



Diane Robertson has a chat with her boxer, Bjorn. In a recent dog show in Brandon, Bjorn won the ribbon for Best Puppy in Breed.

Photo by Bob Jones

LOCAL DOGS WIN IN BRANDON SHOW

by A. Kirsopp

Recently, the CFB Winnipeg Dog Club members entered the Crocus Dog Show and Obedience Trial, held in Brandon, Manitoba. Karen and Don Colomico's dog Roggen, a German short haired pointer, secured his Canadian championship with a flair by obtaining a group placement on the last day of the show. Roggen also obtained his CD (Companion Dog) award over the weekend. In addition, Diane Robertsen's boxer Bjorn was awarded best puppy in breed on the two days he was entered and passed two of the required three trials enroute to obtaining his CD.

The CFB Dog Obedience Club was founded approximately 15 years ago and is one of many clubs on base providing a service to the military community under the auspices of the Westwin Community Council.

The primary objective of the club is to promote proper care, control and handling of dogs. Additionally, the club encourages obedience trials, held under the rules and regulations of the Canadian Kernel Club (CKC), and familiarizes members with the rules and procedures of competitive obedience and show handling.

On Sunday evenings the CFB Dog Club in conjunction with the Golden

Retriever Club of Manitoba sponsors training classes of 12 weeks duration. The classes are held in Building 21 from September to December and from January to April under the capable supervision of Mrs. Monica Torrence, a qualified CKC competitive Field Trial judge.

On Tuesday and Thursday evenings the regular club membership trains under the supervision of noted obedience trainer Mrs. Jean Haines. Tuesday evening sessions are devoted predominantly to competitive handling and scent hurdling with Thursday evening being primarily a practice night.

At present the club is in the process of establishing a scent hurdle team and hopes to be carrying the base colours competitively by late spring or early summer.

Upcoming on the 17 April the CFB Dog Club and the Golden Retrievers will be hosting their annual Obedience Fun Match in Building 21 between 1200-1800 hrs. Spectators are welcome, (no dogs please), admission is free and it would be an ideal time for anyone not familiar with obedience competitions or scent hurdling to come out and observe.

POSTING SERVICE FOR COUPLES LIMITED

In a letter to Base Commanders from NDHQ, the Director of Personnel said that it is becoming increasingly more difficult to post service couples to the same location.

Increased enrolment of women in the CF has resulted in a steady increase in the number of married service couples. During last year's posting cycle it proved impossible for Career Managers to collocate all service couples due to the increased numbers.

Also, reduced cost move funds have virtually eliminated the Career Managers options to effect discretionary moves. Postings are now restricted to satisfy manning requirements and career development considerations. It is evident that the difficulties currently associated with collocation will increase in the future as the number of service couples steadily increases. Many couples on future posting will, as a result, be required to serve entire tours at different units which may be widely separated geographically.

In a view of the situation outlined above, it should be expected that more negative responses to requests for collocation will be given in the future. Nevertheless, Career Managers will continue to do their best to satisfy the

wishes of the service personnel. The requirements of the Service will of course remain paramount in making the final decision.

The current policy for posting of service couples, simply stated, is that couples will be posted to meet service requirements. Where possible, every effort is made to locate both husband and wife in the same area. The Career Manager has a myriad of factors which must be looked at prior to collocation of service couples. Some of these which may jeopardize the posting are:

- a. one of the persons may hold a supervisory or administrative position which could possibly affect or influence the other member's assignments, evaluation, promotion, privileges, etc.
- b. duties in a unit are such that members who are not supervisors are required to audit or verify work performed by other members of the same rank level;
- c. such collocation will cause movement of other service personnel except as part of normal progression and development; and
- d. the normal tour length of one member will, by virtue of rank or trade/classification, vary from that of the other.

MAINTAINERS CONGRATULATED



The BMLO Maj K.W. Kirkland presented 25 year plaques and Pte(T) insignias on Fri 21 Jan 83. Pictured with the BMLO are recipients (Top row L to R) Mr. Steve Byzuk, BMLO, and Mr. Butch Inouye (Bottom row L to R) Pte(T) St. Laurent, Pte(T) Vanthournout and Pte(T) Flood.

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EDITORIAL

PAY TV TO SHOW SOFT PORN

by T. Langer

As a person who is sick and tired of people complaining about Soft Porno being shown on Pay TV, what is pornography and what isn't is not the issue. The issue at hand has to be dealt with: 1) is someone forcing you to purchase Pay TV; 2) is someone making you watch that station (you can use your dial to change stations or the on/off switch does work and 3) who says if you are visiting someone that you can't leave the room, floor or house if you are not inclined to watch what is on.

Myself, I do not care if pornography is a part of life. If the person (male or female) involved is a consenting adult, all the power to them.

The day I will carry a placard or voice my opinion is when pornography is forced upon myself or my family. When my children become consenting adults, if they wish they can watch pornography on TV, movies, stages or look at those girlie magazines or for the ladies those boyie magazines.

So let's not condemn something that you, as an individual, being of sound mind and sound body (I hope and God willing) can control by not being a follower but be a leader and make up your own mind but don't bore the people of the world in a matter you can control yourself.

CDS STRESSES NEED FOR CONVENTIONAL FORCES

OTTAWA—Speaking before the annual meeting of the Conference of Defence Associations (CDA) General Ramsey M. Withers, Chief of Defence Staff, concentrated on the need for conventional forces — “a major element of effective deterrence and a determinant of the level of the nuclear threshold.”

General Withers emphasized the state of international tension in our world including the deployment of 324 SS20s and continuing improvement of the Soviet Union's conventional weapons. “It is apparent from the events of 1982 that nations still feel the need to have recourse to the application of force as a means of implementing national policy”. The Falklands, in particular, he cited, “as a case in which deterrence failed and conflict resulted”.

General Withers then outlined a Force Development Plan for a gradual increase in the sustainability of the Canadian Armed Forces and the establishment of long-term objectives for them. He indicated that Canadian commitments can only be met by a “total force” consisting of both regulars and reserves, “all parts of a

single structure, tasked to carry out wartime operational and support missions”.

In peacetime, priorities must be given to Canadian Forces Europe, the ocean-going Navy, and the aerospace defence forces. But, there are other missions, he said, where reserve forces can form the basis of our military response — such as the defence of North America on land and in coastal waters or the protection of vital ports. Necessary personnel, equipment and supplies must be identified for each mission to ensure that assigned forces will remain effective and viable.

General Withers indicated that the Department of National Defence is examining the creation of a Supplementary Ready Reserve to be made up of trained personnel, retired in the past five years and who would be immediately employable on call-up “to ensure that the peacetime posture of the Canadian Forces (are) backed by the preparations and resources, human and material, necessary to permit current commitments to be met in conventional combat”.

LETTERS TO THE EDITOR

Dear Sir:

I would appreciate it if the following could be included in the “Letters to the editor” section of the forthcoming issue of your publication:

“440 BAT Squadron” will have its Colour Presentation and Squadron Reunion on the 21st May 1983. Planning for the Presentation has commenced and all aircrew and ground crew who have served with 440 Squadron since inception on October 5th, 1932, and former members of II Army Co-Operative Squadron and 111 Coastal Artillery Co-Operation Squadron, are all invited to attend.

