



Free
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CFB/BFC Winnipeg
 17 April 1991

DEPLOYMENT OF HMCS HURON TO THE PERSIAN GULF

OTTAWA — The Minister of National Defence, the Honourable Bill McKnight announced March 26, 1991 that HMCS HURON, which has been operating in the Gibraltar area conducting maintenance and operational readiness trials, has been ordered to continue on her mission to the Persian Gulf, where she will arrive towards the end of April.

HMCS HURON will join the Multi-national Interdiction Force, providing a Canadian naval presence with the ships of the Coalition navies which remain in the Gulf. Their mission is to continue enforcing the UN sanctions against Iraq and to contribute to

the process of restoring peace and security in the region.

"Canada has made a substantial contribution since the beginning of the Gulf crisis in support of the UN resolutions imposed upon Iraq," said Mr McKnight. "It is important that we continue to demonstrate our commitment to preserving the multilateral spirit of cooperation in the region."

HMCS HURON sailed from Esquimalt, B.C. for Halifax, N.S. on Jan. 4, 1991, and subsequently from Halifax on Feb. 24 to relieve HMCS ATHABASKAN in the Persian Gulf.



HMCS Huron/NCSM Huron

DEPLOIEMENT DU NCSM HURON DANS LE GOLFE PERSIQUE

OTTAWA — Le ministre de la Défense nationale, l'honorable Bill McKnight, a annoncé le 26 mars 1991 que le NCSM Huron poursuivra sa route vers le golfe Persique, où il est censé arriver vers la fin avril. Le navire est actuellement à Gibraltar, où le personnel effectue des travaux d'entretien et des essais ayant trait à l'état de préparation opérationnelle.

Le NCSM Huron se joindra à la Force multinationale d'interdiction, assurant ainsi une présence canadienne au sein des forces navales de la coalition qui se trouvent encore dans le Golfe. Leur mission consiste à assurer l'application des sanctions de

l'ONU contre l'Iraq et à contribuer au rétablissement de la paix et de la sécurité dans la région.

"Depuis le début de la crise du Golfe, le Canada a grandement contribué à l'application des résolutions de l'ONU à l'égard de l'Iraq. Il importe que notre pays continue de manifester sa volonté de préserver l'esprit de coopération internationale existant", a déclaré M. McKnight.

Le NCSM Huron a quitté Esquimalt (C.-B.) le 4 janvier pour se rendre à Halifax (N.-E.). Il est parti de Halifax le 24 février pour prendre la relève du NCSM Athabaskan dans le golfe Persique.

CF DRUG POLICY UPDATE

National Defence Headquarters has provided an update on the Drug Policy Review Project for mandatory drug testing. Such drug testing is slated to begin no later than May 1991.

Last year, it was announced that a comprehensive strategy on alcohol and drug control in the Forces would be implemented through a three-point program based on the following principles: safety; operational effectiveness; individual rights and privacy; and a substance abuse-free Canadian Forces.

The Forces are in the process of adopting new initiatives to combat alcohol and drug abuse which would include enhanced education, improved enforcement and a mandatory drug testing (urinalysis) program. This will include a random testing element. Additionally, existing policies concerning treatment, rehabilitation and disposal of members involved in substance (drugs and alcohol) abuse will be revised to reflect this new approach.

How will this work? The greatest emphasis will be placed on mandatory drug testing as a means of detecting and deterring drug abuse by service members. \$1,090,000 has been approved for start-up costs for the drug testing program, based on a first-year ceiling of 15,000 samples tested.

Additional resources will be applied to enhance preventive education programs. These

include: unit counselling; a training continuum providing two main thrusts: basic general awareness for all members and advanced awareness training for supervisors at all levels; acquisition of preventive education material including videos, audio tapes and written works; formal courses for members who are problem drinkers or those on Counselling and Probation/Report of Shortcomings for drug abuse.

A fourteen day course will be conducted to upgrade training for Alcohol Rehabilitation Centre counsellors. This will help in

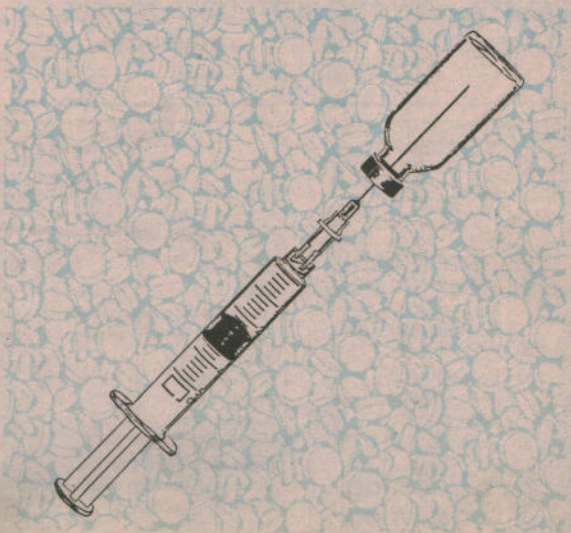
meeting the new requirement to provide a one-time treatment program to members identified by a medical officer as being drug dependant.

