

Some Yesterdays

Forty-two years and five days ago (June 20, 1944), the RCAF's Pilot Officer Andrew C. Mynarski, of Winnipeg, salutes trapped Lancaster tail gunner, Flying Officer Brophy, and parachutes in flame to his death. Mynarski was awarded, posthumously, the RCAF's 6 Bomber Group's only Victoria Cross. Brophy survived the crash.



Horair

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"FOLLOWING THE CANADIAN FORCES"

25 June 1986



Next Deadline

1 Jul 86
for
9 Jul 86
Edition



"For Best Performance in Reduction of Accidents" the BML Section was the winner of the Base Commander's General Safety Award for the fourth quarter and for the entire FY 85/86. At a recent BML Section parade, the Section Head, Maj P.J. Holt, receives the Base General Safety Award from the BCOMD, Col S.E. McGowan.

Largest move of Canadian troops to Europe since WWII

OTTAWA — The largest move of Canadian troops to Europe since the Second World War will take place this September when Canadian armed forces participate in a large-scale exercise with Norwegian armed forces in Northern Norway. More than 5,500 soldiers and 15,000 tonnes of equipment and supplies will be air and sea-lifted to Norway for "Exercise Brave Lion."

Consisting of brigade-level and division-level exercises, Brave Lion is designed to test plans for the deployment, reception and employment of the Canadian Air Sea Transportable (CAST) Brigade Group and a Rapid Reinforcement Squadron.

The CAST Brigade Group mission, which provides for the rapid reinforcement of NATO's Northern Flank (Norway) in time of crisis, was accepted by Canada in 1967. Five years later two air squadrons were committed. Although some units of the brigade group have gained experience in Norway during exercises with the Allied Command Europe Mobile Force (Land) and each of the two air squadrons has exercised in Norway on alternate years, this will be the first time that the entire force has deployed overseas.

The goals of Exercise Brave Lion are: to demonstrate NATO solidarity; to test plans for deployment, reception

and employment of the force; and, to test Canadian and Norwegian plans for supporting the force while in Norway.

The nucleus for the CAST Brigade Group is 5^e Groupe Brigade du Canada with headquarters at Valcartier, Que. It will be augmented by a Canadian support group, a medical group and a communications squadron. The Rapid Reinforcement Squadron will be comprised of CF-5 aircraft from 434 Tactical Fighter Sqn, Chatham, N.B.

OTTAWA — Le plus grand mouvement de troupes canadiennes vers l'Europe depuis la Seconde Guerre mondiale aura lieu en septembre prochain, alors que les Forces armées canadiennes participeront à de grandes manœuvres dans le nord de la Norvège. Plus de 5 500 militaires et 15 000 tonnes d'équipement et de fournitures seront transportés par avion ou par bateau pour supporter ces manœuvres, connues sous le nom de **Brave Lion**.

Ces manœuvres tenues aux niveaux de brigade et de division sont conçues pour mettre à l'essai des plans pour le déploiement, l'accueil et l'utilisation du Groupe-brigade canadien transportable par air et par mer (CAST) et d'un escadron d'intervention rapide.

La mission du Groupe-brigade

CAST qui est de fournir un renforcement rapide sur le flanc nord de l'OTAN (Norvège) en temps de crise a été acceptée par le Canada en 1967. Cinq ans plus tard, le Canada s'engageait à y fournir deux escadrons aériens. Certaines unités du groupe-brigade ont acquis de l'expérience en Norvège au cours d'exercices avec la Force mobile (Terre) du Commandement allié en Europe, et les deux escadrons aériens ont pu s'entraîner en Norvège tous les deux ans, en alternant à chaque année. Cependant, ce sera la première fois que la force entière sera déployée outre-mer.

Les objectifs de l'exercice **Brave Lion** sont les suivants: montrer la solidarité des pays de l'OTAN; mettre à l'essai des plans pour le déploiement, l'accueil et l'utilisation de la force; enfin, mettre à l'essai les plans canadiens et norvégiens pour le soutien de la force pendant son séjour en Norvège.

L'élément dominant du Groupe-brigade CAST est le 5^e Groupe-brigade du Canada, dont le quartier général est à Valcartier, Qué. Aux fins de l'exercice il sera augmenté d'un groupe canadien de soutien, d'un groupe médical et d'un escadron des communications. L'escadron d'intervention rapide composé de chasseurs CF-5 sera le 434^e Escadron d'appui tactique de Chatham (N.-B.).

Smoke Detectors: Does yours work?

It has been proven that smoke detectors save thousands of lives from being lost by fire each year. Regrettably many more are still being lost because the smoke detector failed to operate.

Smoke detectors will not operate if; the power to the detector has been shut off; batteries removed or allowed to go dead; or if covered with plastic, tape or dust.

MQ occupants are reminded that it is your responsibility to ensure the smoke detector in your home is maintained in good working order. This can be accomplished by cleaning and testing the device at monthly intervals.

To clean the detector simply vacuum the air inlets and to test, direct smoke into the detector chamber.

Any detector found to be unserviceable for reasons other than dead battery are to be reported to CE Work Control at 895-5207.

BLHU occupants are to replace dead batteries immediately. Replacement batteries can be obtained from the CE Tool Crib in Building 100.

The Base Fire Chief requests that you give a few minutes of your time today and at least once a month to ensure your smoke detector is working properly. It just may save you and your family.

CF-18's to Arctic for NORAD exercise

CFB NORTH BAY, ONT. — The first operational deployment of Canada's CF-18 fighter to the Canadian Arctic will take place on June 10, 1986. Four CF-18's, and pilots, along with approximately 50 maintenance and support personnel from 425 Sqn and CFB Bagotville, Que. will deploy to Frobisher Bay, N.W.T.

This deployment will be used to develop procedures for operating front-line fighter aircraft from Arctic bases in support of Canada's NORAD role. The pilots and aircraft will participate in a NORAD exercise during their stay in Frobisher Bay.

As an indicator of the Canadian Forces' one-force concept, one Dakota and crew from 402 (AR) Sqn Winnipeg will provide logistics support flights between Frobisher Bay and CFB Bagotville, in support of the CF-18 operations.

Search and Rescue support will be provided by 103 Rescue Unit based at CFB Gander, Nfld.

Some personnel will be pre-positioned in Frobisher Bay prior to the arrival of the CF-18's. They will be there to set up maintenance facilities and to install Mobile Arrestor Gear (MAG) on the runways. This gear will enable the fighters to use their tail hooks for stopping in emergency situations.

While in Frobisher Bay 425 Sqn will conduct local flying training, practice arctic navigation techniques and conduct air-to-air refuelling with a Boeing 707 tanker from 437 Sqn, CFB Trenton, Ont.

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Voxair gets new blood; editor makes switch to new interests

A new editor takes over at the helm of Voxair after this June 25 edition. She is MCpl Linda J. Martin of the Base Transport staff.

She's been with Voxair since early May and has just completed a two-week concentrated editors course at Grand McEwan Community College in Edmonton.

She's been a "service brat" since birth, and has lived on military bases with her folks from one end of the country to the other. Eventually, she made the decision to become a bona fide part of the organization and put on the green suit.

The current editor is bowing out of the picture because the chores have dominated too much of my semi-retired life for almost two years, first as business manager, after which the editorship was added.

Also joining the Voxair staff are five new faces, leaving the current advertising manager, Wilf Brown, as the only old hand left.

The new staffers are listed in the masthead at the bottom of page two.

Like the guy who watched his mother-in-law drive over a cliff in his new Cadillac, the current editor leaves with mixed emotions.

It's not easy bailing out of a field — print or electronic journalism — in which I have been involved almost continuously, in one form or another, since 1946.

Since graduating to the grey-whisker league, I've decided that it's time I made the leap to other interests. But, first of all, I'm taking the summer off. Not only do I have a two-year backlog of personal chores, but I want to re-charge my mental and physical batteries in the process.

I'll be following the fortunes of Voxair in my new life and, if this new team screws up, I'll come charging through the gate with blood in my eyes.

That probably won't happen, because the new team looks like a winning one. Adios. It's been interesting.



