

Voxair



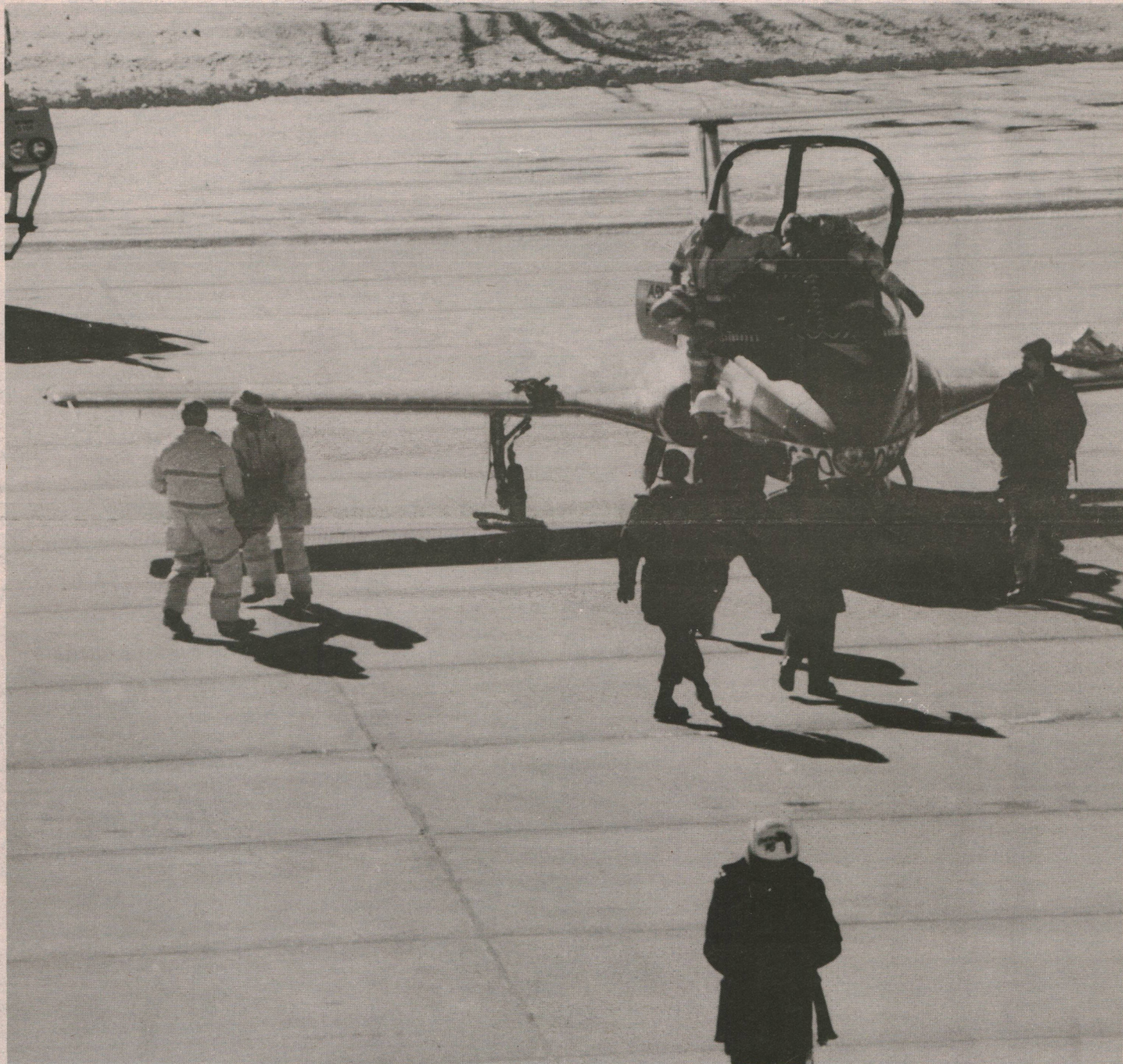
Free

The Base Chief Said Page 2
Sports Pages 6, 7
Chaplain's Corner Page 9

CFB/BFC Winnipeg

7 March 1990

PRACTICE MAKES PERFECT



CFB Winnipeg crash response team practices during a recent exercise.

TOP: The successful extraction of an unconscious pilot.

LEFT: The response vehicle commences his chase of the aircraft.



The Base Chief Said...

I missed the last issue of VOX-AIR due to illness. I'm sick and tired of writing...No, not true! Actually, I was down with the flu, and no matter how I tried, I couldn't shake it or come up with anything to write about. I thought that the virus hit me harder than usual because I was getting old, however, a person much, much, much younger than I, was down with it for a week. At least I only missed one day of work.

Well, one of the greatest sights I've seen for sometime occurred on this base last week when the wrecking crews came in and demolished buildings 5 and 9. I've been waiting to see that happen for the past four years, and so now it's come to pass. Wonderful! As a matter of fact, I guess the next building to get it will be the old curling rink. Now that makes me sad. Not that I'm a great, or even an avid curler, but when we

experienced that fire in 1985, I had hoped that someday, we might see that facility back in operation. Not so!

The Base Commander and I were down to Kapyong Barracks last Monday, 12 Feb 90, to bid farewell to the advance party of the 2nd Battalion, The Princess Patricia's Canadian Light Infantry. I would like to take this opportunity to wish all members of 2 PPCLI the very best, for a safe tour on the island of Cyprus. As it turned out, we could have seen them on Tuesday, 13 Feb as well. The flight did not leave. In other words there was a 24 hour delay. See you guys in September/October.

Come to think of it, I shall probably not see them in October, because if all goes according to plans, come August, I hope to be in Calgary, Alberta, just starting my terminal leave. Yes, for those two or three people left on the

base who have not heard yet, I'll be taking my release from the Canadian Forces come this July. By the time my release is effective, I will have 35 years service. It's not that 35 years is a long time, it just seems like the right time for me to go. Ann is posted to CFRC Calgary, that's where we plan on setting up our home, and the vacancy is there for her now. So this is the time to do it. However, now that I stop to think about it, I haven't seen a posting message for her yet, but I'm sure that it's in the mail. If the Career Manager happens to read this, maybe he could check his files and see where that posting message is. I have faith though, and if you can't trust your Career Manager, who can you trust? I'll have more to say about my release as we get closer to the day.

Got a call on Friday from an old friend from my days in Edmonton, and here in Winnipeg. She wanted to tell me about something that had happened to her on the way to work last Friday, 23 Feb 90, and on her behalf, thank a couple of individuals. It seems that on entering the Saskatchewan gate on her way to work, she misjudged the shoulder, and put her car in the ditch. After waiting for sometime, a

DND civilian employee stopped, offered help, and drove her to work. After arriving at work, she got a co-worker to drive her out to the scene of her misfortune so she could retrieve her car, and pay the chap from the MML, CAA or whatever. Can you believe this, on their way out to her car, Kim's friend put his car off the road. Again, they waited patiently for someone to stop, and again it was a DND civilian employee who stopped to give assistance.

What struck Kim as being odd or unusual with this whole episode was that there were many, many people who drove past her that morning, most of them military, and the people who stopped to assist were civilians. Kim was in uniform, so it was not like she could not be recognized. Anyway, she asked me to thank those two gentlemen who did stop, and I want them to know that she thinks we have some super civilian employees on this Base. Hey Kim, tell me something I don't know!

Got a ride in one of our DASH-8 aircraft a week or two back. Nice little airplane. Not the greatest looking aircraft that the Air Force has ever had on inven-

tory, but nonetheless a nice airplane.

I was surprised at how quiet they are. This thing flies itself, which caused me to wonder why we are training navigators? The pilot I posed the question to couldn't come up with an answer, and suggested that I ask Colonel Watts. Did we have to call this aircraft "GONZO"?

I want to put my annual plug in for the Air Command Band Concert in aid of the Military Police Fund for Blind Children. This will be my sixth. I've enjoyed them all, and I know that this year's will be better than ever. Anyone who attended the Christmas Concert held in Building 21 in December, will remember the outstanding voice of the young lady who performed for us that evening. She will be back with the Band on the 22nd of March, at the Centennial Concert Hall.

It's a great place to watch any performance, the price is right, \$7.00 per ticket, and the Blind Children will benefit from your participation. As usual, I will have my critique in a future issue of VOXAIR. I know the Band always looks forward to that. See you on the 22nd.

Driving Awareness Program — Winter Driving

The Base Transportation Safety Section has recently conducted classroom theory and practical driving exercises to bring to the holders of DND 404s a greater awareness of winter driving hazards. In addition, it gave drivers an opportunity to practise evasive measures designed to overcome problems associated with slippery roads and cold weather conditions.

We have concluded that the course was a success, due in part to the favourable comments received. We even convinced some of the self-appointed "Macho" image people that maybe they don't know "all" about driving, such as stopping distance, stopping with vehicle under control as compared to

those "panic stops" and loss of vehicle control.

One of the objectives of this article was to identify the many people who contributed to the success of the course by virtue of their co-operation and willingness to help.

First of all the M.O.T. Fire Hall on base which did such a fantastic job of creating an ice surface that, a certain CWO from Air Command had to use the snow banks along the perimeter for a resting place for his vehicle (twice).

Also thanks to the SPV Section who found time to keep the service and accesses free of snow and to ensure a wide surface to conduct training (not wide enough for some!)

Last but not least to the Base Food Services who kept the Hay Box full at lunch time. Thank you all.

From our own section, MCpl Burton who co-ordinated, liaised and coerced people to attend and to Cpl Andrew, Cpl Reid and Pte Wilson a vote of thanks for all their help.