New enforcement initiatives to counter drug abuse include the establishment of a Drug Intelligence Data Base to support Military Police investigations Forces-wide, and to facilitate the manipulation of drug data for statistical purposes.

All in all, it should be clear that the Forces are committed to countering substance abuse amongst its members.

REMEMBER SECRETARIES' WEEK

April
 22-26





Barry Sweeney

Barry Sweeney

music reviews and syndicated columnist

and load the set with commercial potential through such tracks as "Spanish Slumber", "Rescued (By The Arms of Love)" and the title track.

Debuting in February, 1986, with "The Thin Red Line", which featured "Don't Forget Me (When I'm Gone)", "Someday" and the title track, the 'red line' romped to quadruple platinum in Canada, gold in the USA and worldwide sales in excess of a million units. They followed with "Diamond Sun" and with the release of their "Simple Mission" the group has launched what could be their best selling release to date.

RIF

Kenny, Anthony, Dwayne, Steven and Michael came to prominence in the most unusual way. You may remember East-side High, which had the worst academic reputation in the country, hired principal Joe Clark. The trials and tribulations of Principal Clark were made into a movie Lean On Me which starred Morgan Freeman as Clark. The quintet, who were part of the Boys' Glee Club, formed The Playboys and came to the attention of the producers and the script was re-written to give them a part in the flick.

They came to the attention of

SBK Records and debuted with "Family" on the platinum-plus "Teenage Mutant Ninja Turtles" soundtrack. Now, with the release of their self-titled "Riff" (SBK) the group have put together some extremely stylish harmonies that range from the romantic "Everytime My Heart Beats" through the funk-based "All Or Nothing" to the closing strains of "April's Fool". Because all the members of Riff are capable of vocal leads, the group is able to offer a diverse menu of songs.

With the incredible vocal talent and superb song styling of Riff, watch for this group to pull down some impressive chart numbers.

Sweeney's Scene

Something just doesn't add up ... the ads on TV have new car showrooms crowded with people but economic analysts say that car sales are down. Oh, I think I got it ... all those people in the ads are just looking! On the subject of cars, have you noticed how the ads stress low prices for new cars? Have you checked the prices? Maybe those two observations are related.

Something totally un-related ... how come a tripping, holding or any other infraction is called in the first two minutes of a game but rarely in the last two and almost never in over-time?



Glass Tiger

Glass Tiger Just Another "Simple Mission"

Featuring dominant guitar riffs and live-from-floor drums Glass Tiger's "Simple Mission" (Capitol/EMI) hits the listener and just refuses to let up throughout the 13-track outing.

Fueled by the driving "Blinded" and rocking "Animal Heart", the set boasts a highly charged "Let's Talk" and without a doubt the most notable guest appearance on "Simple Mission" takes place in "My Town" when Tiger's Alan Frew shares the mike with fellow Scot Rod Stewart. This duet came about when Stewart heard that the group had written a song about Scotland and Rod asked why he wasn't asked to sing on it. The rest, as they say, is history. "My Town" is one of those sensational tracks that will probably draw huge radio response.

The quartet of Al Connelly (guitars); Wayne Parker (bass); Sam Reid (keyboards) and Alan Frew add the dynamic power ballad "Where Did Our Love Go"

CFB Winnipeg Garden Club Registration and General Meeting

Do you like fresh vegetables right out of the garden? You can grow your own on a garden plot provided by the Base Garden Club. The Garden Club has 30 plots approximately 25 ft x 40 ft, roto tillers to till the soil and water supply to keep the vegetables growing.

Personnel wishing to renew their memberships or to join the Club are requested to attend a general meeting to be held on Thur, 25 April 91 at 1330 hrs upstairs, Bldg 21.

Additional information can be obtained from LCol Sawchuk, the president, at 5713 or WO Gilby, the secretary, at local 5847.

Le Club de Jardinage de la BFC Winnipeg

Aimez-vous les légumes fraîchement cueillis? Vous pouvez les cultiver sur un lot pourvu par le CLUB DE JARDINAGE. Le CLUB DE JARDINAGE a 30 lots de dimension approximative de 25 x 40 pieds, des laboureurs pour la préparation du sol et un approvisionnement d'eau pour aider à cultiver les légumes.

Les membres qui désirent renouveler leur association au club, ou ceux qui aimeraient participer, sont priés d'assister à l'assemblée générale qui aura lieu jeudi, le 25 avril à 1330 hrs, au deuxième étage de L'édifice 21.

Pour obtenir des informations supplémentaires, vous pouvez contacter LCol Sawchuk le Président au 5713 ou WO Gilby, le secrétaire au 5847.