Former members are asked to provide their names and addresses in order that “Colours and Reunion” material may be distributed. Please send to:

R.G. Nicholson
Lieutenant Colonel
Commanding Officer
440 Transport and Rescue Squadron
Canadian Forces Base Edmonton
Lancaster Park, Alberta
TOA 2H0

Dear Sir:

I would appreciate your assistance in getting a message to members of RCAF Post-War Aircrew Intake No. 9 (Course 9) who may be living in the vicinity of your Base.

A Course Reunion is being planned at Trenton on 9-10-11 September of this year. All members of the Intake No. 9 are cordially invited to attend. Please send your current address and telephone number to me at the following address and I will forward details of the Reunion Programme, along with a current mailing list of No. 9 Members:

Colonel A.J. Timmins
Deputy Commander
Air Transport Group
CFB Trenton
Astra, Ont., K0K 1B0

Dear Sir:

Would it be possible, in future issues of the Voxair, to include articles of financial interest to your readers?

I think you would agree that there are many wives of Military personnel “holding down the fort” at home, while their husbands are away on course or attached duty, whose main source of information about the Base comes from reading Voxair twice a month.

Recently, a major change has taken place in the Military pay system (computerized banking), and one increase in rent implemented, without so much as a word in your paper.

As it stands now, the only way for “grass widows” to obtain information is to request their names be placed on distribution for Routine Orders. (The granting of this request is highly unlikely).

Sincerely,
A Grasswidow





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THEATRE CLOSSES FOR ASBESTOS REMOVAL

"Monsignor" will be the last movie shown in the Base Theatre before it shuts its doors for three months. That's how long Base engineers estimate it will take to remove all of the old roof asbestos and replace it with new approved insulation.

The Base theatre is part of a Canada wide project of the Asbestos Control Program and the schedule was authorized from NDHQ. Critically dangerous buildings were done first and Winnipeg's Base Theatre is well down the priority list. "There was no physical hazard due to the condition of asbestos in the Base Theatre," said Engineering Officer Capt Rene Gervais. Constant monitoring revealed no flaking or peeling of the insulation material, and there were no base fibers floating in the air.

The work on the Theatre will be done by a contractor who is yet to be named. Defense Construction Ltd. will oversee the contract until the doors are open again in the middle of May.

JUST WAITING FOR MONEY

FROM "HANSARD". JAN. 17, 1983
REQUEST FOR INCREASE IN
ARMED FORCES' RECRUITMENT
LEVELS

Hon. David Crombie (Rosedale): Madam Speaker, I should like to put a supplementary question to the Minister of National Defence. For a number of months a proposal has been before the Minister with respect to increasing the recruiting levels in the Armed Services, and I think this has received the general agreement of most people connected with the program. What it needs is a commitment on the part of the Government, and an allocation of funds on the part of the Minister, to bring the program forward.

I would like to ask the Minister if he is willing to increase the recruitment levels in the Armed Forces in order to provide jobs and training for Canadians between the ages of 15 and 24. Will he provide the necessary funds? If the answer to those two questions is yes, when will he bring the program forward?

Hon. J. Gilles Lamontagne (Minister of National Defence): Madam Speaker, as a Member of Cabinet I was also very concerned about the figures on employment at the end of last year. My Department was asked by the Department of Employment and Immigration to put forward different programs that could relieve some of the unemployment that currently exists in the country. At the moment we are collaborating very closely with the Minister of Employment and Immigration, because he is responsible for job creation. The Department of National Defence put forward different suggestions and programs in this regard and has told the Minister what we could do and how we would do it. We could do something quickly and efficiently. It all depends, of course, on the amount of financial assistance we can receive from his Department or from the Minister of Finance. As far as the Department of National Defence is concerned, it is ready to act promptly and efficiently on the issue at hand.

BASE COMMANDER ACCEPTS PAYOFF



WHO WON?

(by an Impartial Reporter)

As readers of the VOXAIR will undoubtedly remember, the November issue of his paper carried details of a "weather bet" made in December '81 — a forecast for 15 Dec '82. A trilogy forecast, in fact, made among the Base Commander, Col Smith, Mr. Paul Kowal (alias P. Kobal), Commandant CFSMET; and Mr. Joe Zawatsky, our local weather chef. Each was under the erroneous impression that Winnipeg weather can actually be predicted — a year in advance, in fact! Well, the bets were in and mother nature did her thing. Unfortunately, the bettors had failed to appoint a referee when the bet was made, and all three forecasts were so nearly alike that each claimed to be the winner (so what else is new?). The bet, by

the way, was for a bottle of spirits. The accompanying photograph shows the result. Facial expressions tell it all. At the auspicious occasion of CFSMET's annual Christmas party, Paul decided to present Col Smith with his winnings (perhaps a little smaller than expected?). Oh, yes — "Little Joe" was there too — but declined to get in the picture. Confidentially, all three forecasts were couched in such obscure terms as to render them somewhat less than useful — a true set of masterpieces of which any forecaster could be justly proud! Rumour has it that the three participants have done it again for next Christmas, with their forecasts completed and signed. Details next November.

NEW LICENCE PLATES MEAN NEW STICKERS

More help had to be hired by the Base Security Office this winter in anticipation of some 9000 vehicles which will require new windshield stickers.

New windshield stickers have been ordered for replacement to conform to the new registration number on this year's Manitoba licence plates.

In an interview Capt. Lloyd Bailey said that after March 1, vehicles coming onto the Base with the older

yellow Base sticker will be stopped.

Because of control problems in past years, new windshield stickers will be available at the North Side Military Police Station. New registration and PLCC are required in order to receive the new sticker.

With the additional staff member to help with the issue of the stickers, Capt. Bailey said that inconvenience to drivers of currently registered vehicles will be minimal.



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3. And drop it in the out basket. Off-base readers mail entry to: Contest, Voxair, CFB Winnipeg, Westwin, Man. R2R 0T0.

Deadline for entry is 4:30 p.m. on Tuesday, March 1, 1983. One winning name will be drawn at 8 p.m., March 1, 1983. The winner will be notified by telephone on March 2, 1983 and arrangements made for delivery or pickup of the prize. The editorial staff of Voxair and their families are not eligible for any prizes. Prizes to be made from selection available at Canex store or gas bar.



1983



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ART CLUB GROWING FAST

The CFB Winnipeg Art club was started a little over a year ago. Although the club is still at its infancy, it is rapidly growing. The club has about 15 members who work in various art mediums ranging from oils, acrylics and watercolours to charcoal and pen and ink techniques.

The purpose of the club is to foster artistic interest as well as further development individual artistic skills. This is done through formal art classes or individual tutorials given by MWO Dale Dirks and the interactive encounter sessions which occur between the members. All this takes place on Wednesday evenings between 7 to 9 p.m. in room 107 of Building 21. That's right, the same place and night when the Bingo is run.

The Art Club comes under the umbrella of the Community Council. Our membership is open to all regular force members and DND employees including their dependents, reserve force members on active duty and to a limited number of personnel not associated with DND as specified in the club constitution. However, there is an age restriction in that dependent members must be at least 18 years

old. If you are wondering about the cost of membership, well there is none; probably one of the few freebees still available but you are required to supply your own equipment.

