the assistance of shipmates as they prepare for the gun run competition in the Nova Scotia International Tattoo to be held in Halifax 28 June-4 July. The East Coast sailors will compete against West Coast sailors in one of the Tattoo's most popular events. During the competition, two 16-member teams dismantle a field gun, transport the different parts over an obstacle course, reassemble the components in the shortest possible time and fire the gun.



Maj MacInnis, BPAAdmO, offers congratulations to AB Heidi Sorrell on her promotion to LS, effective 22 May 89.

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2 PPCLI — the FORCE at RV89

by Capt. M.J. Minicola



B Coy, 2 PPCLI moves in to clear out Soviet Platoon position.



Mortar Platoon in Live Fire Shoot.



Cleaning the C6 Machine Gun.



B Coy Combat Team with American M-1 Tanks in the assault.

Winnipeg, cry no more, yer soldier boys are home. How was it anyway — life without the Second Battalion? Pretty quiet, eh? Well, we're back, with a month's pay in the bank, fire in our eyes, and a whole slew of new battle honours. The Grant won't know what hit it!

Yeah, we knocked a few heads, DONTCHAKNOW! The bigger they came, the harder they fell. Fantasians, Upper Slobovians, Westlandians, Lousy White-Suited Comedians...we kicked some BUTT!! Why, I remember that there Heliborne assault... Rain? Buckets of it, we never faltered though. Couldn't see the rain for the lead we poured on them. HARRR!! There's STILL little bits of 28 Motor Rifle Division layin' around Wainwright.

Then there was the Brigade Ex. HA!! We left the rest of the Brigade in our dust...er...mud. Rain, snow, howlin' winds...BAH!! Hell bent fer leather we drove, dismountin' fer no man, the heaters blarin' and the IMP's a-flyin'. Crossed that River like...like...

like...well, like they never really blew the bridge. We pushed them C Coy boys through the bridge-head and they were GONE!! Cleaned house like Molly Maid! We were on them like the proverbial plague. Must've pushed the Inter-Alberta Border all the way back to Tuktoyuktuk!! We moved so fast we had to end the battle early — no more enemy left to stomp, DONTCHAKNOW!!

All of that was just a warm-up, though. I'll never forget the Division Ex! Rain? What Rain? It never showed its face no matter what them Int boys claimed. We dug into our defensive position and STAYED! Them Westlandians threw everything they had at us — Tanks, Yanks, Grizzlies, Hummers. BAAAHHHH! We never budged — just threw it all back at them and then some. CQ fed us beans 'n cabbage for supper one night. We gave a little of that, too! I wandered 'round the BHQ bunker later that night. Eight feet underground they were. Smelt so bad inside they made the Adjt stand outside!! HA! Most disturbing!!

Remember A Coy? Must've been a stack of tanks 'n bodies ten feet high...almost as high as the stack of discarded ham omelets around the position! Didn't matter what they pulled — Spetsnaz, Heliborne Assault, "sneakin' and peekin' thru the tulies"...we stopped 'em all dead in their tracks, DONTCHAKNOW!! The DCO said he'd never seen nuthin' like it since FREZENBERG! Airborne? Pathfinders? PLLBBTFFFF!! Wouldn't even come near us, they wuz so scared. Yeah, by the time we had to counterattack, there wuzn't nuthin' left of them.

So Winnipeg...we're back again. Call it the stuff of legends, call it another weavin' in the Regimental fabric, call it what ya' want — the facts are there — the Second Battalion was THE force at RV '89. And now we're back so roll out yer red carpets, blare yer horns and bring on the dancin' girls 'cuz it's Freedom of the City Time. VP.

Capt. M.J. Minicola
Photos by Cpl W.C. Gomm

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An invitation to all members of the Royal 22e Regiment

As part of the festivities of the 75th anniversary of the Royal 22^e Régiment, the Colonel of the Regiment, Maj.-Gen. R.A. Reid CVO, MC, CD, invites all past and present members of the regiment to Québec City to celebrate this event from June 30 to July 2, 1989.