Brigadier-General Leslie C. Price, CD, of New Westminster, British Columbia is invested in the Order of Military Merit in the grade of Commander by the Governor General, Her Excellency The Right Honourable Jeanne Sauv . Brig Gen Price was among 57 members of the Canadian regular and reserve forces who were

presented with the insignia of membership in the Order at an investiture ceremony at Government house on May 14, 1986.

The Governor General is Chancellor of the Order which was created July 1, 1972 to recognize meritorious service and devotion to duty by members of the Canadian Forces.



The Bull Pen Military Writing

At one time or another most service members are exposed to lectures on military writing. The student quickly learns that the object of military writing is to relate the message as completely as possible in as few words as possible. Military writers have gone to extravagant means to meet these requirements.

The usage of acronyms and abbreviations has run rampant throughout the system. Accordingly, the uninitiated are convinced that the military has an official language of its own. Such an assumption is somewhat justified, after all, where else but in the military would one find choice prose such as: "with regard to Ref A, Ref C is clear in this matter and should be read in conjunction with Ref D, however Ref B prevails."? The recipient of this message must now locate refs A, B, C and D. It would not be unusual for the reader to discover that the term NOTAL has been included in one of the references. In layman's language NOTAL means that not everyone on the mailing list of the correspondence in question was on the mailing list of the cited reference. CONFUSED? That's nothing! The persistent reader will eventually track down the pertinent references and make some sense out of the text.

The true artiste in the world of military writing can relate a message completely and concisely and in such a manner that the contents are totally obscure. One recent example of this artform follows: "Amend Ref A as follows: After quote shall communicate with unquote delete the next unquote, insert quote all unquote. Formal amendment to follow."

Believe it or not after several hours this cypher was solved and actioned. Of course such missives inspire thoughts of revenge. The reader can respond and justice will be done. Before long the battle lines are drawn and the war begins. The weapons are paper and pen and the strategy is to create work and frustration for the addressee. The winner produces the shortest and most obscure text usually accompanied by the longest list of references. Finally, when both sides are hopelessly confused, the negotiations begin. Somebody decides to make a phone call and usually the conversation terminates with "Oh! Well if that's what you meant that's no problem!"

Considering the difficulties encountered by most military members when faced with the maze of acronyms assigned to the myriad of departments in NDHQ it's a wonder any infiltrator could ever find the right office, never mind the right classified information.

FIRE PREVENTION NEWS

Camping

Some hints that save lives

When camping out, special care with flammable liquids and open flames should be exercised at all times. Your Fire Chief recommends that:

- your tent should be of a flame-retardant fabric; a paraffin-coated cotton tent can burn up in a few minutes with someone trapped inside;
- your tent should have two exits, or a window sufficiently large to serve as a second exit. Also keep a sharp cutting tool in the tent to cut out an

exit in the walls in case fire obstructs the only exit;

- never use candles or matches in or near your tent; use flashlights only;
- when using electric heaters in your tent, keep them away from walls, pillows and camping chairs;
- a fire extinguisher and a portable smoke alarm detector should be a must in every camper's equipment; they could prove to be lifesavers by providing you those precious extra moments that allow an escape and survival.



Following the Canadian Forces

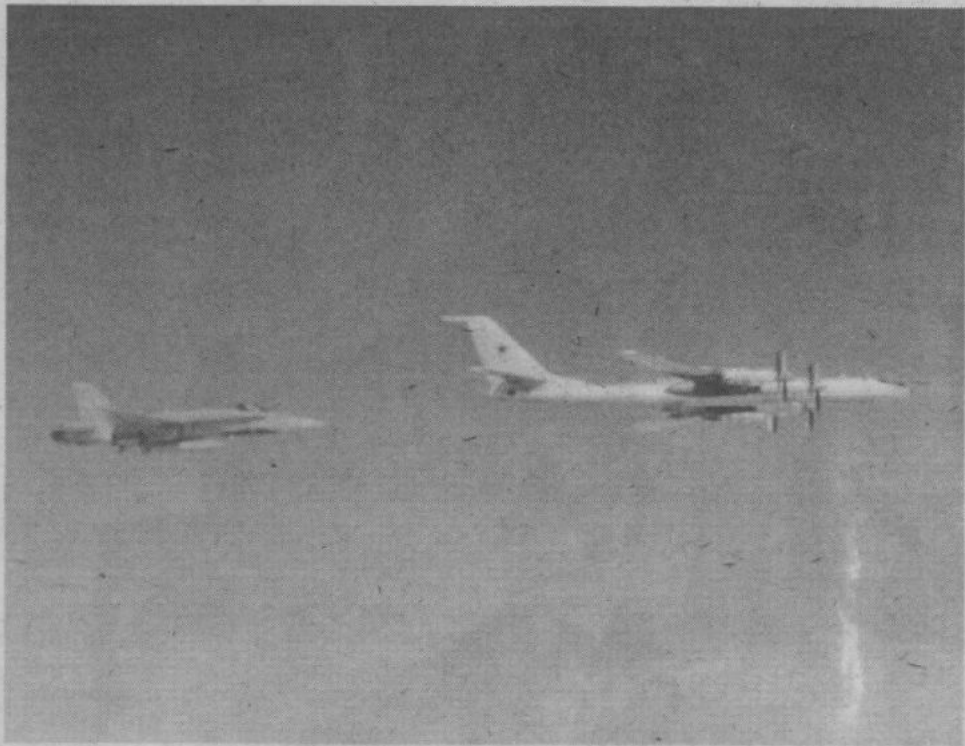
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TELEPHONE 889-3963

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Canadian CF-18's out hunting for "Bear" again

CFB NORTH BAY, Ont. — Canadian Forces jet fighters intercepted two Soviet military aircraft off the east coast of Newfoundland on June 10.

According to the North American Aerospace Defence Command, the aircraft were detected when they entered the Canadian Air Defence Identification Zone without notification.

The intercept was carried out by two CF-18 fighter interceptors of the 425 Squadron, CFB Bagotville, Que.

The pilots of the interceptors identified the Soviet planes as TU-95 Bear "F". The Bear "F" is a long range anti-submarine aircraft.

The Soviet aircraft remained over international waters and at no time did they penetrate Canadian airspace, according to NORAD.

Soviet military aircraft periodically penetrate the Canada Air Defence Identification Zone on missions to and from Cuba. When this occurs they are detected, and intercepted by fighter aircraft under operational control of Canadian NORAD Region at North Bay.

Air defence fighter interceptor aircraft, which stand on 24-hour alert, are ready to be scrambled on short notice if an incoming aircraft is detected and cannot be correlated with a flight plan.

The fighter interceptor force carries out the NORAD task of controlling access to sovereign airspace of Canada and the United States in peacetime and would provide defence against an attack from bombers and cruise missiles in the event of hostilities.



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makes it worthwhile to review your Will. When you do, think of us. A simple sentence, "I give to the Canadian Cancer Society the sum of

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The fight against cancer will take years of determined effort. Your caring could make the difference between fighting and winning.



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Hazardous waffle grill recalled immediately

Toronto, Ontario, June, 1986: Owners of Toastess Waffle/Grill/Sandwich Maker, Model 575 should stop using them immediately because of a potential shock hazard. The units concerned are stamped on the underside — Model 575, 120V, 1000W, Toastess Inc. No other models are affected.

Investigation has revealed that some units have an internal wire that may contact the heating surface, resulting in melting of the wire insulation and energizing the enclosure with 120 volts. In consultation with CSA, Toastess Inc. is implementing a voluntary recall of all 24,100 units produced since July, 1985. They will inspect the units in question and modify or replace, as may be required. Units should be carefully packaged and returned by PARCEL POST to:

Toastess Inc.
815 Tecumseh
Point Claire, Quebec
H9R 4B1

Please return the appliance with one set of grill plates installed; keep the cord and the other set of grill plates. Parcel post costs will be refunded by the manufacturer.