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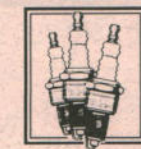
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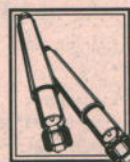
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Family Support Centre

N — 54 Bourkewood Place
837-8443
S — 1822 Corydon Avenue
488-4161

YES. The doors of the Family Support Centre are still open — waiting for you. However, we are operating on reduced staff. In January, the Family Support Centre was allocated funding to develop additional programs and support systems in response to the Gulf War. With this funding we were able to hire four full time staff as well as a few casual childcare workers. These employment contracts were completed on March 28. I would like to thank Libby, Leanne, Suzanne and Craig for the wonderful jobs they did. Also thanks to Kerry who has faithfully been helping out with Little People Playtime each week. Speaking of Little People Playtime, I would also like to say a special thank you to Leslie Hawkins. The success of Little People Playtime, indeed its establishment, can be attributed to her hard work and time.

Some of our extended programs include: Mom's Day Off, Little People Playtime (Southside), a parenting course, Pre-Teen Programs, as well as many family outings. Our biggest accomplishment was that we were able to finally open the Family Support Centre Thrift Shop during this time. Special thanks to Pat, Sheila, Rachel, Linda, George, the plumbing department and Brian for all their help, and also to all of you who have

now volunteered to work at the Thrift Shop. Gloria Hogan did a marvelous job painting a mural on the walls. Her talent is absolutely outstanding. I'm sure little Lundi gave a helpful hand!

It is so great to see so many people using the Family Support Centre. The reason it is so great is that it is for you after all, and who better to make use of *your* Centre?

Presently the Family Support Centre is developing into a Directorate from Ottawa. Each Centre across Canada is responsible for developing its own programs which are in response to each community's needs. However, we all tend to follow the same Multi-Service Family Support Centre Model. Within this model, programs are offered in the following areas: 1) Information and Referral (information, and welcome committee); 2) Quality of Life (parenting courses, support groups); 3) Child Care (drop in, respite, babysitting referral); 4) Counselling/Crisis.

In Winnipeg, we are still in our infancy stage and are still experiencing growing pains. However it is significant that we are now offering some programs in each of these areas. The following programs and services are presently available at the Winnipeg Family Support Centre: referral, resource centre/information, babysitting referral, groups (self esteem, parenting, step-parenting), parent relief, Welcome a Newcomer Program, support programs, crisis interven-

tion/referral, thrift shop, family outings, Little People Playtime (playgroup for preschoolers), adult crafts, pre-teen programs and speakers.

The Winnipeg Family Support Centre is in the process of developing a Board of Directors. According to our newly written Constitution, the Board will be made up of 50% military spouses. This representation will reflect the community's needs and programs will be developed accordingly. As well, once we have a fully functioning Board of Directors, as a non profit group we will be eligible for funding from different

agencies.

I would like you to consider becoming a member of our Board of Directors. For more information you can contact me or Paul Rosebush at 833-5197. There are also many other volunteer opportunities available. Some of these include: hostess/host, craft facilitator, childcare, delivering monthly calendars, Newcomer Welcome Committee, Thrift Shop cashier, and clerical. Or, you may be interested in becoming an Activity Worker at our Teen programs. Personally I find these nights a real hoot. It's hard not to become a part of the kid's

enthusiasm. Or, you might have a special talent that you would like to share with your community. Whatever your talent, skill or time commitment — **BECOME INVOLVED.**

Basically, we need your help. We need your input. We need you to keep *your* Family Support Centre growing. In our May delivery you will be receiving a volunteer sheet. Please list the areas that you are interested in helping with and return it to the Centre. Or in the meantime, call me at 488-4161 or 837-8443.

cont'd on page 9



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RECENT AMENDMENTS TO THE CONSUMER PROTECTION ACT: MORE PROTECTION FOR THE CONSUMER

By William E. Doyle

Amendments were made to the Consumer Protection Act during the latter part of 1990. These amendments are designed to provide more protection to the consumer in transactions of purchases and sales of goods or services, and in the financing of those purchases.

I will not attempt to cover all the changes to the legislation, but merely to highlight those which would be of most interest to the general consumer, and particularly to seniors.

A number of changes have been made dealing with direct sellers, being sellers whose sale to the consumer takes place elsewhere than at the seller's place of business (for instance, door to door) and without any prior request by the buyer, or in response to a buyer's request if that request had been solicited by the seller. Such a sale previously could be cancelled by the buyer within four days of the contract being entered into, and the written contract had to have a notice to that effect to the buyer. The amendment allows for a seven-day cancellation period. The period does not include Sundays or holidays.

Amendments have been made as well to the penalties which apply to persons who breach the provisions of the Act. The maximum penalty for an individual found guilty of an offence is \$3,000.00 for a first offence, and \$10,000.00 or three years imprisonment for a second or subsequent offence. For a corporation found guilty, the maximum penalty is a fine of \$10,000.00 for a first offence and \$25,000.00 for a subsequent offence.

Collection agents now not only

have to be registered, but must use the name under which they are registered when collecting or attempting to collect a debt. In other words, a false name cannot be used, and anyone contacting you from a collection agency may be checked to ensure they in fact are registered and entitled to collect your debt.

There is a new part to the Act, entitled PREPAID SERVICES, which provides protection in situations where payment in advance for services or use of facilities is required, for the following services: health, fitness, exercise, body building or conditioning, modelling, talent development, dieting, martial arts, sports or dance activities, or other activities of a similar nature, dating or introduction clubs, or such other activities, clubs or matters as may be prescribed by regulation, and may include instructional services.

