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CFB/BFC Winnipeg

12 September 1990

Canadian Forces Help In Drug Bust

HALIFAX — Canada's navy helped win a battle in the war on drugs late last month in a combined Canadian Forces, Royal Canadian Mounted Police, Canadian Coast Guard, and Sydney police operation.

The crew of HMCS Nipigon spotted a fishing boat entering a secluded cove late on the night of July 30, in heavy fog. Having been asked by the RCMP to assist in the capture of suspected drug smugglers, the Nipigon had switched from routine navy training exercises in the waters off Cape Breton Island to combat readiness requirements. When the ship's surveillance pinpointed a craft skulking into the cove, Nipigon CO Cdr Carl Doucette knew that it looked suspicious.

"There was no reason for it to be there and it was going at slow speeds," he says.

The Nipigon crew informed the RCMP and in the early morning hours of July 31, about 20 tons of hashish, worth an estimated \$300 million, were seized at Baleine, near Louisbourg, N.S.

More than a dozen men were arrested; two fishing vessels and several vehicles, including a tractor trailer, were confiscated.

The operation was coordinated by Sydney Police and RCMP and included Aurora aircraft from CFB Greenwood and a Canadian Coast Guard ship. While the Aurora aircraft tracked ship locations, CCGS Mary Hichens provided RCMP with ship support.

"We (the Nipigon) were tasked to provide support to the RCMP to aid in the interdiction of drugs coming into Cape Breton," says Cdr Doucette.

The ship's crew was in constant contact with the Aurora aircraft and authorities on shore with the specific mission to prevent escape to sea by the drug-smuggling vessels.

Cdr Doucette says his crew did a great job during the surveillance operation, needing no specific training to carry out their duties.

"Our ability to operate as a naval warship allows us to do many other tasks."

In August of 1987, the Department of National Defence agreed in a Memorandum of Understanding to provide Canadian Forces ships and aircraft to monitor and track offshore vessels and to provide the RCMP with the means of boarding suspected ships.

"There was tremendous co-operation between the federal agencies who were working together in this drug bust," says Cdr Doucette.

Cdr Doucette assumed his duties as commanding officer in Nipigon in July of 1989. Nipigon was commissioned in 1964 and recently refitted to accommodate 58 female crew members who are currently part of the total ship's company of 264.

by Susan Mader



HMCS Nipigon/NCSM Nipigon

Les Forces canadiennes participent à une saisie de drogues

HALIFAX — Le mois dernier, la contribution de la marine canadienne a permis de remporter une bataille de la guerre contre les drogues dans le cadre d'une opération à laquelle ont participé les Forces canadiennes, la Gendarmerie royale du Canada, la Garde côtière du Canada et la police de Sydney.

Tout a commencé lorsque l'équipage du NCSM Nipigon a repéré, dans un brouillard épais, un bateau de pêche qui entrait dans une crique retirée tard dans la nuit du 30 juillet. Après que la GRC eut demandé à l'équipage du Nipigon s'il pouvait participer à la capture de présumés trafiquants de drogues, celui-ci a abandonné ses exercices réguliers d'entraînement maritime au large de l'île du Cap-Breton et s'est mis en état de préparation au combat. Lorsque le système de surveillance radar du navire a permis de localiser avec précision un bateau qui entrait furtivement dans la crique, le commandant Carl Doucette, commandant du Nipigon, savait qu'il y avait anguille sous roche.

«Le bateau n'avait pas de raison de se trouver là, et il avançait lentement», de dire le commandant.

L'équipage du Nipigon a avisé la GRC de sa découverte, et de bonne heure le matin du 31 juillet, environ 20 tonnes de haschich, dont la valeur est estimée à 300 millions de dollars, ont été saisies à Baleine, près de Louisbourg, en Nouvelle-Écosse.

Plus d'une douzaine de personnes ont été arrêtées; deux bateaux de pêche et plusieurs véhicules, y compris un camion-remorque, ont été confisqués.

La police de Sydney et la GRC ont coordonné l'opération, à laquelle un aéronef Aurora de la BFC Greenwood et un navire de la Garde côtière canadienne ont pris part. Le personnel de l'aéronef Aurora avait pour tâche de repérer les bateaux d'éventuels trafiquants de drogues, et celui du NGCC Mary Hichens de fournir à la GRC le soutien dont celle-ci avait besoin sur le plan maritime.

«Nous (l'équipage du Nipigon) étions chargés d'aider la GRC à empêcher que de la drogue soit

entrée en contrebande au Cap-Breton», de dire le commandant Doucette.

L'équipage du navire était en liaison constante avec le personnel de l'Aurora et des représentants des forces de l'ordre à terre dans le but bien précis d'empêcher les trafiquants de drogues de s'échapper par la mer.

Le commandant Doucette a complimenté les membres de son équipage pour l'excellent travail qu'ils ont accompli au cours de l'opération de surveillance, puis souligné le fait que ceux-ci n'avaient pas eu besoin d'entraînement spécial pour remplir leurs fonctions.

«Les compétences inhérentes à l'exploitation d'un navire de guerre nous permettent aussi d'accomplir d'autres tâches.»

En août 1987, le ministre de la Défense nationale a accepté, dans le cadre d'un protocole d'entente, de fournir des navires et des aéronefs des Forces canadiennes afin de permettre le repérage et la surveillance des bateaux au large, ainsi que de fournir à la GRC les moyens d'arraisonner des navires suspects.

«La coopération dont ont fait preuve les organismes fédéraux qui ont pris part à la saisie de drogues a été extraordinaire.»

Le commandant Doucette a pris le commandement du NCSM Nipigon il y a maintenant un peu plus d'un an, c.-à-d. en juin 1989. Le Nipigon a été mis en service en 1964, et il a fait récemment l'objet de travaux visant à permettre de recevoir à bord les 58 membres féminins qui font actuellement partie de l'équipage de 264 personnes.

par Susan Mader

Base Red Cross Blood Donor Clinic



Col. H.C. Armstrong, Base Commander

The Red Cross Blood Donor Clinic recently held at CFB Winnipeg on 22 August 1990 resulted in a total of 217 base personnel registering to donate blood. This result represents a new base record during the summer period. Of this 217, 69 were new donors, who hopefully will continue to donate at future clinics. I wish to personally thank the donors, the section canvassers, and the many volunteers who contributed time, effort and blood to this most worthy of causes. The Base Red Cross Blood Donor Clinic Co-ordinator would also like to acknowledge his appreciation to the various base support agencies for the outstanding support he received during the day of the clinic. Clearly, a job well done!



THE KIT BAG II

TERRY LAWRENCE

I'm not really a TV addict but some evenings there isn't a lot else to do so I'm not totally out of touch with what's on the tube. I have an eclectic taste in entertainment, I like some of the sitcoms, Golden Girls, Dear John, Designing Women and Major Dad (cause it's nice to see someone who made it to Major). I'm not keen on shows like Night Heat or Midnight Caller, but I like the bulldog on Jake and The Fatman. I can't stand Alan Thicke in anything but I like Alex Trebeck, both Canadians doing well in the U.S. of A. I remember Alex when he was doing local commercials for an Ottawa Chev dealer. Some of the local news and information shows really stink, due to a distinct lack of talent and the ability to read, smile and speak simultaneously. One blond male announcer strikes me as being as dumb as a sack of hammers but my wife tolerates him because she thinks he's cute. The worst toupée in captivity is displayed nightly on CBC TV and most, not all, but most local sports commentators appear to be brain dead.

I will admit to being totally hooked on "The East Enders", a British "soap" on PBS. I have fol-

lowed the fates and fortunes of the Cockney denizens of Albert Square since they first hit the "Telly" about three years ago. Ten minutes into each episode and I'm talking with my old Brit accent.

I enjoyed the recent mini-series "Piece Of Cake", the Battle of Britain story and I admired the photographic sleight of hand in making about four serviceable Spitfires appear as a whole squadron. A witty navigator in 11 hangar suggested I liked it because I was in the original! I wasn't, but I was a first hand spectator.

The point of this rambling narrative is that my TV habit is pretty much the same as everyone else's and don't we all wonder what we would do without it?

On a purely military note, and not to steal the Base Chief's thunder, I'd like to suggest that some of us need to review dress regulations now and again. My latest observations concern the wearing of medal ribbons, specifically the order of precedence. I've noted that a few members who are fortunate enough to have more than one are unclear on which

ribbon sits closest to the shirt buttons, and with which order of dress the ribbons are worn.

We occasionally watch the thoroughbreds race at Assiniboia Downs and sometimes pass a few bucks across the betting booths. Now and again I feel that I'm there simply to buy feed for some four footed slowpoke but other times there is a financial return. I love watching them run whether I wager or not. There's an elegance and beauty about a race horse in motion which is hard to describe although they can lose that magic when they come in fourth!

I wandered outside the hangar recently to escape the flies in the office and to enjoy a few minutes of a beautiful late August afternoon. On the way back inside a companion said, "See, if you were a smoker, you could do this every hour!"

To wrap up this edition I'd like to offer condolences and congratulations to parents of school children. Condolences because after taking two grandchildren shopping I know all parents have to be in financial distress and Mall burn-out. Congratulations because the kids are all one year closer to leaving home.



MP Community Relations & Operations Child I.D.

On Saturday, 29 September 90, a CFB Winnipeg Club Day will be held in Bldg. 21 from 1400 hrs to 1700 hrs. The Military Police will have an info booth set up to supply the general military community with information ranging from drugs to Neighbourhood Watch. Also, the Child Identification Project will be in operation for parents who may want a permanent record of identification of their child.

Military Police Community Relations Co-ordinator
L. Carlson MCP
833-5104

Change of Command



Colonel G.P. Joyce, NDHQ/Director General Works (center) witnesses as Lieutenant-Colonel S.M. Léveillé, (left) accepts command of 1 Construction Engineering Unit from its outgoing Commanding Officer, Lieutenant-Colonel R.L.J. Aessie.

On Friday, 6 July 1990, a Change of Command Ceremony was held at CFB Winnipeg, where Lieutenant-Colonel S.M. Léveillé, CD, assumed command of 1 Construction Engineering Unit, from Lieutenant-Colonel R.L.J. Aessie who has been posted to Air Command Headquarters/DCOS Mile as Senior Staff Officer Quartering (SSO QTRG).