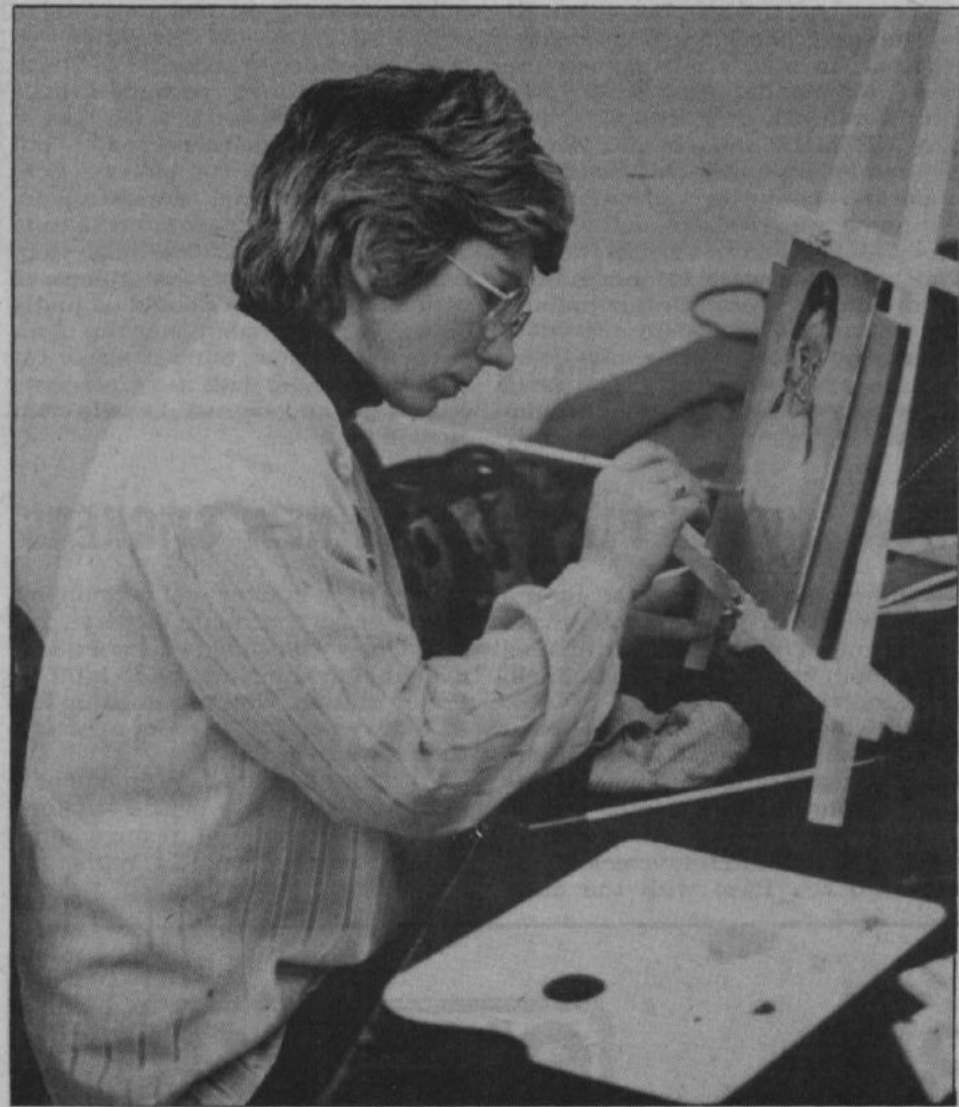
Most of our members joined the club because of their avid interest in painting or sketching. If you belong to that group we would be more than glad to have you join with us. However, far too often it is difficult for an interested party who is a novice to painting to decide what painting medium to pursue. Some of our present members faced this dilemma before attending one or more of our sessions. By talking to our members they acquired enough information to make the appropriate decisions. However, one word of caution, painting may be addictive.

The other obstacle most beginners face is the lack of confidence stemming from the accepted notion that one has to be able to draw perfect circles and straight lines freehand in order to be an artist. I used to belong to this group of believers and my association with the Art Club has dispelled some of this mystery. For one thing, if we could all draw perfect circles and straight lines then the in-

terpretive qualities of the art work would be diminished to nothing more than a technical drawing representation. Association with the Art Club helps one in this regard in that one picks up tricks from other members on how to draw and achieve spatial perspective in paintings. Also by viewing and discussing the work of other members one is able to artistically improve.

At this juncture let me tell you a bit more about our resident art expert Dale Dirks. Dale has been in the art field with more than thirty years of experience. He is a professional artist who has mastered diverse painting medium. His works have appeared in various art galleries in at least three provinces as well as in the State of New York. He has been involved with numerous art clubs, three of which he has started in the past. His works of art are prized in certain sectors and the demand for his works is always high. Our art club is extremely fortunate to have an artist like Dale who is willing to share his trade secrets with our members every Wednesday evening. Thus, no matter what level your art skills are at you can profit by joining with the CFB Winnipeg Arts Club.

We wish to extend an invitation to all who might be interested in art to visit our group any Wednesday evening and draw your own conclusions about the group. For those who supported our first showing on the 19th of December, 1982 at the Hercules lounge we wish to express our gratitude. We expect to have another showing of our members' talents at the activities night sometime in April. In the interim, if any one requires more information on CFB Winnipeg Art Club and its activities, please contact Capt Ken Hur at loc 415/419 or MWO Dale Dirks at 511.



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HOWGOZIT IV

'No! You'll take the other Herc.'
'But sir, it's unserviceable.'
'Then you'll simply have to wait.'
'But sir this trip has been rescheduled twice already!'
'No buts. That's the way it's going to be.'

Fortunately we got airborne but the decision had to come right from the top . . . Now if only the Jets could stick-handle like that.

Does the scenario sound familiar? Fortunately it's a new year and we are all hoping the planes perform a bit better in 83.

You know, there's something about Christmas that makes me wish it would come once every three months instead of only once a year. Look around you — the Fleet is serviceable (touch my hockey stick), the ANPT is all systems go, and the staff and students have smiles on their faces for one another. Santa you are all right.

Just prior to the Christmas break CFANS held their annual Christmas party at the Reserve Officers' Mess. The turn out was absolutely phenomenal; even the kitchen sink was there. All in all it was a 'comfy' way to close out the year. Those of us hardy enough to withstand two in a row took in the 429(T) Sqn party the following evening. It too was pleasant. Thanks to those of you who organized it for us.

Since I am thanking people I'd like to again thank Chris and Dave (8205) and Daniel, Dave, Mark and Steve (8210). They assisted my wife and I in our move from PMQ to a home of our own. Even after adding up the cost of the beer and pizza we came out ahead.

Speaking of restraint you'll be happy to know that enough TD funds was scraped together to send five lucky instructors away on the SIT course. One of the instructors told me what it

is all about. "Well, Todd, picture this. They show you a forest and ask you what it is. You say 'a forest'. They say 'it's really a number of trees in close proximity'. Then they take you up to a particular tree and ask you what it is. You say 'a tree'. They say 'in reality it's part of a forest'. Hmmm. . .

All is not bleak though. A few ATG trips managed to get away. Mind you, what do you do in Elmendorf? Those who made Germany consider yourself lucky.

Although classes began on 5 Jan 83 the COMDT waited until the 10 Jan to hold the Staff Training Day. I don't think the few days mattered . . . who's awake at 8 a.m. on a Monday anyway? Or at least until we have our 'fix'. I think he wanted to give the students one final Christmas gift. Now, no more Mr. Nice Guy. Topics of discussion included:

1. Pleasant 'Welcome Back' — LCol Forbes;
2. Fiery 'Welcome Back' — Maj Hanson;
3. 'How to answer a phone' — Capt Whitson; COFFEE
4. New CF NAV and Pilot OD Syllabus — Capt Leclerc; COFFEE
5. Breathtaking talk — Dr. Mastrangelo; COFFEE AND 'FAT PILLS'
6. Numerous, numerous, numerous presentations — Base Comd/Col Forbes (some were: 'A-1 Instructor category and certificate to Capt Sitko and Harold; Meritorious Service Medal to Maj Berninger (USAF) for four years distinguished service at Mather AFB; Search and Rescue Citation to Capt Purdy for assisting in the rescue of the crew of a sinking freighter; Diploma of Achievement to Capt Leclerc and Learmond for completing OPDP and a host of CDs. . .); and
7. Mr. Ron Hart from MOT concluded the morning's discussions with a talk on forthcoming changes to

terminal, low and high level services.

