

Horizon

"FOLLOWING THE CANADIAN FORCES"
CFB/BFC WINNIPEG

OCT 03 OCT 84



John Paul II

Story and Pictures Pg. 5

JOIN
THE
TEAM

Base Commanders Commendation



Dear Chief Warrant Officer W.G. Hodgson, MMM, CD
Base Chief Warrant Officer

The visit of His Holiness Pope John Paul II to Winnipeg on 16 September 1984 was a resounding overall success and a particular success from a base point of view. The time and effort expended in the months-long planning and in the implementation was somewhat incredible. However, the success of the arrival and departure ceremonies for such an eminent international personage made it all worthwhile. CFB Winnipeg did well.

Literally hundreds of CFB Winnipeg were involved in one way or the other — all deserving a well-done. Your duties and responsibilities as the overall Papal Visit Coordinator were carried out as expected and resulted in the success of the day. Everyone involved, including those involved in crowd control duties, is worthy of recognition. Therefore, it gives me pleasure to once again award you the CFB Winnipeg Base Commander's Commendation. This will serve as a symbol of recognition for the collective effort of all those involved as well as specific recognition to you for your outstanding successful performance.

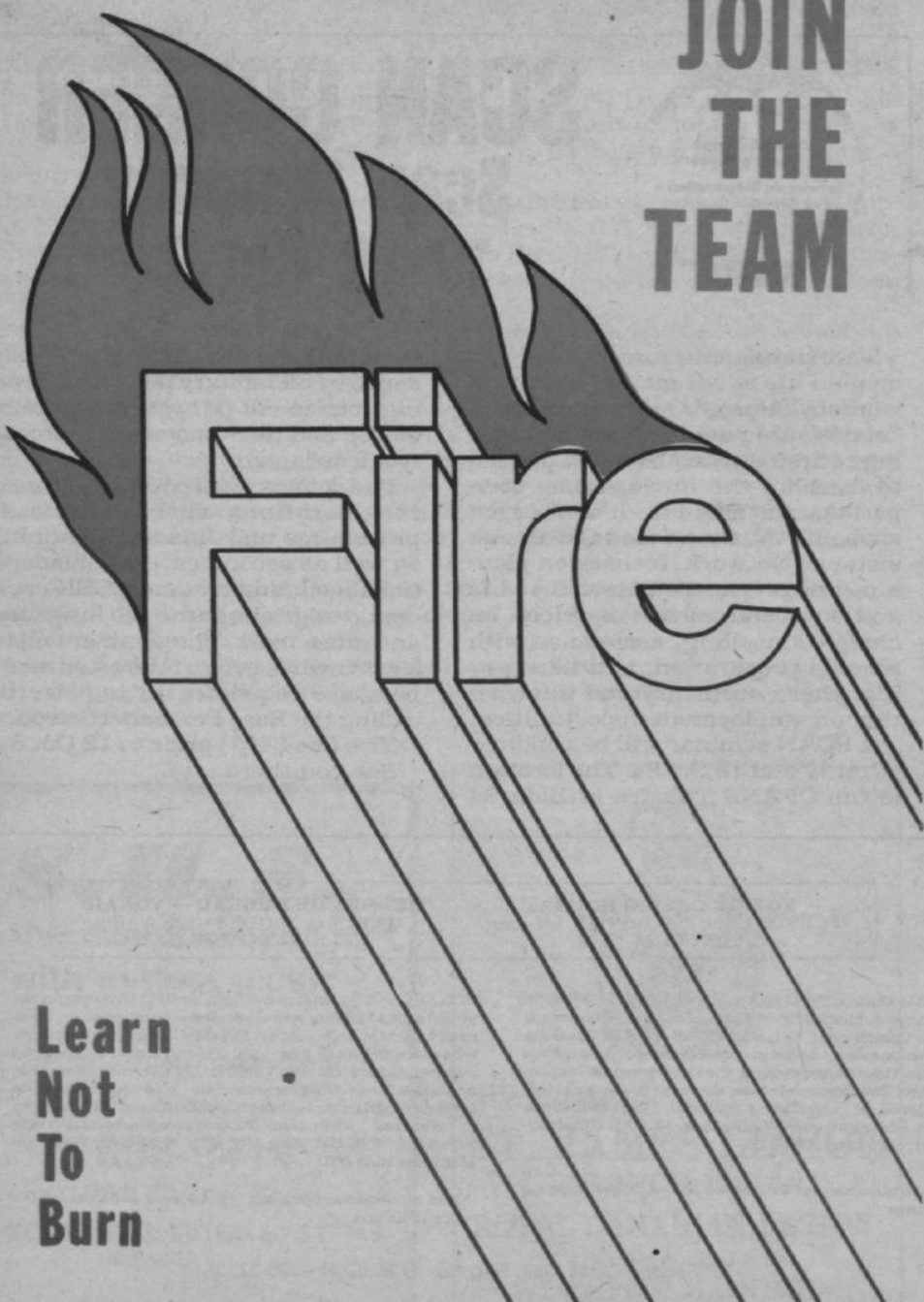
Sincerely,
Colonel S.E. McGowan, CD

Over the Top

As of 21 Sept, with the 84 Campaign in only its second week, CFB Winnipeg has contributed in excess of \$50,000 — 25% above the goal of \$40,000. The personnel participation rate (at this point) is quite impressive and with continued support there is now some hope of surpassing the 1983 record total of \$66,500 and setting a new all time record!



The Base Commander, Col S.E. McGowan paints the goods news into one of the campaign progress signs as the Base Chief Warrant Officer, CWO W.G. Hodgson and the 84 Campaign Coordinator, Capt J.P. Politis, proudly observes. Keep it up CFB, Winnipeg our support is indeed needed.



Learn
Not
To
Burn



Flight Lustre's 10 km Terry Fox walk in the midst of the 3RCR Volksmarsche was a foot-stomping success. After meeting his partner "Uncle Vox" at the registration booth and crashing the line to sign up for a medal, the old "Flight" was ready!

"Uncle Vox" (Ross Grist) did not give the "Flight" a kick to get him going. He took pity, as Flight Lustre was feeling a trifle delicate after the night before. The pair did step smartly off at 0930, with Vox marching as far as the front gate where he was replaced as escorts by Jane and Linda Lawrence (wife and daughter of the man behind Flight Lustre).

We had a very pleasant walk. The air was a bit fresh until we hit the shelter of the trees in the park, but the old head needed that! We met Bob Washington and "Kozy" of CKRC Country Music Radio who were wondering if the Flight had already been issued with new Air Force Blue uniforms. The members of 3 RCR who were manning the check points and acting as Traffic Cops were all super friendly and helpful. (Seems that most of them were maritimers!) The soup and juice provided at the check points was Number One and really hit the spot.

We crossed the finish line at about 11:20, just as the BAsE Commander Base Chief and Mayor Bill Norrie were ready to step off. (Well, some need more beauty sleep than others!)

We had fun. It was a good day. The military community and the City of Winnipeg should be proud of the Third battalion, Royal Canadian Regiment, or the solid effort they demonstrated in organizing and conducting the event.

My friend and partner, Capt Ross Grist (Alias Uncle Vox) and I sincerely thank everyone who sponsored me. On Ross' behalf, I walked for a total of \$675.86 in pledges. I know from Uncle Vox, that is a heartfelt "Thank You."

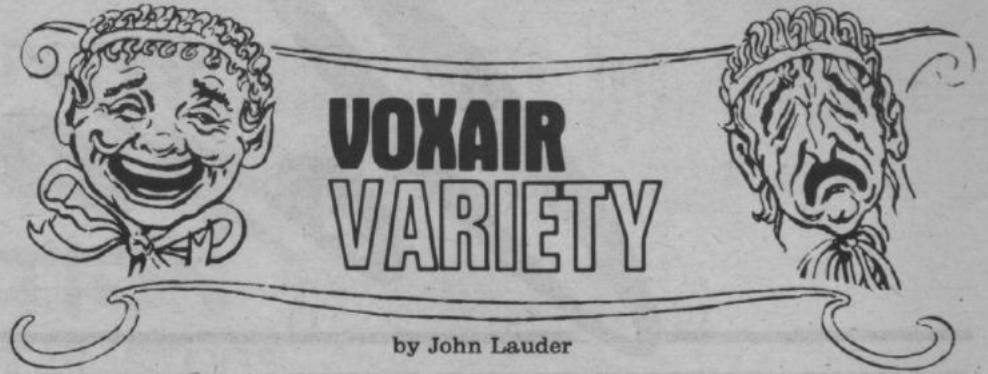
We went to a country auction sale a couple of weeks back, near my home town in Western Manitoba. Of course I met a couple of old school chums (who look much older) and several old neighbours. I can't resist bidding at auctions. And this time ended up with an antique saddle-makers bench, a brass barrelled cistern pump and an old oak-braced metal trunk. All need elbow grease and tender care but I only spent \$35.00.

Of Interest To The Ladies

A local chapter of a worldwide Sorority, Beta Sigma Phi, is actively looking for new members! "Beta" for short, is not a university or college type sorority, but a sisterhood in the broadest sense. Their aims are defined around a wide variety of activities, cultural, and social. Meetings are monthly and from my observations from the husband viewpoint activities are both challenging and entertaining. Beta is a sorority for all women.

If you wish more information please call Chris Selby at 334-4960 or Jane Lawrence at 885-5569 in the evening and they will be pleased to help by explaining the Beta program.

We spent about two weeks sorting "good stuff" out for a yard sale. Anything that has been unused for three months or more was on the list. Two hours to haul it out of the house and arrange it for sale in the expectation of crowds to rival Dollar-Forty Four days. Response was underwhelming. We did unload an old Chesterfield suite for \$25.00 and an ugly candy dish for two bucks but apart from those intrepid yard sale addicts who just have to buy something, activity was slow. Remaining merchandise will be equally divided between Day Four on the garbage cycle and neighbourhood services.



by John Lauder

October is the month when we lose all the leaves on the trees, all the above zero temperatures, and instead gain a big increase in the performing arts. Symphony, theatre, and dance are all upcoming this month, with the opera not too far behind on November 10th.

First off the mark will be in Winnipeg Symphony Orchestra, which performs two concerts this Sunday, October 7th. At 2 p.m. the Family Pops, with conductor Erich Kunzel, will offer a wide range of tunes by such writers as the two Strauses, Lehar and Berlioz all the way to the Muppet Medley and selections from "Saturday Night Fever".

The same day at 8 p.m. Music Director Kazuhiro Koizumi will conduct, with cellist Ofra Harnoy as guest artist playing Offenbach and Bruch, while the Orchestra offers Ravel and Mendelssohn numbers. Next week the guest will be violinist Franco Gulli, playing Vivaldi's "The Four Seasons" at the Masterworks concerts on the 12 and 13th.