Activities slated for the anniversary celebration are as follows:

June 30, from 10 a.m. until 5 p.m. at La Citadelle — An Open House for the general public, displaying the weapons and equipment used by the battalions today;

June 30, at 8 p.m. at L'Agora du Vieux-Port de Québec — the Band of the Royal 22^e Régiment will present a free concert for everyone;

July 1, at 1 p.m. at the Place George V — the Raising of the Flag presided by His Excellency, the Lieutenant-Governor of the Province of Québec, the Honourable Gilles Lamontagne. Immediately following the ceremony will be a parade marking the Freedom of the City of Québec;

July 1, at La Citadelle, after the Raising of the Flag until 2:15

p.m. — an all ranks reception to meet with old friends. A light buffet and anniversary wine will be served;

July 2, at 11:30 p.m. at Basilique Notre-Dame de Québec — a commemorative mass celebrated by the Archbishop of Québec, His Eminence, Cardinal Louis-Albert Vachon.

To facilitate convenient parking during this long weekend, for the Open House at La Citadelle and all activities on July 1, you can park on the Plaines d'Abraham from 9 a.m. until 5 p.m. The military police will indicate the route to follow from the entrance off St-Louis/Grande-Allée Road. For the concert at L'Agora the parking lots at Vieux-Port may be used. For the commemorative mass, parking is limited to the lots of the Manège militaire Grande-Allée. It is recommended you arrive early enough to find space in the underground lot at City Hall.

Dress recommended for the celebration is 1A for military personnel.

If you require any further information on the weekend, call (418) 692-0877 or (418) 648-4916.



Tous les membres du Royal 22e Régiment sont invités

Dans le cadre des festivités entourant le 75^e anniversaire du Royal 22^e Régiment, le major-général R.A. Reid, CVO, MC, CD, colonel commandant du Régiment, invite tous les membres du Régiment, anciens et actuels, à venir célébrer cet événement à Québec, du 30 juin au 2 juillet prochains.

Voici le programme des festivités :

Le 30 juin, de 10 h à 17 h à La Citadelle — Exposition d'armes et d'équipement utilisés dans les bataillons d'aujourd'hui. Ouvert au public; entrée libre.

Le 30 juin à 20 h, à l'Agora du Vieux-Port de Québec — Concert gratuit donné par la Musique du Royal 22^e Régiment. Pour tous.

Le 1^{er} juillet à 13 h, à la Place George V — levée du drapeau présidée par le lieutenant-gouverneur de la province de Québec, l'honorable Gilles Lamontagne. Cette cérémonie sera immédiatement suivie d'un défilé marquant l'exercice du droit de cité.

Le 1^{er} juillet à La Citadelle, après la levée du drapeau, jusqu'à 14 h 15 — Réception tous grades, buffet léger et vin d'honneur. Une bonne occasion de rencontrer d'anciens camarades.

Le 2 juillet à 11 h 30, à la Basilique Notre-Dame de Québec — Messe commémorative célébrée par Son Éminence le cardinal Louis-Albert Vachon, archevêque de Québec.

Afin de faciliter le stationnement durant les festivités, certaines mesures ont été prises. Pour l'exposition à La Citadelle, le 10 juin, et pour toutes les festivités du 1^{er} juillet, on pourra utiliser les aires de stationnement sur les Plaines d'Abraham, de 9 h à 17 h. Des policiers militaires indiqueront la route suivre, à partir du chemin St-Louis/Grande-Allée. Pour le concert à l'Agora, on pourra garer sa voiture aux stationnements du Vieux-Port. Par contre, pour la messe commémorative on devra se limiter aux stationnements du Manège militaires Grande-Allée; il est donc recommandé d'arriver tôt de façon à pouvoir trouver un emplacement dans les stationnements souterrains de l'hôtel de ville.

La tenue recommandée pour le personnel militaire, à l'occasion de ces festivités, est la tenue 1A.

On peut obtenir de plus amples renseignements sur les festivités en composant le (418) 692-0877 ou le (418) 648-4916.

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A Message From The Fire Department

Living safely with propane

A growing number of cottagers, campers and backyard barbeque enthusiasts realize that propane can be used as a convenient and economical fuel source for recreational, camping and household appliances.

Propane is a clean, portable and efficient fuel for use in Bar-B-Q's, stoves, refrigerators, space heaters, water heaters, clothes dryers, lighting and much, much more.

