

16 NOVEMBRE 1983

Voxair

Second Class Reg. No. 1725



WINNIPEG
NOVEMBER 16, 1983

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CHECK PG. 6

TAKE A BOW



TAKE A BOW! Ms Allison Litt, 23, a cadet instructor and band leader from Winnipeg acknowledges her audience during a concert at Lake Louise. Two Cadet bands from Winnipeg combined for training at the summer cadet camp in Banff, Alta. The average age of the bands is 14 years. A total of 208 cadets from Canada, Great Britain and West Germany attended the camp. (Canadian Forces photo by Sgt Dennis Mah)

OFFICIAL ALLIANCE PROCLAIMED

Her Majesty Queen Elizabeth II proclaimed Saturday an official alliance between the Canadian Forces Intelligence Branch and the British Intelligence Corps.

The proclamation was marked by a special ceremony at the HQ Intelligence Centre, Templer Barracks, Ashford, Kent, England. The event coincided with the first birthday of the Canadian Forces Intelligence Branch. Attending the ceremony was a Canadian Forces delegation of 20 Intelligence personnel headed by the Canadian Forces' Chief of Intelligence and Security, Major General Alan Pickering. MGen Pickering acted as the personal representative of Sir William Stephenson, Colonel Commandant of the Canadian Forces Intelligence Branch.

A close professional relationship has existed between the Canadian

and British Intelligence organizations for many years. In 1939, the Canadian Army began to build up its intelligence establishment based on British organizations. As Canadian units moved overseas, personnel who appeared suitable for intelligence duties were sent to British intelligence schools. Various exchanges of officers between the British and Canadian Armies were also carried out.

After 1945 and until unification of the Canadian Forces, an alliance existed between the British Intelligence Corps and the Canadian Intelligence Corps.

More than 70 such alliances are officially recognized by the Canadian Forces. Their purpose is to promote professional exchange and goodwill between units which share a common interest or historical ties.

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NEXT DEADLINE

FOR
VOXAIR

22 NOV 83



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

VOXAIR is the unofficial Service newspaper of CFB Winnipeg and is published under the authority of the Base Commander, COL S.E. McGowan C.D.
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Edited by Captain Grant Russell, M/CPL Tom Langer (888-5021), Captain Jacqueline Lussier (544), and Lieutenant Addie Bouvier (889-1372).

Sous la direction du Capitaine Grant Russell, le MCPL Tom Langer (888-5021), Capitaine Jacqueline Lussier (544), et Lieutenant Addie Bouvier (889-1372).

**BUSINESS MANAGER/
GERANT D'AFFAIRES**
Captain/Capitaine Jim Lister
832-1311 (625)

**ADVERTISING MANAGER/
AGENT DE PUBLICITE**
Robert Jackson 888-3552

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SCAN CORNER

HOW TO AVOID BEING HIRED

Certain negative factors of an employment interview have been identified as leading to rejection of an applicant. Several are listed below. If you wish to stay on UIC use them. If you want to earn a job overcome them.

1. Poor personal appearance.
2. Overbearing, overaggressive, conceited, superiority complex, "know-it-all".
3. Lack of planning for career — no purpose and goals.
4. Lack of interest and enthusiasm — passive, indifferent.
5. Lack of confidence and poise, nervousness, ill at ease.
6. Overemphasis on money — interested only in best dollar offer.
7. Unwilling to start at the bottom

- expects too much too soon.
8. Makes excuses, evasiveness, hedges on unfavourable factors in record.
9. Lack of courtesy and tact — ill-mannered.
10. Condemnation of past employers.
11. Failed to look interviewer in the eye.
12. Merely shopping around or wants job only for short time.
13. Little sense of humour.
14. No interest in company or industry or never heard of company.
15. Narrow interests and no interest in community activities.
16. Inability to take criticism.
17. Late to interview without good reason.
18. Ask no questions about the job.

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U.N.D.E. NEWS

Mark 22 November 1983 with a red circle. It is a very important day for the members of Union of National Defence employees who work at CFB Winnipeg ☆ This is the day we elect the executive who will be working for us during the next twelve months.

The Chairwoman of the Nominations Committee is Mona Watson. Her goal is to present a full slate of officers for our consideration. We, as members have the responsibility and the right to nominate other members who have our confidence. Confidence that they can provide the leadership necessary to protect and fight for our rights.

There is free parking near the Hercules Lounge and Building 90. Coffee and donuts will be available. Please attend this very important Annual Meeting and bring a co-worker or two. See you all — Tuesday, November 22nd at 7:30 pm (1930 hrs) in the Hercules Lounge.

PROPER PACKAGING

Ottawa — with a large volume of Christmas parcels expected to be sent through the mail again this year, Canada Post is advising its customers proper packaging and addressing will ensure on-time, safe delivery.

Fragile articles should be packed in rigid boxes and protected on all sides with cushioning material such as crushed newsprint, tissue paper or corrugated cardboard. Boxes should also be sealed firmly and all seams covered with strong packaging tape.

Other items which could be damaged if bent in transit should carry the words "DO NOT BEND" written in block letters above the address.

Parcels may be insured against possible loss or damage. Postal rates vary depending on the destination, weight and speed of service required by the sender. Specific details may be obtained at all post offices.

The rate of cards and first class letters within Canada is 32 cents, 37 cents to the United States and its territories and 64 cents for international destinations other than the U.S.

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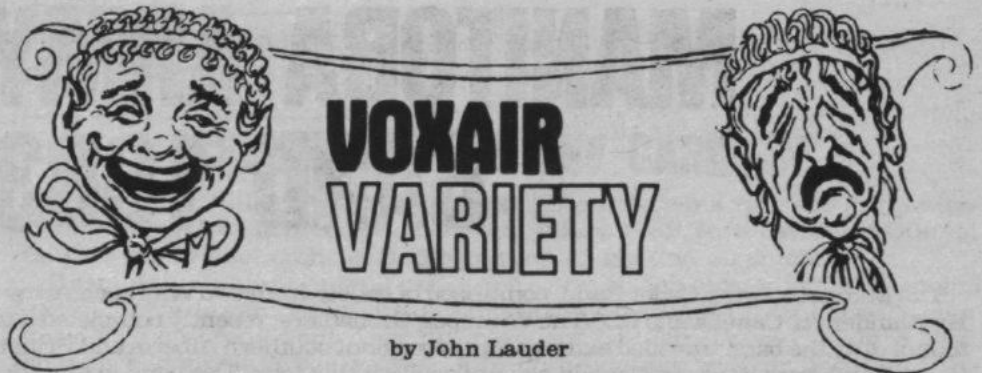
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VERSE

INSPIRED BY
A PRAIRIE
MUSE



by John Lauder



I sprung the fifteen bucks for Peter Newman's book *The True North Not Strong And Free*. Those of us on the inside can only cringe or boldly say "we know".

Newman has deviously done his homework and one has to admire his editorial restraint. Like Joe Friday of the old *Dragnet* TV Series, Newman put it together from the "Facts ma'am, Just the Facts". He shows a citizens concern without emotional tub thumping and avoids pointing fingers at senior military staffs. Newman mentions military members just putting in time, waiting for their pension; we alone can answer our conscience on that one.

I recently read that a Camera manufacturer is developing (no pun intended!) a new improved film for their Disc camera. To Disc owners that's good news. I have been less than satisfied with the results from mine.

From the mouths of babes; my Grand-daughter asked in all seriousness, "Grandad, how can it be Christmas in the stores when we haven't had Hallowe'en yet?"

I was standing in the check-out line at Beaver lumber when a lady, who was obviously fooled by the assortment of trim and hardware on my cart, asked "Excuse me, are you a Carpenter?" I replied "No, I'm a Sawdust Maker". After a very meaningful pause and a gruzzical look she said "Huh?" I couldn't leave her like that so I explained. "I make a whole lot of sawdust, and whatever is left over, I nail up!" She stared at me again for a couple of seconds then turned to the man behind me and asked, "Excuse me, are you a carpenter?"

I made one of those racks which holds wine glasses upside-down. Looks pretty good too, (I discovered that Walnut stain hides a multitude of sins,) about fifty glasses sparking away in inverted glory. Jane hasn't questioned the security of the thing but I did notice that she steps a little further away from the bar en-route to the laundry!

I only cut myself three times and knocked over a bottle of ginger-ale.

I don't envy the Military Police the job of Parking Enforcement. It must be a headache and difficult to the nail-biting extreme. Two parking lots cause me to wonder out loud about the possibility of some disregard for instructions on the part of drivers.

I'm not on base very often but when I am, my most frustrating stops are 16 hangar and Base Hospital. The "Sick Parade" designated spots outside the combined mess are usually filled while the M.I.R. isn't and the Transient Parking lot at 16 hangar is suspiciously "permanent" looking.

Before leaving on our R and R trip to Britain I wrote that I was hoping to add to my collection of Royal Family Souvenir china. I did find some interesting pieces, most of which I couldn't afford. I did pick up a Queen Victoria Diamond Jubilee plate and an Edward VIII Coronation Cup.

ODE TO AN EAGLE

The eagle bold, a symbol true
Once crowned the dress of men
in blue.
His mastery of the mighty sky
Still inspires those who fly.

A tragedy has come to pass
And things are no more what
they seem.
Confused with swords and
anchors brass
He adorns the dress of men
in green.

Confusion wrought by men
through wise
Seldom wins a Nobel Prize.
T'would seem bureaucracy's
slightest whim
Can make fish fly and make
birds swim.

The brave old bird still
lumbers on
Hoping this awful time
will pass.
With a sword through each of
his beautiful wings
And an anchor up his ass.

FLIGHT LUSTRE

POCO
A
POCO

The Blue Machine heads into high gear once again after a very busy fall. With the Octoberfest, fall dances and normal base parades, concerts, etc., out of the way, the festive season is upon us.

The week of Nov. 14, the Air Command Bands heads through N.W. Ontario on a Recruiting and Concert tour. The emphasis this time being on Thunder Bay, but with a concert in Kenora on the Monday.

Xmas concerts for city schools, different sections on the base and dances are all ready to go.