On October 11th the Manitoba Theatre Centre will open its Main Stage season with the mystery based on the life and death of Wolfgang Amadeus Mozart. *Amadeus* is one of the finest plays of recent years, written by Britain's Peter Shaffer. (I saw it in London two years ago.) New artistic director James Roy has made a wise choice for his debut, and it is hoped the movie of the same name, based on the play, will not get here too soon or prevent anyone from seeing the live show at MTC.

October 17 to 21 is when the Royal Winnipeg Ballet will present its first show of the season. For a special treat, Canada's National Ballet superstar Karen Kain will make her first ever guest appearance in Winnipeg. Her partner will be Reil Anderson, ballet master of the Stuttgart Ballet, who will dance with Kain in two pas de deux.

Also on the program is the Winnipeg premiere of Dutch coreographer Jiri Kylian's *Symphony in D*. This is danced to the music of Haydn's *Clock Symphony*, but is a spoof of every ballet cliché in existence, and is both funny and inventive. George Balachine's *Pas de Dix* rounds out the program.

Actor's Showcase will be at the Gas Theatre on Osborne Street next week, with a play about children for children in the nine to twelve year old category. The play is called *Separate Doors*, and will be offered at 7 p.m. on October 12th, and again at 1 p.m. and 3:30 p.m. on the 13th and 14th.

If you happen to be a travel film buff, then on the 9th and 10th Don Cooper will cover the wild state of Montana, while on the 29th and 30th Paris and the Seine will be the feature attraction. These films are shown twice nightly, at 6 and 8:30 p.m. in the Centennial Concert Hall.



NAME THAT TEAM
DRAW THAT CREST
CONTEST

Canex & BPERO Staff are sponsoring a contest to name the Base Representative Sports Teams and draw a team crest to be worn on all sweaters worn by these teams.

2 PRIZES NAME THAT TEAM PRIZE
DRAW THAT CREST PRIZE

AND MENTION YOUR CHOICE FOR TEAM COLORS

Contest open to all Military, Dependents and DND Employees
CONTEST CLOSSES 19 OCT 84

Bring your entries to Bldg #90, Recreation Centre (Main Office)

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SCAN CORNER
Scan Seminar
17-18 Oct 84

The transition from military to civilian life is not merely a process whereby the uniform is removed and "civies" are put on. If you are nearing retirement and have not paused to consider the implications, then perhaps you should — it's never too soon. SCAN, the Second Career Assistance Network, focuses on planning and preparation for civilian life and a second career. Services include counselling, assistance with resume preparation, aptitude testing where necessary and information on employment opportunities.

A SCAN seminar will be conducted on 17 and 18 Oct 84. The location is the CFANS Theatre in Bldg 84

from 0800 to 1600 hrs daily. Attendance by all military personnel nearing retirement (20 years service or more), and their spouses, is strongly encouraged.

The seminar will cover retirement considerations such as release procedures and financial planning as well as second career considerations including resumes, CEIC, academic upgrading, the job interview and much more. The seminar will be a worthwhile event; interested members are requested to register by calling the Base Personnel Selection Office (loc 5471) prior to 12 Oct 84. See you there.



Following the
Canadian Forces

VOXAIR OFFICE HOURS:
TUESDAY and THURSDAY 1-4 p.m.
PHONE 889-3963

HEURES DE BUREAU — VOXAIR
MARDI et JEUDI de 13h à 16h
TELEPHONE 889-3963

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Taux d'abonnement sont: 10.00\$ pour un an et 25.00\$ pour trois ans.



Command Chaplain (P) Air Command Appointment



On 31 July Colonel the Reverend David C. Estey, C.D., officially began his duties as Command Chaplain (P) Air Command. Padre Estey is no stranger to the Air Force having joined the RCAF in 1965, after serving pastoral charges in Quebec.

Colonel Estey received his education in the Maritimes graduating from Chipman High School, Chipman, N.B. He received a B.A. from Mount Allison University and his Master of Divinity from Pine Hill Divinity Hall, Halifax. He was ordained by the Maritime Conference of the United Church in June of 1961.

From 1961 to 1965 he served two charges in P.Q. In 1965 he joined the RCAF and served at RCAF Station, Holberg. Subsequent postings took him to Penhold, Calgary and Halifax.

Promoted Major in 1972, Padre Estey, served with the Canadian Delegation to the International Commission Control and Supervision, Viet Nam. Upon return he was appointed Base Chaplain, CFB Halifax. In 1977 he was posted to NDHQ as Director Chaplaincy Administration 2. After attending Canadian Forces Command and Staff College, Padre Estey was promoted to LCol in 1980, and posted to Canadian Forces Europe as Command Chaplain (P).

Padre Estey returned to Halifax in 1982 as Command Chaplain Maritime Command until his promotion to Colonel and appointment as Command Chaplain Air Command in July.

Colonel and Mrs. Estey, the former Frances Gilbert, have two daughters both residing in Ontario. The Esteys will reside on Conway Street, Winnipeg. Welcome back.



Lieutenant-Governor Pearl McGonigal accepts Corps Silver Medal from Brigadier-General H. Comack, Chairman of the Manitoba Board of Governors of the Canadian Corps of Commissionaires.

Lieutenant-Governor Second Canadian Awarded Corps Silver Medal

Lieutenant-Governor Pearl McGonigal is the second Canadian in the history of the Corps to be awarded the Canadian Corps of Commissionaires Silver Medal.

Brigadier-General Hugh Comack, Chairman of the Manitoba Board of Governors and Vice-Chairman of the Canadian Corps of Commissionaires, made the presentation Wednesday, September 19th, at a private reception and dinner hosted by the Lieutenant-Governor at Government House.

The medal has been awarded to only one other Canadian, His Excellency The Right Honourable Edward G. Schreyer when he was Governor-General of Canada, and is presented to the Lieutenant-Governor because of her special interest in the services and objectives of the Corps.

In accepting the award, Her Honour expressed appreciation "... being recognized by a distinguished

group of people who are concerned about other people who need and deserve a helping hand."

Comprised of veterans from the Armed Forces and the Royal Canadian Mounted Police, the Corps has approximately 400 regular full-time and part-time Commissionaires in Manitoba and over 10,000 Commissionaires across Canada.

Fulfilling a variety of specialized duties and services including security patrols, technical surveillance, parking and traffic control for various government agencies and private businesses, the Corps is a self-supporting, non-profit organization which provides veterans, who have served their country, with dignified and worthwhile employment. Governors of the Corps donate their time willingly in the belief that men and women who have been in the services deserve a helping hand in civilian life.

September 29-30, 1984 Attention: Philatelists & Others

Once again this year, the Shearwater International Air Show is producing its own cacheted cover for sale to the public. The multicoloured design will feature the CFB Shearwater crest, the International Air Show logo, the RCAF crest, and the Silber Dart stamp. A special cancellation will be used on three different Canadian stamps: 5¢ Silver Dart, one of the 17¢ aircraft stamps, and a 10¢ definitive.

The price is only \$2.00 per cover. Covers may be purchased at the applicable booth located in "C" Hangar. This is also the location of a colourful and interesting display of stamps "In Defiance of Gravity" arranged by a member of the Nova Scotia Stamp Club. The cover is also available by mail; orders should be directed to Capt. G. A. MacKenzie, 1333 South Park Street, Apt. 515, Halifax, N. S. B3J 2K9. Enclose \$2.00 per cover plus 32¢ postage. Covers will be shipped on September 29.



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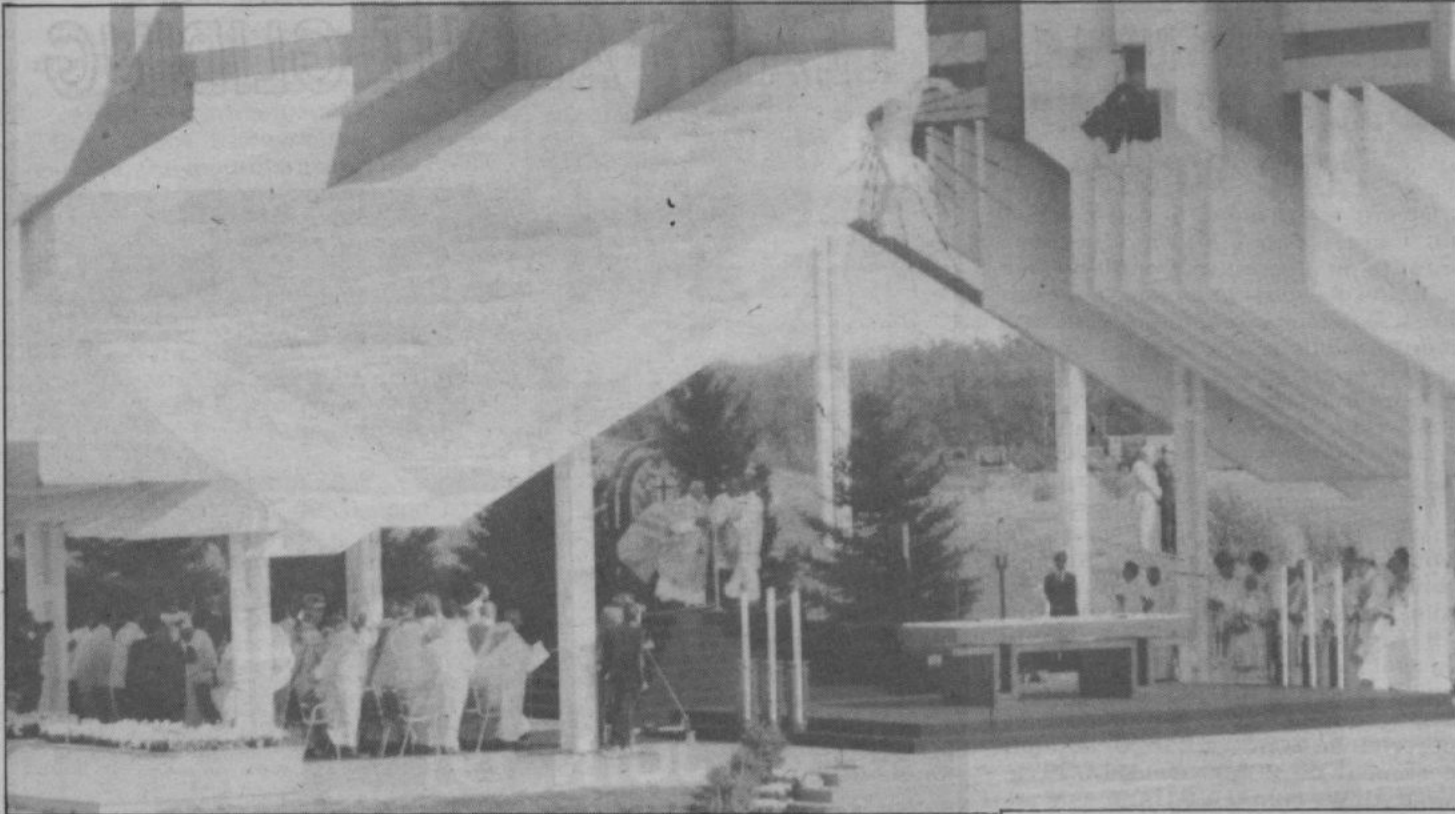
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Pope John Paul II at CFB Winnipeg



His Holiness

by Terry Lawrence

The popularity of His Holiness Pope John Paul II, and the inherent "celebrity curiosity" prompted about a thousand military members and civilian employees of DND and their dependents to fill the bleachers outside 16 langar on September 16th. The crowd was almost equally divided between the arrival and the departure of the Pope.

