



Super Sport Issue

...Pages 6-7

CFB/BFC Winnipeg

27 April 1988

CFB Winnipeg Golf Course Tees Off!

I'll bet many of you have seen the raised areas on the grounds around the Air Command Building and along the inter-site road and thought that maybe someone was trying to build a golf course. Well, you're right, but trying isn't the proper word since there is definitely going to be a Golf course right here on CFB Winnipeg.

Plans are set for a nine hole Golf Course designed to give CFB Winnipeggers a readily accessible and reasonably priced facility where the "pros" can sharpen up their short game and newcomers can get into the swing of the game in relative anonymity.

As of this point in time, if the grass grows and the water don't rise (too high), play should commence around mid June. It might be a good idea for those intersection sports reps to start thinking about intersection golf as a new activity. The Base Golf Club should fit your needs nicely and you can count on the full support of the Golf Club Committee to help you get it all going.

If you would like to become a member of the CFB Winnipeg Golf Course for the 1988 season you can do so by contacting:

CAPT J.P. Charbonneau 5145
CAPT Cliff Beattie 5823

Memberships are available as follows:

Single membership \$100.00
Family membership \$125.00

Green fees and rental of clubs will also be available at very reasonable rates.

As a very special offer, and on a limited basis, charter memberships may be purchased at a cost of \$250.00. This offer is made for those wishing to invest in the future of the club. The charter membership includes:

- paid up single membership for 1988 and 1989
- the right to purchase a single membership in any year after 1989 at the lowest advertised single membership price. (lifetime membership)

Well folks, we're going to do our part and the rest is up to you.

The opportunity is here for those who want to get the spouse or the teens into the game. The facility will not be first class to begin with but you certainly can enjoy trying to hit some of our Par 3s from the T-Box. Plus, the more participation, the more improvements that can be made to make the course more attractive and challenging.

Oh! By the way, our tournament committee is setting-up the Early Bird Annual CFB Winnipeg Golf tournament to take place the weekend of 4-5 June at Wasagamin Golf Course, Clear Lake, located in Riding Mountain National Park. This invitational tournament has taken place for the last 23 years and includes golfers from Shilo, Moose Jaw, Portage La Prairie, Winnipeg and the Radar Stations before their closing. Look for further information and entry forms in ROs and on Section Bulletin boards.

That's all for now. May all your Slices (right handers only) be on dog legs right.

Breaking New Ground



LGEN ASHLEY, COMD AIRCOM, turning the First sod to Kick off the development of the CFB Winnipeg Golf Course.

CFRC Relocated

On Thursday, 30 March 1988, we at the Canadian Forces Recruiting Centre celebrated our official opening at our new location of 280 Smith Street. On hand to witness the event were many dignitaries including Col C.G. Lewis, Director of Recruiting and Selection, National Defence Headquarters, Ottawa; LCol K.T. Gathercole, Commanding Officer, Western Recruiting Zone Headquarters, Edmonton; Col L.H. Reynolds, Base Commander, Canadian Forces Base Winnipeg and His Worship William Norrie, Mayor of Winnipeg.

This was a joyous event indeed due to the fact that the move was constantly postponed over a period of two years or so. However, the most recent factor to securing new accommodation was that the construction of the skywalk was being held up due to our previous location at the Main Post Office Building. Although we were told numerous times that a "new definite" date had been set for the move, all members remained skeptical, even up to the moving day (7 Mar 88), especially when we were told our new building hadn't passed inspection. Eventually we were given the go, and everyone was kept busy until late evening directing movers and setting up work stations so we could be in operation the following morning. Needless to say, it wasn't the most pleasant atmosphere to work in, but with a lot of humour from all concerned

DRS Cuts the Ribbon



Col C.G. Lewis, Director of Recruiting and Selection, NDHQ, officially opens the new Canadian Forces Recruiting Centre at 280 Smith Street. He is assisted by Col L.H. Reynolds, Base Commander, CFB Winnipeg, and His Worship Mayor William Norrie of Winnipeg.

it was business as usual on 8 March 1988.

While Cpl Danica Dupont and Pte Bonita Gervais held the ribbon, Col Lewis delivered an enlightening speech to the onlookers and with the assistance of Col Reynolds and Mayor Norrie, cut the ribbon. The ribbon cutting was followed by a tour of the new facility and the swearing in ceremony of Miss "Misty" Power of 409 Kenaston Blvd by Col Lewis.

The staff of CFRC Winnipeg are now fully settled in and invite inquiries from persons interested in a Canadian Forces Career. Telephone 983-3680.



Enrolment Ceremony



Col C.G. Lewis, Director of Recruiting and Selection, NDHQ administers the Oath of Allegiance to a future Air Weapons Controller, Miss "Misty" Powers.



The Base Chief Said...

I was getting dressed in my mess kit the other evening, 8 April, to be exact. Quincy knew something was up, and wanted to know where I was going? So I had to explain to him, that I was off to attend the Mess Dinner at the WOs' & Sgts' Mess, where we would be celebrating the 64th Anniversary of the formation of the RCAF, and to bid farewell to three retiring members. Being a nosey sort, he wanted to know how they were? So I told him, Sgt Rick SHAW, from 401 CFTSD, retiring with nearly 32 years of service. MWO Reg SMART, DCOS Maint, Air Command HQs retiring with over 26 years of service, and CWO Ken FROST, Supt Clerk at CFB Winnipeg, who was retiring with over 25 years of service.

Quincy is a perceptive little fellow, and he noticed that I was not in a happy mood, and wanted to know if saying farewell to these people made me sad? I thought about it for a bit, 30 seconds to be exact, and told him that I do not enjoy seeing people leave our family, but in most cases it was their decision, and about all one could do about it now, was to wish them well in their second careers, and God speed.

The whole subject of releases went through my mind at the dinner that evening. Lately, I have heard some bad vibes from those

people who had submitted their releases. For example, a young serviceman, when he was doing his final release interview with CWO Frost at the Base Orderly Room, reported that Mr Frost was the first person, above the rank of Private, who had actually talked to him about his release since the day he submitted it.

Another person, a MCpl, who had submitted his release after 25 years plus service, spoke to me in the hall of Base HQs last month. It was his observation, that as soon as he put in his release, he was made to feel guilty. He got the impression that as far as his section was concerned, he was dead weight, and had let the side down. The attitude of his superiors towards him had suddenly changed. He suspected that they thought he had aids or something.

I have a hard time dealing with these things. Because I never feel that way about people who seek release. After all, there is another life after the Cdn Forces. For a good number of people it's a better life, while for some they are giving up a great deal, and for various reasons.

For the young private, he had served his three years for which he had committed himself, and made a decision that the Cdn Forces did not offer the life style that he was looking for. I think

it's important for us to remember that not everyone is cut out for this life style. However, I would have thought that someone in the chain of command would have at least thanked the young lad for his work (service), and wished him well out in the big world. He is not entitled to a mess dinner, but he is entitled to be treated as a human.

In the MCpl's case, he has given us over 25 years of service, and I suppose there are those who would argue, that if he was any good, he would be leaving the Forces as a WO, at least. Again, not everyone aspires to attain rank, but are happy with their day to day jobs. His reason for seeking release was simple. He thought it was important at this stage to offer his wife and family some stability for a change. After all, his wife and family had supported him for a good number of years, enabling him to be a productive and valued member of the Cdn Forces.

By the way, what's your attitude toward the very bright young service-woman, who becomes pregnant, and submits her release? Probably that she has wasted everyone's time.

In summary I think it's very important, that all of us in the chain of command, take a few minutes, and think about how we look after our people, not only while they are with us, but as they are going.

In most cases, you will find that the majority of people who leave on release, owe us nothing, they have served us, and served us well during their time.

When I got home the following morning!!!!, Quincy was waiting up for me as usual, so I dug out the following article and read it to him. It's called KEEP YOUR FEET ON THE GROUND.

It is a wonderful feeling to get ahead. There is nothing quite so satisfying as having your ability recognized and being moved up to a bigger and better job.

But what about the fellows who don't get ahead? Whether you are a Sgt or the CO there are probably a number of fellows who feel they are just as well qualified for the job as you are.

Just as a matter of human decency, it is up to the people who are capable enough and lucky enough to move ahead to soften the blow for others who don't. Aside from that, for real success in any job you must have the friendship and co-operation of the people who work with you — not their envy and resentment.

Somebody has to be the boss — you can't help that — but you can be modest about it and make it easier for the people who work around you. Nobody likes a guy who acts like a superior being, and throws his weight around unnecessarily.

It is worth remembering that the people who work for you may be superior to you in many respects. After all, advancement and success aren't necessarily a matter of intelligence alone. Success is due to a combination of intelligence plus certain personality and character traits. There are many other types of ability at which people who haven't succeeded notably in their career may excel — such as being a talented vehicle tech, musician, or a good husband.

So, — as success comes — keep your feet on the ground and make it easier for the other fellow to bear. Treat the people in your shop or on your crew as equals. Let them know how important they are to you and how much you rely on them. If they excel in something make a point of telling them about it and praising it.