That afternoon saw 20 of the instructors in the ANPT. The idea was to navigate from Sanderstrom to Winnipeg. Simple right? The catch was to complete the trip as per the School Bible according to Mel (NPH). Now I know why the students get the day off! Nonetheless it was a good trainer.

A special welcome to the new 'sprog' on Course 8301. Any questions are to be directed to your course director.

Oh, a funny thing happened when I was the CFANS Programming Officer . . . That's right, it's time for the bedtime story.

B.S.#3

The date was 24 Dec 1982, the day before Christmas. I was the CFANS Programming Officer. The ProgO from the day before had briefed me on the day's activities and had told me that if anything came up to 'handle it'. Oh the power that coursed through my veins. It was close to intoxicating. I quickly reviewed the day's schedule of events and, having heard Gordie and Chris so often, waited for the inevitable to happen. 'RRING, RRING', my heart skipped a beat. This is it I thought. 'CFANS Programming Officer Capt Martin.

Have Hercs will travel. May I help you? 'Yes sir this is the Base Comd secretary.' Oh my God! It's right from the top! 'What's that? Pardon me? The Base Comd wants to go where?' 'No sir, stand down at 1230' she repeated. 'Oh, thank you . . .' I said. I hung up the phone and felt my chance for power slipping between my fingers. It was like coming down off a coffee high. I was sinking quickly when 'RRING, RRING'. I gave my prepared spiel. It was Santa Claus and he was desperate. Apparently Dr. Mastrangelo had grounded Rudolfe for having a 'nose so bright' and he needed someone to guide his sleigh tonight . . . was I in-

terested? 'Sure' I said, but let me clear it with the headshed first. I told him I'd get back with the answer ASAP. I contacted ATOC. They told me since it was not an ATG type aircraft I would be on my own. Fine. I'd do it. Now to tell Santa. I called the Base WPG operator, 'Put me through to the North Pole', I asked. 'Pardon me sir?', she asked. 'The North Pole, the North Pole. I've got to talk to Santa. 'Sure sir. Have another one for me too . . . CLICK.' Boy wait until I told Santa about her! but how? I tried to think about couldn't because some jingle on the radio was distracting me. . . all beef patties, pickles, cheese, lettuce. . . that's it! Give MACS a call and do a phone patch like F5. It worked. I told him I'd do the trip. 'Be ready by dusk' he told me, 'and dress warmly HO-HO-Ho! over and out.'

I immediately phoned my wife. I told her I was going out with a few 'deers' tonight. She did not appreciate the joke. However, I explained, she understood . . . DUTY, RESPONSIBILITY and the possibility of no gifts! I tidied up the office and collected my navigation equipment. I thought of calling for an advance but since their party had been underway for some time I scrapped the idea. Like clockwork Santa arrived as he'd said he would. 'Ho-Ho-Ho', I said and asked him if he'd like to give a few pointers to 437 . . . He only smiled. I said I was ready. He asked for a minute. . . He had a gift he had to drop off for one of his 'old boys'. That was OK. It gave me time to do a quick pre-flight. It looked like a sturdy craft but for the life of me I could not find the fuel dumping outlets. 'Ho-ho-ho. Mission accomplished here my boy, let's be off.' The rest is history. EPILOGUE Duke showed me the gift Santa left him. I'm not sure if I understood him correctly, but he says his wife enjoys that kind of jewellery???

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SPORTS & RECREATION

MEN & WOMEN HOW DIFFERENT

How different are men and women when it comes to sport? Is it inevitable that we will always be outrun, outswum and outplayed by men because of their superior strength?

There's no disputing the fundamental differences in body structure, but not all of them work in favour of men. It's true that the strongest person in the world is likely to be a man, but at the same time the best performer on the balance beam is likely to be a woman, and the best marathon swimmer could be either a man or woman.

As more women train vigorously for competitive sports, the differences between the sexes are becoming less radical and the gap between world records for men and women is narrowing — according to my calculations, from nearly 20 percent in the mid-1950s to less than 10 percent today.

What is important to recognize is that both women and men have the potential to enjoy and excel at just about any physical activity or sport, and such limitations as there are due

to sex can usually be overcome by extra practice or special training.

Here is a guide to the main differences between male and female anatomies and how they affect performance in sport.

1. HEIGHT, WEIGHT AND BODY CONTOUR

Until puberty, boys and girls grow at approximately the same rate, with girls slightly ahead up to about 10 or 11 or puberty. Boys reach puberty later than girls, and this may partially account for the fact that the average North American man is larger (according to one study, 5 feet 9 inches tall and weighs 162 pounds) than the average woman (5 feet 3 1/4 inches tall and 135 pounds). But in relation to their height, women have slightly longer legs, narrower shoulders and wider hips.

In themselves, these physiological differences should have no bearing on the type of fitness activity you can take up. But when it comes to sports that emphasize height or body weight (as in basketball or contact sports respectively, it is important to be matched with men and women of similar height and weight.

Men and women, however, do move differently because of their respective differences in weight distribution. For example, because their shoulders are narrower than their hips, women, when they run, appear to rotate their shoulders more than men, whose shoulders are wider than their hips. This may mean that women's centre of gravity may be slightly off and they may wobble slightly while running, whereas men will run in a straight line. But this is no real disadvantage or advantage for either women or men.

Continued next issue.



Would you like to see the Winnipeg Jets play hockey against some of the best teams in the NHL. If so call the Recreation Centre, Building 90, 832-1311, local 509/511. The Recreation Centre has tickets available at "Discount Prices". The Recreation Centre can get tickets in the Reds, Blues, Tans and Greys. If you are interested call soonest so we can get the tickets for you.

GAMES AVAILABLE

15 Feb — Vancouver 18 Mar Toronto
18 Feb — Boston 27 Mar Calgary
25 Feb — Hartford 30 Mar Los Angeles
2 Mar — Vancouver

INTER-SECTION HOCKEY LEAGUE STANDINGS as of 14 Feb 83

HOCKEY STATISTICS					
TEAM	GP	W	L	T	PTS
Canucks	10	8	0	2	18
Eagles	10	4	5	1	9
Dolphins	10	3	4	3	9
Arrows	10	1	7	2	4

TOP SCORERS

NAME	TEAM	G	A	PTS
Stubbert	D	40	16	56
St Laurent	D	36	19	55
Langer	E	29	20	49
Webb	D	24	25	49
Kennedy	A	26	15	41
Reed	C	29	11	40
Misener	C	26	8	34
Gallant	E	22	12	34
Vieira	C	16	13	29

PENALTIES

NAME	TEAM	MIP
Staples	E	58
Neilson	A	53
Lange	E	46
Cline	C	44
Stubbert	D	44
Gallant	E	40
Lapointe	E	40
Campbell	D	39
Hagen	A	34
Sala	D	33



NEW WATER SAFETY PROGRAM

The Canadian Red Cross Society has replaced the familiar Novice to Senior Level which has been in use in Canada since 1945, with a totally redesigned water safety programme.