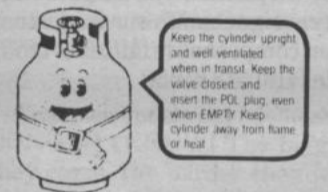
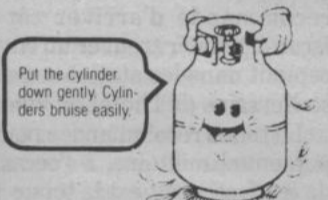
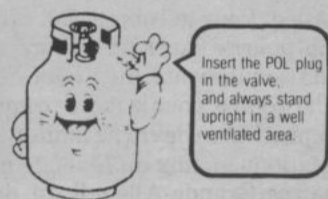
Used with care, propane is a safe and convenient fuel. Propane gas is not toxic. Nor is it injurious to you, should you be exposed to it in limited quantities. However, should a leak occur the accumulation of propane gas can become dangerous.

Propane is heavier than air and it tends to settle in the lowest available space. Very small amounts of propane are required to create a flammable mixture of gas and air. In the limited space of a recreational vehicle, for instance, very little propane is needed to create a hazardous situation which can result in injuries, even death, and property damage. Propane requires a large volume of air to burn properly. With adequate ventilation, an operating burner gives off a number of harmless products such as carbon dioxide and water vapor. But a propane appliance starved of oxygen can quickly produce dangerous amounts of carbon monoxide, similar to the lethal gas produced from a car exhaust.

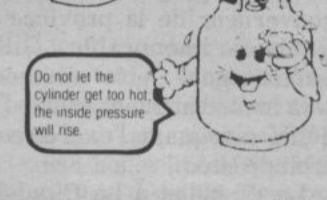
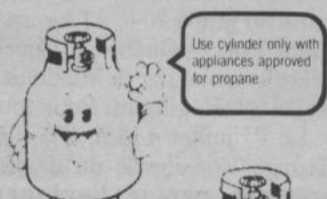
For most uses propane is generally sold and stored in a cylinder. The cylinder is a critical part of your propane fuel system requiring special care and maintenance. Propane cylinders manufactured in Canada carry markings which mean that they have been manufactured to an acceptable specification. By law, all propane cylinders are required to be re-qualified for continued service at each 10-year interval starting with the date of manufacture. No person should fill a cylinder that is overdue for re-qualification. "Out-of-date", extremely rusted or damaged cylinders cannot be filled.

Learn now what you can do to ensure the safety of yourself and others when using propane! The following safety information will assist you in this regard. However, should you encounter any questions or problems not covered in this pamphlet, on propane cylinders or any other components of your propane fuel system including the regulators, piping and connectors and the appliances, consult a propane dealer or service organization.

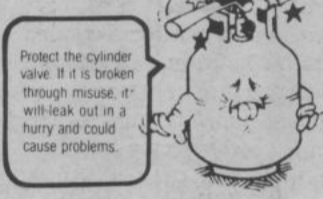
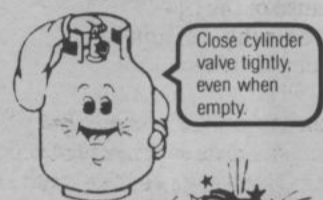
When Cylinder Is In Transit



When Cylinder Is In Use



When Cylinder Is Not In Use



Things to remember when cylinder is in use:

- Cylinder must be upright secured on a firm base, away from flame or heat.
- Use only with appliances approved for propane. (Note: When connecting you will notice that cylinder valve has a left hand thread).
- After connection, check for leaks with soapy water — NEVER A FLAME.
- Cylinder valve must be fully opened to operate.
- Always use a pressure reducing regulator.

Remember to keep cylinder upright, and well ventilated when in transit. Keep valve closed, and insert the POL Plug, even when EMPTY. Keep cylinder away from flame or heat.



Bethany and Ryan Sage, ages 5 and 4 respectively, are thoroughly enjoying their Milton Bradley Mickey Mouse Yahtzee travel game. Mom and Dad never had it so good during their weekend drives to the cottage.