Once again, with the help of the base Padres, there will be a Xmas concert on the base at Bldg. 21 and everyone is welcome. The Band will feature some modern numbers along with the traditional festive music. Mark your calendars — DECEMBER 11, BLDG. 21, 7:30 p.m. — A Great Family Evening!!!
See you soon.

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The performing arts season is heating up to the boiling point, and culture vultures can find something to do almost every night, if they have the stamina and the money. Last week the second Main Stage show of the year at the Manitoba Theatre Centre opened, with the play adapted from Dicken's story of the French revolution, *A Tale of Two Cities*.

Billed as a world premiere and a dramatic epic, the adaptation by Artistic Director Richard Ouzounian of this classic tale should be first rate. Last year Ouzounian gave us his version of *Nicholas Nickleby*, and this story has even more dramatic content. The lead role of Sidney Carton has been a plum for male actors for the past 100 years, and there is plenty of scope for fast-paced action in this story.

The play runs until December 3rd.

Also opening last week and with the final performance this Friday, the 18th, was the opera *Norma*. This not only opened the 83/84 season by the Manitoba Opera Association, but was a premiere for Manitoba.

The two-act tragic opera concerns a Druid high priestess who has broken her vows by being secretly married and the mother of two, and the results are wilder than anything seen on prime time TV. The role of the priestess will be sung by Christina Deutekom, who has appeared in the world's great opera houses, including the New York Metropolitan Opera and Convent Garden.

Also in leading roles are bass Louis Lebherz from the Met, although a native of Venezeula; Dennis Bailey, tenor at the San Francisco Opera, and Canadian mezzo-soprano Judith Frost. Local soprano Tracy Dahl has a sole role, while the Winnipeg Opera Chorus will provide the balance of the cast.

Director is Irving Guttman, who has given us some fine shows the past few years, supported by Imre Pallo conducting the orchestra, and Phillip Silver on set designs.

The Winnipeg Symphony Orchestra will offer two concerts later in the month. On the 19th the ever popular "pops" series will begin with *An Evening of George Gershwin*, featuring music from such hits as "Girl Crazy", "Of Thee I Sing", "American in Paris" and "Porgy and Bess". The conductor will be Erich Kunzel, while Irmgard Baerg will be the guest pianist. Then on the 24 and 26th, Maestro Koizumi will be in charge, Andres Cardenes the guest violinist, and the music by Sibelius and Tchaikovsky.

If you want to support the arts but would rather gamble than watch or listen, then the event this week at the Convention Centre is for you. Billed as *Casino Arts* this money raising effort features blackjack, roulette, wheels and Nevada. Doors are open from 2 p.m. until 1 a.m., up until November 17th. Profits will go to the Symphony, the Ballet, MTC and an umbrella group of Franco organizations from theatre, dance and choral backgrounds.

Other upcoming events at the Concert Hall include the Bill Cosby Show on Nov. 17th, the World Adventure Tour travel film "Poland" on the 21st and 22nd, and the black light puppetry show *Famous People Players* on the 23rd. A documentary history of the Mennonites, who are now so much a part of the Manitoba scene, entitled "And When They Shall Ask" will be shown at 5 p.m. and 8 p.m. on the 24th. Finally on the 27th the famous Vienna Choir Boys will give a concert at 8 p.m.

Meanwhile, over at the Gas Station Theatre on Osborne Street there will be a dance presentation by the Pas de Huit Group on November 18th and 19th, while the Actors' Showcase will present the play "Trummi Kaput" during the daytime from Nov. 23rd to 29th. Show times are 10:30 a.m. and 1:30 p.m. on Nov. 23-25, and 1:00 p.m. and 3:00 p.m. on the 26th and 27th.

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MANITOBA ARMY CADET BAND 1983

AEROSPACE WARFARE

SQUADRON REPORT

The Manitoba Army Cadet Band, comprised of cadets from two Winnipeg Army Cadet Corps, 407 Queen's Own Cameron Highlanders of Canada and 526 The Winnipeg Grenadiers, recently completed a tour of duty at Banff, Alberta. During this tour of duty the band travelled extensively throughout southern Alberta and British Columbia. This is the first time an Army Cadet Band from Western Canada has undertaken this tour. The band is tentatively scheduled for another tour of duty at Banff, Alberta for the summer of 1984 and a tour of Eastern Canada in 1985 as the Army Cadet Movement's contribution to the International Year of the Youth.

Membership in the band is open to boys and girls between the ages of 13 and 19 and who are capable of playing a musical instrument. While on tour, members receive all their accommodation, transportation and meals free plus receive \$240 for taking part. The band rehearses on Thursday evenings at Minto Armoury between 7:00 and 9:30 P.M.



Front Row (L to R)
Cdt M. Wain, C/Cpl K. Knelson, Cdt S. Dobson, C/Cpl L. Ducharme, Cdt L. Seligman, C/Sgt E Wiebe, C/Lieut K. Chatyrbok (Cdt Band Director), C/Sgt C. Cameron (Cdt Drum Major), C/Cpl CF Shlanda, C/Cpl BJ Moor, Cdt J. Bales, Cdt CA Shlanda, Cdt L. MacKay.
Middle Row (L to R)
Miss AA Litt (Director of Music), Cdt C. Jones, Cdt B. Middlebro', Cdt A. Pearson, Cdt T. Beaudry, Cdt C. Geith, Cdt A. Middlebro', Cdt M. Bedarf, C/LepI S. McPhail, Cdt N. Merriam, Cdt D. Chatyrbok, Capt V. Lopata (Administrative Officer).
Back Row (L to R)
Cdt J. Lafortune, Cdt E. Gopaul, Cdt B. Keilleur, Cdt C. Wain, Cdt BK Scheiffert, Cdt CM Scheiffert, C/LepI L. Munnoch, C/LepI M. Moor, Cdt J. Babyak, Cdt I. Loney, Cdt BM Schieffert, Cdt S. Simmons.

Since the last report, the squadron supernumerary list has increased by two. Congratulations to Heather and Dana Moore on the birth of their son Kyle and to Marcia and Jelle Blom on their daughter Katrina Elizabeth. All are reported to be doing well.

Joan Sparks was recently in the hospital but now recovering at home. As this is written, Jim Watts is residing in the base hospital in and out of traction due to a floor hockey incident. Our best wishes to both for speedy recoveries. Another medical problem commented on was by Cathy Margueratt who is disappointed that Dennis is working so hard that he gets "headaches".

Have you noticed how this seems to be a busy time for money canvassers? Dan Witwer collected for the United Appeal, Jim Watts for Savings Bonds and Jeannette of the Word Processing Centre for new jogging shorts for Squadron Leader Grange. It seems she hasn't seen bloomers like Mike's since she saw her grandfathers way back in '38.

The travelling season is here. ASC 36 have just returned from their Operations tour where they visited Ottawa, Halifax, Trenton, North Bay, Omaha Nebraska, Colorado Springs, Edmonton (not intentionally) and Cold Lake. It seems that it was a quiet tour for all but Mike Campbell. He spent one night underneath a table with ear defenders and two pillows over his head in a vain attempt to escape a snoring roommate.

The Staff Air Navigation Course also went on tour. They visited NDHQ and Canadian Marconi in Montreal where they learned how all those magical black boxes work.

Also travelling was Bruno Schenk on the American pre-tour. We now have definite proof that Bruno has a big black cloud following him around. When we were in southern California last February, the storms hit and there was massive flooding throughout the countryside. Well when "Black Cloud" was in Dallas last week, you guessed it — a hurricane hit and there was massive flooding throughout the countryside. The final traveller is Paul Noonan to UCLA for an Ocean Surveillance Course.

Navigator Training Aircraft

For many months now there has been great speculation about a replacement aircraft for the Hercules as a navigation training aircraft. In fact, company representatives have been seen in the hallways handing out pictures of their favourite aircraft in CF colours. ASC 36 has gotten into the act by incorporating the idea (under direction) into their main project. How a stretched DC-8 fits the definition of medium weight though, is beyond me.

Undeniably the best suggestion so far came from Bruno. He wants to buy a C-5A Galaxy and load the Air Navigation Procedures Trainer into the upper deck. This way when there was a transport tasking to do, they could do it. However, when there was no tasking, they could load everyone up, start the engines, taxi around a bit and pretend they were flying — after all, does it really matter to the students??? Also by using the trainer they could pretend that they were flying to Churchill but really go to Trenton. In this way, the students could leap off an airplane in their t-shirts and shorts thinking they were in Hawaii, but really find out they were in Alert. This certainly would prove more flexible than a Dash-8. Also the unit fund could make money by charging a fee to watch this travelling circus.

PHANTOM DEPLOY TO WINNIPEG

CANADIAN FORCES BASE WINNIPEG — Four, F-4 Phantom aircraft from the United States Airforce 178th Fighter Interceptor Squadron, Fargo, N.D. will deploy to CFB Winnipeg November 15 to take part in a North American Aerospace Defence Command (NORAD) exercise.

The exercise, which will take place in the late evening and early morning hours of November 16 and 17, involves several air and ground NORAD units in western Canada and the northwestern United States. It will be directed jointly by the Canadian NORAD Region Headquarters in North Bay and the 25th NORAD Region Headquarters at McChord Air Force Base, Washington. The exercise is designed to refine the joint defence procedures of adjacent NORAD regions, while providing training for air defence aircrews and air defence controllers.

Canadian and U.S. aircraft will simulate an attacking enemy bomber force while defending forces detect, track and intercept the simulated enemy aircraft.

Canadian NORAD Region will provide surveillance, detection and interceptor control using information from 11 Canada West radar sites.

NORAD has divided the North American continent into seven regions to manage the air defence operation. Each region has a Region Operations Control Centre (ROCC) to supervise its area of responsibility.



LE CARNET FRANCOPHONE

LE CALENDRIER

par C. Dessureault Capt.

L'exposition "Petites Variétés" d'Yvon Villarceaux continue au Centre culturel franco-manitobain (CCFM), 340, boul. Provencher, jusqu'au 20 novembre. Yvon vous présente une cinquantaine d'oeuvres, soit pastels, huiles et dessins. Ses sujets sont surtout les gens, gens autour de lui, gens qu'il a connus, portraits et scènes de rue. Il nous traduit tout ça avec couleurs imposantes. 10 h à 22 h lundi au samedi, 13 h à 22 h dimanche, dans la Galerie du CCFM. Tél.: 233-8972.