Modified and new units will be identified with the letter "A" printed after the model number on the carton, and on the underside of the product. (575A)

For further information, contact:
Allan F. Bailey
Manager,
Public Relations
Canadian Standards Association
(416) 747-4395



Airmen turn navy? Air/land lubbers from BAMEO were invited by Capt Willy Plinkett to test their sea legs on the evening of 5 Jun. The "treacherous" Red River cruise was lively and romantic, and was enjoyed by all. BAMEO personnel pass on many thanks to the Lord Selkirk crew for their hospitality, and look forward to future cruises.



Association wants 300 Big Brothers

Currently, the Big Brothers Association of Winnipeg, Inc. has 428 Little Brothers matched to their own Big Brother. There are still about 300 boys throughout the city waiting for a Big Brother. Many of these boys have been waiting for two years.

Big Brothers needs adult men to volunteer to spend three to five hours a week with a boy from a father-absent home. We ask for a two year commitment from our Big Brother, but this can be changed, depending on individual circumstances.

The Association also requires female and male volunteers to serve as casework aides, and to assist in our various fund raising and social events, such as "Bowl for a Kids' Sake" and annual picnic, that takes place throughout the year.

Please call: 786-1461, Monday to Friday, 8:30 a.m. to 5:30 p.m.

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CFS Alsask Reunion

A station reunion for past and present members will take place August 1-3, 1986, to mark the station's closure in 1987.

Some of the activities planned include mess events, a street dance and pancake breakfast.

Limited accommodation is available on station, and parking space is available for trailers.

All past members of CFS Alsask interested in joining us for these activities are asked to contact the SWO at GP 826-2221 or SCOMPT at GP 826-2218. Responses should be received before June 1, 1986.



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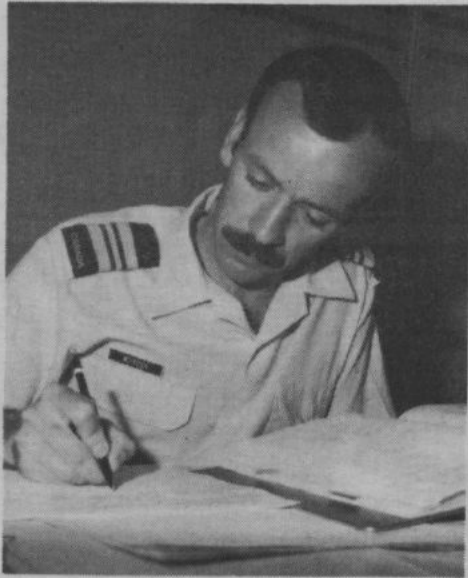
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Currently stationed at CFB Winnipeg as SSO Engineering, S.B. (Buzz) McFadden) was recently promoted to the rank of Major. Buzz, a native of Moose Jaw, graduated from Central Collegiate Institute in 1971 and proceeded to the Royal Military College of Canada in Kingston, Ont., where he graduated with a Bachelor of Science degree in 1975. He is the son of Frank and Dorothy McFadden, residents of Moose Jaw. Major McFadden will soon assume duties as the BCEO in CFB Chatham.



BAMEO organization congratulates Cpl Steve Reynolds on his accelerated promotion to Corporal. Cpl Reynolds is a Comm/Radar Sytems technician employed in Labs, 16 Hanger.



MCpl JPR St Laurent, hard (?) at work after his appointment to that rank effective 1 June 1986.

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Canadian Forces Postal Service celebrates 75th Anniversary with new stamp commemoration

OTTAWA — A 34-cent stamp has been issued by Canada Post to commemorate the 75th anniversary of the Canadian Forces Postal Service.

The stamp design, by Montreal graphic artist Jacques DesRosiers, features an authentic Second World War Field Post Office cancellation. It is superimposed on a photograph of that period showing military personnel receiving mail. The top portion of the stamp shows Canadian infantrymen in Cambrai, France, during the First World War.

The Canadian Postal Corps was approved as a unit within the militia on May 3, 1911. In 1961, Queen Elizabeth bestowed the title "Royal" on the Canadian Postal Corps. With the unification of Canada's military forces in 1968, the CRPC became the Canadian Forces Postal Service.

The Canadian Postal Corps maintained a vital link between armed forces personnel and their loved ones at home during both World Wars and the Korean War. Today, the same service is provided to those stationed in restricted military zones in Canada, Europe and wherever Canadians serve in United Nations peacekeeping operations.

75^e Anniversaire
th Anniversary



A 34-cent stamp marking the 75th anniversary of the Canadian Forces Postal Service was unveiled on May 9, 1986, at National Defence Headquarters, Ottawa, by Col Isidore Popowych, Director General Transport and Mr. Andre Villeneuve, Vice-president of the Corporate Communications Department for Canada Post Corporation.

Un timbre de 34 cents commémorant le 75^e Anniversaire du Service postal des Forces canadiennes a été lancé au cours d'une brève cérémonie tenue au Quartier général de la Défense nationale à Ottawa le 9 mai dernier. Le timbre commémoratif a été dévoilé par le colonel Isidore Popowych de la direction générale des transports du QGDN et M. Andre Villeneuve, vice-président du département des communications à la Société canadienne des postes.



Base Photo's newly promoted Corporal Nichols is busy working on a UCR in the studio. Cpl Diane Nichols came to CFB Winnipeg in July 84. From all of the staff in BAMEO, congratulations, Diane.

OTTAWA — Un timbre de 34 cents commémorant le 75^e anniversaire du Service postal des Forces canadiennes a récemment été émis par la Société canadienne des postes.

Conçu par le graphiste montréalais Jacques DesRosiers, le timbre montre une oblitération postale d'un bureau de poste de campagne au cours de la Deuxième Guerre mondiale. Elle est surimposée sur une photo montrant des militaires recevant leur courrier. Dans la partie supérieure du timbre-poste, on voit des fantassins canadiens à Cambrai, en France, au cours de la Première Guerre mondiale.

Le Corps Postal canadien a été formé au sein de la milice le 3 mai 1911. En 1961, la Reine Elizabeth a accordé le préfixe Royal au Corps Postal canadien. A l'unification des Forces armées canadiennes en 1968, le CRPC devient le Service postal des Forces canadiennes.

Le Corps Postal canadien a maintenu un important lien entre les militaires et leurs êtres chers durant les deux grandes guerres et la guerre de Corée. Le même genre de service est offert aujourd'hui aux militaires basés dans les zones militaires d'accès restreint tant au Canada qu'en Europe ou à tout autre endroit où des Canadiens se trouvent présentement dans le cadre d'opérations du maintien de la paix des Nations-Unies.



Sgt Wayne Biehler receives a clasp for this CD for 22 years (undetected crime) dedicated service. Presentation by LCol Ian Ross, BTSO, under the watchful eye of (almost) the entire BTNO Section at 0645 hrs, 27 May 86. (That's the only time you can get those "Traffic" and "Driving" types to stand still long enough to get their picture taken — together!)

It's not too late to be counted

June 3
census day

WINNIPEG — G. Jerry Page, Regional Director of Statistics Canada for Manitoba, Southern Saskatchewan and Northwestern Ontario wants to assure Canadians that it's not too late to be counted in the 1986 census. "The census count is still in progress and householders and farm operators who have not yet completed their questionnaires are encouraged to do so," said Mr. Page.

In major urban centres with a population in excess of 10,000, completed questionnaires should be mailed back in the postage-paid envelope provided. It's essential that Canadians are aware that even though the June 3 reference date has passed, it's not too late to mail back their questionnaires," said Mr. Page.

"In smaller urban centres and rural communities, completed questionnaires should be held for the census

representative to pick up." Mr. Page explained that some representatives have large areas to cover, but that they are in the field now and will be in each neighbourhood to pick up completed forms.

In some remote areas, Canadians may be concerned that their forms haven't yet been delivered. In these areas canvassers will conduct personal interviews with householders. "Canvassing began on June 3 and continues for 2-3 weeks", stated Mr. Page.

Mr. Page stressed that all Canadians will definitely be counted. "We're very pleased with the initial response. At this stage it appears that the 1986 census will be a resounding success. The thanks must go to Canadians who cooperated and cared enough to count themselves in," Mr. Page concluded.

