Voxair

"FOLLOWING THE CANADIAN FORCES"
CFB/BFC WINNIPEG

23 Jan 85

National Defense in 84

Milestone events and activities this past year have helped shape the future of the Canadian Armed Forces. 1984 was marked by the appointment, September 17, of Robert C. Coates as the new Defence Minister. Mr. Coates immediately announced that the Canadian Forces would be getting new uniforms to reflect the three distinct environments. He subsequently indicated that a Government defence policy would be initiated.

Defence expenditures in 1984-85 are expected to total $8.7 billion. Under the impetus of 3% real growth average in the defence budget for the past five years, re-quipment programs and overall preparedness and substainability have continued to improve.

NEW EQUIPMENT FOR THE FORCES

A number of new naval procurement programs were initiated in 1984. In May, Maritime Command announced a $100 million program to acquire the Nixie torpedo defence system as well as Mark 46 (Mod. 5) torpedoes. The Nixie system is designed to emit confusing signals to enemy torpedoes, causing them to go off course and miss their targets. The MK46 (Mod. 5) torpedo is an upgraded version of earlier torpedoes. It will equip Canadian surface vessels and Aurora maritime patrol aircraft.

In November, a $16-million contract was awarded for the design and development of a shipboard electronic subsystem for the Canadian Towed Array Sonar System (CANTASS) - a passive acoustic device used for the detection and tracking of submarine targets. HMCS Annapolis, HMCS Nipigon, and the City Class patrol frigates currently on order will be equipped with CANTASS.

Army

The past year saw the land component of the Canadian Forces make progress in improving its firepower with the selection of a new family of small arms. The Colt M16A2 rifle and its carbine version, known in Canada as the C7 and C8 respectively, have been chosen to replace the C1 rifle and Sterling sub-machine gun. Both older weapons have been in service since the mid-50s. The Belgian Fabrique Nationale Minimi light machine gun also was selected to replace the C2 automatic weapon. All the new weapons fire the NATO standard 5.56 mm ammunition and their selection will further improve standardization within the Alliance. Cost of the three weapons, associated equipment and ammunition, is approximately $230 million.

A $13-million small arms purchase of approximately 1,000 Fabrique Nationale MAG-58 medium machine guns also was made during the year. The MAG-58 will replace the general purpose machine gun. It offers a much superior rate of fire, greater reliability and is lighter and easier to manipulate than its predecessor.

Approximately 800 TOW II missiles and 150 thermal imaging sights were purchased at a cost of $30 million to upgrade the land forces TOW (Tube-launched, Optically-tracked, Wire-guided) anti-tank missile system. The missile offers higher speed, longer

Con't on pg. 7

MP Blind Fund Boosts CF Image – Again

WINNIPEG — Military and civilian supporters of CFB Winnipeg's Gala Concert and Big Band Ball again demostrated their community relations spirit in 1984, contributing $3,600. to Winnipeg's St. Amant Centre, in aid of blind children.

Prime movers of the project, CFB Winnipeg's military police, with a big assist from the Air Command Band, have been making similar donations over the years. The project is part of the Canadian Forces-wide Military Police Fund for Blind Children.

During 1983-84, military police across Canada and in Europe raised more than $100,000 for similar causes. The Gala Concert and Big BAnd Ball in Winnipeg raised more than $9,000.

Plans already are in the mill for the 1985 Big Band Ball, scheduled for May 11, and the Gala Concert, to take place May 30. Details will be announced later.

MP ANNUAL PRESENTATION — Military police of the CFB Winnipeg Security Section meet with officials of Winnipeg's St. Amant Centre to present a $3,600 cheque in aid of blind children. Funds were raised at last year's Gala Concert and the Big Band Ball, featuring the professional musicians of the Air Command Band. Left to right are Pte. B. Lintner; MCpl L. Bauer; Mr. D. Gowing, a teacher; Mrs. Lydia Giesbrecht, St. Amant principal; Capt. Chuck Minotti, Base Security Officer; and WO D. Gibson, who presented the cheque.

FAMILY FUN DAY

WESTWIN COMMUNITY CENTRE

1330 - 1600 HRS.

SAT. 26 JAN. 85

X-COUNTRY SKIING

SKATING SLIDING
HOT DOGS HOT CHOCOLATE
COFFEE

SPONSORED BY YOUR COMMUNITY COUNCIL SO GET OUT AND SUPPORT YOUR COMMUNITY.

The CFB Winnipeg Recreation Council Invites You To Join The Recreation Association With Your Membership To Have Access To:

CLUBS
— Badminton
— Woodworking
— Ceramics
— Photo
— Art
— Golf
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— Bowling
— Rifle
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— Aerobic Dancing
— Bowling

Plus complete use of the gym, pool, sauna and weight room during leisure time.
Why pay those high spa membership fees when you can join the recreation assocation at a fraction of the cost.
Membership fees for military personnel
single $15.00
family $25.00

1/2 price introductory offer in month of February.

For more information
Phone 895-5509.

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At last! 1985! Happy New Year to you all.

I can't help looking forward to this one with a feeling of some relief and excitement. Anything short of pestilence and poverty will be an improvement over 84.

* * * * *

We wound up the old year and started the new by attneding the New Years Ball at the Westwin Officers Mess. I figured that I should get at least a little more wear from my mess kit. June was an absolute knock-out and the only time her gold lamé blouse was out-glistened was when we danced under a lamp and the glare from my head took over.

We had the usual Oktoberfest band with their terribly dated music, which is OK for some of the people some of the time. 'A music man with a more up-to-date variety between sets would have been a welcome addition.) All in all, a good party and superb food.

* * * * *

Since I mentioned wearing my Mess Kit, and lights reflecting off my head, I should also mention that I received a letter from Bud Williams (Maj ret.) encouraging me to continue with this column. So what is the connection? If you know Bud, get him to tell you the story of my Mess Kit and shiny head at the Borden Officers Mess. It's true.

* * * * *

I spotted a uniformed Cpl (W) driving her car recently, beret held firmly in place by bright blue furry earmuffs.

* * * * *

The story of my life: Everytime I become eligible for something, they change the rules! This time it's Unemployment Insurance. Although I'm looking for a replacement job, there was no panic in the search. The UIC plan was a cushion which we've been helping to stuff for some years, and was there if the job search was not successful. As I hear it, and bear in mind this is unofficial, our severance pay and pension incomes effectively cut us off the UIC benefit rolls. A rather simplistic analogy would be automobile insurance in a two-car family where one car is involved in an accident and insurance is denied because you still have one car to drive. Dammit, we have paid our bucks into that fund for quite a few years and we can't even claim it as a charitable donation.

* * * * *

I'm amazed to see more than one aircrew type around the base still wearing obsolete RCAF hat badges on their "wedgies."

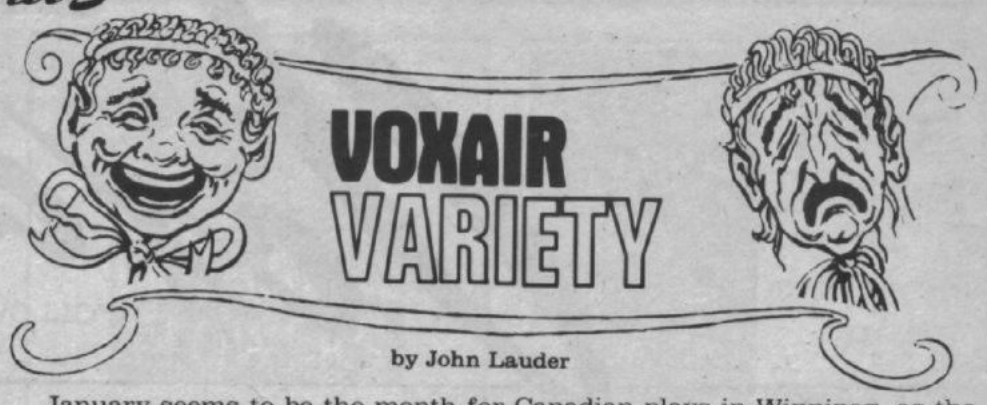
* * * * *

I signed up for a journalism course at Red River Community College. After 30 years of contributing to various newspapers, it's probably about time.

