



Free	
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CFB/BFC Winnipeg
27 June 1990

CFB Winnipeg Volunteers assist Manitoba Special Olympics



"Sneakers" the Mascot of the 1990 Western Canada Summer Games greets one of the 460 athletes attending the 10th Anniversary Variety Club Summer Special Olympics.

"Astounding", was the number of volunteers from CFB Wpg which for 3 fun-filled days and 2 sometimes long nights, staffed security at the Manitoba Special Olympics on the first weekend in June. 55 NCM's, 12 Medical and 6 Wpg ambulance attendants volunteered with the Variety Summer games, hosted at the University of Manitoba. Although wet conditions prevailed, the volunteers spirits were elevated watching the highly motivated athletes. Equipped with hand-held radios, flashlights and 2 DND vehicles, the security team handled various situations with professionalism and efficiency.

With such predicaments as an elevator stuck between the 9th and 10th floors, to, lost athletes, the damp weekend wasn't without a dull moment. This summer's games was the 9th year CFB Wpg has volunteered their assistance in this worthy cause improving the physical and emotional benefit of these privileged people.

The athletes ranged in age from 7-70 and participated from all over the province, in sports such as Bowling, Track, Swimming and Soccer. Approximately 460 athletes and 160 coaches were in attendance for the 10th anniversary of the games. A special thanks goes out to Marcel Van De Weghe: from the security team; who without his leadership and sense of humour we would have had a more difficult time.

Busy Cleaning Up Your Place? Moving This Summer

Do you know how to get rid of your home's HAZARDOUS WASTES?

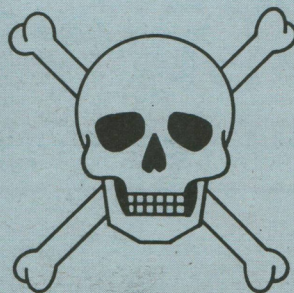
- Used solvents
- Old paint cans
- Used oil
- Batteries

Bring them to the parking lot between Lipsett Hall and the Catholic Chapel at the South Side of the Base on:

11 JULY 1990
(1000-1630 hrs)

More information is available from the Base General Safety Officer
833-5529

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POISON

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Comment est-ce que vous vous débarrassez des déchets dangereuses domestiques?

- solvants épuisés
- vieux bidons de peintures
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Apportez-les au parc de stationnement entre Lipsett Hall et la Chappelle Catholique au secteur sud de la base:

11 JUILLET 1990
(1000-1630 hrs)

Pour plus amples renseignements, veuillez contacter le chef de sécurité générale de la base
833-5529

Tenu par la Corporation manitobaine de gestion des déchets dangereux et votre conseil communautaire à Westwin



The Base Chief Said...

Well here I am, sitting in my backyard trying to put some words to paper. It's not easy! One of the things that makes it difficult is I can hear my next door neighbour, Tish Tessier nattering away. If she's not nattering at her cat Tipper, then it's Ray. Oh well, I think she can be forgiven, you see, she has just become a grandmother. This is the first for the Tessier's, so needless to say they are your typically proud grandparents. I don't blame them, Michelle's a real sweetheart!

Speaking of Tish Tessier reminds me of a story that happened last year. Tish volunteered to look after our house while Ann and I were away on vacation. We got an early start in the morning, stopping at the Perkin's Restaurant on Pembina Highway for breakfast. It was there that we realized we had not dumped the milk in the fridge. Ann called Tish to ask her to do it for us. At the end of the conversation, Tish asked where we were? So Ann told her, "Perkin's". Tish, in all innocence asked, "How's the weather there?" Oh my!

What's a good neighbour worth anyway? I don't know for sure, but to me they are invaluable. Ann and I have been blessed with good neighbours here in Winnipeg. We've had about the best it's possible to get. John and Lynn Preston were great during the short year they were here. Mick and Lorna Conway were nice folks, who we still keep in touch with. Ray and Tish Tessier, as well as Nicole and Kevin Kimpinski have been priceless. These are the two families we could always depend on to keep an eye on things while we were away, and we owe them a great deal. Joe and Lois Lecour have been good to us, and it's a pleasure to be able to call them friends. Shirley and Cliff Beattie, Neil and Peggy Elliott, Jim and Helen Ashley, have also gone out of their way to be friendly. Chris and Carolanne Grandy moved in next door about six months ago, and already have established themselves as "good neighbours". You know, I always get a warm feeling when I get a wave from a neighbour on leaving in the morning, or when I get home in the

evening.

Ann and I can only hope that our new neighbours in Calgary will be half as nice. If they are not, then the problem will be, that we are stuck with them for a long time. At least in the military community, if you happen to get stuck with someone who's not the greatest, just wait awhile, and either you or they will be moving on, and you always have a 50/50 chance of doing better the next time. Thanks to our neighbours on Sharp.

Quincy and I were discussing the upcoming move the other morning. He seemed a bit out of sorts, so I kept at him until he confessed that he would miss snitching on people. I tried to put his mind to rest by promising him that what we would do in Calgary, is to first of all, go around to all public and commercial buildings to ensure that any flags being displayed, were being done so in accordance with current regulations.

Secondly, we could hang around malls, banks, Currie and Harvey Barracks to ensure that the army folks were following all the regulations. Of course he wanted to know if I was going to write a column in the Calgary Sun so we could let people know what we had found? I assured him that my career, if I ever had one, as a writer was over when I leave Winnipeg. This seemed to upset him a great deal, so I had to promise him that as a minimum,

we would write letters to the editors. This news seemed to appease him somewhat. What a dog!