Exempt from the Part are services provided by non-profit organizations, or corporations without share capital, or by cooperatives, schools, universities, golf, curling or racquet clubs.

If advance payment for any service to which this part applies is to be received, there must be a written contract stating the names and addresses of the buyer and seller, the description of the services, the total fee for the services, the date that the services will be made available, and a schedule of payments and 7-day cancellation clause similar to the one applying to direct sellers.

If the contract is cancelled by the purchaser, the purchaser is entitled to a full refund of all amounts paid except for such portion relating to services which have already been provided. If

the written contract does not comply with the above requirements, the buyer may demand refund at any time for all services which have not then been performed. Any such contract can be for no longer than 12 months, and the payment schedule must require approximately equal installments, at least two in number, and payable in approximately equal payment periods calculated using the total contract period, and dividing the number of months by the number of installment payments. In other words, it is no longer possible to pay immediately for two or three years or a lifetime membership and this will presumably avoid the large losses some people suffer who sign for long term contracts with businesses who are no longer in business a short time later. It also avoids the high pressure tactics some such businesses use, in that a purchaser has a seven-day period to cancel.

No contract of this type shall include a provision for the renewal of that contract prior to its expiry date. No new contract can be made if two parties have an existing contract. They may not enter into a new contract until the old one expires, unless the subsequent contract is for services that are distinctly different from the services provided under the existing contract.

It is hoped that this overview will provide the readers with a better understanding of the recent changes designed to protect you and me, the consumers of this province.

William E. Doyle is a lawyer practising with Begin, Doyle, Menec, 427 Academy Road, Winnipeg, Manitoba 488-3337. He is the son of a retired career warrant officer with the RCAF.

PROMOTION



Congratulations to MWO Jim Miles on his promotion to this rank (seen here being presented with his promotion by BGen C. R. Thibault). MWO Miles entered the Canadian Forces in 1957 and, after completing basic training at BFC St. Jean, continued on to successfully complete his LE. Tech training. He has since served with 3 Fighter Wing, Zweibrücken, Germany; CFB Greenwood; NDHQ Ottawa; CFB Cold Lake; 2 tours at CFB Moose Jaw; and CFB Winnipeg. Since his arrival in May 1989, MWO Miles has served with Air Command Personnel Division as SO Pers 2-2 (Peacekeeping Tasks). Congratulations come from all his friends and co-workers at Air Command HQ with special congratulations from Rose Marie Culver of London, Ontario.



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170 Squadron Plans 50th

170 Squadron is planning its 50th Anniversary Reunion for 1992. Anyone who has served with the 170 Squadron is asked to send their addresses and that of as many other former squadron mates as possible to:

50th Anniversary Project

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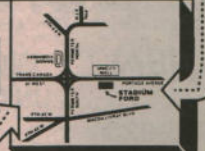
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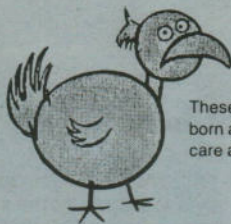
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SO NEVER, NEVER BE A DODO

Dear Mummy and Daddy:

I want to have lots of fun with my friends but I do not want to be a Dodo. A Dodo is a stupid bird who does not have sense enough to obey safety rules, so he gets hurt all the time.

I will do my best to follow these safety rules, so that I will not get hurt and miss the fun. I promise that, with your help, I shall never, never be a Dodo.

SIGN HERE

A POLICEMAN IS YOUR BEST FRIEND



A policeman is a friend to all children.



He often has a family of his own.



In fact, he was a child once, too.



So he tries to keep you safe from harm.



Always ask a policeman for help.



Obey police, school patrol and crossing guards.

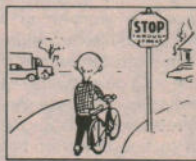


If you are lost, tell a policeman.



When in trouble, a policeman is your best friend.

WHEN RIDING YOUR BICYCLE ...



Always obey traffic signs and signals.



Riding two on a bicycle causes accidents.



Ride close to the right side of the road.



Ride single file and never close behind vehicles.



It's dangerous to weave, or turn suddenly.



Never dart in and out of traffic.



Do not pass moving vehicles at intersections.



Always be sure to stop at intersections.

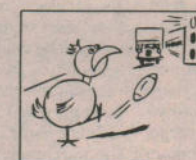
A DODO DOES FOOLISH THINGS



A Dodo is never friendly to a policeman.



He plays with his toys in dangerous places.



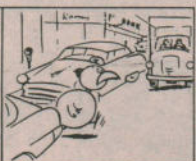
The silly Dodo plays ball on streets.



Even carries friends on his bicycle.



A Dodo won't wait for traffic lights.



And runs out from between parked cars.



He never looks for cars when crossing the street.



So never, never be a Dodo.