* * * * *

No, I didn't hear "The Letter" being read on Peter Warrens' Action Line, and I don't suppose we're any worse than a lot of other organizations, but I still think we should be better than most. If we misbehave, we'd better expect to be noticed and we'd better expect newshounds like Warren to comment.

* * * * *



by John Lauder

January seems to be the month for Canadian plays in Winnipeg, as the Prairie Theatre Exchange ran one early in the month, and currently the Manitoba Theatre Centre has two on stage until the 26th. MTC's efforts can be further qualified as shows by Canadian women authors, if you want to be both nationalistic and chauvenistic. According to firstnight audience reaction, these are a hit and a near miss.

The hit is at the Warehouse Theatare, with the bilingual theme and title of **Beautiful Deeds/De Beaux Gestes.** Written by singer Marie-Lynn Hammond, it deals with the lives of her two grandmothers, one English and one French-Canadian. By exploring her own mixed background, the author covers the broader aspects of the English-French relationships in this country. She also performs as a member of the cast, in the somewhat minor role of singer-story teller.

The two actresses who play the grandmothers, from 1944 to the present, are Diana Belshaw as Elsie the Anglo side, and Lousie Philippe as the French Corinne. The latter has some of the best lines, but both gave it a great shot.

Dealing with the marriage of a Catholic Franco girl to a Protestant RCAF pilot during the War, the story is one which many of us can understand, or even remember. Pilots are made out to be more glamorous guys than they actually are (at least the ones I have met in the past 40 years), but this is a fault you can live with. (As we all know, at least half their stories are true.)

Anyway, the crowd at the opening performance was neither old nor military, and they gave the show a standing ovation.

* * * * *

Meanwhile, over at the Main Stage, **Quiet in the Land,** which has won prizes and literary awards, is also on-going. This is by playwright Anne Chilsett, born in Newfoundland, experiences across the country to Victoria, and now a resident of Winnipeg as wife of MTC Artistic Director James Roy. She has chosen and researched well an interesting topic, again a Canadian conflict, but the play does not set people on fire. In fact, Supercritic, the gal who sits in the next seat, gave opinions of "dullsville, draggy" and etc..

The time of the play is 1917-18, and the people those of an Amish community near Kitchener, Ontario. They are not only peace-lovers, but have a German background, which puts them in a bad light with their WASP neighbours.

This is a universal topic, family break-up, war vs peace, and an off-beat setting. In 1982 the play was awarded the Chalmers Award (whatever that is) and in 1983 it was given the Governor-General's Literary Award, and ran as a hit in various places in the East. Maybe there are not too many Canadian plays written each year, so this not-too-bad play was the best of the lot. It is worth a visit, and will be shown to school groups - where it should be successful as both a theatrical vehicle and as a lesson in history.

Actor David Fox, who has credits as long as your arm, and who has played the role before, was unconvincing to me as the hard-nosed preacher, but the rest of the cast were okay. The sets were bigger and better than ever, and lighting fine.

My fellow critic on the afternoon paper figured that the sets were so good they dwarfed the actors, and probably he is right. Sometimes several conversations were going on at the same time, which is a good skit if it comes off, but it did not always work, nor advance the plot.

In spite of these weaknesses, give it a try.

* * * * *

Over at the Gas Station Theatre, tonight (the 23rd) through Friday, there are two one-act plays, **Stage Directions and Hopscotch,** with a reasonable price of $4.00 per ticket. Then on Saturday night Jim Post will appear in concert, with prices at $10.00 a shot. On February 1st and 2nd all Scots will enjoy (at $9.50 each) the Argyles in Concert under the title of "From the Heart". Net proceeds are to be donated to the Manitoba Heart Foundation.

* * * * *

Upcoming at the Centennial Concert Hall this week and next are the Mennonite Seminar Festival Choir. It will combine with the Winnipeg Symphony Orchestra under the direction of Robert Shaw, at 8:00 p.m. on the 25th. Then on the 26th, the Orchestra will be back, this time for "Pops go British", songs and music by modern Brits. There will be two guests pianists for this one - Mitch Parks and Winnifred Sim. Finally, at 2:00 p.m. on the 27th, the Symphony will give a concert for kids, featuring magician Brian Glow as the star.

* * * * *

Finally a unique theatre experience is coming to the Warehouse January 30 to February 3rd. This is the **Cockroach Trilogy,** which in three separate plays covers three decades, but will only run for five performances. You do not have to see all three segments, but apparently if you are a rock fan you should see them all. Play I on the 60's, is on 30 and 31 Jan., while Play II on the 70's is 1 and 2 Feb, and only play on the 80's shows February 3rd. Tickets are at the MTC box office, phone 942-6537.

Scan Corner

SCAN Second Career Assistance Network — Service de Préparation à une Seconde Carrière

WORKSHOPS - 6 FEB 85
BASE THEATRE BLDG 90

REAL ESTATE
WHAT? WHEN? WHY?

Adequate housing is a significant factor in the lives of the mobile military member. To this end, a three-hour workshop on the "Ins and Outs of Real Estate" will be held Wed, 6 Feb 85, 0830 — 1200 hrs in the Base Theatre. The workshop will provide tips, hints and guidelines on the following topics:

(1) Should you buy or rent?
(2) What should you buy?
(3) What should you watch for when buying (location, construction, financing, etc)?
(4) Financing.
(5) The costs of buying (survey, appraisal, insurance, legal).

FINANCIAL PLANNING
SRRSPs, RHOSPs and Others

This three-hour workshop will cover Registered Savings Plans and provide additional tips on financial planning. It will be held Wed, 6 Feb 85, 1300 - 1600 hrs in the Base Theatre.

The workshops will be focused toward personnel nearing retirement, however, **ALL** military personnel and their spouses are welcome to attend. The guest speakers are experts in their fields and will have many valuable tips.

Personnel that wish to attend are invited to register by contacting the Base Personnel Selection Office Loc 5115 by 1 Feb 85.

Voxair CNA

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'abbonnement sont: 10.00$ pour un an et 25.00$ pour trois ans.

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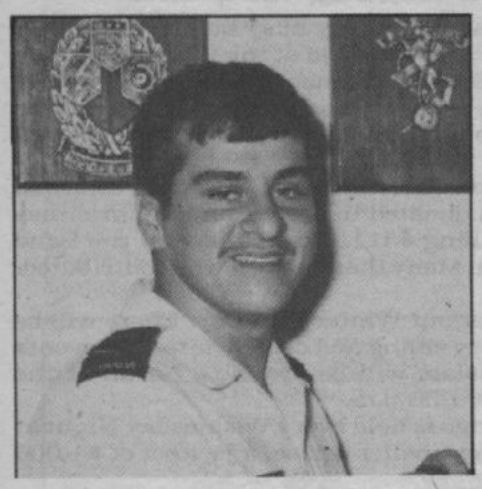
Presentations

Promotions

BAMEO Section extends their congradulations to Cpl Val Aldrich on her recent promotion to Cpl. Val, an Admin Clerk, demonstrates her skills on the Wang Word Processor.

BM(L)



Pte Herb Rhode was presented with his first Chevron by Lt B.P. Moore A/BMLO.

Cpl Gerald Martel promoted, presentation was made by Lt B.P. Moore A/BMLO.

Could YOU stop

to save a child's life?
Check your brakes . . .
Watch your speed . . .
AND STAY ALERT!

Isn't it ridiculous how close some motorists will drive in front of you?