This is my second last column. Oh, I know I've slipped a bit in the past month, but I wouldn't have written a second column when I started this whole thing had it not been for the many kind comments from those who turn to page two of the Voxair, and find "The Base Chief Said" missing. It was because of your encouragement that I kept going, and although I can't say I enjoyed working to deadlines, I always felt obligated to write something.

In the beginning, I was going to use this column to keep our servicemen and women informed about changes in dress regulations, policies, etc. After my very first effort, I learned that that would not work. You see, I wrote something about the number 3A order of service dress, and by the time it had hit the streets, a message had been received amending it. That was the first indication I got as to how many people were reading the paper, and I was able to measure that by the number of phone calls I got, telling me that I had "screwed up". Everyone's a critic!

During my tenure, we saw a lot of policy changes, and if you are like me, that is, a bit plump, a smoker, and a unilingual Anglophone, then you know how those policies affected us. It was not that I did not support or agree

with them, because it is difficult to argue that they are not sound or sensible. My biggest hang-up was the way they were implemented. So I wrote about them. I guess in some cases I overstepped my bounds, however, if it caused people to think about what I was saying, then it was worth it.

Despite being accused of being disloyal, and I reject that notion because, loyalty is one of those qualities that I have always prided myself on. Besides, if I felt that I was being disloyal, and could not accept what was happening in the forces, then I would have quit a long time ago. I never asked anyone to agree with me, and an awful lot didn't!

I do want to thank Colonel Reynolds and LCol Doerksen, for deflecting a lot of the flak that was directed at me and my columns from above. Colonel Armstrong came along at a time when I had mellowed somewhat, however I do want to acknowledge his, and LCol Forestell's wise counsel to me on some of the things that I have produced during their time in the hot seats.

One of the things I really got a kick out of, was all the second guessing that went on when I wrote something, without being specific. I found that there are a lot of guilty consciences out there. Now that was fun!

And finally, thanks to all of you for your support and encouragement. You made it all worthwhile.



THE KIT BAG II TERRY LAWRENCE

So some of you missed The Kit Bag and wondered why I had been absent for three issues. Two reasons, I had a couple of T.D. trips and I got bogged down with some personal stuff. Warmer weather has cleared the cobwebs a bit and as long as we don't rust with all this unaccustomed precipitation I should be able to maintain a fairly regular appearance in Voxair.

There has been no shortage of topical subjects on which I could have commented with some well intended skepticism, for example, that lake near Ottawa, and how the Peoples Network covered the recent seven day dinner meeting. I'm sure that in my absence those subjects have been well and truly hashed out over coffee.

I do wish that all Canadians had the opportunity to travel throughout this country as many

of us are able to do. It saddens me to hear the bitterness, bigotry and hatred spouted by unfortunate souls who have never experienced the joys and challenges of visiting their fellow Canadians in all parts of the land. I can give no credence, empathy or support to anyone who bases his or her "expert" knowledge of Canada on a familiarity bounded by Provincial borders.

The best ten bucks I ever spent in my life was to become a Canadian, and that's exactly what the certificate says. There are no hypheens, no conditions, no restrictions on travel or language, — just CANADIAN.

I haven't been to the beach since Mexico in February but I will make the local sand scene before too long. Did you know that Manitoba's Grand Beach made

Playboy magazine as one of the top beaches in North America? Of course, that's only for about two months a year but anyone who wants to show some skin hits Grand Beach. Those of more modest or cowardly demeanor are across the Lake at Gimli or Winnipeg Beach.

Did you ever notice that American men (USA types) on the beach are different from most Canadian men? American men seem to favour those long legged baggy swim suits while we hardy Canucks go for the briefer version. You see it all the time on TV, in the movies and in real life on the beach. The women wear the minimum while the guys seem to be ashamed of their thighs. There's a carry-over to street wear too. Notice how many American men wear T-shirts under EVERYTHING.

In closing, how's this for chilling out with old-age. On two successive root canal ops at the base dental clinic, I fell asleep in the chair. No, I didn't faint... I nodded off.

Airman of the Month — June



Cpl Hugh Meisner is a metal technician working in Workshops under the BAME Organization. Cpl Meisner received recognition for his professionalism and efforts in attaining swift serviceability to a visiting Boeing 707. As the A/BAMEO, Capt Rietmuller, presents him with the Airman of the Month award and the executive parking spot in front of Hangar 16.

Cpl Meisner is transferred to 414 Sqn, CFB North Bay and we wish him all the best in his new posting.

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.

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DEADLINE 16 JULY 90/DATE DE TOMBÉE 16 JUILLET 90
NEXT ISSUE 13 AUG. 90/PROCHAINE PARUTION 13 AOÛT 90

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Tribute To A Great Base CWO!!! CWO SMITH!!!

We know you
are leaving —
But you'll always
be achieving!
'Cause we'd love
you to stay!
You were always
our friend!
You were loyal
to the end!
You were always
a listening ear!
We had no reason
to fear!
You always lended
a hand!
So let's bring out
the B-AND!
But whatever you
endeavour!
We'll love you
forever!

By Carolyn Gibson



Upon their return from the Air Navigation School at R.A.F. Finningley, those fortunate enough to go were uncharacteristically quiet about the trip. Perhaps they were briefed to hold their tongues in front of those less fortunate who toiled here during their absence. Or maybe their enthusiasm was diminished by the long flight home or by the mountain of paper work that awaited their return.