Lieutenant-Colonel Léveillé is a graduate of Collège Militaire Royal de St-Jean (1971). Prior to his new position as Commanding Officer he served as Senior Staff Officer Works at Mobile Command Headquarters. The Change of Command was witnessed by Colonel G.P. Joyce, CD, NDHQ, Director General Works (DGW), also in attendance were Colonel A.C. Armstrong, Base Commander, CFB Winnipeg, Colonel K.G. Penney, Air Command Headquarters, DCOS Mile, Major

T.F. Hayden (USAF) Air Command Headquarters, A/Senior Staff Quartering and the members and wives of 1 Construction Engineering Unit.

The hand-over ceremony took place in the courtyard adjacent to 1 Construction Engineering Unit's HQ Building. After the formalities, members and guests enjoyed good food, refreshments and conversation on a good day of sun (until the rain came) then, good food, refreshments and conversation was had under canvas in a routine military engineer fashion. To Lieutenant-Colonel Aessie, his wife Tillie and family, we wish all the best in your new challenge and future endeavors. To Lieutenant-Colonel Léveillé, his wife Claudette and family, "A Hardy Welcome to Winnipeg" and the home of 1 Construction Engineering Unit.
Chimo!

Clarification of Insurance Coverage under SISIP

As a result of the present involvement of CF personnel in aid of the Civil Power Operations and the upcoming involvement of CF personnel in the Persian Gulf area, a number of questions have been posed concerning SISIP coverage.

In several locations, a rumour has been generated to the effect that SISIP policies do not cover CF personnel deployed to such operational areas. In at least one case, a life insurance agent from a competing life insurance firm is using this rumour to discredit the SISIP program and improve his own book of business. Such rumours are without foundation. CF plan members deployed to

the Persian Gulf area or on aid to the Civil Power Operations remain fully covered under existing SISIP policies and agreements.

Commanders are requested to ensure that all members are made aware that SISIP coverage remains in full force whether they are deployed to the Persian Gulf area or on aid of the Civil Power Operations. It is further requested that any incident of a civilian life insurance agent advising a CF member that SISIP coverage does not apply in these circumstances be reported immediately to NDHQ/DGCB with particulars of the agent and the company represented.

406 Squadron 50th Anniversary

10 May 1991

406 Squadron is currently planning its fiftieth anniversary celebration in 1991. Anyone who has served with 406 Squadron is asked to contact:

Commanding Officer
406 Maritime Operational Training Squadron
CFB Shearwater, Shearwater, NS, B0J 3A0
Attention: 50th Anniversary Committee
Telephone: 1-902-466-1655 AV 479-1655
Capt Bill Ropp or WO Doug Davies



FOLLOWING THE CANADIAN FORCES

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

New Location
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How Your United Way Gift is Shared

Bruce Allen might not realize it but Phil Sheps just spent some of his money.

Bruce is a United Way donor. Phil is a United Way volunteer and together their efforts play a key role in providing human care services in our community. In 1988, over 90,000 donors like Bruce contributed a total of \$7.43 million to the United Way and recently Phil and 59 other volunteers helped put this money back into our community.

The procedure that enables volunteers to take donor money and invest it in a wide variety of human care agencies in Winnipeg is known as the Citizen Review Process. Its existence is a vital

part of the United Way philosophy of raising and allocating dollars for community needs.

"We believe it's the most efficient way of ensuring that each donor's gift is used to its fullest potential," says Bern Bileski, United Way's Planning and Allocations Director. "Simply stated we want our donors to know that they're getting the biggest bang for their buck."

Each fall volunteers representative of Winnipeg's population are trained by the United Way in preparation for the role they will play in the distribution of the money raised. The basis for their decisions fall within four funding

categories established to respond to the needs of current member agencies as well as new and emerging needs in the community.

Information gathering and sharing about agency budgets, services offered, and clients served is a vital component of the allocations process. The agencies prepare written submissions and allocations volunteers make on-site visits to agencies to discuss their funding requests.

"This process makes a strong statement about cooperation and working together with the agencies for the benefit of our community," says Winnipeg lawyer and Planning and Allocations Volunteer Phil Sheps. "It's a people process. As United Way volunteers we have very free, open discussions with the staff and volunteers at the agencies."

Harvey Miller, president of the Canadian Mental Health Association — Winnipeg Region, sees the process as a "responsible, careful way of assuring that United Way donor dollars are well spent. As an agency we know the United Way is applying the same criteria to all agencies. It's a fair and equitable system," he says.

In March the United Way's Board of Trustees reviewed the funding recommendations prepared by the Planning and Allocations volunteers. However, the process doesn't end with the Board's approval.

"We maintain our contact with the agencies on a year-round basis and when asked we also offer non-monetary assistance such as helping agency boards set goals and objectives and plans of action," says Bern Bileski. "It's a 12-month partnership."

Again this week, we will address more of the most commonly asked questions about the United Way.

Question. If my taxes go to help people, why should I give to the United Way?

Answer. Tax supported programmes do not adequately meet the needs of people or cover the full cost of social and health related services. Therefore, we need both government and voluntary systems to guarantee the best possible human care service network.

Question. If the United Way is one campaign for many, why are there still other appeals?

Answer. Today in Canada there are more than 60,000 charitable organizations including those in the arts, education, religious community, hospitals, sports and health research. Your United Way gift is used to support valuable human care services in Winnipeg.

The United Way of Winnipeg campaign is a federated appeal on behalf of 62 member agencies. But not all human care services belong to United Way. Many chose to conduct their fundraising appeals. United Way's ability to respond to new agencies, emerging needs and to further reduce the number of appeals is totally dependant upon public support. With increased financial support from the community, the United Way will be able to support other organizations.

Concern. "I feel I am being pressured to give to the United Way."

Comment. No one is forced to give. United Way works because so many people do give voluntarily — voluntarism is what the United Way is all about. When a canvasser pressures anyone, he is

defeating the very idea of voluntary giving.

The 1990 CFB Winnipeg United Way campaign will start in just a few days, on 17 Sep 90. Let's work together towards this year's goal of \$55,000.00.

Again this year the United Way of Winnipeg will conduct its campaign in the fall and, to continue the tradition, CFB Winnipeg personnel will be canvassed to support this very worthwhile cause.

The theme for this year's campaign is "HERE AND NOW". That is each and every day, thousands of people living in Winnipeg count on the helping hand of United Way agencies and services. Your donation could help relieve the pain of domestic abuse, provide a night of activities and shelter to kids on the street, help people with disabilities achieve new goals and ease the struggle facing new Canadians. Approximately 1 in 3 families, 1 in 6 Winnipeggers, probably somebody you know, uses a United Way service each year.

Your donation, all of it, large or small, extends United Way's helping hand to those in need. And, because the United Way's administration costs are covered entirely by lottery funding from the Government of Manitoba, you know that every cent of your gift will be helping people in our community through United Way agencies and services.

This year's campaign will take place 17 Sept. '90 - 22 Oct. '90.

Look for the canvasser in your section or unit.

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This year's goal: \$55,000.00.

RECALL OF PROCTOR-SILEX TYPE A3 COFFEE MAKERS

An investigation revealed that there is a possibility of improper operation of the one shot in Type A3 Coffee Makers. Failure of the unit to respond to a fault situation is attributed to the above condition. This failure mode causes overheating and a potential fire and shock hazard.

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Mr. Christopher Zachwieja
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These cords can be identified by the marking "multilec" embossed on the male end plug of the cord. As a preventive measure, IBM Canada will exchange all power cords identified with the "multilec" marking.

Customers with one of these cords should contact an IBM authorized dealer or IBM at 1-800-465-6666.

CLOTHES DRYERS OVERHEATING
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The following information has been brought to the attention of the Fire Prevention Bureau by the Canadian Standards Association:

Firstly, the lack of cleaning of the lint screen can cause the entrapment of heat within the dryer drum.

Secondly, if the air exhaust hose or pipe is installed with more than two bends, or with a length beyond eight feet, the airflow can be severely reduced, resulting in overheating.

Thirdly, many manufacturers recommend that the internal components and areas be vacuumed out on a regular basis to avoid any internal lint build up.

The Base Fire Chief recommends that if a gas clothes dryer is to be used, that an aluminum vent pipe is to be used to vent the dryer versus a plastic type dryer hose.

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Upcoming Events

Some upcoming programs which you may want to start getting ready to attend include: Group for Self Esteem: this will be four consecutive Wednesday evenings beginning October 3rd. As well there will be two craft demonstrations for adults — Xmas wreaths (bring glue guns if you have them and any other material which you may want to include on your wreath) and Friendly Plastics. Ms. Laurie Scott will be offering a course in CPR. As well our bus tour will take place on October 20th. Gloria Hogan will be our tour guide and she will take newcomers (or anyone else who is interested) on a tour around Winnipeg. Some of the sites to see will include Assiniboine Park, Pan Am Pool, downtown area, the Forks (lunch), St. Boniface, the Exchange, Market Square and Chinatown. There will be 4 stops. Gloria will be drawing your names for prizes (which have been donated by the merchants) along the way of the tour. Doesn't this sound like a great way to spend a Saturday! Daycare will be available at the FSC on Bourkewood, so those of you coming from Lipsett Hall can bring the kids over on the bus.

PLEASE TAKE NOTE — Parenting Course — HOW TO TALK SO KIDS WILL LISTEN AND LISTEN SO KIDS WILL TALK — will be offered beginning September 20, and continue for 7 Thursday mornings from 9:30-11:30. The cost is \$20.00 and includes a workbook and a textbook. Childcare will be available. Please call to register as soon as possible.

My understanding of the role of the Family Support Centre is to assist the community in providing supports for one another. It is up to the community to decide in which ways this

should be carried out. It can be done in many ways:

- providing special interest or self help groups
- drop in for coffee and conversation
- time away from our children — such as PARENTS TAKE A BREAK
- workshops and speakers
- group outings
- referrals to community agencies, recreation groups, special interest groups, etc.
- newcomer welcome program — educational services

The Family Support Centre can assist in trying to narrow the gap in your support network. Many of you have already come forward expressing an interest in helping at one of the Centres in areas such as demonstrating a craft, facilitating a group, delivering packages and developing a Thrift Shop. One very creative woman has even written a newcomer booklet. I am amazed (but not surprised) at all this talent. Please, if you are reading this now, and are thinking that you too may have a special talent that you could share with others, please call me. Believe me, I know there will be an interest.

