Voxair

"FOLLOWING THE CANADIAN FORCES"
CFB/BFC WINNIPEG

3 Apr 85

Some Yesterdays

Yesterday, April 2, was the 44th anniversary of the first RCAF fighter aircraft to take the offensive, when 12 Hurricanes of Winnipeg's 402 Squadron attacked Boulogne, France, in 1941

Next Deadline
April 9 for April 17 Edition

Community Service Awards

Have you completed a Nomination Form yet?

What Nomination Form, you say?

For the CFB Winnipeg Military Community Service Award. All members of the Winnipeg Military Community are invited to submit names of those they feel deserve a Community Service Award for their volunteer efforts in helping to improve our community. Nominees should have provided voluntarily his/her time and experience in some respect, not necessarily benefitting the whole community but certainly a reasonable part. Full guidelines on who, why and how you should vote have been published in the 20 Mar 85 issue of Voxair. Nomination forms are available at the BOR, Bldg 90 and from all Base Exchange outlets.

Don't delay! Nomination forms must be submitted by 19 april 1984. Awards will be presented on June 1984.

Challengers Will Replace Falcons in EST Role

OTTAWA — Deputy Prime Minister and Minister of National Defence, (Hon.) Erik Nielsen, has announced that the Government intenda to purchase betwen eight and 12 Challenger 600/601 aircraft from Canadair of Montreal, for the Canadian Forces.

Seven Challenger 600s will be based at CFB North Bay and used in the Electronic Support and Training (EST) role to train CF air, land and maritime units in recognizing and overcoming hostile jamming and other interference with electronic signals in wartime.

This is a vital consideration, given Warsaw Pact emphasis on electronic countermeasures to degrade or negate entirely NATO communications, radars and other electronic systems in wartime.

The current CF EST aircraft, the Falcon 20, lack the space and the electrical generating capacity to accommodate the array of equipment now necessary to adequately perform that role.

An additional Challenger 600 will serve as an airborne electronic test bed to evaluate various avionics and electronic equipment at the Aeronautical Engineering and Test Estblishment, at CFB Cold Lake, in support of ongoing CF aircraft replacement programs.

Up to four Challenger 601s will be purchased to replace six aircraft of two other types currently in use in the administrative airlift role. Three Jetstars, purchased in the early 60's and three Falcon 20s would be retired after the new Challengers join the fleet.

Negotiation of prices and delivery schedule with Canadair will be finalized later this month.

Government Boosts CFE Strengthen by 1200

OTTAWA — Deputy Prime Minister and Minister of National Defence, Hon. Erik Nielsen, and the Secretary of State for External Affairs, Right Honourable Joe Clark, jointly announced today that the Secretary-General of NATO has been informed of the decision of the Government to take immediate steps to meet our NATO commitments.

One of these will be to increase the stationed strength of the Canadian Forces in Europe by an additional 1,200 military personnel.

This initiative will strengthen 4 Canadian Mechanized Brigade Group based in Lahr, Federal Republic of Germany, and will increase its level of preparedness. Personnel will begin to move to Canadian Forces bases in Europe this summer; the last of the additional troops will be in palce in the summer of 1986.

A second measure will be to specifically designate an infantry ballation group in Canada to fulfill our commitment to the Allied Command Europe Mobile Force, Land (AMF(L), a multi-national NATO deterrent-force intended to reinforce Europe during a crisis.

The AMF(L) battalion now will be separate from the Canadian Air/Sea Transportable (CAST) Brigade Group, committed to reinforcing northern Norway. The Canadian committment to CAST will be fully maintained.

Cost of these measures will be $50 million in the first year, and about $100 million per year when the full complement has been transferred to Europe.

Enhancement of Canada's air contribution to Allied Command Europe is, to a large extend, already being addressed in the program to quip the squadrons with CF-18s over the next three years.

Winnipeg Sea Cadets Sweep First Place in International Shoot

OTTAWA — Royal Canadian Sea Cadet Corps Crusader of Winnipeg has topped the Commonwealth in the 1984 small-bore rifle competition, beating out Britain, Australia and New Zealand.

This was announced by the Navy League of Canada, on learning results of the final adjudication of targets and score sheets by the Dominion of Canada Rifle Association.

Britain, Australia and New Zealand placed second, third and fourth, respectively.

Plaques for permanent retention by the winners are to be awarded.

New Armoury Opens

Robert Wenman, left, Parliamentary Secretary to the Honourable Erik Nielsen, Minister of National Defence, talks with Brigadier-General John Law, Commander, Prairie Militia Area, during a tour of the Thunder Bay Armoury Extension conducted after the official acceptance ceremony. Mr. Wenman praised the spirit of Thunder Bay residents during his visit noting that it was that factor more than anything else which led to the construction of the new building. Gen. Law served with the RCAF from 1951-77, retiring from Winnipeg to join the Saskatchewan Public Service. He is a graduate of the Royal Military College and the U.S. Air Force Institute of Technology. (PHOTO BY SGT. J.J. BLOUIN)

Prairie Area Militiamen Will Battle "Enemy" Incursion

By Capt. Manfred Jager

WINNIPEG — More than 200 members of Canadian Forces Militia units from Winnipeg, Portage la Prairie, Brandon, Flin Flon, Kenora and Thunder Bay will gather at Winnipeg's Minto Armoury for three days and two nights later this month to conduct the largest simulated military exercise held here in recent memory.

Dubbed Exercise Manitoba Midnight II by planners, the Command Post operation will start shortly after 7 p.m. on Friday, March 29, and end at noon on Sunday, March 31.

Manitoba Midnight will be based on a make-believe scenario involving a military incursion by an enemy force into parts of south-eastern Ontario.

Command Post Exercise participants here will react to hour-by-hour make-believe developments announced to them by central umpires and make tactical decisions based on an army brigade level. Umpires then will calculate whether the players' decisions would have been likely to help them achieve set objectives.

The exercise will be conducted around the clock, involving command centres through the Armoury, including the main parade square.

Observers of the Command Post Exercise will include Brigadier-General J. C. Law, Commander of Prairie Militaia Area, which coimprises all Canadian Forces Militia units between Thunder Bay and the British Columbia border.

B. Gen. Law, who lives in Regina, will be joined by three officers of the 231st Engineer Battalion, North Dakota Army National Guard, from Grand Forks, who will spend the entire weekend at Minto Armoury.

RECREATION CENTRE EASTER HOLIDAY ROUTINE

The Easter holiday routine for Lipsett Hall and Building 90 will be as follows:

5 Apr 85	Fri	CLOSED
6 Apr 85	Sat	Open as per schedule
7 Apr 85	Sun	Open as per schedule
8 Apr 85	Mon	Sunday Routine

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I don't like the move away from personal service bank branches.

The way I manage money is evidently an abomination to computers. There has always been some degree of comfort in knowing I could talk to the branch manager or the loans officer and with a bit of give and take, usually satisfy my requirements in a matter of minutes. Money in a safe and a card with my name on it is obviously too simple to rate as modern banking practise.

Oh sure, I still get a cheery "Hi, Mr. Lawrence" when I approach the teller's window after my "printed in Switzerland" numbered ticket has been called, but there the old ways end.

My ticket, now soaked in nervous perspiration in anticipation of the hateful computer's verdict, is a disgusting off-colour ball which is an obvious tip-off to the teller that she had better read very carefully the machine printout.

"You're a little short." is a phrase I've heard countless times but my time-honoured reply "I'm five foot nine☆" doesn't get the same response any more. The teller fixes me with a steely expression and punches the switch which operates the ever changing number machine on the wall.

At least I got a "Hi, Mr. Lawrence."

Now they're talking about installing a 'Do it yourself' money machine☆ If they do, all those lady tellers are going to miss me. I'll bet I've been the subject of many many jokes at coffee break.

I won't use a bank that entrusts all their accounts to any machine that I can touch. Push-button phones are the limit of my digital dexterity where numbers are concerned.

My local branch has averaged one new manager a year since I've been in Winnipeg. You don't suppose that my accounts have had anything to do with the high turnover . . . ?

* * * * * *

I think I've missed only one telecast of the Academy Awards since I got my first TV set in 1955. I'm a dyed-in-the-wool movie fan and each year I subject myself to the usual marathon of self-indulgent "Thank you" speeches. This year as a distraction, I took note of the men's bow ties. Some were crooked, most were poorly tied, some looked like gift-wrap ribbon and most were any colour but black. PRINCE didn't wear one but his sparkly purpole parka was an absolute dream (@=&±!).