Sunday 10 Jun was an active day for CFANS personnel. Staff and students volunteered at great personal risk to stand in the Assiniboine River and corral rubber duckies in support of the Manitoba Heart Foundation's annual fund raising race. Capt. Levack commented on the bravery of the volunteers as follows,

CFANS Update

"That river, I don't even allow my dog to go swimming in that water!" The CFANS family picnic was also held that afternoon. After seeing the variety of aircraft and equipment on display at the CFB Winnipeg Hospitality Day, the families gathered for some games and a barbecue. Our appreciation is extended to those who worked at the static display and the picnic. It was an enjoyable day.

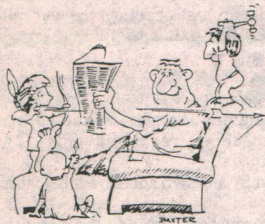
Recently at CFANS, Capt Parent has taken pity on the resident computer illiterates. He has been giving a series of lectures designed to help those who have not chosen personal computers as a hobby. Participants are now beginning to come out of the dark ages of electric typewriters and white out and entering the illuminating era of word processing.

Finally, a reminder to all CFANS personnel that a mug-out will be held at 1600 hrs on 28 Jun 90 at the Herc Lounge. Staff to be mugged out will include Maj Fortin, and Capts Gaboury, Gould, Kimpinski, Reid, Sannes, Tocher and MCpl Ken Marazzo.



Congratulations Sgt Traynor. Sergeant Sherry Traynor, the NCO in charge of the CFANS Orderly Room, receives congratulations on promotion from Maj Ken Kerr, CFANS acting commandant. Sherry was posted from CFANS to BAMEO effective 4 June 90. Good luck on your new assignment.

SISIP Optional Group Term Insurance



receiver cassette deck with dolby and multi-band graphic equalizer, chances are it's insured, right? So if some gutter scum does a smash and dash with your stereo, at least you know you're not going to have to fork over a few hundred hard-earned dollars just to get back to where you were before the dirty deed. That means you don't have to drive around with one hand on the wheel and one on your tape deck, or leave a specially-trained German Shepherd attack dog guarding your car. The bottom line is, the insurance gives you peace of mind.

If peace of mind is important when we're talking about a lousy radio, doesn't it make sense that it should be even more important when we're talking about the financial security of someone you love? That's what life insurance is all about, the peace of mind that comes from knowing that your spouse and dependents would be financially secure if you should die unexpectedly.

THAT'S WHERE SISIP COMES IN. SISIP, the Service Income Security Insurance Plan, is an insurance program exclusively designed, run by, and owned by Canadian Forces Personnel. We are all different in many ways but, as members of the CF we have something in common, and SISIP is specifically designed to meet the common needs of CF personnel.

For instance, we are all part of the same set of government compensation arrangements, Canadian

Forces Superannuation Act (CFSA), Pension Act, Supplementary Death Benefit (SDB) and Canada (CPP) or Quebec Pension Plans (QPP). SISIP insurance coverages are tailor-made to fit exactly with these programs in providing your spouse and dependents with financial security if you should die or become disabled.

However, in a lot of ways we are all very different. That's why SISIP goes beyond standardized insurance coverage that may not be exactly suited to your particular needs. That's why SISIP offers Optional Group Term Insurance (OGTI).

OGTI allows you to choose additional life insurance coverage that, with other SISIP coverages and the government's compensation programs, will ensure that you have enough insurance for your particular needs. OGTI is

available to SISIP members in units of \$10,000, up to a maximum of \$300,000 and, in most cases, is available to you without a medical examination.

It's your peace of mind we're talking about. OGTI allows you to choose the beneficiary of the Optional Group Term Insurance on your life. You can name your spouse, child, parent or any other person or agency that you wish.

In addition, OGTI can provide peace of mind for your spouse. OGTI-Spousal is insurance coverage on the life of your spouse, with you as beneficiary. OGTI-Spousal is also available in units of \$10,000 up to \$300,000 on your

life in addition to up to another \$300,000 on your spouse's life.

If all this sounds pretty good to you, that should be no surprise. After all, SISIP is the members' plan, ... it's owned and controlled by Canadian Forces personnel.

Ask your SISIP Advisor for a piece of his mind, for your peace of mind. He will be glad to give you further details about the Service Income Security Insurance Plan.

In addition to OGTI ask him about Long Term Disability Coverage, After Release and Survivor Income Benefits.

Contact PO Renaud at local 6933.

"I'M SURE GLAD I HAVE SISIP COVERAGE!"

Everyone has options! Life is full of choices and, where there's a choice to be made, different options are available. Perhaps you married the girl or guy that you decided was best for you. Maybe you bought a certain kind of car over another, and chose the set of optional "extras" that suited you best.

Each of us is different and therefore for each, a different set of options applies. In our own way we try to make the best decision for us, whether we're deciding to get married or choosing an in-dash AM/FM auto-reverse cassette deck with graphic equalizer for our car. Some decisions are more important than others and some options we choose play a far greater role in our lives than others. If some low-life rips off your tape deck, it's a real pain in the neck, but no big deal. If you lose a spouse, that may be the most significant tragedy you'll ever face. Put that another way, if your spouse loses you, that would probably be the most serious setback of his/her life.

