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This Issue's Quote

"Life is what
happens while
you are making
other plans."

John Lennon

Phase II in Heritage Park



The CH-136 Kiowa will be put on display in September '93.

Since the opening of Heritage Park (area in front of Sharp gate) on 14 Oct 92, work towards mounting several more service aircraft has continued full force. The three aircraft now on display, the CF-101 Voodoo, the CF-104 Starfighter and the CT-134 Musketeer are an eye-catching sight during the drive into work, and the accompany plaques are an informative source of information for interested civilians. The addition of 7 more aircraft will make the

park even more impressive. The entire plan for Heritage Park is divided into five phases.

The Freedom Fighter will be tail mounted to give the appearance that it is rocketing skyward with its afterburners on.

Phase I was the mounting of the initial three aircraft. Phase II consists of an F-86 Sabre, a CF-100 Canuck Mk. 4B, a CF-116 (F-5) Freedom Fighter, a

CT-133 Silver Star, a CH-136 Kiowa, a CP-121 Tracker and a CX-144A Challenger.

The Sabre, Canuck, Silver Star and Kiowa will all be pedestal mounted. Due to their large size, both the Tracker and Challenger will be pad mounted. The Freedom Fighter will be tail mounted to give the appearance that it is rocketing skyward with its afterburners on. It will be mounted identically to the F-5 on display at CFB Cold Lake.

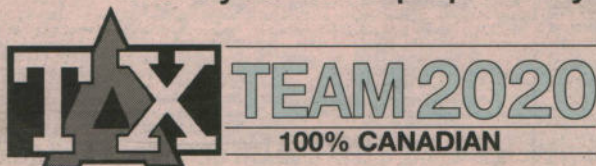
An overview of the Phase II aircraft is as follows:

The Sabre served from August 1950 - November 1968 as a single-seat interceptor and a fighter/bomber capable of carrying 2000 lbs of bombs or rockets and armed with six 50 calibre machine guns.

Continued on page 7

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WATER CONSERVATION QUESTIONNAIRE

When you consider the cost of waste water (sewage) treatment, the extent of contaminated sources and increasing demand for more clean water, it is easy to see why the cost of water is forecasted to double in the next five or more years. Water Conservation, therefore, is increasingly important and the easiest solution to the problem of increasing water prices is to use less water. The following is a Water Conservation questionnaire designed to help reduce water consumption at home and at work. Attempt all questions first and see how you did by checking the answers that follow.

Questions

1. The average Canadian uses ___ litres of water each day for domestic use.

A. 100 B. 250 C. 350 D. 500

2. Per Capita, Canadians are the world's second highest users of domestic water.

True/False

3. The price of domestic water in Canada is approximately half the price of domestic water in Europe.

True/False

4. Low flow shower heads provide adequate showering while using half as much water as conventional shower heads.

True/False

5. A typical low-flow shower head will pay for itself through water and energy savings in ___ months (based on usage by a family of four).

A. two B. four C. eight D. twelve

6. Toilet flushing is the second highest water use in an average household.

True/False

7. Installing modern low-flush toilets can reduce toilet water use by 50% or more without reducing the effectiveness of the flush.

True/False

8. A tap leaking hot water at one drop per second would waste enough water for ___ baths each month.

A. four B. eight C. twelve D. sixteen

9. A run-on toilet (ie. it leaks), if left unrepaired for a full year, can waste as much as 200,000 litres or enough water for a family of two for a full year.

True/False

10. Only 2% of the world's fresh water supply is in lakes, rivers and streams. The rest is in ice or underground.

True/False

Answers

1. Answer: C. 350 litres

The average Canadian uses 350 litres of water each day for domestic use. If commercial, industrial and agricultural water uses are included the per capita use grows to 2000 litres per day.

2. Answer: True

Canadians are second only to Americans in domestic water use. The average Canadian uses more than twice as much domestic water as an average European.

3. Answer: False

Water in Canada is as low as one fourth the average price of water in Europe. In Italy and France the price for water is approximately 93¢ per 1000 litres and in Germany and Australia the price is as high as \$1.47 while in Canada the price is a mere 36¢ per 1000 litres. This low price and Canada's large supply has resulted in poor water conservation habits among many Canadians.

4. Answer: True

Modern low flow shower heads can deliver a steady flow or a pulsating massage flow of acceptable performance while using up to 60% less water than a standard shower head. Additional energy savings are made through the reduction of hot water use in the shower.

5. Answer: B. Four months

An average family of four would save at least \$140 a year by installing a \$40 (or less!) low flow shower head. Savings come from reduced water use and reduced hot water heating requirements. A payback period of only four months certainly should justify installing a low flow shower head.

6. Answer: False

Toilet flushing is the highest water use in an average household. Toilet flushing usually accounts for 40% (or approximately 140 litres/day) of domestic water use for an average Canadian. Showers and baths are a close second at 35% (or 122 litres/day).

7. Answer: True

Standard toilets use about 20 litres per flush, while new low flush toilets require only 6-10 litres for an equally effective flush. Low flush toilets are readily available and easily installed. Installing low flush toilets and low flow shower heads can reduce total domestic water use in an average household by as much as 50%.

8. Answer: D. Sixteen baths

Leaky taps are often left unrepaired for months when a 5 cent washer and 10 minutes work could stop the leak. If left for a full year, a one drop per second hot water leak would waste almost 10,000 litres or enough hot water for nearly 200 baths.

9. Answer: True

Run-on toilets are a major waster of domestic water. Even silent toilet leaks can waste hundreds of litres of water per day. Check for toilet leaks by adding food colouring to the water in the tank and wait 5-10 minutes without flushing. If the colour shows up in the bowl, there is a leak in the toilet which should be repaired. While you have the tank open, insert a closed water filled glass or plastic jar (be sure not to interfere with the float or other flush mechanisms) and save a jar of water every flush.

10. Answer: False

Only 0.2% of the world's fresh water supply is readily available in streams, lakes and rivers. The rest (99.8%) of the world's fresh water supply is found underground or in ice. Only 5% of the world's water supply is fresh water, the rest is salt water. Therefore, only .01% of the world's water supply is found in rivers, lakes and streams. Canada has approximately 9% of the world's renewable fresh water supply.

Water Conservation at Canadian Bases

Canadian Forces Bases can certainly benefit from water conservation, particularly those bases with Private Married Quarters (PMQs). Since bases rather than residents pay for PMQ water use, it would be extremely beneficial to each base if water consumption in PMQs could be cut by 20-25% or more.