Amadeus cleaned up, as expected with Best Picture, Best Actor and about half a dozen more awards. Not everyones' cup of tea but you really didn't expect something like Ghost Busters to win, did you?

* * * * * *

My favourite film in the running was "The Killing Fields". . . . Pretty powerful stuff.

* * * * * *

Shakey's Pizza on Portage Ave. is now open. I'm not a real affectionado of pizza but when the urge is there, I like a good one. Shakey's fills the bill.

We dropped in two days after their official opening to check the place out.

The building is brand new, and, as you would expect, spotless. the decor is bright and light with lots of stained glass, Tiffany lamps and shiny brass railings. Seating is provided in a variety of booths, tables and banquettes. The staff is pleasant and accomodating if somewhat inexperienced. Service was a little slow but we were prepared to make allowances for opening week jitters

The background music was typically drum dominated Rock and Roll but thankfully played at a very subdued volume level.

We opted for the Shakey's Special, (mushrooms on ½ only!). It was super. No complaints. All ingredients were fresh and readily identifiable, which is often not the case at some pizza parlors.

My wife ordered the House Red wine which was a bit on the fruity and sweet side. I considered the "Mug Of Beer" which is only 7½ oz. and obviously shouldn't be called a Mug of beer, before ordering a regular bottle of Blue.

We'll be regular customers. We liked it.

* * * * * *

The newly released movie "Mask" is worth a look.

Be forewarned, it's a tearjerker in places.

The story is based on the short life of a physically deformed boy and his drug-doing, biker bedding Mom. Cher plays the Mother, basically playing Cher in leather and denim, and incidentally, looking great in mini skirts. The Kid, Rocky, is sensitively played by Eric Stoltz under several pounds of makeup. If the real life relationship between mother and son even remotely parallels the movie story, it must have been pretty special.

I'm used to sitting among ignoramuses in theatres who feel they have to talk throughout the film. Not this time. The audience was quiet.

If the film accomplishes nothing else, it makes us look at ourselves and our reactions to people who "look different".

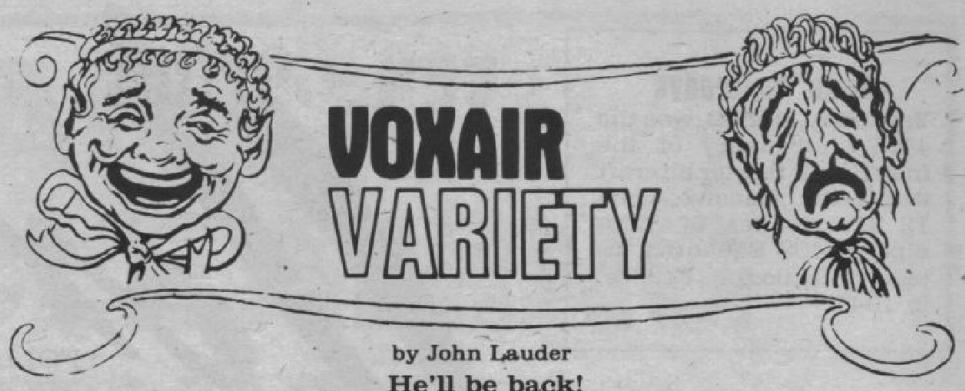
The bikers come across as real Teddy Bears but to develop the biker theme would have detracted from the kid. Sure, they are a rough bunch but they're part of a very touching scene at a carnival house of mirrors. Sam Elliott adds a sexy macho touch as a transient biker boyfriend to Cher, and an actor I haven't seen for years, Harry Carey Jr., turns up as the white haired bike gang president and friend of Rocky.

It's a good film. Take lots of Kleenex.

* * * * * *

By the way, if you know anyone who wants a real good deal on a '71 Cadillac Fleetwoor Sedan, give ma a call.

* * * * * *



by John Lauder

He'll be back!

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Variety — Darwin Hybrid
Height — 24 ins (60 cms)
Flowering time — 1986
Prices include free delivery to our Branch

Cost — 25 cents per bulb and can be purchased from 10 bulbs to 100 bulbs because it is our Diamond Jubilee, we would like to see every household garden in the St James Area with at least 10 bulbs — that when in as many gardens as posible, the Diamond Jubilee Tulips will make the symbol of our "FLAMING TORCH" come true from Coast to Coast.

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Voxair

Following the Canadian Forces

CNA

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Scan Corner

BPSO Services

Second Career Assistance Network
Service de Préparation à une Seconde Carrière

Time has a way of sneaking up on everyone. Retirement, which up to now has been something to be pushed to the back of your mind, can suddenly turn out to be only months away. Common sense tells us that a transition to the outside world needs early planning and preparation.

Fine, but how do you begin and who can help?

The Base Personnel Selection Office, responsible for the Second Career Assistance Network, is a good place to start.

— It is a good idea to test your retirement plans by talking them over with a person who can afford to be objective. For example, how realistic are your plans in relationship to economic conditions?
— You may wonder if your military skills and experience are useful in the outside world. A gunner in the artillery for example, might need help in selling his skills to the average civilian employer.
— If you want to make a clean break with the past, vocational guidance tests are available.
— You can obtain assistance in the preparation and production of your resume.
— Can you teach an old dog new tricks? Of course, and those interested in academic upgrading should talk it over with the Base Personnel Selection Office.
— The largest employment service in the country is Canada Manpower. Your contact for the Manpower Centre nearest you is the Base Personnel Selection Office. It can start your first appointment off on the right foot with a special introduction.

It pays to start thinking about your retirement EARLY.

LETTERS TO THE EDITOR

Our Lady of the Airways CWL wishes to thank all who contributed to the success of our St. Patrick's Day Tea and Bazaar.

The winner of the food hamper raffle was Mrs. Valerie Aldrich, 322 Doncaster St., Winnipeg, to whom congratulations are extended.

Dear Sir:

As a war widow, Easter always has had a very special meaning for me.

Like many of your readers who have lost the ones who have meant the most to them, the message of Easter — new life, hope and renewal — has been a great comfort.

May I share with those readers a way I found to make the message of Easter even more meaningful and at the same tim eprovide a continuing memorial and tribute to a loved one.

I do it by underwriting the cost of sight restoring, catarac operations on destitute blind people in the developing world. It only costs $25 for the surgery, medicines, hospital care, cataract glasses, food while in hospital and follow-up care. AS you can understand, when a blind person receives the gift of sight it is for them the gift of a new life, almost a resurrection — in fact the once-blind call it "coming back from that other world."

If any of your readers would like to give someone "new life" for only $25., I suggest that they send their cheque or money order to a Canadian charity that organizes these sight restorations — Operation Eyesight Universal, P.O. Box 123, Station M, Calgary, Alberta, T2P 2H6. This is a registered charity and contributions are tax deductible. Receipts for income tax purposes are issued right away.

I've been supporting Operation Eyesight for many years and have never ceased to wonder that they can do so much for so little. Your readers will receive a patient identification-card showing the name, age, sex and address of the patient. This card is signed by the officiating surgeon.

Knowing that you have given someone "new life" is such a grand way to celebrate Easter.

Mrs. Margaret Fearn
29 McNaughton Ave.
Ottawa, Ontario
K1S 0J1

Canadian Forces Photography Contest 1985

The Canadian Forces National Photography Contest will be held at CFB Ottawa from 10 to 17 May, 1985. CFB Ottawa is the conducting authority.

Entries may be submitted by:

a. members fo the Regular Force of the Canadian Forces;

b. members of the Reserve Force of the Canadian Forces;

c. members of other nations who are attached to or on exchange duty with the Canadian Forces, but excluding those personnel of other nations who are under formal training;

d. civilians employed by DND;

e. dependants of those members listed in subparagraphs 2a, b and c; and

f. members of the Sea Cadets, Army Cadets and Air Cadets.

An entry fee of 50¢ for each work entered shall be raised from sources other than public funds.

For further information concerning entries and submissions contact MCpl Woodward, Building 90, local 5514.

