



**Free**  
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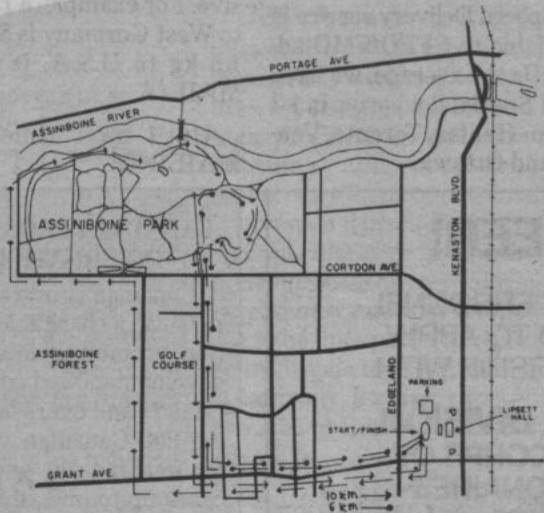
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# From the Mailbag

MCpl Wayne Obelman

In the last article, I talked on the size restrictions and a little on First and Fourth class parcels. Today, I'm going to talk on special services available to each of these classes. First, services available to First class mail are:

- (a) Registration
- (b) Insurance
- (c) Certified Mail
- (d) Cash On Delivery (C.O.D.)
- (e) Special Delivery

N.B. All fees for services are in addition to First class postage.

Registration is designed for one thing — security. The sender is given a receipt at the time of mailing, a record is kept of the item in the course of post and a signature obtained from the addressee or authorized representative upon delivery. A common myth with registration is speed. This could be quite to the contrary because every post office that register stops at has to be signed for and then despatched again.

At the present time, the fee is \$2.70. With this amount, is an indemnity (insurance) coverage of \$100.00. The maximum coverage is \$1000.00. The cost is \$.37 for each \$100.00 increment above the initial fee. For example, if you want coverage for \$250.00, your registration fee would be \$2.70 plus \$.74 (2 x .37) for a total of \$3.44.

One customer said, "I would like this to go Double Registered". Well, after a lengthy "O" Group, it was finally figured out that what the customer wanted was an Acknowledgement of Receipt (AR) card. This is a pink card which is affixed to the register at the time of mailing or can be sent after the register has

gone. When the card arrives at the destination, the card is also signed for and then returned to sender. The cost is \$.62 at the time of mailing or \$1.03 if register has already left.

The next service is Insurance. Canada Post provides compensation for loss, rifling or damage. Items not acceptable for Insurance are:

- (a) Registered mail
- (b) C.O.D.
- (c) Money Packets
- (d) Postage stamps
- (e) Currency and negotiable premium coupons or trading stamps
- (f) Coins
- (g) Lottery tickets

N.B. Items of mail which are of a fragile or perishable nature cannot be insured for damage (loss only). This also applies to registration. If you have any receipts for the value of your item, keep them, as you may need them if you have to file a claim. If you do not have any receipts, Canada Post may estimate the value of your article. Canada Post also states that no liability is assumed by Canada Post for loss, rifling or damage caused by improper mail preparation. The fee is \$.37 for \$50.00 coverage, \$.43 for up to \$100.00 and \$.37 for each \$100.00 increment up to a maximum of \$1000.00. The sender is issued a receipt only. The other insurance has Proof of Delivery. When the item is delivered, the addressee or Authorized rep must also sign the form. The Post Office will keep a copy and the addressee will also receive a copy. The fee is \$.77 for the first \$100.00 and \$.37 for each \$100.00 up to \$1000.00 maximum.