Now, if you have an AM/FM auto-reverse quadrophonic



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Senior Officers E.W. Course



SENIOR OFFICERS ELECTRONIC WARFARE COURSE 9031. The Canadian Forces School of Aerospace Studies (CFSAS) recently completed the fifth Senior Officers Electronic Warfare course. This three and one half day course is conducted semi-annually and is designed to familiarize senior staff with the applications of electronic warfare to air operations. Graduates of 9031 are pictured with Maj Bouchard, course director, and Dr Palmer, keynote speaker.

Back Row: LCol Stacey (SSO FTR AIRCOM); LCol Ferguson (B Adm O CFB Chatham); LCol Bishop (BOPSO CFB Comox); LCol Hussey (SSO ATC AIRCOM); LCol Pinfold (SSO Comd CDLS Washington).

Middle Row: LCol Spooner (DAR 4 NDHQ); Col Abbott (B Comd CFB Toronto); Col George (Comd 22 RCW HQ CFB North Bay); Col Andrichuk (B Comd CFB Ottawa); Col Holman (B Comd CFB Bagotville); LCol Humphreys (BTSSO CFB North Bay).

Front Row: LCol Sloan (Comdt 2 CFFTS CFB Moose Jaw); LCol Bouchard (SSO TAC HEL AIRCOM); Maj Bouchard (EW Flt Comd CFSAS); LCol Huyghebaert (BOPSO CFB Moose Jaw); Dr Frank Palmer (Acting Director EW Division, DREO).

NORAD Commendation



NORAD COMMENDATION. At ceremonies held at Air Command 09 May, LGen Sutherland, Comd AIRCOM, presented the D/CINCNORAD commendation to Major Ken Stannix. Major Stannix is currently a student on Aerospace System Course 42 and received the award for his outstanding contribution to NORAD during his previous tour at Clear, Alaska.

Melnor electronic insect killers

Melnor Manufacturing Ltd. is asking owners of the "Precision" electronic insect killers, Models BK15 and BK40 to return their units for repair. It has been demonstrated that under certain unusual conditions, the plastic grid insulators on these units could ignite.

Melnor is asking that owners immediately take the unit out of service and return it to the place of purchase or return the unit collect to:

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Repaired units will be identified by a brown adhesive label with the repair date printed on it. Production units after August 1, 1989 will have a revised construction and can be identified by their date code.



CD Presentation

Major Paul Deschenes, OC LTC, presents CD to Sgt Vaughan Purcell, a student on Continuous French Course 8901.

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AIRCOM/DCOS Promotions



DCOS Personnel Division was blessed with four promotions effective 1 Jun 90. Shown after their presentation by Col Riis, DCOS Pers are Maj Al Kaulback, WO Rick Gallant, LCdr Dan Lemieux and Maj Don Brown. Congratulations to all from Division staff members.

Diploma Presentations

For the past two years CFB Winnipeg offered special courses on base. The Base Training office in collaboration with Sturgeon Creek High School offered Mathematics and English classes during lunch hours from September to June.

More than thirty people took part in this worthwhile endeavour. But that is not all, this year for the first time in the program, two students graduated with their High School Diploma.

The same classes will be available next fall starting on Tues 4 Sep 90. The Mathematics class will take place at lunch time every Mon, Wed and alternate Fri and the English class Tues, Thur and alternate Friday.

For registration or for more information please contact the B Trg office at 6297.



MWO Ted McAdie receiving his High School Diploma from Mr John Proudfoot. Looking on is LCol Forestell.



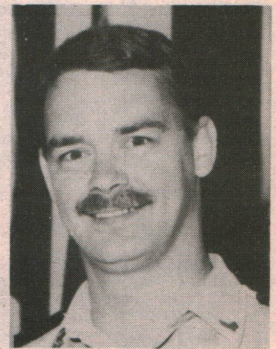
CFB WINNIPEG OFFICERS MESS GOLF SCHEDULE (1990)

DATE	PLACE	TEE OFF
* 29 JUN	CFB SHILO G/C	1000 HRS
27 JUL	TEULON G/C	1000 HRS
17 AUG	BLUMBERG G/C	1300 HRS
7 SEP	COTTONWOOD G/C	1000 HRS
28 SEP	ASSINIBOINE G/C	1300 HRS

* BGen Sutherland Challenge

For additional information please contact your mess golf reps
 MAJ GEORGE POTVIN LOC 6398
 CAPT WILLIS JACOBS LOC 5158

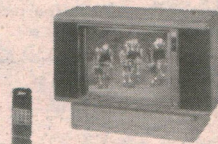
Cpl Bert Giroux received his High School Diploma from Sturgeon Creek High School.



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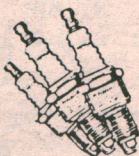
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CF School of Aerospace Studies

Commandant's Corner

June is so consistently hectic at CFSAS that the cooler weather this summer is almost welcome. The 18 members of ASC 42 are looking forward to the end of a long year of study. They proved once again that the research which they carried out for their thesis made them experts on their topics. The presentations of their papers were absolutely professional and certainly worthwhile. Regrettably, few people within the perimeter fence at Winnipeg who could have benefitted greatly from the wealth and breadth of information, made the effort to attend. To those few people who attended, thank-you for your interest; for those with a double dose of apathy, I apologize to the members of ASC 42. Hopefully the same pattern will not have been shown for the Syndicate Project presentations at the 26-27 June symposium.