C.D.

Corporal G.A. Harochaw, is presented with the Canadian Forces' Decoration (CD), emblematic of 12 years service. Colonel S.E. McGowen, Base Commander, pins it on the corporal, a member of the Base Transportation Section.

Sgt Carol Lavallee being presented with the CD by Col McGowan.

MCpl Bob Collier being presented with the CD by Col McGowan.

Awards

LCol IM Ross, BTSO, presented WO Art King a Certificate of Service.

Mr. Bob Elliott was presented with the BML posting plaque on his recent transfer to Base C.E. Lt Barry Moore, A/BMLO, presented the plaque to Bob with, "Good luck from the BML staff".

WINNIPEG

DEPARTMENT STORE
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MON - SAT
10 AM - 5:00 PM
CATERING — PHONE
832-0787

SERVICE STATION & GROCERY MINIMART
PHONE 620 or 889-6394
MON - FRI
7:15 AM - 9 PM
SAT & SUN
10 AM - 5 PM

CATERING & GENERAL OFFICE
832-0787
895-5580

Westwin Rink Hours

The outdoor rink (located behind the churches) is now open and the following times are allocated for all.

Monday thru Friday: 0800 - 1630L

Contact PERI staff if you wish to reserve times.

Monday thru Friday:

1800L (6 pm) - 1930L (7:30 pm) Public Skating Only No Sticks Allowed.
1930L (7:30 pm) - 2100L (9 pm) Hockey Only

Saturday, Sunday and Holidays:

0800L - 1200L - Teams Hockey Practice
1200L - 1430L (2:30 pm) - Public Skating Only
1430L (2:30 pm) - 1700L (5 pm) - Hockey Only
Evening times same as Monday to Friday.

Please cooperate with these times and be patient for clearing of snow after a large storm.

Please cooperate with these times and be patient for clearing of snow after a large storm.

If further info is required contact me at the following numbers:
Home: 885-3116
Duty: 5745 or 5127

Councillor MCpl Al MacDonald
Westwin Community Council

B	I	N	G	O
	Every Wednesday			
	at 8:00 p.m.			
	in Building 21			
	50¢ a Card			
	$1,000 Jackpot			

WESTWIN THRIFT SHOP

(Thrift Shop located in basement of Bldg. 90.)

The Thrift Shop re-opened
Tuesday Jan 8, 1985 - 7 - 9 p.m.

and

Thursday afternoons from - 1:30 - 3:30 p.m.

Customers with articles to sell or donate should bring them to the Thrift Shop during the above working hours. If articles are too large to bring in, you may advertise their sale on our bulletin board. For Further information please call 885-2473 evenings.

Silver Heights Community Club
EXPANSION DRIVE

proudly presents

"DOWN MEMORY LANE"
featuring
"THE BROADWAY BEAT"

Dinner / Show / Social Evening

St. James Civic Centre
2055 Ness Avenue
Winnipeg, Manitoba

Saturday, March 2, 1985
Dinner 6:30 p.m.
Show 7:30 p.m.
Social 8:30 p.m.

Tickets $12.00 per person

For Tickets Call
885-9536
OR
MAJ SINCLAIR — HOME 832-2028, OFFICE 895-5021

Westwin Community Council News

The Westwin Community Council has had a very busy holiday season. A very successful children's Christmas Party was held at the Base Theatre on 15 Dec and the Annual Air Command Band Christmas Concert on 16 Dec 84 was a smash hit. Miss Tracy Dahl, the soloist, was outstanding. those who missed the opportunity to hear her should catch her act when she next performs with the Band.

Four large cartons of tinned goods and Christmas presents were collected at the Children's Christmas Party and donated to the Winnipeg Christmas Cheer Board. As well, a collection totalling $311.18 was taken at the Band Concert and donated to the Cheer Board. Many thanks to all who contributed.

UPCOMING EVENTS

Keep Saturday, January 26th, free for our Winter Fun Day. There will be skating, tobogganing, tubing, X-Country skiing and other winter fun events for the kids. Hot Dogs and Hot Chocolate will be available for all at the Westwin Rink. The Fun Day begins at 1:30 p.m.

The Westwin Community Council Bingo is held every Wednesday Night at 8:00 p.m. i Bldg. 21. In addition to many smaller prizes, a jackpot of $1,000 is up for grabs every week.

The Silver Heights Community Club is presenting a dinner, show and social evening on 2 Mar 85 at the St James Civic Centre, at a cost of $12.00 per person. Dinner will be served at 6:30 p.m. Funds raised will be used to pay for the planned expansion to Club facilities, which are desperately needed. The evening promises to be a very good one and should be of special interest to those Westwin parents who have children playing hockey, soccer or other minor sports at Silver Heights. Tickets can be obtained by calling Diane Carter at 885-9536, or Major Sinclair at 895-5221 (Office), 832-2028 (Home).

COUNCILLORS REQUIRED

The Westwin Community Council is in need of Community Councillors in the following wards:

WARD 3 — Whytewold Road, Paisley Place & Jameswood Drive
WARD 4 — Whytewold Road and Cornwall Boulevard
WARD 5 — Ness, Braintree Cresc, Listowel Bay & Ladywood Drive
WARD 9 & 10 — Sharp, Conway and Moorgate Streets

Anyone interested in a rewarding secondary duty is asked to contact the Vice-President, WO Brazeau at local 6086, or 832-5184 (Home).

New Arrivals

Puzzled about Manitoba License Plates?

Fire Insurance
-Contents? -Pleasure Items?
Life Insurance?

Obtain them at your Base Insurance Office in Main Rec Centre

DOWNTOWN
1010-220 PORTAGE
942-3006
MON-FRI 9-4:30

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BASE OFFICE
RMI BLDG. 90
889-2204
MON-FRI 8:30-4:30

Call us or drop in to,
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SERVICE PERSONNEL WELCOME

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ASSINIBOIA UNIT NO. 283
3297 Portage Ave., R3K 0W7
Opposite Westwood Shopping Centre
THE FRIENDLY CLUB

Courts Available

Commencing 1 Dec 84 CFB Winnipeg will be offering a program which entitles all members of this base to participate in squash or racquetball in a local club. (The Court Sports Club, 1400 Taylor Avenue) Fitness and mass participation by military personnel is the main principle behind this program.

We have 10 cards which can be used at any time. To keep the procedures as simple as possible members will have to phone the club directly (475-7695) to make their own bookings; if there is room at the requested time and there are cards still available the bookings will be made. When the member goes for his game he will have to show his I.D. Card, and sign in, in a designated book. If two members play together, two cards are necessary. Members with guests will have to follow the club rules and pay for their guests.

The cards are full membership and entitle the user to make bookings during prime and non prime time. Everybody is encouraged to become familiar with the club rules before playing as they all apply to any member who wishes to partake in this fitness program. Good luck and good squash.

Debutant 1 Dec 84 la BFC Winnipeg va 'offrir a ses membres la possibilité de participer dans un programe de racquetball/squash offert a un club local. (The Court Sports Club 1400 Taylor Ave). Ce programe vise offrir une methode d'entrainement valuble et original a un maximum de militares.

Nous avons dix cartes de membres a notre disposition. Pour faire une reservation la personne interessé devra communiquer directement avec le club (475-7695) et si des courts sont encore disponible pour la periode demande et des carates sont encore disponsible votre reservation sera prise immidiatement. Lorsque vous vous presenté pour votre match vous devez presenter votre carte d'identité et signer dans un livre specilement designé pour cette raison. Si deux melitaires desirent joués ensemble deux cartes sont necessaires. les invites sont permis mais les reglements du club devront etre obeis et l'invité devra payer.

Les cartes nous permettent de faire des reservations en tout temps. Tous sont encouragés a lire les réclements du club car ils s'appliquent a tout militaires qui desirent participer dars ce programe de conditionement. Bonne chance et bon squash.