- La Cinésérie tous les lundis soirs à 20 h au Cinéma Main, 243, rue Main. Films en français présentés par le CCFM. Coût: \$2.00 (étudiants - \$1.00).
- 21 novembre "CÉSAR" le troisième film de la trilogie à Marcel Pagnol. Bien installée, gâtée par César, Fanny et son fils mènent une vie tranquille et sans histoire. Le retour de Marius vient troubler sa quiétude et elle devra prendre des décisions... (sous-titres anglais).
- 28 novembre "Le Beau Mariage" d'Eric Rohmer. Sabine étudie à Paris l'histoire de l'art. Un soir elle rompt avec son amant marié et décide de se trouver un époux. Elle ne se doute ni de son charme, ni de ses moyens pour amener à sa merci l'homme de son choix. Mais l'homme qu'elle choisit reste de glace, soucieux d'éviter une aventure qui menacerait son indépendance. Une ultime tentative se termine par un scandale et Sabine quitte Paris, bien décidée à trouver une nouvelle proie. (sous-titres anglais)

- 18 au 25 novembre Le Cercle Molière présente "La Chaire" de Bill C. Davis, mise en scène de Roland Mahé. Un prêtre de longue date et un séminariste, sont confrontés avec la religion et la prêtrise. Grâce à un sens de l'humour aigu à une sensibilité profondément humaine, prêtre réactionnaire et séminariste progressiste trouveront l'équilibre dans l'amitié. Présenté au CCFM, Salle Pauline Boutal à 20 h. Tél.: 233-8972.
- 23 au 27 novembre Vente "Menu Arts d'Oeuvres". Petites oeuvres à prix modique. Au CCFM.
- 30 novembre au 31 décembre. Exposition de paysages en huile et acrylique de Paul Guyot. Vernissage le 29 novembre au CCFM. De 10 h à 22 h du lundi au samedi et de 13 h à 22 h le dimanche.
- Toutes les fins de semaines (jeudi, vendredi et samedi) des artistes invités sont au Foyer du CCFM.
- Exposition bilingue de photos par Brian Simmons jusqu'au 9 décembre dans le Foyer du cinéma Main, 243, rue main. "La nature dans un temps d'arrêt."

SAVEZ-VOUS QUE...

Le coeur d'une canadienne de 20 ans, Mme Jean Jawnone, s'est arrêté de battre pendant 3 heures 32 min. le 19 janvier 1977. Ce fut un record. Elle doit la vie à l'équipe de 26 personnes de l'hôpital de Winnipeg qui s'est occupée d'elle sans arrêt.

On a signalé en 1938, le cas d'une petite fille née avec 14 doigts et 12 orteils à l'hôpital Saint-Georges de Londres.

La première et seule femme à tourner en orbite autour de la terre est le Lieutenant (maintenant Lt Col) Valentina Terechkova née le 6 mars 1937. Elle est partie de l'URSS le 16 mars 1963 à bord de Vostok 5 pour atterrir le 19 juin après un vol de deux jours 22 hres et 42 min. au cours duquel elle a accompli 48 révolutions (1 971 000 km). Elle travaillait auparavant dans une usine de textile. On dit qu'elle réclamait à la fois et à tout prix de revenir parce qu'elle se sentait mal et que le vol avait été prolongé parce qu'elle se sentait en pleine forme.

La première photo prise avec un appareil photographique fut prise au cours de l'été 1839 par le physicien français J.N. Niepce décédé en 1833. La photo représentait la cours de sa maison de campagne et demanda sans doute 8 heures de pose.

Elaine Esposito est restée 37 ans et 111 jours dans le coma. Elle ne s'était pas réveillée après une opération d'appendicectomie en 1939 (elle était âgée de 6 ans). Elle est décédée à l'âge de 44 ans.

La guerre qui a coûté le plus chère est la Seconde guerre mondiale. Le coût dépassa celui de toutes les guerres précédentes réunies. Il fut estimé à 1,500 milliards de dollars. Le coût total pour l'URSS a été estimé en 1959 à 2,500 millions de roubles et, pour les Etats-Unis à 530 milliards de dollars.

Le Prix Nobel fut institué selon le vœu d'Alfred Bernhard Nobel (1833-1896), ingénieur chimiste suédois, célibataire, inventeur de la dynamite. Ce prix est décerné chaque année le 10 décembre, jour anniversaire de son fondateur et de l'institution de la fondation. Deupis 1901 le Prix Nobel est accordé dans 6 disciplines: physique, chimie, médecine et physiologie, littérature, paix et économie.

UN PEU D'HUMOUR ET DE REALITE

N'avez-vous pas déjà été témoin de ce genre de communication?

Voici ce qui arrive:
Le Colonel dit à son adjoint: Demain à 9 heures aura lieu une éclipse solaire, ce qui n'arrive pas tous les jours. Rassemblement dans la cour en tenue d'exercice. je leur expliquerai le phénomène. En cas de pluie, envoyez-les au gymnase.

L'adjoint dit au Capitaine: Ordre du Colonel: demain à 9 heures, éclipse de soleil dans la cour; en cas de pluie, l'éclipse aura lieu en tenue d'exercice dans le gymnase, ce qui n'arrive pas tous les jours.

Le Capitaine dit au Lieutenant: Ordre du Colonel: en tenue d'exercice demain à 9 heures; inauguration de l'éclipse du soleil au gymnase; s'il pleut, ce qui arrive tous les jours.

Le Lieutenant dit au Sergent: Demain à 9 heures, le Colonel en tenue d'exercice éclipsera le soleil au gymnase, s'il fait beau et dans la cour s'il pleut.

Le Sergent dit au Caporal: Demain à 9 heures, l'éclipse du Colonel en tenue d'exercice aura lieu, en raison du soleil. S'il pleut au gymnase, ce qui arrive pas tous les jours, rassemblement dans la cour.

La conclusion qu'en retirent les soldats: paraît que demain s'il pleut le soleil éclipsera le Colonel au gymnase. — Dommage que ça n'arrive pas tous les jours...

CULTURE LES ORIGINES DE QUELQUES SPORTS

Le premier avion qui a franchi le mur du son est un vol supersonique Bell XS-1 à moteur fusée, le 14 octobre 1947. Il était piloté par le Capitaine Charles Elwood Yeager, USSAF, au-dessus de la base Air Force de Muroc en Californie. Il a atteint Mach 1,015 (1 078 km/h) à 12 800 m d'altitude.

Golf: Le golf est mentionné pour la première fois dans un document de loi adopté en mars 1457 par le Parlement Ecossais selon lequel le golf devrait être complètement banni. Les Ro-

CHEMINER DANS UNE CARRIERE

Voici des extraits d'un article intitulé "Bien vivre ma vie dans l'organisation" et paru dans la revue *Commerce* de juillet 1982, écrit par Denis Ouimet du Bureau de Recherche et de Formation en gestion au Québec.

Il semble que plus on entend parler que le travail doit être satisfaisant, moins on rencontre de gens satisfaits de leur travail. Hors la majorité travaille pour vivre et, nombreux sont ceux qui n'aiment pas leur travail. Malgré tout, chacun s'identifie à son travail; lors d'un contact avec un inconnu, une première question est "Que faites-vous dans la vie?" et plus en évite de répondre, plus cette question devient persistante.

Cheminer dans une carrière ne consiste pas uniquement à élaborer un plan de carrière mais bien à vivre chaque jour au travail peu importe son âge, son ancienneté, ses ambitions. Voici un tableau qui vous fournit une vision globale des phases d'une carrière. Vous y verrez les principales préoccupations à chaque phase, les frustrations ressenties et habituellement gardées pour soi ainsi que certaines compétences nécessaires pour faire la transition à la phase suivante. Noter qu'il est impossible de passer de la phase un à la phase trois sans passer par la phase deux; chaque phase n'a pas de durée limitée; un individu pourra vivre toute sa carrière à la phase deux ou un.

Cheminement de carrière			
Phases	Préoccupations	Frustrations	Pour faire la transition
I. DÉPENDANCE	"DIS-MOI QUOI FAIRE" "AIDE-MOI"	- SUIVI DE PRÈS PARCE QUE PEU CONNU; - PRESSÉ D'AVOIR SA CHANCE.	- DÉCOUVRIR tout ce qui ne peut pas être retrouvé dans les livres. - DISTINGUER l'essentiel de l'accessoire dans le travail. - DÉCOUVRIR comment obtenir ce qu'on désire en utilisant le formel autant que l'informel.
II. AFFIRMATION DE SOI	"JE SUIS BON"	- PERSONNE NE PORTE ATTENTION À MES SUGGESTIONS; - À L'ÉCOLE, J'AI CONSACRÉ BEAUCOUP D'ÉNERGIES À APPRENDRE DES TECHNIQUES AVANCÉES ET ICI IL Y A BEAUCOUP DE ROUTINE	- CONSERVER son plan de carrière en perspective. - ÉVALUER les pièges de la compétition. - DÉCOUVRIR les bienfaits de la coopération.
III. RECONNAISSANCE	"ENFIN ON SE REND COMPTE QUE JE SUIS BON"	- CEPENDANT IL Y A ENCORE MON SUPÉRIEUR; - DANS QUELLE DIRECTION CANALISER MES COMPÉTENCES?	- ACCROÎTRE la confiance en soi. - DÉVELOPPER son jugement. - DOMESTIQUER la soif du pouvoir et de l'influence.
IV. GUIDE-CONSEIL	"LAISSE-MOI T'AIDER"	- CEUX QUE J'AIDE NE SONT PAS À LA HAUTEUR DE CE À QUOI JE M'ATTENDAIS D'EUX.	- DÉVELOPPER des habiletés interpersonnelles de fixation d'objectifs, de délégation, de supervision et de coordination. - DÉVELOPPER la confiance de ceux qui m'entourent. - OBTENIR UNE SATISFACTION PERSONNELLE en voyant ceux sous sa charge devenir indépendants.