The last group mentioned have put in a demand for hair implants as they spent two weeks pulling their hair out hoping that the vehicles would remain undamaged due to the erratic driving of some. More importantly that no injuries resulted from the very few who felt it was an opportunity to put a DND vehicle into a snow bank.

Again, thank you all!!!



Dependant's Defensive Driving Course

The Base Transportation Safety Section is once again sponsoring a Dependant's defensive driving course. The course will be held on the 14th and 15th of March 1990 at the Base Transportation Section, Bldg 87 in the MSE Safety classroom. Timings will be from 1800 to 2100 hrs (6 pm to 9 pm) both evenings. The course consists of 6-one hour sessions in the theoretical aspect of collision avoidance.

Course registration will be restricted to dependants of military and civilian employees at CFB Winnipeg prior to a deadline of 9 March 1990. If space is still available after deadline date then it will be first come first served basis to ensure a full course loading.

More information may be obtained by phoning 895-5742 or 895-6904 weekdays only between 0730 and 1600 hrs.

ST. CHARLES ACADEMY

331 St. Charles St.
837-1520

School accepting registrations
September 1990
Independent Catholic School

Kindergarten to Grade 9

Nursery School in building.

GOOD FOR ONE HOUSE MARKET EVALUATION AT NO OBLIGATION HOUSE HUNTING? CALL ME!



Christina Anne Ogg
Former DND Employee



BUS: 774-5517
RES: 452-6722

1-794 SARGENT AVE., WPG., MAN. R3E 0B7

Voxair

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/Repondeur automatique pour le reste de la semaine Produced by/Produit par XACT INC./Phone 889-3013/Fax 888-0715

Editor-in-Chief/Rédacteur-en-chef	- LCol J. Forestell	- 895-5281
Managing Editor/Directeur-Gérant	- Capt Tom Walls	- 895-6674
Production Editor/Production	- Capt Wayne Joy	- 895-5136
Assistant Editor	- Lt Cindy Thistle	- 895-5025
Assistant Editor	- MWO Louise Guenet	- 889-3963
Assistant Editor	- Cpl Kevin Sysma	- 895-5404
Business Manager	- WO Rick Shantz	- 895-5115
Accountant/Comptable	- Cpl Chantale Duchesne	- 895-5391
Office Manager/Chef de Bureau	- Mrs. Anna Springer	- 889-3963
Advertising/Publicité	- Mr. Jim Holland	- 832-0115

FOLLOWING THE CANADIAN FORCES

VOXAIR is the unofficial Service newspaper of CFB Winnipeg and is published every two weeks under the authority of the Base Commander, Col. H.C. Armstrong, 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 la BFC Winnipeg et est publié avec la permission du Commandant de la Base, le colonel H.C. Armstrong, 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, BFC Winnipeg, Westwin, Manitoba R3J 0T0.

DEADLINE 12 MARCH 90/DATE DE TOMBÉE 12 MARS 90
NEXT ISSUE 26 MARCH 90/PROCHAINE PARUTION 26 MARS 90

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



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.

New Location
3 Jameswood



THE KIT BAG II

TERRY LAWRENCE

With Winter fading and the promise of fair weather on the horizon I've been waxing philosophical about what this new decade might have in store. The Eighties slid by pretty quickly and on looking back, something which we older types tend to do quite often, I scribbled a couple of lists, labelled "good" and "bad". For want of more scintillating wit and wisdom I offer "The Eighties" as seen from my slightly jaded perspective.

"THE GOOD"
New uniforms for the Navy and Airforce

Mini-vans
649
Blue Bomber Grey Cup wins in '84 and '88
CHER
Shorter hair on men and longer hair on women
Royal Family tours
The Golden Girls
Smaller bikinis
Unleaded gas
Long necked beer bottles
The musical "Les Miserables"
Sean Connery
Return to more traditional Country Music
Gorbachev

4 new Grandchildren
2 new Sheepdogs
Archbishop Desmond Tutu

"THE BAD"
Colourized movies
Pricing motorcycles and insurance out of reasonable range
Still no practical and attractive winter uniform hat
Blue Bombers '89 season
Sky-high taxation
Price of new cars, booze, cigarettes, haircuts and Ca-nex parkas
Dynasty and Joan Collins
Sean Penn
Elvis impersonators
Rap "music"
Michael Jacksons' plastic face
Roseanne
Schmockey Night
Baseball caps everywhere
High interest rates and a lousy exchange on the Yankee Dollar
Panty-liner commercials
BMI

Television Evangelist bandits
Drug abuse
Harold Ballard
AIDS
Ben Johnson
Ayatollah "Kokamamey"

Aren't you glad you bought a house in Winnipeg? The same quality residence in Ottawa or Toronto or Vancouver would have been out of the question. All you have to do now is figure out how to pay the taxes and then pray that the market takes an upturn before you have to sell.

I recently saw a video depicting the new umbrella drill. As a former RCAF drill instructor I can recommend this feature as required viewing for all members. I will venture a guess that what I saw was not sanctioned by the CDS.

WHAT HAVE YOU DONE FOR YOUR MIND LATELY ?



YOUR MENTAL HEALTH ASSOCIATION

A Special Thanks

For those of you who don't know, the CERAMIC CLUB was shut down on 22 January 90. (our floor was condemned). Due to the fast action of our REC COUNCIL CHAIRPERSON the right people were informed of our dilemma. In less than two weeks we had a P.M.Q. (342 Doncaster). On 03 February 90, we moved into our new place. None of this would have been possible without the help of the following people. THANK YOU!! B PERO STAFF, and BTNO for supplying a vehicle and a driver. And who says CE is slow, within a week our kilns, fan and lighting were hooked up. THANK YOU!! CE PRODUCTIONS, SOUTHSIDE MARRIED QUARTERS SERVICE CENTRE, and NORTHSIDE CARPENTRY STAFF and NORTHSIDE ELECTRICAL STAFF.

Last, but not least, I would like to thank the HUSBANDS and CERAMIC CLUB MEMBERS who gave up their time to help with the move. We put in a long day.
CFB WINNIPEG CERAMIC CLUB PRESIDENT ANGELA BARKELY and MEMBERS

CFB Winnipeg Ceramic Club

Open House
Sunday March 11 1-4 p.m.
New Location,
more room. Lot's of fun,
come one, come all
342 Doncaster

GENERAL MFG. & REPAIR INDUSTRIES

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

CABINETS REFINISHED & REPAIRED

FREE ESTIMATES

489-5690

1246 BROCKVILLE STREET
OVER 30 YRS EXPERIENCE

CHILD AND FAMILY SERVICES OF WINNIPEG WEST IN CO-OPERATION WITH THE ST. JAMES REGIONAL ADVISORY COMMITTEE PRESENTS

SESSION 5
"Adolescents and Their Families"

Tuesday, March 13th
Strathmillan School
(339 Strathmillan St. 1 Block S. of Ness)
7:30 p.m.

This session examines the many transitions of adolescence; How parents can understand and help teens deal with their world; as well as provide direction and limitations without indulging in control and power.

Speaker: Ms. Shar Reid is a Family Counsellor in private practice and consultant to various child welfare agencies and community organizations.

T.O.P.S.
TAKE OFF POUNDS SENSIBLY
WEIGH IN AT 6:00-6:50 MONDAY NIGHTS
PROTESTANT CHAPEL (N)
FOR FURTHER INFORMATION CALL
832-8477 (AFTER 5) OR 489-9427 (AFTER 5)

For All Your Real Estate Needs
Coast to Coast



Suzanne Hall

REMAX REAL ESTATE INC.
300-3025 Portage Ave.
Winnipeg, Manitoba R3K 2E2
Bus: (204) 837-7000 — 24 hrs.



For great insurance,
follow a leader.



At Metropolitan Life, there's a new kind of insurance leader.

A sales representative who gives you sensible advice about insurance and retirement planning. And is your best friend at explaining policies in plain, easy terms.

Which probably explains why more than a million Canadians are insured by Metropolitan Life. And why you might want us to insure you, too.

So call your Metropolitan Life sales representative today. And follow a leader.



Douglas W. Burgess
Sales Representative
1661 Portage Avenue, Ste. 209
Winnipeg, Manitoba
R3J 3T7
Office: 774-1767
Residence: 253-2164



GET MET. IT PAYS.

CINEMA THEATRE — CANADIAN FORCES BASE MARCH PROGRAM

Eves.: Mon. thru Sat. 8:00 p.m.
Sat. Matinee: 1:00 p.m.
Sun. Evening 8:00 p.m.
Telephone 888-6290

Admission Prices:

Adults: \$3.00 — Youths: \$2.50 — Children: \$1.50

THU. 8	FRI. 9	SAT. 10	SAT. 10
WE'RE NO ANGELS	WE'RE NO ANGELS	NO SHOW	GROSS ANATOMY
SUN. 11	MON. 12	TUE. 13	WED. 14
GROSS ANATOMY	GROSS ANATOMY	NO SHOW	CLOSED
THU. 15	FRI. 16	SAT. 17	SAT. 17
THE WIZARD	THE WIZARD	HONEY, I SHRUNK THE KIDS	SHE-DEVIL
SUN. 18	MON. 19	TUE. 20	WED. 21
SHE-DEVIL	SHE-DEVIL	NO SHOW	CLOSED

Subject to unavoidable change without notification

ALL ROADS LEAD TO STADIUM FORD



STADIUM FORD BODY SHOP

Winnipeg's newest and most modern body shop with highly trained professional bodymen are eagerly waiting to repair your automobile

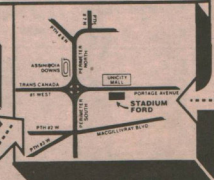
We offer:

- European Paint Booth (most modern in Canada for that factory paint finish)
- 20 Unit Courtesy Fleet (air conditioned cars)
- All Makes & Models Repaired
- All Work Fully Guaranteed
- New Up-To-Date Premises
- Specialist in solving insurance write-off problems
- Data Liner 80 Laser Frame Straightener

Glen Loewen
Body Shop Mgr.