Swim Lake Winnipeg

Commencing 1 February 1985 the Westwin Pool, located in Building 90, will be instituting a challenge to anyone to swim the entire length of Lake Winnipeg, starting at Winnipeg Beach and ending at Limestone Point approximately 240 miles away. Swimmers will be able to plot their way on the large scale map located in the pool.

All people taking part will be required to register with the Duty Lifeguard in the pool office. Once registered, swimmers will be given a number and required, on the honour system, to record their lengths. The lengths will be posted every second week on the pool office window.

The total distance has been calculated to be 240 miles (approximately) and has been broken down as follows:

WINNIPEG BEACH

TO	MILES	LENGTHS
Deer Island	50	3,500
Matheson Island	75	5,250
Commissioner Island	100	7,000
Northern Tip Reindeer Island	140	9,800
Long Point	175	12,500
Eagle Island	235	16,450
Limestone Point	240	16,800

WEIGHT-CONSCIOUS OFFICE WORKERS WHO FEEL GUILTY ABOUT NOT GETTING ENOUGH EXERCISE MAY TAKE COMFORT IN THE FOLLOWING LIST OF 'ACTIVITIES' THAT CAN BE PERFORMED RIGHT AT THE DESK. EACH IS ACCOMPANIED BY ITS PURPORTED CALORIE-BURNING EQUIVALENT:

JOGGING YOUR MEMORY	125
BEATING AROUND THE BUSH	75
CLIMBING THE WALLS	150
PASSING THE BUCK	25
THROWING YOUR WEIGHT AROUND (DEPENDING ON WEIGHT)	50 - 300
WADING THROUGH PAPERWORK	250
STICKING YOUR NECK OUT	175
CHEWING NAILS	200
MAKING MOUNTAINS OUT OF MOLEHILLS	500
PUSHING YOUR LUCK	250
CLIMBING THE LADDER OF SUCCESS	750
WRAPPING IT UP AT DAY'S END	12

Can It Be Possible?

Casual Bowling

Effective 9 Jan 85, the Bowling Alley, Bldg 90, will be open for Casual Bowling on Wed evenings from 7:00 PM - 9:00 PM.

NEXT VOXAIR DEADLINE 29 JAN 85

Prairie Region Volleyball Championships

CFB Winnipeg will be hosting the Prairie Region Volleyball Championships at Lipsett Hall on the 12, 13 & 14 of Feb 1985. Teams from Alberta, Sask. and Manitoba will be participating.

The championship will be held during the hours of 0900 til 1800 on the 12 & 13 with the finals going on the 14 from 0800 till 1400.

This championship leads to the Nationals which will be held at CFB Halifax 22-24 April 85.

COME ONE & ALL. Any questions should be directed to the Rec Centre Loc 5511/5514.

LIONS TELETHON

SPONSORED BY THE LIONS CLUBS OF MANITOBA & N.W. ONTARIO

DATE & TIME:	9 PM Saturday, February 2, 1985 through 6 PM Sunday, February 3, 1985
PLACE:	Centennial Concert Hall Winnipeg, Manitoba
BROADCAST:	CKY-TV, Channel 7, Cable 5 (CBC Network Northwestern Ontario - at selected times - check local listing)
SPONSORS:	Lions Clubs of Manitoba and Northwestern Ontario
GENERAL CHAIRMAN:	George Glatz
HONORARY CHAIRMAN:	Lieutenant Governor Pearl McGonigal
PRODUCER:	Dale Nelson
STARS APPEARING:	Alan Thicke (HOST), Murray McLaughlin, Alvin Law, Dinah Christie, Joan Karasevich, Doug Paulson, Lee Bussard, Mimi Kuzyk, Charles Haid, Cheryl Wilson, Ed Evanko, Tiffany Rene, Danny Deardorff, Pete Barbutti, Susan Scanneal, Pat Blyth, The Argyles, Cindy Churko, Blue Brigade, Janice Dunning & "Let's Go" Kids, Fine Country Folk, Donna Henry, Rita Jamison Dancers, Angela Kelman, Shadow Warriors, Ilena Zaramba, Winnipeg Lions Golden Girls

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

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NIGHTLY ENTERTAINMENT
featuring: AL ANDRUSCO TRIO
in the S.O.S. Lounge
S.O.S LOUNGE
DANCING NIGHTLY
Enjoy fine Dining in the Chateau Dining Salon
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UNDERGROUND PARKING AVAILABLE

Famous Faces 'Make-A-Miracle'

When the 1985 Lions Telethon hits the airwaves of CKY-TV on Saturday, February 2 at 9:00 pm, the Winnipeg Centennial Concert Hall will come to life with an array of familiar and fresh new faces.

Performers from across North America, and throughout the region of Manitoba and Northwestern Ontario are busily preparing to make the 11th Annual Lions 'Make-a-Miracle' Telethon the most memorable 21 hour live event ever.

Familiar to viewers of past Lions fundraisers, and to regular television audiences, is host Alan Thicke. This prominent Canadian singer/writer/performer will co-ordinate all the activities of the telecast, and introduce viewers to a broad selection of their favourite stars.

From the popular series Hill Street Blues come Charles Haid and Manitoba-born Mimi Kuzyk, better known as Detectives Renko and Mayo. Dynasty's Susan Scanneal makes her first visit to the glitter of the Lions Telethon, direct from the glamour of her television sound stage.

With cigar in hand and nose to the piano keys, comedic musician Pete Barbutti will add his special touch to helping the Lions in their cause.

14 year-old singing sensation Tiffany Reneé will get Concert Hall and home audiences on their feet with the driving emotion of her music.

Dinah Christie, considered one of Canada's great natural resources, will show what home-grown talent is all about. Devoted to the same premise, Manitoba born Broadway/opera star Edward Evanko will display the versatility that has made him a valued performer throughout North America. Followers of live theatre will delight at the attendance of Joan Karasevich, renowened for her many appearances at Rainbow Stage.