Waincon over for another year — Nato forces going home

CAMP WAINWRIGHT, ALTA — It's all over. Waincon 86, 1 CBG's annual concentration, is now history and the more than 5,500 participants have begun other tasks. Most Canadian troops have returned to their home stations across the western provinces and are preparing for summer leave for summer taskings. The American armoured troopers from Fort Benning Georgia, staying at Wainwright till mid-June, are perfecting the tech-

niques needed to operate on the Canadian prairies. Their infantry comrades from the Alaskan National Guard have redeployed home. The fusiliers of Britain's 3rd Battalion, Royal Regiment of Fusiliers, are continuing their month-long deployment as part of Pond Jump 86. As the ceasefire sounded to end Exercise Iron Thrust, Waincom 86's final exercise, some of the allies from the three NATO participants marked the occasion with a well earned rest.

CFS Alask closure reunion

Plans have been finalized for CFS Alask station closure reunion and response has been excellent. Events scheduled are:

Friday 01 Aug 86: Meet and Greet/Dance

Saturday 02 Aug 86: Station tours, kids sports days, BBQ/Dance at the town arena; and

Sunday 03 Aug 86: Pancake breakfast, closing ceremonies, WSM mixed games day (past and present mess members only) and Officers Mess

mixed Dining-In (past and present officers only).

Cost for the reunion (payable in advance to station fund) is \$15.00 per person (age 18 and under \$7.50 per person). This does not include the WSM games day or Officers Mess Dinner.

Babysitting services and limited trailer services are available. If you are intending on participating in the reunion and have not yet registered you should contact the CPO at 968-2401 extension 214 as soon as possible. See you in August.



LCol TG Senft, CD bids farewell to 73 Communication Group.



Her Honour Pearl McGonigal prepares to receive the Vice Regal Salute.

73 Communications Group Change of Command Parade

Monday 9 June 1986 was the occasion of the Change of Command Parade for 73 Communication Group. Lieutenant Colonel E.J. Sim CD assumed command from Lieutenant T.G. Senft CD. Brigadier General J.G. Leech CD, Commander of Communication Command, presided over the event which was also attended by Her Honour Pearl McGonigal the Lieutenant Governor of the Province of Manitoba. Her Honour Mrs. McGonigal is the Honorary Colonel of 735

(Winnipeg) Communication Regiment, one of the Communication Reserve units in 73 Communication Group.

The 100 man parade included members from all units, both Regular Force and Communication Reserve, of 73 Communication Group: 731 Communication Squadron Shilo; 733 Communication Squadron Winnipeg; 734 (Regina) Communication Squadron; 735 (Winnipeg) Communication Regiment; 736 (Thunder Bay) Communica-

tion Squadron; 737 (Saskatoon) Communication Troop and 73 Communication Group Headquarters Winnipeg. The Pipes and Drums of the 3rd Battalion, Royal Canadian Regiment provided excellent accompaniment to the parade.

With an overall strength of approximately 500 personnel, 73 Communication Group has the overall responsibility for the provision of strategic and infrastructure communications services to Department of National Defence installations in Northwest Ontario, Manitoba, Saskatchewan and those parts of the Northwest Territories due north of those areas. The services provided include such communication systems as telephone, static radio, mobile radio, narrative message, facsimile and data. The personnel and equipment resources of 73 Communication Group units are capable of providing services in both the tactical (field) and the non-tactical (strategic) role. They can also be tasked to provide emergency communications services to the Regional Commander (Commander, Air Command) and to provide communications training and services to the Commander of Militia Area Prairie.

Lieutenant Colonel Sim arrives from Canadian Forces Communication Command Headquarters in Ottawa and Lieutenant Colonel Senft leaves the Canadian Forces after 24 years of service with the Royal Canadian Air Force and Canadian Forces in order to pursue a second career in Winnipeg.



BGen JG Leech CD, Commander Communication Command and LCol EJ Sim CD, incoming Commander of 73 Communication Group sign handover documents while LCol TG Senft CD, outgoing Commander of 73 Communication Group looks on.



LCol EJ Sim, CD addresses the parade on assuming command of 73 Communication Group.



Canadian Team - International Military Volleyball Championships

WINNIPEG — Thirteen members of the Canadian Forces have been selected to participate in the International

Military Volleyball Championships being held at the U.S. Air Force Academy in Colorado Springs from June 14-17. The Canadian team will be competing against teams from China, West Germany, the U.S., Italy, Greece, Mexico, the Netherlands and Belgium.



(Rear Row, Left to Right) Major Margaret Kavanagh (Team Doctor), OCdt Arden Tansey; OCdt Mike Perry; Cpl Kenneth McDonald; Cpl Pierre Lessard; MWO Robert DesRuisseaux; OCdt Bradley Andres; 2Lt Alain Robichaud; Pte Darcy Carroll, Maj Victor Trnavskis (Team Captain).
 (Front Row, Left to Right) OCdt Stephane Dubois; Lt (N) Mario Hubert; Lt Rene Sturgeon; Capt Kazimir Oreziak; Capt Ed Vukets, WO Paul Dorion (Coach). (CF PHOTO BY SGT. JOHN BLOUIN)

The competition is sponsored by the International Sports Council, a body designated to promote physical fitness, military sport and friendship through sport. The Canadian Forces joined the 7-member organization in 1985. Since that time Canadian military athletes have participated in biathlons, x-cross country racing, shooting and parachuting championships. Volleyball is the first team sport Canada has entered since joining the membership.

The 13 team members were chosen by taking the best players available in the Canadian Forces. For this reason, the players come from across the country and represent all components of the CF.

The team gathered in Winnipeg 10-14 June for a 4-day training camp, their one and only chance to play and practice together before heading for Colorado. Team Captain, Major Vic Trnavskis said they will be competing against teams who have trained and played together for a long time and some Olympic class athletes. Keeping that in mind he says he hopes the Canadian team will be reasonably competitive on this, their first outing and that the venture will result in a consistent training program to work towards formation of a national team for future competitions.



Battle of the bulging

Until recently, most people equated physical fitness with bulging muscles. PARTICIPaction, however, has always taken the position that fitness starts with a sound heart — a muscle, to be sure, but not the one that's going to win the Mr. or Ms. Universe title.

Still, anyone striving for overall fitness must work on developing skeletal muscle tone as well as cardiovascular fitness.

Understand, when you start a program involving calisthenics or weight training of any kind, you're not aiming to build a body beautiful — although that may result.

Your goal: to achieve strength and muscular endurance. Keep that simple premise in mind, and your efforts in the gym will pay greater rewards.

Any qualified instructor will tell you the basics:

- 1) a good program will involve resistance exercises and repetition of those exercises.
- 2) it makes sense to start with light weights and add poundage as you are able to complete your repetitions.
- 3) good form is imperative which means slow, deliberate controlled movements whether you're curling a dumbbell or doing a push-up.
- 4) a proper execution of a movement involves working the muscle through a full range of motion.

As you can imagine, you'll begin to pick up a myriad of other pointers once you start to work out with P.E.&R. staff guidance. You'll learn proper breathing techniques, how to concentrate only on the muscles being exerted, how to warm up and cool down and much more that will speed your progress while reducing the chance of injury.

Most important, you'll quickly overcome the false notion of "No Pain, No Gain." PARTICIPaction believes that if it hurts, stop doing it! We prefer the slogan: "Train, Don't Strain!"

Getting into a gym may seem a nuisance or unnecessary to some people. However, the benefits of a regular, intense exercise last a lifetime — and only you can do it.

And PARTICIPaction knows that as a member of the Canadian Forces, you can do it!



Fitness is a national issue. We call it Body Politics.



La guerre des muscles

Il n'y a pas si longtemps, on confondait encore bonne forme et gros muscles.

PARTICIPaction a toutefois toujours présenté le coeur (un muscle, sans doute, mais pas du genre à vous faire gagner le titre de Monsieur ou Madame Univers) comme la base de la bonne forme.

Cela n'empêche pas que, pour être totalement en forme, il faut développer le tonus musculaire en plus de la bonne forme cardiovasculaire.

Cela veut dire que, lorsque vous entreprenez un programme impliquant toute forme de musculation, votre but premier ne doit pas être de développer les plus beaux muscles du monde.