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HOLY WEEK — R.C. CHAPELS
SEMAINE SAINTE — CHAPELLES CATHOLIQUES

DATE	TIME	ITEM	PLACE
Sunday, 31 March 85 dimanche, 31 mars 85	1000 hrs 1115 hrs	Palm Sunday Les Rameaux	South — Sud North — Nord
1, 2 and 3 April 85 1, 2 et 3 avril 85	Holy Days	Jours Saints	Regular daily masses. Messes quotidiennes régulières
Thursday, 4 April 85 jeudi, 4 avril 85	1900 hrs	Holy Eucharist Fête de l'Eucharistie	South — Sud North — Nord
	2000 hrs — 2400 hrs	Adoration	Both Chapels. Aux deux chapelles.
Friday, 5 April 85 vendredi, 5 avril 85	1500 hrs 1500 hrs	Good Friday La mort du Christ	South — Sud North - Nord
	2000 hrs	Way of the cross Chemin de la Croix	North — Nord
Saturday, 6 April 85 samedi, 6 avril 85	2000 hrs	Holy Vigil Vigile Pascale	South — Sud North — Nord
Easter, 7 April 85 Pâques, 7 avril 85	1000 hrs 1115 hrs		South — Sud North — Nord

CONFESSIONS:
Penitential Celebration — 31 March 85 — 1800 hrs
Célébration Pénitentielle — 31 mars 85 — 1800 hrs — Our Lady of the Airways

PRIVATE CONFESSIONS — CONFESSIONS PRIVEES:
Wednesday, 3 April — 1700 - 1900 hrs — South — Sud
mercredi, 3 avril
Thursday, 4 April — 1700 - 1900 hrs — South — Sud
jeudi, 4 avril
Friday, 5 April — 1600 - 1700 hrs — North — Nord
vendredi, 5 avril — 1600 - 1700 hrs — South — Sud
Saturday, 6 April — 1600 - 1800 hrs — North - Nord
samedi, 6 avril

HOLY THURSDAY — JEUDI SAINT:
The ceremonty of the Eucharist on Holy Thursday will be followed by the Adoration of the Blessed Sacrament till 2400 hrs. Every family is invited to come and spend an hour with the Lord. Let's make a point not to let the Lord alone during these four hours of Adoration.

Après la cérémonie du Jeudi-Saint, il y aura l'Adoration du Saint-Sacrement jusqu'à minuit. Prenons une heure de notre temps pour visiter le Seigneur.

EASTER:
Lent is over. Christ is risen. Alleluia. To all of you who have been here with us during these 40 days of preparation to Easter, we say "Well done." To the rest who could not be here, because of one reason or another, we prayed for you also, and to all, then, a Happy Easter from the bottom of our hearts.

Le Carême est fini. Le Seigneur est ressuscité. A vous tous qui nous avez accompagnés durant 40 jours, nous disons "Bien fait". Aux autres, nous avons prié pour vous. A vous tous, du fond du coeur:

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402 Sqn. Appeals for WW II Uniform Items for Special Event

WINNIPEG — Historic 402 Squadron, first RCAF unit to receive RCAF colors during the Second World War, has put out an appeal for WWII uniform items for a ceremonial guard of honor here in June in a dedication of an Avro Lancaster Mark X bomber by the Canadian Wartime Heritage of Hamilton, Ont.

The aircraft is being restored in the colors and markings of 419 Squadron, in which Winnipeg native, the late Pilot Officer Andrew Mynarski, lost his life and posthumously was awarded the British Commonwealth's highest award "for valor," the Victoria Cross, for actions during the 1939-45 conflict.

The 402 Squadron appeal is for RCAF and RAF No. 5 and 5A tunics, trousers and wedge or field caps. Items borrowed will be catalogued, used for the ceremony only, then cleaned and returned to owners. Insignia and ribbons currently on uniforms will remain intact during their use.

People wishing to provide items on loan may contact 402 Squadron commanding officer, LCol Larry Olson, or the event coordinator, MCpl W. L. Ewing at 885-1869.

Pilot Officer Mynarski's feat involved an attempt to release a fellow crew member jammed in the rear turret of a Lancaster bomber over France after the aircraft was hit by flak and the abandon order was given to the crew.

When his efforts failed, he stood at attention, saluted the trapped man and made a parachute exit. His 'chute failed to open and Mynarski was killed. The crew member survived to relate the story.

The Canadian Wartime Heritage, Inc., says "the public now can be part of the outstanding and exciting effort to preserve and properly maintain a pricelesss part of Canadian aviation history, the Lancaster Mk X bomber."

The Heritage invites "interested members of the public to help underwrite the enormous costs of restoring the "Lanc" bomber."

For a minimal fee of $10., donors will receive an official membership card; a periodic up-date on restoration progaress, a notification and personal invitation to attend the first public flight and one chance in a draw for a flight in the restored, historic bomber.

They say the support "will ensure the quick completion of the memorial to VC winner Andrew Mynarski, as well as serve as a vivid reminder to many throughout the world of man's courage and sacrifice in days gone by."

For further information, write to:
Canadian Wartime Heritage
Hamilton Civic Airport
Mt. Hope, Ont.
L0R 1W0
Attn: Lancaster Support Group

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Every Wednesday is Double Discount Coupon Day

New Colonel Comandent for Dental

OTTAWA — The Chief of the Defence Staff, General Gérard C.E. Thériault, has announced the appointment of Brigadier-General (ret'd) W.R. Thompson, of Trenton, Ont., as Colonel Commandant of the Canadian Forces Dental Services.

Gen. Thompson's military career began in 1943 where he served with the Canadian Army as a dental assistant and subsequently qualified as a navigator in the Royal Canadian Air Force. Following the Second World War he graduated from the University of Toronto with a Doctor of Dental Surgery in 1949. He re-entered the Canadian Army during his final year of studies and on graduation began duty as a captain in the Royal Canadian Dental Corps.

Gen. Thompson is a certified specialist in oral and maxillofacial surgery, having received his training at Walter Reed Army Medical Centre in Washington, the University of Toronto, and the Toronto General Hospital.

He has served as base dental officer at Petawawa, St. Hubert, and Gagetown; as senior dental officer with 1 Fighter Wing in Marville, France and as an instructor at the Canadian Forces Dental Service School at CFB Borden. He also served with 25 Canadian Field Dental Unit in Korea.

From 1970-74 he was Commanding Officer of 13 Dental Unit at CFB Trenton. During this period he also served as oral surgeon for Kingston Military Hospital.

Gen. Thompson served on two occasions as a staff officer in the Division of dental Services at National Defence Headquarters. He was Director of Dental Treatment Services at NDHQ until he became Director-General of Dental Services in 1976.

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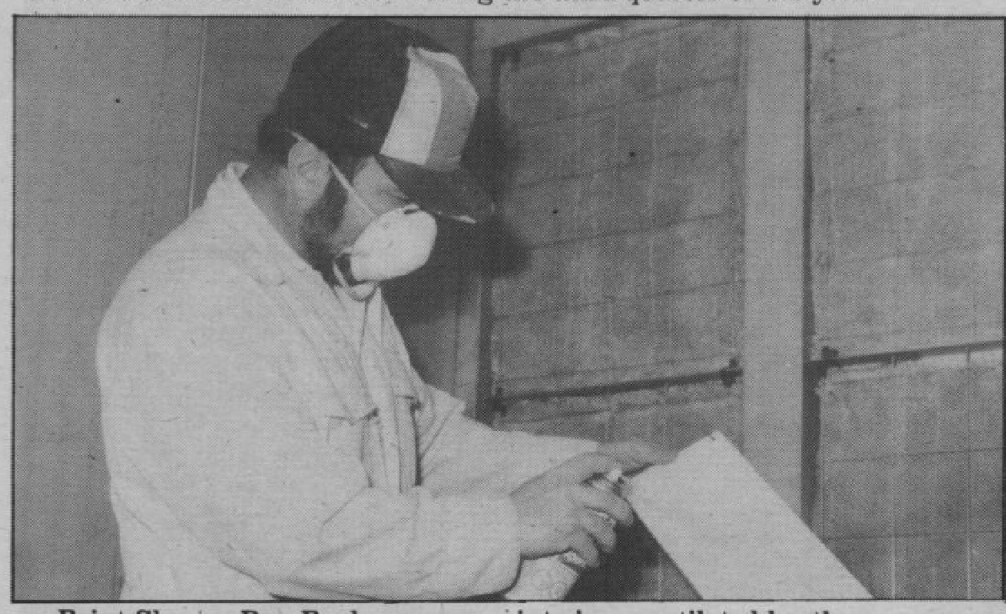
Base Construction Engineering Section Again Sweeps Safety Award