OPPORTUNITY

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104th Beavers, Cubs, & Scouts

BOTTLE DRIVE

On May 25, we will be collecting bottles, cans & plastic (Beer — glass and aluminum, pop bottles — glass, aluminum and plastic)

If you won't be home, please leave them on the front steps labelled for the "104th Group" or drop them off at Lipsett Hall any Thursday evening from 5:30 to 8:30 p.m.

In advance, thank you for your support.

104ième Louveteaux, castors, & scouts

COLLECTE DE BOUTEILLES

Le 25 mai, nous aurons une collecte de bouteilles, d'aluminium et de plastique.

Si vous voulez contribuer et vous ne serez pas disponibles le 25, veuillez laisser votre boîte devant votre maison avec un étiquette indiquant "104th Group" ou veuillez les déposer à Lipsett Hall. Nous sommes ouverts le jeudi de 17 h 30 à 20 h 30. Merci de votre contribution.

The Great 1991 Car Raffle



The new LEME Branch Advisor, BGen Fischer is buying the first booklet of tickets for the 1991 EME Car Raffle. The booklet is sold by Lt Blouin, a member of the Raffle Committee.

Le nouveau Conseiller du Service GEMT, le BGen Fischer pose achetant le premier livret de billets du tirage automobile GEM — édition 1991. Ce livret lui est vendu par le Lt Blouin, membre du comité de tirage.



CWO Roy, the Branch Chief-Warrant Officer is buying the second booklet of tickets for the 1991 EME Car Raffle. CWO Meunier, a member of the Car Raffle committee appears happy to be selling this precious booklet.

L'adjudant-chef du Service GEMT, AdjC Roy pose achetant le deuxième livret de billets pour le tirage automobile GEM — édition 1991. L'AdjC Meunier, un membre du comité de tirage semble heureux de lui vendre ce précieux livret.

This is the third in a series of annual car raffles sponsored by the LEME Branch in preparation for the RCEME 50th Anniversary celebration which is scheduled to take place in 1994. The aim of this event is to help raise money in support of activities and celebrations planned in 1994 across Canada.

The focus of the celebrations will be centred around the unveiling of a monument to the RCEME Corps.

Le Grand Tirage D'Auto 1991

Ce tirage est le troisième d'une série de loterie automobile parrainée par la branche GEM en vue des célébrations du 50ième anniversaire RCEME qui sont prévues pour 1994. Le but de ce tirage est d'amasser de l'argent pour supporter les activités et célébrations prévues pour 1994 partout à travers le Canada.

Le point central de toutes ces célébrations est le dévoilement du monument RCEME. Ce monument sera situé à l'EGEMFC Borden. Comme on peut le constater, ceci représente un projet de taille. Le

This monument is to be located at CFSEME Borden the home of the Branch and Sadie. As it can be surmised, this is no small project. It is presently estimated that close to 200,000 dollars will be required for this project alone. Other activities now in planning include a commemorative stamp, mini tattoos, local ceremonies and the like.

To date, fund raising is surpassing the 50,000 dollar mark. With

and wish to do so, please contact: BEME Winnipeg — 2Lt MacGillivray, Loc 6080; Aircor HQ or MWO Littlewood Loc 6949. Tickets are limited and are going fast.

budget total de ce projet d'envoie est estimé en ce moment à environ 200 000 dollars. Plusieurs autres activités en plus de la loterie annuelle sont planifiées, en autres il y aura la préparation d'un timbre commémoratif, de mini-tattoos, de cérémonies locales et beaucoup plus.

En ce moment, la levée de fonds dépasse la marque des 50 000 dollars. Avec les revenus du tirage de cette année, il est espéré que la marque du 70 000 dollars sera dépassé.

Si vous n'avez pas eu la chance de participer à l'évènement de cette année en achetant vos billets de loterie 1991 et voudriez en acheter, veuillez contacter: le 2Lt MacGillivray au GEM poste 6080 ou l'adjudant Littlewood au poste 6949. Les billets sont limités et partent comme des petits pains chauds.

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Everyone is naturally curious. Adolescents want to know about all those "adult pleasures" they

are missing.

Peer pressure is the single most important factor in teenage behaviour. If three-quarters of the class are wearing designer jeans, your child will too. We all crave the approval of the gang. But with adolescents they have that touch of insecurity which will take them deeper into the unknown.

Drug education must start at

home. We must communicate and we must listen to our children. Attempting to be a policeman or a preacher will only make the situation worse.

Pamphlets regarding drug education, as well as a video called "DRUG DIALOGUE" which is a guide for parents, can be signed out at the Military Police Section/Community Relations office, Building 95, CFB

Winnipeg. Also available is the second issue of "the AMAZING SPIDER-MAN". A comic book produced by Marvel Comics, under the direction of the Canadian Association of Chiefs of Police with the cooperation of the Alliance of a Drug Free Canada. These comics are great for kids and can be picked up at the MP Section, main desk.

Silver Heights Community Centre

Attend Bingo Sunday nights at 7 p.m.

The Spring Tea & Fashion Show will be Tues. April 23 at 7:30 p.m. Fashions are by Charla's, McDonald Travel and Kids Only. Make-up and hair by Shear Art Unisex. Door Prizes! There will be wine available for purchase. Call 837-6818 for tickets.