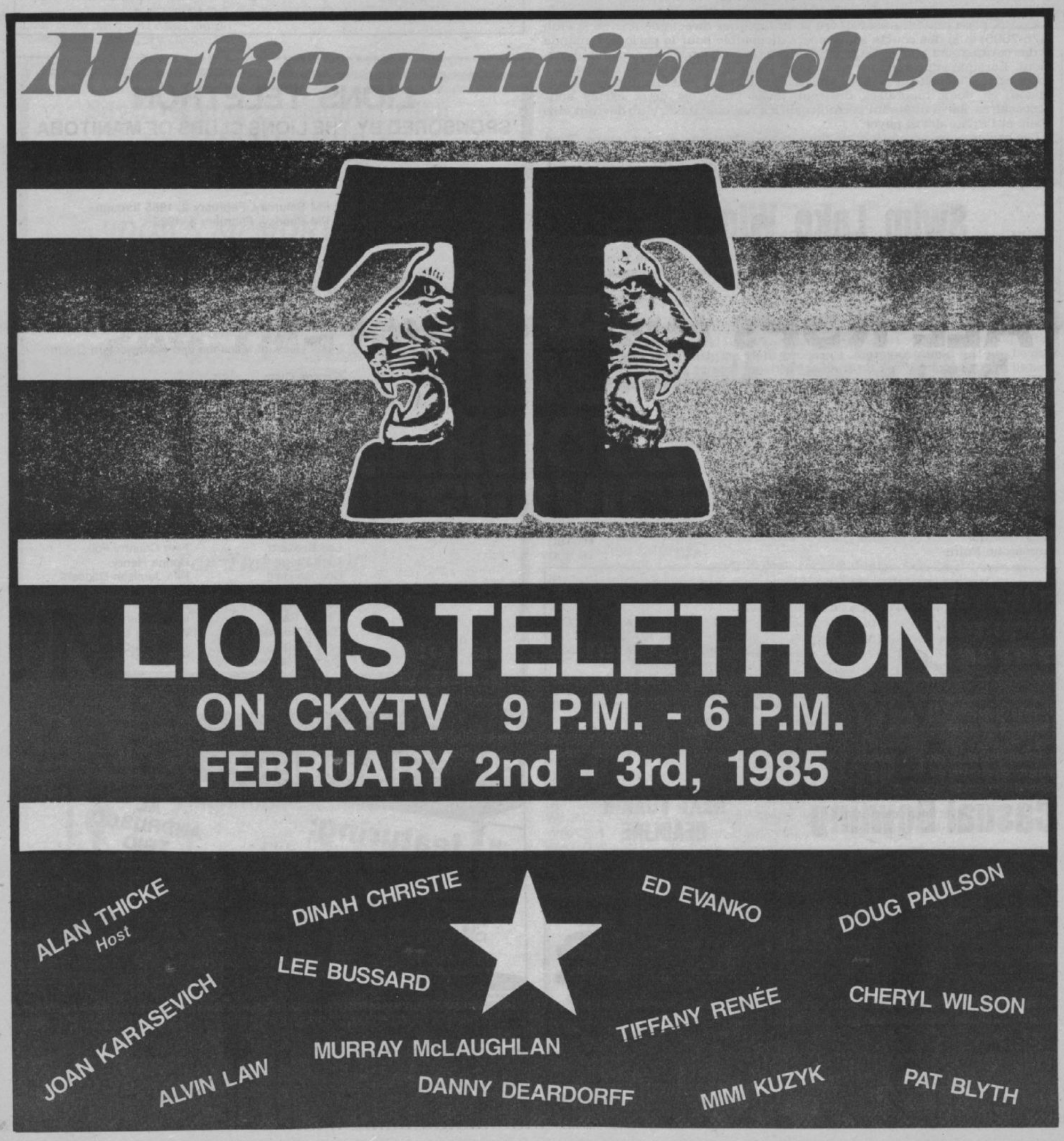
Canadian troubadour Murray McLaughlin, an artist who has documented the face of our country in song, will make his premiere performance at our telethon, to help 'Make-a-Miracle."

Returning from CTV's Just Kidding and Thrill of a Lifetime are Cheryl Wilson and Doug Paulson, both revered for their contribution to past Telethons — Cheryl as a host and interviewer, and Doug as a crooning vocalist.

In addition to these respected entertainers from across Canada and abroad, the roster of regional talent is ever growing. The Argyles, pat Blyth, Alvin Law, Lee Bussard, and song writer Danny Deardorff are just a few of the personalities that audiences will enjoy. Many other performers and ensembles will also be present during the 21-hour event, chosen by audition from throughout Manitoba and Northwestern Ontario.

An important role is also played by the media community of our area, representatives of which will be present as interviewers and guest hosts, having volunteered their time for the cause. Many prominent political and business leaders also will be on hand to do what they can to help the Lions achieve their goals.

Throughout the duration of the 1985 Lions 'Make-a-Miracle' Telethon, all personalities will appeal to the citizens of Manitoba and Northwestern Ontario for financial gifts to help the disabled. The cause of the Lions is extremely important, to make our region a better place to live by helping individuals in need, and establishing programmes to do the same.



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range, deeper penetration power and greater resistance to countermeasures than the standard TOW it replaces. The sights will enable anti-tank crews to track targets during conditions of limited visibility.

A boost to the land forces mobility came in September with the purchase of 90 BV 206 oversnow carriers at a cost of $20 million. The tracked, articulated vehicles are for use by the Canadian Air-Sea Transportable brigade group assigned to Northern Norway, where the majority of the vehicles will be pre-positioned.

In Europe, 4 Canadian Mechanized Brigade Group (4 CMBG) enhanced its heavy lift cargo and recovery capabilities with the acquisition of more than forty 10-ton trucks at a total value of $8 million.

Air Force

Canada's air force also took steps to improve its capabilities in 1984. Six de Havilland-Canada Dash-8 twin turboprop transports were purchased in August at a cost of $98 million. Four of the Dash-8s will serve with the Air Naviation School in Winnipeg, while the remaining two will serve as in-theater light transports in Europe. Two C-130 Hercules also were purchased at a cost of $46 million to compensate for attrition in the Hercules fleet.

UPDATE AND MODERNIZATION PROJECTS

Navy

Maritime Command's submarines and destroyer fleet continued to be updated and modernized during 1984.

HMCS Onondaga returned to operational service on completion of its extensive $14 million Submarine Operational Update Program (SOUP) refit. HMCS Onondaga was the second of three submarines to undergo the refit which includes a new fire-control system, improved endurance, habitability, and communications equipment. These and other modifications have enhanced their operational capability to the point where they are among the most effective diesel-electric submarines in existence.

HMCS Nipigon, an east coast destroyer, underwent a major modernization at the Davie shipyards in Quebec City. HMCS Terra Nova, HMCS Qu'Appelle and HMCS Yukon also received a general overhaul and refit of their machinery and fixtures in west coast shipyards. This Destroyer Life Extension (DELEX) program is designed to ensure that the 16 steam-driven destroyers maintain an acceptable level of operability and combat capability. Under the $213 million program, of which half will be Canadian content, ships also receive new radar and fire control systems, electronic warfare and communications equipment and other improvements. The upgrading of the ships' electronics will enable them to better communicate with the Aurora long-range patrol aircraft and the Satellite Communications (SATCOMS) terminals. Ten terminals, purchased for $10.5 million, are being installed on Maritime Command ships. Their acquisition will also permit Canadian naval vessels to communicate and operate more effectively during NATO and joint US-Canadian exercises.

Significant progress in the Canadian Patrol Frigate (CPF) project was made in the fields of ship design and construction, project management, maintenance and supply support and personnel training during 1984. At a cost of $3.5 billion, the CPF is the largest and most technically-complex procurement ever undertaken in Canada by the Department of National Defence and the Canadian Forces. When delivered, the ships will be among the most modern and capable warships of their size and will substantially enhance the deterrent capability of Canada's maritime forces.

The procurement of six frigates is an integral part of a broader naval modernization program which is in various stages of planning and implementation. The Tribal Class Update and Modernization Project (TRUMP), for example, continued to make headway with a contract award for the project definition phase last July. The modernization program on the four Tribal Class destroyers is estimated at $650 million and will provide the Canadian Navy with modern and technologically advanced ships well into the next century.

The Canadian Forces base in Halifax is taking on a new look as work continues on the $335 million base-development plan. Infrastructure improvements to the Halifax naval dockyard this year include a new ship repair building and upgraded jetty facilities in support of first and second line maintenance. A 100-bed hospital and a new headquarters building for Maritime Command are also under construction. More than 6,000 persons-years of employment will have been created as a result of the base development plan. A similar modernization program is also underway on the west coast, where more than $18 million is being spent on upgrading jetties and for the construction of new medical facilities at the Esquimalt base.

Plans for the formation of three Naval Reserve divisions in Chicoutimi, Trois-Rivières, and Rimouski were announced during the summer. The decision to create these three new divisions is part of an overall plan to increase the naval presence in the province of Quebec. It follows the move of the Naval Reserve Division Headquarters from Halifax to Quebec City in 1983.

Army

The ongoing vehicle replacement program saw the delivery of the last of 2,767 2½-ton trucks to the land forces this year. The acquisition includes 791 trailers which will be in service next year. Approximately 70 special equipment shelters for installation on truck chassis will also be delivered in 1985. These shelters will enable the configuring of mobile command-post, dental clinic, workshop and other specialty vehicles for land forces use in field operations.

The first Iltis light utility vehicle was accepted on behalf of the Canadian Forces by Defence Minister Robert Coates in November. Over the next year, the land forces will take delivery of 1,900 of these new jeeps at a cost of $68 million.