A 20-25% reduction in PMQ water use can easily be achieved through a continuing program of installing water conserving devices in each PMQ after a resident has moved out. All old toilets could be replaced with efficient flush toilets, low flow shower heads and faucets could be installed and all leaks found and repaired. A brochure should be left behind to inform the next resident that their new home is a water conserving house and to further educate them in water conservation practices. The same kind of education and retrofit program could also be implemented in all barracks and DND owned office buildings.

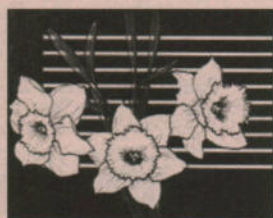
Reducing water consumption and associated sewage at Canadian Forces Stations and Bases can result in large savings. A large base like CFB Ottawa has an annual budget of over \$2,000,000 for water and sewage. A 25% reduction could result in annual savings of \$500,000 which would more than cover the cost of implementing the water conservation program.

By conserving water we not only save money, we save the environment. Using less water means we return fewer harmful chemicals and less untreated sewage to our rivers and lakes. In doing so we will not only create a cleaner, healthier environment for ourselves but will leave a better world for the next generation.

REMEMBER....

We do not inherit the earth from our parents, we borrow it from our children.

DAFFODIL DAY CAMPAIGN



To the Canadian Cancer Society, the daffodils represent hope in the fight against cancer. CFB Winnipeg has been asked to share this hope by purchasing daffodils. Last year, we raised \$3,342 during the campaign, representing well over 6,000 flowers, of which 285 bunches were sent to local cancer patients. Again this year you can buy 10 flowers for \$3.50 or 10 flowers in a vase for \$6.00. You will also have the opportunity to order daffodils for cancer patients in local hospitals. Section representatives will be canvassing all Base units between 22 February 93 and 5 March 93. The flowers will then be delivered on 25 March 93.

Thank you in advance for your generosity.

J.L.D. Lachance, Capt
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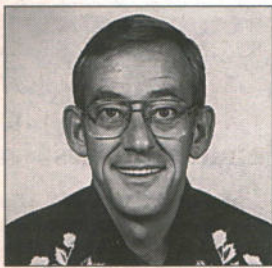
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Barry Sweeney



music reviews and syndicated columnist

BON JOVI KEEPS THE FAITH

They did their separate projects and now **Jon Bon Jovi**, **Richie Sambora**, **David Bryan**, **Tico Torres** and **Alec John Such**, better known as **Bon Jovi** are back and rockin'. Their latest CD **Keep The Faith** (Jambco/Mercury) is a well rounded set of tunes that combines rock-steady arrangements with power pop.

Already touring in support of the album the group's latest single **Bed of Roses**, a slow-paced ballad, has vaulted into the top-40

and has the obvious strength to carry it into the top 10 of best seller lists. Led by the vocals of **Jon Bon Jovi** and ably augmented by guitarist **Richie Sambora** the group kick the set into musical motion with a hard-rocking **I Believe** and follow with a ballad-titled track. Strong singles potential lies just around the corner on the infectious sounds of **I'll Sleep When I'm Dead**. Strong percussion and guitar interplay should see this one draw loads of airplay.

Bon Jovi first hit the national charts back in '84 with **Runaway** and hit paydirt on their follow-on singles **You Give Love A Bad Name** and their month-long chart topping **Livin' On A Prayer**. Their most recent chart success came from **Young Guns II** which saw **Blaze of Glory** go skyward and **Miracle** catch top-20 action.

Keep The Faith is further highlighted by the stellar **In These Arms**, **Woman In Love** and the straight out rocker **Blame It On**

The Love of Rock and Roll. This one will go platinum-plus.

PAUL BRADY

In **Songs & Crazy Dreams** (Fontana) **Paul Brady** has put together an intriguing 12-song outing of ballads that run the musical gamut from the piano-laced **Dancer In The Fire** and the guitar-oriented **Nothing But The Same Old Story** through the captivating story of **The Island**.

Brady's vocals are on-target throughout as he interprets from-the-heart lyrics. This is the type of dreamy music that you want to throw another log on the fire and sit back and enjoy. Should appeal to wide demographics.

NORMALTOWN

The latest group to catch the imagination of country music buyers is a trio known as the **Normaltown Flyers**. Their music is a combination of happy-go-lucky (**Country Boys Dream**) through the purely raucous

dance-oriented **Jump Back Baby** to the mellow message of positive love found in **I'm Satisfied**.

Country Boy's Dream (Mercury) is a solid debut and as the title track makes huge ripples on the charts, swinging tracks like **It's Not Working Out** and the sprightly **Kinda Hard On Me** could easily draw good chart and sales response. Group with a future.

FAST FACTS

She was born **Cheryl Stoppelmoor** in Huron, South Dakota, but became known to the entertainment world as **Cheryl Ladd**. Perhaps best known for her portrayal of **Kris Monroe** in **Charlie's Angels** from 1973 to '79, she did record one song that was able to get into the top-40. Called **Think It Over**, the song enjoyed a brief chart stay in 1978. That's the **Fast Facts** on **Cheryl Ladd**.

Remember to support your local food bank



JAMESWOOD SCHOOL

Held hostage by their downed aircraft, a ferocious Arctic storm, bitter cold temperatures and crippling injuries, the survivors and crew of the CC130 Hercules, that crashed near Alert in 1992, deserved to have their story told.

The movie "Ordeal in the Arctic" aptly portrayed some of the trials and tribulations experienced by the survivors of the transport plane disaster.

Coping with the pain of old back injuries recently irritated by

a fall in my office, was foremost in my mind last Monday evening, when my husband accidentally happened upon the movie. Without having reviewed the TV Guide, or having been forewarned of its pending viewing, it was amazing how a non-television viewer such as myself, zeroed in on the familiar blue uniform sweater. With close to a half hour already shown, it was surprising that the movie he had found by chance, should grab the interest of us both so quickly.

Our intuition told us that a true life story was being depicted, and that intuition was confirmed with the next scene, moments later. The barren ice. The snow. The twisted, burning wreckage. The switch of setting to CFB Edmonton further confirmed that we had even named the actual incident being covered in the movie.

For civilians, especially those who have never been associated with the military or its people, it may have been just another tragic, and yet, heroic, picture. But for me (and other educators at Jameswood School), it was another step toward greater understanding of those with whom I work.