This doesn't mean that you must be palsy-walsy with the people who work for you, nor tolerate insubordination. It merely means treating them with respect and consideration, and avoiding situations where you are forced to order them around. The test of a real leader is whether he can be the boss without being bossy.

So-long and good luck, Ken, Reg, and Rick. I'm glad I met you along the way...

Letter to Quincy

Dear Quincy,

Have you been biting ankles again? Not long ago the Peakin' Deacon heard someone threaten to rip your lips off! What kind of humanoid would want to do a number on you like that, even though you are a bit of a snoop and a snitch.

Speaking of which, the Deacon and I read faithfully of your wanderings about the Base with the Chief, in his dreams of course. Now we like to take walks around our neighbourhood every chance we get, and as we stroll we are greeted by the barks and howls of other canines tied up in their yards.

We've been living in PMQs for almost two years now Quincy, and I don't think we've ever seen most of these pooches out for a walk with their people. The most exercise they get is lunging at the end of their leashes. One dog down the street has worn a perfect circle around the stake in his back yard.

My point is, Quincy old pal, that if you're going to own one of us loyal furry friends, we should at least see some of the world we live in.

There's got to be more to life than eight feet of rope.

Your pal,
Skippy

NEW ARRIVALS



Puzzled about
Manitoba
License Plates?

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

Obtain them at your Base Insurance
Office in Main Rec Centre

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



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

Call us or drop in to: **Baldwinson Agency**

Coupon
good for
1 hug

Canadian
Mental Health
Association
Manitoba Division

2 - 836 Ellice Ave., Winnipeg, Manitoba R3G 0C2



Sheila Jensen
REALTOR

Sheila Jensen
204-477-0500

Remax Real Estate Services Ltd.
1200 Pembina Highway
Winnipeg, Manitoba
R3T 2A7



QUALITY SERVICE
COAST TO COAST

WHAT HAVE YOU
DONE FOR YOUR
MIND LATELY ?



YOUR
MENTAL HEALTH
ASSOCIATION

CANADA TRUST REALTOR

HALIFAX/SHEARWATER — If you are posted to either and are planning to buy a house, call collect for my free package of area and housing information. I specialize in finding homes for military personnel.

VAL HEUMAN 902-462-2167

Voxair

FOLLOWING THE CANADIAN FORCES

VOXAIR OFFICE HOURS:
MONDAY and THURSDAY 1-4 p.m.

TELEPHONE
889-3963

HEURES DE BUREAU — VOXAIR
LUNDI et JEUDI de 13h à 16h

Telephone-answering system operates remainder of week — Produced by XACT Inc.

EDITOR-IN-CHIEF	- LCol K.W. Doerksen	- 895-5281
MANAGING EDITOR	- Capt Tom Walls	- 895-6672
PRODUCTION EDITOR	- Lt Jane Grossman	- 895-6334
ASSISTANT EDITOR	- Capt A.P. Graham	- 895-5135
SPORTS EDITOR	- MCpl Brian Pearce	- 895-5511
BUSINESS MANAGER	- Sgt Dick Mugridge	- 895-5394
ACCOUNTANT	- Pte Suzanne Richer	- 895-5331
PHOTOGRAPHER	- Cpl G. Bourbonnais	- 895-5404
PHOTOGRAPHER	- Cpl G. Albert	- 895-5090
OFFICE MANAGER	- MWO Louise Guenette	- 895-5764
ADVERTISING	- Voxair	- 889-3963

VOXAIR is the unofficial Service newspaper of CFB Winnipeg and is published every two weeks under the authority of the Base Commander, Col. Loren H. Reynolds, CD. Opinions and views expressed do not necessarily reflect those of the Editor, the Base Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. Correspondence should be addressed to: VOXAIR, Bldg. 4, CFB Winnipeg, Westwin, Manitoba R3J 0T0.

VOXAIR est le journal non officiel de BFC Winnipeg et est publié avec la permission du Commandant de la Base Colonel Loren H. Reynolds, C.D. Les opinions et les points de vue qui y sont exprimés ne sont pas nécessairement ceux de l'éditeur, le Commandant ou le ministre de la Défense nationale. L'éditeur réserve le droit de modifier ou refuser la publication d'un article ou d'une annonce publicitaire. Toute correspondance doit être adressée à: VOXAIR, Bldg. 4, FBC Winnipeg, Westwin, Manitoba R3J 0T0.

DEADLINE 2 MAY 88 FOR 11 MAY 88 ISSUE
FOLLOWING ISSUE DEADLINE 13 MAY 88



Second Class Mail. Reg. No. 1725 ISSN 0300-3213



Scan Seminar 17-18 May 88

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

A SCAN Seminar will be conducted on 17 and 18 May 88. The location is the CFANS Theatre in Bldg 84 from 0800 to 1600 hrs

daily. Attendance by all military personnel nearing retirement (15 years service or more) or medical release, and their spouse, is strongly encouraged.

The seminar will cover retirement considerations such as release procedures and financial planning as well as second career considerations including résumés, CEIC, academic upgrading, the job interview and much more. The seminar will be a worthwhile event; interested members are requested to register by calling the Base Personnel Selection Office (Loc 5471) prior to 13 May 88.

As seating is limited early registration is recommended to ensure a confirmed vacancy.

See you there.

Séminaire sur le SPSC 17-18 mai 88

Le passage de la vie militaire à la vie civile ne consiste pas seulement à remplacer l'uniforme par des vêtements civils. Si vous prenez bientôt votre retraite et n'avez pas encore pris le temps de penser à tout ce que cela implique, vous devriez peut-être le faire — il n'est jamais trop tôt. Le SPSC, service de préparation à une seconde carrière, met l'accent sur la planification et la préparation de la vie civile et d'une seconde carrière. Les services qu'il offre comprennent l'orientation, l'aide à la rédaction de cur-

riculum vitae, des tests d'aptitudes lorsque c'est nécessaire et des renseignements sur les perspectives d'emploi.

Une séminaire sur le SPSC aura lieu les 17 et 18 mai 88 au théâtre de l'ÉNAFC, bâtiment 84, de 8 h à 16 h deux jours. Nous invitons fortement tous les militaires sur le point de prendre leur retraite (15 ans de service ou plus) ou d'être libérés pour raisons de santé à participer, ainsi que leur conjoint, à ce séminaire.

Le séminaire portera sur différents aspects de la retraite,

HMCS Chippawa Inspection

Ship's Company welcomed Rear Admiral J.C. Slade, Chief of Maritime Doctrine and Operations at NDHQ 5 April 88 for their annual inspection. Afterwards, Admiral Slade said he was impressed with Chippawa and the training program they displayed.

HMCS Chippawa boasts 199 officers and NCM's and in the 88/89 training year plans to expand to 300 following White Paper initiatives. Chippawa's large family of associations includes three Royal Canadian Sea Cadet Corps, one Navy League and one Wrennette corps, the Manitoba Division and Winnipeg branch of the Navy League of Canada, the Naval Officers Association, the Canadian Naval Air Group, the Royal United Services Institute, the RCN Chiefs and Petty Officers Association, the Winnipeg Ensign Club and the Ex-Wrens Association.

During the 87/88 training year, fully 101 non-commissioned members and 41 new entries were under training. A Junior Leadership class several times larger than any before will graduate this year and the Summer Youth Em-



Rear Admiral J.C. Slade inspects H.M.C.S. Chippawa

ployment Program onboard Chippawa is expected to be bigger this year than ever before.

Out of unit training this year began with a Labour Day weekend exercise for our divers at Churchill. Our first Gate Vessel weekend in Thunder Bay in late September saw 40 members of Ship's Company join HMCS Porte Ste. Jean. A second Gate Vessel weekend in November, this

time on the West Coast, was highly successful, as was another in March along with YAG week for some members.

This past year HMCS Chippawa passed all security, supply, financial, administration and other audits and inspections with "flying colours". This achievement reflects the efforts of all members of Ship's Company and the leadership of our Regular Force Support Staff.

tels que le processus de libération et la planification financière, ainsi que sur les aspects d'une seconde carrière, notamment les curriculum vitae, la CEIC, les cours de perfectionnement, les entrevues d'emploi, etc. Le séminaire en vaudra la chandelle; les militaires intéressés sont priés de

s'inscrire en appelant le bureau de sélection du personnel (poste 5471) avant le 13 mai 88.

En raison du nombre limité de places nous vous recommandons de vous inscrire tôt pour vous assurer une place.

À plus tard!

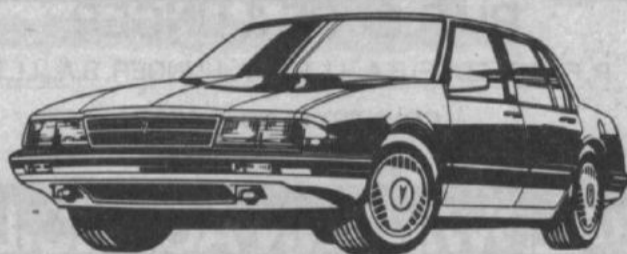
Did you know that...

American companies manufacture enough artificial Christmas trees each day to artificially reforest four hectares of land daily?

WAITING TO LEAVE FOR GERMANY?