Votre objectif doit plutôt être d'améliorer votre force et votre endurance musculaires. Gardez cela en tête, et vos efforts au gymnase donneront encore plus de fruits.

Tout instructeur compétent vous donnera les éléments de base:

- 1) Un bon programme comprend des exercices impliquant une résistance et la répétition des mouvements.
- 2) Il est bon de commencer avec des poids légers et de les accroître graduellement à mesure qu'on réussit ces répétitions.
- 3) Il est essentiel de faire des mouvements lents et contrôlés, que vous fassiez des poids et haltères ou des "push-ups".
- 4) pour bien exécuter un mouvement, il faut respecter l'amplitude totale du mouvement musculaire.

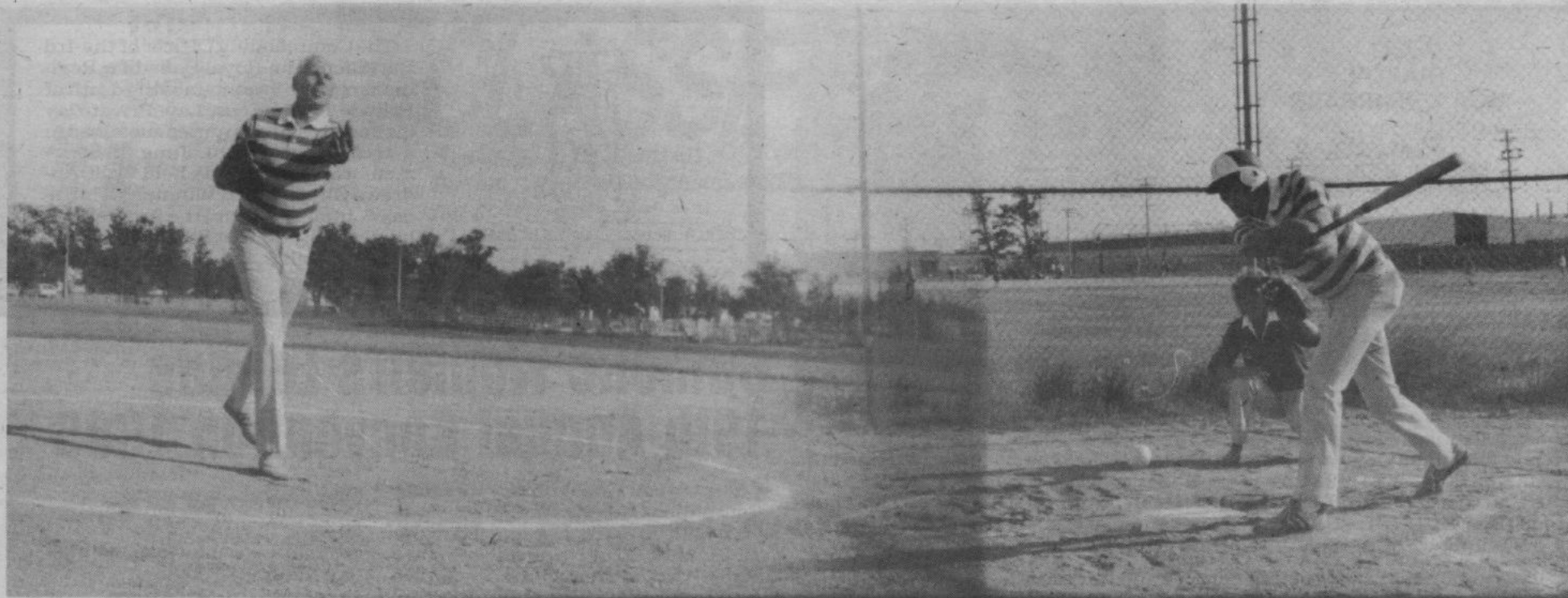
Bien entendu, vous en apprendrez plus long lorsque vous entreprendrez votre programme avec l'aide du personnel d'éducation physique et de loisirs. Vous apprendrez à bien respirer, à vous concentrer uniquement sur les muscles sollicités pendant l'effort, à vous échauffer et vous refroidir de façon à progresser rapidement, en réduisant les risques de blessure.

Surtout, vous apprendrez qu'il est faux qu'on ne progresse pas sans souffrir. PARTICIPaction conseille plutôt d'arrêter à l'amoinde douleur! Si ça fait mal, ça ne peut pas faire de bien!

Aller au gymnase peut sembler inutile pour certaines personnes. Pourtant, les bienfaits de l'exercice intensif et régulier vous dureront toute la vie. Et personne ne peut en faire à votre place.

C'est pourquoi PARTICIPaction vous rappelle son slogan: "Faites-le donc, pour voir!"

Slow Pitch League Standings				
Team	Win	Tie	Loss	Points
BCEO	4	0	0	8
MP's	3	0	1	6
B Foods	3	0	0	6
BAMEO	2	0	1	4
B Hosp	1	0	2	2
DCOS Ops	1	0	1	2
DCOS Maint	1	0	1	2
B SUP O	1	0	1	2
CFANS	1	0	1	2
BTNO	1	0	1	2
733 Comm Sqn	0	0	4	0
BCOMPT	0	0	2	0



CFB WINNIPEG INTER-SECTION SLOW PITCH LEAGUE

LCol JR Chandler, BADMO officially opened the league by pitching and hitting the first ball. Those present at the ball diamonds on Wed, June 4, 1986 witnessed this great display of speed and agility. Photo by: CFB Winnipeg Photo Club, Cpl G Bourbonnais — President.

CFB WINNIPEG 1986 AQUATIC PROGRAMME

The CFB Winnipeg Recreation Association is planning to alternately conduct swim class sessions between Lipsett Hall and Bldg. 90. Register in person at either the Recreation Association Office located in Bldg 90 or Lipsett Hall as indicated for each session. Cost is \$15.00 per session.

First Session — Lipsett Hall — 0800-1130 hrs 2 Jul — 15 Jul 86. Registration — Mon, Wed, Fri 0900-1200 hrs 23 — 27 Jun 86 Lipsett Hall PERI staff.

Second Session — Bldg 90 — 0800-1130 hrs 16 Jul — 29 Jul 86. Registration — Mon, Wed, Fri 0900-1200 hrs 7 — 11 Jul 86 Bldg 90 Recreation Association Office.

Third Session — Lipsett Hall — 0800-1130 hrs 5 Aug — 8 Aug 86. Registration Mon, Wed, Fri 0900-1200 hrs 28 Jul — 1 Aug 86 Lipsett Hall PERI staff.

Fourth Session — Bldg 90 — 0800-1130 hrs 11 Aug — 22 Aug 86. Registration — Mon, Wed, Fri 0900-1200 hrs 5 — 8 Aug 86 Bldg 90 Recreation Association Office.

NOTE: 1. A minimum of six students per class or class may not be offered.
2. Must be in possession of a current Recreation Association card.
3. Moms and Tots, Adults, Bronze/Bronze Cross to be offered if sufficient interest is shown.

Information and Queries Lipsett Hall MCpl Hofferd Loc 6183/6185
Bldg 90 Cpl Cormier Loc 5514/5511

Afternoon Casual Swim Lipsett Hall MON to SAT 1330-1530 Hrs
Bldg 90 MON to FRI 1330-1530 Hrs
SUN 1330-1530 Hrs

Evening Casual Swim Lipsett Hall MON, WED, FRI, SUN 1800-2000 Hrs
Bldg 90 TUE, THU, SAT 1800-2000 Hrs

1986 Fitness Awards for Winnipeg

Wednesday, June 11, 1986 was once again fitness award time in the Temple of Health.

For the second year members of CFB Winnipeg, with the highest overall average on their Express evaluation and the most improved from last year's results have been presented a fitness award certificate.

Appearing in the picture are the presenting officers and the deserving recipients for the period of January 1986 to May 1986.