The fears of husbands, wives and children of those deployed,

or being deployed on various UN peacekeeping tours, became even more realistic than at any other time in my five and one half years at Jameswood. My own pain soon reduced to a disturbing discomfort, my empathy built, as I watched the fear and agony increase in the survivors of the crash as they awaited rescue units to make their way to the crash site.

I visioned the equally devastating and hopeless feelings experienced by the relatives and family in such a situation. I imagined how their feelings of helplessness and anger would magnify, as reports, of the difficulties experienced by the rescuers in their bid to reach their comrades, hit the air waves. I recalled my own secret prayers of one year ago - prayers for those torn by the waiting both at the crash site, and at home; my prayers for those battling the elements, to stay alive, to be rescued, or to be the rescuer.

"Ordeal in the Arctic" was a salute to our military personnel. It was a reminder to civilians, of another lifestyle: It was a statement of reality. My reply, (our reply, here at Jameswood) is, "Yes, we do understand - we are here, for you, and your children."

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CFANS Update

Last week saw the graduation of course 9202 and their subsequent celebratory dinner. In accordance with CFANS tradition the grads produced a video for the entertainment of the family and guests in attendance. Unfortunately for the producers of this riveting docu drama (yawn!); it didn't hit the cinemas until after the deadline for this year's Academy Awards. I guess they'll just have to wait until next year to receive their due recognition, NOT! It also became apparent to all who were in attendance at the parade earlier in the

evening, and saw Capt Roy in action why the school is rampant with rumors about an impending move for Chris to the Officer Development section.

The first annual curl off between CFS Met and the Nav school quickly became rather one sided as the CFANS curlers demonstrated their superior abilities in what politely can only be referred to as a rout. When asked about the severity of the drubbing a jubilant Brian Crosier replied "I know it was only for fun, but hey what can I say, our idea of fun entails winning". Commenting on the audaciousness of the Met school challenge, "Maybe next time they'll pick on someone their own size when they

decide to throw down the gauntlet" suggested another member of the victorious squad, Major Sawatzky. Keeping with that theme CFS Met might be interested to know that apparently Capt Chris Roy's Beaver troop is available on Tuesday nights as long as the little guys don't get home too late.

The Nav school recently saw the much anticipated opening of the student lounge. The school was fortunate to have none other than, the CF's most senior navigator, Lt. General O'Donnell, to do the honors at the opening ceremonies. The new lounge offers a venue at the school for the students to relax and socialize away from the view of instructors. The

lounge has been adorned with inspirational photos of earlier graduates along with other memorabilia. To the disbelief of some students most present members of CFANS staff were at some point successful graduates of the school. Their photos, however may present a somewhat challenging task to identify as a member of 9205 recently discovered when attempting to locate his Course Director "Geez, I hardly recognized Capt Colpitt's picture he looked somehow different back then."

Anyone who says that the Staff Air Navigator Course isn't tough? should ask Capt J.J. Tremblay who has been placed on the injured reserve for the next few weeks as a result of an ankle sprain that he sustained during class time. Said a disheartened Tremblay "it's hard to convince people that I used



Lt-Gen O'Donnell presiding over the opening of the new student lounge.

to be much of a football player when I get hurt playing volleyball." On a much more positive note congratulations to Major Kummel and his wife Jackie on the birth of their son Eric.

Until next time keep your stick on the ice.

ECOLE BANNATYNE SCHOOL

Ecole Bannatyne School is the French Immersion Centre for students residing west of Davidson Street and Bourkewood Place. The school program is designed for students who have little or no knowledge of French.

Students are taught to speak, read and write in French by using French as the language of instruction for all subjects except English Language Arts.

Bannatyne has 280 students enrolled in Kindergarten to Grade 6. Most students began immersion in Kindergarten though some enrolled in Grade 1 and others in the Grade 4 mid-entry immersion class.

February and March are activity filled months at school. February 15 to 19, Voyageur week, students and staff donned Voyageur costumes,

and shared in the fun of a pancake breakfast and winter activity day. The school choir and Grade 3 choir enjoyed participating in the Division Music Celebration and are practising for the Winnipeg Music Festival. In Phys. Ed., the Grade 5's participated in an afternoon of curling clinic, the Grade 6's tackled the slopes in a day of downhill ski, while the Grade 4's are planning an indoor track activity day in March.

Interested students participated in a speed skating meet; others are practising and playing basketball regularly.

And what of the academic you wonder? Science Fair activities were initiated and now registrations are being handed in. Grade 4-6 students will do their projects in French. Grade 3 to 6 students have an oppor-

tunity to participate in Concours d'Art Oratoire, a French language speech-making competition. Grade 6 students are practising the facts to participate in 2 national Math competitions: Test Pythagore and University of Windsor.

Student leadership is an important component of all school activities. Student class representatives have organized spirit days and assist with all the fun activities. In addition, there are Conflict Managers at recess, school patrols and refs at intermurals. Recently, our students presented displays at the Middle Years' Fair.

Students at Bannatyne work hard. The word is that they wore their headbands on the Thursday of Voyageur Week to catch the perspiration as they...pushed their pencils!



Bannatyne continues to be a busy and happy place for students Growing and Learning the Bilingual Way!

ECOLE BANNATYNE SCHOOL

The Parent Council of Ecole Bannatyne School invites registrations for French immersion for 1993-94. Registration week is Mar 1 - 5 for Early Immersion (Kindergarten and Grade 1 entry) and Middle Immersion (Grade 4 entry).

For more info, please call the school at 888-1101.

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VOLLEYBALL CHAMPIONSHIPS PRAIRIE REGION- JAN 25 - 28, 1993

In late January, the ladies and men's volleyball teams traveled to CFB Cold Lake to participate in the Prairie Region Championships. Both teams had been training quite hard during the previous four

months in their respective leagues.

Play commenced bright and early on the 25th and during the course of the next few days, both teams established win/loss records solid enough

to secure second place going into the semi-finals.

In the semi-finals, the ladies team played a strong finishing Cold Lake team. It went four games, but the Winnipeg ladies earned the right to play in the finals against Edmonton, the defending champs.

In the men's semi-finals the Edmonton team attempted to prevent Winnipeg from advancing, but our strong men's team defeated Edmonton in four games and were set for finals and ready to face the hard hitting Cold Lake team.

The Women's final was a hotly contested best of five games. The Winnipeg ladies quickly jumped out to a two game lead, but the tables turned and the final result was a 3 - 2 victory for Edmonton.