Surviving Summer Vacation A Parent's Guide to Long Distance Driving Trips

Each year, almost four-and-a-half million Canadian families take vacations. Not surprisingly, many of these trips involve long-distance driving during the summer months. Families are driving to cottages, driving to beaches, driving to theme parks, driving to camp grounds, and driving to visit relatives. And the children? They are driving parents crazy! Because bored young passengers, in a cramped and stuffy back seat, usually become cranky and restless.

That's why road trips with children require special planning. Milton Bradley, a leading manufacturer of games for children and adults, offers you these helpful "dos and don'ts" for surviving the travel portion of your family vacation:

DO get your kids involved early. Order brochures on your destination and have them sent to your children. Highlight your route on a road map and let children chart your progress with a crayon each day.

DON'T over-pack — bring only the essentials. Lugging heavy luggage and young children will put a damper on everyone's vacation.

DO bring along a little bit of home. Children will feel more comfortable and secure if surrounded by a couple of familiar and favourite toys.

DON'T forget the importance of frequent pit stops. Trying to make better time on the road by ignoring bathroom and stretching breaks is only asking for a back seat revolt!

DO take advantage of life-savers like Milton Bradley's travel games. This games company offers several of its most popular games in a convenient travel size. Family classics like Travel Yahtzee, Travel Trouble, Travel Connect Four and Travel Battleship are designed so efficiently and economically that you can pack several for the car — or that rainy day at the cottage. And best of all, these travel games, there are ten in all, are intended for a variety of ages and number of players — so there's a game appropriate for any family.

DON'T forget food on the go. Instant pick-me-ups like grapes, raisins, unsalted nuts, and fruit juices are just the answer for a fidgety five-year-old.

DO design a portable workstation for back seat playing. A brightly coloured small paper box — decorated by your children — will do nicely.

DON'T forget the radio! Add some variety and amuse your children by playing tapes of their favourite stories or songs.

DO direct your children's attention to simple visual games like asking them to count as many buses as they can, different license plates, farm animals, etc.

DON'T forget the children need nap time on the road, too! Designate a time of day, like after lunch, as a "quiet time" so that children can revitalize.

DO give your children a sense of travelling time. Prepare them for how many hours or days it will take to reach your destination.

At some point during your trip, it's natural for nerves to wear a little thin. But, by following these simple "rules of the road" families can reach their destinations fairly pleasantly — if not completely peacefully!

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SPORTS ANNOUNCEMENTS

Special Olympics Torch Run



Military Police participants of the Special Olympics Torch Run.

Starting at 1810 hrs, 01 Jun 89 on Portage Ave, commencing at the Perimeter highway, nineteen military police personnel were among other police agencies who participated in the second Manitoba Law Enforcement Torch Run in support of Special Olympics. Representing the Military Police Section were Capt RIDGE, Sgt METIVIER, MCpl's POULIN and PETERS, Cpl's SOUVA, MARTIN, LOFTIS, LACASSE, SHANE, with Pte's

GRUBBER and DERAMAN-CHUK. From Prairie Militia there were WO RENE and Pte's SAYEED and WATERS. Representing the Special Investigation Section and Detachment were WO's GUAY and RICHMOND with Sgt WILLIAMS and myself Sgt FONTAINE. Last but not least there was WO MCKECHNIE from Air Command SSO SECUR who graciously volunteered as driver and moral booster. From the grunts

and groans that could be heard it was apparent that the pace was at times a bit fast, but all in all everyone had a very good time. This was especially true at the University of Manitoba Bison Gym where the opening ceremonies for the Special Olympics were held. The obvious expressions of gratitude on the faces of the athletes as we ran into the gymnasium was overwhelming. I am certain that at that moment many of the 638 police officers present totally forgot their aches and pains while accepting the applause of the Special Olympic athletes who so enthusiastically cheered us on.

Now it is due time to thank you the military community for the first class support that you so generously gave the military police personnel who came to your door asking for pledges. Your support and donations along with those of other communities such as your own are the cornerstone needed to keep the Special Olympic dream alive. As a final note, I would like to share with you the Special Olympic Athlete's Oath which is "Let me win, but if I cannot win, let me be brave in the attempt". Thank you.



"A" DIVISION CHAMPIONS
DCOS C & E

(Rear L — R) Capt Brent Thompson, WO Gilles Forget, Capt Kevin See, Col Mike Charron.
(Front L — R) MWO Fred Lacaine, Capt Gerry Maiers, WO Jack Allard.