3636 PORTAGE AVE. W.
WPG., MAN. PH. 837-3636
TOLL FREE # 1-800-782-0079



ALL ROADS LEAD TO STADIUM FORD



Part II

This article is the second of a two part series on the Base Construction Engineering Section. Part I, Getting To Know CE, described, in general terms, what CE's role is and what resources it has to fulfill the demands placed on it. As well, a brief description was covered on the types of work CE deals with on a day to day basis. The purpose of this second part of the series is to give building occupants a better understanding of work request (project) flow, how to prepare work requests, and finally some do's and don'ts to keep in mind when requesting CE work.

Communication between CE and the user unit begins with the submission of a CF 141 (Work Request). The process from then on is sometimes a mystery to those outside of CE and merits some explanation. The chart at Fig 1 is intended to describe the flow of a typical project once the request is received by CE.

There are two items worthy of note in the flow chart. First, you will notice that there are several decision points which involve funds or scheduling of other CE resources, such as engineering design time.

The second point worthy of note in the flow chart is that during the planning and implementation of a project there is always a requirement for communication between CE and the user unit. It is important that units have a good understanding of who does what in CE and consequently whom to talk to about various problems. To assist you in this regard, a CE Organization Charts is offered at Fig 2.

When spelling out the requirement on a CF 141, it is important to give as much information as possible, showing locations and dimensions. Justification on CF 141's must also be well written and complete so the request can be realistically assessed as essential, necessary, or desirable.

Finally, work requests should detail all of the work necessary. It is tempting at times for units to state a bare minimum on the CF 141 and enlarge the job to its real proportion when the tradesmen appear on the job. This merely results in delays, costs money and could result in the project being cancelled because of unforeseen costs. If in doubt, users are encouraged to call the CE Requirements Officer or the Planning Officer who will be happy to assist by advising on the proper procedures to follow when submitting work requests.

The following is a suggested list of DO's and DON'Ts for units to keep in mind when requesting CE work:

a. DO be specific. The more detail you provide, the fewer questions we have and the job is processed that much faster;

b. DON'T try to design a job yourself. Drawings and specifications will be drawn up by CE professionals in consultation with unit representatives;

c. DON'T use one word justifications. Make them meaningful and accurate so they will sell your requirement.

d. DO phone the CE Works Control at local 5207 for project status reports;

e. DO remember work order numbers given to you. It will help when investigating the status of your work request;

f. DO cancel a request and submit a new one as soon as you realize your needs have changed;

g. DON'T wait until tradesmen appear on the job to change your mind about the work requested;

h. DON'T write letters and memoranda to CE requesting work without attaching a typed CF 141 (CE Work Request); and

j. DO remember that CE is here to serve you. If you need help or advice setting up a work request, ask and thou shalt receive.

If this article has had one underlying theme it is that communication between CE and the user is necessary if work is to be performed to everyone's satisfaction. The elements of a good communication system are as follows:

a. good understanding by CE, when designing projects, of the unit requirements;

b. good understanding by the units when requesting projects, of CE organization and the constraints under which CE operates; and

c. a feedback system whereby CE is informed if the customer is satisfied with the work performed.

The BCEO and his staff hope this series of articles has helped to clear away some of the mystery behind your friendly Construction Engineering Section.

Military Police



The Military Police Section has many responsibilities, one of which you may be most concerned with is our areas of patrols. Many patrols are conducted of all areas of both portions of the Base, that is CFB Winnipeg North (Westwin) and CFB Winnipeg South (Kapyong Barracks) including the PMQ areas. We are also responsible for

mobile patrols of the three Armouries which are located in the downtown area, as well as St-Charles Ranges and the Transmitter site in Headingly. In addition to mobile patrols, foot patrols are also conducted especially during the periods of nice warm weather. The Military Police will check your vacant PMQ's while you are away on vacation or for extended periods of time. This can only be done if you notify us that you are going away — all it takes is 5 minutes and a call to the MP Section at local 5204. IT IS UP TO YOU! It should be noted that the Military Police (Westwin) are responsible for both por-

tions of the base however any incidents occurring within the 2PPCLI lines (Kapyong Barracks) are actioned by the Battalion MP/RP Section.

The Military Police have jurisdiction over all DND property including the PMQ areas however the streets in the PMQ areas are city property therefore Winnipeg City Police have jurisdiction on the streets.

NEIGHBOURHOOD WATCH PROGRAM

Neighbourhood Watch is the noting and reporting of suspicious activity in YOUR NEIGHBOURHOOD. Police Officers

patrolling on your street do not know who belongs there and who does not. Most people in a typical neighbourhood know what their neighbours look like and what vehicles they drive, even if they do not converse with each other on a daily basis.

The program emphasizes that neighbours should take note of strangers in the area whether it is the suspicious auto cruising the area looking for a house to break in, or a teenager "cutting" through your yard because he parked his car on the next street

and will break into a house on your street, or that door-to-door salesperson who may actually be someone going to every house on your block to find out who is not at home.

In order to start the program and in order for it to be effective we will need a maximum of support. If you are interested please complete the form and Mail it to the Military Police Section, CFB Winnipeg or drop it off at the Military Police Section ATTN: NEIGHBOURHOOD WATCH PROGRAM.

NEIGHBOURHOOD WATCH

- Interested in the program: _____ • Not interested: _____
- Would like further information: _____
- Name _____ Rank _____
- Address _____ Local _____

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 & DYKER

R.F. RUTLEDGE, B.A., LL.B.—A.L. DYKER, B.A., LL.B.
 COUNSEL — A.I. UNGER, B.A. LL.B.
 COUNTRY CLUB PLAZA
 310-3025 PORTAGE AVE. 888-3204 FAX: 837-3638

BALDWINSON AGENCIES

Rec Centre (Whytewold Rd.)

Autopac 889-2204

The ARGUS Hobby Shop

(Overlooking Runway 36)

- Decals
- Vacu-forms
- Magazines
- Miniatures

- Model Kits
- Books
- Games
- Paints



Telephone: (204) 837-7677

5-2082 Ness Avenue, Winnipeg, Manitoba R3J 0Z3

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

BARRISTER & SOLICITOR
 RCAF/CAF RETIRED

PITBLADO & HOSKIN

1900-360 MAIN STREET, R3C 3Z3

HOME 452-8780

BUSINESS 942-0391

NEMY, BROWN & ROY

Barristers Solicitors Notaries

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

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

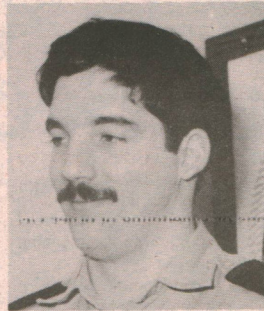
Cuts - Perms - Colours - Shaping
 For Men, Women and Children
 MEN'S HAIRPIECES FITTED

MEN'S HAIRSTYLING
 & BARBERING
 489-7997
 CLOSED MONDAY
 HOURS: 8-6, SAT. 8-5

402 Sqn – City of Winnipeg



Congrats to MCpl Wilson, Cpl Chambers, MCpl Claydon, and MCpl O'Leary who are 402 Sqn's first Flight Attendants/Stewards.

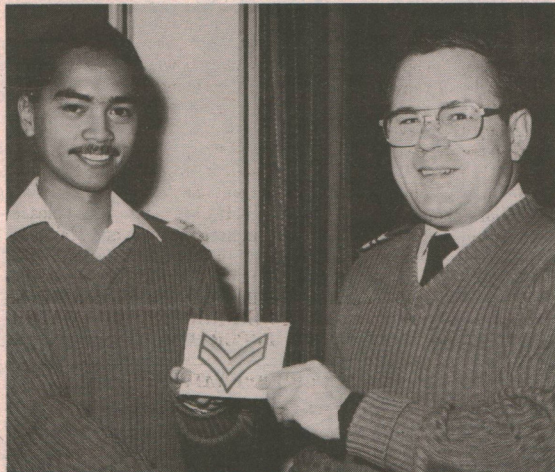


Cpl Don Summers, 402 Sqn, was recently presented with his accelerated promotion to that rank. Congratulations Don!



Pte N.A. Jensen from 402 Sqn was recently presented with his first chevron. Congratulations Norm.

Base Supply



Alan P. Cabilan being congratulated by the Base Supply Officer Major B.W. Westbrook on his promotion to Cpl which was effective 30 Nov 89. Cpl Cabilan is a Sup Tech and is employed in 16 Hangar.



With the upcoming graduation of Basic Navigation Courses 8902 and 8903 (8 Mar 90), several students took the opportunity to travel down to Grand Forks to celebrate the successful completion of the course. Capt Joy went along to chaperone the fledgling navigators. He reported that a high standard of conduct was maintained throughout the weekend, with only one minor lapse. Apparently OCdt Thauberger enjoys sleeping with a mantle of new fallen snow on top of his head!

CFANS Update

Course 9002 began classes at CFANS on Monday 19 Feb 90. The students were officially welcomed to the school at a brief ceremony held in the Tartan Lounge of the Officers' Mess that same day.