Standing(L-R): Sgt Paul Lucas, Pte Richard Doucet, MCpl Rick Phillips, Cpl Mark Wilson, Capt Dennis Talbot. Sitting(L-R): Cpl Mike Thibodeau, Capt Dan Boisvert, Cpl Anthony Battad, Cpl Sean Hubbard.

The Men's final was an equally contestable match.

Both teams came out with their heavy hitters, however, in the end Cold Lake had a 3 - 1

victory. Both teams played extremely well and deserve a hearty well done. We'll get them next year!



Standing(L-R) Cpl Lily Dunk, Maj Kevin Yamashita(Coach), WO Kathy Cox(Captain), Lt Esther Clouture MCpl Donna Dunbar, Capt Kathie Cutland. Sitting(L-R) Pte Cathy MacDonald, Cpl Angie Schenkers, Pte Ahook Cunningham, Capt Cheryl Swarbrick, Lt Rusty Horne

BASE COMMANDER'S VOLLEYBALL CHAMPIONSHIP - 1993

On Fri, 12 Feb 93, Bldg 90 Recreation Centre was pleased to host a B Comd's Volleyball Tournament. After a full day's competition there were only two teams remaining; BPERO and Air Command Headquarters.

And the winners were: BPERO.

Congratulations to: Capt Swarbrick, PO2 Williams, Sgt Best, Cpl Morris, MCpl Muir, and MCpl Phillips.

Runner-up was the Air Command Headquarters All Star team.

Congratulations: LCol MacLean, Capt Dore, Capt Paul, MWO Lecaine, WO McQueen, Mr Brown and Pte MacDonald.

We would like to thank the following teams and co-ordinators for their participation in the tournament:

- | | | |
|---------------------------|-----------------------|--------------------|
| BEME-MCpl Dunbar | BSupO-Pte Dumonceaux | BCE-MCpl Robertson |
| BSecurO-Pte Flowers | BAMEO(1)-Cpl Beaudoin | CFS-LCol Dolan |
| 733 Comm Sqn-Cpl Sorsdahl | BAMEO(2)-Cpl Hubard | BHosp-Sgt Golar |
| BHQ-Mrs Daigneault | | |

HEROES



"Col JR Proulx, Base Commander, Dr Robert Conn, Founder of Canadian Injury Prevention Foundation, and Maj J Kimak, HEROES Injury Prevention Coordinator hold up the HEROES t-shirt announcing a week of HEROES presentations at CFB Winnipeg 19-23 Apr 93. HEROES is a powerful injury prevention presentation which empowers teens and outlines choices they can make to dramatically reduce their risk of injury. It is being offered free of charge to all residents of Winnipeg, especially teenagers. For more info call Maj Kimak at 833-5863."

WINNERS OF THE CFB WPG CURLING PLAYDOWNS D COS CE



The team members were:

CWO Kydd, MWO Torrie, MWO Roy and MWO Cote. These members, along with Maj Thuen, will represent CFB Winnipeg at the Prairie Region Curling Championships at CFB Shilo 1 - 6 March 93.

Good Luck !

Silver Heights Community Centre Spring Sports

Registration dates are:

Saturday, March 6th
10:00-2:00 pm

Wednesday, March 10th
6:00-9:00 pm

Saturday, March 13th
10:00 - 2:00 pm

Please give some thought to volunteering when you come to register your child.

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If a posting to our beautiful "Limestone City" of Kingston is where you are headed, please give me a call on the "TOLL FREE" number below, and I will send you a "Worry-Ender Kit of Kingston" containing maps, home prices, school information, shopping facilities, transportation & much more.

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Royal Canadian Legion
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Bingo

Every Wed. - Fri. & Sat.
8:00 pm

Dancing

To Live Bands
Thurs. - 8:30pm - 12:00 am
Fri. & Sat. 9 pm - 1:00 am

Meat Draws

Every Sat. 2 pm - 5 pm



Even when we're not busy, we're working

For 25 years, the Block Parent Program has been working effectively and efficiently in communities across the country:

to protect children

A Block Parent sign in the window lets children in distress know that a Block Parent is home to provide a safe haven.

to make your neighbour hood safer

The Block Parent sign acts as a deterrent to potential offenders who quickly conclude that the neighbourhood has its own safety network.

to protect all members of the community

Block Parent homes offer refuge and assistance to anyone, young or old.

The Block Parent Program provides an organized method of protecting children and adults and involves all members of the community, including police, government, and boards of education.

The red and white graphic is the official symbol of the Block Parent Program. Placed

in a window, it tells children and adults that they will receive help for any emergency. The sign is a warning to criminals that neighbours are on the alert for one another. The sign is displayed only when someone who has been screened is available to help. Absence of the sign does not mean the house is unattended, only that the Block Parent is unavailable.

Block Parents have no legal status except as citizens. They are volunteers, aged 18 years and over who have been screened by police and are willing to provide help during whatever time they have available by displaying the Block Parent sign.

What does a Block Parent do?

- Provides refuge from dangerous or frightening situations.
- Offers assistance to people in distress by phoning police or home.
- Assists police by reporting suspicious activity in the neighbourhood.
- Removes the Block Parent sign when not available.

All new Block Parents receive instructions on proper procedures.

Block Parents are not expected to

- Provide food or beverage, toilet facilities or transportation.
- Administer first aid treatment.
- Leave the home to break up fights or actively engage any dangerous person.

What can you do to support the Block Parent Program?

Explain the Block Parent Program to your children and to use a Block Parent home when:

- alarmed by a stranger, bully, or animal.
- he, she or a friend is in an accident.
- lost, ill or caught in severe weather conditions.

Become a Block Parent yourself

- call your local Block Parent committee.
- contacting your police force.

fill in and mail the form at the end of this article

An application form will be sent to you.

"I can't be a Block Parent because..."

"I work all day."

Even a few hours a week is a help. Children don't only get into trouble between 9:00 and 5:00.

"I don't want to open my home to strangers."

You don't have to. All you're doing is giving sanctuary to a frightened child while you contact parents or police.

"There are enough Block Parents already."

There aren't. Every Block Parent isn't available all the time, so the more, the better.

"I will always help - sign or no sign."

Let the children know it. They are taught to be cautious of strangers, but they know they'll find a "safe stranger" at a home displaying the Block Parent Sign.

"I'm not a parent."