Air Command Volleyball League

The playoffs for the Air Command Volleyball league were held 14 Apr 89 at Bldg 21. There were two divisions participating in the championship. Each division played a double elimination format.

"A" division came down to the finals between DCOS C&E and 733 Comm Sqn. DCOS C&E had dominated the league throughout the season, and although 733 made worthy opponents, the C&E team ended up on top with a convincing victory.

The "B" division champions were more difficult to determine.

DCOS Reserve made it to the finals without a loss to meet DCOS Maint. Inspiration overtook the Maint team and helped them to win the best 3 out of 5. This necessitated the playing of another 3 out of 5 series to determine the overall winner. Both teams were feeling the effects of a long day of competition however DCOS Reserve couldn't revive their momentum quickly enough and they went down to defeat at the hands of a tired but skilled DCOS Maint team.

It was a fitting end to a successful volleyball season at Air Command HQ.

CFB WINNIPEG BASE GOLF TEAM TRY OUTS 17-31 JUL 89 INCL

Personnel wishing to try out as Base representatives for the CFB Winnipeg Prairie Region Golf team are requested to contact the Base Recreation Centre at loc 5511 prior to 15 Jul 89 for registration.

FORMAT

1. Personnel will play 3 rounds of golf at the Teulon Golf Course with 2 other personnel who are registered for the Base Play-Offs.
2. All score cards will be verified and turned in to the Rec Centre following play.
3. Best 2 rounds of the 3 will be used to determine team. Ties will be broken by another round. Play dates must be declared — at Rec Centre either morning of play or day prior to.
4. 19-20 Jul 89 starting at 1000 hrs have been booked for playing at Teulon — if you are able to participate on these dates inform PERI staff as you register.
5. Registrations will not be accepted following 15 Jul 89. Rounds played prior to 17 Jul 89 and after 31 Jul 89 will not be accepted.

NOTICE

CFB Winnipeg Pool is now accepting WSI and Lifeguard applications for the summer session of lessons which will begin 4 Jul 89. All those interested in either position are requested to contact Cpl Grasley Loc 5514 A.S.A.P. Starting wages are \$6.25 for Lifeguards and \$7.70 for Aquatic Instructors.



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Greetings from the Chapels

No Substitutes, Please!

Lately, I've been overwhelmed by the depressing news of family breakdowns and its impact on the people involved. A recent article in "Moneywise" pointed out the high price paid by couples who attempt to settle their financial affairs during divorce proceedings. Articles in "People" magazine and "Readers Digest" point out the destructive nature of family breakdown on adults and children alike.

Diane Medved, in her work "The Case Against Divorce" tells of the devastating effects of marital breakdown:

"Often in tears, the divorced people I talked with described fantasies of an ex-spouse returning, or confessed guilt over abandoning a once-devoted mate. They spoke of

being uprooted from their homes, of splitting possessions, and of children changed from innocents to confidants or scapegoats. And they mourned a part of themselves never to be recaptured — the family unit now destroyed."

There are numerous causes of breakdown — spouses putting career ahead of marriage/family, the psychological and spiritual immaturity of young people marrying today, the fantasy of the "grass is greener on the other side", the sheer hard work involved in keeping a marriage vital and alive, and the lack of personal and couple commitment to their relationships.

There is simply no other satisfying substitute for a marriage and family built on a strong foundation

of mutual trust, understanding, tolerance, maturity, and commitment. A couple that has a strong physical, psychological and spiritual bonding is better able to cope even to thrive, in the daily push and pull of married life with all its challenges and responsibilities.

The Christian model of marriage and family, in my opinion, offers the best hope and promise for marital and family success in the turbulent 80's and 90's. With its stress on the importance of life-long commitment, mutual respect, and love, a one-to-one relationship, forgiveness and grace and a conscious acknowledgement of God's presence and power, Christian marriage has the ability to unlock the door to mutual fulfillment and

contentment in people's lives. The scriptural foundation for marriage is well described in Ephesians 5:21-33 and has proven to be a source of direction and strength for couples who want to make their marriages intentionally Christian.