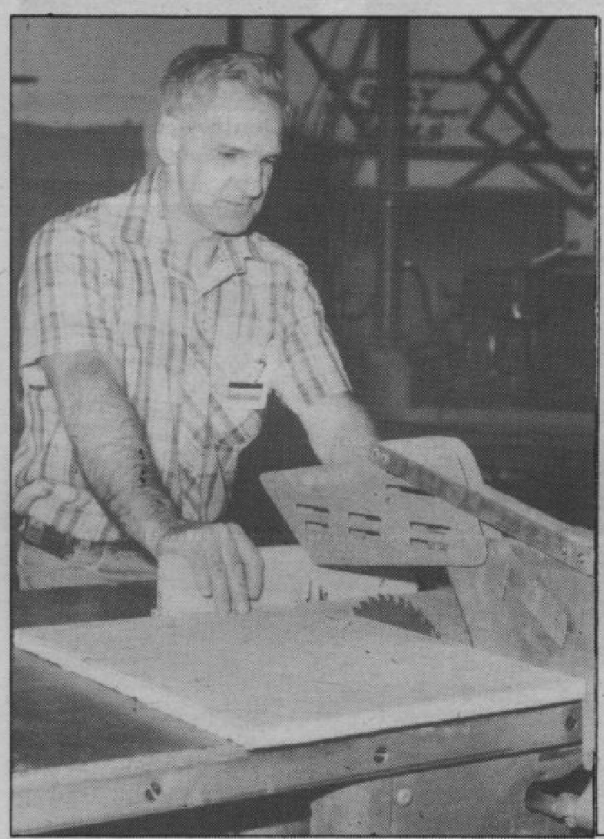
For the second time running this fiscal year, the Base Commander's General Safety Award was presented by Col. S.E. McGowan to BCE Section, commanded by Major Kenneth G. Gibson. The award is based on "best performance in the reduction of accidents" during the third-quarter of the year.

The BCE Section "performs a wide range of work functions, many of which are hazardous to some degree and require close attention to safety standards," said Larry S. Burns, Base General Safety Officer.

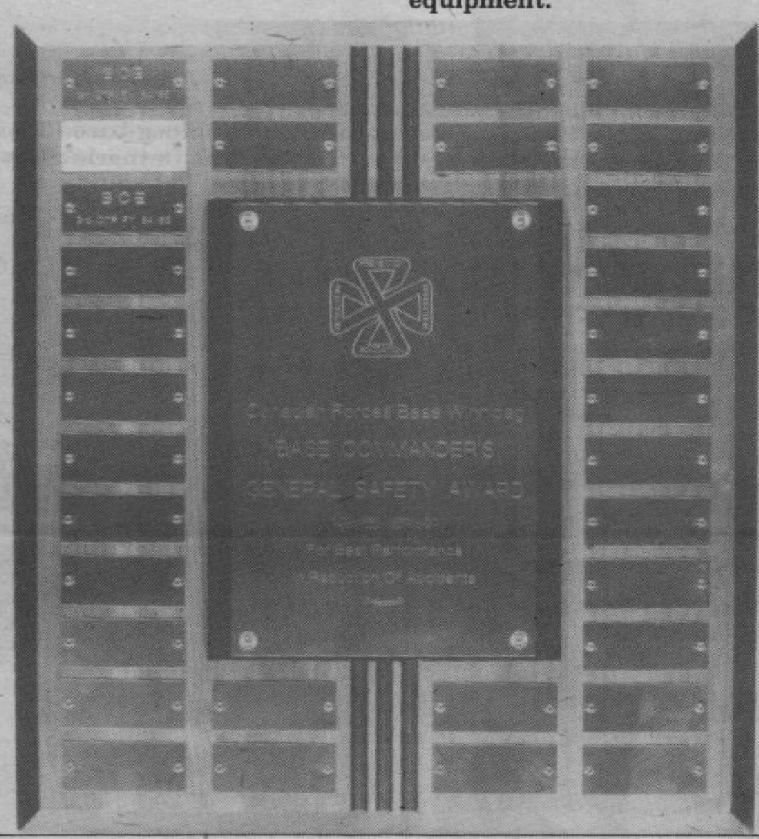


Paint Shop — Don Buchan spray-paints in a ventilated booth.

Fire Prevention — MCpl Rick Hayes explains extinguisher-bottle charging equipment.

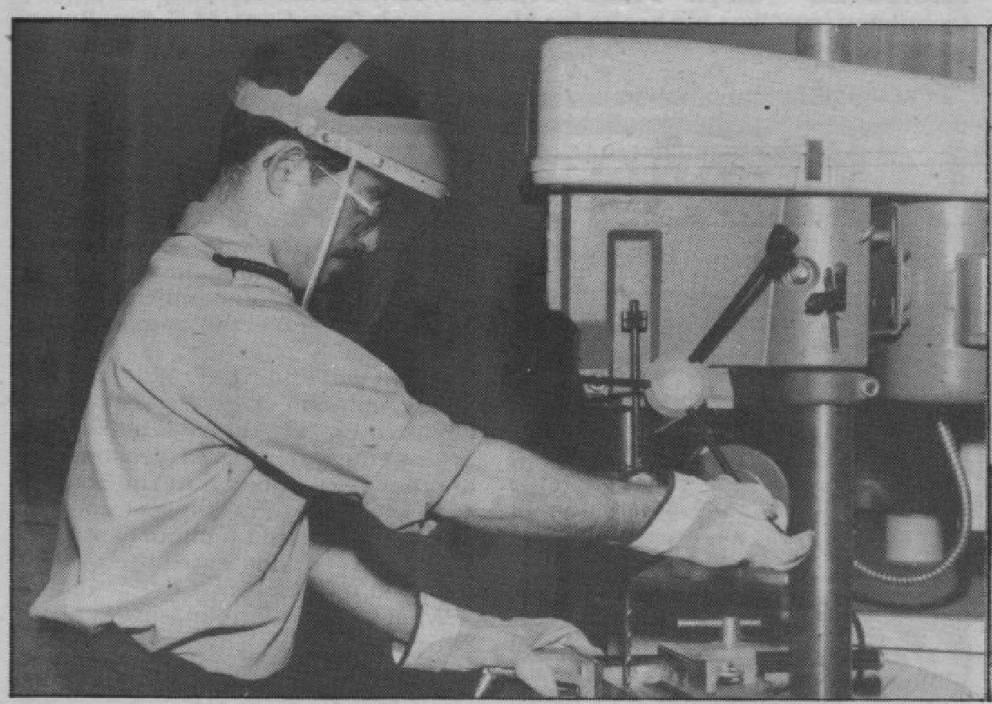


Carpentry — Dusty Miller checks safety guard on circular bench-saw.



Base Commander's General Safety Award plaque.

Plumbing — Pte Dave Lefave operates a pipe-threading machine.



Refrigeration & Mechanical — Pte Mark Leroux works at a drill press.

Electrical — Roger Gingras operates an electrical continuity tester.

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25-YEAR PLAQUES — Two members of the CFB Winnipeg-based Training Materiel Production Centre are presented quarter-century plaques. Left to right are Bob Sutton, Catherine Dowhan and BGen J.M.L. Bougeois, commandant of CF Training System, visiting from CFB Trenton.