Air force

Foundations were laid for the new Air Command Headquarters building in Winnipeg last summer. The $28.4 million structure will provide

Con't pg. 8

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Volunteers have been and always will be the backbone of the Block parent program. All the efforts put forth by volunteers have been greatly appreciated. There can be more to Block Parents than putting a sign in your window. There are several new aspects of the program which volunteers will be a large part of. From administrative roles to publicity to educating schools and their children, volunteers fill many positions in the Block Parent organization. There is great opportunity to gain valuable experience by being a part of the program. The continued support of those already involved and others like them who will become involved is of the utmost importance to the success of a most worthwhile cause. If you have any of your valuable time and energy to contribute please do so; the program needs everyone's support. Consider a volunteer position with Block Parents today and contact the Coordinator of Volunteers at 943-8879.

Block Parent Statistics
March 1983-84
TRANSFERS = 173
CANCELLATIONS = 707
NEW APPLICANTS = 895
TOTAL NUMBER OF BLOCK PARENTS = 16,074
TOTAL NUMBER OF INCIDENTS = 21

Incident Breakdown:
Indecent Exposures = 5
Obscene Phone Calls = 1
Bicycle Accidents = 2
Bullying = 3
Dog Bites = 2
Missing Persons = 1 (fan-out system used)
Attempt Abduction = 2
Chased by dog = 2
Pepping Tom = 1
Chased by van = 1

Permission for reprint of These Wpg Statistics Granted from B.P.W.I.

For Southside Coordinator Linda Engel at 489-6037 or Jackie Nielson at 489-5366

It's our 10th Anniversary!

COME JOIN THE SAFETY FORCE
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modern, energy-efficient working space for approximately 650 Air Command staff.

The CF-18 replaced the CF-101 Voodoo in the interceptor role at 409 Squadron at CFB Cold Lake and became the second of eight dedicated squadrons which will eventually operate the fighter in Canada and Europe. The CF-18 also made its debut in the European theatre as a formation of the fighters deployed to the Federal Republic of Germany on exercise Rhine Hornet in June. Despite a brief interruption in the delivery schedule, resulting from modifications to the tail assembly on new production aircraft, the manufacturer has resumed delivery at an accelerated rate and by year's end, over 40 CF-18s will have been received out of a purchase of 138 aircraft.

In addition to carrying out its normal Alliance commitments, it is with the NATO Airborne Early Warning Force (NAEWF) — an airborne surveillance system capable of interchange detecting and monitoring aircraft and ship movements — that KCanada is making its greatest contribution to a NATO program. At $330 million, Canada's share for the acquisition costs of a fleet of 18 E-3A Sentry aircraft is the third largest after the United States and the Federal Republic of Germany. On top of its financial contribution for acquisition, operations and maintenance, Canada is providing about 150 military personnel for duties with the NAEWF in Geilenkirchen, Federal Republic of Germany.

EXERCISES AND OPERATIONS

Navy

Maritime Command ships and supporting Air Command aircraft were committed to a series of multinational exercises in Atlantic and Pacific waters during 1984. The exercises combined air, surface and sub-surface elements to create a realistic and challenging multi-threat environment. EASTLANT exercises in the spring and fall and MARCOT '84 in May-June highlighted the east coast operational training. RIMPAC '84 in May was the major maritime exercise for Canada's west coast fleet.

Army

In October, CFB Petawawa was the scene of exercise Trial Chace II. The exercise, involving approximately 800 Forces personnel, tested plans for casualty handling under chemical warfare conditions. The trial included a 72-hour period of continuous operation in a simulated chemical environment. New items of equipment, including a bubble-shaped tent liner to remove air impurities and a new resuscitator, were tested.

The Second Battalion, Princess Patricia's Canadian Light Infantry, based in Winnipeg, deployed to the Federal Republic of Germany to start its first-ever four-year tour of duty with Canadian Forces Europe, replacing the Third Battalion, The Royal Canadian Regiment. The unit rotation, dubbed Operation Princess Royal I, was undertaken to permit all infantry battalions in the Regular Force the opportunity to train under European conditions.

The twice-yearly rotation flights of Canadian troops in Cyprus saw the First Battalion, Princess Patricia's Canadian Infantry (1 PPCLI), replace the 2nd Battalion, The Royal Canadian Regiment, in February for a six-month tour. 1 PPCLI was relieved of its United Nations peacekeeping duties in September by the First Ballalion, The Royal Canadian Regiment.

The Hercules Lounge

is open

Monday to Friday
11:30-1:30 3:30-11:00

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Air force

Air Command Transport Group maintained a high level of activity as it undertook troop lift flights supporting the Canadian participation in two NATO exercises. Land, sea and air forces based in Canada and Europe took part in Teamwork/Avalanche Express winter exercises in Northern Norway and 600 members of the Regular Forces and 350 militia from across Canada were flown to the Federal Republic of Germany to augment units of 4 CMBG in the annual NATO fall maneouvres called Autumn Forge.

Tactical fighters participated in one Red Flag exercise in January at Nellis Air Force Base, Nevada, and two Maple Flag exercises in April-May and September-October at Cold Lake, Alta. The exercises feature a demanding, high intensity mock combat environment to hone skills and expand the tactical fighter community's store of operational knowledge. These air combat exercises regularly feature cooperation with participating US Air Force E-3A Sentry airborne warning and control system (AWACS) aircraft.

The first tests carried out under the joint Canada-U.S. Test and Evaluation agreement took place in March when the US Air Force began testing the Air Launched cruise Missile (ALCM) in Canada. The initial test of the ALCM involved a "captive carry" mission with the missile carried under the wing of a B-52 mothership. The test flight began over the MacKenzie Delta and terminated at the Primrose Range near CFB Cold Lake. U.S. F-16 fighters also tested the Low Altitude Navigation and Targeting InfraRed for Night (LANTIRN) system at CFB Gagetown, N.B., until November. The LANTIRN system consists of a navigation and targeting pod with a forward-looking infra-red receiver and terrain-following radar and is designed to provide fighter aircraft with a night, low altitude, navigation and atttack capability. A routine aircraft testing program involving two AV-8B (Harrier) aircraft, also took place during November at the Air Combat Manoeuvering Range facility at Cold Lake.

When the yacht "Royal Princess" sank during a storm off the Northern British Columbia coast last June, Canadian Forces Search and Rescue (SAR) units moved in quickly to save all 20 persons on board. Not all rescues are of the magnitude of the Royal Princess incident but rescue coordination centres across Canada handle more than 10,000 calls each year. Through the mandatory use of ELTs — electronic location transmitters — on aircraft and ships and the introduction of SARSAT, (search and rescue satellite-caided tracking system) the time spent searching for victims of accidents has been reduced considerably.

In September, Canadian Forces para-rescue specialists took three out of five international trophies at the annual SAREX competitions, held this year at Eglin Air Force Base, Florida. Canada has led the overall competition seven times since SAREX was first organized in 1976.

PEOPLE AND PEOPLE PROGRAMS

Members of the Canadian Forces were proud to see one of their own, naval Commander Marc Garneau, make history by becoming this country's first astronaut. The eight-day space mission aboard the US space shuttle "Challenger" began October 5 from Cape Canaveral. As soon as the spacecraft entered orbit, Commander Garneau began work on a series of Canadian experiments in space technology, space science and life science.

The face of Canada's military colleges changed forever when the first "Lady Cadets" graduated in May from the Royal Military College in Kingston, Ont. Canadian Forces women now serve in 94 classifications and trades.

The Canadian Forces continued to offer many opportunities to the youth of Canada in 1984. The Youth Training and Employment Program (YTEP) was enlarged by an additional $8.5 million to allow 1,000 youths to receive the training and work experience they need to find a permanent job. Already 5,000 youths have benefitted from an average of one year full-time training and service with the Regular Force as part of the $75 million YTEP initiated last year.