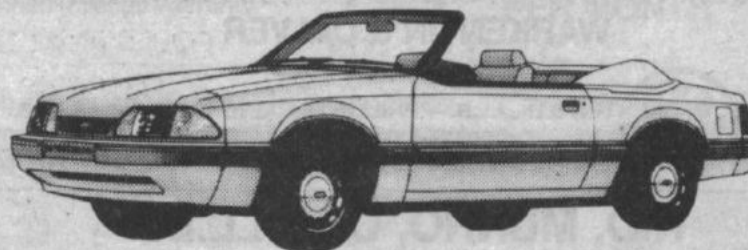
YOUR CAR LEFT BEFORE YOU?



DND HAS SPECIAL REDUCED RATES!



CALL TODAY FOR INFORMATION!



RENT A CAR 632-6615

1350 KING EDWARD
WINNIPEG, MB

**We
try harder**

Physical Fitness — Update

by Janice Cowan

Following four years of study and research, a new minimum physical fitness standard for the Canadian Forces will be approved in the very near future with its introduction taking effect 1 April 1990.

The development of the new program has involved the Deputy Chief of Defence Staff; NDHQ environmental staffs; the Surgeon General; the Director Physical Education, Recreation and Amenities; the Defence and Civil Institute for Environmental Medicine and Queen's University.

Phase three, the last step, of the program is currently being validated by the Ergonomics Research Laboratory of Queen's University's School of Physical and Health Education, Department of Mechanical Engineering. The new standard will be adopted by the Canadian Forces after final approval has been given by Armed Forces Council.

Maj Wayne Lee, Physical Fitness and Education, DPERA, said that in December 1983, the Chief of Defence Staff directed that a new minimum physical fitness standard be developed using the new CF EXPRES (exercise prescription) format for basic evaluation.

To help in establishing the new Canadian Forces Minimum Physical Fitness Standard (CFMPFS)

a set of common task requirements, applicable to all CF members regardless of age, rank, sex, environment, classification or trade, in operational or non-operational roles, were selected. Armed with this data and using methods detailed in the Canadian Human Rights Commission's Bona Fide Occupational Guidelines of 1978 the research began. Not only is there a requirement to show that the performance standard is correct but there is a need to ensure that legal and human rights considerations are satisfied.

In the meantime, to fill the gap between now and the implementation of the new, minimum physical fitness standard, a set of CF minimum physical fitness training objectives have been introduced as a means of gauging the physical fitness status of personnel and to provide a motivational tool for personal use. Over the next two years these training objectives will be appropriately raised to meet CFMPFS when it is finally put into effect. All members should be aware that career policies and sanctions will be introduced to support the new standard. While these policies have yet to be approved, personnel should be regularly participating in the CF EXPRES program, so as to be prepared when the standard is applied.

Maj Lee pointed out that the minimum physical fitness standard will be just that — the minimum level of fitness required by members to permit them to meet the physical demands of the common tasks. It is not an ideal or an optimal level of fitness and should not be considered as the only physical performance level in the Canadian Forces.

While the new physical fitness standard will have Forces-wide application, the need for higher levels of fitness will eventually be identified, standards produced and programs introduced to ensure operational readiness and effectiveness. For example, work will begin this fall on an army 'environmental' standard. Later, the requirements of specialist environments, such as SAR technicians, divers, firefighters and others will be addressed.

Maj Lee emphasized that the purpose of standards is to assess physical operational readiness and to take corrective action for the unfit by providing special programs for individuals and units.

"Fitness is a lifelong activity and must be part of every military member's lifestyle," said Maj Lee. "Remember, don't do it just for us, do it for yourself. You'll do your job better and have lots of energy left to enjoy your leisure times."

Base Ops talk

Well I figured it was time once again to put pen to paper and brief you on the happenings around the Base Ops over the past few weeks and for the next few weeks. Finally the weather is starting to warm up campers, time to dig out the golf clubs, ball gloves, lawnmowers or whatever it takes to put everything in shape for the summer months; as short as they are. More on the weather later.

First we would like to welcome back WO Ray Giovannetti from his fun filled half a year in sunny El Gorah commonly known as the Sinai, and say a farewell and good luck to WO George Skidmore who is going to spend some time on the beaches of Eureka, NWT from 20 May to 7 July. Fun! Fun! Fun! eh George.

On the 15 of April many out of trade, retired and serving members of the Air Traffic Control community gathered at a luncheon to celebrate the 45th Anniversary of the trade. And by all accounts was a great success.

Congratulations go out to the Base Ops curling team of Bob Graham, Arv Reder, Bill Barnes, Al Chalk and Jim Fairweather for winning the "B" event of intersection curling for 1987-88 season.

Congratulations also go out to Marlene the Base Ops secretary on becoming a grandmother on the 9th of April. Her daughter gave birth to an 8 lb plus baby boy.

Over the next little while we will be losing three people, Sgt Fred Audet to Trenton (RCC), Sgt Bill Keats on retirement and MCpl Bob Graham to the school in Cornwall.

Now it's time to talk a little about the weather we can expect in the Winnipeg area for the next two or three months.

First for the Month of May. This month is normally one of the warmest months in Manitoba with the average daily high of 17°C and lows of 4°C. The highest temperature recorded for this month was 37.5°C. There are 9 days of the month with precipitation with a total of near 55 mm. For the month of June and July the daily high ranges from 23°C in June to 26°C July and an average of 80 mm of rain for each month. There is an average of 8-12 thunderstorms per month during this time. Hopefully there will be very few mosquitoes again this year.

Anyway I guess that's it for a little while. If you are ever in 16 Hangar, drop up and see us. Until next time, Sunny Skies.

Professional & Business Directory

CHAPMAN GODDARD KAGAN, BARRISTERS & SOLICITORS

George E. Chapman, B.Sc., LL.B. Donna G. Kagan, LL.B.
 Alan R. Goddard, B.A., LL.B. George A. Derwin, LL.B.
 Kelly P. Land, LL.B. Allan R. Francis, LL.B.

1864 Portage Avenue Phone 888-7973

RUTLEDGE & UNGER

R. F. RUTLEDGE, B.A., LL.B. — A. I. UNGER, B.A., LL.B.

COUNTRY CLUB PLAZA

310-3025 PORTAGE AVE. 888-3204

BALDWINSON AGENCIES

Rec Centre (Whytefold Rd.)

Autopac 889-2204

Ronald M. Habing B.A., LL.B.

Telephone: 832-8322

RONALD M. HABING

Barrister, Solicitor and Notary

2643 Portage Avenue
 Winnipeg, Manitoba R3J 0P9

WARKENTIN & CALVER

Barristers Solicitors Notaries

ERWIN P. WARKENTIN, B.Th., LL.B. — PHILLIP G. CALVER, B.A. (Hons.), LL.B.

N-3025 Ness Avenue Winnipeg, Manitoba R2Y 2J2

Telephone: 885-4452

K.D. MUNRO, C.D., LL.B.

BARRISTER & SOLICITOR
 RCAF/CAF RETIRED

PITBLADO & HOSKIN

BUSINESS 942-0391

1900-360 MAIN STREET, R3C 3Z3

HOME 452-8780

SIGGI'S HAIRSTYLING & BARBERING

A Pleasure To Serve You

Closed Mon., Tues.-Fri.: 9:00 a.m.-6:00 p.m., Sat. 9:00 a.m.-5:00 p.m.
 STURGEON PARK PLAZA, 3045 NESS AVE. 832-1001
 NEXT TO SAFEWAY



NEMY, BROWN & ROY

Barristers Solicitors Notaries

Morton H. Nemy, B.A., LL.B. John C. Brown, B.A., LL.B.
 Barry A. Roy, B.A., LL.B. Jack M. Rabkin, B.A., LL.B.

200-2727 Portage Avenue (Courts of St. James Shopping Centre)

Winnipeg, Manitoba Phone: 888-8890

Al-Ben Engraving

Plastics — Metals
 Name Plates — Trophies — Plaques
 AL BENNETT

263 Ainslie St. R3J 2Z5

Phone: 837-1512

SILVER HEIGHTS DRY CLEANING CENTRE

837-7209

Professional Cleaning & Pressing
 Special Rates on Uniforms
 2249 Ness Avenue

BEGIN & DOYLE

JILL BEGIN, LL.B. WILLIAM DOYLE, B.A., LL.B.

BARRISTERS & SOLICITORS

FREE OFFICE CONSULTATION

427 Academy Road (at Niagara), Upper Level
 Winnipeg, Manitoba R3N 0C2

488-3337

TUXEDO PARK HAIRSTYLING & BARBERING

146-2025 Corydon Avenue, Winnipeg, Man. R3P 0N5

BEAUTY SALON
 489-9079
 MONDAY-SATURDAY
 HOURS: 9-5

Cuts - Perms - Colours - Shaping

For Men, Women and Children
 MEN'S HAIRPIECES FITTED

MEN'S HAIRSTYLING
 & BARBERING
 489-7997

CLOSED MONDAY
 HOURS: 8-6, SAT. 8-5

ST. JAMES TRAVEL AGENCY

COMPLETE TRAVEL ARRANGEMENTS

• AIRLINE TICKETS • PACKAGE TOURS
 • CRUISES • TRAVEL INSURANCE

1855 PORTAGE AVENUE — 888-2668

Parkview Barber Shop

2177 Portage Avenue 832-1450

Open: Tues., Wed. & Fri. 9 am-5 pm, Thurs. 9 am-6 pm, Sat. 9 am-4 pm
 Vera Lavallee specializing in military hair cuts
 formerly of CFS Gypsumville

Military Hair Cuts — \$5.00

La condition physique: Mise à jour

par Janice Cowan

Après quatre années de recherches, une nouvelle norme minimale de condition physique sera bientôt adoptée par les Forces canadiennes; elle entrera en vigueur en avril 1990.