Soccer and baseball registrations have already been held. For more information, please call Randy at 885-3763 for soccer, Penny at 832-5554 for girls' softball and Scott at 889-5250 for boys' baseball.

URGENT: Please return all soccer and baseball uniforms from last year to the club or to the convenor immediately.

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By signing this statement, you affirm that the information you have given is true and complete. You authorize us to obtain further information about you and check the information you have given us. We can also give information about you to credit bureaus and other credit grantors as permitted by law. You permit us to retain this statement for our records.

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51st Winnipeg Scout Group Trees for Canada - 4 May 1991

On Saturday, 4 May 1991 the Beavers, Cubs and Scouts of the 51st Winnipeg Scout Group will be going out and planting approximately 10,000 trees.

During the two week period preceding the 4th, the Beavers, Cubs and Scouts will be canvassing door to door soliciting pledges for each tree that they plant. Your contribution will be very welcome as the money goes both to the group and to the National Council for supporting Scouting in under developed countries.

Your support in this event is appreciated and any pledges or contributions of \$5.00 or more will receive a receipt for income tax purposes as this is a charitable event.

Your recent participation and support during our Bottle Drive (held the 13th of April) was also very appreciated. Not only are you helping to support your local Scouting Group but also you are helping the ecology by ensuring that your bottles and cans are recycled rather than just filling up a landfill site somewhere.

Don't forget, 1991 is Ecology Awareness Year for Scouts Canada and you are doing your part by helping us.



FSC - cont'd from page 4:

OUR APRIL PROGRAMS CONTINUE!

Northsite

Mondays - Little People Playtime 9:30-1:30

Tuesdays - Mom's Day Off - 10:00-4:00 **

Wednesdays - Parenting Course 1:00-3:00

Fridays - Mini Franco Fun 9:30-11:30

Southsite

Mondays - Mom's Day Off 10-4 **

Tuesdays - Crafts 1:00-3:00

Wednesdays - Little People Playtime 9:30-11:30

Special Events

Pre-Teen Youth Nights April 19&26

19th - Gong Show - Lipsett Hall

26 - Pre-Teen Makeup and Skin Care, 1822 Corydon

** Please register in advance for Mom's Day Off. We must schedule our childcare workers at least one day in advance. By the way, did you know that we have two Childcare Workers employed at the Family Support Centre? As well as being a Social Worker I am also a certified Childcare Worker III. So, you can rest assured that your children are well cared for.

For more information on the Family Support Centre please call.

Carol L. Barton
Executive Director
Family Support Centre

BAMEO Promotion



Cpl Zablotski receiving his promotion effective 12 Mar 91 from MWO Clemons, the D/ASO. Steve has been employed as an Airframe Technician in the Aircraft Servicing Organization from Nov 87 'til March 91. He is presently working in AMCRO as the Modification and Special Inspection Coordinator.

CONGRATULATIONS Steve on a well deserved promotion!




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EXAMPLE:	Air conditioning, automatic, stereo	
1991	Birchwood GM sale price	\$12,000⁰⁰
Sunbird LE	Downpayment	- \$500⁰⁰
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Finance GMAC @ 11.9% for 45 months
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WHO ME? A PRISONER?

"I never expected to land in Jail. No one does. Even if you're disobeying the law blatantly, you're sure you'll never get caught. I pray that I never have to experience again the helplessness and horror I felt as prisoner No. 23226 at the Maxwell Federal Prison Camp."

These are the words of Charles W. Colson, as Special Counsel to former President Nixon, talking about his experience of going to jail as a result of his involvement in the Watergate affair. What struck me most about his experience as a prisoner was that it doesn't require a physical prison to be a prisoner! In his own words, "Every prisoner shares a sense of helplessness — the realization that you're trapped; to be free, someone has to reach in from the outside and pluck you out."

How many of us have experienced these same feelings of helplessness; of somehow being trapped? It seems no matter what we do we can't seem to get out from under!

Being the logical beings that we are, we tend to want to resolve our problems by rational and intellectual means. And well this should be. Our tendency is to look for the social, psychological, or economic factors that might have caused us these feelings. But, what do we do when the feelings, problems and or issues seem to go beyond this and demand more than just an intellectual response? What is beyond our intellect? Without an understanding of this, are we trapped? Imprisoned?

Many studies, such as Stanton Samenow and Samuel Yochelson's, in the book, 'The Criminal Personality', have shown that often these situations arise in our life as a result of internal moral choices. Our sense of morality is seeded somewhere in the spiritual aspect of our humanity. The greatest requirement in reversing or changing an internal moral choice is a change of heart or a conversion.

One of the most persuasive powers in our lives is that of what we believe. It is this capacity, as human beings, to believe: to believe in things that we cannot touch, see, hear, or prove that give way to such powerful elements within us, such as our conscience and our sense of what is right and wrong.

Often when we find ourselves under the gun, we forget this aspect of who we are. This spiritual side of us, this part of me that allows me to believe in things I cannot see, feel, touch or prove. This invisible measuring rod, I use to judge myself against.