As you can see by the photos from CFSAS this issue, the spotlight is on the staff who really keep the School running. Joan

Dale and her team of Jeannette, Dorothy and Marie are especially busy at this time of the year getting all the ASC reports and papers on disc and ready for publication. Similarly, the School would flounder without Dan, our graphic artist. Speaking of flounder, and other fish, our tame "Bluenoser", Nicky Compton plays a critical role in keeping our research material in the library right up-to-date. The rest of the staff has to be ever-vigilant to ensure that Nicky doesn't build up a large section on Nova Scotia folklore or Tales of the Sea.

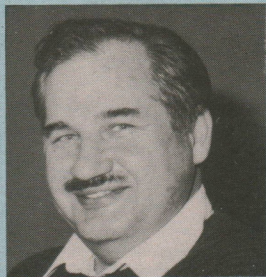
I would be remiss and also in a great deal of trouble if I didn't single out Val Matthews, my secretary. She keeps my teaching, meeting and the odd golfing schedule straight. I hate to be away from the office for any great length of time because I wouldn't really want to know that she is fully capable of running the School without me. On that note, I'll close! Best of luck to all 18 members of ASC 42. It's been a slice!



Word Processing Centre — providing typing and word processing service to both CFSAS and CFANS. Standing L-R are Jeannette Teichgraeb, Dorothy Knutson, Marie Emond and supervisor Joan Dale (seated).



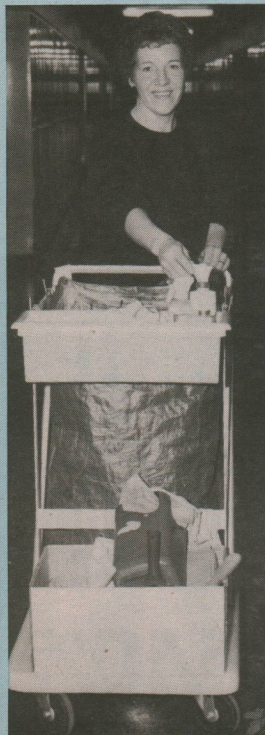
GIS Stores (Supply) for both schools is a one-man operation carried out by Cpl Al Maine.



Graphic Artist — providing graphic art services to both schools is Dan Labay. Dan recently completed 25 Years with the civil service.



The Commandant's Secretary — Val Matthews, ready, willing and able at the keyboard.



"Neat and tidy" keeping CFSAS looking great is accomplished by Elaine Marsh.



Audio/Visual Support for both CFSAS and CFANS is provided by Darryl Krilyk.



CFSAS Library — Librarian Nicky Compton, reviewing new reference material with staff (L-R) Ocdt Steve Sarty, (recently posted to CFB Greenwood) 2Lt Pierre Letourneau and temporary employee Janette Crawford.

BEME at CFB WINNIPEG Pot-Pourri



Col. W.G. Svab, Cd (Ret'd) takes the salute of the Beme March Pass.

Since the last BEME article, numerous events have taken place, which require mentioning.

On 24 May 90, the LEME Branch celebrated its 46th birthday, and BEME had the pleasure of receiving its Branch Colonel Commandant, Col W.G. Svab, CD, (Ret'd). He inspected the section and he took the salute of the BEME march pass. During the parade, the Colonel Commandant presented The Namibia UN Peacekeeping Certificate to Sgt Kerr, Sgt Carpenter, CFN LaPlante, CFN Sheffield, and CFN Kane. The day ended with a dinner and dance. The following

day, there was a unit sports day, raising the annual rivalry between Off/Snr NCOs and Jr NCOs. The chief referee declared the day a draw, thus fuelling next year's competition.

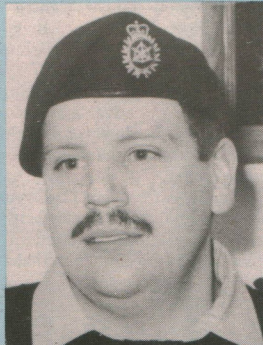
Two civilian members of BEME have left, and we wish them Good Luck. Mr. Larry Dezan departed BEME, after 9 years, for a 5 year leave of absence, and Mr. Gerry Saumure took his retirement and departed BEME on 27 April 90, after 37 years with the Public Service.

The BEME section had a luncheon to say farewell to CWO

Shaddock, who is retiring after 27 years of service. Conrad, to those who knew him well, served in many units and was known for his fairness. His last years with BEME were certainly a challenge to him, as he tackled the introduction of computers in support of the EME Maintenance Management System. His efforts were rewarded when the ADP System was introduced on schedule. All members of the BEME section would like to thank you for your contribution, and wish you and Barbara a long and healthy retirement. Thanks for a job well done.



Mr Gerry Saumure retired after 37 years of public service.



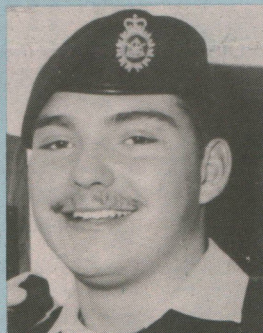
CFN Bilodeau promoted to A/Cpl on 30 Nov 89.



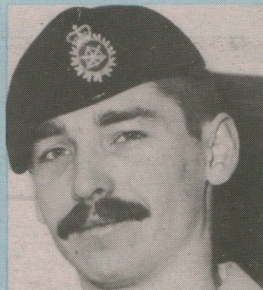
CFN Kane promoted to CFN Trained 24 May 90.



CFN Poets promoted to CFN Trained 24 May 90.



CFN Laplante promoted to CFN Trained 20 Feb 90.