LCol Watt and the Flight Commanders co-hosted a get together for CFANS staff and their spouses on 24 Feb. The evening was enjoyed by all. A special thanks is extended to Christine Fortin, Pat McLeod, Joan Kerr and Kathy Dickinson.

On the sports scene, CFANS won the finals in the Intersection Floor Hockey League beating 2PPCLI twice in overtime. Our team also won the Base Commander's Floor Hockey Tournament held on 16 Feb.

In the Intersection Volleyball League CFANS made it to the final but lost to the BCE team. Don't worry, we'll get them next year when we have a few more Staff School graduates on the team.

Spring Specials

Custom Golf Clubs
Repairs to all Clubs
Re Grips as low as \$3.59
Golf Clubs 11 piece set as low as \$299.00



Call anytime 885-9204

Ed McAlpine
254 King Edward St.
Winnipeg, MB R3J 1L5



POSTED TO GREENWOOD?

For an information package call Hardy Ashley
Office (902) 765-3369 Residence (902) 765-9168
Realty World — Merrill & Hennessey
P.O. Box 29, Greenwood, N.S. B0P 1N0

BRONSON DENTURE CLINIC



Public Denture Service
3010 Portage Avenue
(at the foot of Sturgeon Road and Portage Avenue)

- Prompt Professional Service
- Hard or Soft Material Relining
- Complete and Partial Dentures
- Soft liners for problem sore lowers
- Cutter Bar Dentures (with surgical metal blades in back teeth for easy chewing)
- Repairs while you wait
- All Dental plans accepted
- Seniors Discount 55 Plus
- Ample Parking
- Open Mon.-Fri. 9:00 am-5:00 pm

(SATURDAY AND EVENINGS BY APPOINTMENT ONLY) 831-6138 WHEELCHAIR ACCESSIBLE

FOR YOUR PROTECTION WE USE MODERN UPDATED STERILISATION/DISINFECTION CONTROL METHODS.



PAT DURIEZ

RELOCATING TO OTTAWA/AREA?

You will be pleased if you called me first!

- Relocating Specialist
- Fluently bilingual
- Member of Re/max 100% club
- You will receive a free relocation and information kit as well as top professional service.

...specializing in satisfied clients...

PAT DURIEZ
Sales Representative

RE/MAX Metro City Realty Ltd. Realtor
118-210 Centum Blvd.
Ottawa (Ottawa) Ont. K1E 3V7
Bus: (613) 837-0000
Res: (613) 837-8865

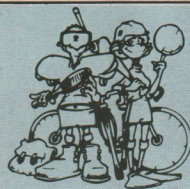


Welcome...
ST. JAMES LEGION
BRANCH No. 4
ROYAL CANADIAN LEGION
1755 PORTAGE AVE.
WINNIPEG, MANITOBA

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.



SPORTS ANNOUNCEMENTS

Inter-Section Volleyball



Maj Brazeau presenting trophy to Capt Simard and the BCE team.

Monday 19 Feb was the final day of the 1989-90 Inter-Section Volleyball League.

Following a double elimination play-off the two teams remaining to battle for the championship were BCE and CFANS. Following two intense games of high calibre volleyball, BCE emerged victorious topping last year's champions (CFANS) in two games straight. Six teams started the 89/90 season with five finishing.

Volleyball is definitely alive and well at CFB Winnipeg. Congratulations to BCE this year's winning team. See you all in the fall.



CFANS RUNNERS UP.

CFB Winnipeg Flyer's Broomball 1990 Prairie Region Champions

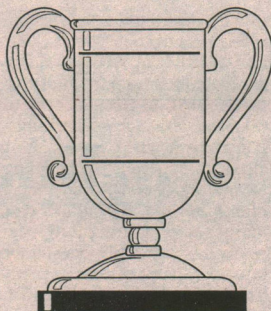
For the third straight year the CFB Winnipeg Flyers have brought home GOLD from the Prairie Region Broomball Championships. This year's playdowns were held at CFB Cold Lake 22-26 Jan 90. The Flyers went undefeated with a 6-0 record through round robin play and went on to defeat Cold Lake by a score of 2-1 in the final game.

The Flyers now move on to the CF National Championships to be held at BFC St Jean, 26 Feb-2 Mar 1990. As defending National

Champions the Flyers will face stiff competition in their quest for consecutive National titles.

The Winnipeg Flyers have gone undefeated against military teams over the past three years, sporting a perfect 28-0 record.

The Flyers would like to extend their thanks to the CFB Winnipeg BPERO for all his support. A special thanks to 429 Squadron who provided first rate transportation to and from Cold Lake.



BARGAIN DAYS AT BLDG 90 AND LIPSETT HALL

Bargain days at Bldg 90 and Lipsett Hall. PERI special of the month. 10 sessions of sun-tanning for \$20.00, 1 - 15 Mar 90. Get that Florida Glow!

ROSEBOWL

March 31/7:00

F.O.B. Curling Club

Time and fee pending

Ladies This is our official wind-up after curling has finished (all leagues). Please sign up on poster at the curling club. Come out and support your club. Watch for the POSTERS.

GENERAL MEETING

March 27/90 7:00 p.m.

F.O.B. Curling Club

Tuesday

All ladies welcome who belong to C.F.B. Curling Club. Come out and support your club. Luncheon will be served.

GRANNIES BONSPIEL

March 17/90 12:30 p.m.

F.O.B. Curling Club

\$7.50 entry fee

Come out one and all GRANNIES belonging to the C.F.B. Curling Club. ALL Leagues Sign up on poster position and ph. number.

Sports Question Corner

Q. As a weight lifter, I've heard that the muscles I develop will turn into fat when I stop training. Is this true?

A. No. Muscles do not turn into fat, or vice versa. However, as an athlete, you develop certain eating habits and probably consume more calories than the average non-athletic person. When you stop daily training you no longer require all these calories and the excess is stored as fat. At the same time your untrained muscles begin to lose bulk and return

to natural size. It may appear that they are turning to fat.

That's one reason why you should taper off your training over a period of time, instead of stopping suddenly. You should also watch your nutrition patterns until your appetite slows down to match your activity levels. If you avoid foods that contain a lot of fat and sugar, it will help to keep down your calorie intake during this sometimes difficult transition period.

EVENING AEROBICS — LOW IMPACT

WHEN: 8 WEEK SESSION, MON, WED, THUR

14 Mar - 09 May 90 1900-2000 hrs

WHERE: BLDG A-2 LIPSETT HALL

WHO: MILITARY AND REC. CARD HOLDERS

WHY: FUN — FRIENDS — FITNESS

COST: \$25.00 PER SESSION

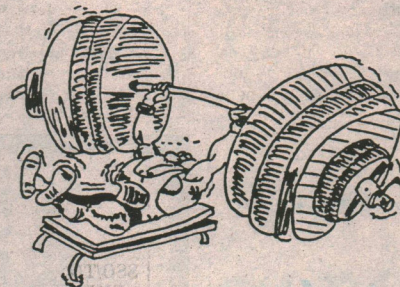
To register call Lipsett Hall 895-6185 or 895-6183. Payment for this session must be done prior to 09 MAR 90.

YOUR INSTRUCTOR IS LYANE LEGRAND

NOTE: Personnel requiring a Rec. Pass can purchase Rec. Passes at the Rec. Council office Bldg. 90 (Rec. Centre North Side) on Tuesday & Thursday 0900-1200 Hrs. Rec Passes must be purchased prior to 04 May 90.

(No refunds)

Winter holidays are nice too!



WESTWIN COMMUNITY COUNCIL MINOR BASEBALL REGISTRATION 1990 SEASON

DATES: 14/15 MARCH

1830-2000 HRS

17 MARCH

1000-1200 HRS

PLACE: 34 Bourkewood Pl.

COST: \$20.00 per player

CONTACT: Ted Scott

Home: 885-2987

Work: 895-6603

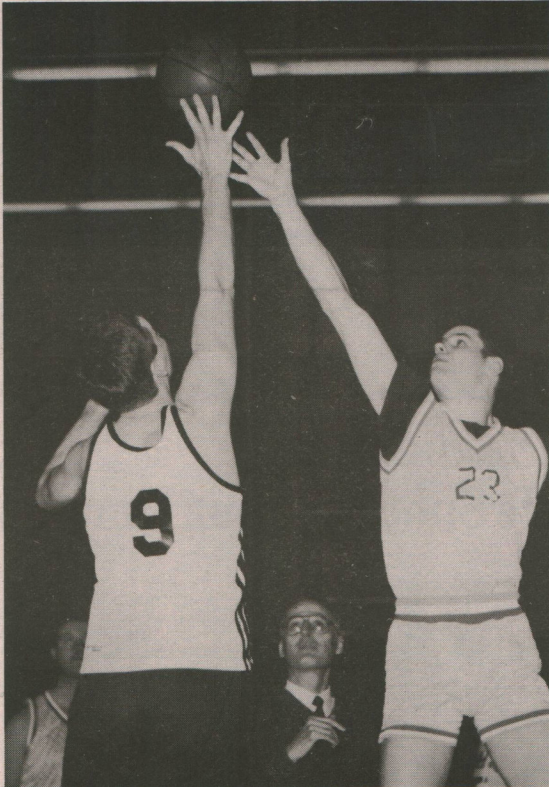
Westwin Community Council
889-3041

SPORTS SALUTE

On 13 Feb 90, during lunch break, P.J. Leochko (Jim) got a "29" hand in cribbage. He held a 5 of hearts, diamonds and clubs, as well as the Jack of spades; the 5 of spades was cut.