We had decided several weeks ago that we would do our best to see the Pope at some stage of his visit to Winnipeg and when the opportunity arose to witness the arrival or departure, we dutifully signed up. The alarm clock was set, the weather forecast checked and the thermos bottle rinsed and ready.

Normally, nothing or nobody interrupts a lazy Sunday morning but the Popes' visit was an event to witness in person. The T.V. coverage had been excellent and served well as a genuine build-up for the main event.

Sunday dawned clear and cold so we filled thermos jugs with tea and coffee, donned winter coats and joined the throng at about 7:00. There was an excitement in the crowd that even the cold morning couldn't diminish. The bleachers filled with the early risers occupying the south end, which would be closest to the aircraft, and the later arrivals sitting further away in the north end.

At about 9:30 the unmistakable trails of black dirt signalled the approach of the trusty old 707 and the long cold wait was over. He was here! After the official welcome by dignitaries, the Pope once again scuttled security plans and sidestepping the red carpet, headed for the assembled

crowd. Those early risers who occupied the "good view" seats were by passed as the Pope headed for the far end of the spectators, prompting my recollection of a Biblical quotation (LUKE 13-30) "... there are last which shall be first ..."

For Roman Catholics the opportunity to actually see and hear the Pope must be the fulfillment of dreams, the acme of their religious lives, and an opportunity to reaffirm in a personal way their devotion to their Holy Father.

This Pope is not merely a man of Rome, he is a man of the people, a man of peace and tolerance, a man who transcends the dogma, the mysticism and, to a great extent, some of the conservatism of the Roman Catholic Church.

I am not a Roman Catholic but I have been captivated by the man John Paul the Second. Of course, I love Pomp and Ceremony. I love the costumes and the drama and apart from all that, I love the simplicity and the sincerity of the man. His early training as an actor shows clearly. His rich voice and his sense of timing give credence to the old saying that "it's a small step from the stage to the pulpit". Given his lifetime steeped in European church traditions, I wonder what he thought of the spontaneous applause during church services in Canada. I suspect that he enjoyed the North American informality as an expression of love and welcome.

We have to admire his stamina and continuing enthusiasm, with workdays that would make a Union Boss weep. A kindly, holy man who crossed the boundaries of religious labels and gave us all a blessing and a lift.



That Magic Moment



Photos by Base Photo

LE CARNET FRANCOPHONE

Vous est présenté par: Dale Patry

Les facilités du C.C.F.M. sont les suivantes:

2 salles de spectacles où vous pouvez voir pièces de théâtre et spectacles. Les classes, utilisé surtout comme salle de répétition pour les chorales et danseurs. Le gymnase que l'on utilise pour fêtes ou réceptions et qui peut être loué. Le Foyer qui est un petit cabaret où l'on peut se détendre et la galerie où l'on peut voir différentes exposition d'art en plus le C.C.F.M. compte plusieurs groupes résidents. Soit: 1) Le Cercle Molière, qui est une troupe de théâtre qui produit une saison de quatre spectacles par année soit plus de 43 représentations. 2) Les danseurs de la Rivière Rouge, troupe de spectacle et école de danse Folklorique qui donna plus de 61 spectacles en 83. 3) L'alliance chorale Manitoba (Fédération qui regroupe les chorales), qui organise différentes rencontres et spectacle de chorales. 4) La chorales des Intrépides soit 55 choristes adultes qui présente mini-spectacle et/ou présentation sur demande au cours de l'année. 5) Les Blés au Vent, chorale de 50 jeunes qui se produisent en deux concert majeur, et six mini-concerts l'année dernière. 6) Les 100 nons, qui se veut un groupe de promotion de la chanson française par la relève. 7) Le journal La Liberté entièrement francophones circule hebdomadairement à plus de 11:00 exemplaires.

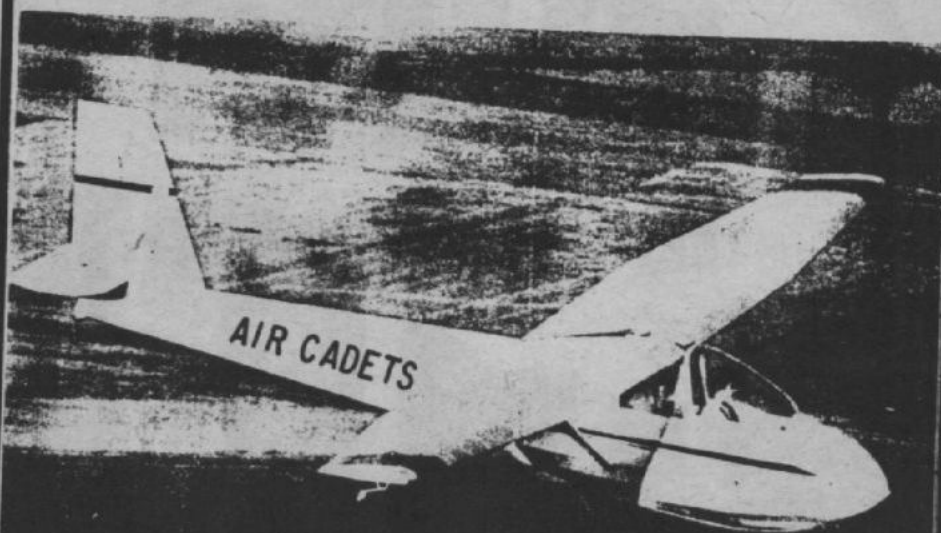
Qu'est-ce que Le C.C.F.M. Peut Faire Pour Vous?

Divers cours sont à votre porté, entre autre danse Folklorique pour enfants, adolescents et adultes. Des cours de dessin et peinture pour enfants. Dessin pour adultes débutants et intermédiaires. Poterie, ceinture fléchée, et tissage. Et si la chanson vous intéresse la chorale "Les Blés au Vent" est à la recherche de chanteurs. En plus des programmes d'arts visuel et exposition d'artistes Franco-Manitobains. Eh bien sûr pour les amateurs de film, ciné série le dimanche soir vous offre différents film Français chaque semaines au Musée de l'homme et de la nature (angle Rupert et Main). Et pour finir le cabaret Le Foyer, qui offre des spectacles musicaux diverses (chansonniers, groupes, etc.) Le mardi et mercredi de 20h00 à 24h00, le jeudi et samedi de 20h00 à 11h00 et le vendredi de 16h00 à 01h00.

Vous pouvez obtenir plus d'information en contactant le C.C.F.M. au numéro 233-8972, ou en vous rendant personnellement. Vous pouvez ainsi voir se qui s'y passe de plus près. Vous pouvez aussi vous abonner au journal La Liberté qui vous tiendra au courant des activités de la communauté française en composant le 237-4823.

Avez vous des commentaires, questions, suggestion événements? Tous sont bienvenues et appréciés. Contacter moi au 489-8975 après 6 heures, merci.

LEARN ABOUT GLIDING



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Dates du spécial fin de semaine
28,29,30 septembre
5,6,7 octobre

Aerospace Warfare SQN Report

Well since the snow is here — it must be winter. And to confirm that we have three new courses underfoot — or rather "in residence".

But before introducing the new courses, the incumbants on the AWS staff would like to welcome our new staff members. Firstly there is Maj Joe Sharpe and his EW cell, Cpts Claude Cloutier (VP 415), Doug Neill (409 Sqn) Tim Strocel (409 Sqn) and WO Warren Alisch from VP 404. The new staff for ASC and SANC instruction are Maj Sal Salas, Cpts Mike Campbell and Norm Perron all from ASC 36 and Fred Takagi from CFE. Welcome to all.

As can be seen from all the smiling faces in the photo, Aerospace Systems Course 37 is with us. In fact they are in week 6 and enjoying it very much — right guys! For the international flavour we have Maj (USAF) Rich Cheek from 453 Sqn Mather AFB and Flt Lt (RAAF) Noel Tesch from 11 Sqn Australia. Both are navigators and due to some government announcement, are offering their uniforms for sale at outrageous prices. The Canadians on the course are Cpts George Arajs (ATC) from Comox; Rex Brontmeyer (CELE) NRHQ North Bay; Rene Cousineau (ANAV) 425 Sqn; Pete Forgues (AWC) AWCCS North Bay; Ulrich Jaggi (ANAV) VP 407; Jay Jongerius (ANAV) 409 Sqn; Bill Lewis (AERE) Winnipeg; Ron Locke (CELE) AIRCOM; Dave Mason (AERE) Shearwater; Jean Neron (Plt) HS 443; Phil Nolan (AERE) CFTSD Hamilton; Ed Puszkas (ANAV) HT 406; Ron Sarich (Plt) VP 415; Rich Smendziuk (ANAV) VP 407; and Ron Tidy (Plt) 424 Sqn. Welcome to all.

Also in residence is the Staff Air



Aerospace Systems Course 37

27 August 1984 — 28 June 1985

Back Row L to R: Cpts J.D. Neron, D.A. Mason, U. Jaggi, J.J.M.R. Cousineau, R.W. Smendziuk, P.J. Forques, R.S. Locke, T.J. Jongerius, R.L. Sarich, and V.P. Nolan.

Front Row L to R: Cpts J. Arajs, E. Puszkas, Flt Lt N.A. Tesch (RAAF), Capt W.J. Lewis, Maj R.V. Cheek (USAF), Cpts D.A. Brontmeyer, and R.B. Tidy.

Navigator Course 8402, which is somewhat of an experiment — it's not all navigators. Yes, you read correctly, we do indeed have a pilot, an ATC and AWC on the course. Fred Arndt is the Plt from CFS, Garry MacLennan the ATC from Moose Jaw, and Bernie Walsh the AWC from NRHQ North Bay. It should be noted that Garry made the mistake of beating the boss at golf during the first week of the course. The Navigators

on the course are Cpts Jim Cameron from the Navigation Training Squadron; Francois Fortin 437 Sqn; Robert Perron VP 405; Ted Sykes VP 404; and Terry Wheadon from 442 Sqn. We hope your 11 weeks here are enjoyable ones.

As if it wasn't enough that the aforementioned courses were beginning to display signs of shell shock — they contend that it has something to do with the workload — our third

course has begun — consisting mainly of Artillery Officers. These gentlemen are destined for the Low-Level Air Defence School in Chatham. Welcome to Maj Jim Vanstone, Cpts Jim Willis, Ken Hynes, Jacques Pellan, Henry Brynkus and Steve Summerhays. Congratulations are also in order for the final member of the course, who is of the LEME persuasion. Terry Honour is to be married on the Thanksgiving weekend.