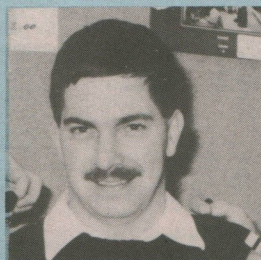
CFN Douglas promoted to A/Cpl 24 Feb 90.



CFN Sheffield promoted to CFN Trained 25 Apr 90.



Mr Larry Dezan has taken a five year leave of absence after 9 years of public service.



Lt Corcoran promoted to Capt 1 Jan 90.



CFN Sheffield



CFN Kane



Sgt Carpenter



Sgt Kerr



CFN Laplante

Sabre Crescent Summer Play Program

A Summer Children's Play Program will again be offered in co-operation between the Jameswood Women's Friendship Center, Westwin Family Support Center, and Child and Family Services of Winnipeg West.

* The play program will run Tuesday and Thursday mornings, (9:30-11:30 a.m.) in July and August, for children aged five to seven years.

* Program site will be located at the Sabre Crescent Play Park and will be staffed by a summer play co-ordinator from Child and Family Services. There will be four sessions with a pre-registration being required due to limited space (maximum 12 per program session).

* Registration will be two dollars per child for each of the four program sessions (to cover extra costs of supplies).

* Parents and older teens are encouraged to assist and participate with the children in their activities.

* For more information call 944-4456.

Registration and Consent Form Sabre Crescent Summer Play Program

Family Name: _____ Phone: _____

Address: _____

Child's Name: i) _____ Age: _____

ii) _____ Age: _____

iii) _____ Age: _____

Are there any medical conditions/medications which your child has?
Yes _____ No _____ Please identify: _____

Program Sessions: (Please indicate sessions your child will attend)

A — First July Session — July 3, 5, 10, 12th _____

B — Second July Session — July 17, 19, 24, 26th _____

C — First August Session — July 31, Aug 2, 7, 9th _____

D — Second August Session — Aug 14, 16, 21, 23rd _____

Registration Costs:

(_____ Sessions x _____ Children x \$2.00) = _____

Parental Consent and Disclaimer:

I, _____, consent to allow my child/ren, _____, to participate in the Sabre Crescent Summer Play Program, for the above identified sessions; and will not hold responsible any of the sponsoring groups or its members, for any mishaps or incidents which occur throughout the duration of the program.

Date: _____ Signature: _____



by Marla Kaposvary

When my husband's posting message arrived I experienced mixed feelings. One of my thoughts was "Oh no, not again, just when I get a job I really enjoy and I'm meeting new friends." That's military life, isn't it! I'm now very excited about our move to Calgary, but it is with sadness that I leave my work as Director for the Family Support Centre.

The work has really just begun. I have visions of decorating and equipping the children's play rooms, starting a playgroup, broadening the advertising and so on, and so on. However, I won't be around to see the visions become reality.

That doesn't mean that you won't be though. There are many interested and concerned individuals in our community that I

Help the FSC "Grow"!

know can help the Family Support Centre grow.

To everyone in our community I say this:

"The Family Support Centre may not yet be everything it should and can be. There are budget difficulties, child care needs and many more concerns and growing pains to work through. Sitting back, complaining about what services are lacking here, or what the "military" does not do is a wasted effort. The FSC is not intended to be a service provided by the military. Rather it is, and must be, a community effort, growing and expanding because individuals and groups in our community put time, effort and support into the FSC activities and services.

It's far better for our community for each person to use energy to support the FSC and make a difference in a positive way. The seeds have now been planted and if this "garden" is going to grow,

it's up to each of you to become a "gardener" — to nurture, to tend, and to help the "garden" become what you want it to be. There is so much potential. I hope that you will use this opportunity to help the FSC, and more importantly yourself, in the process to grow."

Special Thank Yous and Farewells:

In the past year, I have had the opportunity to work with many wonderful and interesting people in CFB Winnipeg. Many thanks to you all for your encouragement and support in my work and for the FSC.

A special farewell goes to all the volunteers, moms and children I have come to know through my work. I enjoyed many great visits, workshops and outings. Your involvement with the FSC makes the difference. Keep it up! Your support of the new director will be very important.

Goodbye CFB Winnipeg.

Teenagers' Emergency First Aid Course

If interest warrants, Base Defence Planning will conduct an emergency First Aid Course for Service dependants 13 to 18 years of age on 23-24 July 90. Course hours will be from 0800-1600 hrs. Maximum participation — 25 candidates. Please contact MWO Veilleux at 5522 or 885-7593 (h) after 1630 for details and registration.

NOTICE

BASE LIBRARY SUMMER HOURS

The Base Library located at 3 Jameswood will be open at the following hours during the months of Jun, Jul and Aug:

- a. Tues, Wed and Thur 1300 hrs to 1600 hrs
1800 hrs to 2100 hrs
- b. Saturday 1300 hrs to 1600 hrs

BIBLIOTHÈQUE DE LA BASE HORAIRE ESTIVALE

La bibliothèque de la base situé au 3 Jameswood sera ouverte pendant les mois de juin, juillet et août aux heures suivantes:

- a. mar, mer et jeu 13h00 à 16h00
18h00 à 21h00
- b. samedi 13h00 à 16h00

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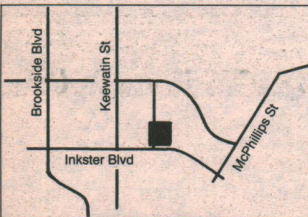
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Westwin, Manitoba
R3J 0T0
895-5365