Jim works as an electrician for Construction and Engineering South Site. This was his second "29" hand.

Prairie Region Basketball Championship



Major D. Brazeau, BPSVCSO, tosses the first jump ball between the team captain of CFB Cold Lake and CFB Edmonton to officially start the 1990 PR Basketball Championships.

CFB Winnipeg hosted the 1990 Prairie Region Basketball Championship 6-8 February 1990.

The Round Robin play was held between CFB Winnipeg, CFB Cold Lake, CFB Edmonton and CFB Moose Jaw.

CFB Winnipeg finished first after the round robin, and played against CFB Moose Jaw in the semi finals. A very close game but unfortunately our home team came up one point short.

CFB Cold Lake defeated CFB Edmonton in the other semi final.

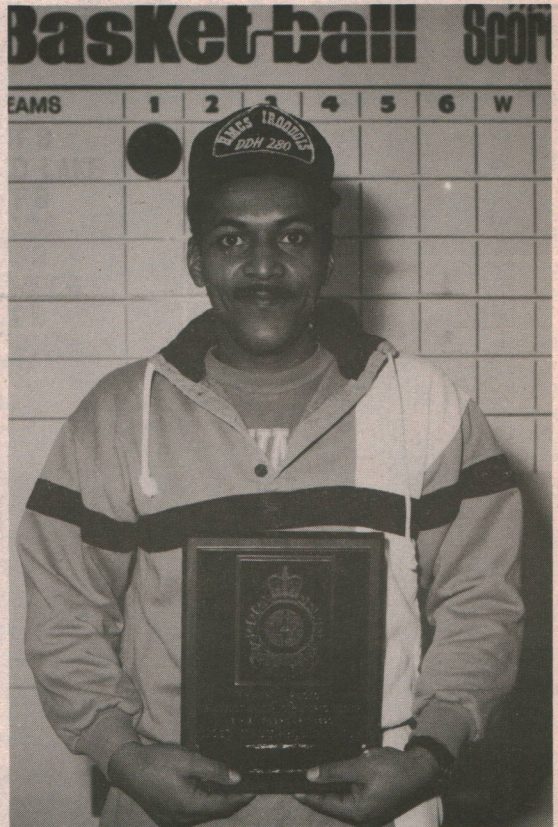
The final game between CFB Moose Jaw and CFB Cold Lake was very entertaining.

CFB Cold Lake was declared the 1990 Prairie Region Basketball champions.

During the tournament the players were kept entertained by organized half time competitions such as 3 point shot, slam dunk and free throw events.

On Tuesday, 6 February, fans and players alike were entertained by the local Sturgeon Creek High School cheerleaders as they cheered the home team on to victory and put on a very good half time show.

Overall the tournament went very well and CFB Cold Lake is to be congratulated on their victory.



Tournament most valuable player, MCpl Steven Milton — CFB Winnipeg.



Ladies Curling

CFB Winnipeg was the proud hosting club of the SENIOR LADIES' PROVINCIAL CHAMPIONSHIP during the week of 4-8 February 90.

On Sunday, the Charleswood Legion was the site for participant registration, opening banquet, and host club entertainment. Teams and guests attended a luncheon Tuesday at the Charleswood Curling Club.

Sixteen teams competed for the right to attend the Canadian

Seniors' Championships to be held in WHITEHORSE, YUKON on 11-17 MARCH 90.

Spectators were treated to a fine display of curling skill and ability from all teams competing. As in any competition there can be only one representative and the winning team was JOAN INGRAM, DOT ROSE, ELAINE JAMES, and DIANE HUNGERFORD from the THISTLE CURLING CLUB. These ladies will be great MANITOBA AM-

BASSADORS while attending the Canadian Championships.

CFB Winnipeg was honoured to host this Championship on behalf of LEILA FARRELL, a life member of CFB Winnipeg and M.L.C.A. President for 1989-90.

Now for a blurb of league news. 26-28 Jan 90 EMMERSON LADIES CASH SPIEL was held and won by our own GLORIA FREDERICK, GRACE ROBILARD, FRAN ARMSTRONG and SHIRLEY MINKUS.

CFB WINNIPEG INTER-SECTION CURLING LEAGUE 89/90

Final Standings of League Trophy Play

A EVENT		B EVENT	
	WIN/LOSS		WIN/LOSS
BOPS	0-6	402 Sqn	5-2
SSO/TN	5-2	SSO EME	2-5
BEME NO 3	2-3	SSO Cadets	3-2
BAMEO/ASO	7-0	BTN	4-2
Military Police	3-2	PCO	0-4
BSup No. 2	1-5	SSO O&E MIS	2-4
DCOS MILE	2-3	SSO AF	5-1
ARGHQ	4-3	Minto	2-3
C EVENT		D EVENT	
	WIN/LOSS		WIN/LOSS
401/CFTSD	3-3	733 Comm Sqn	3-4
73 Comm Gp	4-2	BHosp	6-1
BEME No 1	2-5	BEME (N)	1-6
DCOS PERS	5-2	BAMEO	3-4
BSUP No. 1	2-5	RGN OPS/Secur	3-4
BPERO	6-1	MSS Minto	2-5
SIU	1-4	DCOS C&E	5-2
CFS MET	3-4	BSUP No. 3	4-3

Bonspiel Round starts 28 Feb and end 28 Mar 90



MOVING?

For certification of appliances call Dwight at 668-2937 after 5 PM and weekends.

TEAM AND INDIVIDUAL STANDINGS

League Name: Noon Hour Bowling League Date: 12 FEB 90

TEAM	WON	LOST	POINTS
1. ARGHQ	12		221
2. 14 TRG GP	8		211
3. DCOS PERS	5		203 1/2
4. MIXED BAG	7		170
5. B COMPT	0		148 1/2
6. CE	8		134 1/2

TOP 5 AVERAGES

Men		Ladies	
1. BUD KNIGHT	235	1. MARG KERR	176
1. DAN DUPRAS	234	2. DARLENE ADAMS	166
3. DON BROWN	220	3. ADRIANA MACKAY	162
4. JIM McLEISH	215	4. DARLENE WISTED	156
5. TED SZYPOWSKI	211	5. JUDY STURT	132

HIGH SCORES

Men		Ladies	
High Single — Flat		High Single — Flat	
1. JIM McLEISH	369	1. MARG KERR	294
2. JOHN BENSON	346	2. ADRIANA MACKAY	236
3. GILLES LEGARE	341	3. DARLENE ADAM	212
High Single with Handicap		High Single with Handicap	
1. JIM McLEISH	369	1. MARG KERR	312
2. JOHN BENSON	346	2. KATHY NIELSEN	273
3. GILLES LEGARE	341	3. ADRIANA MACKAY	269
High Double — Flat		High Double — Flat	
1. DAN DUPRAS	621	1. MARG KERR	494
2. JIM McLEISH	596	2. ADRIANA MACKAY	406
2. BUD KNIGHT	596	3. DARLENE ADAMS	396
High Double with Handicap		High Double with Handicap	
1. DAN DUPRAS	621	1. MARG KERR	530
2. JIM McLEISH	596	2. KATHY NIELSEN	490
2. BUD KNIGHT	596	3. ADRIANA MACKAY	472

NEXT
VOXAIR
DEADLINE
MARCH
12th

Base H.Q.



Cpl Kay was presented with her MCpl rank effective 1 Jan 90.



LCol Forestell, BADMO presenting Lt Morneau with his Capt rank eff 27 Feb 90.



Maj Brazeau, B PersSvc presented Lt Quick with his new rank eff 31 Mar 90.

“Base Lotto”

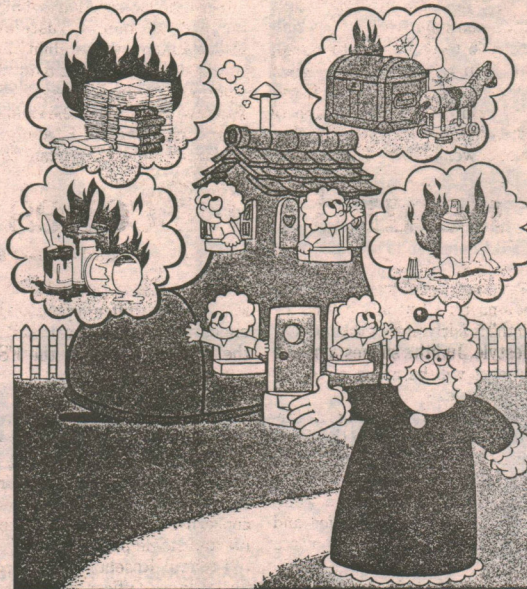
CONGRATULATIONS to the Base Lottery Winners for February:

- 7 Feb - \$125
— Sgt Slobodzin 2PPCLI
- 14 Feb - \$125
— Cpl Hakes Aircom DCOS Pers
- 21 Feb - \$125
— Lt (N) Lemieux AIRCOM Ops

Draws are held every Wednesday morning at Base Headquarters, and the winners are advised by telephone. Memberships are still available — to join call Joyce, BADMO Secretary at 5860 or drop by Base Headquarters Bldg 86 Room 234 and sign up. Fees are \$1 per week and are payable by pay allotment, cash, cheque or money order. By joining now you could be the next winner!

Have Any FIRE DANGER Spots in Your Home?