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for 2nd movie!

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28,29,30 September
5,6,7 October

CFS Met Promotions



Normally promotions came slowly in a small trade, but there are exceptions, one of which occurred recently at CFSMet when two members of the staff received promotions on the same day and both promotions were effective 23 July 1984.

Sergeant chevrons was received by Gary Gilmartin, who is the first member of CFSMet to get promoted using the new PER forms. It goes to show that one can still lie a bit on the new forms and get away with it. Truly, Gary, this promotion was well merited.

Also pictured above is John Robertson who received his Master Corporal badges. John is employed as our communication support expert here at the school. In addition, he is our supply coordinator and Jack-of-all-trades. John is one of those individuals that nobody can figure out what he is really doing at the school, but one thing is certain, it would practically be impossible to operate the school efficiently without his full involvement.

To both of you, a "Well Done" from all of the staff at CFSMet. And from the SWO, "Thank God — those are the last PERs I'll ever have to write!"

BOPSO Promotion



Larry Crandell was presented his MCpl badge by Major [Name] BOpsO.

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Sat.
9:00-6:00
Sun.
12:00-2:00



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Prairie Paragon I



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PERSONAL FINANCIAL PLANNING

Militia and Reserve Soldiers trained for defense in a massive end-of-summer exercise Aug. 19th to 26th in Dundurn, Sask.

Called PRAIRIE PARAGON I, the exercise involved 800 soldiers from the Prairie Area (Northwestern Ontario to Alberta) who practised the support and deployment of troops in the field. The training included the use of Cougar and Grizzly armoured vehicles and helicopters from 408 Squadron Edmonton and two helicopters on exchange from the US Army.

The highlight of the exercise was an attack and counter-attack under simulated battle conditions that included artillery fire and a bridge demolition.

No major injuries occurred but Medics were busy with routine scrapes and bruises, minor burns from immersion heaters and rashes from poison ivy.

The exercise was under the command of Brig. Gen. John Law of Regina.

Veterans

If you are a former member of the Canadian Forces who served on active service during time of war you are now an authorized patron of the Canadian Forces Exchange System (Canex).

As such you are entitled to shopping privileges at all the CFB Winnipeg Canex outlets.

To get your Canex Authorized Patron Card simply bring proof of wartime service to the courtesy desk at the Canex Department Store, Whytefold Ave. at Canadian Forces Base Winnipeg.

For further information phone 895-5580 or 832-0787



**SPORTS
SHORTS**

**BPERO's
Message**

I would like to take this opportunity to welcome everybody, introduce you to my staff and acquaint you with our programmes.

Our aim is to provide the most professional and efficient service possible. We can only attempt this with the co-operation of all individuals that are concerned with CFB Winnipeg. It is your suggestions and help that can enhance our recreation and fitness programmes to suit your needs. In this issue of the Voxair you will notice that gym schedules and activity leaders are listed for your convenience. Feel free to clip them and hang them in a suitable place for future reference. Notice the extended hours of casual use of the pool, gym, and weight room. We also offer an aquatic class programme on Saturday mornings.

Again, I would like to say, it is your ideas and help that can benefit CFB Winnipeg in providing the best service possible. Enjoy your facilities, your programmes, and have a good and active winter.

Michel Caron
Captain BPERO

Schedules Pg. 13

Flowers and Fruit Baskets



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Meet Your Peri Staff



Back Row L to R

SGT Ches Bennett Lipsett Hall Supervisor 6183
MCPL Richard Charlton Bldg #90 Recreation NCO 5511
CPL Bruce Hofferd Bldg #90 Fitness 5511
Miss Ann Sobkovich Bldg #90 Secretary 5511
CPL (W/R) Pam Barrett Bldg #90 Recreation 5511
CPL Danny Cordmier Lipsett Hall Fitness 6185
SGT Chris Christensen Bldg #90 Supervisor 6184
MCPL Thomas Langer Bldg #90 Resources NCO 5514

Front Row L to R

MCPL Pete Woodward Bldg #90 Aquatic/Fitness NCO 5511
SGT Rudy Kennedy Bldg #21 Supervisor 5148
CAPT Michel Caron Bldg #90 BPERO 5509
MWO Norm Graff Bldg #90 Senior Peri 6184
CPL Chris Pilon Bldg #90 Fitness 5511

**CFB Winnipeg
Badminton Team**

The Base team Badminton Trials will commence 9 Oct 84. Practises will be conducted Mon to Fri from 1200 to 1330 hrs at the Rec Centre, Bldg 90, all winter.

A Base team consists of 6 Open under 40 years and 4 Vets over 40 years. A total of 10 players will represent the Base at the Prairie Regional Championships to be held at CFB Winnipeg in the latter part of February or early March, 1985.

This is a good opportunity for CFB Winnipeg to bring home the team trophy.

For further information contact your favorite coach, Sgt Chester Bennett at 6185 or see you on the floor.

Bowling

Westwin Bowling Lanes will open for casual bowling 30 Sep 84. Hrs. of operation 12:00-3:00. Cost — Adults - Games - 85¢ - Shoes - 35¢; Children Games - 60¢ - Shoes - 25¢.

Anyone interested in a noon hour bowling league, please call the PERI Staff at 5509 and leave your name and phone number.

Anyone interested in a Men's Bowling League, please call the PERI Staff at 5509 with your names and phone number.

Early in Oct, a meeting will be held with all concerned for the purpose of forming these leagues.

**CFB Winnipeg Old
Timer's Hockey
Team Meeting**

1. There will be an Old Timer's Hockey Team Meeting, in Room 107, Bldg 21, Tue, 2 Oct 84 at 1130 hrs.
2. Interested personnel must be over 35 years of age. The team plays in a local 8 team civilian league. The season begins Mid October and ends Mid April. The calibre of hockey is very good. For further information contact Capt Kinnee, local 5193.

**Base Team —
Floor Hockey**

CFB Winnipeg's Base Floor Hockey team will commence their official training camp Tue 25 Sep 84 at 1645 hrs in the Rec Centre, Bldg 90, North Site.

Personnel interested in trying out for the team are welcome. Practice times are every Tue and Thu 1645 hrs and Sun 1500 hrs.

For further information contact Cpl Chris Pilon loc 5511.

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Base Basketball

Are you interested in playing competitive basketball? The Base Basketball team has been registered in the Greater Winnipeg Mens Basketball League (GWMBL) and is currently looking for players. There are nine divisions of nine teams each being proposed for the 1984-85 GWMBL. We have been tentatively registered in division four. However, this is subject to change depending on the caliber of players that we get out for this years team.

The team will be carrying 15 members this year; however, only 12 members will dress for any one game. The other players will act as minor officials on a rotating basis for our Saturday morning games. Cuts will take place on 13 Oct 84.

The CFB Winnipeg Base Basketball team will commence practices on Tuesday, 25 Sep 84 at 1630 hrs at the Lipsett Hall gym. Practice times for this year will be on Tuesdays and Thursdays from 1630 - 1830 hours at Lipsett Hall and Saturday mornings from 0900 - 1200 hours at Bldg 90 on Whytefold Rd. The practices will be two to three hours long and will be quite demanding. It is a great way to get into shape.

If you are interested in playing basketball this fall for the Base team please give Cpl Rick Carnegie, LOC 5572, or Capt Bill Sergeant, LOC 5121, a call or show up for practice.

CFB Winnipeg Goldeyes Scuba Club

The Goldeyes Scuba Club is looking for new members and we have much to offer you! The Goldeyes is one of the largest and most active scuba clubs in Manitoba, and we offer excellent training and facilities to our members. If you are already a qualified scuba diver join us and take advantage of our advanced training courses, pool time, equipment rentals, air fills, club sponsored dives and social activities. Club membership is only \$32.00 for regular members, \$42.00 for ordinary and associate members, this includes your membership in the Manitoba Underwater Council (MUC).

If you have been thinking about becoming a qualified scuba diver you should take your basic course with the Goldeyes. We offer a comprehensive course which places added emphasis on theory, skills and conditioning. The cost of our course is very reasonable, but enrolment is limited to ten students so contact Ronn Cooper at work 895-5844 or

Base Broomball

The Base Broomball Team will commence practising Tue 9 Oct 84 at 1200 to 1300 hrs at the Vimy Arena. Practises will be Tue 1200 to 1300 hrs, Wed 1200 to 1300 hrs and Fri 1200 to 1400 hrs. For more information contact Cpl Chris Pilon loc 5511 Rec Centre (North).

LEARN TO SWIM FALL AND WINTER PROGRAM
Registration: Daily Oct 1 - 5 from 0800-1600 hrs in Bldg 90, Gym Office. **Sat Oct 6** from 1000-1200 hrs in Bldg 90, Gym Office. **Daily Oct 9 - 12** from 0800-1600 hrs in Bldg 90, Gym Office.

CLASSES OFFERED
 Red Cross Levels Yellow thru White - Sat - 0900-1300 hrs 13 Oct-15 Dec.

Mom's and Tots - Mon/Wed - 1030-1130 hrs 15 Oct-17 Dec.
 Adult Classes - Mon/Wed - 2000-2100 hrs 15 Oct-17 Dec.
 RLSS (Bronze Cross) - Fri/Sun - 2000-2100 hrs 12 Oct-12 Dec.

COST
 Registration for all classes will be \$15.00.

NUMBER REQUIRED
 A minimum of 6 students per class or class may not be offered.

CONTACT
 For further information on any of the above mentioned classes contact MCpl Woodward (Pete) Bldg 90 loc 5514.

home (5 to 7 PM only please) at 489-8785 and reserve your spot now! The course will start in mid October.

Don't be fooled by our landlocked location, there is plenty of good scuba diving in Manitoba and northwestern Ontario and the Goldeyes know where the action is. We have our own 14' Zodiac inflatable dive boat, a compressor, pool time, equipment for rent and good buddies for diving.

If you are interested in joining the Goldeyes or if you would like more information about the club, come out to the Westwin Pool, Bldg. 90, North Side, any Tuesday or Thursday evening at 8:00 PM (2000 Hrs.) or contact one of the following members:

Capt Ronn Cooper - Work - 895-5844; Home - 489-8785
 Capt Don McLeod - Work - 895- ; Home - 889-6470
 Cpl Dan Daigle - Work - 895-5404; Home - 889-7323

Intersection Curling League 1984/85

The Intersection Curling League will be commencing 16 Oct 84. The number of teams will be limited to 32. The first 32 paid entries will be accepted.

Entry Fees will be \$36 per team and must be paid with application. Deadline for entries is 09 Oct 84.

Curling will be on Tuesday and Thursday afternoons at 1300 hrs at both curling clubs.

A GENERAL MEETING will be held on 09 Oct 84 at 1000 hrs at the Westwin Curling Club.