Parlons maintenant sur la nécessité de savoir faire la transition. Quand on se rend compte que les objectifs du début de sa carrière sont devenus impossibles à atteindre, il faut se découvrir le courage d'y faire face et d'effectuer les changements requis. Pour y parvenir, on devra:

1. découvrir les opportunités pour exprimer ses sentiments et ses émotions au sujet de sa vie et de sa carrière;
2. manifester la volonté de s'engager dans la solution de ce problème;
3. développer un sens de "support et d'aide" envers les plus jeunes;
4. vivre au présent.

Pour trouver plaisante la vie actuelle, on devra cesser de regarder vers le passé et, de continuellement comparer le moment présent avec un passé rempli des souvenirs de ce qu'on aurait souhaité qui soit.

A propos du fait de "pas uniquement gagner sa vie": trop nombreux sont ceux qui se sentent obligés de "gagner leur vie" plutôt que de tout simplement "vivre leur vie". Tout travail peut devenir routine et ennui... un sans issue... à moins que je ME change continuellement MOI-MEME. TOUTE CARRIERE EST AUTOMATIQUEMENT AMELIOREE LORSQU'ON EST EN CROISSANCE ET EN DEVELOPPEMENT PERSONNEL. Toute vie peut être une aventure... un flux continu de nouveaux plaisirs, d'émerveillement et de satisfaction à la condition que:

- 1) je sache ce que je veux;
- 2) je sois complètement dans ce que je fais;
- 3) je désire le faire.

Pour vérifier si on vit bien, on n'a qu'à répondre à la question: COMBIEN DE PLAISIR RETIREZ-VOUS DE CE QUE VOUS FAITES? Si le terme plaisir ne convient pas, on n'a qu'à le remplacer par: motivation, satisfaction, réalisation de soi.

Celui qui vit bien garde sa vie en perspective et peut toujours se dire: "J'ai fait cela; j'en suis fier(e) et je me sens bien...".

présenté par J. Lussier Capt.

mains avaient un jeu analogue appelé paganica, qui avait sans doute été introduit en Grande-Bretagne avant l'an 1400. L'Association nationale chinoise de golf affirme que ce jeu est d'origine chinoise et remonte aux toisième siècle avant J.C. Les cannes en acier furent introduites aux Etats-Unis en 1925 et en Grande-Bretagne en 1926.

La course d'orientation: Telle que nous la connaissons, elle fut inventée par le major E. Killander, en Suède, en 1918. Son appellation actuelle fut utilisée la première fois lors d'une épreuve organisée à Oslo en Norvège en octobre 1900.

Tennis: Le tennis moderne serait une version du tennis de salle. Une revue anglaise, le *Sporting Magazine*, parlait de field tennis le 29 septembre 1793.

Hockey sur glace: Des tableaux et des dessins du début du XVI^e siècle nous apprennent qu'à cette époque existait déjà aux Pays-Bas un jeu ressemblant fortement au hockey sur glace. Ce jeu aurait été joué pour la première fois avec un palet en caoutchouc en 1855 à Kingston, Ontario;

pendant la ville d'Halifax revendique aussi l'invention de ce sport. L'International Hockey Association fut fondée en 1908; La National Hockey League of North America en 1917 et la World Hockey Association, fondée en 1971, fut dissoute en 1979.

Natation: Un édit de l'empereur japonais de 1603 rendit obligatoire la pratique de la natation dans les écoles. Mais il y avait des courses de natation au Japon dès 36 avant J.C.

Parachutisme: Il est devenu un sport réglementé depuis l'institution des championnats du monde en 1951. Un titre par équipe fut créé en 1954 et des épreuves féminines ont lieu depuis 1956.

Ski: Un ski datant de 2 500 avant J.C. fut retrouvé en Suède; ce spécimen était en assez bon état. Deplus, une gravure rupestre représentant un skieur fut découverte en URSS; on estime qu'elle remonte à 6000 avant J.C. Il existe des preuves d'une utilisation du ski à des fins militaires, en Norvège, en 1199. En tant que sport, le ski apparut seulement en 1843 en Norvège.



ENERGY CONSERVATION WEEK

14-18 NOV 83

15-20% FUEL SAVINGS

Energy Conservation Week is upon us once again (14-18 Nov.) Every year as Old Man Winter returns to Manitoba, we are reminded of our responsibility towards conservation of Canada's precious natural resources. But why wait for winter? There are many ways by which we can participate in a year-round Energy Conservation Program.

Throughout Energy Conservation Week we are bombarded with statistics regarding the large sums of money and natural resources being wasted each year. We tend to become divorced from the intent of this program since individually we cannot realize savings of significant proportions. This is where we are short-sighted. If we each save a *little*, we all save a lot!

Since automobiles are the largest single consumer of oil in Canada, and at a time of rising prices and possible supply disruptions, it is essential that we all take steps to conserve fuel.

As a motorist, you have the opportunity to reduce your transportation energy needs through simple maintenance and good driving practices. At the same time, good driver attitudes and driving habits will result in getting the most from your car and will save you money!

The following are some tips which would enable you to participate in the Energy Conservation Program. Remember, your contribution is important to the success of our national conservation goal.

1. THINK FUEL ECONOMY when PROPANE MOTOR FUEL

(by MCPL A. B. MacDonald)

The use of propane gas as motor fuel has grown because the users recognize the excellent qualities and pollution abatement characteristics of propane gas.

What is propane? Propane is a liquid petroleum gas (LPG) that can be used as an alternative fuel for a gasoline engine. 80% of propane is a by-product from natural gas and 20% is produced from crude oil. It is colourless, odorless and non-toxic. An odorant is added at the refinery to ensure system leaks can be detected. At this time, Canada exports 5% of its propane.

Listed below is what propane can do for you.

- engines converted to propane gas operation have a substantially longer engine life. Propane gas is clean burning and injurious carbon deposits are practically eliminated.
- because propane is a clean burning fuel, lubricating oil and oil filters last longer. Propane does not wash the oil from the walls or dilute the oil as liquid fuels tend to do. The engine will therefore last longer since its oiling system is more effective.
- because propane gas is a "clean air" fuel, engine tune-ups are required less frequently.
- muffler replacement is seldom required because of the reduction of acids emitted by propane gas in the exhaust.
- propane is half the price of gas.
- increased spark plug life (up to 300%). Propane is clean burning, free of lead content which fouls spark plugs.

So you can see propane saves money, uses less oil, gets about the same mileage per litre and you keep the air clean.

What's more efficient? You decide — it's your money.

purchasing your car. Assess your needs — car size, trunk space, highway or city driving, short or long trips.

2. CONSOLIDATE trips and choose routes with co-ordinated traffic signals. If you can, walk or ride a bike.

3. In cold weather USE A BLOCK HEATER with a timer. One to two hours of heating will do.

4. IDLE NOT, START AND GO. Even at -18C most cars only require 15-30 seconds of idling before driven off GENTLY.

5. MOVE SMOOTH AND CRUISE. Always avoid bursts of acceleration and let your speed fall off as you climb hills.

6. LOOK AHEAD and reduce brake use by anticipating traffic and road conditions.

7. DRIVE STEADILY, 60-70 km/h is the most fuel efficient speed range for most cars. Remember that small reduction in speed will have almost no effect on travel time. It's also easier on the nerves!

8. MAINTAIN FOR FUEL GAIN. Be aware that simple adjustments to your car can save fuel. Also — Remember the slogan "You can pay me now or pay me later". Support your local Canex Service Station!

TIMERS FOR CAR BLOCK HEATERS

With temperatures starting to dip lower at night due to the impending winter, people are starting to consider plugging in their cars. If you leave your car outside, this not only helps to increase the chances that it will start the next morning, but an interior heater can make your car much more comfortable to enter, not to mention it helps to eliminate the scraping of windows and reduces the incidents of cracked upholstery and other plastic accessories from the extreme cold.

In these times of increased energy awareness, it is interesting to note just what block heaters and interior car warmers cost the user. A telephone call to Manitoba Hydro disclosed that to operate the average block heater (600 watts) costs about 1½ cents per hour and when one adds in an interior car warmer (approximately 850 watts), the cost increase to about 3.67 cents per hour (based on electricity costing 2.53 cents/kwhr). The cost would appear insignificant, however consider the user that plugs in the night before, from say mid-November to the end of March, and averages 12 hrs a day in the outlet. The individual using only a block heater would pay \$24.30 over the winter (135 days at 18 cents/day) while the individual using both block and interior heater would pay \$59.40 (135 days at 44 cents/day).

The question now is whether or not

it would be beneficial to invest in an outdoor timer to reduce the time your heaters are drawing electricity? Taking into account the regional temperatures, Manitoba Hydro recommends, on the coldest days cars should be plugged in for a maximum of four hours before use to obtain the maximum efficiency. Assuming the same individual as in the previous examples set their heaters to come on four hours in advance, the cost of electricity to the block heater would be \$8.10 and for the combined user \$19.80, savings of \$16.20 and \$39.60 respectively.

In conversation with local retailers, it would appear that outdoor timers can be purchased for between \$15-40\$ with an average cost of \$35.00. The majority have a one year warranty. Without taking into account inflation and capital outlay, by making the investment the individual in the above mentioned example also operates only a block heater would break even in a little over two winters, and the combined user would have money in his pocket before the end of the first winter.

In addition to pretty good economies, people who purchase a timer for their car heaters will have the satisfaction of knowing that it's one more thing they are doing to help conserve energy. Outdoor timers will be stocked at the CANEX this fall and winter.