Instaurer une nouvelle norme minimale de condition physique constitue toute une entreprise. Plusieurs organisations ont participé à ce projet: le Sous-chef de l'état-major de la Défense, des états-majors des trois éléments au QGDN, du Chef — Service de santé, du Directeur — Éducation physique, loisirs et commodités, de l'Institut militaire et civil de médecine environnementale ainsi que l'Université Queen.

La troisième et dernière phase du programme en est actuellement à l'étape de validation au Laboratoire de recherche ergonomique de l'École d'éducation physique et de santé, du département de Génie-mécanique de l'Université Queen. Les Forces canadiennes adopteront cette nouvelle norme une fois que les autorités auront donné leur approbation définitive.

Le major Wayne Lee, du service de conditionnement et d'éducation physique au DEPLC, dit qu'au mois de décembre 1983, le Chef de l'état-major de la Défense avait demandé que l'on élabore une nouvelle norme minimale de condition physique en s'inspirant du nouveau programme EXPRES des FC (exercices prescrits).

Pour en arriver à établir la nouvelle norme minimale, il fallait établir un ensemble d'exigences professionnelles communes applicables à tous les militaires des FC, sans égard à l'âge, au grade, au sexe, au milieu de travail, et au groupe professionnel. On s'est alors fondé sur ces données et les méthodes énoncées dans les Ordonnances sur les exigences professionnelles normales, 1978,

de la Commission canadienne des droits de la personne, pour entreprendre l'étude. Non seulement faut-il démontrer que la norme de rendement est correcte, mais encore faut-il s'assurer de respecter les exigences juridiques et les droits de la personne.

Dans l'intervalle, entre l'adoption de la nouvelle norme minimale et sa mise en application, il a fallu employer une série d'objectifs minimaux de condition physique pour les FC afin de mesurer le niveau de condition physique des militaires et d'offrir au personnel un moyen de motivation. Au cours des prochaines années, ces objectifs d'entraînement seront progressivement élevés jusqu'à ce qu'ils correspondent à la norme de condition physique lorsqu'elle sera finalement en vigueur.

Afin d'appuyer les nouvelles normes minimales, des politiques, pouvant avoir un effet sur la carrière et des mesures disciplinaires seront établies. C'est pourquoi on encourage fortement les militaires à participer au programme EXPRES pour être fin prêts lorsque le tout sera mis en application.

Le major Lee a fait remarquer que la norme minimale de condition physique correspondra au niveau de condition physique minimale pour accomplir les tâches communes. Il ne s'agit pas là d'un niveau idéal ou optimal de condition physique et il ne faudrait surtout pas le considérer comme le seul niveau de rendement physique en vigueur dans les Forces canadiennes.

Bien que le programme EXPRES constituera la pierre angulaire du programme de conditionnement physique des FC, il faudra établir des niveaux plus élevés de condition physique, élaborer des normes et introduire des programmes afin d'assurer

l'état de préparation et l'efficacité opérationnelle des troupes. Ainsi, dès le printemps prochain, des travaux seront entrepris afin d'établir une norme propre à l'élément Terre. Par la suite, il y aura évaluation des besoins particuliers dans certains groupes comme les *Rangers*, les parachutistes, les techniciens en recherche et sauvetage et les pompiers.

Le major Lee a appuyé sur le fait que le but de la création de ces normes n'est pas d'établir des objectifs hors d'atteinte mais plutôt d'évaluer l'état de préparation physique et d'offrir aux personnes qui ne sont pas physiquement aptes le moyen de corriger le problème.

«Le conditionnement physique doit devenir une préoccupation de tous les jours dans la vie de chaque militaire», déclare le major Lee avant d'ajouter, pour conclure, ce dernier conseil: «Ne le faites pas pour les autres, mais pour vous-même. Vous ne pouvez qu'améliorer la qualité de votre vie.»



FIRST AID

Take it from us!

Are you ready to help your loved one in the event of accident or sudden illness?

Take a St. John First Aid course or C.P.R. Cardio-Pulmonary Resuscitation. Courses available to suit your timetable.

For more information please call us anytime. 774-1851



St. John Ambulance

The First Aid Professionals

535 Doreen Street, Winnipeg, Man. R3G 3H5
Telephone 774-1851

The Fox



What more could you want, volks!

- Performance proven 1.8 litre engine.
- Fuel injection.
- Maintenance free transistorized ignition.
- Rack and pinion steering.
- Halogen headlights.
- Fully reclining front bucket seats.
- 24 month, unlimited mileage warranty. Ask for details.
- 6 year, unlimited mileage corrosion perforation warranty.
- Plus more than 30 other standard features.

199⁹⁸ PER MONTH
O.A.C.

Based on manufacturers suggested retail price for 2 door model, \$250.00 down, 60 months at 13.25 A.P.R., payment does not include P.S.I., freight, PDI, and any options.



VISIT US AT:

St. James Volkswagen Ltd.

YOUR NEIGHBOURHOOD VOLKSWAGEN, AUDI DEALERSHIP

305 MADISON AT NESS

One block west of Polo Park

888-0260



Judy Bell-Johnson

Moving to Winnipeg?
Call me for conscientious,
experienced service,
with your needs foremost!
AVRIL REALTY

202-160 Tuxedo Blvd.
Winnipeg, Manitoba
Telephone (204) 488-3505
Residence (204) 452-5290



WHERE SATISFACTION IS GUARANTEED

411 Madison Street
(Near Polo Park)
Winnipeg, MB. R3J 1J2

(204) 888-2359
ALLAN YVON
President

AT MACDONALD AUTO BODY WE:

- Have been in business for over 40 years
- Do autobody repair and paint
- Specialize in Unibody Repairs
- Guarantee colour matches
- Specialize in basecoat clearcoat
- Give full guarantee on all work we do
- Provide free air conditioned courtesy cars
- Wash every vehicle inside and out
- Leave touch-up paint with every vehicle we do



SUPER SPORTS

PERI Promotion



BPSVCSO, Maj D. Brazeau co-ordinating presentation of WO rank to PO Wiseman by BPERO, Capt G Peet.

Base Commander's Floor Hockey Tournament

This year CFB Winnipeg had 14 sections participating in the tournament. Opening ceremonies were held simultaneously, with BTSO, LCol Ross at Bldg 90 and Base Commander, Col Reynolds at Lipsett Hall dropping the game balls and welcoming the competitors.

There was an outstanding

showing by all teams. Next year's competition could be even greater if we have a good turnout in the fall for Inter-Section Ball Hockey.

1 CEU won the trophy this year beating CFANS in a grueling battle of experience (1 CEU) vs youth (CFANS).

See you on the floor in the Fall!



LCol Doerksen with the Champs — 1 CEU

Put Your Best Foot Forward

In an average lifespan, your feet carry you the equivalent of three times around the world, so they deserve to have you stand up for them.

Simple care will prevent many of the problems leading to that often heard complaint, "my feet are killing me."

Your feet can reveal disorders in other parts of the body. For example, swelling caused by abnormally large amounts of fluid can be a sign of heart, kidney or other diseases of the vascular system.

Foot conditions can also indicate the onset of diabetes. Diabetics must pay close attention to giving their feet the proper care. Because of the nature of the disease, patients may not be aware of small foot injuries, cuts or scratches which can allow infection to start.

Careful foot care includes bathing the feet in warm water, careful nail cutting and the prevention of "Athlete's Foot," a contagious infection characterized by itching and redness.

Foot care doesn't have to be difficult and knowing all the rewards make it that much easier. Shoes, for example, shouldn't need to be "broken in." They should fit well from the moment you put them on. Shoes which fit and wear well won't cause corns, calluses or bunions.

Ask your pharmacist if you have any questions about foot care or the products you'll find to help in the pharmacy. He or she will be happy to make it easier for your feet to stand up for themselves.



Runner Ups — CFANS

Inter-Section Volleyball (North)



The Champs — 73 Comm Gp

Surprise, Surprise!!!

73 Comm Gp won the Base Inter-Section Volleyball Championship over BEME in fine style. This team is somewhat of a Cinderella team in this league. First they were a late entry in the league so they missed a few weeks. Then they drew BHQ as a first round opponent in the playoffs and swept by them to face CE who got a bye to the next round because of their first place finish in the league. The boys from 73 Comm Gp upset CE and moved into the finals. They faced BEME in the final who finished second in the league, and when it was all over the boys of fall came through. Great job 73 Comm Gp, see you next year.