Entries will be accepted by: Capt Yagilashek - local 5437/5438
 Sgt Nagle - local 5614
 MCpl Crowe - local 5501

ENTRY FORM - INTERSECTION CURLING LEAGUE 1984/85

ENTRY FEE \$36.00 per team

Section Team Name _____

Team Representative Name _____ Phone _____

Team Alternate Rep Name _____ Phone _____

DEADLINE FOR ENTRIES 09 OCT 84



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 Conseil de la radiodiffusion et des télécommunications canadiennes

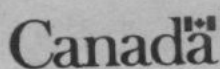
NOTICE OF PUBLIC HEARING

CRTC — Notice of Public Hearing 1984-75. The CRTC will hold a public hearing beginning on 6 November 1984 at the Regina Inn, Victoria Ave. and Broad St., Regina, Sask. to consider the following: Valley Cable Vision Ltd. 14. MORRIS, Man. Application (840530000) by VALLEY CABLE VISION LTD., 114 Nelson St., P.O. Box 1266, Morden, Man., R0G 1J0, for a licence to carry on a broadcasting receiving undertaking to serve Morris, by distributing the following signals received via satellite from the CANCOM network and other broadcasting services. PROPOSED DISTRIBUTION. Television Services: WTVS (PBS) WJBK-TV (CBS) WDIV (NBC) CANCOM Detroit, Mich. WDAZ-TV (ABC) Devils Lake, N.D. CBWT (CBC/SRC) CKY-TV (CTV) CBWFT (CBC/SRC) CKND-TV (IND) Winnipeg, Man. Community Programming: PROPOSED FEES: Maximum monthly fee \$17.63. Maximum installation fee \$50.00. The Commission will only proceed with this application at the public hearing if advised by the Department of Communications, seven days prior to the hearing, that acceptable technical documentation has been filed with the Department. The application may be examined at the: Town Office, 207 Main St. North, Morris, Cablo Man Inc. 15. MORRIS, LETELLIER, DOMINION CITY AND ST-JEAN BAPTISTE, Man. Application (840907000) by CABLO MAN INC. 807-310 Broadway, Winnipeg, Man., R3C 0S6, for a licence to carry on a broadcasting receiving undertaking to serve the above-mentioned locations, by distributing the following signals received via satellite from the CANCOM network and other broadcasting services. PROPOSED DISTRIBUTION. Television Services: CBWT (CBC/SRC) SKND-TV (IND) CKY-TV (CTV) CBWFT (CBC/SCR) Winnipeg, Man. KOMO-TV (ABC) CANCOM Seattle, Wash. WJBK-TV (CBS) WDIV (NBC) WTVS (PBS) CANCOM Detroit, Mich. Community Programming: PROPOSED FEES: Maximum monthly fee \$20.00 Maximum installation fee \$30.00. The Commission will only proceed with this application at the public hearing if advised by the Department of Communications, seven days prior to the hearing, that acceptable technical documentation has been filed with the Department. The application may be examined at the: Post Offices in Morris, Letellier, Dominion City and St-Jean-Baptiste.

Where may I examine the documents? You may examine all relevant documents during normal office hours at the local address given in this notice, at the CRTC, Central Building, Les Terrasses de la Chaudière, 1 Promenade du Portage, Room 561, Hull, Québec, and at the following regional office: Kensington Building, 245 Portage ave. Winnipeg, Manitoba, R3B 2B3.

How can I forward my comments to the CRTC? You may submit comments or interventions on each application, in letter or other form. You must indicate clearly, whether you support, oppose, or propose changes to an application; and whether you wish to appear at the public hearing. Both the applicant and the Commission must receive your intervention, and you must send the CRTC proof that you have so served the applicant, along with the original document addressed to the Secretary General. It must be signed with name, address, and telephone number, and be received by the Commission on or before: DEADLINE FOR INTERVENTION: 17 October 1984.

Where can I get more information? To know more about your rights and obligations at a public hearing, please refer to the "CRTC Rules of Procedure", available for \$1.50 from the Canadian Government Publishing Centre, Department of Supply and Services, Hull, Québec K1A 0S9. You also may call the CRTC Public Hearings Branch at (819) 997-1328 or 997-1027.



LIVING WITH ARTHRITIS

by Patrick Baker

The Most Common Disease In Canada

More Canadians believe they are suffering from arthritis than any other disease.

According to "The Health of Canadians" report by Health and Welfare Canada, nearly 20 percent of the country's population — more than three million people — believe they have one or more of the 115 known types of arthritis.

The study puts the rheumatic diseases far ahead of a wide variety of other illnesses such as heart disease, acute respiratory problems, cancer and sight, hearing and dental disorders.

Not Just The Elderly

Arthritis is not only a disease of the elderly and can, in fact, strike as early as infancy. There are more than 30,000 youngsters under 15 in Canada who must live with the constant, chronic pain that so often accompanies the disease.

Could Save Suffering

"If more people saw a doctor before they decided they have arthritis," says Dr. Murray Urowitz, a rheumatologist, researcher and current chairman of The Society's Medical Planning Committee. "they could probably save themselves an extraordinary amount of pain and suffering."

Future columns will deal with many of the known varieties of arthritis, the medical advances being made, and the numerous phoney cures that keep cropping up across the country. For now, if you have — or even think you have — arthritis, contact your family doctor or The Arthritis Society office nearest you for information and guidance.

Patrick Baker is Director of National Communications & Public Education for The Arthritis Society.

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Me? What do I want with a Will?

A good question. At this point, the whole world is waiting for you. Your job is great, and the track is looking faster all the time. Friends, fun, a super place to live — just the way you'd planned it.

Exactly. Planning is the key to where you are now, planning will take you to where you want to be. Why neglect this area of planning when it takes so little of your time?

Speak to a lawyer about making a Will. It doesn't take long and it doesn't cost much. Then you'll know that your family and friends will be treated the

way you intend, with no hassle or delay.

Why do we bring this up? Because we're planning, too. Working on new research programmes suddenly made possible by the Marathon of Hope. More funds in the future will help us keep these programmes. And keep us on the fast track to beating cancer.



By Günter Ott



Günter Ott is editor of Camera Canada, a consumer photo magazine published by the National Association for Photographic Art.

KEEP THINGS IN FOCUS

Getting sharp images used to be a problem for photographers. Poor eyesight, unsteady hands or unfamiliarity with camera controls produces disappointing blurs. Today many cameras have solved the focusing problem by incorporating automatic focusing. With instant cameras and most 35mm cameras, a special mechanism automatically senses the distance to the subject and focuses the lens correctly.

Other cameras must still be focused manually. With these, carefully rotate the lens barrel until the split image or alignment device is properly set.

You can simplify focusing difficulties by using depth of field which is the zone of acceptable sharpness on



both sides of the critical point of focus. At small apertures the depth of field is great but at large apertures it is quite narrow. Stopping down an adjustable camera to a small aperture increases the probability of being in focus.

Street photographers use another technique called hyper-focal distance to ensure they are in focus when there is no time to focus accurately. By aligning the infinity mark on their lens with the aperture giving correct exposure (say f/16), everything will be in focus from where the other end of the depth of field scale reads f/16 (perhaps at ten feet) to infinity!

We Give





Westwin Gymnasium Recreation Schedule 1984/85

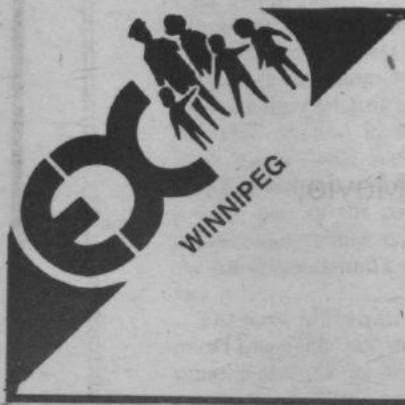
		0900 1000	1000 1100	1100 1200	1200 1300	1300 1400	1400 1500	1500 1600	1600 1700	1700 1800	1800 1900	1900 2000	2000 2100	2100 2200	2200 2300	
MON	GYM	MILITARY TRAINING						BASE TEAM VOLLEYBALL		CASUAL USE	SPECIAL OLYMPIC		BADMINTON CLUB			
	POOL	MOMS & TOTS		MILITARY TRAINING						OPEN SWIM		ADULT CLASSES				
TUE	GYM	MILITARY TRAINING						BASE TEAM FLOOR HOCKEY		CASUAL USE		DANCE AEROBIC				
	POOL	MILITARY TRAINING								OPEN SWIM		SCUBA CLUB				
WED	GYM	MILITARY TRAINING						BASE TEAM VOLLEYBALL		CASUAL USE						
	POOL	MOMS & TOTS		MILITARY TRAINING						OPEN SWIM						
THU	GYM	MILITARY TRAINING						BASE TEAM FLOOR HOCKEY		CASUAL USE		DANCE AEROBIC				
	POOL	MILITARY TRAINING								OPEN SWIM		SCUBA CLUB				
FRI	GYM	MILITARY TRAINING								CASUAL USE						
	POOL	MILITARY TRAINING								OPEN SWIM		RLSS BRONZE	176 SQN			
SAT	GYM	BASE TEAM BASKETBALL						CASUAL USE				176 SQN				
	POOL	SWIMMING CLASSES						OPEN SWIM								
SUN	GYM	LADIES VOLLEYBALL						CASUAL USE		BASE TEAM FLOOR HOCKEY						
	POOL							OPEN SWIM				OPEN SWIM		RLSS BRONZE		