This new programme was developed with the assistance of many aquatic experts. It also benefitted from the experience of many of this country's instructors and programmers, whose first hand knowledge of the special problems facing students proved absolutely invaluable.

Developed for people of all ages, the Red Cross New Water Safety Programme has two major objectives:

1. To instill safety mindedness in, on or around water, and
2. To teach proper swimming skills.

The new programme is identified by eight colour-coded levels. Students find this approach is more conducive to smooth progress from one level to the next. Safety is stressed throughout the programme. It becomes such a logical, integral part of the training, that it adds to the student's enjoyment of water and related sports activities.

The colour-coded levels are as follows:

- | | |
|-----------|----------|
| 1. Yellow | 5. Blue |
| 2. Orange | 6. Green |
| 3. Red | 7. Grey |
| 4. Maroon | 8. White |

EXAMPLES

1. **Yellow Level** This level takes advantage of the student's natural desire to explore, to familiarize him or her with shallow water. While it focuses on enjoyment, it lays down the first principles of safety in, on and around water.

2. **White Level** At this level the student achieves competence in all areas, safety, strokes, and survival. Not only is he or she completely at ease executing all strokes, but safety awareness is second nature.

Passing from one level to the next no longer requires a final examination. The new programme features a system of continuous evaluation, that is, instructors assess their students individually, step by step, during the entire session.

The new Red Cross Water Safety Programme is a fundamental improvement in terms of structure and content, and as you will quickly discover, in terms of overall results. It is, in short: FAIR FUN INTERESTING FLEXIBLE AND PRODUCES NO FAILURES.



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**CASUAL GYM TIMES
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Tuesday and Thursday Casual Gym times from 6:00 to 8:00 p.m. are now open to all military and dependants of CFB Winnipeg.

**CFB CURLING TEAM
VICTORIOUS AT
PRAIRIE REGION CURLING
CHAMPIONSHIP**

On 26 January 1983 MWO "Joe" Meikle Skip, Third Major "Soapy" Waters, Second "Stan" Schneider and Lead WO Garey travelled to CFB Shilo and competed with six other large bases for Prairie Region Curling supremacy. "Show supremacy", they did by going undefeated. Scores are as follows:

Winnipeg	8	Moose Jaw	5
Winnipeg	5	Calgary	
Winnipeg	8	Portage La Prairie	6
Winnipeg	9	Edmonton	7
Winnipeg	6	Shilo	2

Well done to the victors — CFB Winnipeg is proud of you. (Picture next issue.)



Scuba Club

Join the CFB Winnipeg "Goldeyes" Scuba Club for professional instruction, fun and enjoyment. Share your dive stories with other divers.

Cost of joining the club is as follows:

- \$32.00 per year for a Regular Member
- \$42.00 per year for an Associate or Ordinary Member.

Scuba Club swim hours are as follows:

- Tuesday — 8:00 to 10:00 p.m.
- Thursday — 8:00 to 10:00 p.m.
- Sunday — 10:00 to 12:00 p.m.

Courses Available

- Tuesdays — Scuba Bronze and Bronze Medallion
- Thursdays — Scuba Level I (possible Level II)
- Sundays — Open

Contacts

- Capt Don McLeod Local 317
- Sgt Al Bennett Local 148
- Cpl Dan Daigle Local 316
- Mr Herm Couillard 452-8731

Join now so you can enjoy the summer under water.

EXERCISE LESSENS HAZARDS

by Arthur Weltman, PhD
Bryant Stamford, PhD

The evidence is becoming increasingly clear that cigarette smokers not only increase their risk of lung cancer, but they also increase their risk of heart disease to from two to six times that of nonsmokers. It is hard to be more specific about this increased risk because there are so many contributing factors in heart disease. But research has indicated that regular aerobic exercise is one interacting factor that may lessen the hazards of smoking.

The risk of heart disease is related to the number of cigarettes you smoke daily, the number of years you smoke, and whether you inhale. Men aged 30 to 59 who smoke about a pack of cigarettes a day have twice the risk of non-smoking men. Women who smoke this amount have about three times the risk of non-smoking women. The earlier in life you start smoking, the higher becomes the relative risk of heart disease. The aging process alone increases this risk, but autopsy studies have clearly shown that atherosclerosis of the coronary arteries was more severe in habitual cigarette smokers than in nonsmokers, regardless of age.

We are beginning to understand the medical reasons that support the statistical evidence that smoking hurts the arteries and the heart. First, nicotine in the smoke stimulates the release of epinephrine (adrenalin) into the blood. Epinephrine is known to cause constriction of the blood vessels while at the same time elevating the heart rate. This causes a dramatic increase in blood pressure and makes it harder for the heart to circulate blood and nutrients. Nicotine also reduces blood flow in already-damaged arteries, and directly or indirectly it may promote formation of blood clots, which can precipitate a heart attack.

Carbon monoxide in the smoke you inhale also contributes to overall risk by increasing the rate of atherosclerosis. And hemoglobin, which carries oxygen in the blood, will actually displace oxygen to carry carbon monoxide. Therefore if you smoke about one pack of cigarettes a day you reduce the oxygen-carrying capacity of your blood by about 10%. This means that your heart has to pump 10% more blood in order to deliver the same amount of oxygen as it normally would if you were a nonsmoker, and this extra load may lead to or worsen heart disease.

In summary, with respect to the effects of smoking and exercise, it can be surmised that smoking reduces the beneficial effects of regular exercise or that regular exercise reduces the deleterious effects of smoking, depending on your point of view. The Physician and Sportsmedicine — Vol. 10*No 12* December 1982

**IF YOU DON'T USE A RRSP —
IT'S GONE FOREVER.**

Finance Minister Allan MacEachen in his ill-fated November 1981 budget, attempted to remove many programs that people could use to reduce their income tax "bite". Many of these programs were set up previously by that same Government as an inducement to encourage people to save and invest in Canada, and now they were taking them away.

However, the Registered Retirement Savings Program (RRSP for in place for over 25 years now, and has become a part of many Canadians become a part of many Canadians "savings" program.

We don't believe the Government will ever touch RRSP's other than to increase their investment limits as inflation continues. After all, if all Canadians (or many, many of us) utilize an RRSP for our savings, we will have dollars available to supplement our retirement benefits from other sources, and will not have to apply for Government handouts such as the old-age supplement, etc. So, if we save, the Government saves.

Are RRSP's worthwhile? We think so, because you use the "Government's money" to build your Financial future.

Example: If you would put \$2,000 per year into an RRSP, and you had a "taxable income" (after deductions) of \$11,000, you would save \$562.40 in income taxes in Ontario (slightly different in other Provinces). That's \$562.40 of money you would otherwise have to pay to the Government, and therefore we call it the "Government's money". If you had a taxable income of \$15,000, your \$2,000 RRSP investment would save you \$592 in taxes, and if you had a taxable income of \$25,000 in 1982, you would save \$740 in taxes on that \$2,000 RRSP.

It's no wonder people want to "save" by using an RRSP.

Suppose we take a "low income" worker who earns \$12,000 to \$15,000 per year. After deductions, he will probably end up with a taxable income of \$10,000 or less. If he put \$1,000 into a RRSP yearly, starting at age 30 through until age 65, earning 15% per year (many investment funds have averages of 15% or better per year based on the past 10 years) he would end up with a value of over \$1,000,000 (yes, that's \$1 Million) — \$1,013,343 to be exact. If he waited to age 31 to begin, his value would be \$880,168. That's \$1,000 less invested, but \$133,175 less value. Just by waiting one year.