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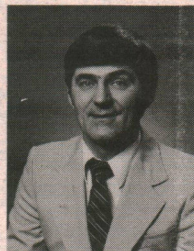
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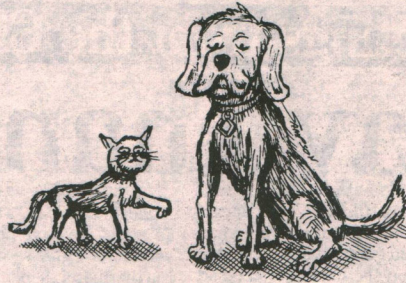
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— Sgt Guillemette - 2PPCLI
- 9 May 90 - \$1000
— WO MacDonald - Bmet
- 16 May 90 - \$125
— WO Budgen - BAMEO
- 23 May 90 - \$125
— WO Budgen - BAMEO
- 30 May 90 - \$125
— Cpl Chambers - 402 Sqn
- 6 Jun 90 - \$125
Sgt Piper - BPeri
- 13 Jun 90 - \$125
— CWO Byrne - BCE



Pets on Sports Fields

Some personnel are allowing their pets to run unleashed and defecate on the military sports fields located near Lipsett Hall and Westwin Gyms. BSO 19-38 para 2 states pets must be tethered while on military property. Effective immediately, personnel who use these areas with their pets are responsible for the direct control of their animals. It is also the owner's responsibility to immediately remove any animal wastes. Failure to do so could result in disciplinary action.

10 Tips for Fire Safety

1. Stop, Drop, and Roll

If your clothes catch fire, *do not run!* Instead, stop where you are, drop to the ground, and roll over and over to smother the flames. Cover your face with your hands to protect your throat and lungs from burns.

2. Install and Maintain Smoke Detectors

Smoke detectors give you early warning in case of a fire, so you have time to escape safely. Install at least one smoke detector on every level of your home — and one outside each bedroom. Check the manufacturer's directions and test once a week. Replace any dead batteries immediately.

3. Practice E.D.I.T.H.

If fire breaks out in your home — get out fast. Design an escape plan with your family. Be sure to include two ways out of every room in case one exit is blocked by flames or smoke. Select a meeting place outside where everyone will gather. Then, practice your plan with Exit Drills In The Home (E.D.I.T.H.). Remember, *never* go back into a burning building, no matter what! And, never use elevators to escape a fire — use the stairs.

4. Crawl Low in Smoke

If you get caught in smoke, get down on your hands and knees and crawl towards the nearest safe exit. Smoke and hot fumes rise, so the cleanest air is near the floor.

5. Cool a Burn

If you or someone else gets burned, run cool water on the burned skin immediately. This will help to lessen the pain. If a blister or char forms, see a doctor right away.

6. Smokers Need watchers

Carelessly discarded cigarettes are the major cause of fatal home fires. Make sure smokers extinguish cigarettes in large, deep ashtrays. Fill ashtrays with water before putting in the trash can. Check under sofa and chair cushions for cigarette butts before going to bed. And, never ever smoke in bed!

7. Space Heaters Need Space

Place portable heaters at least 36 inches (3 feet) away from things that burn, such as paper, bedding, clothing, or curtains. Keep small children away from space heaters. And remember, always turn off the heaters when you go to bed or leave your home. Be sure your space heater is labelled by a recognized testing laboratory.

8. Be Careful Cooking

When you cooking at the stove, be alert. If grease catches fire, first place a lid over the pan to smother the flames, then turn off the burner. Do not throw water or anything else on a grease fire. Always keep pot handles turned in so they can't be accidentally knocked off the edge of the stove. And, while cooking, keep young children out of the way.

9. Practice Safety with Electricity

If an appliance gives off smoke or a burning odor, unplug it immediately and have it repaired. Check the cords on all lights and appliances; if they are frayed or broken, have them replaced. Do not overload extension cords and don't run them under rugs or other places where they can be stepped on and broken. If you

replace a blown fuse, be sure the new fuse is the correct amperage.

10. A Match is a Tool — For Adults

A pack of matches or a lighter in the hands of a child can be instantly dangerous — causing death or injury quickly! Store matches and lighters up high where kids can't reach them. And, if they find matches or lighters, teach children to give them to adults.

Remember...

If there's a fire in your home, get out immediately and call the fire department from a neighbor's house or a phone booth. Do not go back into a burning building under any circumstances. If you think someone is trapped inside, tell the fire department. Ask members of your fire department for advice about keeping your home firesafe — they will be happy to help!

Learn Not To Burn!

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CFB Winnipeg Slo-Pitch League Standings

Place	Team	GP	W	L	T	Pts
1.	Base Compt/CFS/429 Sqn	3	3	0	0	6
2.	Base MP	4	3	1	0	6
3.	JR (PPCLI)	2	2	0	0	4
4.	CFANS Instructors	2	2	0	0	4
5.	CFANS Students	2	2	0	0	4
6.	Base Foods	4	2	2	0	4
7.	BEME	3	1	1	1	3
8.	Old Timers	3	1	1	1	3
9.	BCE	2	1	1	0	2
10.	Base Supply	2	1	1	0	2
11.	733 Comm Sqn	3	1	2	0	2
12.	SO ACS/DCOS OPS	3	1	2	0	2
13.	BTNO	4	1	3	0	2
14.	Service Women	3	0	3	0	0
15.	Command Compt	3	0	3	0	0
16.	BAMEO Jr	3	0	3	0	0
17.	DCOS Maint	0	0	0	0	0

Standings as of 12 Jun 90.