Lipott Hall Schedule

DAY/TIME	GYM	WEIGHT ROOM	POOL	LOUNGE	THU 0730-0900	3 RCR	3 RCR	3 RCR	3 RCR
MON 0730-0900	3 RCR	3 RCR	3 RCR	3 RCR	0900-1200	TBA	TBA	TBA	TBA
0900-1200	TBA	TBA	TBA	TBA	1200-1300	Noon Fitness	Noon Fitness	Noon Fitness	TBA
1200-1300	Noon Fitness	Noon Fitness	Noon Fitness	TBA	1300-1430	TBA	TBA	TBA	TBA
1300-1430	TBA	TBA	TBA	TBA	1430-1600	BSUPPLY	BSUPPLY	BSUPPLY	TBA
1430-1600	BSUPPLY	BSUPPLY	BSUPPLY	TBA	1600-1800	TBA	TBA	TBA	TBA
1600-1800	TBA	TBA	TBA	TBA	1800-2000	Men's Basketball	TBA	Casual Swim	Cubs
1630-1800	Men's Basketball				2000-2100	Men's Volleyball	TBA	TBA	Cubs
1800-1900		Casual 16 & Over	Casual Swim	Brownies	2100-2300	Men's Volleyball	TBA	TBA	TBA
1900-2000	Ladies Fitness	Casual 16 & Over	Casual Swim	Brownies					
2000-2300	3 RCR Trg	3 RCR Trg	TBA	TBA	FRI 0730-0900	BML	BML	BML	TBA
TUE 0730-0900	3 RCR	3 RCR	3 RCR	3 RCR	0900-1200	TBA	TBA	TBA	TBA
0900-1030	TBA	TBA	TBA	TBA	1200-1300	Noon Fitness	Noon Fitness	Noon Fitness	Canex
1030-1200	BML	BML	BML	TBA	1300-1600	RCR Sports Aft.	3 RCR	RCR Sports Aft.	Canex
1200-1300	Noon Fitness	Noon Fitness	Noon Fitness	TBA	1600-1800	TBA	TBA	TBA	Canex
1300-1800	TBA	TBA	TBA	TBA	1800-2000	TBA	Casual 16 & Over	Casual Swim	Canex
1800-2000	Ladies Volleyball	TBA	Casual Swim	Guides	2000-2300	TBA	TBA	Pool	Canex
2000-2300	Ladies Volleyball	TBA	TBA	TBA	SAT 0800-1300	Handball	TBA	Swim Classes	Canex
WED 0730-0900	3 RCR	3 RCR	3 RCR	3 RCR	1300-1330	Handball	TBA	Casual Swim	Canex
0900-1200	TBA	TBA	TBA	TBA	1330-1400	TBA	TBA	Casual Swim	Canex
1200-1300	Noon Fitness	Noon Fitness	Noon Fitness	TBA	1400-1500	Casual Swim	Casual	Casual Swim	Canex
1300-1800	TBA	TBA	TBA	TBA	1500-1600	Casual Gym	Casual	TBA	Canex
1800-1900		Casual 16 & Over	Casual Swim	Beavers	1600-1800	TBA	TBA	TBA	Canex
1630-1800	Men's Basketball				1800-1900	TBA	TBA	Casual Swim	Canex
1900-2000	Ladies Fitness	Casual 16 & Over	Casual Swim	Round Dancing	1900-2000	Church Group	TBA	Casual Swim	Canex
2000-2300	3 RCR Trg	3 RCR Trg	TBA	Round Dancing	2000-2200	Church Group	TBA	Church Group	Canex
					2200-2300	TBA	TBA	TBA	Canex
					SUN 0800-1300	Handball	TBA	TBA	Canex
					1300-1330	Handball	TBA	Casual Swim	Round Dancing
					1330-1400	TBA	TBA	Casual Swim	Round Dancing
					1400-1500	Casual Gym	Casual	Casual Swim	Round Dancing
					1500-1600	Casual Gym	Casual	TBA	Round Dancing
					1600-1800	TBA	TBA	TBA	Round Dancing
					1800-2000	Badminton Club	Casual 16 & Over	Casual Swim	Round Dancing
					2000-2300	Badminton Club	TBA	TBA	Round Dancing



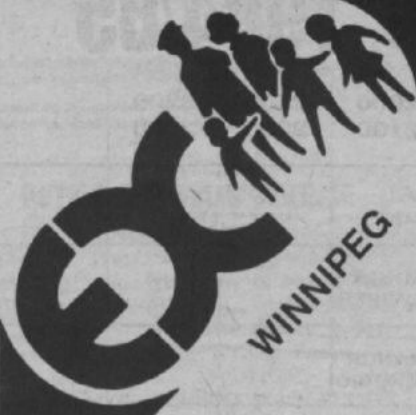
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Cooks Corner

Back to school snacks

Today, Mothers are more conscious than ever of the nutritional value of their children's eating habits. What goes into the kids' lunch box and the type of snacks they eat are important considerations for getting through the day. Not only do lunches need to combine nutrition and good taste, but ease of preparation is key for busy mothers and those helpful "kids in the kitchen".

Cookies are one thing children never tire of. These cookie recipes offer a good source of protein and vitamin B, and the kids will love them.

For adventurous kids, try a delicious peanut butter carrot loaf, with a delicate touch of cinnamon and nutmeg. If your children are finicky, don't mention the word "carrot" — the taste is barely detectable — but the crunchy texture is especially pleasing. Serve it with a glass of milk and their appetite will be satisfied until dinner.

Homemade peanut butter granola bars are a wonderful surprise in a lunch box. They're filled with wholesome ingredients like raisins, peanuts, wheat germ and coconut, and they're low in sugar. Peanut butter sandwiches, an old favorite, can be varied in an infinite

number of ways. Try using a variety of breads available, or spread peanut butter on bagels or English muffins.

Children always look forward to a special lunchtime treat, so give them good wholesome snacks. Spread peanut butter on apple slices. Let your imagination run free and try peanut butter with a variety of ingredients — surprises are just around the corner.

Peanut Butter Oatmeal Cookies

1/2 cup (125 mL) Skippy super chunk peanut butter
1/2 cup (125 mL) butter
1 cup (250 mL) brown sugar
1 egg
1/2 tsp (2 mL) vanilla
3/4 cup (200 mL) all-purpose flour

3/4 cup (200 mL) quick cooking rolled oats
1/2 tsp (2 mL) baking soda
1/2 cup (125 mL) raisins

Cream peanut butter and butter in large bowl. Gradually beat in brown sugar, egg and vanilla. Combine flour, rolled oats, baking soda and raisins. Stir into creamed mixture. Drop by spoonfuls onto cookie sheet. Flatten with fork dipped in flour. Bake at 350°F (180°C) 10 minutes. Makes 3 dozen cookies.

Peanut Butter Carrot Loaf

1 cup (250 mL) firmly packed brown sugar
1/2 cup (125 mL) Skippy creamy peanut butter
1/2 cup (125 mL) Mazola corn oil
2 eggs
2 cups (500 mL) finely shredded carrots
1-3/4 cups (425 mL) unsifted flour
1 tsp (5 mL) baking powder
1 tsp (5 mL) baking soda
1/2 tsp (2 mL) salt
1 tsp (5 mL) ground cinnamon
1 tsp (5 mL) ground nutmeg
1/2 cup (125 mL) milk
1 tsp (5 mL) vanilla

Grease 9x5x3-inch (2 L) loaf pan. In a large bowl mix together brown sugar, peanut butter, corn oil, and eggs until creamy. Add shredded carrot. In a small bowl stir together flour, baking powder, baking soda, salt, cinnamon and nutmeg. Stir together milk and vanilla. Add flour mixture to peanut butter mixture alternately with milk in three additions beginning and ending with flour. Turn into prepared pan. Bake at 350°F (180°C) oven 1 hour or until inserted knife comes out clean. Cool 10 minutes. Remove from pan. Makes 1 loaf.

Peanut Butter Granola Bars

1-1/4 cups (300 mL) quick cooking rolled oats
1/4 cup (50 mL) sesame seeds
3/4 cup (200 mL) Skippy super chunk peanut butter
1/4 cup (50 mL) Crown Brand corn syrup
1/4 cup (50 mL) brown sugar
2 tbsp (25 mL) softened butter
1 egg
1 tsp (5 mL) vanilla
1/2 cup (125 mL) raisins
1/2 cup (125 mL) coconut
1/2 cup (125 mL) chopped peanuts

1/4 cup (50 mL) wheat germ
Toast rolled oats and sesame seeds together on cookie sheet at 350°F (180°C) for 10 minutes until just golden brown. Mix peanut butter, corn syrup, brown sugar, butter, egg and vanilla together in large bowl. Mix raisins, coconut, peanuts and wheat germ together in second bowl. Add dry ingredients to peanut butter mixture and combine thoroughly. Spoon into greased 8-inch (20 cm) square pan and press down evenly. Bake at 350°F (180°C) 20 minutes. Makes one 8-inch (20 cm) pan.

Save time & energy - microwave a beef roast

Holidays are over, school is back in session and schedules once again become hectic. Short cuts in meal preparation are always a bonus but they are appreciated even more at this busy time of the year.

A microwave oven is one kitchen appliance that can definitely make meal preparation more convenient and save precious time. For example a 1.8 kg (4 lb) rib roast cooked to medium rare in the microwave oven will be ready to serve for dinner in less than an hour. Beef roasts offer good dollar value and once cooked the leftover beef can be used for a variety of quick meals.

When microwaving a roast of beef, tenderness of the cut determines the procedure and the power level to be used. Use this chart as a general guide.

Tenderness Category	Power Level
Most Tender, eg: rib, sirloin	50%
Medium Tender, eg: rump, cross rib	30-50%
Less Tender, eg: shoulder, short rib	30-50%

The ideal roast for microwave cooking weighs 1.4 — 1.8 kg (3-4 lbs) and is relatively uniform in shape. The roast will require shielding with a small piece of foil for part of the cooking period along thinner parts of the roast, bones and exterior fat.

The roast will brown in the microwave but not to the same extent as in conven-

tional ovens. If more color is desired, brush with browning sauce which is available at most supermarkets. Season with spices before cooking, however DO NOT salt until after the roast is cooked. To ensure tenderness, cook less tender cuts of beef with added liquid and cover. Medium and less tender cuts may be slightly more tender if cooked at 30% power rather than 50% power. Increase time by half if lower power is used, eg: 30 minutes at 50% = 45 minutes at 30% power.

For medium tender and tender roasts follow this procedure for best results:

- Place roast on a rack/inverted saucer in baking dish with fat side down.
- Cover with waxed paper, cook 1/2 total calculated time and rotate dish once.
- Drain accumulated juices, turn the roast over and shield where necessary.
- Cook remaining time until the desired degree of doneness is reached. A meat thermometer is the most accurate way to test for doneness.
- Remove the roast from the microwave. Loosely wrap in foil to prevent moisture loss. Let stand 10 to 15 minutes. During the standing time the roast continues cooking. Therefore, slightly undercook the roast to allow it to finish cooking while standing.

Tandoori Beef Roast is a main dish of Indian origin. Well suited to microwaving, this roast can be served with a

tasty pilaf, a light salad and a spicy fruit chutney for that finishing touch.

Tandoori Microwave Beef Roast

250 mL (1 cup) plain yogurt
1 small onion, minced
15 mL (1 tbsp) each lemon juice and curry powder
5 mL (1 tsp) each chili powder and paprika
1 garlic clove, minced
25 mL (2 tbsp) tomato paste
1.5 - 2 kg (3-4 lbs) beef roast, blade, cross rib or outside round
Browning sauce and 50 mL (1/4 cup) flour

Combine yogurt, onion, lemon juice, curry powder, chili powder, paprika, garlic and tomato paste. Blend well. Pierce roast several times with a metal skewer. Place in a deep bowl and cover with marinade. Marinate covered in the refrigerator overnight or up to 24 hours, turning roast several times.

Drain marinade and reserve for the sauce. Brush browning sauce on roast. Place roast on a microwave

roasting rack or on an inverted saucer in a suitable baking dish. Cover with wax paper.

Calculate total cooking time. If cooking at 50% power, allow approximately 26 min/kg (12 min/lb) for rare, 28 min/kg (13 min/lb) for medium. If cooking at 30% power, for maximum tenderness allow approximately 39 min/kg (18 min/lb) for rare, 42 min/kg (19 min/lb) for medium. Cook half the total time. Turn roast over. Drain accumulated juices and save for the sauce. Shield outside edges along bone and fat with small pieces of foil. Re-cover with wax paper and cook remaining time. Remove from microwave, cover loosely with foil and allow to stand 15 minutes.