CEREMONIAL

It was a year of international commemoration as Canada and its allies celebrated the 35th anniversary of the North Atlantic Treaty Organization (NATO). Contingents of the Canadian Forces also participated in international celebrations commemorating the 40th anniversary of the Allied invasion of Normandy, France, during the Second World War.

The sea, land and air elements were all active in the Canadian tours of Pope John Paul II and Her Majesty the Queen during the fall. The destroyers HMCS Annapolis and HMCS Saguenay had the honour of escorting HM Yacht Britannia during the visit of Her Majesty, Queen Elizabeth II. Forces involvement included provision of airlift, ground transport, security, ceremonial duties and other services.

The Canadian Forces also supported the Quebec '84 festivities commemorating the 450th anniversary of Jacques Cartier's arrival in Canada. Leading up to the event, Maritime Command warships escorted the tall ships taking part in a race from Bermuda to Halifax and hosted a number of events and activities to explain the role of Canadian maritime forces in the maintenance of Canadian sovereignty and NATO deterrence. Transport, logistics and communications support for Quebec '84 was provided by Mobile Command, which staged the largest military parade in Quebec City since the First World War. Air Command also contributed to celebrations with an exhibition by the Snowbirds aerobatic display team.

Canadian airmen everywhere celebrated this year on the occasion of the 60th anniversary of the formation of the Royal Canadian Air force — Air Command's predecessor. To mark the anniversary, special events, including air shows, displays and reunions were held across the country.

. . . LOOKING AT 1985 . . .

1985 is expected to bring a new national focus on defence as Defence Minister Robert Coates makes public a policy paper reviewing Canadian Forces capabilities and commitments at home and abroad.

As the Canadian Forces look ahead, the keel of the first Canadian Patrol Frigate, HMCS Halifax, will be laid down, coinciding with nation-wide celebrations of the 75th anniversary of the naval service in Canada. An international naval review will take place in Halifax, where Canadian sailors are expected to be wearing their new "dark blues."

Mobile Command and elements of Air Command will participate in a major divisional-size exercise, Rendez-Vous '85, in Wainwright, Alta.

The CF-18 will replace the CF-104 in 1 Canadian Air Group in the Federal Republic of Germany.

The Department of National Defence will also be selecting finalists competing for its $600 million Low-Level Air Defence (LLAD) system early next year. The LLAD system is designed to protect Canadian troops and equipment assigned to NATO against an ever-increasing air threat.

Canada and the United States are expected to complate negotiations now in progress to modernize the North American Aerospace Defence Command (NORAD). The NORAD modernization program, to which Canada could contribute in excess of $700 million, is addressing such questions as the future of the DEW Line and Pinetree radar stations and new technological developments that can help protect North American skies.

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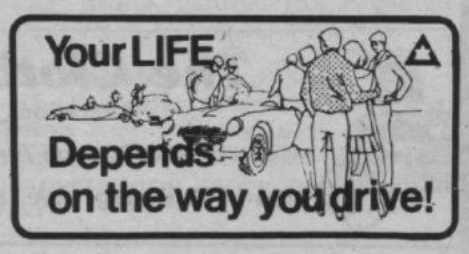

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Cooks Corner

Blushing Antipasto
3/4 cup (175 mL) "V-8" Juice
1/4 cup (50 mL) salad oil
2 tbsp (25 mL) ALLEN'S CANADA Red Wine Vinegar
1 pkg Italian flavored salad dressing mix
2 cups (500 mL) cauliflowerets
2 cups (500 mL) sliced mushrooms
1 cup (250 mL) green pepper squares

To make dressing: in jar combine "V-8" Juice, oil, vinegar and salad dressing mix; shake well. In bowl, combine vegetables; pour dressing over all. Let sit as long as possible in refrigerator, stirring occasionally. Makes 4 cups (1 L).

Italian Homestyle Harvest Soup
2 cans (10 oz/284 mL *each*) Campbell's Condensed Homestyle Chicken Noodle Soup
1-1/2 soup cans water
1 can (7 oz/198 g) whole kernel corn, undrained
1 cup (250 mL) diced cooked ham
1/2 cup (125 mL) diced fresh tomato
1/2 cup (125 mL) sliced zucchini squash
Generous dash pepper

In 2-quart (2 L) saucepan over medium heat, heat all ingredients to boiling. Reduce heat to low. Cover; simmer 5 minutes or until zucchini is tender-crisp. Makes 4 servings.

Serving Suggestion: Place frozen Pepperidge Farm Banana Layer Cake in the refrigerator to thaw in the morning. When thawed, run knife around cake. Store unused portion in refrigerator.

Stir-Fry Caraway Beef
1/2 lb (250 g) boneless round steak (1/2-inch/1 cm thick)
2 slices bacon
2 medium onions, sliced
1 cup (250 mL) sliced celery
1 tsp (5 mL) caraway seed
1 can (10 oz/284 mL) Franco-American Beef Gravy
1 medium tomato, cut up
Mashed potatoes

Slice meat into *very* thin strips. In frypan, cook bacon until crisp; remove and crumble. Pour off all but 2 tbsp (25 mL) drippings. Cook onions and celery with caraway in drippings until just tender; push to one side. Add meat; cook until color *just* changes. Add meat, gravy and tomato. Heat; stir occasionally. Serve over mashed potatoes. Makes about 4 servings.

Garden-Patch Cabbage
1-1/2 cups (375 mL) "V-8" Juice
1/2 tsp (2 mL) dill leaves, crushed
1/2 tsp (2 mL) sugar
1/4 tsp (1 mL) salt
Dash pepper
1 medium head cabbage, cut in 6 wedges
1/4 cup (50 mL) water
1 tbsp (15 mL) flour

In frypan, combine "V-8" Juice, dill, sugar, salt, and pepper. Add cabbage. Cover; cook over low heat 15 minutes, or until tender. Remove cabbage to serving dish. Meanwhile, gradually blend water into flour until smooth; slowly stir into sauce. Cook, stirring until thickened. Serve with cabbage. Makes 4 servings.

For more information, contact: Pat Walker, Campbell Soup Company Ltd (416) 251-1131

Orange Personality Profiles

Did you know that the way you peel an orange can reveal certain personality traits? Are you a ripper, a stripper, a picker or a peeler? Each method of peeling reveals personality traits just as do body language and hand writing.

Have fun with your friends trying this new way of identifying personality profiles — it's all outlined in a booklet called "The Orange and You". Just send 75 cents — to cover postage and handling — and your name and address to OUTSPAN, P.O. Box 270, Station R, Montreal, Quebec H2S 3K9.

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MISCELLANEOUS ARTICLES FOR SALE

FOR SALE — One men's car coat, size 42; one hockey helmet and face mask, size 7-1/2 to 7-3/4; bucket seat covers, gold; broomball shoes, size 8; and shin guards, size 8. Phone: 832-6333 after 5 p.m., ask for Rick.

FOR SALE -- Admiral 26-inch color TV, $300; ladies' muskrat fur coat, size 10-11, $125; antique oval top parlor table, price neogitable. Phone: 489-8761.

FOR SALE — Microwave oven; golf clubs; Atari and games; two 10-speed bicycles, and a 750 Yamaha. Phone: 832-4879 evenings and weekends.

FOR SALE — 4 x 8 Ft. pool tables with accessories, $100; one German high chair, $35; one German stroller, $20.00. Dianne Thompson, 489-9050, anytime.

FOR SALE — Snow tires, D-78-14, on Dodge rims, $20.00 each. Call 895-0809.

FOR SALE — Ladies' black coat with fox fur collar, size 13-14, $300., Call 888-6708.

FOR SALE — Seven Atari game cartridges, $10.00 each of $50.00 for all seven. Call 888-8240.