L to R Lt Charlton (BPERO) Pte Worgul (Most Improved — Feb) MCpl O'Connell (Most Improved — Jan) Cpl Bayliss (Most Improved — March) Capt Foucreault (Most Fit — May) LCol Chandler (BADMO) Pte Raymond (Most Improved — April) Cpl Hamelin (Most Improved — May) Cpl Penny (Most Fit — March) MWO Graff (Sn PERI)

Missing In Picture: LCol Senft (Most Fit — Jan) OCdt Schofield (Most Fit — Feb) Capt (W) Plohman (Most Fit — Apr)

Prairie Regional Tennis Championships

Any personnel wishing to represent CFB Winnipeg at the Prairie Region

Tennis Championships are requested to submit their names to the PERI

Staff at the Recreation Centre, Bldg 90, no later than 18 July, 1986. The Prairie Region Tennis Championships will be conducted at CFB Moose Jaw, 11 to 15 August, 1986.

CFB Winnipeg Golf playdowns

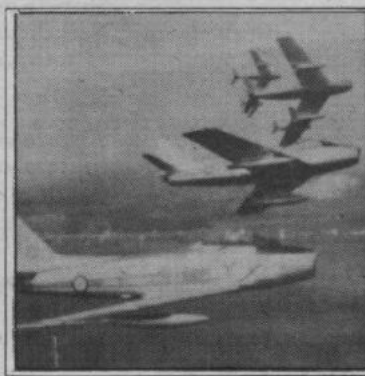
CFB Winnipeg will conduct its Annual Base Golf Playdowns 15 and 16 July, 1986 at Selkirk and Teulon Courses. The top five contestants will advance to the Prairie Region Golf Championship, to be held at CFB Edmonton 25-28 August 1986. The Entry Fee will be \$35.00 (per contestant) and will include 2 rounds of golf,

dinner and prizes. Prizes will be for gross and handicap scores (Calloway system will be used).

Registration and inquiries may be made by contacting the PERI staff at the Recreation Centre, Bldg 90 or calling local 5511/5514. Deadline is 9 July, 1986. "Putt It In Your Mind And Give It Your Best Shot."

CANAV Books announces...

THE CANADAIR SABRE



At last, a fitting tribute to that classic jet fighter—the Sabre. Larry Milberry's fine new book is by far the grandest ever produced about this superb aircraft, though it deals exclusively with the 1815 examples built by Canadair, including the incomparable Sabre 6.

The Canadair Sabre looks first at the Sabre's early years—preparing for production in Canada, forming the first squadrons, then setting up Canada's NATO Sabre contingent in Europe first at North Luffenham and finally on the Continent. All the excitement of the Air Division is here, dug out of the squadron diaries,

and enlivened by personal reminiscences of those who flew and maintained the Sabre in the heyday of the postwar RCAF. There is plenty of technical "gen," and coverage as well of the OTU at Chatham and of the RCAF fighter pilots who served in Korea, where Canadians downed at least nine MiGs. A full chapter is devoted to the various Sabre aerobatic teams, with special treatment of the famous Golden Hawks. As well the book covers the Overseas Ferry Unit, CEPE, the auxiliaries and test flying.

Besides the RCAF, *The Canadair Sabre* deals with the other air forces that flew the mighty "Sword." The RAF and Luftwaffe are treated in separate chapters, and "Sabres Around the World" covers such operators as Italy, Turkey, South Africa and Colombia. The short-lived Israeli Air Force episode is included, and the Pakistan Air Force Sabre 6s in combat against Hunters, Gnats and MiG-21s in the 1971 war with India. Among the various little-known aspects are Sabre 4s with the UN Congo operation in 1963 and with the Honduras Air Force in more recent years. The book concludes with the many Sabre 5s and 6s still flying on the civil scene. The appendices include a massive list of all 1815 aircraft, with particulars for each, squadron lists, diagrams, maps, poems, a list of over 500 Category "A" Sabre crashes (all operators) and a beautiful set of fold-out line drawings of various marks.

The Canadair Sabre includes the grandest collection of Sabre photos ever published—over 600, each beautifully reproduced, with over 70 in colour. A total of 368 pages of great aviation history. Without question, the ultimate Sabre book!

PRE-PUBLICATION OFFER

The Canadair Sabre will be published in July 1986 at \$40.00 (US orders US\$35.00 postpaid). Order your copy now and receive free one of CANAV's 1987 Sabre wall calendars with a different Sabre photo for each month, and a suitable-for-framing print of Geoff Bennett's painting of a 413 Sqn Sabre 2 commissioned by CANAV Books.

Please send me _____ copies of *The Canadair Sabre*. I enclose my cheque/MO for \$ _____ payable to CANAV Books. (No shipping charge for advance orders.)

Name _____

Street/RR _____

City/Town _____ Postal Code _____

Please have Larry Milberry autograph my copy.

Send your order to CANAV Books, 51 Balsam Ave., Toronto, Ont. M4E 3B6



MCpl Dave Selman, CD
succumbed peacefully,
after showing courageous spirit
in his battle with cancer, on
Friday, June 6, 1986.

Dave was born on October 15, 1948 and grew up in Fort Garry where he attended Pembina Crest and Vincent Massey Collegiate Schools. He joined the RCAF on October 21, 1965. Dave provided dedicated services at RCAF Station Rivers from 1966-1968, CFB Lahr, Germany from 1968-1970, CFB Summerside from 1970-1979, CFB Baden Soellingen, Germany from 1979-1981 and CFB Winnipeg from 1981 until his untimely passing.

Dave enjoyed his last posting at home and the many lasting friendships he formed here. He was loved, admired and respected by all his friends and co-workers on the Base. He enjoyed his hours with his computer, stamp collection, his much loved BMW, and the pleasure of his two dogs. He touched the lives of many.

Dave leaves to cherish his memory his wife Jean; two sons, Rick and Bob; daughter Cindy; mother Ida Selman; sister Diane and husband Jim Spokes; brother PO2 Bruce Selman, CD and wife Marilyn of Ottawa; and numerous nieces and nephews. Dave was pre-deceased by his father John Edward Selman in May 1973.

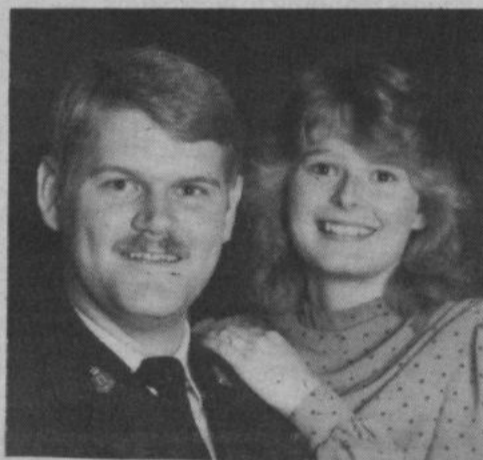
Dave and his family would like to acknowledge the faithful support he received during his sickness from his many dear friends; above all the kind, caring and unselfish devotion of Major M.S. Smallman and her entire staff at the Base Hospital.

The Commanding Officer of the 4rd Battalion, The Royal Canadian Regiment regrets to announce the death of Private Trevor Scott Lay. Private Lay died as a result of injuries sustained in a traffic accident 1 June 1986. A memorial service was held at St Andrews Chapel, CFB Winnipeg Thursday 5 June 1986, and the funeral was held at his home in St. Thomas, Ontario. He will not be forgotten.
Pro Patria.

Catholic Women's League 19th Annual Convention 1986

The 19th Annual Military Vicariate Convention Catholic Women's League was held in CFB Borden from the 27-31 May 86. Five members were able to attend from Our Lady of the Airways Catholic Women's League. The results of elections held in the Military Vicariate are as follows:
President: Joan Chessar
President Elect: Marlyn Olson
1st Vice President: Joyce Makarowski

2nd Vice President: Marion Stagg
Correspondence: Marion Buote
Recording Secretary: Marg Shea
Treasurer: Roland Oliner
Convenors: Jerry Duggan, Regina Barrette, Joan Kerr, Sheila Sheilaskostal
Public Relations: Jean Gatien



Wedding Bells

Lori-Lynn Malbranck (of Winnipeg, Manitoba) and Robert Thomas Hawley (formerly of Napanee, Ontario) announce their forthcoming marriage to take place 12 July 1986 in Napanee, Ontario.