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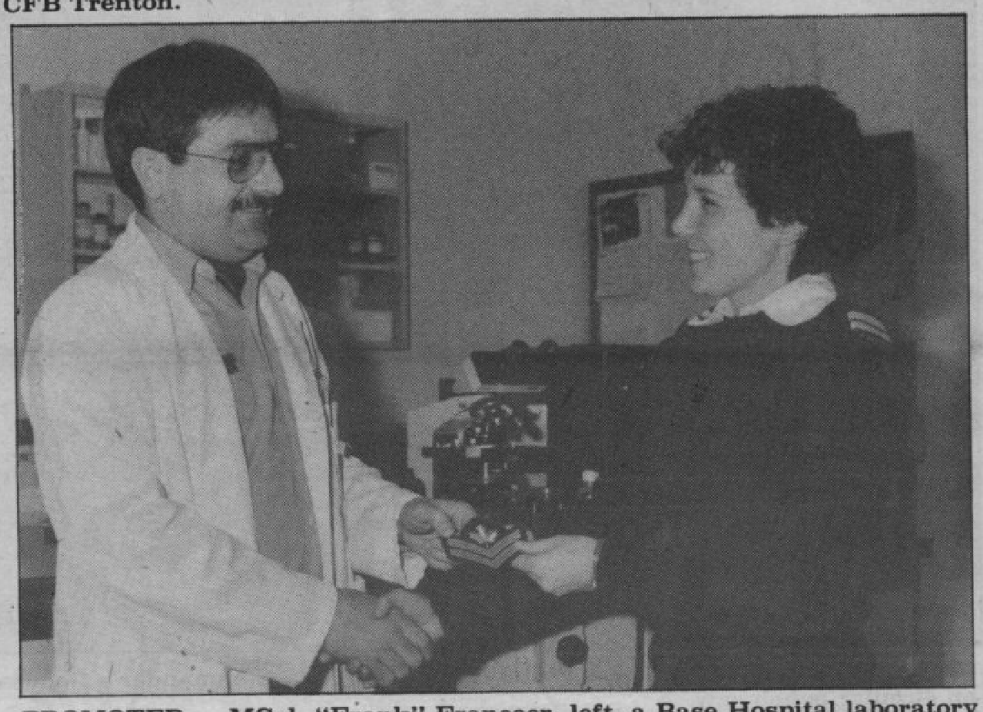

PROMOTED — MCpl. "Frank" Francoer, left, a Base Hospital laboratory technician, receives his hooks for his new rank from Capt. M.S. Smallman, Base Surgeon.

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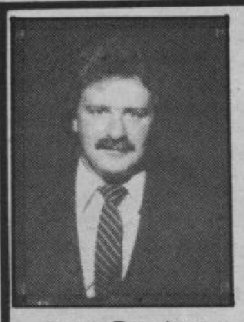
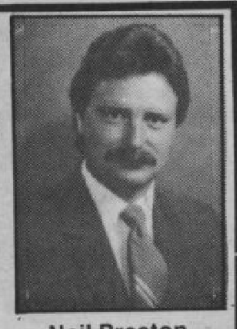


Doug Preston

HOLIDAY



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A potential candidate for a recruiting poster is one of the best-looking junior NCO's on the base, newly-promoted Cpl. Doucet, pausing to accommodate the photographer while working on a Tutor-jet trainer in the Aircraft servicing area.

Grin 'n' Grabs; Shakes 'n' Takes Bite the Dust in Voxair

WINNIPEG — By wildly-popular request — and hearty concurrence by this newspaper's staff — those dumb, dull photos of handshakes on promotions, presentations and the like no longer will grace the pages of this newspaper.

What we and the readers want — nay, demand — are shots of people performing at their jobs, alone, unless there are valid reasons for another person being in the act.

Why? Because newspaper convention demands that a photo caption is supposed to describe the action depicted in a picture.

What in tarnation can you say about two people shaking hands and staring into the camera lens? Nothing, except "here are two blokes having their picture took."

So, keep your eyeballs off the camera. From now on, grin-and-grabs will be getting the fast-scissor treatment from the editor.

One excpeiton. We'll print them as an ad, but you will be getting a bill in the mail, at $6.00 per column inch.

Another factor that will put the editor in a good mood and smile kindly on your Voxair submission is to use first names and middle initials with surnames when identifying people in a news story or, left to right, in a photo captain.

So there.

BAMEO

With pen in hand, I bring to you all the latest news from BAMEO.

* * * * * *

First off, congratulations are in order for Captain Plikett, WArrant Officer Booth and Warrant Officer Mathews, all recently promoted to those ranks. Thank-you for the afternoon seminar at the Herc Lounge!

To Mr. Cpl. Pretsell and Mrs. Cpl Pretsell (formerly Cpl Maidment), our warmest congratulations on your recent marriage and all the best in the future.

* * * * * *

The BAMEO Crash and Salvage Team recently exercised near Nopiming Provincial Park. The seven-day exercise evaluated the performance of the team and their equipment in cold weather operation.

Examples of some activities were, chain-saw and electrical-generator use and operation, helicopter pad construction, winter first aid, ice fishing and winter shelters (the constructors spent one -29°C night evaluating their effort). The exercise was a tremendous success, with all participants learning a great deal about outdoor life in a Manitoba winter. The exercise confirms that the team could effectively respond to an aircraft accident in rugged terrain in extreme weather conditions. The team hopes to exercise again in the Thompson area this spring.

* * * * * *

Some may have noted a few new additions to the Winnipeg flight line. Three CF 101 Voodoos have arrived at their permanent resting place, retired from their operational units. A team from CFB Chatham is currently on hand preparing the aircraft for their ultimate destiny. One is going to the Western Canada Aviation Museum in Winnipeg another for display at the new AIRCOM building and the third will be used for Aircraft Battle Damage repair training on the base.

* * * * * *

The first half of the Annual Winox (Winnipeg-Comox) Tourney was completed recently at the Base Curling Club. 442 Squadron, with some augmentee's from Comox BAMEO and AIRCOM, fought long and hard but narrowly missed upsetting the Winnipeg champs. A total of 64 curlers turned out for the event, including Uncle Vox, who pictured the day's first rock. Some say the Spiel was fixed, but I'm confident it was the natural curling ability of us Manitobans; besides we never lose, we keep score! Winnipeg will be off to Comox some time this spring to show them how the game of golf is played, and undoubtedly return triumphant.

* * * * * *

Stay tuned for the BAMEO Sports Day and Curling Bonspiel in the near future.

* * * * * *

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b. Logistics Officers who are or who have been employed in air movements units/sections, or Base Traffic Sections; and

c. Civilian personnel who are or who have been permanently employed in air movements units/sections, Base Traffic Section or Traffic Sections of Supply Depots.

d. annual membership dues for 1985 is $7.00.

For futher information contact MWO Al Cox, Winnipeg, Man., Home: (204) 888-5659 Work: 6300.

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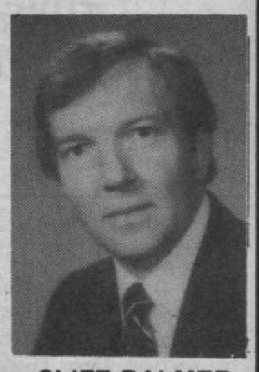

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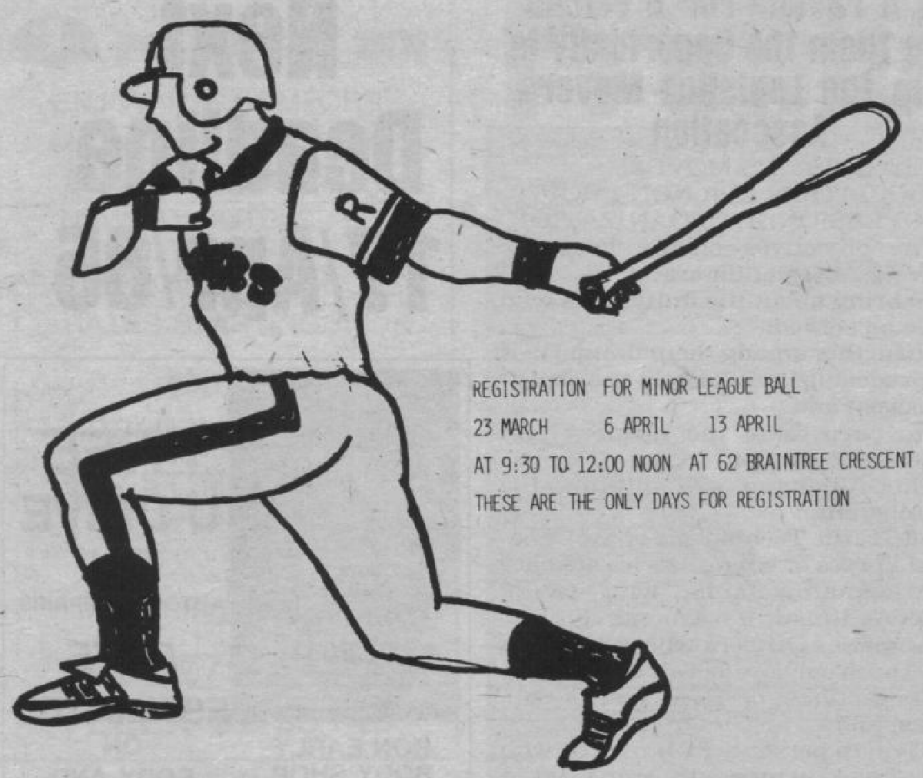


CFB Winnipeg Sweeps Prairie Badminton Championships

The CFB Winnipeg Badminton Team won a decisive victory at the Prairie Regional Badminton Championships, hosted by CFB Winnipeg 5-8 March, 1985. The team, coached by Sgt Ches Bennett, accumulated a total of 50 points.