Make sauce by blending flour and 2 mL (1/2 tsp) liquid browning sauce with reserved marinade. Add cooking juices. Cook at 100% power for 3 minutes. Stir, continue cooking for 2 minutes. Serve sauce over thin slices of roast. Serves 8 to 10.

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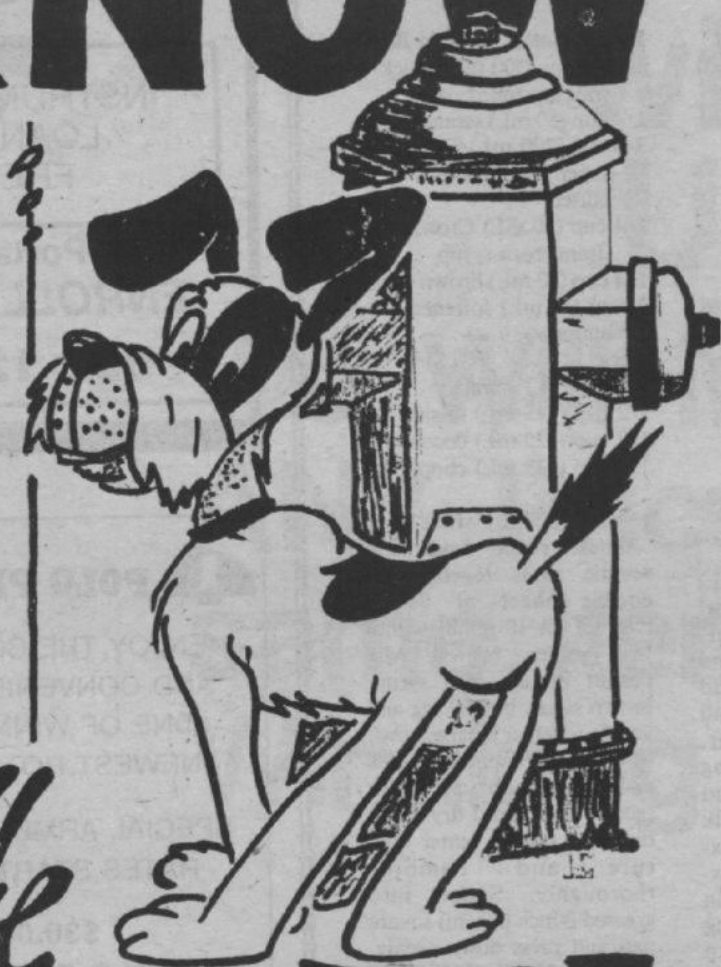
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For further information contact:
Mr. S.G. Witt
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Applications for participation must be received by 1 January 1985.
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St. James-Assiniboia Figure Skating Club 1984-85 Winter Program

REGISTRATION FOR ALL PROGRAMS: PRE-SCHOOL, CANSKATE, CANFIGURESKATE, PRECISION AND AMATEUR COACHING WILL BE HELD AT VIMY ARENA, 7:00 TO 9:00 P.M. ON TUESDAY, SEPTEMBER 11th AND WEDNESDAY, SEPTEMBER 12th.

PRE-SCHOOL LEARN TO SKATE PROGRAM

Tuesday	— Kinsman-Allard Arena	9:30 a.m. - 10:30 a.m.
	— Vimy Arena	1:40 p.m. - 2:40 p.m.
Thursday	— Civic Centre	9:30 a.m. - 10:30 a.m.
	— Vimy Arena	1:40 p.m. - 2:40 p.m.

Cost: \$30.00 for 10 weeks.

CANSKATE — CANFIGURESKATE PROGRAM

Tuesday	— Kinsmen-Allard Arena	4:40 p.m. - 6:00 p.m. Canfigureskate
	— Civic Centre	6:00 p.m. - 7:00 p.m. Canskate
Thursday	— Vimy Arena	4:40 p.m. - 5:40 p.m. Canskate
	— Vimy Arena	4:40 p.m. - 6:00 p.m. Canfigureskate
	— Vimy Arena	6:00 p.m. - 7:00 p.m. Canskate
Friday	— Vimy Arena	5:40 p.m. - 6:40 p.m. Canskate

Cost: \$65.00 for 22 weeks for Canskate badges 1-8.
\$85.00 for 22 weeks for Canfigureskate Badges 9-21.

- The various programs teach skills that are basic as well as complimentary to hockey, ringette and figure skating.
- Instruction is provided by professional coaches as well as certified amateur coaches.
- Preschool Program is a learn to skate program for boys and girls ages 3 to 5. Helmets must be worn on the ice.
- The Canskate Program is a learn to skate program designed for beginners of all ages consisting of eight badge levels.
- The Canfigureskate Program is a recreational figure skating program designed for skaters of all ages who wish to learn and experience various areas of figure skating — figures, free skating, dancing, stroking and precision skating. There are five areas to the program with a total of 21 badges.
- Private lessons are also available for the more advanced student.
- Classes will begin the week of October 1, 1984. Further information on all our programs, including C.F.S.A. will be available at the above times. For your convenience and to save time at registration, please complete the form (to be found in the Metro One — dated Sept. 5th, '84) and bring with the required fee to Vimy Arena on the above date. Be sure to know exactly what badge levels have been passed to date.

Note: Cheques to be made payable to "St. James-Assiniboia F.S.C. Inc."

No refunds will be issued after first session. No post-dated cheques. A skate and skating outfit sale will be held at Vimy Arena also at the above times. Please pre-approve and tag your clean items. 10% of selling price will be retained by the club.

COST \$65.00 for 22 weeks for Canskate Badges 1 to 8.

\$85.00 for 22 weeks for Canfigureskate Badges 9 to 21.

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June Harwood
Publicity Chairman
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CANSKATE AND CANFIGURESKATE ENQUIRIES CALL NANCY AT 889-5994.

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CFS Sioux Lookout 30th Anniversary Book

- CFS Sioux Lookout celebrated its 30th year of operation in Sep 83. The station published a hard cover book covering events over the past 30 years. The book includes many photos and typed articles.
- Could you inform your personnel, through your newspaper and/or routine orders that we still have a few books available, cost of 18 dollars and 50 cents including postage and handling.
- Orders may be sent to: The Editor, 30th Anniversary Book, Canadian Forces Station Sioux Lookout, Sam Lake, Ontario, POV 2R0 Attn WO Wright. Make cheque or money order payable to station fund.
- Your cooperation in this matter is greatly appreciated by members of CFS Sioux Lookout and the 30th Anniversary History Book Committee.

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Official Opening Ceremony Adam PGC



Major-General McNaughton and Brigadier General Woods watch the new system in operation.

On 28 August, 1984, the new Automated Data for Aerospace Maintenance (ADAM) Program Generation Centre (PGC) was inaugurated by Major-General D.M. McNaughton, Deputy Commander of Air Command. At the ceremony, Colonel P.J. Bennett, Deputy Chief of Staff Maintenance (DCOS MAINT), gave a short history of the ADAM project and explained how it had evolved to the point where it was now nearing the point of implementation across the Command. He also stressed the vital role the PGC facility would play in the ADAM program development and support. Before proceeding to the official ribbon cutting, Major-General McNaughton, in his address, commented on the importance of exploring every avenue available to enhance the Command's operational effectiveness and how facilities such as the PGC were so important in this regard.

In attendance at the ceremony were senior support staff from Air Command Headquarters headed by Brigadier-General J.E. Woods, Chief

of Staff Support; senior staff from CFB Winnipeg headed by Lieutenant-Colonel I.M. Ross, Base Technical Services Officer; representatives from Comox, Bagotville, Cold Lake and Trenton (the initial ADAM user community); the ADAM program office headed by Major R.L. Bunce and representatives from Digital Equipment Corporation — the computer hardware manufacturer and Supply Services Canada. Also in attendance were personnel from DCOS Maintenance.

The ADAM system was born in 1982, as a direct result of the success of the Base Aircraft maintenance Control and Records Systems (BAM-CARS) trials at CFB Trenton. The aim of the ADAM system is to improve aircraft maintenance record keeping at the base level. This computerized system will help the technician in his task by giving him access to a wide range of application programs stored on the computer. These range of application programs stored on the computer. These application programs will permit him to fill out aircraft

maintenance forms directly on a terminal, retrieve information about a particular aircraft, or make a hard copy of that information. Terminals will be dispersed throughout the BAMEO organization (Servicing, Snags, etc), giving the technician easy access to the system.

Needless to say, priority has been given to the technicians throughout the design of the system. A user group committee comprised of technicians from different Canadian Forces Bases in Canada and Europe was created at an early stage of the program. This user group committee was tasked with making constructive criticism of the system and helping define the real needs of the technicians in the field.

The new computer system for the ADAM PGC began its initial acceptance and testing phase in mid-June 1984. After many months of planning, preparation and installation, this system, comprised of a Digital Equipment Corporation (DEC) VAX 11/780 mini-computer and associated terminals, will be used primarily for

program generation and software development; ie, design, testing, conversion and implementation of the software for the ADAM system. Major Ross Embree, assisted by Lieutenant Stephan Lacasse, were responsible for installing the system in Building 16, Deputy Chief of Staff Aerospace Maintenance at Air Command Headquarters.

Two groups are now working cooperatively on the program at AIR-COM HQ. The hardware group headed by Major Ross Embree, assisted by Lieutenant Mike Rozak and Wo Earl Campsall, are responsible for site surveys and hardware implementation at the bases/units. The software group headed by Major Marc Legault and assisted by a team of computer analysts consisting of Captain Greg Barrett, Captain Bill Hall, Captain Ron Houde, Captain Bill Sergeant, and Lieutenant Stephan Lacasse are responsible for software development at the DCOS MAINT PGC.

After base-level implementation of the system, the ADAM PGC will provide on-going software support. Although this support will be primarily in the form of software maintenance, some development will undoubtedly be undertaken as technicians realize the potential of the computerized record keeping system.

The ADAM system will become an essential tool in the technician's quest to provide serviceable aircraft to our aircrew. With the increasing complexity of aircraft systems and the increasing recording requirements placed on our technicians, this automated tool will provide the technician with a more timely and efficient manner of gathering and analyzing maintenance-related information.

The first implementation phase of the ADAM program is restricted to Aurora and Hornet bases, where the hardware is already in operation or being delivered. The next few years will see the ADAM capability established at every Canadian Forces air base.



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We hope you'll watch and listen for PARTICIPaction advertising. You'll hear what you already know, of course - that regular physical exercise can improve your life.

You'll also appreciate that Canada's environment comprises more than scenic vistas of the Rockies and Peggy's Cove. The city block on which you live is an environment - with an opportunity for fruitful activities as varied as walking, jogging, stickball, street hockey, catch, stair climbing, cycling.