We would like to take this opportunity to thank all our friends for their support and assistance for the last few hectic months. Thanks guys (and gals). We'll see you at the social 27 June 1986 at the Kirkfield Westwood Community Centre — 165 Sansome Avenue.



Protestant Chapels

The Chapel of The Good Shepherd (North):
— Holy Communion 0900 Sundays
— Church School 1000 Sundays
— Divine Worship 1100 Sundays
— Bible Studies 1030 Fridays

The Chapel of Saint Andrews (South):
— Divine Worship 1030 Sundays
— Bible Studies 1930 Wednesdays

Marriages — 30 Day notice required, 90 days appreciated.

Baptisms, Marriage Enrichment, Sunday School, Young Peoples, Couples Club — contact a chaplain for information.

Chaplains: Padre G.E. Tonks BChap (P) 895-5417
Padre E. Wiley Chap P (South) 895-6022
Padre J. Jolliffe Chap P (North) 895-5075

R.C. Chapels

	NORTH	SOUTH
TÉLÉPHONE:	895-6086	
MASSES MESSES:	Sat: 1700 hrs (Eng.) Sun: 1900 hrs (Fr.) Sun: 1115 hrs	Sun: 1000 hrs
MARRIAGE: MARIAGE:	Please give the Chaplain a six month notice. Parlez à l'Aumônier au moins six mois à l'avance.	
BAPTISM:	Baptism Preparation Meeting is mandatory. Please make an appointment at 895-5087.	
BAPTÊME:	Une réunion préparatoire au baptême est exigée. Il faut nous parler aussitôt que possible.	
CHAPLAINS:	Father Gaston Gagnon, - 895-5272 - Home, 888-8804 BChap(RC) Father Lindo Molon - 895-6023 - Home, 489-5654	
SECRETARY (NORTH SIDE):	Francine	- 895-5087
SECRETARY (SOUTH SIDE):	Denise	895-6024



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MISCELLANEOUS ARTICLES FOR SALE

Sweaters Made. Measured to fit, made to order. Women's, Men's, Children's, Babies. Have many patterns or bring your own. Novelty Cakes. Many different kinds, all occasions, except wedding cakes. Various different shapes and sizes. Please call 832-1604.

FOR SALE — 10 speed bicycle 24 inch Very Good condition \$60.00. Jr. golf clubs and bag \$50.00. 79 Ford LTD 2 door ex cond loaded \$400.00 O.B.O. Phone 895-8537 Sgt Lowe.

FOR SALE — ARTIFICIAL fire place complete with logs and real brass fire screen. Asking \$75.00. Can be seen at 168 Braintree Crec phone 889-6570 or 895-5690.

FOR SALE — 7 x 10 Metal Storage Shed with 8 x 12 plywood floor \$200.00. May be seen at 168 Braintree Crec phone 889-6570 or 895-5690.

FOR SALE — Lloyds Record Player and two speakers \$40.00. Trailer Hitch and ball (Dodge product) \$10.00. Coleman cooler \$10.00. Coleman stove \$20.00. Telephone: Work 895-5555 or home 889-9505.

DELUXE charcoal B-B-Q, 305 square inch cooking area, includes motorized rotisserie. Call 489-5398.

TWO-Drawer mate's bed, \$150.00. Call 888-4145.

VIKING fridge and electric range, both 20 months old, VGC, will sell for reasonable price. Call 489-6171.

FOR SALE — 1 Pioneer PL 5 direct drive turntable like new condition hardly used, original pamphlets available \$180.00 or best offer. Call work 5387 or 885-2265 after 5:00 pm.

MISCELLANEOUS FOR SALE — Picnic table \$15.00. Baby kangaroo like new \$15.00. Tete-tete chairs newly made \$60.00. Call 888-8240.

FOR SALE — Gendron Carriage, 40" x 40" playpen, jolly-jumper, walker car bed, high chair, miscellaneous baby clothing \$120.00. One large dog \$30.00. Call 837-7898.

18 Ft Fibreglass cargo canoe asking \$250.00 OBO. Call work 889-5633 or home 837-2931.

FOR SALE — Large cactus \$45.00, balcony flower boxes \$5.00, Dustbuster \$18.00, wrought-iron lamp \$15.00, portable Singer sewing machine \$85.00, punch bowl and 19 glasses \$45.00. Call 888-5863.

Gas lawnmower, 20-lb. propane tank. Call 895-5837 during working hours, 837-7898 (home).

Seven piece livingroom suite (couch, love seat, lounge, armchair, coffee table and two end tables), 1-1/2-years old. Asking \$1600. Call 837-7979 after 5 p.m., or 895-5204, or 895-5308 during working hours.

Moving. Must sell 8x10 shed, \$175; Stereo, \$400; Typewriter, \$30; and a crib, \$50. Call 837-9974 anytime.

Metal shed, approx. 12' x 6', \$150. OBO. Call 489-3162.

Racks and boxes of clothes (owner buys constantly). Lovely tailored outfits from Germany and England. Lots of summer wear. Blouses; skirts; dresses; shorts; tops; swim wear; patio-style dresses; jackets; pants; gym outfits with hose, sizes 15-17; many pr of shoes; 100% human-hair wig hand-tied and knotted, auburn red shade, shoulder-length, comes with stand and carrying case, cost \$450. new. Many boys; pants, 6-12 years; jackets, pyjamas, like new. Luggage set, antique tables. Call 489-8781.

Two Expo 86 tickets (three-day package), no transportation, \$52. for pair. Call 895-5534.

Portable washing line: \$15.00. Baby car-seat 25.00. Baby bath \$4.00. Red stool \$7.00. Antique sewing machine (needs minor repairs) \$25.00. 2 bags of fiber glass \$5.00. Gate for fence, 1/2 price. Playpen \$10.00. Call 837-7869.

Quality pool table and accessories — 4' x 8', 1 year old. One half the regular price — \$400.00. Contact: Harvey Smith — 895-1205 (after 5 p.m.) — 895-5595 (Bus).

Leaving province. Must sell gas lawn mower, Emerson stereo, Beaumarck dryer, wood dining set, 20" color TV RCA XL100, 2 bdrm sets, metal shed, wood desk, golf clubs w/bag, & other misc household items. Call 489-4831.

Vitar enlarger, Model E-33, 3.8F to F-16, 7 multigrade filters, 3 developing trays, micro focus finder, \$150.00. Call 837-1933 before 2100 hrs.

Vitar Series 1, 70-210 mm 1.35 macro focusing auto zoom, 3.5F to 22F, for Pentax. \$150.00. Call 837-1933 before 2100 hrs.

Typewriter, Sears Celebrity auto 12T electric, portable, erasing & correction features, model 40303, exc. cond. \$150.00. Call 837-1933 bef. 2100 hrs.

Sony turntable with cartridge, Model PST22C, automatic direct drive, strob., speed selec. 33/45 etc. Like new. Call 837-1933 before 2100 hrs.

Pioneer cassette car stereo (only), Model KP21C, auto reject, good cond. \$25.00. Call 837-1933 bef. 2100 hrs.

Inglis washer and dryer, two years old, set for \$600; Kenmore range, two years old, \$250; Seven cu. ft. freezer, one year old, \$250; Utility shed, 8' x 10', 1 year old, \$200; 150 ft chainlink fence, one year old, \$400; two carpets to fit bedrooms in a three-BR BLHU. Call 837-1873.

Moving out of country — For sale Wooden storage shed 8' x 8', new, asking \$225; utility trailer, \$200; oak-finished office desk, double pedestal includes chair and lamp, \$200.00. Phone 888-8470.

Women's 10-speed bike — excellent condition, \$75.00. Girls three-speed bike — excellent condition, \$40.00. Zenith Sewing Machine with cabinet, \$80.00. Plaid chesierfield and davenport, \$75.00. White headboard, footboard and rails, \$25.00. Rims and snowtires to fit Vega and/or Astra, \$50.00. Picnic cooler, \$10.00. Phone 832-4994.