I hope you will agree with me in my belief that by helping one another we can become strong within ourselves and within our community.

I am looking forward to meeting all the Newcomers at our Info Days on September 18th (N) and September 19 (S).

Still to come in later months: first aid, blended family group, Women & the Law, Financial Planning, Teen Sexuality, Self Esteem for Kids, Bumper Bowling!; a winter coat exchange and anything else that you and I can think of. Please stop by.

Carol Barton, Director
Family Support Centre

BABYSITTERS COURSE

19, 26 Sep - 3, 7 Oct

The CFB Winnipeg Fire Prevention Bureau will be conducting a four day Babysitters Course on the above dates. The course will be held in the Fire Prevention Classroom, Bldg. 100, from 1800-2100 Hrs for the first three days and from 1300-1600 Hrs on the 7th Oct 90.

To attend this course, applicants must have reached the age of 12 by 18 Sep 90.

Personnel who wish to register their dependents may do so by picking up a registration form at the Fire Prevention Office, Bldg. 100 by 18 Sep 90.

The course is limited to the first 15 applicants.



St. Andrew's Women's Centre

The St. Andrew's Women's Centre is in full swing once again this fall. We are a group of military wives (of all ranks, all units) who get together every Tuesday and Thursday morning, 9:30 - 11:00, for coffee, company and a little time out from our children. A babysitter will supervise children one year and older as they play, have craft time and a snack for a small fee of \$1.00 per child. (Infants are welcome to stay with their mothers.)

This is an excellent opportunity for newcomers to meet other military families in their commu-

nity and make some friends for themselves and their children. Though we meet in the Protestant Chapel Annex, we are a strictly social gathering rather than a religious one and all denominations are welcome.

For further information please feel free to contact me, Kim Haines, as coordinator for the centre at 488-6702.

We look forward to meeting you newcomers and welcoming back our old regulars at St. Andrew's Chapel Annex (corner of Grant and Kenaston) on Tuesday and Thursday mornings.

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À tous les étés, le Commandement maritime organise une croisière sur les Grands Lacs ou sur le fleuve Saint-Laurent, dans le but de promouvoir et de mieux faire connaître aux Canadiens leur marine militaire. Il va s'en dire que ces visites sont orientées vers les relations publiques, à chaque port des réceptions sont organisées; des journalistes sont invités; des milliers de personnes visitent les navires; etc. Mais il y a une activité, beaucoup moins connue et publiée, qui se répète pourtant à toutes les escales: la visite d'un centre de traitement pour enfants ou d'une aile pédiatrique d'un hôpital général.

"Comme vous le savez les marins s'absentent souvent de leur domicile pour de longues périodes", de dire l'adjudant Moe Beauchamp, adjoint-médical du NCSM Saguenay et responsable des visites, "alors c'est tout un plaisir pour eux que de donner un peu de tendresse et d'amour à ces jeunes; après tout, la majorité d'entre-eux ont des enfants à la maison..."

C'est le cas du matelot-chef Paul Smith, un des électrotechniciens de marine du vaisseau. "Avant de rejoindre la croisière, j'assistais à un cours à Montréal, je n'ai donc pas vu ma petite famille depuis un bon bout de temps. Le fait de venir voir des enfants, ici à Thunder Bay, me procure un plaisir qui n'a d'égal, j'en suis persuadé, que la joie qu'ont les jeunes patients de rece-

voir des visiteurs peu communs, de même que des cadeaux."

L'adjudant Beauchamp, ou "Doc", comme les membres de l'équipage se plaisent à l'appeler, admet que cette tâche secondaire en est une qui lui plaît énormément. "À chacune de nos rencontres, tant au pays qu'à l'étranger, nous donnons environ 100.00 \$ de cadeaux. L'argent provient de notre loterie interne, en fait 25 pour cent des profits enregistrés vont directement au Fonds de charité du navire. De plus", ajoute-t-il, "lorsque nous sommes à Halifax, il y a dans l'infirmerie une boîte dans laquelle les marins peuvent déposer des jouets qui ne sont plus utilisés par leurs enfants. Une fois en mer, des volontaires les nettoient et les remettent à neuf, puis une fois le moment venu, nous les distribuons."

"Voilà près de 11 mois que je suis de l'équipage du Saguenay et je n'en reviens toujours pas, jamais je n'ai eu à supplier un seul marin de m'accompagner pour une visite. C'est tout le contraire, à chaque sortie je dois en refuser, et ma liste d'attente ne fait que rallonger", soutient l'adjudant. "Au rythme où vont les choses, les huit visites que nous effectueront lors de cette croisière, ne seront pas suffisantes pour satisfaire tout le monde," dit-il avec un air un peu découragé.

D'autres marins du bâtiment apportent une contribution vraiment unique au projet; les cuisin-

niers, pour ne pas rester en marge, préparent de gigantesques gâteaux, qui seront remis lors des tournées; tandis que d'autres membres de l'équipage fabriquent des canons miniatures en cuivre.

"Ils sont fait à bord du navire par les mécaniciens de marine, les techniciens de coque pour leur part taillent tout le bois nécessaire, puis les électriciens assurent la finition. Ces oeuvres sont ensuite données à des organismes qui les feront tirer au sort, après avoir vendu des billets. Subséquemment, ils verseront, en leur nom de même qu'au nom de Saguenay, tous les fonds recueillis à une organisation s'occupant des enfants. Jusqu'à présent nous avons remi quatre paires de canons, et les dons ont totalisé 5 000.00 \$", de dire avec fierté l'adjudant-médical.

"Comme vous pouvez le constater, la croisière des Grands Lacs est bien plus qu'une simple visite dans un port, c'est aussi l'échange d'un peu de tendresse et de joie entre des enfants et des hommes", de conclure l'adjudant.

Le lieutenant Morissette est officier des Affaires publiques au sein du Bureau des Affaires Publiques du MDN, à Winnipeg. Le caporal-chef Émond est photographe à la base de Halifax.

Texte lieutenant Jean Morissette
Photos caporal-chef Paul Émond



Le lieutenant (M) Jeff Conrad s'entretient avec un des enfants présents. (HSC-90-708-120)



Le lieutenant (M) Jeff Conrad et le caporal Ray Venedam, tous deux membres de l'équipage du Saguenay, distribuent des cadeaux à des enfants du George Jeffrey Children's Treatment Centre, situé à Thunder Bay (Ontario). (HSC-90-708-118)

THE IRISH REGIMENT OF CANADA 75th ANNIVERSARY

The Regiment will celebrate its 75th anniversary and the 50th anniversary of mobilization for World War 2 on the weekend of 12-14 October 1990, at Sudbury, Ontario, location of the Second Battalion. All former/current members of Regimental and allied/affiliated units interested in attending should contact:

Colonel Stan Mullins,
c/o Second Battalion,
The Irish Regiment of Canada,
333 Riverside Drive,
Sudbury, Ontario, P3E 1H5.
(705) 675-7052



Le matelot de 2e classe Cormier fabrique un canon qui sera éventuellement offert à un organisme. (HSC-90-708-129)



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Westwin Hornets
 Coaches: Mitch Boulay, Gerome Lavoie
 Middle: Alex Bartlette, Scott Negrish, Colin Fergusson, Mike Bonikowsky, Kevin Exner, Benoit Lavoie, Jean Robert LaLancette,
 Front: Bobby Leger, Corey Andrews, Nathan Davis, Stephen Boulay, Chris Gile, George McIntosh, Mike McKinnon,
 Missing Derek Harpell, Billy-Joe Parent

Westwin Community News

This has been an especially good baseball season for the Westwin Community. Of the four teams registered the Mina and Mosquito teams won their division while the two ball teams finished in the middle of the pack. The city championships start at the Mosquito level. This year the Saint James baseball association Mosquito C was replaced by the Westwin Hornets who won the event without a loss.



T-Ball — Ages 5 to 7
 Coaches: Mo Marsh, Angela Barkley, Warren Noseworthy, Alain Dugal
 Standing Center: Karl Dugal, Andrew Noseworthy, Gregory McPherson, Victor McPherson, Ashley Crosley, David Jackson, Reno Dugal
 Kneeling: Tanya Piles, Jeremy Covier, Aaron Morgan, Kyle Marsh, Crystal Barkley, Matthew Sakaluk.



T-Ball — Ages 5 to 7
 Standing: Matthew Patterson, Philippe Boudrea, Stuart Kerr, Michele Fremont, Blair Cinnamon, Alex Haynes, Isabelle Boudreau
 Kneeling: Robert Wisted, Trystan Reid, Brian Whittle, Jeffrey Peltier, Meagan Reid, Monica Baillargeon, Calvin Bouley.



CONGRATULATIONS — to all coaches and players for a fine season. You are to be commended for your display of excellent sportsmanship while on the field. We received several favourable comments from the opposition.

SPECIAL THANKS — to Denny and Val Williams of 15 Ladywood who for the past two years have donated their electrical power to operate the Minor Baseball pitching machine.

Westwin Community Sports Convener



Minor — Ages 8 & 9
 Coaches — Warren Walker, Steve Appleton
 Mid: Andrew Appleton, Brian Flynn, Jamie Middleton, Luke Carriere, Stewart Oakley, Taylor Thompson, Sean Allan,
 Front: Stephanie Harpell, Loran Ashley, Ryan Mackie, Matthew Powell, Scott Grassie, Marc LaLancette



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1990 "RS" Plymouth Sundance, 2.5 engine, air, cruise, tilt, AM/FM cassette. Loaded with more.
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Brand New 1990 Laser, Auto, Car of the Year
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1990 Lebaron, Fully loaded, AM/FM cassette, power antenna, air, V6, power seat, aluminum wheels, 4 wheel disc brakes and much more.
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Sale Price \$17,999
 Stock #S007

1990 Sundance, "Driver ED Returns" air, low mileage, balance of factory warranty, cruise, tilt, AM/FM cassette, auto trans.
Clearance Price \$12,999

1988 Chrysler, New Yorker Fully loaded, leather interior, V6, air, AM/FM cassette, power seats, low mileage.
Sale Price \$19,900

"New York, New York" 1990 Chrysler 5th Avenue, Mark Cross interior. Fully loaded.
 Reg. Price \$38,600
Sale Price \$29,900
 Stock #C004

1989 4x4 Dakota, Auto trans, air, cruise, tilt and much more.
 Reg. Price \$23,400
Sale Price \$17,499

1990 Lebaron Convertible, V6, air, cruise, tilt, power windows & locks.
 Reg. Price \$30,900
Sale Price \$24,900

1990 Chrysler New Yorker, Fully loaded.
 Reg. Price \$34,800
Sale Price \$26,900

1990 Plymouth Voyager LE V6, auto, air, cruise, tilt, sunscreen glass, 7 passenger.
 Reg. Price \$29,700
Sale Price \$22,747

Mosquito-Ages 10 & 11

The Westwin Hornets, after finishing fourth in the St. James Mosquito C division fought hard in the playoff and won the St. James championship for the first time in over 10 years after defeating Deer Lodge in the final game. This championship qualified the Hornets for the City finals where they were representing St. James.