The Runners Up — BEME



EDITION



Division Champions CFB Winnipeg Bowlers Win Prairie Region

by OCdt Schofield
Coach Men's Basketball Team

CFB Winnipeg's Men's basketball team, the Flyers, added another championship to the 1988 base sport successes by winning the Division 7 final on Saturday morning, March 5th. The Flyers have been playing basketball, in the Greater Winnipeg Men's Basketball League, every Saturday morning since October, and March 5th was the payoff. Feared for their aggressive man-to-man defense, jumping into everyone's face and invading personal privacy, and dominating inside with physical, skilled big men, the Flyers played their game of basketball to a 72-60 victory over Fort Richmond III. It was very rewarding to watch these players execute their skills, demonstrate great teamwork, and show personal desire as they controlled the game from the start to the finish.

The Flyers have dominated Division 7 all season and will have the option to move up into Division 6 next year. Regretfully, the Flyers will be losing some top players; Kevin Thurston, Derek Sebalj, and Kyle Easter will be

pursuing their military careers at new postings, and their leadership and skill will be missed. Roy Field, our big man in the middle with a good basketball sense, is also being posted. Other players who have contributed to the Flyer's program and are leaving this year are Mike Villeneuve, Jim Weatherby, and LeRoy Lowe. These players contributed greatly to the Flyers' success and I am sure they will enhance the basketball programs at their new postings. The Flyers will keep a solid foundation for next year with Don Barrill, Nyron Higgins, Chris Kirby, and Bob Burke. The team will also be looking for players in the fall to help represent the base in 88/89.

The commitment these players gave all season, with weekly practices and Saturday morning games, helped raise the awareness of basketball in the military community and helped them win a division championship.

Congratulations Flyers on a very successful season!

Coach



Regional Champs Off to the Nationals in Kingston !!! GOOD LUCK !!!

The Bowling team representing CFB Winnipeg captured the Prairie Region Championship in an 18 game roll-off at CFB Moose Jaw held 28-30 March. The team was comprised of Capt Don Brown, MWO Bud Knight, WO Leo Fraser, WO Bob Sypulski, Sgt John Bonnell and MCpl Ralph Rumbolt.

Our team started fast, led throughout the tournament, and won handily by 805 pins. CFB Cold Lake, last year's champions finished second. Individually Bud Knight won the high average with 245. Finishing third was Leo Fraser at 232 and John Bonnell 5th with 228.

The team will now advance to the CF Nationals at CFB Kingston the first week of May. CFB Moose Jaw did a commendable job of hosting the Prairie Region championships. The accommodations were excellent and the schedule worked out with a little juggling with the two late arrivals because of weather complications. The bowling facility was great with one exception. OOOhhh those strings!



sports update..

Flyers Represent Manitoba at Civilian Broomball Nationals

Three members of the CFB Winnipeg Flyers Base Broomball team had the distinct honour of representing the province of Manitoba at the 1988 Canadian Broomball Championships held at Yellowknife Northwest Territories 6-10 April. Lt Willis Jacobs, Mcpl Brian Pierce and Cpl Chris Pilon were selected to augment the Stoney Mountain Rockies, Manitoba senior mens Provincial "A" winners. While in Yellowknife the Manitoba team played to their best finish ever at the twelfth annual championships, finishing fourth behind third place Saskatchewan, second place Quebec and a very strong championship team from Ontario.

The opportunity to play in such a high calibre tournament put a finishing touch on what has been a very rewarding year for the above mentioned players and indeed all members of the CFB Winnipeg Flyers who went undefeated against military teams on route to a 1988 CF National Championship.

1988 CISM Report

The CF Cross Country Running team recently competed in the 37th International Cross Country Championships at Tyn-dall AFb 14-20 Feb 88. The competition is sponsored by the Consul International Du Sport Militaire (CISM).

Twenty-six countries participated this year with full teams or as individuals, many of whom were of Olympic calibre. The following is a listing with results of the three major events the CF team participated in:

- a. Men's Short Course 4.5 km 17th of 18 countries, however this was the first time Canada has ever entered this event;
- b. Women's Course 4.5 km — 5th of 7 countries; and
- c. Men's Long Course 12 km — 9th of 15 countries entered.

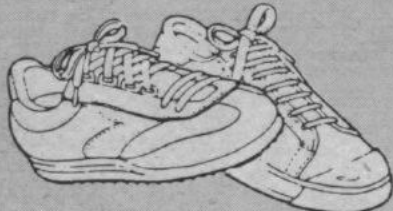
Although our team did not make the medal round, we were, however, able to place runners in the top half of every event entered.



Players in Picture:

Roy Field, Ron Higgins, Kyle Easter, Kevin Thurston, Jim Weatherby, Don Barrill, Bob Burke, Bruce Schofield, Dwight Campbell, LeRoy Lowe, Chris Kirby
Missing: Derek Sebalj

**ATHLETIC SHOE SEMINAR
BY R. LEBLEU (NIKE)
DOOR PRIZE
2 PAIR OF RUNNERS**



**APR 29/88 1100-1200HRS
BASE THEATRE BLDG 90
REGISTER AT LOC-6185**

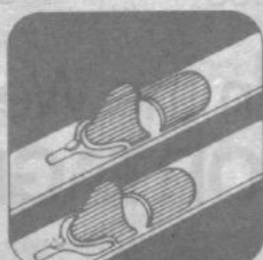


BComd's Slow-Pitch Tournament

Start time 0800 on Diamond #1
6 MAY 88 located behind Bldg 90 — 15 players max 9 players min — \$15.00 entry fee.
Entry fee MUST be paid NLT 29 Apr 88 at Bldg 90...team list to accompany entry fee.
A max of 16 teams will be allowed in the tournament (first 16 paid teams will be accepted).
If rained out team Repls & Opi's will discuss new date.
For further information contact Cpl Shirley at Bldg 90 loc 5511

Men's Softball

CFB Winnipeg will form a men's softball team to compete in the Prairie Regional. They will practise on a regular basis and play exhibition games and occasional local tournaments. All interested personnel (players and coaches/managers) to submit names to MCpl Weatherby in Bldg 90, local 5511 no later than 15 May 88.



CHAPLAINS CORNER



bread for the meal, they suddenly realized who the stranger was (Lk 24:15-35).

That was not the first time Jesus was to be found breaking bread. All four Gospel writers tell of the feeding of the five thousand with fish and bread. These people gathered round Jesus to listen to him and receive his teaching. They were hungry for the good news he shared with them. Later, he took bread, and blessed, broke, and shared it with all those people. Jesus then told them: "I am the bread of life; whoever comes to me will never be hungry." In that action people caught a glimpse of who he was.

The celebration of the Easter event is the realization that the Christ who died is alive and present forever. In the breaking of the word of God (Bible reading and study, sermon) and in the breaking of the bread (the Eucharist) people discover Christ risen and present. People discover their deepest longings, hurts, and needs touched by the risen Christ.

Why not come and break bread with Him and with us?

Padre J.G. Jolliffe

The Road to Wholeness

Two people, after a long walk on a Sunday afternoon, arrived home for supper. The stranger who travelled with them was invited in and, as he broke the

BOR News

Well, rumour is that the BOR has not been keeping abreast of the sections on base spreading news in the Voxair. Yes, this is true, so I asked the editor of the VOXAIR for two full pages of space, and you know what he said, 'NO WAY', so I'll do my best to keep it brief and concise (just like Quincy does).

Sadly to say, we are losing 3 people from the BOR. No. 2 are being posted and 1 is retiring.

Pte Sandy Lee is posted to CFS St John's 6 Jun 88 and yes, she is taking her form with her; the base social work officer saw to that! St John's will never be the same, but neither will the BOR. Take care Sandy, we're going to miss your smiling face.

Also leaving us is MCpl Mike Powers. Mikey is not going too far away — as a matter of fact just across the runway. He will be working for DCOS IPR. Don't

worry Mikey, we're still going to let you take the R&D section out for lunch every Friday, just like always. (If DCOS IPR plays their cards right, Mikey'll be taking them out for lunch, too!)

And last of all, CWO Ken Frost who will be retiring in May 88. After 25 years of hard, dedicated work in the Regular Force, he will now be working with the Reserve Force at 12 (Vancouver) Medical Company. Chief, we all wish you the very best in your retirement and hope you will think of us hard working souls while you are out on the golf course or doing whatever it is you do on retirement.

Oh yes! I almost forgot, rumour has it that one more member of the BOR might be headed out West this summer — the big town of Shilo. More news on that to follow at a later date (and we're certainly going to keep

the transport section posted!)

Last month around March 24th, we had an Adm Clk Mess Dinner. The Guest of Honour was our BComd, Col Reynolds. Also the Adm Clk career managers were in attendance, so, instead of the Mess Hall staff putting out serviettes, they had crying towels! By the end of the night all was sorted out and a good time was had by all.

Well, my writing space is running out very fast, so I'll just mention a couple of items (hot off the press). Ex-Pte 'slick-sleeve' Dan Karau is now a one-hook Pte. I know I'm late spreading the news Dan, but, better late than never. If you keep up the good work, you'll probably be replacing WO Marriott when he gets posted out (Shilo)?

And finally we would especially like to welcome Pte 'slick-sleeve' Don Summers to the BOR. He arrived from Calgary earlier this month and is doing a great job. Keep up the good work Don, who knows maybe you'll be replacing 'WO' Dan Karau when he gets posted (Shilo)?