## 1988 Christmas Mailing Deadlines 1988 Dates Limités pour le Courrier de Noël

DESTINATION	AIRMAIL PAR AVION		SURFACE MAIL (Packets, Parcels, Unsealed Greeting Cards) VOIE DE SURFACE (Paquets, Collis, Cartes de souhaits sous enveloppe non scellée)						DESTINATION
	Letters Lettres	Small Packets & Parcels Petits paquets & colis	Nfld. T.-N.	Maritimes	Ont-Que Ont., Qc	Man-Sask. Man., Sask.	Alta Alta	BC C.-B.	
Great Britain & N. Ireland	3 Dec	1 Dec	4 Nov	7 Nov	14 Nov	4 Nov	4 Nov	1 Nov	Grande-Bretagne et Irlande du N.
Rep. of Ireland	3 Dec	1 Dec	4 Nov	7 Nov	14 Nov	4 Nov	4 Nov	1 Nov	Rép. d'Irlande
France	3 Dec	1 Dec	4 Nov	7 Nov	14 Nov	4 Nov	4 Nov	1 Nov	France
Germany (Fed.)	3 Dec	1 Dec	4 Nov	7 Nov	14 Nov	4 Nov	4 Nov	1 Nov	Allemagne (R.F.d')
Netherlands	3 Dec	1 Dec	4 Nov	7 Nov	14 Nov	4 Nov	4 Nov	1 Nov	Pays-Bas
CFPOs	3 Dec	1 Dec	4 Nov	7 Nov	14 Nov	4 Nov	4 Nov	1 Nov	BPFC
Japan	3 Dec	1 Dec	28 Oct	29 Oct	31 Oct	5 Nov	5 Nov	7 Nov	Japan
Hong Kong	3 Dec	1 Dec	28 Oct	29 Oct	31 Oct	5 Nov	5 Nov	7 Nov	Hong Kong
Switzerland	3 Dec	1 Dec	31 Oct	4 Nov	12 Nov	3 Nov	3 Nov	31 Oct	Suisse
Sweden	3 Dec	1 Dec	31 Oct	4 Nov	12 Nov	3 Nov	3 Nov	31 Oct	Suède
Australia	1 Dec	26 Nov	7 Oct	8 Oct	10 Oct	15 Oct	15 Oct	17 Oct	Australie
New Zealand	1 Dec	26 Nov	7 Oct	8 Oct	10 Oct	15 Oct	15 Oct	17 Oct	Nouvelle-Zélande
Philippines	1 Dec	26 Nov	10 Oct	11 Oct	13 Oct	18 Oct	18 Oct	20 Oct	Philippines
OTHER COUNTRIES IN									Autres pays
Europe	1 Dec	26 Nov	25 Oct	28 Oct	5 Nov	27 Oct	27 Oct	24 Oct	d'Europe
Asia	1 Dec	26 Nov	3 Oct	4 Oct	6 Oct	12 Oct	12 Oct	14 Oct	d'Asie
South Pacific	1 Dec	26 Nov	3 Oct	4 Oct	6 Oct	12 Oct	12 Oct	14 Oct	d'Océanie
Africa	1 Dec	26 Nov	27 Sept	1 Oct	8 Oct	30 Sept	30 Sept	27 Sept	d'Afrique
South America	1 Dec	26 Nov	17 Oct	21 Oct	29 Oct	20 Oct	20 Oct	17 Oct	d'Amérique du Sud
Caribbean	1 Dec	26 Nov	17 Oct	21 Oct	29 Oct	20 Oct	20 Oct	17 Oct	des Caraïbes

With the next, service, it is either unknown or unpopular. If a customer is not worried about security, but would like to know if his or her parcel or letter was received, then Certified Mail is the answer. The service is cheaper as compared to registration (\$1.55 plus postage versus \$2.70 plus postage). Certified mail can also be used for Fourth class parcels which can be mailed even cheaper. When delivered, the addressee or Auth rep signs for it, a copy is then sent back to the sender and the Post Office also retains a copy. Certified Mail is only good in Canada and CFPO/FMO addresses. Registration and C.O.D. cannot be accepted for Certified Mail service.

Another myth that customers have is that they can send a parcel and have the other pay. This is true but there is a catch. By using Cash On Delivery (C.O.D.), you can have any costs reimbursed back to the sender. BUT! You still have to pay for that parcel to go to the destination and you have to pay the C.O.D. fee. The amount of

the C.O.D. can be determined by adding the following charges:

- (a) Value of the item
- (b) Service charges (repair)
- (c) Sales tax
- (d) Postage
- (e) C.O.D. fee

C.O.D.'s can only be mailed at an accounting Post Office (where money orders are sold) for delivery in Canada only.