The city championship was held at St. Norbert C.C. After winning three games the Hornets met St. Norbert in the finals. St. Norbert started very strong and took a 4-0 lead. Our kids battled hard and came from behind to win the game 25-5. Thank you to Steve Blake who took over as assistant coach from Gerome Lavoie who had to leave us for a trip to Alert.

Congratulations City Champions, this community is proud of you!

The Westwin Angels are the 1990 St. James Minor League baseball champions, with a season 9-2-1 record. They came away with all the marbles in the playoffs. They all played like real champions, beating the Heritage Victoria Bluejays in the final 7-5 in a very entertaining game. I would like to thank all the people involved with the team — Mrs. Middleton, our always faithful score keeper, all the parents who came out to help support the team and most of all the players and assistant coach, Warren Walker.

Well done Angels!
 By Coach Steve Appleton



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Sports Announcements

Building 90 Fall/Winter Schedule

GYM	POOL
MONDAY 0730-1800 Military Training 1800-1900 Casual Recreation 1900-2000 Special Olympics 2000-2200 Casual Recreation	MONDAY 0730-1800 Military 1800-2000 Swim Classes 2000-2100 Special Olympics
TUESDAY 0730-1700 Military Training 1700-1800 Base Volleyball Practice 1800-2000 Casual Recreation 2000-2115 Coed Aerobics 2115-2200 Casual Recreation	TUESDAY 0730-1600 Military Training 1600-1800 Master Swim Club 1800-1930 Casual Swim 1930-2000 Adult Swim (Lengths Only)
WEDNESDAY 0730-1800 Military Training 1800-2200 Casual Recreation	WEDNESDAY 0730-1800 Military Training 1800-2000 Swim Classes
THURSDAY 0730-1700 Military Training 1700-1800 Base Volleyball Practice 1800-2000 Casual Recreation 2000-2115 Coed Aerobics 2115-2200 Casual Recreation	THURSDAY 0730-1600 Military Training 1600-1800 Master Swim Club 1800-2000 Casual Swim 2000-2200 Scuba Club
FRIDAY 0730-1800 Military Training 1800-2000 Casual Recreation	FRIDAY 0730-1800 Military Training 1800-1930 Casual Swim 1930-2000 Adult Swim (Lengths Only)
SATURDAY 1300-1600 Casual Recreation	SATURDAY 1300-1530 Casual Swim
SUNDAY 1300-1600 Casual Recreation 1800-2100 Casual Recreation	SUNDAY 1000-1200 Scuba Club 1800-1930 Casual Swim 1930-2000 Adult Swim (Lengths Only)

NOTE: Recreation Membership Cards must be produced to utilize all the facilities at both Bldg 90 and Lipsett Hall during all casual recreation and casual swim hours. (Service personnel may utilize their ID card).

For further information or to

book the facilities for a special function call local 5511 or 5514.

During casual hours the Building Monitor may be reached at local 5976.

The Weight and Hydra Rooms are available when user groups are in the gymnasium.

Lipsett Hall Fall/Winter Schedule

GYM	POOL
MONDAY 0730-1145 Military Training 1145-1300 Military Noon Fitness 1300-1600 Military Training 1600-1800 Inter-Section Floor Hockey 1800-2000 Casual Rec/Aerobics 2000-2230 Manitoba Wheelchair Hockey	MONDAY 0730-1145 Military Training 1145-1300 Military Swim 1300-1600 Military Training 1630-1800 Manta Swim Club 1800-2000 Casual Swim
TUESDAY 0730-1145 Military Training 1145-1300 Military Noon Fitness 1300-1600 Military Training 1600-1800 Inter-Section Floor Hockey 1800-2000 Casual Rec 2000-2300 Base Badminton Club	TUESDAY 0730-1145 Military Training 1145-1300 Military Swim 1300-1600 Military Training 1630-1800 Manta Swim Club 1800-2000 Swim Classes
WEDNESDAY 0730-1145 Military Training 1145-1300 Military Noon Fitness 1300-1600 Military Training 1600-1800 Base Basketball Team 1800-2000 Casual Rec/Aerobics 2000-2400 Ladies Volleyball League	WEDNESDAY 0730-1145 Military Training 1145-1300 Military Swim 1300-1600 Military Training 1630-1800 Manta Swim Club 1800-2000 Swim Classes
THURSDAY 0730-1145 Military Training 1145-1300 Military Noon Fitness 1300-1600 Military Training 1600-1800 Inter-Section Floor Hockey 1800-2000 Casual Rec/Aerobics 2000-2400 Mens Volleyball League	THURSDAY 0730-1145 Military Training 1145-1300 Military Swim 1300-1600 Military Training 1630-1800 Manta Swim Club 1800-2000 Swim Classes
FRIDAY 0730-1145 Military Training 1145-1300 Military Noon Fitness 1300-1600 Military Training 1600-2000 Casual Rec	FRIDAY 0730-1145 Military Training 1145-1300 Military Swim 1300-1600 Military Training 1630-1800 Manta Swim Club 1800-2030 Casual Swim Adult Swim
SATURDAY 0830-1200 Basketball League 1200-1600 Casual Rec	SATURDAY 0830-1000 Swim Classes 1300-1530 Casual Swim
SUNDAY 0800-1300 Manitoba Handball League 1300-1600 Casual Rec 2000-2300 Badminton Club	SUNDAY 1300-1530 Casual Swim 1800-2030 Casual Swim Adult Swim

Manta starts 17 Sept. '90
Handball starts 4 Nov. '90
Volleyball starts 4 Oct. '90
Badminton starts 9 Sept. '90
Apart from regular casual rec hours users are reminded that facility hours will only be available once scheduled activities commence.

Attention All Squash Players

CFB Winnipeg has completed a contract with the Supreme Racquet Club at 520 Portage Avenue — 786-8738

The club is open to military personnel only and a military card is required for proof of identity. Squash courts and locker rooms are the only facilities open to military personnel at the club.

Should an individual be unable to keep their booking, they must cancel it at least 24 hours prior.

Failure to comply will result in the individual being assessed a \$12.00 administrative fee.

Red Cross Swim Programme

On 18 September 1990 the Red Cross Swim Programme for children will commence.

The classes will be run on Tuesday and Thursday evenings 1800-2000 hours at Lipsett Hall for a period of five weeks.

Registration can be done by calling Cpl Kendall at the Base Recreation Centre, Building 90 at 833-5511.

The cost will be \$15.00 per child.

Payment for the classes can be made in person at Lipsett Hall 1300-1600 hrs. 15 Sept. '90 or 1730 hrs. 18 Sept. '90 at Lipsett Hall.

There are limited openings in each level so book quickly.

Evening Aerobics Intermediate Level

WHEN: Tue and Thu, 18 Sep - 20 Dec 90, 2000 - 2115 hrs

WHERE: Bldg 90 Westwin Rec Centre

WHO: Military and Rec Card holders

WHY: Fitness - Fun - Friends

COST: \$20.00 per person

REGISTRATION: Every Tue and Thu 0900 - 1200 hrs, Rec Council Clerk Bldg 90. Rec cards can also be purchased at this time.

Your instructor is Celine Masie. For further information contact Cpl Hopkins, Local 5511.

Dog Obedience Class - Bldg 21

Registration 16 September, 1990 at 7:30 p.m. No dogs please on registration night. Proof of vaccination required. \$30 per 8-week session. For further info, call Gloria 488-3403.

**DOG WASTE
REMOVAL** on a regular or one time basis. Ph. Scott 896-0665.

Base Commander's Golf Tournament Carman Results

The 4th Base Commander's Golf Tournament was hosted by the Carman Golf Course on Wednesday 22nd Aug 90. A total of 31 golfers hooked and sliced their way around the lush grounds.

The following are the results of the day's play: Low Gross, 85: Hayden Henwood; Low Net, 76: Bud Burgess; 2nd Low Gross, 89: Paul Best; 2nd Low Net, 77: Darrel McDonald; Closest to Pin: Gary Langille; Longest Drive: Peter Barefoot !!; High Hole: Jeff Joyce; Low Hole: Mike Power; Most Honest: Larry Knutson; Gross: Doug Galusha; Net: Ken Branden; High: Dave Peart; Low: Bert Geris; Honest: Mark Allan; Gross: Don Tower; Net: Bruce Douglas; Low: Bob McKenzie; High: Skip Armstrong; Honest: Claude Trepanier; Gross: Greg Reisser; Net: Roy Butler; Low: Bill Cairns; High: Richard Domperre; Honest: Dan Smith.

Thanks to all who showed up and hope to see you at the next tournament.

Sports Shorts

BASE BADMINTON PLAYDOWNS

The PERI Staff at CFB Winnipeg will conduct the Base Badminton Playdowns on Tuesday, 9th October 90, at Lipsett Hall commencing at 0900 Hrs.

All interested personnel wishing to compete are asked to contact Sgt Paul Best at the Recreation Centre Bldg 90, Lc 5514, with their intent to enter.

The Prairie Region Championship will be held at CFB Edmonton from 29 October - 02 November 90.

This years CF National Badminton Championships are scheduled for CFB Greenwood from the 02 - 07 December 90.