CF Photo Contest

Subject competition for amateur and professional categories to be held in Ottawa from 6-11 Jun 88. Entries may be submitted by the following: CF Regular Force members, Reserve members, other nation's members attached on exchange duty with CF, dependants of the

above, civilians employed by DND, members sea cadets, army cadets and air cadets.

Entry Fee is 50 cents per entry with a maximum of six entries per exhibitor. Each entry must be clearly identified by SIN, Rank, Surname and Initials, unit and mailing address (home address

for dependants), category and subject classification (and description of piece of work).

Works may be black and white prints, colour prints or colour slides (35 mm) and comprise of three classifications; military life (unclas only), portrait (individual or group) or open.

NDHQ will provide awards for photographer of the year (amateur and professional), scroll and rosette for best in show, scrolls and ribbons for works judged first in each category, medium and classification as well as scrolls and ribbons for honourable mention (at discretion of judges).

For further information or to enter contact MCpl Jim Weatherby (Bldg 90, local 5511). Entry deadline is 13 May 88.

745 Comm SQN Reunion

745 (EDM) Comm Sqn is holding a reunion to commemorate 75 years of reserve communications in Alberta, and welcomes past Sqn and 8th Independent Signal Corps members to participate.

Further information can be obtained by calling the Sqn at 403-457-8425.

Accent Opticians

SPRING CONTACT LENS SALE!

Tired of wearing glasses?

Look good and feel great with contact lenses professionally fitted by our highly experienced staff.

SOFT DAILY WEAR \$99*

WEEKENDERS \$145*

COLOURS AND SPECIALTY LENSES
ALSO AVAILABLE

*CLEAR SPHERICAL

Offer Expires May 14/1988



**Accent Opticians — In the Westwood Village Shopping Centre
3304 PORTAGE AVE. 885-3802**

EX Finally — Back in Business

Although there were times when we thought this moment would never arrive I am now proud to announce the official grand opening of the CANEX Convenience Centre! In all honesty as I sit here, word processor in hand, the grand

opening is in the final planning stages. Deadlines being what they are, by the time you read this, the ribbon will have been cut.

Why, you ask, did we not announce this momentous occasion before the actual date? Well, the planning of a Grand Opening is an interesting and intricate business. Setting the date is one of the hardest parts.

First you need a facility to open and something to sell — at, of course, extremely low prices from whence comes the ever popular Grand Opening Sale (it is absolutely impossible to have a Grand opening without a sale).

Second one must allow sufficient lead time to inform the customers — it's no fun to hold a sale without a few customers, along with the other standard VIP's (hope you made it Quincy!). With amazing luck and good planning the facility is ready just as the ads hit the customers hands, not an easy feat. One could wait until everything is in place and then begin planning the gala event but openings are much more exciting when they happen before the facility has been operating for a month.

Of course standard factors to be considered when planning a sale include the timing of pay



GRAND OPENING SPECIALS STRIPPED FROM SHELVES!! or, more accurately, final preparation of the new CANEX outlet.

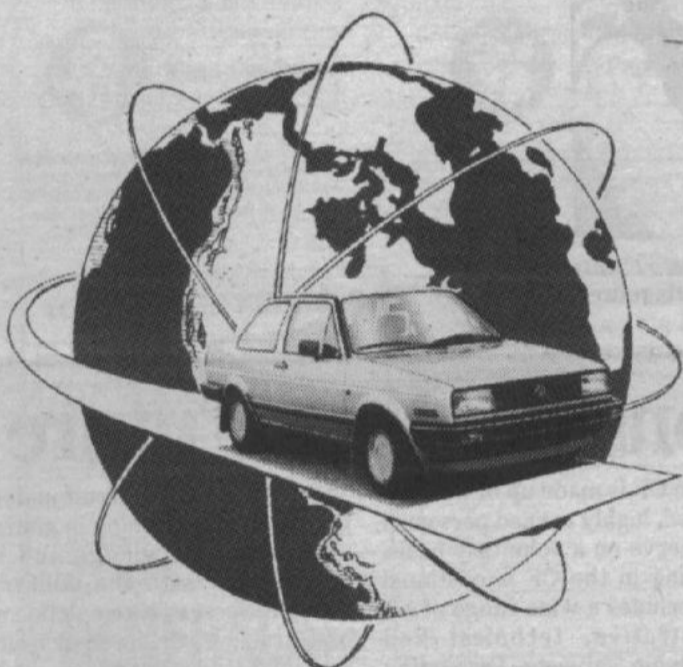
days and avoiding, at all costs, AUTOPAC month (we wouldn't want to cause any financial inconvenience). The relative merits of Mondays vs. Fridays can also be discussed. Not to mention never starting a sale on a rainy Tuesday!

After briefly considering all these vital factors I looked at my TD and Leave plans and said "I want that place opened before I go!" and the final decision was made. So much for all theories of Retail management.

I suppose the point in all this is to apologize to any of you who may have missed the official opening day as the deadline for VOXAIR submissions had passed when the date was set. Hopefully you have all been able to take advantage of the terrific specials as well as see the new operation at full swing, but for those of you who have not yet made it over all is not lost! The GRAND OPENING SALE will continue until 30 April.

HEADING FOR GERMANY?

INQUIRE ABOUT OUR EUROPEAN DELIVERY PROGRAM



FOR EXAMPLE:

1988

**VOLKSWAGEN JETTA
2 DOOR 5 SPEED**

DELIVERED IN WINNIPEG	13450.00
DELIVERED IN GERMANY	9640.00
SAVINGS	3810.00

VISIT US AT:

St. James Volkswagen Ltd.

YOUR NEIGHBOURHOOD
VOLKSWAGEN AUDI DEALERSHIP

305 MADISON AT NESS
One block west of Polo Park

888-0260

**Don't Forget
MOTHER'S DAY
8 MAY 88**

POLO PARK INN

ENJOY THE COMFORT AND CONVENIENCE OF ONE OF WINNIPEG'S NEWEST HOTELS...

SPECIAL ARMED FORCES RATES STARTING AT

\$40.00

POLO PARK INN
1405 ST. MATTHEWS AVE.

Call: **JANICE M. MORIN**

Sales & Marketing Manager

204-775-8791
Telex: 07-55143



Welcome...

ST. JAMES LEGION

BRANCH No. 4
ROYAL CANADIAN LEGION
1755 PORTAGE AVE.
WINNIPEG, MANITOBA

BINGO
EVERY WED.-FRI. & SAT. 8 P.M.

DANCING
TO LIVE BANDS
EVERY THUR.-FRI. & SAT.
9-1 A.M.

MEAT DRAWS
EVERY SAT. 2 P.M.-5 P.M.



MARIGOLD

CHINESE AND AMERICAN DISHES,
FINE DINING & COCKTAILS,
BANQUET FACILITIES AVAILABLE.

8 LOCATIONS TO SERVE YOU AT:

245 King St. (Chinatown) — 944-9400	718 Osborne Street — 474-2401
1041 McPhillips — 589-7369	885 Henderson — 661-3135
2591 Portage Avenue — 888-5665	1755 Pembina — 261-9241
487 St. Mary's Road — 233-1453	1380 Ellice — 783-1067

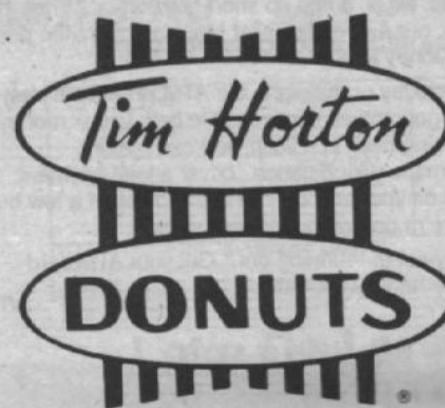
PATRICK REALTY

2003 Portage Ave. R3J 0K3
Ph. (204) 837-1366

- Homes • Suburban Properties
- Farms • Fire Insurance
- Commercial • Autopac

To Buy or Sell Call Your Local Retailer

Patrick Realty Ltd.



"Specializing in Soup & Sandwiches
and Pies & Cakes For All Occasions"

1877 Portage Avenue at Ferry Rd.
831-8141

Air Command DCOS Mile 35 Years of Service



Mr. Ed Dahn is shown receiving his medallion for 36 years of service from Colonel John Fryer, DCOS MILE. Thank you Ed for your many years of devoted service; we look forward to your continued efforts.



Col J.R. Fryer, DCOS MILE presenting Mr. A.J. Lemoine with his 35 year medallion. He served with the RCAF, MOT and most recently with Air Command in the SSO D Section as an Electrical Engineer.



Presenting Mr. Walter Hobson with his certificate marking 35 years with the Public Service is Col J.R. Fryer, DCOS MILE. Recently retired, Mr. Hobson free lances in his chosen profession of drafting.



Ever Run Out at Midnight? We run all the time.

Like Cinderella, we all come up short sometimes. When you run short on cash, our Automatic Teller Machine offers the perfect pick-me-up: Money to go!