CFB Calgary was the first runner-up with 26 points, and CFB Edmonton was the second runner-up with 24 points. CFB Portage La Prairie accumulated 22 points, CFB Moose Jaw, 20 points, and CFBs Cold Lake and "Small Bases" 14 points.

Congratulations to all participants for a good tournament and, in particular, to:

Pte Brian Tighe (Calgary) Open Singles Winner.

MCpl Bruce Lawry (Portage La Prairie) Open Singles Runner-Up.

Sgt Ches Bennett (Winnipeg) Senior Singles Winner.

Maj Don Brennan (Winnipeg) Senior Singles Runner-Up.

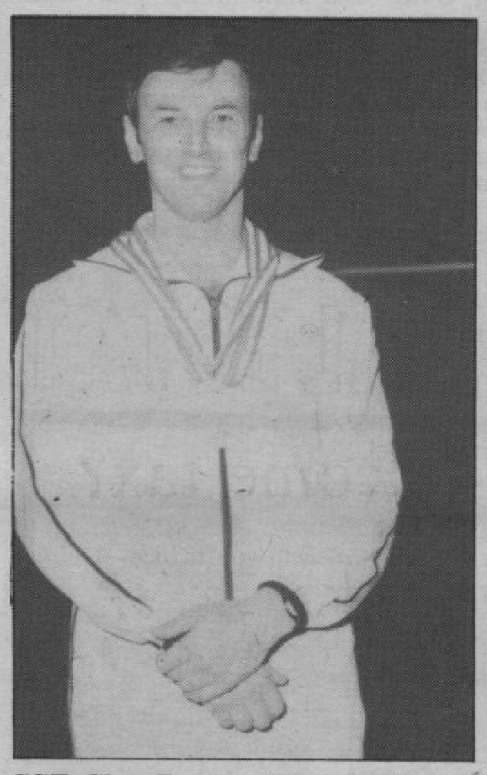
Pte Brian Tighe and Cpl Kris Malczynski (Calgary) Open Doubles Winners.

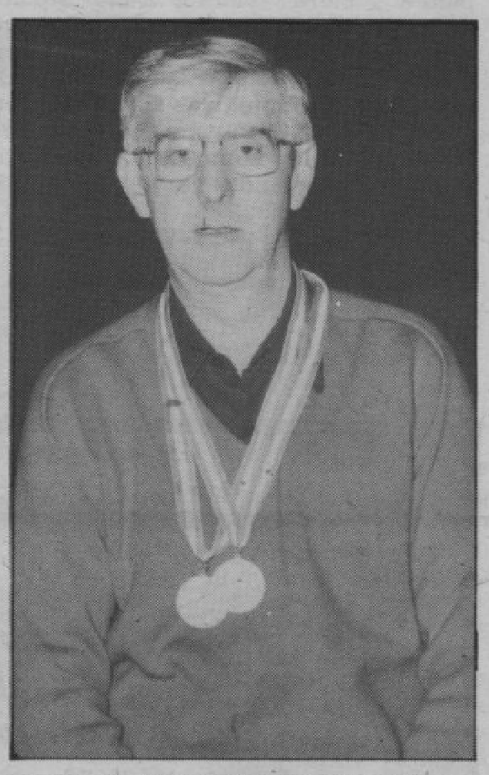
MCpl Bruce Lowry and 2 Lt. John Gillam (Portage La Prairie) Open Doubles Runners-Up.

Sgt Ches Bennett and Maj Karl Ross (Winnipeg) Senior Doubles Winners Sgt Ted Barton (Edmonton) and Maj Don Brennan (Winnipeg) Senior Doubles Runners-Up. Sgt Ches Bennett and Jaj Don Brennan and Carl Ross of CFB Winnipeg will be continuing on to the Nationals in Toronto.

Congratulations also to the Officials and Housing Committee for a job well done.

This event was a Base effort. Special thanks to the Base Foods, Accommodation, Transportation, Telecommunication, Canex and Photo organizations, whose support made the Prairie Regional Badminton Champinships possible.





SGT. Ches Bennett (L) and Maj. Carl Ross were the Senior Doubles Champions Sgt. Bennett also won the Senior Singles event.

Prairie Region Badminton Champs — Colonel S.E. McGowan, Base Commander, far left, presents the victorious CFB Winnipeg team with gold medals following their victory. Left to right are Sgt. Ches. Bennett; Maj. Don Brennan; Maj. Carl Ross; Capt. Clare Schofer; Capt. Bob Biggart; Cpl. Dan Cormier and O/CDT Pam Barrett.

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Westwin Community Council Upcoming Events

The Westwin Community Council invites all soccer players to attend a soccer clinic in bldg. 21. The clinic will be held on three Saturdays; 6, 13 and 20 Apr from 10:00 a.m. to 2:00 p.m. each Saturday. Instruction will be by Pedro Daya and will emphasize basic ball control skills and game situations. Boys and girls of all ages are invited to attend.

The registration fee is $8.50 per person and will icnlude certificates and trophies. Registration will take place on 30 Mar 85 at 62 Braintree Crescent between 9:30 and 12:00 noon and on 6 Apr 85 at Bldg. 21 between 9:00 and 12:00 noon.

Registration for the upcoming soccer season will take place on 30 Mar, 6 and 13 Apr between 9:30 and 12:00 noon at 62 Braintree Crescent.

For further information call Cpl Chase (work 5008, home 889-5338).

Fitness: The Facts

Fitness: Does it have to hurt?

It's the oldest fitness mythin the world that the tougher the activity the better it is for you. It's simply not true.

Of course, any activity must be fo a certain minimum intensity and duration before it can stimulate fitness growth. But the fact is that activity reaches the benefit threshold long before it reaches the pain threshold. Pushing until it hurts adds nothing to fitness benefits, and can lead to injury and discouragement. Pain or serious discomfort resulting from activity is a signal from your body that you're working too hard.

So learn to listen to your body. When you are active you can expect your heart and breathing rate to quicken as your cardio-vascular system works to deliver extra oxygen to your muscles. But you should never be working so hard that your pulse is galloping and your breathing becomes difficult. You will sweat as your body heats up from exertion. But you should not get so over-heated t hat you become dizzy or faint. When you first become active you might experience a little soreness or stiffness as your muscles and joints adjust. But continuing or severe pain means that you're pushing them too far.

If your body is giving you alarming signals, ease off and give ti a break. You should always be able to enjoy yor efforts, they should never become an uncomfortable chore. For activity to do you the most good you must 'train, not strain' for fitness.

Swim Lake Winnipeg

1. Registered	44 swimmers
2. Lengths completed	11,790
3. Miles completed	168.4

The leaders of 21 March 1985 (well done!)

Name	Lengths	Miles
1. Thornton	1248	17.8
2. Fisher	1084	15.4
3. Canty	990	14.1
4. Graham	936	13.3
5. Carnahan	708	10.1
6. Sanderson	584	8.3
7. Telik	534	7.6
8. Houdayer	524	7.4
9. Croteau	494	7.1
10. Henry	420	6.

For further information concerning the swim, contact MCpl. Woodward at Building 90, local 5511.

SOCCER TEAM

CFB Winnipeg is planning on entering a soccer team in the City league. Military personnel interested in playing on the Base team contact Sergeant Christensen at local 6184. Practices are held at Building 90, Monday, Thursday at 1630 hrs, commencing April 1, 1985.

CFB Winnipeg's Base Softball Team

Servicewomen interested in playing softball for a CFB Winnipeg Base team are to contact Cpl. Lumsden at local 5484, soonest. The first practice will be held at Building 21 at 1900 hrs, commencing April 8, 1985.

ANNOUNCEMENT

Mr. Jack MacIvor, President of Midway Chrysler is pleased to welcome Lyle McDougall to the Winning Team at Midway Chrysler where he will be "Selling Happiness" in both the New and Used car departments. Lyle comes to Midway Chrysler with many years experience in the automotive business with Chrysler products. He welcomes all inquiries from his friends and past customers. So feel free to call him at anytime at 774-4581.