CATEGORIES

The following team will be selected from the results of the playdown:

OPEN - 4 competitors - 34 yrs & under
SENIOR - 2 competitors - 35-44 yrs of age
MASTER - 2 competitors - 45 yrs & older
FEMALE - 2 competitors - open age limit

CFB WINNIPEG BASE BROOMBALL TEAM

Here we are again, with a new season about to start. Our "goals" for this season are:

- WIN THE REGIONAL FOR THE FOURTH YEAR IN A ROW IN SHILO 21-25 JAN 1991
- PARTICIPATE IN THE DOWNTOWN LEAGUE
- PARTICIPATE IN TOURNAMENTS

If you wish to be a part of our team please call: WO Thivierge local 6794, or CPL Shirley local 6183, or CAPT Gagnon local 6613

BFC WINNIPEG BALLON-BALLAI POUR LA BASE

Nous y voici déjà, une autre saison prête à débuter. Nos objectifs pour cette saison sont:

- DE GAGNER LE REGIONAL UNE QUATRIEME ANNEE DE SUITE A SHILO 21-25 JAN 1991
- DE PARTICIPER DANS UNE LIGUE LOCALE
- DE PARTICIPER DANS DES TOURNOIS

Si vous désirez faire parti de notre équipe svp appeler: AdjT Thivierge local 6794, ou Cpl Shirley local 6183, ou Capt Gagnon local 6613

ARE YOU INTERESTED IN SWIMMING FOR LEISURE, FITNESS OR COMPETITION

PLAN TO ATTEND THE
CFB WINNIPEG
MASTER SWIM CLUB
MEETING

1900 HRS. 12 SEP 1990
BASE THEATRE (BLDG 90)

NOTE:

YOU DO NOT HAVE TO BE A STRONG SWIMMER TO JOIN OUR CLUB. WE WILL HELP WITH STROKE IMPROVEMENT AND OFFER TIME TO PRACTICE. (FOR MORE INFORMATION CONTACT SGT SHELLEY SHANE 5058)

SEPTEMBER 13, 1990
C.F.B. Winnipeg Curling Club
GENERAL MEETING
(ALL LEAGUES)
7:00 p.m. F.O.B.



INTER-SECTION FLOOR HOCKEY MEETING

Where... Bldg. 90 Base Theatre
When... 17 Sept. 90 1000 hrs
Who... All personnel interested in playing or entering a team into the league.
Also personnel interested in officiating.

For further info contact Cpl SHIRLEY at LOCAL 6183, LIPSETT HALL.

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BTNO Prairie Region Truckers' Championship



Major Lupien (BTNO), Col Armstrong (BCommander), and Col Pirson (D Cos Log), at the official opening of the Prairie Region Truckers' Championship on 7 August 90.

This year's regional championship was held in Winnipeg on 7, 8, and 9 August, at the Kapyong parade square. It was the first time such an event was held at our base, and needless to say, tremendous amounts of administration and preparation were in order. Overall, it was a very successful event and much appreciation is extended to our organizers. Deserving of special thanks are Capt Byers, MCpl Cossette, Mr. Chilton, Lt Johnson, Sgt Ross, MCpl Godmaire, and Major Lupien.

Our very generous sponsors enabled us to hand out excellent prizes to winners, including two sets of airplane tickets to a destination anywhere within North America. These sponsors included: Air Canada, Arnold Brothers Transport, Atomic, Canadian Airlines International, General Truck, H&S School Transport, Kingsway, King Transportation, Manitoba Public Insurance Corporation, TNT Air Express.

The overall winning base of the competition was CFB Pen-

hold. CFB Winnipeg was close behind with a mere point difference in scores. The top three competitors of each respective event will represent the Prairie Region in the National competition held at CFB Borden on 10, 11, and 12 September. Those members representing CFB Winnipeg are Mr. Campbell and Cpl Desormeaux in the 3-ton truck competition, and Mr. McGuire in the tractor-trailer event. We wish them best of luck and hope they will do CFB Winnipeg proud!



LCol Benn, Senior Staff Officer Transportation (SSOTN), presenting Mr. Campbell a trophy for his first place finish in the 3-ton truck competition.



MCpl Poitras judging the 3-ton truck competition



Cpl Desormeaux received a trophy for his second place finish in the 3-ton truck competition.



Mr. McGuire received a trophy for his second-place finish in the tractor trailer competition.

Promotions



Major Lupien presenting Cpl Secord, Tfc Tech, with her rank upon her accelerated promotion effective 08 Aug 90.



MCpl Wallace, MSE Op, promoted to his new rank of MCpl.



The bus competition was held on 8 August 90.



Left to right: LCol Benn (SSOTN), Mr. Murray (representative from MPIC), Cpl Connolly from CFB Penhold (best participant with least number of errors), and LCol Meindl (BTSO).

CFANS Update



shows in Red Deer, Alta. on 3 Aug. and in Comox, B.C. on 4 and 5 Aug. '90.

On occasion, under a NATO agreement, CFANS has trained foreign air force officers as navigators. Recently, Mr. Kjell Gundrosen, formerly of the Norwegian Air Force and a trainee at CFANS in 1953, visited the school at CFB Winnipeg (see photo). After graduation, Mr. Gundrosen was employed as a Maritime Patrol navigator on Catalina flying boats, and on Sunderland flying boats with the Royal Air Force. He is currently employed as Director of Training at "Folkeuniversitetet Rogaland", a privately funded university in Stavanger, Norway.

The Officers' Mess was the scene for a lively gathering of beach enthusiasts on Fri. 17 Aug. '90. It was an evening to remember. We are eagerly awaiting an

announcement from the semi-official organizer, Capt McDonnell, to set the date and theme of the next one.

Alas, the intersection softball season has come to an end for the CFANS instructors' team. After a tough loss in our first game the instructors' bats fell silent in the second game of the double knockout finals. This did, however, solve our problem of not being able to field a team for the next game on 23 Aug., the graduation night for Courses 8905 and 8906.

The Deputy Commander Air Command Designate, Major-General P.J. O'Donnell, OMM, CD, was the Reviewing Officer for the Graduation Ceremonies for Courses 8905 and 8906. MGen O'Donnell, the highest ranking navigator in the Air Force today, presented wings to the 13 newest members of the classification. See the next edition for photos of the event.



Maj Dan Daly, CFANS B Flight Commander, demonstrates the radio teletype system used for Maritime Navigator communications training, to Mr. Kjell Gundrosen.

As summer rapidly draws to a close, we take time to reflect on some of the activities at CFANS that have taken place over the last month or so.

The air show scene shifted to Western Canada in August and crews from CFB Winnipeg were present to show off the new CT-142 navigation trainer. The photos on this page show our members in action at the air



Participants at the Red Deer and Comox Air Shows included: Back Row (L-R) Pte. Gervais (B Photo), Capts. Gushue, Semeniuk, Watt (CFANS), Sgt. Freemont (BAMEO), Front Row (L-R) Capt. Pye, Maj McLeod, Maj Kerr (CFANS), Capt Robinson (402 Sqn)



Capt A. Watt describes the new CT-142 navigation trainer at the Comox Air Show.



Capt Pye entertains airshow visitor at the Comox Air Show.

Congratulations and Farewell



Colonel Armstrong presents Captain Clare Schofer, Base Personnel Selection Officer, with his Certificate of Service on his retirement after completing 27 years of service with the RCAF and CF. Captain Schofer has taken up employment with Workmen's Compensation Board in Winnipeg.



Mr. Bob Sutton, Graphic Artist at Canadian Forces Training Materiel Production Centre, receives a plaque from LCdr M.G. Chorney, TSHQ, upon his retirement after 30 years in the Public Service.

Greetings from the Chapels

Marriage — Made In Heaven?



by Padre Gordon Shields

How often have you heard it said, that 'marriages are made in heaven!' That is true, to a point, but it is here on earth that we must live out our marriages. A strong mutual relationship can be a harbour of serenity for us; a relationship that tears each other down can be — and is — a living hell.

Marriage means that two separate personalities are blending, not that either is swamped by the other. The husband will not expect the wife to do always just what he wants, simply because he wants it; nor will the wife make such demands on her husband. There must be give and take, on each side.

You sometimes hear people say that marriage is all very

thrilling and wonderful at the start, but soon the romance fades away and then you must settle down to a dull, monotonous life in 'double harness'. Some marriages are like that; but they need not be. When husband and wife are prepared to work for happiness, to learn by mistakes, and to grow in their understanding of one another, marriage becomes more interesting and more joyful year by year.

You light a fire. At first the wood and paper flare up, and then flames flicker and dance. Yet it is only when the fire settles down to a steady glow that it really does its job, and provides the comfort and satisfaction you look for. So it is with marriage. The later years of more mature

love and deeper experience may have lost some of the sparkle of 'first love', but what they have gained is precious beyond compare.

Each of you may have noticed certain faults in the other. Perhaps you thought, during your engagement, that after marriage you would be able to deal with them by changing your partner's behaviour or character to your own plan.

That is all very well when you are buying clothes or a house, but human beings do not respond to such treatment. You take each other in marriage for what you are, not for what you intend to make one another. Of course, you will both have to alter some of your habits and ways. But let it be by free consent, on both sides.

Married life is not only a test of character, but also a means of forming it. To make the best of it demands good sense and good humour, the power to see things — including oneself — in their true proportions. It prevents a fault or a grievance from being magnified, or imagined where one does not exist. On the other hand, if it does exist, the only sensible thing to do is to discuss it and come to some understanding. This is one of the hall-marks of Christian marriage. Differences of opinion, mistakes, and injuries of one kind and another, there are bound to be. But a husband and wife who are true to their love for each other will grow through these very differences and mistakes to fuller understanding and deeper friendship.



IS THE ANSWER

The Military Christian Fellowship of Canada

We meet every Wednesday at noon in the Protestant Chapel (N) Annex.

The MCF of Canada is an interdenominational body of believing military men and women whose commitment to Jesus Christ includes both concern for, and expression within, the military society. The objectives of the MCF are threefold: a. To be an instrument of God leading personnel to commit their lives to Jesus Christ; b. to assist the individual military man or woman to grow towards spiritual maturity; and c. to support the Chaplaincy and the Chapel programs.

MCF membership comprises serving military and civilian members of the department, retired military members and other interested persons. A representative may be found at most Bases across Canada.

Chapters meet regularly in such places as Cornwallis, Halifax, Greenwood, Gagetown, Ottawa, Shilo, Cold Lake, Chilliwack, Victoria, and Comox in addition to right here in Winnipeg. Meetings take on a variety of forms but prayer is always a central theme. Other activities include Bible study, singing, general discussion and just plain old fellowship.