"HELP GEORGE DO IT"



ENERGY CONSERVATION WEEK

14 - 18 NOV 83

- LOWER THERMOSTATS
- TURN OFF LIGHTS
- WHEN LEAVING ROOM UNOCCUPIED FOR MORE THAN A FEW MINUTES
- OPEN SHADES, BLINDS AND DRAPES TO MAKE USE OF SUNLIGHT IN WINTER; CLOSE THEM TO REDUCE HEAT IN THE SUMMER
- TURN OFF ALL ELECTRICAL EQUIPMENT DURING QUIET HOURS; EXHAUST AND CIRCULATING FANS, AIR CONDITIONING UNITS, OVERHEAD AND DESK LIGHTING
- BOTH HOT AND COLD WATER REQUIRE ENERGY. USE THEM SPARINGLY

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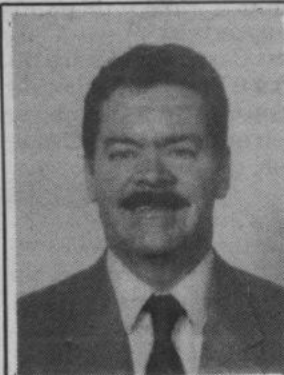
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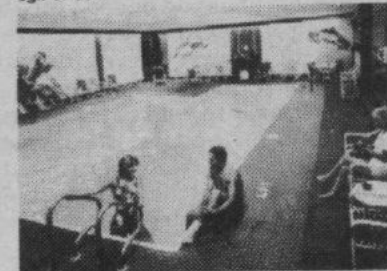
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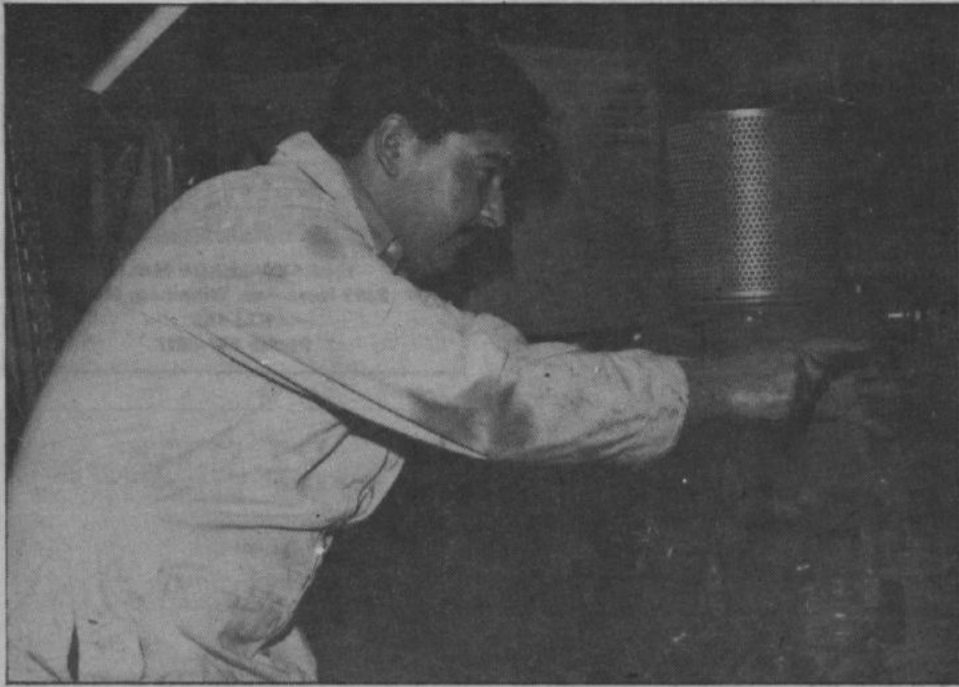
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AE TECH PROMPTED



After receiving his promotion to Cpl. on the 28th of Oct., former Pte. Gaetan Bourbonnais, AE Tech., is seen applying his engine trade knowledge on a diesel unit in the AMSE section.

SECOND TO NONE



On 06 Oct. 83, 42 members of the Base Supply Section proudly paraded themselves for the Base Commanders inspection and the CFANS graduation parade, and of course their efforts were not left unnoticed. Along with a memorandum of congratulations on excellence in drill, dress and deportment from the acting Base Commander LCOL Chandler, came praise from the reviewing officer BGEN Patte.

Pictured above, acting Base Commander LCOL Chandler, escorted by BS4PO MAJ Yaworski and MWO Mt. Pleasant, inspects members of Base Supply, an "excellent turnout" was observed right down to the smallest of detail . . . and the largest, including Cpl Marc Plamondon's sword like, 9 inch (wing span?) mustache. (pictured above) Also shown above is Pte. Ben Jean.

As seen before, Base Supply continues to earn respect and praise for their endless efforts and dedication through their pride and professionalism. Second to NONE (again!)

1st Anniversary - Security Branch

Area Military Police celebrated their First Anniversary as the newly formed Security Branch on 7 October 1983. This was as a result of a separation of Security and Intelligence into two separate branches, which took effect on 1 October 1982. This special event was celebrated locally in the Hercules Lounge, CFB Winnipeg. In attendance were Military Police members from CFB Winnipeg, CFB Portage La Prairie, 17 Svc Bn MP P1, Air Command Headquarters, 2 PPCLI MP Section, WDSIU and SIU Section Winnipeg. Also in attendance were many ex-members of the Branch. A good time was had by all.



LCol A.H. STEVENSON, SSO SECUR, AIR COMMAND HEADQUARTERS and Pte J.M.R. OUELLET, CFB Winnipeg Military Police Section (the youngest Military Policeman in the area) are seen cutting the SECURITAS birthday cake.

SECURITY BRANCH APPOINTMENT

Defence Minister Jean-Jacques Blais has announced the appointment of Vice-Admiral (ret'd) James A. Fulton, CMM, CD, former Commander of Maritime Command, as the first colonel commandant of the Canadian Forces Security Branch. The appointment is for three years.

The position of colonel commandant of a branch is an appointment made by the Minister of National Defence on the recommendation of the Chief of Defence Staff to a retired senior officer or prominent civilian. As colonel commandant, Vice-Admiral Fulton will advise National Defence Headquarters (NDHQ) staff on matters of significance to the Security Branch and act as a liaison between security units of the Regular and Reserve Force.

Born in Ottawa, Vice-Admiral Fulton began his military career in 1944 where he entered the Royal Canadian Naval College, Royal Roads, Victoria.

Le ministre de la Défense nationale, M. Jean-Jacques Blais, a annoncé la nomination du vice-amiral (à la retraite) James A. Fulton, CMM, CD, anciennement chef du Commandement maritime, comme premier colonel commandant du Service de sécurité des Forces canadiennes. Cette nomination est d'une durée de trois ans.

La désignation de colonel commandant d'un service est un titre honorifique accordé par le ministre de la Défense nationale sur la recommandation du chef de l'état-major, à un officier supérieur retraité ou autre personnage préminent. En tant que colonel commandant, le vice-amiral Fulton conseillera le personnel du Quartier général de la Défense nationale (QGDN), sur les questions qui intéressent le Service de sécurité et d'assurera la liaison avec les autres unités de la Force régulière et de la Force de réserve.

Originaire d'Ottawa, le vice-amiral Fulton a commencé sa carrière militaire en 1944, lorsqu'il entra au Royal Canadian Naval College, Royal Roads, à Victoria.

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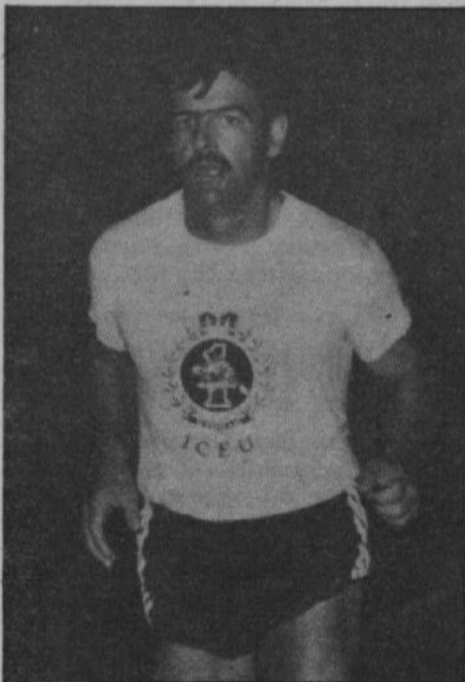
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**3RD ANNUAL
100 MILE
CHALLENGE FOR
BLIND CHILDREN**



On September 22, 1983 CFB Chilliwack hosted the 3rd Annual 100 Mile Challenge for the MP Blind Fund.

This event is a 100 mile non stop run on the track at CFB Chilliwack. The start time was 18:00 hrs 22 Sep 1983. The results were:

1. Major John Derry, setting a new B.C. record for 100 miles in 15 hours, 36 minutes, 10 seconds. Major Derry is from Vancouver, B.C.
2. CWO Thor Killilsen, CFB Greenwood, completed 100 miles in 16 hours, 16 minutes, 10 seconds;
3. Sgt John Carr, CFB Calgary, completed 100 miles in 17 hours, 31 minutes, 49 seconds;
4. Sgt Bob Cook, CFB Winnipeg completed 75 miles. Stopped due to injury; and
5. MWO Claude Vaillancourt, CFB Ottawa, completed 65 miles. Stopped due to injury.

The total monies collected for the CFB Winnipeg Blind Fund was \$511.75. On behalf of the MP Blind Fund, Sgt Cook would like to express his appreciation to those that supported him and if anyone is interested in next years ultra marathon they can contact Sgt Bob Cook at local 660.

**BM(L) WINS
VOLLEYBALL**

With a "volley for serve," eight teams began a three hour preliminary round for the Base Commander's Trophy. From all over they came; their quest: the finals. For the first time, 14 Dental Group and the Air Command Band were represented, and made a fine showing of their prowess on the courts. Bameo came with two teams, with BAMEO #1 in the finals. Base Supply and BPADMO were in strength, as were CFANS and BML.

In the semi-finals, BML met with CFANS on court #1, and the two BAMEO teams met on court #2. The high-flying CFANS team put up a good fight against BML, but was over-powered in the end. The two rival BAMEO teams, eager for the taste of victory, battled to a close match, with BAMEO #1 taking the honour.

The finals were set in the centre court, BAMEO #1 pitted against BML. It was only by a margin of skill and agility that BML won over BAMEO, both teams deserving of their final positions. However, BML had the edge, and proved worthy of the Base Commander's Trophy.

Col. McGowan was present for the awards to the victors.

Thanks to all who participated, and to the PLRI staff who organized and officiated the tournament.