Prairie Region Golf Base Playoffs

CFB Shilo will be hosting the 1990 Prairie Region Golf 27-31 Aug 90.

To select a representative team from CFB Winnipeg, there will be Base Playoff which will be held at the Teulon Golf Course on 16, 17, 18 and 19 Jul 90. Golfers must play 2 rounds within the four days.

All interested golfers are to register their names at the Rec Centre (Bldg 90) local 6184 and pick up a copy of the rules prior to 13 Jul 90.



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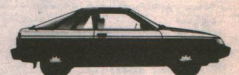
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CHAPLAINS CORNER

Greetings from the Chapels

Say Thanks



ence in our day, or in someone else's day.

Nor is the neglect of thanking a modern phenomenon. Indeed it is recorded in the Bible itself. In the Gospel, according to St. Luke, we read of Jesus curing ten men of "a dreaded skin disease". St. Luke goes on to record that, of the ten, only one, a foreigner at that, came back, "praising God in a loud voice" to thank Our Lord for the gift that He had given him, (St. Luke 17:11-19). Chances are the ingratitude of the other nine wasn't intentional. It probably simply slipped their minds to take the time to thank the giver for the gift.

In this day and age, it is hardly uncommon for one to hear the blame for many misfortunes laid squarely at the feet of God. Most of us can recall having heard, or perhaps having said, such things as "How could a loving God do this to me?". There is not necessarily anything wrong with this very human sentiment of grief or confusion, and God is certainly big enough to take whatever we

can lay on Him. However, does it not seem just, even by human standards, that if we are going to give God the blame for the bad that happens, we ought also give Him the thanks He so rightly deserves for the great good that is ours?

We, in this country, are truly blessed with many gifts. We enjoy the gift of freedom to an extent that is only dreamed of in many parts of the world. We enjoy the gifts of justice and of peace in great measure. While it is true that we have much still to achieve in many areas, I don't think one could argue that we are not very fortunate.

We are also the recipients of many natural gifts. We live in a truly beautiful country. The heart thrills to the majestic beauty of the mountains of British Columbia and Alberta. The grandeur of Creation sweeps through the vast expanses of the prairies, and over the forests of western and central Canada. The voice of God can practically be heard in the crash of the ocean against the coast of Nova Scotia or New-

foundland. Indeed "a mari usque ad mare" we have been blessed with natural gifts second to none. Furthermore, as members of the Armed Forces, many of us have been given the opportunity afforded few other Canadians to visit all areas of this great country of ours.

In a short while many of us will be taking summer vacations. Perhaps some of us, who were raised in Catholic schools, will remember Sister having said at the end of June, "God doesn't take a vacation from you, don't you take one from Him". There is a lot of wisdom in this seemingly trite little saying. As we enjoy our summer vacations, visiting family or friends, seeing other parts of the country, relaxing on the beach, or just enjoying the sunshine in our own back yards, let us not forget the author of all that surrounds us for our enjoyment. Take a few moments to say "Thank you" to God.

On July 1, we will celebrate our country's birthday. Again we can all take this opportunity to give thanks for the many gifts that

God has given us in Canada. Perhaps one of the best ways to say "Thanks" is to join with our brothers and sisters in the family of God in worship and thanking, either at one of the base chapels or at a church in the city on Canada Day.

We are truly very blessed. There is not one of us, regardless of his or her condition who cannot, if they try hard enough, think of something for which to be thankful. Most of us don't have to look very hard to find many blessings for which we ought to give thanks. Why, then, do we not take the time to give God the thanks that is due Him. I doubt if it is due to any malevolence on our parts. Quite likely we just don't often think of it. So why not take a moment, recollect ourselves, and make a sincere prayer of thanksgiving to Almighty God for the many gifts with which He daily blesses us.

"Thank you." Two short, easy words, LET'S USE THEM!

Ian R. Duffy
Acting Sub-Lieutenant

"Thank you." When seen in print, these words look so incredibly simple. If we read them, they take a mere instant to gloss over. Maybe that is why these two words often seem to be quite neglected in our everyday life. I am not speaking of the cursory "thanks" we offer to someone who passes us the salt, or the "thank you" to the waitress who brings the food while it's still warm. I am speaking of a real heartfelt expression of thanks.

Of course this situation should hardly seem surprising. In our modern, hurried, and highly technological lives we often tend to overlook the little things that could actually make quite a differ-

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Du lundi au jeudi

inclusivement

1900 hrs

St. George (South Site)

WEEKDAYS

SUNDAYS

10:00 a.m.

Tue. & Thu. 6:30 p.m.

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

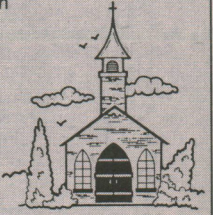
3rd Sunday - 0900 hrs - Eucharist (ACC)
- 1100 hrs - Divine Worship

4th Sunday - 0900 hrs - Eucharist (ACC)
- 1100 hrs - Divine Worship

5th Sunday - 0900 hrs - Eucharist (ACC)
- 1100 hrs - Divine Worship

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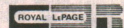
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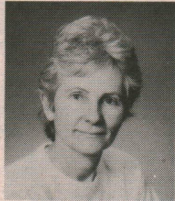
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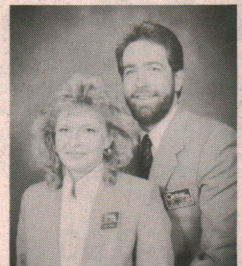
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