On many Bases the MCF members can be found supporting their Chaplain directly with the work of the Chapel. As the Lord leads, they follow in faith undertaking to support Sunday School, C.W.L. and Lady's Guild, and Chapel Committees. The most important task, however, which MCFers can do is to pray

for their Chaplains and congregations.

We believe that the Bible is the Word of God and our statement of faith is the Apostle's Creed. Therefore we believe eternal life is received only by personally accepting the death of Jesus Christ as the complete atonement for sin, and by accepting Jesus as personal Lord and Saviour. A committed Christian is therefore someone whose life evidences the Light of Christ and the Love of God the Father in his or her daily life with the help of the Holy Spirit.

The Winnipeg Chapter of the MCF meets at noon on Wednesdays for prayer, Bible study and fellowship in the Protestant Chapel (N) on Silver Avenue at Whytewold Road. For further information, please contact one of the following persons: a. Captain Chris Robinson at 402 Squadron, local 6743; b. Captain Mike Crane at Air Command HQ, local 5313; or c. Mrs. Helen Rubachuk at B Tn OR, local 5618.

All who love God or who would like to discover more about God are welcome. May the Lord our God bless you and keep you in His care all the days of your life.

CATHOLIC CHAPELS

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Samedi: 1900 hrs/Français
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WEEKDAYS/EN SEMAINE
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inclusivement
1700 hrs

St. George (South Site)

SUNDAYS
10:00 a.m.

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

PROTESTANT CHAPELS

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

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Care and Feeding of the Domestic Refrigerator

The domestic refrigerator is an often neglected household appliance. We never pay it any attention until it stops working, which is usually when the ice cream is poured instead of scooped, or the milk is chipped with a knife rather than being poured or when we notice a wet spot on the floor and we wonder, "Did I forget to let the dog out last night?". Any of this sound familiar?

The following tips may help your refrigerator to operate more efficiently, which will save you some money on the electric bill and possibly cut down on some of the food spoilage, and unnecessary service calls.

Tip #1 — Once a month or so the fridge should be unplugged and carefully pulled away from the wall and the back of the fridge cleaned of dust accumulation. This is easily done with a vacuum cleaner. The reason for doing this is that dust on the condenser coil (the black piping on the back of the fridge) acts as an insulator which causes the refrigerator motor compressor to work harder, hotter and longer to keep the inside of the fridge cold. This uses up more electricity and

can lead to premature motor failure.

Tip #2 — If your fridge has a removable drain pan (it's behind the kick plate on the front side just below the door of the fridge); it should be removed and cleaned with warm soapy water once a month. This pan is sometimes the source of those weird odors. When reinstalling the pan make sure that the drain tube, which is a black or white tube coming from the back of the fridge is placed such that it will drain into the pan and not beside it.

Tip #3 — The door seals should be washed once a month, including the pleats and the portion that makes contact with the fridge frame. Note: Cleaning of the door seals is to be done gently so that they won't tear. (Don't forget to wash the frame where the seal makes contact, too.) Door seals are made from flexible rubber material surrounding a magnet; it is the magnet that pulls the seal tight against the frame when the doors are closed. If the seals are not cleaned periodically, a thin film of dust/dirt builds up on the rubber and the magnet cannot draw the seal tight against

the door frame. Also, if not washed, the seal becomes stiff which also prevents it from creating a proper seal.

An improper seal between the fridge door and frame allows warm air to enter the inside of the fridge, causing the fridge motor compressor to run longer, hotter and harder than it normally would, using up more electricity and wearing out more quickly.

Tip #4 — Inside the refrigerator portion of the fridge on the back wall, you will most likely see a white plastic cup. There is a tube coming from the freezer compartment just above it. It is from this tube that the water comes. The water then goes into the cup, out the back of the fridge down through the drain tube on the back of the fridge and into the drain pan. The little plastic cup sometimes gets plugged with dust and food stuffs (don't ask how it gets there, it's a long story) from the freezer. When this happens, the water from the freezer compartment ends up inside the fridge instead of the drain pan. Here's what to do to prevent that: Once a month or so, you should remove this plastic

cup by wiggling it from side to side and pulling on it gently. Clean out the cup under warm running water making sure that you clear any obstruction from the tube on the cup. (A pencil shoved through the cup tube works well). To reinstall, gently push it back into its hole, being careful not to dislodge the tube leading out the back of the fridge. It's really a lot simpler to do than described here.

Tip #5 — Don't try to keep too much food in the fridge and freezer compartments of your refrigerator. In order for the refrigerator to operate efficiently, there must be air flow between the fridge and freezer compartments. Basically, the heat from the food in the bottom compartment rises and goes through a coil in the back of the freezer compartment and cold air from the freezer is pushed back to the cooler compartment. If the refrigerator is packed so tightly with food that the air cannot circulate between the food in both sections of the fridge, then the refrigerator will not work properly and your food will either freeze in the bottom or thaw in the top

or both. The domestic refrigerator is not made to hold a month's worth of food, but more like two weeks' worth. I would recommend that if you find that your fridge seems as if it's always too small to hold the amount of food that you have on hand, that you can possibly purchase smaller amounts of food more often or maybe buy a freezer if you use lots of frozen foods.

I hope these tips will serve you well. The domestic refrigerator operates on the Mechanical Refrigeration System principle and like anything mechanical, it requires some attention, just like your automobile needs an oil change and a wash once in a while. If you don't take care of it, eventually it WILL break down; it's just a matter of time.

Keep your cool with your fridge and your fridge will keep cool for you.

by WO R. Massie
Supervisor
Refrigeration and
Mechanical Shop
Base Construction Engineering

New Book Highlights Calgary Highlanders



Mr. George Milne, Regimental Secretary of the Calgary Highlanders, presents a copy of "Gallant Canadians" to BGen WB Vernon, Commander 1 CBG.

The book titled "Gallant Canadians" was launched in Calgary on June 30th, 1990 on the occasion of the Regiment's 80th anniversary and presentation of the Queen's Colour to the Regiment by Her Majesty Queen Elizabeth II, the Regiment's Colonel-in-Chief. "Gallant Canadians" pays tribute to the Great War predecessor battalion of the Calgary Highlanders. This book is not just a record of the movements of units and the battles fought by the "Fighting 10th". It is a story of individuals from all walks of life during a time when such ordinary men had to rise to overcome incredible challenges by day and by night.

Pierre Berton says of "Gallant Canadians": *This excellent regimental history throws into sharp relief the horror and the heroism of the Great War experienced by the quick and the dead of one remarkable infantry battalion.*

The eminent historian, Daniel G. Dancocks, is the author and was commissioned by the Calgary Highlander Regimental Funds Foundation to research the Tenth Battalion's story and to write the book.

IN BOOK STORES EVERYWHERE

It will soon be in book stores across Canada, priced at \$35.00. Penguin Books Canada Limited is the distributor. All profits will go to purchase highland uniforms, pipes and drums for the soldiers of the Regiment.

"Gallant Canadians" is a big 8 1/2" x 11 1/2" glossy production, lavishly illustrated with outstanding maps and scores of photos, most never before published. **THE FINEST ACT OF THE WAR**

During the Great War of 1914-1919, the Tenth Canadian Infantry Battalion acquired a reputation for excellence.

Formed in September 1914, the Tenth won undying fame a mere nine months later, at the Second Battle of Ypres, by participating in the first major attack by Canadian troops. After the Germans employed poison gas to rout the French forces on the Canadian flank, the Tenth was ordered to recapture a desolated oak wood near the village of Saint-Julien. Marshal Ferdinand Foch, the Al-

lied supreme commander, later called it "the finest act in the War ... This counter-attack so amazed that enemy — who counted on the gas demoralising or killing the Canadians — that they slowed down their advances to the coast and Calais was saved." A captured German grumbled, "You fellows fight like hell."

THE FIGHTING TENTH

Nicknamed the "Fighting Tenth," the Battalion took part in every major Canadian battle of the war. Festubert, Mount Sorrel, the Somme, Vimy Ridge, Arleux, Hill 70, Passchendaele, Amiens, the Drocourt-Queant Line, and the Canal du Nord. In the process, the Battalion won two Victoria Crosses, along with a host of other decorations for bravery, including eighteen DSOs, sixty-four MCs, sixty-seven DCMs, and 289 MMs. But the cost was high. In the course of the war, 5390 men from all parts of Canada served in the unit; 85 percent became casualties.

Despite the heavy losses, the Battalion displayed remarkable powers of recovery. "The Tenth Battalion," commented the Canadian Corps commander, Sir Arthur Currie, "was the only unit in the corps that could go into a show, come out, reorganize and within three days be as good as before the action." An admiring British general, Sir Henry Horne, made a similar observation when he asked the colonel, Dan Ormond, "How do you do it?"

Ormond, who retired as a major-general, was justifiably proud of the Tenth. "There may have been equally good fighting units," he remarked, "but there was never one any better." Every man who served in the Battalion, from the highest rank to the lowest, echoed those sentiments. "Naturally," said a private, "we think there isn't another like it."

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Westwin Community Council

Two months ago I was appointed President of the Westwin Community Council. Although a resident of the Westwin community, I had no previous involvement with this organization and really had no idea as to the nature of the Council's role in the community. I've since discovered that most Westwin community residents are in the same boat which leads to the purpose of this article, namely, to keep you, the resident, informed.

The Westwin Community is divided into four wards as follows:

- a. Ward 1 — All BLHU's located on East side of Whytewold Road;
- b. Ward 2 — All BLHU's located on West side of Whytewold Road;
- c. Ward 3 — All North Side Multiple Dual Purpose Row Housing residences; and
- d. Ward 4 — All PMQs on Sharp, Moorgate and Conway Streets.

The purpose of the Westwin Community Council is to represent the residents of the four wards. The functions of the Council are to:

- 1. identify and study community needs, and coordinate and plan programs and projects to meet these needs;

- 2. sponsor and promote new committees, clubs and interest groups as the need arises;
- 3. recruit volunteer leaders and workers as required for the various community activities and services;
- 4. develop, plan and coordinate projects for the beautification and enhancement of the community; and
- 5. provide a channel of communication and liaison between the community and the Base Commander, CFB Winnipeg.