- CRACKED CHIMNEY?**
Loose bricks are a fire and safety hazard.
- OLD FLUE CAPS?**
Metal can rust out — best to brick-in unused chimney openings (especially if it will be walled over.)
- WEAK FLUE PIPES?**
Should be short, well supported and at least 45 cm away from combustible material and ceiling.
- DIRTY CHIMNEY?**
Soot (unburned fuel) should be cleaned out once a year.
- CATCH-ALL CELLAR?**
Keep burnable materials away from furnace — ashes in metal container. Keep paint, thinner, solvent, etc., in closed metal containers, away from heat. NEVER store or use gasoline inside



the house. Check fire department for storage rules.

- POOR STORAGE?**
Boxes, papers, clothes, etc., under and on stairs, in attic, closets, cellar, garage, INVOKE FIRE and BLOCK ESCAPE.
- FAULTY WINDOWS?**
Bedroom windows should be large and low enough to permit easy escape. Are your windows and screens easily opened?
- NO FIRE-STOPS?**
Masonry or wood barriers between wall studs keep fire from spreading upward.
- WIRING HAZARDS?**
Worn cores, fixtures, motors can cause short circuits. Blown fuses mean trouble — call electrician (use only 15 amp. fuses unless instructed otherwise). Never run cords near radiators, through doorways, tacked to wall, under carpets. Use only appliances, wiring, etc., that have been listed by a testing laboratory.

ST. JAMES TV

SALES & SERVICE



- COMPLETE SERVICE TO ALL MAKES
- FREE IN-STORE ESTIMATES
- TELEVISION
- VCR

888-1189 The quality goes in before the name goes on! 837-9554
2727 PORTAGE AVENUE — COURTS OF ST. JAMES

Think Fire Safety

SECOND CAREER!



Over 11,000 members across Canada

EX SERVICE PERSONNEL ARE INVITED TO APPLY FOR MEMBERSHIP WITH

**MANITOBA DIVISION
CANADIAN CORPS OF
COMMISSIONAIRES**

942-5993

301 One Wesley Avenue R3C 4C6

SANTANA KENNELS

- (Formerly 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 Permitter Hwy 101
3 miles North of Portage Ave.

CAR ACCIDENT WESTPORT BODY SHOP



PAUL LAPOINTE
Bodyshop Manager

- *FREE ESTIMATES
- *U DRIVES AVAILABLE (By Appointment)

- *WASH & VAC ALL REPAIRED AUTOS
- *WE REPAIR ALL MAKES AND MODELS

ASK ABOUT SPECIALS ON COMPLETE PAINT JOBS



CUSTOMER CARE
الخدمة الممتازة

PHONE FOR DETAILS
888-2343
3171 PORTAGE AVE.
WINNIPEG, MB.

Westport

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.

COUNTRY VIDEO HOME MOVIES

2251 Ness (At Whytewold)

- Fast, friendly service
- Large selection (over 2,000 movies)
- Multiple copies of new releases
- Convenient location
- Competitive everyday prices, with lots of "Specials"

831-7947

"Your Neighborhood Video Store"

CHAPLAINS CORNER



Leaving Home

Preparing to leave home and go on temporary duty sometimes can be a period of stress and emotional turmoil. Family bonds and feelings of closeness that have been carefully built up now are stretched and tested by weeks and months of separation. Chores that used to be done by the spouse on TD now have to be given to those left behind, and the weekends seem to drag on forever. Life as a single parent be-

comes a present reality for the spouses left behind to "soldier on" without the comfort and support of their mate.

It's at times like these that our communication effort can be stressful and confused. An article I read recently suggested how important it was to talk it out, to share the feelings one has with his/her partner. Attempts to bottle-up and hide our emotions often backfire and are destructive and harming to our relationship, and our physical, emotional and spiritual well-being. We're not meant to carry our burdens alone and just knowing that someone is aware of our stress, hurt feelings, worries and difficult decisions and cares about us can mean a great deal. Having a close friend of the same sex is another way of coping with the stress of making it alone as a mate and as a parent. For years it has been known that those persons who weather a crisis well are not ashamed to express their fears, anxieties and sorrow, are eager to explore possible solutions with others and are able to enlist and to accept the help of others. The "good copers" consider talking it out and asking for help a sign of strength and maturity rather than of weakness and overdepen-

dence.

Christians have learned over the centuries that spiritual and emotional well-being is dependent upon having a healthy and mature relationship to God. In times of stress, marital, parental, or financial, God is a constant source of strength, available to support, encourage and sustain through the deepest periods of anxiety and confusion.

As well as talking out our problems, it's necessary to develop our listening skills. Most of us are poor listeners, we want to jump in with the solution or respond with pious platitudes to people's problems. We need to just listen, to let our partner talk, yell or cry. Advising, analyzing, or judging by saying things like "Don't get so emotional", or "Try to get it together, will you!" or "Snap out of it" aren't very helpful.

Often the stress and pain of the situation can be relieved by having someone listen to us without interruption, correction and making pre-judgments. Listening with openness, vulnerability and sensitivity has defused countless potential "powder-kegs". So, don't underestimate the value of "just listening". Listening is perhaps the most important com-

munication tool we possess.

It's comforting to know that we can go to God at any time and know He'll listen openly, with acceptance and concern to all we wish to share. No pre-judgments, condemnation or harsh criticism. Having a God like that lifts much stress and worry from our shoulders. As Jesus said to all who were burdened down by the cares of life.

"Come to me, all of you who are tired of carrying heavy loads, and I will give you rest. Take my yoke and put it on, and learn from me, because I am gentle and humble in spirit, and you will find rest."



Peter Day
Chaplain (P)

PROTESTANT CHAPELS

The Chapel of the Good Shepherd (North Site)
1st Sunday - 0900 hrs - Eucharist (ACC)
- 1100 hrs - Holy Communion
2nd Sunday - 0900 hrs - Eucharist (ACC)
- 1100 hrs - Divine Worship
3rd Sunday - 0900 hrs - Eucharist (ACC)
- 1100 hrs - Divine Worship
4th Sunday - 0900 hrs - Eucharist (ACC)
- 1100 hrs - Divine Worship
5th Sunday - 0900 hrs - Eucharist (ACC)
- 1100 hrs - Divine Worship
St. Andrew (South Site)
Sunday Service 10:00 a.m.

CATHOLIC CHAPELS

St. Marguerite Bourgeoys (North Site)
WEEKENDS/FIN DE SEMAINE WEEKDAYS/EN SEMAINE
Saturday: 1700 hrs/English Monday to Thursday inclusive
Samedi: 1900 hrs/Français Du lundi au jeudi
Sunday/Dimanches: 1115 hrs: English inclusivement 1900 hrs
St. George (South Site)
SUNDAYS WEEKDAYS
10:00 a.m. Tue & Thu: 6:30 p.m.

Behind the Scenes

by Marla Kaposvary

of two small children (Congratulations on Clinton's February birth!) is fairly new to the military lifestyle. Judith's suggestions and support will be an asset to our Committee.

Barbara Hyslop brings a "lifetime" of experience to the Committee. As the child, and later spouse of a serving member of the CF, Barbara has a keen awareness of the positives and negatives of the lifestyle. Barbara feels it is important to have resources available to help families alleviate stress. Years of parenting and involvement with the work force are other experiences of Barbara's.

Lorraine Laroche, the Orientation Counsellor at Jameswood School has worked with military families for many years. She has been a primary figure in the Jameswood Women's Friendship Centre and an avid supporter of a service to enhance the quality of life for military families.

Joan Robertson, a newcomer to CFB Winnipeg has become involved in various community groups. Joan's past experience with Family Support Centres will be valuable, as well as years as a spouse of a serving member, parent to two boys and member of the work force.

Major Doug Brazeau, Base Personnel Services Officer, has been involved in the issue of Family Support long before the FSC was established. His position, as well as personal experience in a variety of community and military groups will be a great addition to the Committee.

Major Mark Eckley has the task of OC Rear Party for the

PPCLI Cyprus rotation. He has a keen desire to offer support to families through his work and in the long term, through the FSC programs and services.

MCpl Jim Robertson, with the Base Fire Hall, brings a different perspective to the Committee. Having been a single parent to two little boys, for several years, Jim is familiar with child care concerns, the stresses of military life and single parenting.

Lt Paul Rosebush, the Area Social Work Officer, sees an opportunity to be involved with an activity offering positive support and prevention of stress. As a newcomer to Winnipeg and the father of three children, Paul has a special interest in our community.

Padre representative — Padres Shields, Guntley, Marcoux and upon his return Padre Day, have all shared involvement with our initial resource committee and now with the Steering Committee. Due to the knowledge of community, the Padres are a welcome segment of our Committee.

Every member on the committee has their own set of acquaintances, co-workers and friends. As the Committee spreads the word about the FSC services, they will no longer be "behind the scenes" but at the forefront of a community service. If you know someone on the committee, don't hesitate to approach them and share your suggestions or concerns with them. Through outreach to others, and vice versa, the members can bring new issues up and this can only benefit our service and community.



In most cases when you make a connection with the Family Support Centre, you either speak to or meet me. In the past few months, I have had the opportunity to speak with many of you about the FSC.

Although I may be the most "visible" person with the FSC, there are a group of "behind the scenes" people from our community that you should know about. This group forms the Family Support Centre "Steering Committee".

The Steering Committee consists of both military and non-military persons. This group of experienced and interested individuals meet to provide direction to the administration of the FSC. Policy and procedure guidelines, finances, public awareness and community involvement are a few issues the Committee deals with.

Beginning with "ladies first", let me give you a brief introduction to the FSC Steering Committee.

Audrey Bell, the spouse of a military member is familiar with long separations and the difficulties of the military lifestyle. Audrey is active in working with the elderly, and her two children's activities. She has many ideas to share regarding family issues.