Whether it's midday or midnight, our ATM is the next best thing to having a fairy godmother, ever ready to help you in money ways. Along with getting cash in a flash, you can make a deposit...determine your balance...cover a loan payment...or transfer funds on your account. All at the press of a few buttons! Remember, we're part of the *Interac*® system.

Take the worry out of "running out." Get your ATM card today...and live happily ever after!

INTERAC®

Helping you
in money ways...

ASTRA SAVINGS AND CREDIT UNION LIMITED

* 1907 Portage 888-8690	1080 Wall 786-6689	* 1855 Grant 489-1016
* 2251 Ness 889-4437	* 844A McLeod 663-4602	3143 Portage 885-5518

* ATM ON SITE

Take 5 to Consider Your Future

Canada has never been a militarily aggressive nation. Yet when called upon, the men and women volunteers of the Canadian Forces (CF) have carried out their tasks proudly, and with unselfish devotion to duty. The CF is an integral part of Canadian society and the CF will continue to play an important part in the development of Canada's future.

The CF is made up of well disciplined, highly trained personnel who serve on a voluntary basis. Training in the CF is continual and includes a wide range of administrative, technical and leadership subjects. Depending on the occupation, some of this training is unique to the military while other elements are applicable to both military and civilian occupations.

On enrolment a recruit undergoes intensive training in general military knowledge and is familiarized with the military lifestyle. Successful completion of basic training is followed by training which leads to employment in a military occupation. Subsequently a continuing education program increases the individual member's military and technical skills. The opportunity for second language training is also provided to CF members.

There are numerous opportunities for high school graduates in the CF and if you are interested visit a Canadian Forces Recruiting Centre and talk with a Military Career Counsellor about the following plans: the Regular Officer Training Plan (ROTP), subsidized military and university education; the Officer Candidate Training Plan; the Medical Officer Training Plan; the Dental Officer Training Plan; the Marine Engineering Technician Training Plan and trades training plans covering over 60 career fields.

To meet their challenging obligations, the CF wants capable young Canadians — men and women with a strong sense of responsibility. The CF would like them to be well educated, therefore, you are encouraged to remain in high school and graduate.

The Winnipeg Recruiting Centre is located at 280 Smith Street, one-half block south of Portage Avenue. Office hours are 8:30 A.M. to 5 P.M., Monday through Friday. Telephone 983-3680. We look forward to hearing from you.



LOUISE M. DUSSAULT

Sales Representative

The Canada Trust Company
1910 Pembina Highway
Winnipeg, Manitoba R3T 4S5
Office (204) 269-8140 (24 Hours)
Res. 256-8618

Canada Trust Realtor



Posting season is here!

We specialize in appliance servicing for your move, we offer a flat rate of \$40.00 plus tax for all your major and electrical appliances. Satisfying Winnipeg and the Military community for over 22 years.

Please, we need 24 hours notice

Supreme Appliance

453-3545 — 453-3555

529 Osborne St., R3L 2B2
Winnipeg

Accommodation

SUBLET — 1 bedroom apartment available 1 May 88. \$355/mo. Damage dep incl. Taylor & Stafford area. Ph. 453-7018

Babysitters

Reliable mother will babysit in own home weekdays. North-side PMQ's. Phone 837-2500
WANTED: Reliable, responsible individual is needed to care for a 10 month old child for approx 3 mth period. Hrs are from 7:00 AM to 4:15 PM weekdays only. Please call for more info at 489-2966 or 895-5625 or 5044.

Garage Sales

Multi-family garage sale to be held May 7th, 8-4 p.m. at 116 Kay Crescent. Home baking available

Homes for Sale

For Sale — 415 Sharpe Blvd. Family home in St. James, 10 min. walk from AIRCOM HQ, 1380 sq. ft., incl 3 large bedrooms, oak kitchen and family room, cedar bathroom and attached garage. Excellent condition. Redecorated inside and out. Private Sale \$91,900. Ph. 885-4688

For Rent

FOR RENT: VHS Video Camcorder Daily — Weekly — Weekend Rates. Contact Mickey 895-6060 or 489-6359.

Misc. For Sale

Sears stereo system, incl. amplifier, turntable, receiver, cassette player & 2-60 watt speakers. \$800.00. 5' x 10' metal shed with wood base. \$250.00. Kelvinator freezer 12 cu. ft. 1 yr. old. \$300.00 Ph. 831-7606

FOR SALE: Double bed with head board & blue comforter. 2 yrs. old. \$200.00. Baby swing like new \$30. change table good condition \$30. Phone 489-7351

For Sale: Complete Philips stereo system, wood cabinet, 4 speakers, C.D. player, dual cassette player, etc. \$1200.00. Baldwin Howard Organ (quite new) Model H-100. Dual keyboard, many rhythm options. \$1400.00. Mens right hand golf clubs, new grips, bag & cart. inc. \$150.00 Phone 889-6584

For Sale: Men's "Bianca" 5 speed bike, good shape \$65.00. Ph. 889-6584

For Sale: G.E. washer & dryer \$400.00, 30" kitchen range, \$250.00, Viking 21 cu ft freezer \$100.00. Phone 831-7886 after 6 p.m.

1/70 gallon fish tank, glass canopy, fluorescent light, green/white glass gravel, plants, large & little air pumps, 2 heaters, stand, ornaments. Phone 888-3849

One 10' x 9' Gambrel Style metal shed with wooden base. \$300.00 O.B.O. (H) 888-9283 or (W) 895-6269

Commodore 64 computer including disk drive, colour monitor, desk, joy sticks & 70 discs with games & programs. \$600.00 firm. Ph. 489-1688

3 piece traditionally styled living room group (sofa, love seat & chair). 1 yr old. Good condition. Lt brown with Iris print. Call 837-6327 btwn 5-10 pm.

FOR SALE: Computer — 512 MAC with external second drive. Excellent condition — \$1800.00 Contact Capt Lammers 895-6218.

FOR SALE: TV couleur, a besoin de nouveaux boutons \$50.00. Etagère brune en bois \$25.00. 10 vitesses bleu pour dame ou fille \$40.00. Lazy boy, a besoin d'être recouvert \$10.00. Bicyclette qui se plie en deux (Germany) \$20.00. Lit d'eau en parfaite condition super simple \$50.00. Lit simple avec un lit pour visite avec le matelas \$150.00. Poussette de bébé \$20.00. Poussette de bébé \$15.00. Jeu de ballon pour pelouse avec filet \$20.00. Telephone 837-4085

FOR SALE: Apartment size freezer; Audio/Video Amplifier; Technics Cassette Deck; Sony Colour TV c/w remote; 2 VCR's (1 VHS/1 Beta); VHS & Beta Blank Cassettes; Blank Sony Audio Cassettes. Contact MCpl Howard English — 275-2405 (H) or 895-6332 (W)

Ladies CCM 3-speed bike \$45. Child's bike (for 7-9 yr old) \$20. 16 inch tricycle (for 3 yr old) \$20. Ph. 489-6029.

Girls Princess bed w/2to drawers in solid wood, white, with mattress, excellent condition. \$150.00 firm. Ph. 489-6029

Pets

FOR SALE: A neutered and de-scented Ferret with leash and collar. \$125.00 with cage or \$75 without cage. Please call 889-5722 for more information.

Vehicles For Sale

18 1/2 ft 1976 Corsair trailer, new upholstery and curtains, hot & cold water, three way fridge, stove. 896-5534. \$5500 or phone 1-738-2688

1976 Volkswagon Beetle. Exc. cond. Wife pregnant, must sell. Sacrifice for best offer. Ph. (H) 832-7471 (W) 895-6678

POSTED, MUST SELL: 1967 Chev 1/2T. Very good body & mechanical. Dependable transport in winter. \$600 O.B.O. Ph. (H) 895-6673 (W) 889-3451

FOR SALE: 1983 Yamaha Virago 500 cc, shaft drive, quick release saddlebags, two helmets, 16,000 km. \$1400.00 O.B.O. Call 832-7202 or loc 5153

Elvis would approve of this 1967 Honda 305 Dream. A bike guaranteed to turn heads; comes with parts and manuals for \$400. Ph. 831-7658

FOR SALE: 1984 750 Honda Nighthawk with 2 helmets. Ridden only summers of '86" and "87". 6,071 km. Excellent condition. \$3,100.00 O.B.O. Call 832-7581

1980 Toyota Celica automatic/ps/pb, am-fm radio. Excellent cond. Call 661-2090

Motorcycle — 1981 XZ 400, stored last 2 years. Very good condition. Excellent beginner's bike. \$700 O.B.O. Must sell, moving. Ph 832-2411

Motorcycle — 1983 VT 500 Ascot — V Twin. Nice smooth ride. Very good condition. \$1,200 O.B.O. Must sell, moving. Ph 832-2411

79 Caprice Estate station wagon. Excellent tires, new shocks and exhaust system, trailer hitch. \$1,250 O.B.O. Ph. 489-6029

1983 Toyota Corolla, 2 door, 5 speed, AM/FM cassette. One year old tires and brakes. \$4,000.00 O.B.O. Ph. 831-7606

FOR SALE: 1983 OVERLAND camperette. Will fit Ford Ranger, Toyota, Nissan truck. C/W table which converts to bed, 12V lighting & sliding windows and canoe rack. Can be viewed at 441 Carpathia Rd or call Dale Ell at loc 5765 or 489-3248. Priced at \$1200.00

Wanted

Looking for a mountain bike in good condition call 489-0518

Wanted: Newer type hard top travel trailer — Bonair, Starcraft, Lionel, etc. Must have 3-way fridge, stove, etc. Ph. Brian 895-6305

Wanted: Sandbox with cover, turtle swimming pool, 10" metal tricycle, child's wooden table and chairs, dark wood bunk beds. Ph. 832-2321 after 6:00 p.m.