BM(L)



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I/S HOCKEY STATS AS OF 7 NOV 83

TEAM	GP	W	T	L	PTS
ARROWS	7	2	2	3	6
BRAVES	8	5	2	1	12
CANUCKS	8	1	1	6	3
DOLPHINS	7	4	1	2	9

SCORING LEADERS:

STUBBERT	D	12	6	18
STAPLES	A	8	8	16
ST. LAURANT	B	8	8	16
LANGER	D	6	7	13
LITTLE	D	3	8	11
HUGHES	D	4	6	10
LUPIEN	B	3	7	10
MISENER	A	5	5	10

SNOOKER TOURNAMENT CHAMPION




L to R: Pte Eric Currie accepts the Singles Championship Trophy from MCpl Brian Schmidt, Sports Chairman.

BEAVERS INVESTED

The 19 Oct. 83 was a very special day for 10 kitts for this was the day they became beavers. Mr. H. Wallridge District Commissioner invested the boys plus two new leaders Debbie McMullen and Tom Langer. The parents of the beavers were treated to opening ceremonies, games, the investiture and closing ceremonies. After the ceremonies the boys and the parents were treated to refreshments and snacks. If you are interested in seeing what a beaver colony does in the evening because you have a boy that is getting close to 5 years of age or would like to become a leader, come to Bldg #81 on Wednesday from 1745 to 1845 hr.



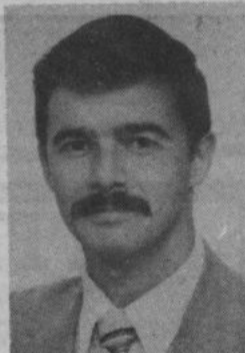
Bottom Left to Right: Jason MacDonald, Rene Skwarko, Christopher Margueratt, John Murphy, Michael Langer, Tyler Mt. Pleasant.
 2nd Row L-Right: Colin Boisjoli, Myles Morin, Joel Hughes, Jimmy Crows, Anoy McMullen, Rory Lieblein.
 3rd Row L-Right: Todd Swyers, Ryan Hughes, Brian Sinclair, Michael Matras, Ian Murphy, Jamie Buell.
 Leaders: Marg Swyers "Rusty, Tom Langer Hawkeye", Cathy Margueratt "Bubbles", Debbie McMullen "Rainbow".
 Missing: Anoy Kardynal.



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THE CAR DOCTOR

One of our best customers came in this morning in really bad shape. His story started by telling me all his troubles, and after listening for about ten minutes, his story brought back a lot of memories that we would sometimes like to forget.

1. He was late getting up;
2. Power was shut off;
3. No Hot water;
4. Wife in a bad mood;
5. Fell over toys in the living room;
6. Let the dog out, and he went to find his girlfriend. Spent 10 minutes out in the rain to find him;
7. Early morning phone call that the mother-in-law was coming to visit for two weeks.

If that's not enough, this gentleman went to start his car, there was a parking ticket on the windshield, and to top it all off, the car had a dead battery. We at your Canex Service Station cannot help with all the above problems, but we can sure help with any battery problem you may have. A lot of our customers ask just what happens when a battery finally decides to go to that battery roundup in the sky (that's where dead batteries go when they die). This week I will give you some information on common causes of battery failure, and how to detect potential battery failures.

A. Normal deterioration accompanies the aging process. Repeated charging and discharging slowly wear away active material in the plates until a point is reached where plate surface available for reaction with the electrolyte is not sufficient to restore the battery to full capacity.

B. Low electrolyte levels (water evaporation). A continuous condition of low electrolyte level causes rapid deterioration of the active material in the top area of the plates not immersed in electrolyte. This condition reduces and eventually terminates the battery's ability to produce the power needed to accommodate the load required.

C. Excessive under and over charging and insufficient or excessive supply of charging power can inflict equal damage on a battery. This applies to the car's own generating system as well as to external power sources such as battery chargers.

OVERCHARGING CAUSES

1. Rapid corrosion of positive plates;
2. Heat, which intensifies normal chemical action causing premature aging of all components;
3. Warping of positive plates and related separator's damage;
4. Spraying of acid, lowering electrolyte level and causing acid damage to battery posts, cables and surrounding parts.

UNDERCHARGING CAUSES

1. Heavy, sulfate on plates which resist the normal electro-chemical reaction which should occur when the battery is charged;
2. An eventual build-up of lead deposits on the separators which cause short circuits between positive and negative plates;
3. A high water content in electrolyte increasing the possibility of freezing in cold weather.
4. A discharged battery.

IMPROPER CAPACITY

Buying a battery with a lower capacity than the electrical demands of the car requires the battery to do a job it was not designed for, thus causing premature battery failure.

DIRTY BATTERY TERMINALS

Battery terminals should be cleaned twice a year. Dirty battery terminals cause a high resistance causing excessive wear on all electrical components (alternator, regulator).

LOOSE FAN BELTS

Belts slipping, battery not getting full charge.

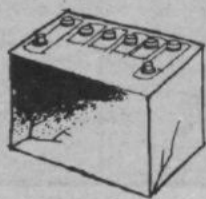
There are many factors that contribute to battery failure other than those listed above, but the car owner can help by purchasing a good quality battery. They probably cost a little more, but in this part of the country where winter mornings can be a little cold, a good battery is a must. Remember one tow job can make up the extra cost for a good battery. If you have any problems, drop in and see us. Our advice may not be the best, but it's part of our service to you and it is free.

PAUL QUINN
SERVICE STATION MANAGER

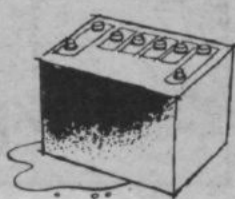
NEXT VOXAIR DEADLINE NOV. 22/83

VISUAL INSPECTION:

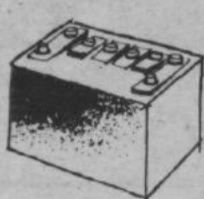
The outside appearance of a battery is an obvious but an important factor in its performance and expected life. Illustrated here are some "omens" of potential battery failure.



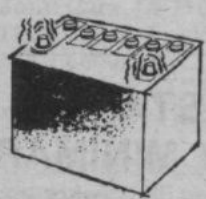
CRACKED CONTAINER



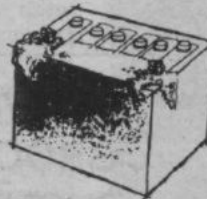
LEAKY BATTERY



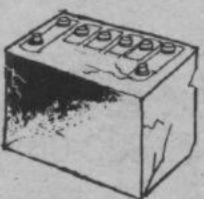
CRACKED OR RAISED CELL COVERS



LOOSE POSTS



CORRODED TERMINAL POSTS



AGE

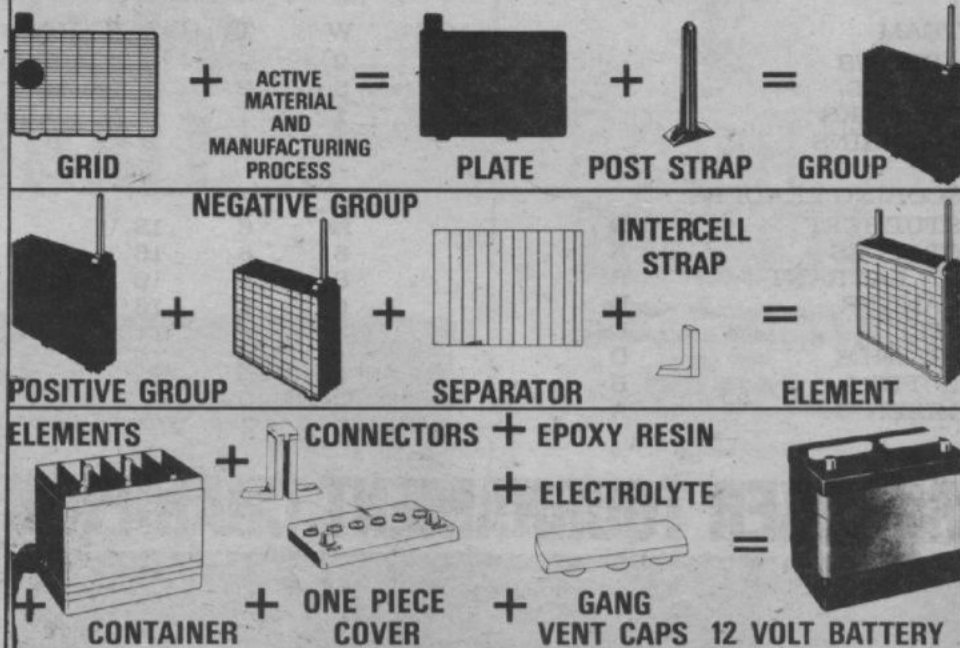
Average battery life is 41 months. Any battery in use for 41 months is a potential failure.



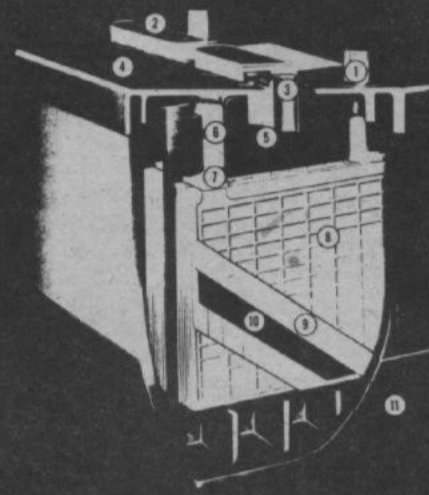
SPEEDOMETER READING

Rule of thumb, 1,000 miles is the equivalent of 1 month's service. 41,000 miles equals average battery life.