For something so powerful and essential to my humanness, how aware am I of my own spirituality: that relationship I have with this ever present thing that I gauge myself with, be it called God, my Higher Power, the

Great Creator, etc?

It just may be that part of this sense of helplessness, of being trapped or imprisoned, is caused by a lack of awareness. When was the last time I thought about my own spirituality and what it meant to me? If it has been awhile, I may be suffering from an attack of the 'Grey Fuzzys'!

The 'Grey Fuzzys' are when you have not thought about something for a long time and, as a result, it drifts to the back of your mind. If it has been an extended period of time since you have thought about it, the image may have drifted so far back in your mind that it has become GREY and FUZZY!

It is when we think about something, that we focus on it. When we focus on it we can articulate about it (i.e. we can talk or write about it.) When we articulate something, WE define it and once we have defined something in our own terms we can reappropriate (ingest) it as our own.

Our prisoner, Charles W. Colson, says "That people need to hear the Word, but experience has shown us that they also need to see the love of God in action." By way of a 'word' or two, there exists in all of us a spiritual dimension, our capacity to believe. It is a tremendously powerful force in our lives because so much of what we do is controlled by what we believe. If we are unaware of what we believe, are we not trapped, helpless? If I may be so bold as "... to reach in from the outside and pluck you out." from the 'Grey Fuzzys' to become more aware. And maybe, just maybe as we become more aware of our own spiritual capacity we will not be so imprisoned, helpless or trapped!

Padre Michael Brown
Pastoral Associate (RC)

Greetings from the Chapels

CATHOLIC CHAPELS

St. Marguerite Bourgeoys (North Site)

WEEKENDS/FIN DE SEMAINE	WEEKDAYS/EN SEMAINE
Saturday: 1700 hrs/English	Monday to Thursday inclusive
Samedi: 1900 hrs/Français	Du lundi au jeudi inclusivement
Sunday/Dimanches: 1115 hrs/English	1500 hrs

St. George (South Site)

SUNDAYS
10:00 a.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

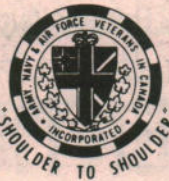
4th Sunday - 0900 hrs - Eucharist (ACC)
- 1100 hrs - Divine Worship

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



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 Mountain**

A mountain of data, made up of information from over 10 million homes, is about to be gathered in this country.

The building of this mountain will involve over 50,000 people and will begin on Canada's Census Day — June 4th, 1991.

The facts and figures compiled by the Census about the lifestyles of Canadians from coast to coast will create a "national portrait" of ourselves and the land in which we live.

Statistics Canada collects, compiles, analyzes, abstracts and publishes this Census information, providing a valuable resource for organizations and individuals.

The highly accurate data is available from the Advisory Services Division of StatsCan at their Regional Reference Centres across the country. These Centres are open to the public and information can be viewed OR publications purchased.

Many enthusiastic users of Census data are to be found in Western Canada.

Increasing numbers of individuals and groups are using the data to do everything from helping potential entrepreneurs launch new businesses in an area using the information in market research, to aiding existing local businesses by helping target customer groups. For instance, if a company is considering bringing in a product of interest to senior citizens, Census data is able to accurately state how many of that age group reside in the area.

The Statistics Canada catalogue is also a very useful addition to a company's information arsenal, helping to keep up with new information that becomes available.

A Western Canada water conditioning company executive notes that the use of StatsCan Census data "helps pinpoint the people who will use our product and saves time and mileage in promotion," adding that "the reasonably-priced information is more accurate than anything else available."

He also credits the data with making mail-drop promotions more accurate and cost-efficient.

Census Day in Canada will indeed create a mountain of information, but it's a mountain that is readily accessible and one that can help smooth out the rocky terrain of the business world by providing accurate, low-cost information to an ever-growing number of enthusiastic users.