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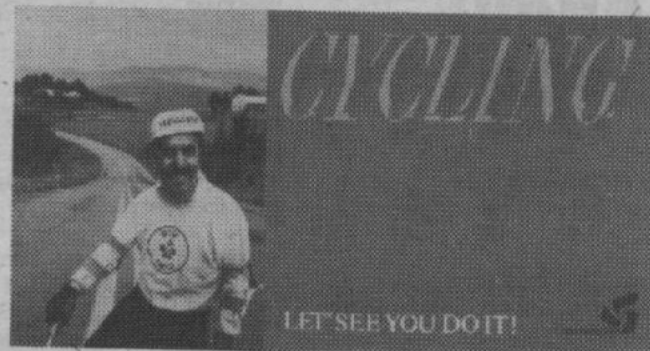
Wherever you find yourself, there's probably a place for healthy physical activity.

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Russ Kisby is President of PARTICIPaction, the Canadian movement for personal fitness.

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			Wed 3	Thu 4	Fri 5	Sat 6	Sat 6
			NO SHOW	She Alone Has the Power SHEENA	The Last Unicorn	STAR TREK: THE SEARCH FOR SPOCK	
			Wed 10	Thu 11	Fri 12	Sat 13	Sat 13
			NO SHOW	Invincible	TO BE ANNOUNCED	JOY OF SEX	
			Wed 17	Thu 18	Fri 19	Sat 20	Sat 20
			DUDLEY MOORE BEST DEFENSE	NO SHOW	MURDER MAMMATHAN	Karate Kid	

MOTORCYCLES

83 Yamaha Maxim 750, new in 84, 7000 km, perfect cond. Asking \$2900. 888-7869.

BABYSITTERS

- Will babysit in my home weekdays French children. Please contact Francoise at 489-4239.
- Needed part-time day babysitter, also babysitter for eves. 489-2790
- Will babysit in my own home weekdays. English or French children. Please contact Joanne at 489-6483.
- Needed, a reliable sitter 2 or 3 afternoons a week on or near Kenaston, east side. 489-2790.
- Will babysit in own home, very reliable, all ages, 7 days a week. Grant & Kenaston area. Ask for Sherry at 489-2353.
- Mother of three will babysit afternoons and evenings in my home. Please contact me at 361 Kenaston Blvd. (south site) evens, between 6 & 8 p.m.
- Babysitter, 13 yr. old girl wishes to sit on south site, qualified. Call 489-4237.
- Babysitter wanted days for 7 mos. old in my home preferably on the north site starting May 14. 832-4879 (eves), or 237-2560 (days) and ask for Nancy.
- Sitter required to babysit in their home from 7:30 to 4:00 p.m. weekdays. For the month of July. Francophone is possible. Must be South Site. For more information call 895-6126 daytime or 489-5644 in the evening.
- Will babysit in my own home. 885-7009.
- I will babysit in my own home on south site. Mon-Fri from 7 a.m. to 5 p.m. 885-6123.
- Experienced babysitter req'd for occasional evening for 6 months & 2 yr. old boys. Please call Chris at 837-5239.
- Sitter req'd for 10 month old boy beginning late Oct. in my home preferably, south site. 489-4291 after 5 p.m.
- Babysitters available: Jocelyn (14) & Anita (13). Both have had babysitters course - north site. 837-1249.
- Req'd immediately a babysitter for a 6 yr old girl & 3 yr old boy on Seaton St. near Allard School area. \$400/month, receipts req'd. 832-0336 after 5 p.m.
- Will babysit in my own home 5 days a week, reasonable rates. 489-5341.
- Babysitter, 13 yr old boy, wishing to sit on the south site. Very reliable & have taken courses. Pls. call Gordon at 489-6347.
- Reliable experienced 14 yr old available for occasional sitting. Pls. call Vanessa at 837-6881.

PETS

"CLIPPERS"
Dog Grooming
373 Strathmillan Road
889-6762

Pair of Siamese cats, brother & sister, very affectionate, healthy, neutered & spayed. They are 5 yrs old & ideal for an older family. \$5.00 ea. Call Terri at 895-6125 8 a.m. - 3 p.m. or 888-8656 4 p.m. - 7 p.m.

Female Black Lab give-away, 14 months old, all shots, neutered, dog house & equipment incl. 888-1503 any night after 5.

Give-away 1 small male dog, also give-away 1-1/2 yr old cat & 3 kittens, 885-1076.

Registered Shih Tzu puppies best in showline. For more info call 837-6205.

Beautiful 8 month old female cockatiel in exc. health, very tame & loveable with lovely 5 tier bamboo cage & accessories. \$65. firm. Please phone 489-5091.

FLORAL SERVICES

Now available at CANEX... Fresh flowers & silk arrangements for all occasions by Acorn & Rose. Wire service call 632-5373. Use Visa or M.C. Weddings - Banquets - Hospitals.

CHAPEL SERVICES



WHAT	WHERE	WHEN
Services	North Side South Side	Sunday 11:00 a.m. Sunday 10:30 a.m.
Marriages Baptisms Sunday School	By appointment, at least 30 days before. North Side South Side	Sunday 11:00 a.m. Sunday 10:30 a.m.
Counselling	North Side South Side	895-5417 895-6022
Emergency	Base Operator will help to locate a Chaplain	
N.B. For other activities, please call the Chaplains:		
G.E. Tonks	BChap (P)	895-5417
S.C. Fowke	Chap (P)	895-5075
G.W. Lanctôt	Chap (P)	895-6022

51st BANNATYNE (North Side)
BEAVERS, CUBS, SCOUTS

BOTTLE DRIVE

Sun 14 Oct 84 1300 hrs

Please leave your bottle donation on your front step if you do not wish to be disturbed.

(We need your support)

WESTWIN THRIFT SHOP

(Thrift Shop located in basement of Bldg. 90)

Effective 1 Oct 84,
Thrift Shop Hours of Operation:
Tuesday - 7-9 p.m.
Thursday afternoon - 1:30-3:30 p.m.

Customers with articles to sell or donate should bring them to the Thrift Shop during the above working hrs.

(FOR FURTHER INFORMATION OR PICK-UP OF DONATIONS, PLEASE CALL 885-2473 EVENINGS)

NOTICES

Block Parents are desperately needed for the South Site. For more information contact Linda Ingle. 489-6037 or Jackie Neilson at 489-5366.

Any South Site teenagers interested in having their names on a babysitter's phone list to be distributed to all PMQ's phone Mrs. Neilson at 489-5366. A reference is required.

PSORIASIS SUFFERERS

Are you finally fed up with everything that you're using to control it? We can help 110%.

CALL our Hotline No.
1-814-231-1800

PROTESTANT

RC CHAPELS
NORTH & SOUTH

CHAPELS
There are two different RC Chapels for CFB Winnipeg. St. George Chapel on Kenaston Boulevard for the South-Side, and Our Lady of the Airways on Silver Avenue for the North-Side.

MASSES
North: Saturday: 18:00
Sunday: 11:15
South: Sunday: 10:00

CONFESSIONS
Anytime before Mass.

SUNDAY SCHOOL
Children from Grade 1 through to 9, inclusively, gather at the Air Navigation School on the North-Side every Sunday morning from 9:30 to 10:30 from October through to May.

Transportation is usually organized among the parents, involved, for the children from the South-Side.

BAPTISM
Please contact the Chaplain one month before.

MARRIAGE
Please contact the Chaplain at least three months prior to the wedding. It is understood that a preparation is required before baptism and marriage.

CHAPLAINS
Robert Gagnon: 832-1311
895-5272
895-6023

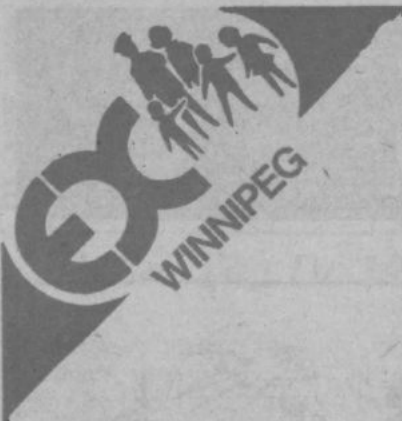
Deacon: Rick McLellan: 895-5479
Chapel (North-Side): 895-5076
Chapel (South-Side): 895-6181

SOME CONTACT NUMBERS
North: Ken McLeod: 895-5243
Larry Willitts: 889-2579
Ken Shortridge: 895-5305
South: J.P. Deschênes: 895-5722
Al Durham: 895-6125

HI!
We have lost quite a few of our people because of postings or other reasons. However, I do know that quite a few new ones are coming in. To you, the new comers, welcome, and we want you to know that we are pleased to see you and have you aboard. I am sure that we will get along, and be happy together.

Please introduce yourself when I meet you, and we will take it from there. Remember that if you were involved in any way in the Church activities before, we need your help. If you were not involved, maybe we could start something together in Winnipeg.

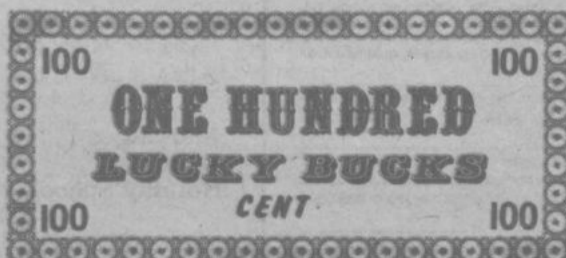
Robert Gagnon
Base Chaplain (RC)



DON'T FORGET THE BIRTHDAY SALE AUCTION

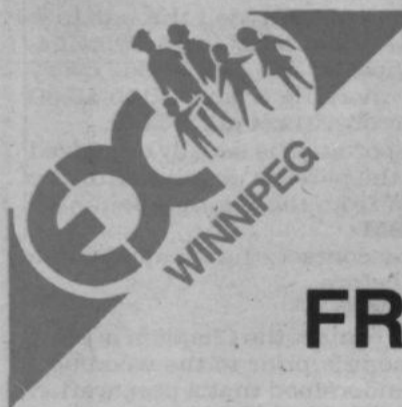
IN THE RETAIL STORE

SATURDAY, OCT. 6 - 2 P.M.
BRING YOUR LUCKY BUCKS



ITEMS TO BE AUCTIONED

- Bar Fridge • Large Ice Cooler • Portable Stereo • 7 pce Aluminum Cookware
- Pendulum Wall Clock • Small Cooler • Kodomatic Camera • Tote Bag • Sports Bag
- Headphone Stereo • Windshield Washer Antifreeze
- Roofrack with Skirack Attachment • Fishing Rods • Audio Cassette Carrycase
- Television Stand • Nicad Batteries and Charger • plus more.



USED VCRs

FROM OUR RENTAL DEPARTMENT

SALE BY AUCTION
ON SATURDAY OCT 6
FOLLOWING THE LUCKY BUCK AUCTION

MUST GO

- 8 SANYO BETA FORMAT VCRs
 - 7 FISHER VHS FORMAT VCRs
- AS IS & FINAL SALE

The Bidding Starts At \$70.00 Each