You don't have to be to care about the safety of children.



BLOCK



PARENT

If you are interested in being a Block Parent, fill in this coupon and mail or bring it to:

- your Block Parent committee
- your local elementary school
- your police force

Elementary school nearest you:

Name _____

Address _____

Postal Code _____

Telephone (day) _____
(eve) _____

Please send me more information
An application form

VIDEO SERIES ON HUMAN DEVELOPMENT

The Family Support Centre is proud to present a video series exploring human development. The videos will run from 12:10 until 12:40 p.m. Mondays and Wednesdays through the month of March. Please bring your lunch to the Base Theatre in Building 90 and join us for these informative sessions.

THE GROWING YEARS

March 1 - Preschool Personality - How the child's emotional, physical, intellectual and social well-being affects their personality.

March 4 - Individual Differences - This video explores why children within

the same family can be so very different.

March 8 - Moral Development - Children's moral development is influenced by their parents and by observing those around them.

March 11 - Aspects of Intelligence - This video explores the different aspects of intelligence and how it can be enhanced.

March 15 - Social Stereotyping - Find out how raising children within a stereotypical environment affects their interactions with the rest of society.

March 18 - Children in Families - How the family environment influences your child's



development. Various family environments are explored.

March 22 - The Child's Mind - Explore ways of enhancing the development of your child's mind.

March 25 - Physical Development in the Middle Years - This video explores how the physical development of the child affects a child in all other areas of his/her life.

ALL VIDEO SESSIONS ARE FREE OF CHARGE

BLUE BERET SUPPORT GROUP

The Blue Beret Support Group Incorporated, would like to take this opportunity to thank everyone for their support in helping to raise awareness for United Nations troops.

The blue ribbons are now being worn Canada wide and The Korea Veterans Association of Canada is giving the group their support. We are now registered with the Corporations Branch of Manitoba and with Consumer and Corporate Affairs of Manitoba; which enables us to accept donations in exchange for a blue ribbon.

All proceeds from donations will go towards the promotion of the blue ribbons to raise awareness of UN troops and any surplus funds will go to civilian aid.

We are proceeding with the plan to decorate Kenaston Blvd. between Academy Rd. and Grant Ave on both sides to help send off and welcome home our troops.

Anyone interested in helping, please contact

Cathy Sargent at 488-7956 or Margaret Whiteley at 489-9398.



Are you interested in helping the Blue Beret Support Group make blue ribbons to help raise awareness for United Nations peacekeeping troops?

The blue ribbons are becoming very popular and we have had numerous inquiries from people who want to get involved in the campaign. Here's your opportunity.

We are going to be having an open house and ribbon making session at St. Andrew's Protestant Chapel (SS) on the corner of Grant and Kenaston on Saturday, March 6, from 10:00 a.m. to 4:00 p.m.

Everyone is welcome to attend, including children. This is for everyone, not just those people affected by United Nations deployments.

If you happen to have a pair of pinking shears or a glue gun, bring it along, we would really appreciate it.

If you have any questions or would like some more information, please phone

Cathy Sargent at 488-7956 or Margaret Whiteley at 489-9398.

Hope to see you there!
Coffee and Tea will be served.

PHASE in Heritage Park

II

The Canuck was in service from June 1951 - December 1981. It's role was as an all weather Jet fighter which could be loaded with Four Sparrow 2 Missiles and 58 x 2.75" rockets and could travel at speeds up to 640 mph.

The Freedom Fighter has been in service since 1968.

The role of the CF-5 is Attack/reconnaissance/fighter trainer. It contains two internal 20mm M-39 cannons and external combinations of Aim-9 AAM Missile and 2000 lbs of

bombs or rockets. It reaches speeds of Mach 1.4 at 36,000.'

The Silver Star has been in the forces since January 1953. The CT-33's roles are as a tandem trainer, for photographic reconnaissance and electronic warfare. It is armed with two 50 calibre M-3 machine guns.

The Kiowa, a Light Observation Tactical Transport Helicopter, has been in service since 1971. This chopper has one 7.62mm Minigun and can hold racks of 2.75" rockets.



CT-133 Silver Star, one of the CF trainers.



F-86 Sabre, reliable service from 1950-1968.

The Tracker served from January 1957 - April 1991. It was used for anti-submarine warfare and could be armed with 2.75" rockets and depth charge bombs.

The Challenger, which is still in service, first flew on 17 March 1979. It is the second prototype of the aircraft and is used for both testing purposes and VIP transport.

The mounting of these aircraft is planned to be completed by 16 Sep 93. So far the Challenger and the Silver Star are here on base, the Tracker is expected in later this week, the Sabre and Canuck which are coming from Europe are expected soon and the CF-5 will be arriving on 22 March. The Kiowa is coming from flight safety, it is the one that was mentioned at the annual DFS briefing in February.

Phase III is planned for 1994-1998. This phase includes mounting of a CC-115 Buffalo, a CH-124 Sea King, a CH-135 Twin Huey, a CC-137 Boeing and any other available aircraft.

Phase IV includes an undetermined number of vintage aircraft, such as a Canso to be obtained from RCAFA 500 Wing.

Phase V will be the refurbishing of the Mitchell, the Expedito and Dakota already ground mounted in Stevenson Park (at parade square by CFANS). Refurbishing of the Expedito was completed last summer.

In addition to these phases, an attempt to get a CT-114 Tutor is in progress and will be added to the park at a date to be announced later.

Capt Don McKeown, who was posted to BAMEO in April, was tasked as project manager to spearhead this project. He and the many technicians who put in many hours of hard work to successfully complete Phase I should be congratulated and wished luck for the hard work that lies ahead of them in accomplishing the remaining Phases.

Continued from front page



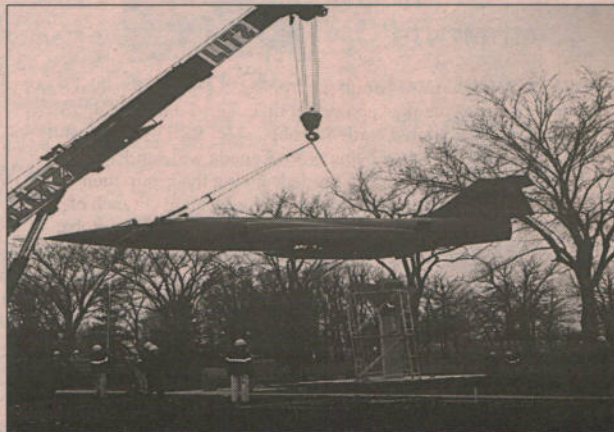
CF-100 Canuck, representing 30 years of service.