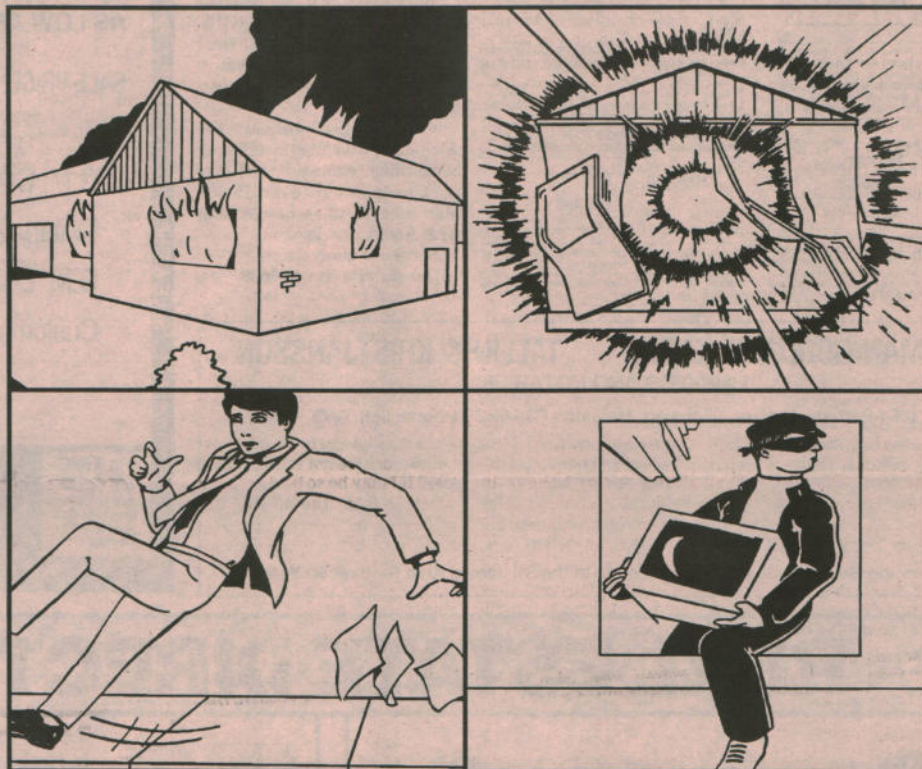
For more facts about the Census, contact Statistics Canada's Census Office at 18216-102 Avenue, Edmonton, Alberta. T5S 1S7 — Telephone 495-4730.

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 Single male looking for partner(s) to buy house in this expensive area. House hunting trip end April. Phone 902-427-8358. Autovon 447-8358.

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Babysitters

Babysitting — Mother of 3 will babysit in her home for \$2 an hour or \$20 a day. References and receipts. Ph: 837-9962.



Help Wanted

Wanted — Lahr Figure Skating Club urgently requires a figure skating coach, NCCP level 2 qualified. Bilingual an asset. Employment to commence 1 Aug 91. Please forward resume to: Jennifer Armstrong, LFSC, Box 2236, CFPO 5000, Belleville, Ont. K0K 3R0, or Fax to Kim Ethier, Fax # 01149-7821-38729.



Homes For Sale

Private Sale — Custom log home on 5 treed acres, 3 bedrooms, 2 1/2 baths, finished basement, cathedral ceiling, over 2000 sq. ft. living area. Property is landscaped, fully fenced for horses and borders on parkland. \$120,000.00. Located near CFB Shilo, Manitoba. Ph: 765-3602 (w), 763-4914 (h).

Private Sale — Trenton, great house. Three miles to Base Trenton, 3 or 4 bdrm., all brick, raised bungalow. 80 x 191 country lot, mature trees, perennials and spring bulbs. New 15 yr. shingles, wall to wall carpet, oak renovation. 1 1/4 % mortgage until Aug 93. Quality appliances available. Call Jeff Gibson (613) 394-5339 or Autovon 270-5910. Possession May-July 91. \$129,900.



Misc. For Sale

For Sale — King Size WATERBED \$75, King Size DUVET \$40. Call Tracy at 489-4541 after 4.

Moving Soon — Need to sell RATTAN DINING ROOM SET, ROLL-TOP DESK, and various kitchen ware. Call Chris at 633-5817 or Loc 5465.

For Sale — Brother SEWING MACHINE with attachments — excellent condition \$100.00. NINTENDO GAMES: Double Dribble, Pro Wrestling, Cobra Command — \$25.00 each. Woman's LEATHER COAT — S. Med., never worn, \$200.00; Woman's REEBOK RUNNING SHOES — brand new, \$35.00; TURTLES BEDSHEETS — twin size, brand new, \$20.00; Ladies' BIKE — fair condition, \$20.00. Call 831-1358 after 5 p.m. or leave message.

For Sale — POWER TOOLS: Delta 10" TABLE SAW \$450, Delta BAND SAW \$200, Delta 1" BAND SANDER \$80, Delta 4" x 6" SANDER \$160 or all four for \$800. All one year old or less. Phone 895-4412 or Loc 5551.

For Sale — 1980 YAMAHA 400 SPECIAL MOTORCYCLE. Mint cond. only 7500 km. Ph: 895-5777 (w) 489-4291 (h) after 5 p.m.

For Sale — USED BIKES, 3 adult (2 ladies', 1 men'), 1 jr. size girl's bike, 1 boy's beginner bike, 1 baby carriage, good condition. Ph: 488-6910.

For Sale — 85 DODGE COLT E, Hatch, 4 Dr., 5 Sp., Exc. condition. \$3,500 OBO. Call 832-9312 after 5.



Wanted

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The Alzheimer Society of Manitoba is asking individuals to bring their pennies — the ones weighing down desk drawers, scattered on fridge tops and stuffed into coffee jars — to the nearest CIBC.

During March, April and May, all 93 CIBC branches across Manitoba will be "Memory Banks" for the Society's A PENNY FOR YOUR THOUGHTS campaign. Charles Corinaldi, Senior Vice-President of Individual Banks for CIBC says "It's a great way to start your spring cleaning, while assisting the Society to do some important work."

All funds raised will assist the Alzheimer Society in offering counselling, education and support services to over 15,000 Manitoba families now coping with Alzheimer disease.

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