FOR SALE — Black 1980 Yamaha 650 Special, with accessories, excellent running condition. $1600. or best offer, or will swap for dirt bike of equal value. Call 888-8240.

FOR SALE — Air conditioner, 5000 BTU, $275. Must be sold; moving to sunny Comox 8 Jan 85. Call Dave Nurse at Loc 5317.

FOR SALE — Intellevision set with eight game cartridges, $175. or best offer. Phone: 895-8981.

FOR SALE — Baby's high chair; change table; two bookcases; each $20.00; OBO. Call 889-6470.

Posted overseas, must sell 1977 VW Rabbit 4-door, 4-speed, AM-FM, 80,000 miles. Very good condition — a steal at $2300. Dave Collings, Home: 888-1641, Work: 895-5628.

FOR SALE — Kitchen table with chome legs and wooden top, six chairs, excellent condition. Asking $150. Phone: 489-9410 after 6 p.m.

FOR SALE — 45-inch Roll-Away cot. Asking $30. Call 633-8840.

FOR SALE — Quasar 26-inch colour TV; great picture, beautiful wood cabinet, OBO, $175. Call Gord Cline at 885-5701, or 885-9514 after 5 p.m.

FOR SALE — Large, black leatherette recliner chair, good condition, $60. or best offer. Call 832-2867.

FOR SALE — Wooden crib, with music box. Asking $60.00 or best offer. Call anytime, 885-7009.

FOR SALE — Toshiba Beta VCR, five months old. Asking $400. Call 895-6039 between 1-4 p.m., asking for R. Blais.

f you find mistakes in this publication, please realize that they are there for a purpose. We try and publish something for everyone, and some people are always looking for mistakes!

CERAMIC CLUB
Looking for something to do in your spare time? Join the Ceramic Club in Bldg. 81 Mondays & Thursdays, 6:30 - 10:00 p.m. First pouring free — would you like to join? 885-6814 or 889-1337.

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FOR SALE — 1982 Camaro Z-28 (loaded); red exterior, tan interior; 36,000 km, four-speed transmission; must be seen; asking $11,000; call John Giles, (work) 895-5796, (home) 832-5478.

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Will babysit on north side during day. Johanne, 832-2411.

BABYSITTER required, south side PMQs. Call 489-4688.

BABY SITTER available. Mother of one will sit children of any age in my home. Reasonable rates; lunch included; Whytewold & Ness area; call 885-7243.

PIANO LESSONS — Experienced teacher will teach piano in own home, beginning 5 Jan 85; Whytewold and Ness area. Beginners welcome. Reasonable rates. Phone: 888-2276.

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PET give-away — White fluffy kitten, 6-8 months old. Call 885-1076 anytime.

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MARRIAGE: Please give the Chaplain a three month notice. Parlez à l'aumônier au moins trois mois à l'avance

BAPTISM: Please make an appointment at 895-5087. Il faut nous parler aussitôt que possible.

SUNDAY SCHOOL: Every Sunday at Air Nav. School from 0930-1030 hrs. / Every Sunday at the Chapel from 0900-1000 hrs.

SOME CONTACT NUMBERS

NORTH:	Chaplain R. Gagnon	- 895-5275
	Deacon R. McLellan	- 895-5532
	Ken McLeod	- 895-5532
	Ken Shortridge	- 895-5305
	Larry Willitts	- 889-2579
SOUTH:	J. P. Deschênes	- 895-5722
	J. P. Jolin	- 895-5304

Cape Breton Holds Reunion

The Municipality of Cape Breton County, Nova Scotia, is assisting one of its communities in hosting a reunion of former residents and tourists during 1985.

As part of the promotion of this event, we would appreciate our assistance in making this event known to your readers. We have taken the liberty of enclosing a copy of an open letter that we are sending to all newspapers throughout Canada. Would you be so kind as to publish this letter in your editorial section so that a person who may have some roots in Port Morien, N.S., may get in contact with the organizing committee.

Thanking you in advance for your assistance, and, if I can be of assistance to you in the future, please do not hesitate to contact me.

Joseph Wadden
Warden
Municipality of Cape Breton County

**LADIES FITNESS
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CFB Offers Parents Course

PARENTS!

Being a parent is not an easy task — especially nowadays! Todays concerned and sometimes bewildered parents have an increasing interest in finding better ways of relating to their children.

STEP can help! STEP is Systematic Training for Effective Parenting.

It's realistic and sensible approach to parent-child relations. The program is a training course for parents and others who want their relationships with children to be more satisfying and enjoyable.

Through readings, discussions, posters, and audio-cassettes, parents learn effective ways of communicating with their youngsters. And, they have the chance to share their concerns with other parents.

STEP encourages mutual respect between parent and child, increases cooperation, and a more responsible, self-reliant attitude among children.

The Social Work Office at CFB Winnipeg would like to canvass the military community to ascertain if sufficient interest exists to conduct a STEP program locally.

Should numbers warrant, a STEP program would be conducted in the near future. If you would like more information about participating in a STEP group, contact the Regional Social Work Office at 895-5785.

UNDE News

The executive officers of Local 705, Union of National Defence Employees, extends best wishes to all members for a happy and safe new year.

We also thank all members who generously donated to our Christmas Cheer Board drive. Knowing that we contributed to a happier Christmas for others less fortunate, enhances our own.

Many thanks and best wishes to all.

WANTED

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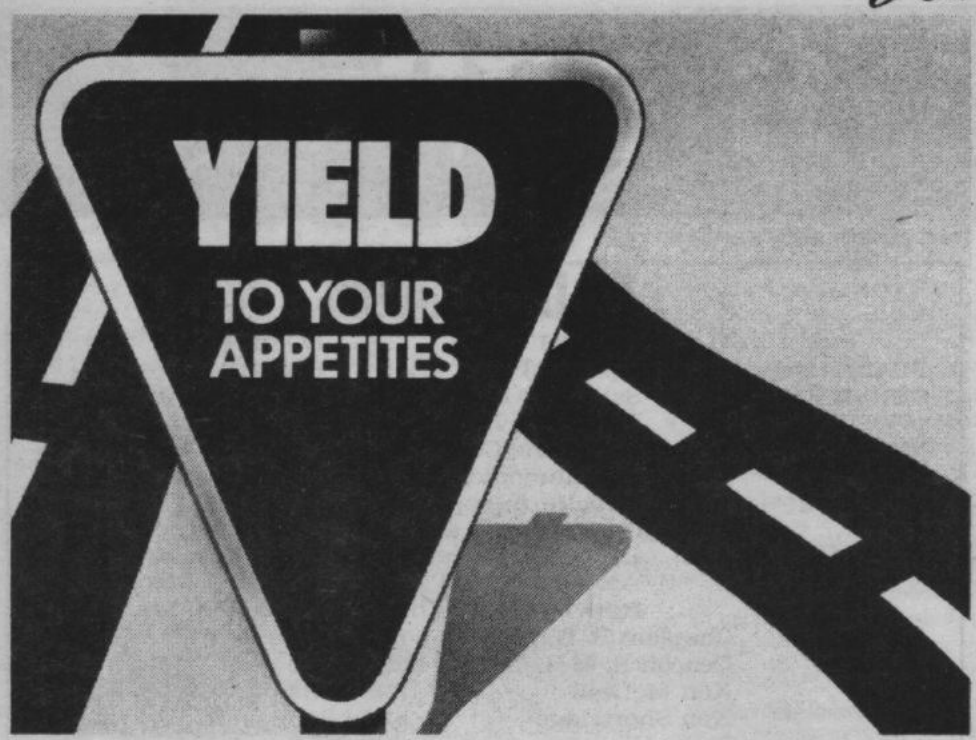
1 APR 85

CONTACT EDITOR AT LOCAL 5514



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