Judith Gaudet, also the mother

Family Support Centre Activities

The calendar for March is full of activities. Child care is available during daytime events, however you must call in advance. The fee is \$1.50 for the first child and \$1.00 for the second and consecutive child.

Re-scheduled from January — Color Analysis Monday, 5 March 7:00 pm 1822 Corydon Ave. E. Find out how your coloring and the colors you wear can enhance your look.

- 5 March — Drop-In 12:00-3:00 (S). Storylady 2:00 (N).
- 6 March — 9:30 Parenting Course Drop-In 12:00-3:00 (N).
- 7 March — Drop-In 12:00-3:00 (S).
- 8 March — Open Meeting 1:30 New Mom's Group (N).
- 12 March — Drop-In or Beg Cross Stitch 1:30 (S).
- 13 March — 9:30 Parenting Course. Beg Knitting 1:30 (N).
- 14 March — "Storylady" 2:00 (S).
- 15 March — Drop-In or Beg Knitting 1:30.
- 19 March — Drop-In or Beg Cross Stitch 1:30 (S).
- 20 March — 9:30 Parenting. Beg Knitting 1:30 (N).
- 21 March — Children's Museum (N&S). PPCLI Wives & Friends (S).
- 22 March — 1:30 Beg Knitting. Dress for Success 7:00 (N).
- 26 March — Drop-In 12:00-3:00. Dress for Success 7:00 (S).
- 27 March — Drop-In 12:00-3:00 (S).
- 28 March — Drop-In 12:00-3:00 (S).
- 29 March — Drop-In 12:00-3:00 (N).

BETTER PLACE FOR MOVIES VHS & BETA

SPECIAL **55¢** Details at Store

**FREE Membership
FREE VCR Rental**

When you rent 2 movies at
regular daily rental rates

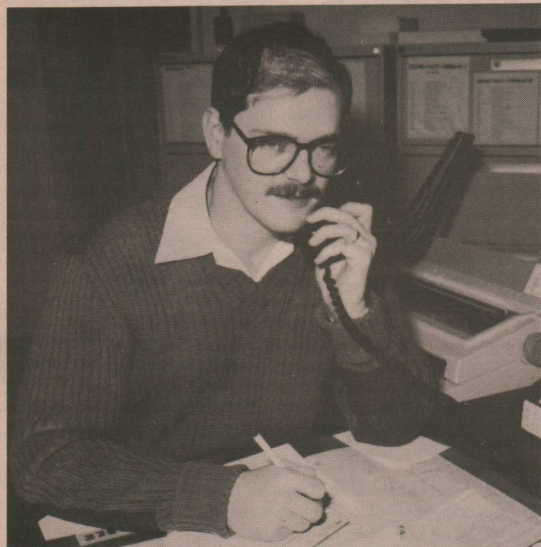
2165 Portage Ave. *

831-7511

HAPPY
ST. PAT'S



FROM THE HANGAR DOORS



Pte Tom Stapleton received his First Hook 31 Jan 90. Tom is a clerk employed in the Air Maintenance Orderly Rm. with BAMEO.

A quaint custom that you see around here is seeing techs walking around in white coveralls. Now I'm talking WHITE covies; not a drop of oil or fuel on 'em. Looking like they were marinated in Javex. These are our "VIPS", and every tech gets a pair of these, along with really-for-working-covies (sort of greyish-brown). You wear your "VIP" whenever you are marshalling a plane that has a passenger wearing at least one maple leaf on his shoulder. BUT WHATEVER YOU DO, DON'T WORK IN THEM! Any dirt from the tarmac, planes or power cables, or any drips from oil, fuel or hydraulic fluid, and it's off to get them exchanged for brand new covies.

When I got there I thought only Safety System Techs worried about a tech walking up to them with aircraft fluids on them. And for good reason: if the Safeties' liquid oxygen even gets near any grease or fuel, we get instant bar-b-queed technicians.

Anyhow, the smart tech here comes down from the locker room with his VIP covies on, knowing that no Generals are taking off or landing that day. He sits down with his paper and his coffee, and if somebody asks him when he's going to get off his duff and do some work, he just points to his whiter-than-white covies,

shakes his head with regret, and goes back to his crossword.

Finally, the story can be told. We were tipped off that the 998th Soviet Paratroop Div (Spesnatz Commandos) were going to raid our base and take away our version of the Stealth Bomber, cannily disguised as disused Dakotas. We frantically dug trenches in front of 16 Hangar North (well, that's the direction where they were coming from!) and between 16 and CE. Realizing that we had been tipped off, and that the 2PPCLI was still in town and not yet in Cyprus, the Invaders turned back.

The Dakotas are gone, and the concrete gun emplacements are being converted to a base for new sliding doors to replace the worn-out...what's that, Sir?...to replace the venerable cantilever doors that have been in service for over three decades now. Since our trench between the hangar and CE exposed some leaky steam pipes, CE went to work and replaced them. You'd think they would've at least thanked us.

Scuttlebutt is that Winnipeg is top on the list for a soon-to-be-moved Sqn, so we could be getting more than a tad busier around here. Hmm, might have to kick those trucks out of 11 Hangar and use it for airplanes again. Sigh, ya can always dream.

Oily Rag

Accidents, Injury and Autopac

by William E. Doyle

With winter now upon us, driving becomes more treacherous and motor vehicle accidents more frequent. Amid the pain and suffering associated with any personal injury which may result, it is important that one is reassured that compensation will be forthcoming when dealing with the Manitoba Public Insurance Corporation or Autopac as it is commonly known. It should also be noted that the statements made herein relate to the most common situations involved. For further information, it is suggested that you consult legal counsel.

If you are seriously hurt in an accident and require hospitalization you should be contacted by an adjuster for Autopac to further the claim that you will be making. Should such not be the case, you should contact the Bodily Injury Claim Centre of Autopac to arrange for an appointment to meet with an adjuster. At that time, the adjuster will have you complete an Accident Benefits Application form and assist you in making a statement in relation to the accident in question. Keep in mind that at all times in relation to such dealings with Autopac you are entitled to have legal counsel present.

Regardless of whether you are responsible for the accident in which you were involved, you are still entitled to disability benefits. Such benefits include partial compensation for lost income. For this purpose the adjuster will require confirmation as to your usual earnings from employment and a doctor's report.

Various types of disability benefits are available. First, you will be reimbursed for medical expenses, dental expenses, ambulance charges, chiropractic expenses, prescriptions, and other related expenses up to a specified limit. In addition, if, as a result of the injuries suffered, you have become incapable of continued engagement in your former employment, payment may be made for any necessary occupational rehabilitation training. Second, where loss of life has resulted from the injury, your executor or personal representative will be paid for the actual cost of funeral and burial services to a maximum of \$1,500.00. Third, again in the situation where loss of life results, a death benefit is payable

to your dependants with the amount of such benefit varying depending upon the dependant's relationship to you. Fourth, benefits are payable to you to partially indemnify you for lost income or for a loss of your ability to perform your trade, calling, or home duties.

For all but 7 days following the date of the accident, you may be reimbursed for periods during which you are totally disabled or partially disabled as defined in the Regulation and determined by the attending medical practitioner. Benefits payable for total disability range from \$150.00 to \$300.00 per week depending upon your employment earnings during the 6 months immediately preceding the accident. Benefits payable for partial disability are in the amount of \$60.00 per week. This type of benefit is also payable to a person who manages and controls a household and who is not otherwise employed.

Finally, the disability benefits payable include impairment benefits payable for the permanent loss of a bodily function whether such loss is either total or partial. The benefit payable depends upon the degree of impairment and is determined pursuant to a schedule attached to the Regulation and is to a maximum of \$20,000.00 for total impairment.

It is important to note when considering this type of benefit that other than the above indicated reimbursement for funeral expenses and payment of a death benefit, no benefits are payable either to a person who is driving without legal authority or while disqualified. Such is also true in relation to a person who was a passenger of such a driver unless the person upon reasonable and probable grounds believed that the driver was qualified and authorized.

In addition, the Regulation includes various conditions which may disqualify an individual from receiving benefits of this nature. Finally, while many of the criteria are subject to the opinion of the attending medical practitioner, Autopac is entitled, where there is a dispute as to the injuries suffered, to subject the individual to an examination by a qualified medical practitioner that it

may appoint.

If you were either the driver of a motor vehicle who was not totally responsible for the accident in question, a passenger in a motor vehicle involved in an accident, or a pedestrian involved in an accident, additional benefits are payable by Autopac as the insurer of the individual responsible for the accident. Pursuant to such coverage, if you have suffered loss or damage as a result of the accident, Autopac will pay to you the amount of such loss or damage which legal liability would otherwise prescribe. A portion of such amount is payable where responsibility for the accident partly falls upon the claimant. Most important under this heading of recovery is a lump sum settlement from Autopac as compensation for pain, suffering, and the loss of enjoyment of life.

The amount of such compensation is determined by, generally speaking, the seriousness of the injury and the length of time it takes for you to fully recover. The only means by which such can be assessed is to compare the seriousness of the injury relating to the individual in the case in question to previous court decisions relating to injuries of a similar nature. Such is often the reason why legal counsel is consulted in such a situation. In addition, if you are generally an active person and therefore if the injuries have greatly disrupted your lifestyle, you should be better compensated than if you are usually involved in sedentary pursuits. It is also important to note that any disability benefits received by an individual are deducted from the total amount which is otherwise received.