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FRONT ROW, Left to Right: Captains Mike Deutsch, VP 407; J. P. Dionne, 414 EQ Squadron; Mike Fourcreault, CFOCS Chilliwack; and Mark Chapman, HS 443. BACK ROW, Left to Right: Captain Steve Wills, CFANS; Deb Turner, 436 Squadron; Grant MacDonald, 442 Squadron; Barton Dennis, HS 423; Dave Attwell VP 405; and Ted Bratton, HT 406.

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Making the presentation is Rita Hebert.

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The Employee Assistance Program

1. Because it is a joint Labour-Management program, the Employee Assistance Program (EAP) requires the informed and active support of LMRC's at the local level. this letter is intended to give LMRC's guidance with respect to their responsibility for supporting the impoementation of an effective EAP at the base/station/unit level.

2. This letter will touch on four main components of the EAP:
a. at the local EAP Committee;
b. the training of supervisors;
c. the appointment and training of referral agents (RA's); and
d. selection criteria for RA's.

3. The Local EAP Committee. Your local EAP committee is charged with implementing an effective program at your unit. Because the EAP is intended to be a neutral or non-partisan program which can benefit both labour and management, the local EAP needs the encouragement and support of your LMRC. To work effectively, the EAP Committee requires:
a. the use of a relatively private office and a private phone line;
b. a secure filing cabinet/drawer for each RA;
c. time off from regular duties to enable RA's to attend to their EAP responsibilities, which should normally involve a maximum of one half day per week (It is understood that individual RA's will endeavour, whenever possible, to cluster their weekly EAP activities on a specific half day, so as to minimize disruption to the performance of their primary duties.); and
d. small amounts of local funding for supplies.

4. It is also recommended that your LMRC provide some sort of formal recognition to RA's who have served in this important, voluntary role for more than one year.

5. Training of Supervisors. Supervisors of civilian personnel must be trained concerning the EAP and their role in it. It has been agreed that local Drug Education Coordinators will include an EAP module in the Drug and Alcohol Prevention courses which are offered periodically to supervisors, and that some local union executive members will be invited to take advantage of this training. RA's are trained to present this EAP training module, and have the materials required for this purpose. If regularly scheduled Drug and Alcohol Prevention Courses will not permit early exposure of supervisors and some union officials to the EAP training module, management should consider authorizing EAP Committees to set up special sessions for this purpose. A one-hour training session should suffice.

6. Appointment and Training of RA's. The appointment and training of RA's involes;
a. consultation at the local LMRC as to how many RA's are required;
b. nomination of proposed RA's, by either union or management;
c. screening of all nominees by the LMRC;
d. approval of each RA candidate by the Base/Station/Unit Commander; and
e. a three-day RA training course for selected RA's.

7.Training courses for RA's are given three times a year, in October, January and May, subject to there being sufficient demand. Names and mailing addresses of approved RA candidates should be forwarded to the Regional (DND) EAP Coordinator as early as possible to permit efficient course loading, and prior distribution of pre-reading material to candidates.

8. Selection Criteria for RA's. Due to the importance of the EAP and the sensitivity of the RA's role, it is essential that RA's be selected with care. All RA's require the confidence of both union and management in regards to their personal suitability and qualifications, as well as their ability to play a neutral role in a joint program. Consequently any nominee is subject to disqualification by union or management. LMRC's are requested to ensure that RA nominees are selected in accordance with the following criteria:
respected by peers;
able to keep confidences;
free from serious active personal problems;
maturity

In deciding how many RA's are required, a minimum of two should be appointed, since this will give troubled employees a measure of choice. Additional RA's may be appointed as the need becomes apparent.

9. It is advisable to have both sexes represented among each unit's nominees. It should also be remembered that military RA appointees may be at a disadvantage when meeting with employees, in that under QR&O's they have somewhat less personal discretion concerning the reporting of certain types of personal problems that civilian RA's. Consequently, some units may decide to limit the role of military RA's in the program to administration, promotion and training. They could function well as EAP chairpersons without being involved in meeting with troubled employees. Finally, steps must be taken to ensure that all RA's involved in assisting troubled employees are security cleared to the CONFIDENTIAL level.

WO Ilene Kasprow	-5595
Mr. Austin Cooper	-6224
Sgt Gord Sherritt	-5442
Ms Charlene Yorki	-6112
Ms Loretta Lemon	-5732
Ms Gloria Pearson	-5125
Ms Maureen Sheehan	-5941
Mr. Doug Johnston	-5225

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MISCELLANEOUS ARTICLES FOR SALE

Atari 2600 video game with joy stick and eight cartridges and case, three months old, $125; Lloyd component stereo and stand, $90; and large chest of drawers, $20. Call 837-4040.

Boy's bicycle, Venture Motorcross, 20 x 2.125 tires, coaster brake. Phone 489-2965.

Hi-Fi System, combination AM/FM stereo receiver, tape deck, record player, separate speakers. Excellent condition - $100. Call 832-5320 (home) or Local 5326.

Communion Dress, size 10, with matching veil and purse. Call 837-3855 after 6 p.m.

1 hide-a-bed (floral desing) 2 yrs old - $150.00. 2 chair and hassock (floral design) - $40.00. 1 queen size bed c/w box spring and frame - $150.00. 1 brown couch (needs minor repairs) - $50.00. 1 coffee table and 2 end tables - $25.00. 1 boys Bobcat bike with banana seat and handle bars (20 inch) - $50.00. 1 unisex bike c/w training wheels (16 inch) - $30.00. 1 mattress for single bed - $20.00. 1 double bed c/w box spring and frame - $75.00 (also includes head board) 1 baby crib c/w mattress - $30.00. 1 Sanyo GXT5200K all in one stereo c/w four speakers (requires phono needle) - $100.00. Approx. 100 sq. ft. cedar fencing boards (no poles) - $50.00. Contact Jerry Stewart Home: 489-9655; work: local 5085.

Transferred Selling items two years old. Eaton's Viking humidifier, extended warranty till Aug. New $150, asking $75; Man's downfilled parka, size 42, like new, original price $250., asking $75. Call 943-7745 (days), 477-4883 (evenings - WO Graydon).

Intellevision with 8 games cartridges, $150. or best offer. Call 895-8981.

1980 12-foot "Arctic Char" car-top boat with oars; 1980 7.5 Merc outboard motor. All like new, less than 20 hours. Were in long-term storage, 1980-83. Asking $1400. Call Capt. Jowett at 269-9526.

Transferred. Selling items two years old. Eaton's Viking humidifier, extended warrant till Aug., new $150, asking $75; Man's downfilled parka, size 42, like new, original price $250., asking $75. Call 942-7745 (days), 477-4883 (evenings - WO Graydon).

CCM exercise bike, like new; exercise slant board, in excellent condition. $100. for both. Call 489-8575.

One pair of X-country skiis, 160 cm, $35; two pair of X-country skii boots, sizes 3 and 5, $10. per pair; one pair of boy's Lange skates, size 6-1/2, $15. Call 895-8309.

Powerful electric lawnmower, excellent condition. Only $25.00 Call Steve at 895-5571.

Change table, baby swing-o-matic, jolly jumper and children's clothing, sizes 1-5. Call 489-5144.

One 4-piece maple bedroom suite; 1 captain's bed; 1 desk; 1 chair; 1 dresser. $600. or best offer. Call 888-4395.

MOVING

Moving to Ottawa? Contact me for the best information on real estate. Mike McDonald, Royal-LePage Real Estate: 523-5500; Residence: 523-5997.

MOVING TO TRENTON? A house for sale or rent in a country setting, with trees, eight miles from the base. Comprises 1700 square feet, has 3 Br, LR and DR leading to walk-out patio with built-in gas BBQ. Has att garage and 30 x 26' hobby shop, swimming pool (36' x 18'; built-in oven and stove; finished, walk-out basement. Contact Sgt Tilley (Winnipeg) at 895-0083 (home) or 895-6061 (work).

Moving to Ottawa? For rent: three bedroom house with double garage, family room with fireplace, available mid-August. Call LCol Hannah, CFB Portage, (GP) 257-8057, home: 428-3722.

WHEELS

Trailer, 19-foot Holiday, 1979, tandem axle, spare tire and cover, self-storing canopy, electric jack on tongue, electric heaterair conditioner, furnace, 4-burner gas stove c/w oven, exhaust hood, hot and cold water demand system, 110V-12V converter, shower, toilet, three-way fridge (propane, 110V AC, 12V DC) and other extras. Asking $8,700. Contact Maj K Gibson, local 5416 or call 888-3562.