PARTS AND ASSEMBLY OF A BATTERY



CUT-A-WAY VIEW OF A BATTERY



1. TERMINAL POST
2. GANG VENT PLUG
3. VENT
4. ONE PIECE COVER
5. ELECTROLYTE LEVEL
6. INTER CELL CONNECTOR welded to...
7. PLATE STRAP
8. NEGATIVE PLATE
9. SEPARATOR
10. POSITIVE PLATE
11. CONTAINER

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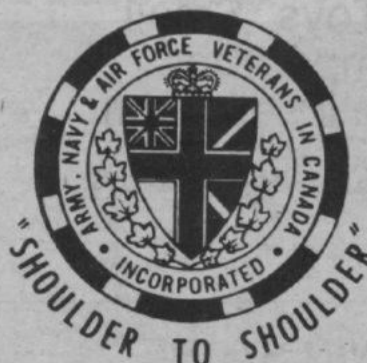
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MICROWAVE PREPARATION OF FISH & SEAFOOD

Microwave cooking is not a new invention, but the impact of such a major cooking revolution is still not fully appreciated.

The cooking of fish and shellfish is no exception. In fact, these food products are better suited to microwave cooking than to cooking in a conventional oven. In addition to the advantages of savings both in energy and in cooking time, the absence of additional liquid ensures the retention of the maximum level of nutrients during cooking.

Because of their texture, fish and shellfish should be defrosted and cooked quickly. Just as in the conventional oven, a high temperature and a short cooking period are needed. However, the waiting period specified in the microwave recipe is an important factor in ensuring the product is cooked uniformly before serving.

Based on preliminary testing to develop standards, the following cooking periods for fillets, steak, and whole dressed fish are recommended:

- POWER:** 700 W
SETTING: High
COOKING TIME: 4 to 5 min for 500 g (approximately 1 lb)
 7 to 8 min for 1 kg (approximately 2 lb)
 10 min 30 s to 11 minutes for 1.5 kg (approximately 3 lb)
STANDING TIME: 3 to 5 min for all quantities
CHECK FOR DONENESS: if necessary, at the end of the minimum recommended time.

RECOMMENDATION

Due to the variety of models and the various power strengths, four basic principles should be applied to ensure uniformity of results.

1- PLACEMENT OF INGREDIENTS

For uniform cooking, place fish and seafood items individually, in a single layer, thickest portion toward the outside of the dish.

2- INTERRUPTION OF COOKING

All dishes such as casseroles, soups, and stews should be mixed frequently during cooking to reduce cooking time and ensure uniformity of cooking. Sauces also require the same approach, but need to be stirred only occasionally. Ovens without turntables: turn the dish ¼ turn halfway through cooking.

3- COVERING OF COOKING CONTAINERS

Fish and shellfish containing a minimum of liquid require a tight lid, whereas plastic wrap is satisfactory for the same products when no liquid is added.

A damp paper towel ensures adequate steam for the cooking of scallops or fish fillets. Whole lobster should be cooked with a small amount of water in a covered-dish to ensure cooking by moist heat. To poach and cook by dry heat, a paper towel, wax paper, a piece of plastic or a loose lid

will permit excess steam to escape without allowing the product to dry out.

4- PROTECTIVE WRAPPING

The use of aluminum foil is sometimes recommended to prevent drying out the tail of a whole fish during cooking. This foil is removed during the second half of cooking. The foil should never touch the interior surface of the oven.

MICROWAVE THAWING OF FISH AND SHELLFISH

Since much Canadian fish and seafood is sold in the frozen state, partial defrosting is necessary, following the directions described below (except for products specified in the table on the next page).

- POWER:** 700 W
SETTING: Defrost
TIME: 2 min for 250 g (about ½ lb)
 3 min for 450 g (about 1 lb)
STANDING TIME: 1 min

DIRECTIONS

1. Set at DEFROST and process the product for the recommended length of time;
2. Turn the plate (if necessary) and separate the pieces and arrange in a single layer;
3. Set at DEFROST and leave for the same period of time;
4. Let stand. The product is now ready to cook.

2 PPLCI IN SHILO

As part of the Battalion post Cyprus exercise plan, B Coy deployed to CFB Shilo to partake in company level training. Under a slight drizzle at 0700 hours on 26 Sep, the first veh packet rolled through the gates of the battalion transport compound. The road move finished in Shilo with only minor repairs needed in route.

The bivouac took the shape of a tent city complete with a heated veh maintenance depot and kitchen facility. The MP's controlled in and out route access including responsibility for the company contact point. The first three days training involved the qualification of the entire company on their personal and alternate weapons. Pte Currie of 4 Pl and Pte Rolling of Coy HQ achieved the high score on the FNCI with a score of 68. The training turned then to pl level and involved 3 days of intense inter-platoon activity. Each section commander in the platoons were given the opportunity to establish section SOP's and battle procedure. This proved invaluable as the main concern within the training was to prepare at all levels for mech warfare, where speed, and mobility, characterize the modern battlefield.

With this in mind the platoons reviewed and practiced mech tactics in line with the combat team operation. The pl quick attacks with simulated tank, arty and engineer support enabled the private soldier to identify the combined arms operation. The final day was used to enable those personnel who did not qualify to reshoot on either their personal or alternate personal wpn.

Redeployment to Winnipeg constituted a road and bus party with both complete on the ground by 1300 hrs, 5 Oct 83. The success of the Shilo exercise has opened the training schedule to more advanced mech operations in prep for Germany.

IMPAIRED DRIVING

Driving a motor vehicle while your ability to drive is impaired by alcohol or drug or driving a motor vehicle with more than 80 milligrams of alcohol in your blood is a Criminal Offence and could result in a severe penalty.

The Festive Season is approaching and before long, Christmas parties will be in full swing everywhere. Consequently, all Police Forces will be increasing their patrols in an attempt to apprehend the driver who abuses alcohol. Police departments are obligated to get that driver off the street before he or some innocent person becomes a highway statistic.

In Canada, approximately 5400 people die on the road each year with 40% of drivers who were killed having blood alcohol levels above the legal limit. All because an intoxicated driver cannot clearly foresee the consequences of their attempting to drive a vehicle.

If you are convicted of Impaired Driving, you have only a few things to worry about: the fine may put you in financial difficulty, the jail sentence will put a strain on your family when you are on leave without pay to serve your sentence, if you are a repeater, it may cause career implications and that Criminal Record we mentioned before of course. This is if you were caught before someone was injured or killed.

If there are any Units or Sections in CFB Winnipeg who would like a presentation on DRINKING, DRIVING and the LAW, contact the BSecurO via memorandum.

Food for thought: If you weigh 150 pounds and left a drinking establishment at midnight with 8 bottles of beer in your system, you will still be impaired when you arrive at work 0800 hours the next morning.



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CHAPEL NEWS

What happens to Sunday Collections at CFB Winnipeg Protestant Chapels? The answer is many things. All of the monies are used to support ministry, missions or Christian charities, ecumenical and those of the churches that support the Forces in the Canadian Council of Churches. Some of the collections are used for world relief, ecumenical ministry to the deaf, support hospitals in undeveloped nations and mission projects at home and abroad.

One of the ongoing charities supported is "Operation Eyesight Universal", a small Canadian charity founded in 1963 by a group of Christian businessmen in Calgary.

Its purpose is the restoration of sight and blindness prevention programs in the developing world. It pays for treatment and eye surgery to approximately 45,000 persons a year in 15 countries. These projects are active in India, Bangladesh, Nepal, Pakistan, Sri Lanka, Liberia, Upper Volta, Kenya, Tanzania, Haiti, Peru, Montserrat, St. Vincent and Antigua. Without our support, these people would be permanently and totally blind.

Thanks to the generosity and concern of Chapel members and supporters; thirty-three patients in hospitals in India have received their sight through operations. Many of those who can now see again because of the gifts through the Chapel of the Good Shepherd and the Chapel of St. Andrew were children, some as young as 11 years of age.

Donations to this and other Chapel projects are Income Tax deductible. "The blind receive their sight." Matt 11:5

CHAPEL SERVICES



ROMAN CATHOLIC CHAPEL SERVICES

Our Lady of The Airways (N)

Masses:
 Sunday: 6:00 p.m. on Saturday
 11:00 a.m. on Sunday
 Daily: Tuesday, Wednesday and Thursday — 4:45 p.m.
 Friday — 10:00 a.m.

Confession:
 Before and after each mass on request.
 Avant et après chaque messe, et sur demande.

C.W.L.:
 Meetings every first Monday of the month.

Sunday School:
 Every Sunday from October to June, for Grades 1-9 inclusive at the Air Nav School from 9:30 a.m. to 10:30 a.m.

Choir:
 Every Tuesday evening at 7:30 p.m.
 Tous les mardi soirs à 7:30 p.m.

St. George's Chapel (S)

Masses:
 Sunday: 1000 hrs (10:00 a.m.)
 Daily: Tuesday - 1900 hrs (7:00 pm)
 Wednesday & Thursday - on request
 (Ph. 888-6025)
 Friday - 1100 hrs (11:00 am)

Baptism:
 On request. Talk to us at least one month before.

Marriage:
 It is absolutely necessary to give a "Three Month Notice" and to follow a course of preparation.

Nous exigeons de connaître vos intentions au moins trois mois avant le mariage. Un cours de préparation est nécessaire aussi.

CHAPLAINS: Father J.R. Gagnon
 J. Archambault - 888-6025

PROTESTANT CHAPEL SERVICES

Chapel of the Good Shepherd (N)

Church Service & Sunday School:
 11:00 on Sunday

Chapel Activities:
 Couples Club — 4th Friday — 7:00 P.M.
 Ladies Guild — 1st Monday — 7:30 P.M.

CHAPLAINS: Padre G.E. Tonks — Base Chaplain — 832-1311 Loc 417
 Padre SC. Fowke — Chaplain (P) — 888-5175
 Padre G.W. Lanctot — Chaplain (P) — 888-9036

Chapel of St. Andrew (S)

Church Services & Sunday School:
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Christian Mens Breakfast — 7 A.M.
 4th Thursday — JR Ranks Mess
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COMMUNITY COUNCIL SOUTH



The south site Community Council has been meeting every month since last June, and made plans to continue or innovate community activities for the fall and winter. All proposed activities will be advertised and will require the support of all MQ residents to make them successful. Some of the upcoming events are a Halloween party at the end of October, a meet and greet your neighbor at the end of November, and a Xmas party for the children in mid-December. Anyone interested in providing some kind of assistance is encouraged to contact any of the Council members. Note

that there is still a vacancy for a councillor in wards 5 and 6.