CF-116 Freedom Fighter, continuing its service now but being preserved on a pedestal for many years to come.



CP-121 Tracker, one of the larger aircraft to be ground-mounted.



Crews mounting a CF-104 Starfighter in October '93.

ERS

Canada's Relocation Specialist

ERS in cooperation with Family Support Services
Invites you to attend a

"HOME BUYERS SEMINAR"

Saturday 13 Mar 93
1 - 4 pm
in Bldg C1 (Kenaston & Taylor)

**FREE ADMISSION & DOOR PRIZE DRAW
PLEASE REGISTER**

We will address issues such as:

- * Home Ownership - Should I buy or rent?
 - * How much can I spend on a home?
 - * What type of mortgage should I consider?
 - * What role does a lawyer play when I purchase a home?
- Guest speakers include a Professional Realtor, Banker and Lawyer.
A question period will follow the speakers.

WE INVITE YOUR QUESTIONS

To register please contact Valerie McEwan at 833-2155



2 PPCLI FAMILY BRIEFING

There will be an important meeting dealing with the upcoming deployment of 2 PPCLI to Croatia. Anyone directly involved or affected by this deployment is asked to attend.

If there are any questions, contact
2Lt Stacy Grubb at 833-6177.

DATE: 21 March 1993
TIME: 1400 hrs
PLACE: Base Theatre (N Side)

SOUTH SIDE COMMUNITY COUNCIL VOICE

All South Side Community PMQ Residents are urged to attend the meeting of the South Side Community Council (SSCC) to be held at Lipsett Hall, 16 Mar 93, at 8:00 PM. Dependants are urged to attend, with their military spouses, this very important first meeting of the new year.

If you are concerned about your welfare and your children's welfare in the community and would like to help in making it a better place to live, I know I can count on seeing you there.

L.L. Matlowsky
Mayor SSCC 5123

The CFB Winnipeg Dog Club will be offering classes again.

Date: 18 Apr 93
Place: Bldg 21 (off Sharp Blvd Entrance)
Registration: 1830 hrs (6:30 pm)
Classes Begin: 1900 hrs (7:00 pm)
Duration: 8-one hour classes
Cost: \$43.00 (GST Included)
Contact: Phone 489-1935
or after 1600 hrs (4:00 pm) 833-5068
ask for Manon Raymond

The CFB Winnipeg Dog Club is looking for Assistant Instructors for dog classes - no experience necessary. Also the Club is looking for an experienced Beginner's Level Instructor. Call 489-1935 to apply.

OFFICE HOURS
Mon. THRU Fri.
8:30 a.m. - 6:30 p.m.
Sat. 8:30 a.m. - 1:00 p.m.

Please Call For
Appointment

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Dr. M. E. Madill
Dr. S. L. Strauss
Dr. M. Woodbury
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1675 CORYDON AVE.
WINNIPEG
R3N 0J8

PHONE: 488-4577
After Hours / Emergency: 489-6180

SECOND CAREER!!

Commissionaires

EX-Service personnel are invited to apply
for membership with

Manitoba Division
Canadian Corps of Commissionaires
942-5993

301- ONE Wesley Avenue R3C 4C6



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2591 Portage Avenue - 888-5665
487 St. Mary's Road - 233-1453

718 Osborne Street - 474-2401
885 Henderson - 661-6135
1755 Pembina - 261-9241
1380 Ellice - 783-1067



POSTING SEASON CHILD CARE

College and University Child Care Students are now available to care for your children in your home or hotel room. Day, evening and overnight care available.

For more information on this exciting new program call Ursula at 833-6870.



COUNTRY CLUB APARTMENTS

ARE A VACATION EVERY DAY!

Enjoy a vacation at home as part of your normal monthly housing cost in a spacious affordable apartment with FREE Country Club privileges:

- Picnic and Bar-B-Q Area
- Tennis Courts • Racquetball
- Saunas • Billiards
- Lounge/Fireplace/Patio Doors to a Deck overlooking the Outdoor Pool

UNDER NEW MANAGEMENT
THE CLUBHOUSE
110 Quail Ridge Rd.
987-7600

1st ANNUAL 12 WING SYMPOSIUM (Formerly the HS Symposium)

This year's theme -

12 Wing: Building for the future

The aim of this years symposium is to introduce 12 Wing to the world; what it is and what it does.

To be held in the Hampton Gray Centre, CFB Shearwater, from 22-23 April 1993, this event will feature presentations by prominent military and defence industry personnel.

Come join in the social activities.

This is an event that should not be missed!

For more information contact Major Mike Hargreaves, HS 423 Sqn, at (902) 466-1438 or 1430.

SHEARWATER: THE PLACE TO BE ON 22-23 APR 93

BASE CERAMIC CLUB

Looking for something to do.

The Base Ceramic Club just reopened at
586 Whytewold Rd.

For more information call Eadie 489-7807.

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Join us for six meat draws
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THE FRIENDLY CLUB



CANADIAN FORCES RELOCATION PROGRAM

LCol St Germain, Base Administration Officer presents keys to Debra Borbely, CF Relocation Services Western Region Manager. In attendance, ERS Counsellor Valerie McEwan and CP01 Barefoot, Base Superintendent Clerk. (DND Photo by Cpl S. Gervais)

The CF Relocation project was implemented in Apr 92 in an effort to ease the burden to homeowners on posting, and to reduce overall costs to DND by improving coordination and control of cost moves.

This service primarily concentrates on the homeowner who intends to either buy or sell residential real estate on

posting or release. Information provided by the Relocation Counsellor will include:

- a. Group/Individual Briefings
- b. Home sale marketing assistance
- c. Assistance in organizing House Hunting Trips (HHT)
- d. Legal service contacts
- e. Financial counselling
- f. Miscellaneous assistance

Personnel who own homes or are contemplating purchasing on posting, are required to have an interview with the ERS Counsellor. This service is not restricted to CF members only, and personnel are encouraged to bring spouses to the personal interview so their concerns may be addressed as well.

This is a positive initiative to elevate the benefits to the member by providing assistance and extensive information utilizing numerous civilian agencies through one point of contact, the ERS Counsellor.