1978 Nova, 2-door, 6-cylinder, 91,000 km. Complete with 6 tires and rims, FM-Cassette & 4 speakers, new muffler (2 Mar 85). Asking $1750. Posted to U.S., can take only one car. Contact Capt. Muzzera; at 895-5807 (office), 885-6881.

1977 Dodge Royal Super-sport window van; air conditioning, trailer hitch, 2 captain's chairs, 2X3 passenger bench seats, factory-finished interior, 400 cc engine, 4 good tires, plus 2 snow tires on rims, all windows tinted. Call (1) 322-5435 after 6 p.m., or anytime on weekends.

82 Kowasaki LTD-1000 motorcycle, new oil cooler and rear tire, lots of chrome on engine, low mileage. Asking $2500. or best offer. Weekends only: 224-2004.

1974, 14-ft. Jayco travel trailer. Has linen closet, sleeps six, stove with over, three-way fridge, water tank with pump, double gas tanks, lots of cupboard space. Price: $3,000. or best offer. Call 888-0246.

WANTED

Members to form a modern rock band. Call Steve at 895-5571.

Thorough, reliable person for housekeeping 1-2 days a week. River Hts. area. References required. Call 489-7813 after 5 p.m.

FOR RENT

One BR apartment (Apt. 2, 132 Kay Cres., $460. per month. Call 895-5391 (days), or 837-9162 (evenings).

One BR apt., available 1 June. Rent, $397. per month. Includes parking, cablevision, dishwasher, garburator, air conditioner, balcony, wall-to-wall carpeting. You pay hydro and phone. Call Joanne at 895-5751 (8-4:30). After 5, 889-5489.

Available 1 April, luxurious 1 BR apartment at 19-35 Lakecrest Road (corner of Waverley). Private entrance, air conditioning, fireplace, in-suite washer and dryer, fridge and stove, garburator, dishwasher, storage area, w-w carpeting, drapes, parking stall and swimming pool. $382. a month. Call Bob Nadeay (days) 284-8080, ext. 311, (nights and weekends) 269-6909.

Condominium, bright, spacious, two BR, patio, appliances included. Available 1 May. References required. Call 837-8760 after 6 p.m., or MCpl. R. Thomson at 428-3851, Portage la Prairie.

HOUSING

Three bedroom, four-level split, four years old; oversize detached garage, gazebo, sun deck, OFP, plus other features. Listed with Royal-LePage (Grant Clements). Call Capt. Jowett for more information at 269-9526 (home).

BABYSITTERS

Reliable, mature woman required to live in from 4 p.m. ti 8:30 a.m. each day from May 12-25 iunclusive, to preapre dinner for and supervise activities of three teenagers. Contact Joan at 889-2385 evenings or Sundays.

Reliable babysitter, age 13, has babysitting course. Call Sherry at 889-5338.

Mature babysitter required to look after children aged 3 1/2 and 1-1/2 own home, North Site, starting May 1. Call 889-6834.

Will look after children in our own home in St. James. Call 832-6482.

Babysitter required Mon-Fri, starting 1 Apr. Call 489-7626.

INCOME TAX

Will prepare personal income tax forms. Call 895-5826 (work) or 832-5109 after 5 p.m. Ask for M/Cpl. de Coste.

Adults: $2.50; Youths; $2.00; Children under 12: $1.00. Matinee every second SAturday at 2 p.m.

FLEA MARKET

Norberry Community Centre, 26 Molgat Ave., off St. Mary's, in St. Vital, 31 Mar., 10-5. Table space. Call 489-8761.

RCAF ASSOCIATION CALENDAR OF EVENTS

April 10 — General Meeting, 7:30 p.m., Reserve Officers' Mess
Attendance at general meetings has been disappointing. Now that the nice weather is here, let's have your cooperation and input at these important meetings.

April 13 — Anniversary Ball
St. James Legion, 1775 Portage Ave. Bar: 7 p.m., dinner: 7:30 p.m., dancing: 9 p.m.
Tickets: $15.00 per person, limit 150. Guests welcome
Remember — tickets are limited, reserve yours now by calling George Carlyle at 837-4483

May 9 — Important date to remember. General meeting at Reserve Officers' Mess, 7:30 p.m. Election for new executive positions.

FLY TO BRITAIN FOR HERITAGE '85

Join Syd. Chapman for three weeks or more in the United Kingdom this year.

Depature 11th August 1985 and return at your preference after 21 days. Save $90.00 per person by taking advantage of this Group Travel Plan.

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Sturgeon Creek Regional Secondary School
(The Student Services Office — 888-0684) Call now to reserve your spot.

NOTE: Prices in effect March 1, 1985
Adults - $2.50; Youths - $2.00; Children - $1.00 (12 and under).
Also, Saturday matinees will be shown every second Saturday at 2 p.m.,

APR. Program
Eves.: Mon. thru Sat. 20:00 Hrs.
Sat. Matinee 14:00 Hrs.
Sun. Evening 20:00 Hrs.

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CANADIAN FORCES BASE
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WINNIPEG

SUN	MON	TUE	WED	THU	FRI	SAT(mat)	SAT(eve)
– NOTICE – NO PASSES REQUIRED FOR ADMISSION TO THEATRE.	Apr. Mon. 1	Tue. 2	Wed. 3	Thu. 4	Fri. 5	Sat. 6	Sat. 6
	Mischief		NO SHOW	Vision Quest		Walt Disney's Pinocchio	The River
Sun. 7	Mon. 8	Tue. 9	Wed. 10	Thu. 11	Fri. 12	Sat. 13	Sat. 13
The River MEL GIBSON SISSY SPACEK	CHUCK NORRIS MISSING IN ACTION		NO SHOW			NO SHOW	2010
Sun. 14	Mon. 15	Tue. 16	Wed. 17	Thu. 18	Fri. 19	Sat. 20	Sat. 20
2010	A Soldier's Story		NO SHOW	PROTOCOL		Dragons were real. DRAGONSLAYER	Micki & Maude
Sun. 21	Mon. 22	Tue. 23	Wed. 24	Thu. 25	Fri. 26	Sat. 27	Sat. 27
Micki & Maude		AVENGING ANGEL	NO SHOW	BEVERLY HILLS Cop		NO SHOW	BEVERLY HILLS Cop
Sun. 28	Mon. 29	Tue. 30	COMING ATTRACTIONS				
He's been chased, thrown through a window, and arrested. Eddie Murphy is a Detroit cop on vacation in Beverly Hills.	BEVERLY HILLS Cop		Harrison Ford is John Book. WITNESS	GIOTTO'S	THEY ONLY MET ONCE, BUT IT CHANGED THEIR LIVES FOREVER. THE BREAKFAST CLUB	THE KILLING FIELDS	Take her out to the MOVIES!

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JAMESWOOD PARENT COUNCIL

Special Speaker
Mrs. Dorothy Brummitt
Department of Education
Subject: "Partners in Reading"
Sponsored by Jameswood Council
Monday, April 15, 7:30 p.m.
EVERYONE WELCOME

R. C. Chapels

	NORTH	SOUTH
PHONE NO.:	895-5076	895-6181
SERVICES:	Sat: 1800 hrs Sun: 1115 hrs	Sun: 1000 hrs

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.

NORTH:	Chaplain R. Gagnon	- 895-5275	SOME CONTACT NUMBERS
	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	

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Skirts	2.96	2.00
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Blouses — Plain	2.40	2.00
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Wool Sport Shirt	2.25	1.65
Plaid Lumber Jackets	3.50	2.90
Two Piece Suit	5.79	3.80
Three Piece Suit	6.49	4.30
Dresses — Plain	5.29	3.80
Dresses with Short Jacket or Bolero	5.79	4.30
Gowns	7.00 &+	5.75
Sport or Suit Jacket	3.29	2.25
Suit Vest	1.40	1.05
Wool Vest	1.60	1.30
Ties	1.25	.70
Spring Coats	6.30	4.35
Weather Proofed	8.30	6.00
Winter Coats	7.50	5.65
Down Coats	12.00	8.25
Down Coats — Fur Trim	13.00	9.00
Down Coats — To the Waist	9.00	6.60
Down Parkas — 3/4 Length	11.00	7.85
Ski Jackets — To the Waist	5.50	4.10
Ski Jackets — Pile Lined Extra	2.00	1.65
Jackets — Golf	4.50	2.70
Nylon Parkas — Quilted	7.50	6.20