MQ occupants are encouraged to use the facilities of the Base Supply (P2) compound on Taylor Ave. to store their recreational vehicle for the winter season. Access is controlled by the Base military police. All users must first report to military police Bldg 95(N), to register their vehicle before proceeding to the south site compound. There is a nominal fee of \$10.00 collected upon registering. A cheque or money order payable to MQ Community Council(S) would be preferable to cash.



Seated (L to R) MWO J. Rheaume - Treasurer, Sgt J.P. Jolin - President, MWO D. Sneath - Vice-Pres. and ward 5, CPL J. Stewart - Ward 2.
 Standing (L to R) SGT J. Belec - Ward 1, WO A. Durham - Ward 2, MCPL D. O'Brien - ward 3, MCPL F. Jolin - Secretary, WO P. Morrow - ward 1, Mrs. J. Harrison - ward 4, LT G. Dery - ward 6, SGT D. Fisher - ward 3.
 Missing from the picture is MCPL R. Hayes - ward 4.



HOW TO REMOVE 10 WORST CARPET STAINS

Toronto — You won't have to cry over spilt milk anymore. Nor chocolate, wine, coffee or a myriad of other mishaps if you follow the advice of Helen Hatton, former assistant equipment editor for McCall's Magazine who is now consultant for Easy-Off Carpet Care Assurance Program.

"Carpets, for example, are a major investment," notes Hatton, "in fact, carpeting the main floor area of a home can add up to nearly half the price of the family car. And so it's important to protect that investment. One way is to act quickly, as soon as something is spilled on your carpet or furniture. As quickly as possible, soak or wipe it up with paper or terry towelling. Test 'doubtful' fabrics like velvet, silk, satin first in an inconspicuous place before proceeding."

Hatton has a few tips from the Easy-Off Carpet Assurance Program to pass on to consumers:

- Keep on hand a good spray spot remover or dry cleaning solvent, a bottle of white vinegar, liquid dishwashing detergent, white paper towels or clean white cloths, and a moderately soft brush. These materials will help handle a variety of stains.
- Treat spots immediately to prevent permanent staining.
- Blot up and absorb as much of a liquid spill as possible with a paper towel or cloth. For thick substances lift off as much as possible with a table knife, spatula, or spoon. Be careful not to force the substance down into the carpet.
- Choose a cleaner that will be most effective for the type of stain, but before using it test it on a inconspicuous area of the carpet to be sure it does not affect the carpet color. Follow directions on the package precisely.
- For foods, beverages, and animal stains, try a solution of one teaspoon liquid dishwashing detergent and one teaspoon white vinegar to one quart of water. Apply with a brush.
- For oily stains (butter, salad dressing, ball-point pen, grease, tar, gum) use a spot remover or drycleaning solvent. Then use the detergent/vinegar/water solution. If necessary use the solvent cleaner again.
- In removing a stain, work from the edges of the soiled area to the center. Occasionally blot with clean cloth or paper towels to absorb excess solution.
- After cleaning, dry the carpet and brush pile gently to restore the

original texture.

- Keep the carpet as dry as you can. Try not to saturate it with water. Speed up drying with an electric fan.
- Remember, if the carpet has overall soil, there will now be a "clean" spot, so a complete shampooing may be necessary.

"It's important to try to keep a small piece of carpet leftover from installation or a piece of upholstery fabric," suggests Hatton, "Then you can use these pieces to test for color resistance."

Here are a few common stains and a suggested method of removal.

- Alcohol — if fresh, blot. Squirt with soda water or sponge with warm water. Shampoo. If necessary, rub with a glycerine solution.
- Ballpoint Ink — rub ink with glycerine using an old tooth brush or the back of a spoon. To wash out the glycerine, rub in several drops of ammonia, then sponge with water.
- Blood — act fast! Sponge with soda water. Blot. Or use carpet spotter for dried stains.
- Burns — Trim burned fibers with scissors. Then use carpet shampoo and one teaspoon of white vinegar. Rinse and blot.
- Coffee — blot. Sponge with soda water (see wine). If necessary, use carpet shampoo or spot remover. When dry remove traces with dry cleaner solution.
- Fruit Stains — treat as for coffee but old stains will probably need bleaching. Try sponging with a non-chlorine solution.
- Gravy — remove deposit. Blot. Use carpet shampoo.
- Mud — vacuum when dry. Use shampoo.
- Pet Stains — soak with paper towels. Sponge with one tablespoon dishwashing detergent, one tablespoon white vinegar in one cup of water. Or saturate stain with soda water then cover with an old Turkish towel and apply pressure. Leave for about one hour.
- Wine — act quickly. Sponge with soda water. Or use rug shampoo or swish liquid carpet shampoo in warm water until it foams. Sponge stain lightly with foam only, not water. Blot often. Shampoo.

Note: while every care has been taken to ascertain the effectiveness of stain removals, we cannot always guarantee results. If you are in doubt, write to the Easy-Off Carpet Care Program, Household Rental Systems, Division of Boyle-Midway Canada Ltd., 2 Wickman Road, Toronto, Ontario, M8Z 5M5.

GENERAL TELLS WHY CF-18 WAS CHOSEN

WINNIPEG — Some interesting and little-known sidelights have emerged over the biggest military expenditure in Canadian history, heretofore lost in hoopla over the CF's newest fighter plane acquisition program, the CF-18.

The revelations come from no less an authority than the man who led the search that three years later culminated in the government's choice of the sleek McDonnell Douglas product. The CF-18 won the contest over six other contenders, representing the best fighter aircraft available in the free world.

The speaker was LGen Paul D. Manson, recently-appointed commander of Air Command. Meeting with a small group of reporters within an hour of assuming the throttle of Air Command, he said that after his team of experts evaluated more than 250 factors in the mammoth search, "the F-18 was well out in front of all the competitors."

He explained that it showed "a small margin of advantage over other competing aircraft in many, many different ways," but in the aggregate, the total of these small margins unerringly pointed the way to the choice of the McDonnell Douglas aircraft as the best means of satisfying the Canadian air force's very demanding and diverse requirements."

No cocktail competition

"We established some very rigid guidelines at the outset of the program," the general said, about social contacts between the contractors and the evaluators. "Absolutely none of that whatsoever; absolutely no hospitality at all."

"We ignored each other at cocktail parties, and interestingly, they appreciated that. They don't particularly care for this cocktail competition that normally emerges in a competition of that sort," he added.

The manufacturers "welcomed the rigid guidelines that we established; they appreciated it, because the whole thing was very clear cut," he said.

Asked if the ultimate choice of the CF-18 was a military or political decision, he emphasized that with a contract value of \$5 billion of the taxpayers' money, "it had to be a political decision; there were no two ways about it."

He said that "our interests, as military people, is to make sure that the politicians make that decision with the full knowledge of what is the best purely military decision."

But, he interjected, "a purely military decision isn't very often a good solution, either, because it's a very political world that we live in."

"However," he continued, "we are eternally grateful that in the case of this procurement the situation worked out that the best political decision also was the best military solution, and we've been delighted ever since."

costs since the contract was signed, he explained that "the total program, in current-year dollars in 1977, amounted to \$2.34 billion constant dollars. In terms of expanded, inflated dollars, as we go through the program, each year's dollar is inflated a little over the previous year's."

By 1988, he said, when we receive the last aircraft, we will have paid \$5 billion. "The two — \$2.34 billion and \$5 billion — are equivalent; there's been no real increase in the cost; that's a point that's not well understood."

The program has received some criticism on account of the inflated budget, he agreed, "but it's purely inflationary, there's no real growth in the cost of the program. That's a hard point to get across."

He explained that after the choice was narrowed down from seven to two prospects, another very intensive period of evaluation and contract negotiations followed.

Throughout this period, because of the enormous amount of money involved, and because of potential offsets in industrial benefits to Canadian industry, "it was a very intensive period."

CF-18 will be around for decades

And what about the men at CFB Cold Lake who now are flying the first copies of the 138-plane order?

"They are as enthusiastic about the airplane as they can possibly be," said Gen. Manson, "and I think that speaks very well for the way the program has been going, and the way it's going to be going in the future."

"But," he said, "it will present us with all sorts of problems in the future, as all new programs do." He referred to "problems with spares, problems with training, basing the aircraft, operational commitments and so on. All these problems have to be worked out," he added, "and are being worked out now, and there's a good air of optimism about the CF-18 program."

Listing some of its attributes, he said "it is a multi-role airplane, and it has advantages in all sorts of ways that the current generation of fighter aircraft don't have."

He cited the fact that "it's a computer-based aircraft, it's an extremely flexible weapons platform, it delivers weapons extremely accurately, it's a pleasure to fly, and an easy aircraft to train on."

He said that because it is a computer-based aircraft, "it has great growth potential for the future, and I'm very gratified to see just how well the program has gone."

That's good news for future generations of young pilots, some of them not born yet, because Gen. Manson figures the CF-18 "is going to be in our inventory until the year 2010 or 2015."

That's 27 to 32 years from now.

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SHAKES N' TAKES



MWO Bob Arbeau is retiring from BML after 32 years service in the Canadian Army and the Canadian Armed Forces. MWO Arbeau originally enrolled as a gunner in the RCHA and a year later remustered to the RCEME Corps. He has served over 13 years with Army field units participating in about five combined years of exercises. He has also served two tours in both the Middle East and Germany. The last 10 years of his career have been spent on Air Force bases where he has become an acknowledged expert on aircraft and airfield ground support equipment.

Throughout his career he has been a keen sportsman, an active participant in the Mess and a strong supporter of the local community. His good humour and expertise will be greatly missed around the workshop. All personnel in BML wish Bob and wife Norma every success for the future and look forward to seeing them on a regular basis at social functions.



Mr. Elliott Tucker has retired from BML after over 20 years in the Public Service. Elliott transferred to BML from the Post Office in 1978. He is a second world war veteran serving from 1941-46 in both the 5th Anti-Tank Regiment and 2 Survey Unit (4 Div.).

Elliott has always been active in the local community and is currently the president of the St. James Game and Fish Association and a recent past president of the International War Veterans Association. All personnel in BML wish Elliott and his wife Margaret a most enjoyable retirement. We've already noticed an improvement in his golf game.

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