ERS now established at CFB Winnipeg and situated in the Base Orderly Room, Bldg 86. Debra Borbely (standing), CF Relocation Services, Western Region Manager and Valerie McEwan, CFB Winnipeg ERS Counsellor. (DND Photo by Cpl S. Gervais)

Valerie McEwan, the ERS Counsellor for CFB Winnipeg has taken up permanent residence in the Base Orderly Room and can be reached at 833-2155, between 0800 - 1600 daily.

Don't delay, arrange for your appointment now.

NESS IGA

TOP GUN SAVINGS SALE
MARCH 2 TO MARCH 7 /93

Lean Ground Beef \$ 1.99 LB \$ 4.39 KG <small>LIMIT 10 LBS PER CUSTOMER</small>		Grade A1 A2 Prime Rib Roast \$3.69 LB \$8.13 KG	
Manitoba Bung Bologna 66¢ 100 Grams or \$2.99 LB		Bananas 2 LBs for 88¢ 97¢ KG	
Rib Steak \$3.99 LB \$8.80 KG	Fresh Pickerel \$1.49 100 Grams or \$6.76 LB	Red Potatoes \$3.49 20 LB <i>Manitoba Grown</i>	
Boneless Skinless Chicken Breast \$3.99 LB \$8.80 KG	Whole Pork Loin \$1.99 LB \$4.39 KG (cut only)	Main Street IGA Bakery Bread White or 60% Whole Wheat 69¢ each	
Hostess Ruffles Potato Chips \$1.19 each 220 - 230 Grams	Success Canned Mushrooms 68¢ each 284 ML Tin	SUN-PAC Frozen Orange Juice 66¢ each	
Meat and Vegetable Party Platters Available \$1.10 per person	Coke, Diet Coke Sprite, Diet Sprite \$5.49 each 12 pack cans	Main Street IGA Bakery Pies Apple or Raisin \$2.29 500 grams	



NESS IGA

2255 Ness Avenue Phone: 832-2536

Store Hours: Monday to Saturday: 9:00 am to 9:00 pm, Sundays: 11:00 am to 6:00 pm
Prices Effective Tuesday March 2nd until closing Sunday March 7, 1993.
We reserve the right to limit quantities.



L'ALLIANCE CHORALE MANITOBA - UNE INVITATION A CHANTER

L'Alliance chorale Manitoba, fondée en 1971, est une fédération provinciale à but non lucratif qui a pour mandat de promouvoir le chant choral en français et de favoriser ainsi l'épanouissement de la culture francophone au Manitoba.

A ses débuts, l'Alliance chorale Manitoba s'appelait Mélo-Mani (mélodie-Manitoba). On désignait aussi de Mélo-Manis les fins de semaine "chantantes" au cours desquelles les chanteurs de tout âge d'une région particulière se regroupaient pour chanter, fraterniser et s'amuser,

habilement encadrés par des chefs de chœur. Le dimanche soir les participants présentaient un concert public composé des chansons qu'ils avaient apprises pendant la fin de semaine. Une fois par année on présentait le Mélo-Mani provincial - la grande rencontre de chant choral au Manitoba français - qui réunissait dans un spectacle d'envergure les choristes de toutes les régions de la province.

De nos jours, l'Alliance chorale Manitoba offre des cours de solfège et des stages de perfectionnement pour chefs

de chœur et continue à organiser des journées "chantantes" dans nos régions. Mais depuis 1992, c'est le Festival de la chanson française qui occupe la place d'honneur parmi toutes les activités de l'Alliance. Il s'agit d'un spectacle de chant choral regroupant les jeunes voix des écoles secondaires et pré-secondaires du Manitoba français avec les voix d'adultes de la communauté dans une célébration de la chanson francophone, aux accents traditionnels et populaires.

Cette année, le Festival de la chanson française aura lieu le

24 avril au Théâtre Pantages (Playhouse) 180, avenue Market à Winnipeg. Nous invitons toute personne qui aime chanter à participer à cet événement communautaire. Vous n'avez qu'à vous présenter à la première répétition qui aura lieu 13h30, le dimanche 7 mars 1993 dans la Salle académique du Collège communautaire de Saint-Boniface, 200, avenue de la Cathédrale, Saint-Boniface. Nous serions très heureux d'accueillir des militaires ou employés de la Défense ainsi que toute autre personne intéressée. Il s'agit d'une occasion rêvée de vous

joindre à la communauté francophone. Pour ceux et celles qui voudraient tout simplement assister au spectacle, celui-ci aura lieu le samedi 24 avril au Théâtre Pantages (Playhouse) à 20h00. Les billets se vendront 8,00 \$ pour adultes, 5,00 \$ étudiants/âge d'or, 1,00 \$ pour les enfants de moins de 12 ans.

Pour de plus amples renseignements, veuillez communiquer avec M. Gilles Landry au bureau de l'Alliance chorale Manitoba au 233 7423, du lundi au vendredi entre 13h00 et 17h00.

PARENTS-SECOURS

sécurité. L'affiche est placée seulement lorsque le Parent-Secours, que la police a soumis à une procédure de sélection, est prêt à aider. L'absence de l'affiche ne signifie pas qu'il n'y a personne à la maison: elle indique seulement que le Parent-Secours n'est pas disponible.

On demande aux Parents-Secours de...

- fournir un refuge dans les situations dangereuses ou effrayantes;
- donner leur assistance aux personnes en détresse en téléphonant à la police ou à la maison, selon le cas;
- aider à la sécurité du quartier en signalant à la police toute activité suspecte;
- enlever l'affiche Parents-Secours quand ils ne sont pas disponibles.

Tous les nouveaux Parents-Secours sont informés des mesures à adopter en cas d'urgence.

On ne demande pas aux Parents-Secours de...

- donner à boire ou à manger, de permettre d'utiliser la salle de bains, ni de transporter qui que ce soit;
- d'administrer les premiers soins;
- de sortir de la maison pour mettre fin aux batailles ni de s'occuper d'une personne dangereuse.

Que pouvez-vous faire pour soutenir le Programme Parents-Secours dans votre quartier?

Expliquez le Programme Parents-Secours à vos enfants et dites-leur de se rendre à une maison Parents-Secours si...

- un inconnu, une brute ou un animal les terrorisent;
- eux-mêmes ou leurs compagnons sont victimes d'un accident;
- ils sont perdus ou malades;
- ils sont surpris par une tempête.

Devenez un Parent-Secours en...