In an age of change, challenge and chaos, the family unit is under increasing pressure from all sides and in many ways. Without an adequate understanding of the elements of a strong marriage and mutual maturity, couples and their children will be in danger of losing that which has the power to provide growth and positive creativity in the present and future.

Unless the Lord builds this house (home)
They labour in vain who build

CHAPLAINS CORNER



it...
Behold, children are a gift of the Lord:
The fruit of the womb is a reward...
How blessed is the man or woman
whose life is full of them.

Psalm 127

Padre Peter Day

TOPS

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The Canadian Forces are aware that family morale and the well-being of dependants are very important. While the CF family has the same general needs as the civilian family, at times needs may differ or be compounded by the military lifestyle, i.e. frequent separations and moves.

CFB Winnipeg wishes to assist families as much as possible. Two Family Support Centres, one at 54 Bourkewood (North Site) and the other at 1822 Corydon (South

Site) are being established, with the aim being an early fall opening. Generally, the Centres will address various family needs, including information and referral, education and lifestyle training.

The new Director of the Family Support Centres is Marla Kaposvary. Marla has an extensive background in social and community services, including positions within the civilian sector and employment with Family Services for CFB Lahr, West Germany. An additional asset

Marla brings to her position is personal experience as a military spouse and parenthood.

The Family Support Centres will rely a great deal on community involvement. Marla welcomes ideas, questions, and offers from volunteers. Anyone who wishes to share that with her is welcome to call her, at her temporary office in Base Headquarters Bldg 86, at 895-6774. Further updates about the Family Support Centres will be appearing in future issues of Voxair.

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14 Trg Gp 1st clasp presented



Petty Officer Ted Scott of 14 Training Group HQ's Training Control Staff receives the first clasp to the Canadian Forces decoration from BGen David Kinsman, Group Commander.

PO Scott joined the Navy as an Admin Clerk in 1967 and has served aboard HMCS Columbia, Restigouche, at Fleet Maintenance Group Pacific CFB Esquimalt CFS Alert and RSS Victoria.

Prior to coming to 14 TR GP last summer, he was a member of the Air Command HQ Staff.

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Living room/dining room facing on lovely fully fenced secluded backyard with southern exposure. Mature fruit trees, grapevines, small garden, carport, potting shed. Grounds beautifully landscaped; low monthly upkeep. Possession: August 1989. \$525 per month plus utilities. Contact: CWO Downey, 2PPCLI Winnipeg. Bus: 895-6265 Home: 832-7851.



BABYSITTING — Mother of two will babysit in my home on South Side. Large fenced-in yard, non-smoker, bilingual. Rates negotiable. References available. Call Karolyn at 488-3093.



FOR SALE — Multi tone green foam backed carpet approx 11 x 25 ft., aqua tone nylon pile carpet complete with underpad approx 9 x 12 ft., ivory tone superior quality nylon carpet complete with heavyweight underpad 11 x 15 ft. All only 6 months old. White electric self clean stove. Contact Mike Boyes, days 895-6706, evenings 488-4932.

FOR SALE — Privacy/wind break fence — 7 x 8 foot sections approx 6 feet high. Boards are 8 in wide fir. \$125.00 Ph: 895-6526 or 488-3459.

FOR SALE: Baby crib, complete with orthopedic mattress, used for one child only, like new, asking \$100.00. Ph 489-7048.

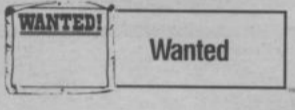


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FOR SALE — 1955 Chevy BelAir, 2 dr sedan, 350 cu, maroon & white, excellent condition, \$8,000.00 OBO. Ph 694-6812 or 895-5003.

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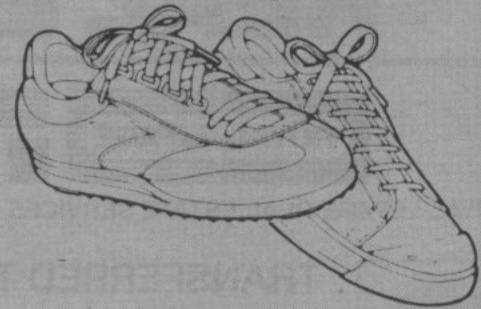
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