WANTED: Fencing — chain link — 4 feet high x at least 150 feet, one gate & posts. Call 837-2763

CFB Winnipeg Garden Club Registration and General Meeting

Do you like fresh vegetables right off the garden? You can grow your own on a garden plot provided by the Base Garden Club. The Garden Club has 58 plots approximately 25 ft x 40 ft, roto tillers to till the soil and water supply to keep the vegetables growing.

Personnel wishing to renew their memberships or to join the Club are requested to attend a general meeting to be held on Thurs, 5 May 88 at 1330 hrs upstairs, Bldg 21.

Additional information can be obtained from D. Schellenberg the president at 5930 or Sgt E. Griffin the secretary at local 6328.

Le Club de Jardinage de la BFC Winnipeg

Aimez-vous les légumes fraîchement cueillis? Vous pouvez les cultiver sur un lot pourvu par le CLUB DE JARDINAGE. Le CLUB DE JARDINAGE a 58 lots de dimension approximative de 25 x 40 pieds, des labourateurs pour la préparation du sol et un approvisionnement d'eau pour aider à cultiver les légumes.

Les membres qui désirent renouveler leur association au club, ou ceux qui aimeraient participer, sont priés d'assister à l'assemblée générale qui aura lieu jeudi, le 5 mai 88 à 1330 h, au deuxième étage de L'édifice 21.

Pour obtenir des informations supplémentaires, vous pouvez contacter D. Schellenberg le Président au 5930 ou Sgt E. Griffin le secrétaire au 6328.

BIRTH NOTICE

Cpl Ted Olson and Mrs. Elayne Olson are proud to announce Pamela Olson, born April 6, 1988 10:28 a.m. at Grace General Hospital. Weight 4 lbs 3 1/2 oz.

Editor's Quote Book

For a man to achieve all that is demanded of him he must regard himself as greater than he is.

Goethe

Henry's Camper Rental

Tent Trailer sleeps 6
 21 ft. R.V. sleeps 8

Enquire about reservations now
 Phone: Henry at **663-0047**
 OR
 Jake at **633-6877**
 224 Trent Ave., Wpg. R2K 1E5

RE/MAX
 nyda realty
 an independent member broker



POSTED? THE BASE DOESN'T MATTER.
 Let me know...
WHO... YOU ARE.
WHERE... YOU'RE POSTED.
WHAT... YOUR NEEDS ARE.
WHEN... IS YOUR HOUSE HUNTING TRIP.

Leave the rest to me. I guarantee you will be contacted by a professional from your new posting, within 24 hours of receipt of your letter or telephone call.

Jerry Joyal
 Res. 823-4237

46169 yale rd. east
 chilliwack, b.c. v2p 2p2
 vancouver toll free 534-3443 **792-7175**

TORCHWOOD KENNELS

- Modern Facilities for Dogs & Cats
- Heated indoor — Outside Pens (3 sizes)
- Pick up & Delivery available
- Hours 8 A.M. - 6 P.M.
- Cremation, we return Ashes

PHONE 633-6000
 on Perimeter Hwy 101
 3 miles North of Portage Ave.

GENERAL MFG. & REPAIR INDUSTRIES

- CUSTOM UPHOLSTERY
- WOOD - METAL FRAME - ANTIQUES
- REBUILT
- RECOVERED
- KITCHEN CHAIRS REPAIRED
- AIRCRAFT SEATS

CABINETS REFINISHED & REPAIRED

FREE ESTIMATES

489-5690
 1246 BROCKVILLE STREET
 OVER 30 YRS EXPERIENCE

To: The Editor — Voxair
 CFB Winnipeg
 Westwin, Manitoba
 R3J 0T0

Please place the following FREE classified in Voxair:

Name _____
 Address _____
 Postal Code _____
 Phone _____

NEED A NEW OR USED CAR?

EASTWOOD AMC

Special Discounts to all service employees on Jeeps, YJ's and Cherokees

LOW LEASING TERMS

Low Payment Plans Available

On the spot financing available (OAC)

For free credit check call today **661-JEEP**

1004 Nairn Avenue
 Winnipeg
661-5337

The best part of your day!

WHERE FRIENDS MEET.

ROBIN'S DONUTS
 Open 24 Hrs.
 3715 Portage Ave. at Buchanan Blvd.
 888-8320

Ristorante "LA CANTINA"

3428 Portage Ave. Winnipeg

CAVALIER	CFB WPG.	AIRCOM
	NESS AVE.	
	PORTAGE AVE.	

*

Let's Do Lunch

Come and enjoy our hospitality and diverse menu of native Italian cuisine and specialty seafood dishes.

For reservations and we welcome pre-arranged parties, call Mario at **889-1257**

Open for Lunch Specials
 Wed., Thur. & Fri. 11-2:30
 Open Daily 5-12





***Free U-DRIVE COURTESY CAR**

ESTIMATES ON BODY AND PAINT REPAIRS

RON EARLY
BODY SHOP MANAGER

1430 Ellice Ave., Winnipeg R3G 0G4 Ph. 204-786-3891




BASE RECREATION LIBRARY HOURS

TUES., WED., THURS.
6:00-9:00 p.m.

WEDNESDAY
1:00-4:00 p.m.

SATURDAYS
1:00-4:00 p.m.



BINGO — Every Mon. Wed. Fri. 8 PM
Crib night every Thursday at 2000 hrs.
Join us for six meat draws
made each Saturday at 1500 hrs.

DANCING Saturday Evening SERVICE PERSONNEL WELCOME
Army, Navy & Air Force Veterans
in Canada

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

REAL ESTATE DIRECTORY

Military Families
For all your Real Estate needs

Call: **SYLVIA REED**
Military Dependent NOT RETIRED



Canada Trust Realtor



The Canada Trust Company
Forest Park Mall
3900 Grant Avenue
Winnipeg, Manitoba R3R 3C2

OFFICE: 889-8812
HOME: 888-8954



CAROLE McCULLOUGH

Forest Park Mall
3900 Grant Avenue
Winnipeg, Manitoba R3R 3C2
Office 889-8812
Res. 1-864-2794



Canada Trust Realtor

POSTED OUT OF WINNIPEG?

Call for a free National Real Estate Service catalogue of homes for sale in the new area. Save time by knowing what's available before you go. You may even find your new home in the catalogue.



Landis Stanlake — 489-1212 (24 hrs.)



BLOCK BROS. NATIONAL REAL ESTATE SERVICE

1857 Grant Avenue, Winnipeg, Manitoba R3N 1Z2



MONARCH REALTY LTD.

226 St. Mary's Road Winnipeg, Manitoba R2H 1J3

- * KNOWLEDGE
- * INTEGRITY
- * SERVICE
- * SATISFACTION



24 HOUR PAGER
(204) 233-1800

Orv Malcomson, CD





MARION REALTY (1984) LTD.

LINDA SLOAN
942-3108 #2438

GARTH GABLE
942-0141 #4811

1129 Paterson Street, Winnipeg, Manitoba R2J 1G7
Business (204) 256-7366

POSTED? MOVING?
Working with the Military for many years, we understand your special needs.
Call Linda or Garth for PROFESSIONAL REAL ESTATE SERVICES

WHEREVER YOUR NEW POSTING, CENTURY 21 CAN HELP.




For Complete Real Estate Services Coast to Coast

Call Mary or Grant Clements C.D., FRI
RCAF/CAF RETIRED



RE/MAX REAL ESTATE INC.
4910 Roblin Blvd., Winnipeg, Manitoba
885-5948 (24 hours) Office — 895-9036 Res.




REAL ESTATE INC.
An Independent Member Broker

Pearl Langen
Sales Associate

300-3025 Portage Ave.
Winnipeg, Manitoba R3K 2E2
Bus: (204) 885-5948 — 24 hrs.
Bus: (204) 837-7000



MLS
MULTIPLE LISTING SERVICE




Residential Real Estate Services
Office (204) 275-2000

Quality and
Coast to Coast Service

Kay Johnson
B.A., B.S.W.
Sales Representative



POWER REALTY INC.

- Military Postings Our Specialty
- Residential, Investment & Commercial Real Estate
- VIP™ Relocation Service
- For all your real estate needs put the winning team to work for you!

RICHARD & CLARA MITCHELL — CALL FOR AN EVALUATION OF YOUR HOME
256-5796 — 943-7788 Code 2618



Richard & Clara Mitchell



THE LARGEST REAL ESTATE ORGANIZATION IN THE WORLD.
EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED.
® and (TM) trademarks of Century 21 Real Estate Corporation.