- téléphonant au comité Parents-Secours de votre quartier;
- communiquant avec votre poste de police;
- remplissant et postant le bon inclus dans cet article. Vous recevrez une formule d'adhésion.

Je ne peux pas être un Parent-Secours parce que...

Je travaille le jour.
Quelques heures par semaine suffisent. Les enfants n'ont pas besoin d'aide seulement entre 9 h et 17 h.
• Je n'ai pas d'enfants...
Vous n'avez pas besoin d'en avoir pour vous soucier de la sécurité des enfants.

Je suis toujours prêt à aider, affiche ou pas.

Mettez les enfants au courant de votre disponibilité. Bien qu'ils aient été avertis de se méfier des inconnus, ils sauront que la maison arborant l'affiche Parents-Secours est la résidence d'un inconnu qui ne leur veut pas de mal.

Je ne veux pas ouvrir la porte à des inconnus

Vous n'avez pas à le faire. Tout ce qu'on vous demande est d'offrir un refuge aux enfants effrayés pendant que vous communiquez avec leurs parents ou avec la police, selon le cas.

Parents-Secours compte suffisamment de participants...

Détrompez-vous: il n'y aura jamais assez de Parents-Secours. Etant donné que tous les Parents-Secours ne sont pas disponibles en tout temps, plus ils sont nombreux, meilleure est la protection.

Si vous désirez un Parent-Secours, contactez le suivant:
- au comité Parents-Secours

local; - à l'école primaire de votre quartier; - au poste de police.



Toujours au poste, même si on n'a pas besoin d'eux.

Depuis 25 ans, le programme Parents-Secours du Canada travaille effectivement et efficacement dans des communautés situées aux quatre coins du pays...

pour protéger les enfants.

Grâce à l'affiche Parents-Secours placée dans la fenêtre, les enfants savent qu'ils peuvent trouver refuge dans cette maison.

pour accroître la sécurité de votre quartier.

L'affiche Parents-Secours décourage les malfaiteurs éventuels qui déduisent rapidement que le quartier bénéficie de son propre réseau de protection.

pour protéger tous les membres de la communauté.

Les maisons Parents-Secours offrent secours et assistance à tous, jeunes ou vieux.

Le Programme Parents-Secours offre une méthode efficace de protection des enfants et des adultes qui engage tous les membres de la communauté, y compris la police, les autorités municipales et la commission scolaire.

Les membres de Parents-Secours n'ont aucun statut légal autre que celui de simples citoyens. Il s'agit tout simplement de bénévoles, âgés d'au moins 18 ans, que la police a soumis à une procédure de sélection. Ces personnes sont prêtes à aider en cas d'urgence, quand elles sont disponibles, et l'indiquent en plaçant l'affiche Parent-Secours dans leur fenêtre

L'affiche rouge et blanche, facile à identifier, représente le symbole officiel du Programme Parents-Secours du Canada. Lorsqu'elle est placée dans la fenêtre, cette affiche indique clairement aux enfants et adultes qu'ils pourront obtenir immédiatement de l'aide en cas d'urgence. En outre, l'affiche avertit les malfaiteurs que les citoyens du quartier s'entraident pour assurer leur

Serie de video sur le developpement humain

Le centre de soutien des familles est fier de présenter une série de vidéo qui sonde le développement de la vie humaine. Les présentations vont ce faire le lundi à mercredi de 12h10 à 12h40 durant le mois de mars. S.V.P. apporter votre diner au Théâtre de la base dans l'edifice 90 pour une session informative.

LES ANNEES DE CROISSANCE

Mars 1	La Personnalité - Pre-maternelle
Mars 4	Les différences Individuels
Mars 8	Developpement Moral
Mars 11	Les aspects de l'intelligence
Mars 15	Les stero-types sociales
Mars 18	Les enfants parmi leur famille
Mars 20	Le cerveau de l'enfant
Mars 25	Le developpement physique à mi-croissance

A Noter: Ces videos, a présent, sont disponibles en anglais seulement. S.V.P. nous informer de votre interet si vous désirez les voir en francais. Rejoins Ursula Neufeld, 833-6870.

NEW ARRIVALS



Puzzled about Manitoba License Plates?

- Fire insurance?
- Contents?
- Pleasure items?
- Life Insurance?

Obtain them at your Base Insurance Office in the Main Rec Centre



Call us or drop in to:
Baldwinson Agency

BLDG 90 (REC CENTRE)
WHYTEWOLD RD
MONDAY TO FRIDAY
8:30AM TO 4:30 PM
889-2204



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GREETINGS FROM THE CHAPELS



Padre Gordon Shields,
Base Chaplain (P)

preparing to go off to various corners of this troubled world to bring a little Canadian order to all the chaos. But underneath all the pomp and ceremonial of leave taking lies the pain and despair. The spouses who are left behind to cope the best way they can - the children who are temporarily minus a parent - have a hard time smiling through the tears.

As Chaplains we are privileged to be allowed to become part of other peoples' lives. The open wounds require bandages and sympathy, but more than that they require the care which can only come from other "walking wounded". Our Lord walked among the lost and lonely and brought hope.

We who profess a living Christ must reach out to our hurting brothers and sisters. There is a lot of talk about our military community, but the word "community" conjures up images of a network of helping and caring persons. We have fallen short of that ideal.

Perhaps, now is the time to examine our lives and faith and thank God for the privilege of being His children. Let us take the time to reach out in our own corners of our community to that neighbour who is depressed; to the stranger among us who simply no longer wants to be a stranger.

We are anxious to save the whole world - to wipe out want and need - but realistically we have our hands full in looking after our own small corner. If every one of us was to reach out to one person and offer a hand, a shoulder or an understanding ear, think of the powerful effect it would have.

The tears won't go away, but perhaps we can offer the tissue; the children will be no less lonely, but perhaps they will find themselves in an extended family. May God look after our troops as they depart to their duties, and may He give us all the strength to look after each other.



ROMAN CATHOLIC CHAPELS

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Sunday: 0900 hrs (Fre) Tue, Wed & Thurs: 1800 hrs
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St. George's Chapel (South Site)

Sunday: 1000 hrs (Eng) Weekdays Wednesday: 1900 hrs

PROTESTANT CHAPELS

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2nd, 3rd, 4th Sundays - 1100 hrs - Divine Worship
Sunday School During Worship

St. Andrew's Chapel (South Site)

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2nd, 3rd, 4th Sundays - 1000 hrs - Divine Worship
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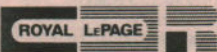
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