In summary, when dealing with the Manitoba Public Insurance Corporation in relation to the settlement of compensation to be received as a result of a motor vehicle accident, it is important to be aware of all of the possible benefits that you may be entitled to. Hopefully this outline of such benefits will serve to increase any benefits that you may otherwise receive.

William E. Doyle is a lawyer practising with the firm of Begin & Doyle, 427 Academy Road, 488-3337. He is the son of a retired Career Warrant Officer.



MARIGOLD

CHINESE AND AMERICAN DISHES,
FINE DINING & COCKTAILS,
BANQUET FACILITIES AVAILABLE
8 LOCATIONS TO SERVE YOU AT:

245 King St. (Chinatown) — 944-9400
1041 McPhillips — 589-7369
2591 Portage Avenue — 888-5665
487 St. Mary's Road — 233-1453

718 Osborne Street — 474-2401
885 Henderson — 661-3135
1755 Pembina — 261-9241
1380 Ellice — 783-1067

Edmonton



VAL HEUMAN

Canada Trust Realtor

POSTED?
FOR YOUR AREA
AND HOUSING
INFORMATION PACKAGE
CALL COLLECT

BUS: 1-403-457-2424
RES: 1-403-456-6919

SPECIALIZING
IN MILITARY MOVES

IN THE
FORCES
WANT A CAR
OR TRUCK?

I can arrange
financing
New — Used
Fast Credit Decisions

772-4048

UNICITY MALL

3605 Portage Avenue
Winnipeg, Manitoba R3K 1Z9

BUS: (204) 949-3660

U&R TAX SERVICES

100% CANADIAN — OFFICES NATIONWIDE

COMPUTERIZED

FAST SERVICE, EXCELLENT QUALITY
*Instant Passport & Visa Photos

For Appointment Phone

488-3625


Tuxedo Shopping Centre, 2025 Corydon

CLASSIFIEDS

 **Accommodation**

Kenaston Blvd. — near Grant. Two bdrm. apt. W&D, AC, FP, F/S, DW, insuite storage, balc., security, pool, satellite TV, parking. Reduced rent for sublet. Avail. 15 Mar. Ph: 488-6583 Wpg.

Looking for roommate for 2 bdrm. townhouse. Washer, dryer, and parking included. Plenty of storage. \$255 plus half of utilities. Five minutes from south site. Ph: 474-2279 evngs.

 **Homes For Sale**

HOME FOR SALE — Invest your money. Private sale. Four bdrm. bi-level, close to elementary, jr. and sr. school, air conditioning, wood stove in rec room, front drive, shed, lg. fenced yard with garden area. BBQ pit. Appliances negotiable. Asking \$89,900. Ph: 895-8431 after 9 and wknds.

 **Babysitters**

Do you require a sitter for your child over summer holidays? I'm an experienced mother with babysitting references. Meals, snacks and activities. North side PMO's. Call 837-6261 between 9 and 5.

 **Misc. For Sale**

FOR SALE — European solid oak sofa and love seat \$600, ladies mess kit size 14 — \$90. One Sony digital audio processor. Best offer. Ph: 895-7278.

FOR SALE — 1 ATARI 65XE home computer. C/W cassette drive, power pack and some software. Asking \$225. Call Norm during day at 895-5038 or after 1630 hrs at 832-9483.

FOR SALE — One baby crib and mattress \$45, aluminum backpack carrier \$25, change table with tub and shelves \$45, snugly baby carrier \$15. Ph: 837-6261 between 9 and 5.

FOR SALE — CF Mess Kit — size 38 — \$125. Contact LCdr Sakolinsky at 895-6797.

FOR SALE — Boy's cub shirt — size medium, very good condition, \$8. Ph: 489-6029

FOR SALE — Mess Kit (midnight blue) jacket size 36, pants size 28. Very good condition. Ph: 895-6083.



 **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

"Fresh Baked Daily"



Donut Palace

SPECIALIZING IN: A Wide Variety of Donuts, Pastries, Sweet Buns

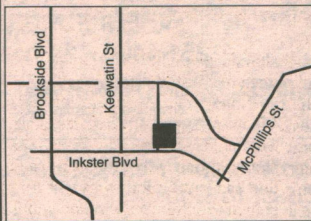
CHEF'S SPECIAL: Soup, Sandwiches, Tea, Coffee & Hot Chocolate

Open 24 Hours Daily • 3263 Portage Ave.

HOUSEHOLD STORAGE

10% OFF For *Military Personnel

Well Constructed and Secured



Concrete Exterior
Steel/Concrete Dividing Walls
Overhead Doors
Individually Lighted
Sizes Range 5'x5' - 10'x30'
Fenced Perimeter
Controlled Entry
Management On Site
Guard Dog

694-9578



*Must produce military ID to be eligible

RCAF 66th BIRTHDAY CELEBRATION
MONSTER TGIF
30 MARCH 1990

- Fun and Games (maintenance/operator challenge)
- Melody of military songs for your listening and singing pleasure
- RCAF Uniforms (wear your old keepsake any rank badge acceptable)
- attendance of retired RCAF friends encouraged
- NO COST. For planning purposes please advise mess of attendance by Tuesday, 27 March 1990

1924 - 1990

GARY'S DRAIN SERVICE

Residential & Commercial

Son of Retired MWO
FRANK HALLIDAY

24 Hour Service **832-9949**



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 Friday & Saturday Evening
CANADIAN FORCES 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



MOVING TO OTTAWA?
CANADA TRUST OFFERS
Preferred Rates for
Military personnel.
Call Mary Popowych
for more information
Office (613) 748-6666
Residence (613) 830-5167

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

FLEET SALE CONTINUES



LYLE McDUGALL
774-4581

UP TO \$2000.00 CASH BACK

WE WILL NOT BE UNDERSOLD

SPRING SPECIAL

- 1990 SUNDANCE, Air, Auto, PS, PB — D055 \$12,634
- 1990 ACCLAIM, Air, Cruise, Tilt, Cassette — ST-A018 \$14,678
- 1990 VOYAGER, Auto, Air — ST-T027 \$18,299
- 1990 LASER, Auto, Cruise Control — ST-2015 \$16,899
- 1989 COLT, 3 Door Hatchback — ST-K057 \$8,995
- 1989 PLY HORIZON, Auto, Air, AM/FM Cassette — M019 \$11,299
- 1989 CHRYSLER DAYTONA, PS, PB — B027 \$11,599
- 1990 CHRYSLER DYNASTY, V6, Air, Cruise, Tilt — S002... \$17,999

JACK MACIVER'S MIDWAY CHRYSLER
Know What Counts...now count on us this Decade!



You'll Love Our Service
We Want to Earn Your Business

Lyle's Hotline 774-4581 730 Portage Avenue

House Inspection Services

by Marc Pelletier & Associates

CONSULTING ENGINEERS
866 Grosvenor Avenue
Winnipeg, MB
R3M 0N3 (204) 474-1873

CHAPMAN, GODDARD, KAGAN

Lawyers and Notaries
1864 Portage Ave., Winnipeg, Manitoba
R3J 0H2
PHONE: 888-7973

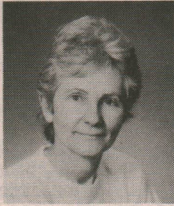
George Chapman Alan Goddard
Donna Kagan Kelly Land
George Derwin Allan Francis

G.T. CHAPMAN, Q.C. (1923-1985)

Representing Buyers & Sellers of Real Estate in the St. James Area for over 60 Years.

REAL ESTATE DIRECTORY

MAKE YOUR **NEXT** MOVE YOUR **BEST** MOVE!



- Prompt and efficient service for all your real estate needs.
- Total commitment on my part.
- Access to Market Information and Realtors across Canada.

To make your best move call:
VRENI FURER
261-4400 24 hours

NRS BLOCK BROS. REALTY LTD.

1875 Pembina Hwy.
Winnipeg, Manitoba R3T 2G7

Carole McCullough

Sales Representative

Forest Park Mall
3900 Grant Avenue
Winnipeg, Man. R3R 3C2
Phone (204) 889-8812 (24 hours)

Leader Club



Canada Trust Realtor 



Professional Real Estate Service
Coast to Coast

Pearl Langen

REMAX REAL ESTATE INC.
300-3025 Portage Ave.
Winnipeg, Manitoba R3K 2E2
Bus: (204) 837-7000 — 24 hrs.
Res: (204) 837-6397



RE/MAX

real estate inc.

(204) 837-7000 24 hrs.

300-3025 portage avenue, winnipeg, mb r3k 2e2



orv
malcomson, CD

- knowledge • integrity • service • satisfaction •



People, Not Just Places.



For Professional Real Estate Service

JANNE YOUNG

DAVID MACKENZIE

915 Grosvenor
Winnipeg, Manitoba
204-477-1200

DEL BRO
REAL ESTATE LTD.



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.

TRIPLE L RANCH AND STOCK FARM
1-344-5719 or 941-1797 24 hours

February and March Special

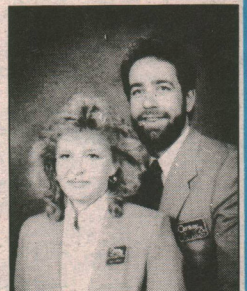
Baby Beef Liver	1.41 lbs.
Ground Beef Extra Lean	1.93 lbs.
Turkey 16/18 lbs. av.	1.62 lbs.

Side of Beef 160/175 lbs. av. 1.89 lbs.
(Cut and wrap)

Hurry The Quantities are Limited
For Quality and Best Value
Come Meat With Us.

Century 21

POWER REALTY INC.



Richard & Clara
Mitchell

- 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

(204) 452-5252 — 24 Hours



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