Representation on the council ideally consists of two councillors from each ward. All MQ residents 18 years of age and over are eligible to vote and serve on the council. The council is organized and staffed as follows:

- 1. Executive Committee a) President — Capt. Gwen Bull, work 833-5319; b) Vice-President — WO Pete Comeau, work 833-5591; c) Secretary — Capt. Peter Kvas, work 833-5419; and d) Treasurer — Sgt. Margaret Kerr, work 833-5391.
- 2. Remaining Executive Positions a) Publicity Director — Cpl. Rose Gallant, work 833-6635; b) Councillor for Teen Social Activities — vacant; c) Councillor for

- Playgrounds — Capt Peter Kvas, work 833-5419; d) Councillors for Scouts and Guides: (1) Scouts, Cubs and Beavers — Capt. Jim Thexton, work 833-5771 and WO Pete Comeau, work 833-5591; and (2) Guides and Brownies — Cpl Maryan Lacasse, work 833-5204.
- e) Councillor for Minor Sports — PO2 Ted Scott, work 833-6603.
- f) Councillors for other activities: (1) Bingo — Sgt Mitch Boulay, work 833-6585; (2) Garden Club — LCol Al Sawchuk, work 833-5713; (3) Neighbourhood Watch — vacant; (4) Privately Owned Motor Vehicle Safety — vacant; (5) Outdoor Rink — vacant; (6) Youth Bowling Representative — Mrs. Gallagher, work 833-5861; and (7) Dog Obedience — Mrs. Lena Bowie, phone 489-3581.

The foregoing positions are simply examples. The organization is extremely flexible and can readily adjust to the needs of the community. A considerable number of existing positions are either vacant or manned by individuals who are "double hatted".

What are some of our activities? Essentially, the Council provides financial and other assistance to various organizations.

As a recent example: The council allocated over two thousand dollars to the Boy Scouts to purchase new camping equipment. The Council sponsors three teams in the St. James Minor Baseball League. The ongoing repainting of the community playgrounds is financed by the Council. The weekly Bingo held at Bldg 21, the Air Command HQ Rec. Centre, every Wednesday at 1900 hrs is also a Community Council sponsored event as is the Annual Westwin Community Family Day.

How is the Council financed? Firstly, the Westwin Community Council does not receive any revenue from the \$35.00 recreation fee for use of Westwin Recreation facilities. Those monies accrue to the Base Recreation Council. The Westwin Community Council budget is financed primarily from the weekly Bingo revenues. The Bingo revenues are sufficient to meet routine expenditures, however major programs require additional funding from other sources.

Hopefully, you now have a better idea of what the Westwin Community Council is about. We

have some hefty goals, not the least among them being the modernization of the community playgrounds.

We desperately need your involvement. A CFB Winnipeg Meet and Greet and Club Day will be held in Bldg 21 on Saturday 29 September at 1400 hrs. Most clubs will be represented and you will have an opportunity to meet with club members and hopefully sign on. Leaders of various clubs are encouraged to contact any member of the Council in regard to reserving space in Bldg 21 for the Club Day. This is an excellent recruiting opportunity. A street dance will follow in the Bldg 21 parking lot at 2000 hrs on 29 September.

The Westwin Community Council will always welcome new members. Currently, there is no representation from Ward 3. We look forward to meeting you at the Meet and Greet on 29 September. In the meantime feel free to contact any member of the Council and don't forget to attend our weekly Bingos in Bldg 21 on Wednesday nights at 1900 hrs.

Article by Capt Gwen Bull

JUNIOR RANKS MESS (N) UPCOMING FOR SEPTEMBER FOOTBALL & HOCKEY GAME TICKETS DRAWS

Bombers Tickets Draws — Sept. 7
Bombers & Jets Tickets — drawn Sept. 21
All draws take place at Junior Ranks Lower Lounge at noon hour. Good luck!

BOSSSES NITE

will be held on Friday, Sept. 28
WHERE: Jr. Lower Lounge
FOOD: Hip of Beef
MUSIC: DJ — Flick Enns
TIME: 1500 - 0200 hrs.

COME ON OUT AND BRING THE BOSS

Lipsett Hall Beavers, Cubs, Scouts

All boys 5 years to 12 years are invited to join the 104th Group Beavers, Cubs or Scouts presently forming at Lipsett Hall. There is still room for YOU. Leaders and Group Committee also required. For more information, please phone: Major Gordon Shields, 488-6699.

First Communion



The following children made their First Communion at St. George's Catholic Chapel (S) on Sunday, 13 May: (1st row) Amy Quinn, Jean Lefebvre, Patrick Mills, Angelina Murphy, Angela Smythe; (2nd row) Melissa Doyle, Andrew Robson, Kelly Spurrell, David Robson; (Rear row): Capt John Grodzinski, Chairman of the Parish Council, Father Allan Stack, Mrs. Blanche Audet, who prepared the children.

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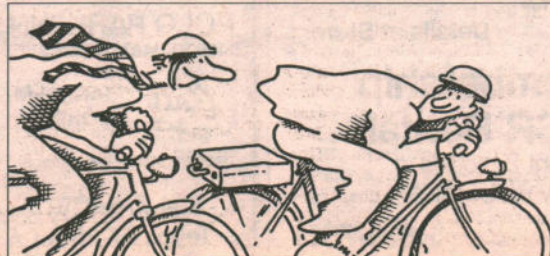
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BAMEO Retirement



MCpl Gary McPhail receives his certificate of service from Col Armstrong. Gary is retiring in Wpg after 34 yrs service.

BOR Promotion



Cpl Ritchot accelerated to his present rank effective 2 Aug 90. Maj Hyslop, BPAAdM0 the proud presenter. Norm is posted to CFRC Winnipeg from the BOR.

Shifting Foundations Under Houses Are Causes For Concern

Homeowners living in a house built on a shallow foundation supported by clay soil in the Red River valley including Winnipeg should be aware of the signs of foundation shifting and deterioration that can cause both minor and major problems with their house.

A shallow foundation is supported by clay soil which changes moisture content and thus volume. The depth at which these changes cease varies between 10' and 20' below the ground surface depending on a number of factors including precipitation, drainage and vegetation.

Problems commonly encountered include tilted houses, uneven or sloped floors, distorted door frames, cracks in walls and ceilings, vertical and horizontal cracks in foundation walls, water and air seepage into basements through foundation cracks, and heaved or settled basement floors.

Typically, most houses are supported by a shallow foundation constructed of stone or concrete walls with concrete footings located about 6' below the surface of the ground. At these depths, frost expansion of the soil is not usually a factor of foundation shifting due to heat loss from the foundation which prevents frost

formation in the soil.

Vertical movements occur naturally to footings under foundation walls and to footings under columns for the beams supported by clay soil. This movement occurs in response to natural expansion and shrinkage of the soil due to increases and decreases in the moisture content of the soil. The resulting movement is often called foundation shifting. Also affected by soil movement are basement floors, garage floors, patio slabs and sidewalks.

Tilting of a foundation often occurs when soil dries unevenly under part of the foundation. The loss of support for the footing as the soil shrinks causes the foundation to drop. Sometimes tilting occurs when soil gets too wet and expands under a part of the footing causing the foundation to heave upwards. Tilting can occur gradually or rapidly depending on a number of variables.

Foundation cracking and leaks often accompany shifting of foundation walls. Cracks can vary in width from hairline to 1/2" or more. When the crack extends through the foundation wall, water and air leakage occur to create a damp, cold environment in the basement.

Settlement of a foundation often occurs when numerous

large shrubs or large deciduous trees grow near the foundation. Roots from the trees remove water from the soil supporting the foundation causing soil shrinkage and subsidence. Removal of trees may be required to prevent excessive soil shrinkage and foundation settlement. Watering trees may provide some relief but may also cause problems such as heaved basement floors and foundation walls if water bypasses weeping tiles plugged by tree roots or soil.

Maintenance of the yards and grounds are critical to avoid most of the above and other foundation problems. The home owner should avoid planting numerous large shrubs near foundation walls, or planting deciduous saplings nearer than about 50' to foundations. Maintain soil sloped up to foundation walls covered with grass, sidewalks or driveways to prevent excessive drying of the soil. Any soil shrinkage cracks that develop next to the foundation should be loosely filled with a few inches of fiberglass insulation about one foot below ground surface then covered with loose clay soil. Lawns should be carefully watered to maintain a uniform moisture content in the soil. Excessive watering must be avoided.

During periods of excessive rainfall or watering, especially if the house was built during a dry period or in a heavily treed area, clay soil around and under the foundation will expand if it gets wet. Foundations located above the expanding soil will heave and concrete walls will often crack, weaken and leak.

As clay soil becomes wet, the expanding soil will deflect foundation walls inwards when the horizontal force of the expanding soil exceeds the strength of the wall. Horizontal cracks often result from this force assuming they were not caused by improper backfilling during construction.

When the moisture content increases dramatically under a basement floor, the floor will heave and push up tight framed basement partition walls which force up parts of the main floor. Telepost footings located above expanding soil will heave and force up the main beams. Heaving of the main floor causes it to become uneven. This results in distorted door frames and cracks in walls and ceilings.

The key to obtain satisfactory performance and to minimize shifting of a shallow foundation is

to maintain a relatively uniform moisture content in the soil supporting the foundation. The same is true for soil supported slabs such as basement and garage floors, driveways, patios and sidewalks.

Maintenance of yards, vegetation, sidewalks, driveways, eaves-troughs, downspouts, weeping tiles, window wells, swimming pools, underground sprinklers and sump pumps are critical to avoid most of the above and other heaving problems.

Yards, sidewalks and driveways should be sloped away from foundations. Keep deep rooted shrubs and trees away from foundation walls. Maintain eaves-troughs, downspouts, weeping tiles and window wells free of debris. Maintain extension pipes on downspouts to divert roof runoff at least 10' away from foundation walls. Ensure pools and sprinklers do not leak. Maintain the water level in sump pits below the outlet of weep tile pipes at all times. Maintain sump pumps in good operation condition.

If you are experiencing any of the above problems and require advice, call Marc Pelletier consulting engineer at 474-1873 for an investigation inspection.

Elder Abuse Centre

Age and Opportunity Elder Abuse Resource Centre officially opens September 14, 1990. This three year demonstration project responds to the needs of older adults who are victims of abuse or at risk of being abused.