Now how much of that \$1 Million plus is the "Government's money"? A taxable income of between \$6,672 and \$11,119 bears a tax rate (in Ontario) of 28.12% on everything over \$6,672. Therefore, \$1,000 invested in a RRSP, would save \$281.20 in taxes, making your true cost only \$718.80. The \$718.80 is "your" money, the \$281.20 is the "Government's money".

Starting at age 30, the "Government's money" alone, growing at 15% annually, would be worth \$284,952. "Your" money would be worth \$725,863, giving you that over \$1 Million value.

No wonder RRSP's are becoming an integral part of the most Canadian households!

For a brochure outlining RRSP's and answering many RRSP questions, write this newspaper or Paul J. Rockel, 145 Union St. E., Waterloo, Ontario, N2J 1C4.

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CANEX WATCH DOGS

by Sgt. John Giles

Canex Consumer Advisory Committee consists of volunteer community members whose interest lays with Canex services and the effectiveness of those services in our community.

IT'S PURPOSE is to provide general advice and suggestions concerning overall Canex services; to provide comments and suggestions on the type and quality of merchandise offered for sale by Canex; to provide a forum to receive, discuss and consider general comments received from Canex users; to conduct and coordinate periodic surveys and questionnaires to determine services, satisfaction and requirements for Canex services; to review and comment upon Canex operating hours; and to enhance overall Canex services and operations by receiving, considering, and provision of construction comments and suggestions.

The Committee provides a forum

where questions, suggestions and constructive comments can be forwarded to the BXO in an organized and positive manner. These questions, suggestions and constructive comments, once discussed by the Committee and the BXO, can provide the BXO with feedback from the community for use in future decision-making.

Instead of keeping suggestions and complaints between you and your friends, pass them on to one of the Canex Consumer Advisory Committee members. If they can be helpful to the BXO, you will not only assist him in serving you better, but you will also be helping to provide improved services to those who will succeed you. For more information phone MCpl Fred Pennell at 889-8027 (Res), 889-1424 (Bus), or Sgt John Giles at 889-0019 (Res), 889-1389 (Bus).



BXO COLUMN

SHELL DRIVER'S LOG BOOK

In 1981 Shell used Winnipeg as a test market to try out their "Driver's Log Book" promotion. In 1983, based upon the results in Winnipeg, the promotion has been expanded as a national promotion. Last year your Canex in Winnipeg participated; this year we cannot. Last year the decision to participate was made by yours truly, and in hindsight it was a bad decision which cost Canex and your Base Fund over \$8000.00. Something the commercials don't tell you is that the dealer who accepts the coupons bears the whole cost.

The decision last year was based upon the concern that if we didn't accept the coupons, you, our customers, would take them elsewhere and we would lose your business. This year after a review of last year's promotion, the cost involved and a comparison of our rates to outside rates I don't think so. Canex is still the best deal in town; any other dealer accepting the coupons is already taking a fair profit margin — far greater than Canex ever thought of taking. Take a look at these examples:

ITEM	SHELL		NET	CANEX	
	PRICE	COUPON		PRICE	SAVING
a. Tire (195x75xR14)	\$91.15	\$5.00	\$86.15	\$71.00	\$15.15
b. Battery (24-460)	82.50	5.00	77.50	76.50	1.00
c. Oil (10W30)	2.12	.50	1.62	1.65	*(.03)
d. Oil (5W30)	2.59	.50	2.09	1.95	.14
e. Oil (Arctic)	3.65	.50	3.15	3.10	*.05
f. Cooling System Service (inc. 8 Ltr. anti-freeze)	55.96	5.00	50.96	31.00	19.96

*One litre only. The rest are at full price. Other values depend on labour charges which vary from station to station.

There is no disputing that the "Log Book" is a good value for people who have to get their vehicles serviced outside. However for those entitled to use Canex, the savings are already considerable — there isn't a service under any oil company sign that can come anywhere near competing with Canex — coupons notwithstanding. As a matter of policy Canex charges the lowest rates in the city for both labour and parts. Our profit margin is the smallest we can afford; to add these coupons would create a loss as happened in 1982 when the service station lost over \$8000.00 — almost the exact value of the coupons we accepted.

There is an alternative of course. That is to set our rates at the levels commercial stations charge and then accept the coupons: that would be an exercise in duplicity, and achieve nothing. However, WE WILL ACCEPT THE GASOLINE COUPONS. Because gas prices are so competitive, and we cannot undercut the competition we will accept the 50 cents gas coupons.

Canex trim the fat challenge update — as at 1 Feb 83 Canex had lost 87.5 lbs. with one dropout; 32.5 lbs to go by 4 Feb 83 which is weigh-out day.

Due to renovations the Base Theatre will be closed Feb 16 - May 15. During that period Snack Bar 90 will be closing at 1530 hrs. on weekdays and weekend hours will be 1100 - 1830 for now.

Watch for the Store renovations coming very soon — starting sometime in March. Watch for our after-inventory, pre-renovation sale coming soon.

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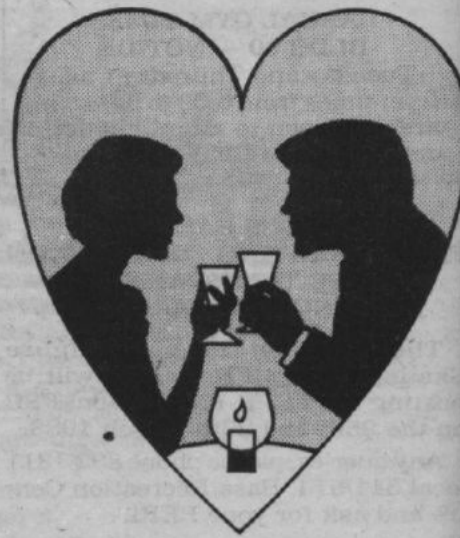
POLICE STEP UP PATROLS IN SOUTH SIDE PMQ'S

If people thought they were seeing more Military Police patrols cars in the South Side area they were right. Base Security Officer, Capt. Lloyd Bailey confirmed that the South Side PMQs have been under increased surveillance since the Regiment has been in Cyprus.

More homes have been left vacant recently as PPCLI members' wives take advantage of their husbands' absence and make short vacations to relatives. The Military Police station has a list of the vacant homes and make daily and nightly checks to see that the houses are secure.

"This is a normal part of the Base Security Service," said Capt Bailey. "Anyone who goes on holidays should advise the Military Police who can then make sure that their home is checked."

You can contact the Military Police Station on extension 204 through the Base switchboard or dial direct to 832-1645.



LOVE AND FOOD — THE ROMANCE OF VALENTINE'S DAY

Ever since Cupid, the Roman god of love, first shot his arrow of love into a maiden's heart, food and love have been inseparably intertwined.

It's a tradition that's centuries old, when according to legend, many of the original love potions were concocted from flowers and herbs. And throughout the ages, lovers are recorded as eating spices because their "hotness" was said to arouse amorous passions.

Such diverse vegetables as artichokes, asparagus, eggplant, garlic and parsnips have been counted as aphrodisiacs. Fruits with a long sexual tradition behind them include apples, cherries, dates, figs and pomegranates.

For centuries, the tomato was esteemed as a love food and called pomme d'amour or "apple of love". Avocados were notorious for the erotic power and chocolate was considered so sinful in the 17th Century that it was forbidden to monks in some monasteries. Grapes were the symbol of Bacchus, the god of wine and fertility.