Moving out of country. For sale wooden storage shed, 8' x 8', new, asking \$225; utility trailer, \$200; oak-finished office desk, double pedestal, includes chair and lamp, \$200. Call 888-8470.

Stroll-O-Chair carriage, \$50. Call 889-2188.

Women's 10-speed bike, excellent condition, \$75; girls' three-speed bike, excellent condition, \$40; Zenith sewing machine with cabinet, \$80; Plaid chesierfield and davenport, \$75; white headboard, footboard and rails, \$25; rims and snow tires to fit Vega and/or Astra, \$50; and picnic cooler, \$10. Call 832-4994.

FOR SALE — 22 cut ft Chest Freezer \$250.00, 14 inch Chain Saw \$150.00, Queen size Hide-a-Bed \$100.00, Microwave oven stand \$50.00. All items are in excellent condition. Call 895-2919 between 5:00 pm and 9:00 pm.

FOR SALE — 600 Honda Generator — like new \$300.00 O.B.O. Large Viking Freezer in excellent condition \$175.00 O.B.O. Phone 888-9253.

FOR SALE — Set of golf irons (8) "Wilson Sam Sneed for men's left hand golfer \$50.00. Vinyl Weightlifting Set brand new \$25.00. Electric Kitchen range (Viking) in excellent condition \$300.00. Call 885-3860.

FOR SALE — Crib \$15.00. Walker \$20.00. Car Bed \$5.00. Phone 888-8198.

FOR SALE — Baby crib, high chair, car seat and folding bed; all in excellent condition. Phone after 1700 hrs 837-6448.

FOR SALE — Wooden 6' picnic table, fair condition \$15.00; Deluxe fold down baby stroller, good condition \$35.00; "Strollee" child's adjustable car seat, exc. condition \$20.00, 3 seat swing set, needs paint and work \$15.00. Call 489-7245.

WHEELS

15' older model Aristocrat trailer, sleeps five, three-burner stove with oven. Call 837-9628.

1983 Yamaha XT-550 Enduro motorcycle. Bought new in 1985. In excellent running condition, 1,500 km. \$1800. OBO. Call 888-8240.

1979 Dodge Omni-024, four cylinder, four-speed, sun roof, no rust, excellent running condition. \$2,400. OBO. Call 888-8240.

1985 Yamaha 700-Maxim, excellent condition, only 6,000 km, asking \$2800. Must sell. Call 889-2618.

1985 Firebird, loaded, only 19,000 kms, never winter driven, tu-tone silver, T-top. Call Heather at work, 895-5245 or home, 489-3289.

1979 Bon Aire Tent Trailer for sale. Call Nick at 895-6057 or 888-4899 after 6:00 p.m.

1979 Bon Aire Tent Trailer for sale. Call Nick at 895-6057 or 888-4899 after 6 p.m.

1978 Toyota Chinook camper truck with air conditioning, three-way fridge, stove, furnace, dual battery, portable toilet, new paint job, \$8,500. Call 889-2188.



1965 Renault Alliance "DL" — 4 cyl, 5 spd, 1.7L, 24,000 mi, Cruise, Sunroof, Lug rack, Alum wheels, Fog lamps, Paint prot, all interior options except air, Kenwood AM/FM cass W/booster-equal and 4 spkrs, 5 yr/80,000 km warr, \$7950. Phone Bob 895-6274 days only.

FOR SALE — 1968 Firebird, Trans-Am, RAM-AIR. Mint deep red, original condition. New T.A.'s low mileage, no rust or Bondo. Call 489-3877 or Portage La Prairie 1-239-1015 evenings.

FOR SALE — 79 Honda CX 500 Custom. Liquid cooled, shaft drive, Windjammer 4370 km. \$1400.00. Phone home 837-5245.

FOR SALE — 1976 Astra two door hatchback. New tires and muffler, good running condition \$1000.00 O.B.O. Phone 837-9390 ask for Luke or 633-4927 after 6:00 pm.

BABYSITTERS

South side babysitter available, any age, full-time, part-time, days. Call 489-6028.

Will look after children in my home, St. James area. Call 832-6482 anytime.

Part-time babysitter req'd at my home for September. Children 3 and 1-1/2 year old. Very good wage. Some housework to do. French or English speaking. References req'd. 837-7869 North side.

Experienced daycare worker will babysit in my home weekdays, South Site. Phone 489-9073.

Wanted good babysitter for Mon & Fri afternoons and In-Service days for one 5-yr old. Please phone 837-2311.

Do you need a babysitter. Will babysit in my home Mon - Fri. Would like school age children. If interested please call Joyce 888-4637.

Anyone in need of a babysitter. Will babysit in my home Mon - Fri. Would like school age children. If interested please call Joyce 888-4637.

Will Baby-sit children. Bilingual. Call Gerry at 888-7991.

MOTHER of three would like to babysit in own home on South Side PMQs. Call 489-5398.

FOR RENT

Apartment for sublet in Moray Village on Strauss Drive. One bedroom with private entrance on the ground floor. Air Conditioning, Dishwasher, Washer and Dryer are included. Swimming Pool and Tennis Courts are available. Rent is \$494.00 plus Hydro and heat. Occupancy 1 August. Lease expires 31 October. Call Karen days 895-5618 (work) or Home 837-1217.

HOUSING

Moving to Ottawa? Sandy Hill. Detached 3 bdrm home, study, fireplace, finished basement, large back yard, 4 appliances. 15 minute walk to NDHQ. July occupancy. \$1000. Call (613) 232-1635 for appointment.

WANTED

WANTED — An organist for the Chapel of the Good Shepherd, a Protestant Chapel at Canadian Forces Base Winnipeg. Sunday Duties. Choir. Weekday rehearsal required. Allen Digital Electronic Organ. For further details and application, apply to the Base Chaplain (P), Canadian Forces Base Winnipeg, Westwin, Manitoba, R3J 0T0; phone 895-5417.

WANTED — The Warrant Officers' and Sergeants' Mess is now accepting applications for the Mess Clerk position. This is a full time position. General office duties and 40 wpm required. Call 895-5245 for more information, or drop in. Applications accepted until 1 July 1986.

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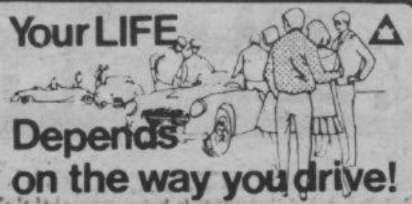
L'école Taché est destinée aux élèves dont la langue et la culture sont françaises. Le FRANCAIS est la langue de COMMUNICATION avec les élèves, les parents et l'administration.

PROGRAMME: Le français est la langue maternelle, l'anglais est une langue seconde. A la maternelle et en première année, toutes les matières sont enseignées en français. Les autres niveaux reçoivent en moyenne 60 minutes d'anglais langue seconde. La catéchèse est enseignée à tous les niveaux et demeure optionnelle.

ADMISSION: Des connaissances suffisantes de la langue française sont requises. Les parents doivent également adhérer la philosophie de l'école.

INSCRIPTION: du 13 août au 29 août et durant l'année scolaire (9h à 12 h) (13h à 16h30)

N.B. Le transport scolaire est fourni aux résidents de la Base.





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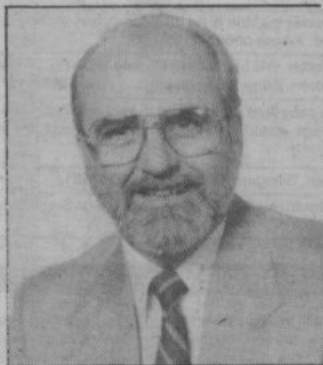


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
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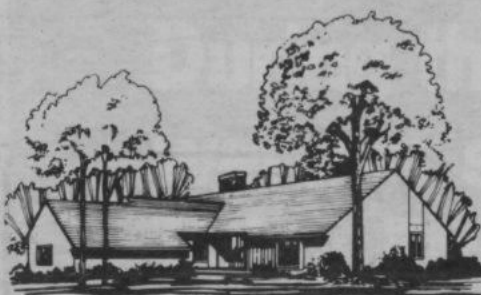
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