The Elder Abuse Resource Centre assists victims and their families by providing assessment and counselling, information and referral to appropriate community resources. Consultation is provided to individuals and groups in urban and rural Manitoba. Public and professional education programs are also available. Volunteers assist with administration, peer support, telephone inquiries, education programs and

community outreach. Data collection for the purposes of evaluation, planning and research will also be a function of the Centre.

Funding is provided by Health and Welfare Canada, Seniors' Independence Programs; Province of Manitoba, Department of Family Services; The Winnipeg Foundation and Thomas Sill Foundation. The Elder Abuse Resource Centre is staffed by Project Coordinator: Penny Yellen; Education/Volunteer Co-ordinator: Suzanne Belisle; Counsellor: Maria Wasylkewycz; and Office Manager: Betty Chartrand.

For more information, please contact: Penny Yellen, Project Co-ordinator (204) 942-6235.



WERE YOU EVER AN AIR CADET?

The Royal Canadian Air Cadets will be celebrating their 50th Anniversary in 1991 and we would like to hear from former Air Cadets. Drop us a post card letting us know what you are doing now and when and where you did your Air Cadet training. Maybe you have some memorabilia for our archives. Let's hear from you!

Air Cadet League of Canada

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National Defence Headquarters

Work Force Reviewed at NDHQ

by 2nd Lieut. R. Lavoie

In March, the Department of National Defence engaged the firm of Ernst & Young Management Consultants to assist in the review of activities at National Defence Headquarters in Ottawa. The review is now underway and a team of over 30 consultants and an equivalent number of senior officers and officials is working closely with staff at the Headquarters under the direction of Vice-Admiral Charles Thomas, vice chief of the defence staff.

"The purpose of the review is to find a better balance between operating costs and capital expenditures," said Vice-Admiral Thomas. He explained that NDHQ must find a way to reduce its expenses, particularly those associated with personnel, and devote more of its resources to primary tasks.

All NDHQ activities are being carefully reviewed to identify those that could be eliminated without compromising DND's primary responsibilities, he added. "It's not simply a matter of reducing personnel and then redistributing the work among the remainder."

Deputy Minister Robert Fowler added that "in other words our aim is 'right sizing', not 'downsizing'."

Acquiring the Tools

Although it is a considerable challenge, it is, in the words of Vice-Admiral Thomas, "one which we must take up and ensure that we make the right decisions."

The firm of Ernst & Young has extensive experience in this field, having previously helped a number of major organizations to rethink their management practices. The results of the review process will be submitted by Dec. 1 and will be discussed by the deputy minister and the chief of the defence staff with the NDHQ group principals.

"Any decisions about the future make-up of NDHQ will be made

by the deputy minister and myself," said General John de Chastelain, chief of defence staff, "but only after considering all input from the managers of the department. The consulting firm merely guides the review process."

A Team Challenge

Many NDHQ employees, both civilian and military, are already wondering about the impact that such a review may have on their jobs. "There is no predetermined quota for personnel reductions," reassured Mr. Fowler. "The purpose of the review is neither to undermine morale nor to achieve drastic cuts that would not take into account the individuals concerned."

Senior management acknowledged that some positions filled by members of the Regular Force and the Reserves and by civilian employees might be eliminated at NDHQ. Similarly, a number of contracts may not be renewed. However, Mr. Fowler pledged that any employees affected by the outcome of the review would be treated fairly and equally. He added that any cutbacks will be achieved through attrition where possible. This method has been used in the past to reduce the work force in DND without adversely affecting working conditions or opportunities for advancement. Personnel assistance programs will also be implemented to ensure that the anticipated changes will take place without affecting the work force unnecessarily.

"NDHQ is facing a difficult task," said Vice-Admiral Thomas. "Nevertheless, it is anticipated that this review will reduce administrative overhead at NDHQ, and that the savings generated by streamlining operations will bring new resources to key elements of Canadian national defence."

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CDS Commendations Awarded

The chief of the defence staff recently awarded commendations to 13 members of the Canadian Forces.

Five members of 413 Squadron based at CFB Summerside received commendations for their rescue of personnel from the sinking Greek ship *Katia* south of Sable Island on Nov. 24, 1988. They include Capt. R.G. Greenaway, Lieut. P.D. Fleet, Sgt. R.K. Lang, Master Cpl. K.A. Brodhagen and Cpl. A.G. Bevan.

Sgt. E.J. Ryan of the Mapping and Charting Establishment received the commendation for preventing a victim from choking to death on Jan. 5, 1989.

Leading Seaman B.L. Moore and J.R.S. Longtin of CFB Halifax received the commendation for saving the lives of occupants sleeping in a burning building in Dartmouth, N.S. on Aug. 3, 1989.

Capt. N.C. Heward of NDHQ received the commendation for his resourcefulness, flexibility, diplomacy and leadership as commanding officer of the movement

control detachment in Bakhtaran, Iran from August to November 1988.

Lt. K.M.J. Farley of CFB Esquimalt received the commendation for conduct and reaction while at personal risk with 105 mm artillery shells exploding around his platoon and injuring one soldier on July 29, 1987, while on military exercise at CFB Shilo.

Pte. S.A. Peterson of 3 PPCLI received the commendation for his decisive actions in rescuing a person from a burning vehicle along the Coquihalla Highway in British Columbia on Feb. 15, 1988.

Pte. W.L. Simpson of the Rocky Mountain Rangers received the commendation for his prompt action preventing injury and further property damage due to a serious fire at a United Nations post in Cyprus on April 24, 1988.

Pte. K.R.K. Hanna of 3 PPCLI received the commendation for his swift and selfless action which saved five people in Victoria, B.C. from tragedy in a smoke-filled market building on Aug. 27, 1987.

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Babysitters

Mother of three is looking to babysit your child full time, 2 years of age or older. I have a child CPR course, provide nutritious snacks and meals, have large fenced in yard in St. James area. Call Kathy 885-9474 anytime.

BABYSITTING SERVICES — 14 1/2 year old willing to babysit evenings and weekends in the Lindenwoods area. Graduate of babysitting and First Aid Course. Call 489-6029.

Misc. For Sale

FOR SALE — Modern beige COUCH with matching ROUND CHAIR AND OTTOMAN. Very good condition. \$350 OBO. KITCHEN TABLE with 6 CHAIRS, woodgrain top, vinyl brown chairs. \$125 OBO. Ph: 488-2402.

FOR SALE — SOFA and LOVESEAT, good condition. Ph. 253-8837 or 833-5578.

FOR SALE — BABY FURNITURE — BABY CRIB \$85, PLAYPEN \$35, HIGH CHAIR (converts to table & chair) \$60, BABY BICYCLE SEAT \$10, SWING-O-MATIC \$20. Items sold individually or complete package for \$200. Ph. Mike at 489-9403 or Loc 5218.

For Sale — Size 9/10 WEDDING GOWN WITH TRAIN. HAT WITH PEARLS AND SEQUINS PLUS VEIL. Made in Italy. \$200. Ph: 489-2402.

For Sale — 3 TIRES size 255 60-15, plus 4 TIRES size 155 80-13. PIs. call Bruce at 489-0042.

For Sale — One portable dishwasher, almond in colour, excellent cond. Asking \$275. Ph: 489-6029.

FOR SALE — 9 PC. DINING ROOM SUITE in good condition. Asking \$1700 OBO. Ph: 489-1432.

WANTED! Wanted

WANTED — Shift workers require occ! night care 3-4 nights/month and one weekend per month. Your place or ours. Ph: 489-8940.

WANTED — ROOM MATE wanted to share large 3 bedroom house. Close to North side. Ph. 832-8056 after 4 p.m.

BABYSITTER WANTED — St. Andrew's Women's Centre requires a mature adult to babysit regularly on Tues mornings 9:30-11:00, a group of children 1 yr - 5 yrs (number of children will vary — usually 7 or 8). Sitter will supervise play and snack time and help with crafts. For further information regarding fee etc., call Centre coordinator, Kim Haines at 488-6702.

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Balloon Flight

Capt Jones of Cadet Movements and Capt Smith of Winnipeg Cadet Camp took advantage of the military rate given out by Thunder and Colt for those wishing to take in a balloon flight. The flight was something that dreams are made out of. It was super.

The launch area was at the Flood Bowl in Norwood. The two officers arrived in time to view the assembly and inflation of the Remax Balloon.

The pilot was a long time balloonist who kept up a running commentary of past experiences and safety precautions to keep in mind while ballooning. Our pilot was in constant touch with the tower at the Winnipeg International Airport and with the chase vehicle.

As we drifted over the city in our hot-air balloon there was a continuous chorus of barking junk dogs and house dogs. The yapping increased even louder whenever the flame was shot up into the balloon. Our early Sunday morning flight woke many people up no doubt — thanks to the dogs.

It was a magnificent feeling to

be high in the sky and just floating along with the wind.

The sight of the city and later on of rural areas was beautiful. Many photos were taken of the passing scenery.

After about one hour and forty minutes we made a fairly gentle landing in a wheat field. When the balloon was loaded up and the basket too (by the chase crew), Capt Deanna Jones and myself were treated to a very unusual sight. The ground crew whipped out a table, put a tablecloth on it, a vase of flowers, and goblets. Next a bottle of champagne was popped open and we toasted our successful flight.

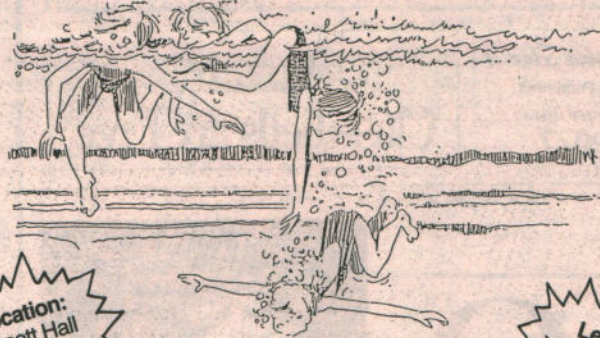
Capt Jones and I would recommend a flight to everyone.

There are a few companies that offer flights. But Thunder and Colt to our knowledge is the only one to give a military rate.

Go up, up and away in your wonderful balloon — as the sixties song stated. I assure you it is wonderful!

Submitted by:
Capt Kel Smith
RSO & PIO
Winnipeg Cadet Camp
14 Aug 90

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