Many seafoods, including oyster and octopus, also found favor as love foods — possibly because Aphrodite, the goddess of love, emerged from the sea.

Today, many psychologists agree there is indeed a symbolism in food, and what we eat sends out signals about what we are, or at least how we see ourselves.

There's no doubt there are food combinations that seem more romantic than others. For instance, the most popular choice for a "love feast" is apt to be seafood (fresh oysters, lobster Newburg or caviar), salad and cheesecake for desert.

Even if sentimentality about love and Valentine's day climaxed during the Victorian age, candlelight, flowers and soft music are still vital ingredients to set the mood for love.

Lobster Newburg
2 cups cooked lobster meat, cut into small pieces

- 4 tbsp. butter
- 2 tbsp. flour
- 1 tsp. salt
- 1/8 tsp. cayenne pepper
- 1/4 tsp. nutmeg
- 1 cup light cream
- 2 egg yolks, lightly beaten
- 2 tbsp. dry sherry
- 2 tbsp. brandy

Melt 2 tablespoons of butter in a skillet, add the lobster pieces and cook 2-3 minutes. Remove from the pan and set aside. To make roux, melt remaining 2 tablespoons of butter in pan. Add flour and cook, stirring, for 3-4 minutes. Season with salt, cayenne pepper and nutmeg. Pour in cream and continue stirring until mixture is thickened. Reduce heat, stir in egg yolks, sherry and brandy. Add cooked lobster meat. Continue cooking over low heat until thoroughly heated. Serve in pastry shells or over rice.
Makes: 4-6 servings.

SHORT TAKES

Short quotes and comments on news releases and unsolicited newsletters and pamphlets that are otherwise destined for the garbage.

From the *Bank of Montreal Newsletter*, Calgary, Jan. 17, 1983.

Shareholders are assured by the chairman of the Bank of Montreal that a "mild" economic recovery "seems" to be in the offing.

From the *Bank of Montreal Newsletter*, Calgary, Jan. 17, 1983

The Deputy Chairman of the Bank of Montreal confirms that Canada is in the deepest recession in more than 40 years.

From *Cirquet (UNDE PAMPHLET)* Dec. 1982

"The NPF Employer is dedicated to making excess profits."

From *Non Public Funds Annual Report 1981/82*

Under the NPF Employees Leave Assistance Program "the CFCF pays the salary costs of NPF employees who are on sick leave in excess of 30 days. During RY 81/82 the cost to the CFCF of this program was approximately \$79,000."



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SHAKES N' TAKES

PROFESSIONAL DIRECTORY



MWO Bud Taylor, receives his captain rings from the B Comd, Col Smith. MWO Taylor received his commission in the security classification on Feb 1, 1983. He will travel to CFB Chilliwack for indoctrination training and is expected to return to CFB Winnipeg as the Deputy Base Security Officer.



Commandant of CFSMET, Mr. Paul Kowal, presents Cpl(W) Jones with her Corporal chevrons which marked the occasion of her accelerated promotion (effective 20 Dec 82) to that rank. Also assisting is CWO Moe Blais, School Warrant Officer.



MCPL Grant is congratulated by Capt McIntyre on his promotion to MCPL on 7 Jan 83. MCPL Grant came to the BHOSP from CFE Lahr. He has taken his release to pursue a full time Masters program in City Planning at the University of Manitoba.

<p>The Chapman Company Barristers and Solicitors George Thomas Chapman, Q.C. George E. Chapman, B.Sc., LL.B. Cecil A. Chapman, LL.B., also of the B.C. Bar Alan R. Goddard, B.A., LL.B. Terrance B. Kumka, LL.B. Donna G. Kagan, LL.B. 1864 Portage Avenue, Phone 888-7973</p>	
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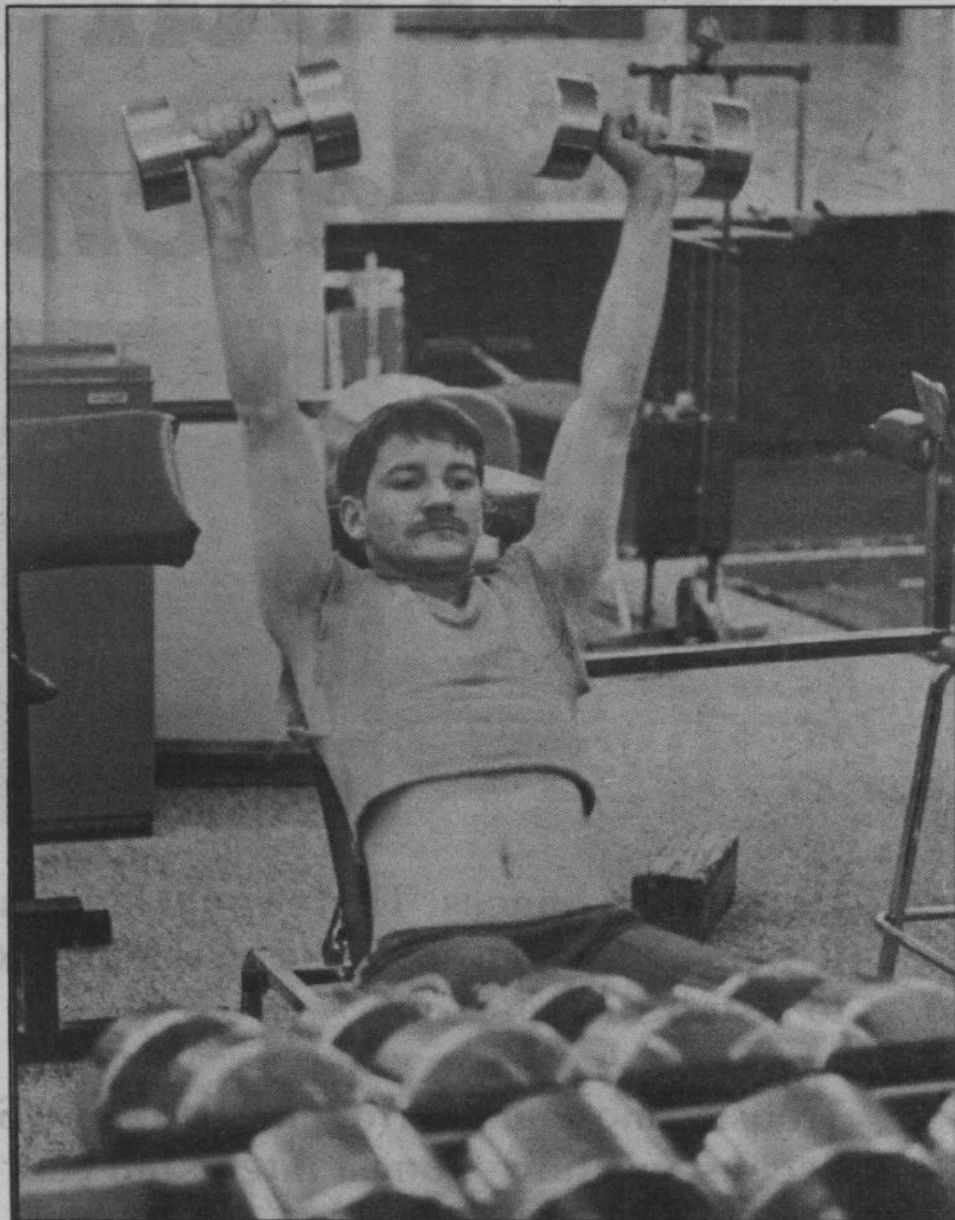
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 or
 DROP IN
 BLDG 10.

PHOTO PICK



Mario Belanger pumps iron daily at the fully equipped Fitness Room at the Recreation Center.
Photo by Bob Jones

CLASSIFIED ADS

Voxair ads are a free community service. Commercial ads are not accepted.
MAIL TYPED AD TO VOXAIR, BLDG. 10, CFB WINNIPEG.

FOR SALE

Size 9 wedding dress, white, hat, umbrella, buff pair of shoes, as new, very good price. Call 885-9621 after 4:00 p.m.

Do you have big feet? Size 15? Nike Bruin canvas gym shoes, bargain. Was a gift (???) I wear size 12! Phone Capt. Dessureault, Loc 323.

Double bookcase bed, mattress, frame & legs, \$90. 2 pr. double bed sheets — good condition, \$12 pr. or both pr. for \$20. Lady Schick bonnet table-top hair dryer, mist or dry — hardly used, \$15. Car speakers — wedge, flush or surface mount, never used, \$25. 2 winter snow tires, used one season, 6.75x14, on rims, \$50. Fit Dodge or Plymouth. Phone 885-6735.

Flip out sofa — brand new, opens to a 55" x 72" bed — brown checkpattern — \$85.00.

Double size roll-away cot — still in good condition — \$25.00. Call 489-3553.

WANTED

BOOKS, MAGAZINES FOR ARC PATIENTS THIRD FLOOR, BLDG 62 CFB WPG(N).

FOR SALE

80 Mazda RX7 — Renaissance Red, Air Conditioning, Sun-Roof, 5-Speed, A.M. F.M. Stereo Cassette, Front Bug Cover, Cloth Interior, Excellent condition, Contact: CPL(W) McCLINCHEY between 8 a.m. - 3 p.m. at 888-3119.

1 Lady Schick bonnet table-top hair dryer, mist or dry hardly used, \$15. Car speakers, wedge, flush or surface mount, never used, \$25. 2 winter snow tires, used one season, 6.75 x 14, on rims, \$50. will fit mid size Dodge or Plymouth. Phone 885-6735.

NEW . . . never used CF uniforms . . . two pair. Tunic, size N12, 2 ea.; Pants, N7, 2 ea.; Overcoat, N11, 1 ea.; Topcoat, N11, 1 ea. Will sell separately or all together. Asking \$150.00 total or best offer. Call 889-4846 ask for Jake.

A Diamond 14 Kt white gold ring. It is a .25 Kt Diamond with two Diamond chips, one on each side. Also two white gold wedding bands. One 10 Kt. The other with Diamond chips and 18 Kt. Diamond alone appraised at \$1200.00. Will sell all three for \$750.00. Will not sell separate. Call Mrs. C.J. Palamar. Anytime 885-3048.

FOR SALE OR TRADE

26" colour Console TV in excellent working condition for sale or will trade for 20 inch colour portable TV in excellent condition. \$450.00 or best offer.

Also Stereo: Webco turntable, AM/FM 8 track, two speakers and stand in good working condition. \$200.00 or best offer. Phone 889-8188 between 5:00 p.m. to 7 p.m.

BABYSITTERS

Just moved to Wpg. & need a babysitter in Conway St. area for Tues. night 7:45 to 11:00. Two children 4 & 6. Ph. 889-4800.

Responsible 20 yr old who loves children is willing to babysit during evenings/weekends. Also willing to sit during the day until April. Please call Wendy 837-1840.

Hi! I am thirteen years old with a five year old brother so I have quite a bit of experience with children. I have passed the base babysitting course and especially love little babies and small children. If you would like to hire my services please contact Michelle Penney at 889-5618 or 888-9272.

Mature 14 year old male would like to babysit in the Whytefold area during the week Monday to Thursday up until 11:00 p.m. Weekends up until ????. Prefer children from age 5 and up. Has babysitting certificate. Call 889-9505 and ask for Darryl.

LOG CABIN FOR SALE

Approximately 30 miles from C.F.S. Gander, on Gambo pond. Approximately 17 x 18. Furnished. Outhouse, and no indoor electricity. Water obtained from spring on premises. Very private. Small beach area, and wharf. Land leased until 1985, renewable at that time. Contact Larry Richardson, 63 Edinburgh Avenue, Gander, Newfoundland, A1VIC6, or phone 1-709-651-2378. ASKING: \$3,900.00.

ANNOUNCEMENTS

JAMESWOOD SCHOOL NOTICE

Registration of pre-school children will take place at Jameswood School on Thursday, March 3, 1983 from 9 a.m. - noon and 1:30 - 4 p.m. Children who will be 5 years old before January 1, 1984 will be eligible for kindergarten.

Birth certificates or baptismal certificate is necessary for registration.

Please have children's immunization record along with their registration.

Birth certificates for children born in Manitoba may be obtained from:

Division of Vital Statistics
104 Norquay Building
401 York Avenue
Winnipeg, Manitoba
R3C 0P8

WE GOOFED!

In the last issue of VOXAIR Georgina Cale's picture is on the front page. That was great, but due to a typo error her rank went from "Pte" to "Pet". We also said that she was an AF Tech, but in fact she is an AE Tech. Our apologies to Private Cale for any embarrassment that both errors must have caused.

THE THRIFT SHOP

—We're Open—

Tues - 7:00-9:00

Wed - 7:00-9:00

Thurs - 1:30-3:30

Sat - 1st Sat of the month

Winter Clothing, Toys, Small Appliances, Lamps, Etc., Bring them in - we'll sell them.

FOR MORE INFO CALL BARB LAMOURDUX 832-5273

PATRICK INSURANCE SERVICES LTD.

2003 PORTAGE AVE. PH. 837-1366

Authorized Agents

WE WILL BE GLAD TO RENEW YOUR AUTOPAC FOR YOU NEW PLATES IN STOCK

Fast Personalized Service

HOURS - Feb 21 - Feb 28: 9 a.m. - 8 p.m.

Saturdays Feb 5 - Mar 5: 10 a.m. - 2 p.m.

Patrick Provides Complete Insurance Services



Is Your R.R.S.P. "Catch-Free"?



Don't take chances. There could be a "hidden catch" to your RRSP. Check it out. If there are hidden costs like salesmen's commissions and administration fees, come to Astra Savings.

Transferring your plan (or plans) to Astra Savings, could be in your best interest. That's because we have honest interest in your plan right from the start.

At Astra Savings there are no administration fees, no termination fees, or other hidden costs that can affect the earning power of your RRSP.

So take a close look at the plan you have now, and consider a transfer to Astra Savings. Our RRSP's are "Catch Free". That's something you'd expect from Astra. We have honest interest in your future.

**DEPOSITS GUARANTEED WITHOUT LIMIT BY THE
MANITOBA STABILIZATION FUND**

ASTRA SAVINGS AND CREDIT UNION LIMITED

FOR INFORMATION CALL:

Margaret Loewen/Clarke Culbertson/Diane Giesbrecht
1907 Portage Avenue Phone 888-8690

Darryl Horeczy/Brenda Obsnuk
2251 Ness Avenue Phone 889-4437

Steve Daly
1080 Wall Street Phone 786-6689

Mark Harris/Alf Eamer
3143 Portage Avenue Phone 885-5518

Variable Rate and Fixed Terms available.
Fixed Terms subject to normal redemption features.