Items not accepted for C.O.D.

- (a) Items not ordered or requested by addressee
- (b) Collections of old accounts

The fee is \$2.05 for the first \$100.00 and \$.37 for each additional \$100.00 up to the \$1000.00 maximum.

The last service is Special Delivery. Mail is handled and delivered on a priority basis by the most expeditious means available at all Post Offices.

N.B. Special Delivery service is not available to CFPO/FMO addresses. On the average, we have received Special deliveries in 1-3 days from Halifax, Toronto, Vancouver and Ottawa.

The fees are:

- (a) \$1.83 for letter mail within Manitoba
- (b) \$2.63 for letter mail outside Manitoba
- (c) \$1.40 for First class parcels

The only services available to Fourth class parcel are:

- (a) Certified Mail
- (b) C.O.D.
- (c) Insurance

These services follow the same rules as for First class.

Also listed is the 1988 Christmas Mailing Deadline Dates.

One of the biggest problems we experience each year is the complaints from customers on the amount of postage they have to pay for Christmas parcels. Please do not wait til the last minute as this can be very expensive. For example, a 1.5 kg parcel to West Germany is \$16.90 and a 1.5 kg to U.S.A. is \$8.25 AIR MAIL.

Until next time, HAPPY MAILING!

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### CANADIAN CROSSROADS INTERNATIONAL

Canadian Crossroads International, a charitable organization promoting international development and education in Canada and overseas, is seeking 200 Canadian volunteers for four months and in some cases up to one year long development projects in 1989. You could be placed in one of thirty-six Third World countries. Applicants require cultural sensitivity, adaptability and commitment to promoting international awareness. The minimum age is 19 years with no maximum age. A specialized skill is not essential. You will receive extensive training. A living allowance, airfare and accommodation are provided. Each participant must raise part of the program costs. The deadline for applications is September 25, 1988.

For more information contact Crossroads Local Committee Co-ordinator, Mr. John Lawless at 204-775-4805, who is selecting volunteers now.



### FOLLOWING THE CANADIAN FORCES

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DEADLINE 19 SEPT. 88/DATE DE TOMBÉE 19 SEPT. 88  
NEXT ISSUE 28 SEPT. 88/PROCHAINE PARUTION 28 SEPT. 88





Interculture Canada, the nation's leading intercultural exchange organization, is scouting the country coast to coast for mature students, aged 15 to 18, interested in studying abroad for one full school year.

This non-profit, charitable organization is this year celebrating its tenth anniversary and wishes to see more young people join its growing class of international students. "It's the educational adventure of a lifetime," says Leon Bonneau, an active volunteer for the organization in Debden, "and the time to plan it is now."

Mr. Bonneau is concerned that not enough students are aware of the availability of this kind of intercultural learning experience. "It really is worth knowing about" he says. "Our students come home with a wealth of knowledge, skills and first-hand experiences, which opens up a lot of doors."

Placements through Interculture Canada are available in over thirty countries around the world. For countries whose school calendar begins in winter, such as Australia or Brazil, students must apply before September 25, 1988. For the remaining summer departure destinations, November 30, 1988 is the application deadline.

"It's an opportunity not to be missed," concludes Mr. Bonneau. "Not only do our students develop more self-confidence through the experience, but by living with a carefully chosen host family, they also get a real and lasting taste of life in a completely different part of the world — a challenging education in itself."

Interculture Canada is a member of AFS Intercultural Programs, the world's largest network of international student exchange programs established in 1947 and now operating in over seventy countries. Participation fees are comparable to the amount normally spent on an adolescent over an 11-month period. Orientation camps, the support of local counsellors, and full-time national office assistance in all member countries distinguish the reputed quality of this organization's exchange program. Financial assistance is available.

For more information, please contact Leon Bonneau at (306) 724-4684, or toll-free, 1-800-361-1879.

# LETTERS TO THE EDITOR

## Free to fly pri 5 again

Thank you for granting my last letter coverage on the same page as the Base Chief, and Quincy, of course. That guaranteed that practically the entire Base would read it and unfortunately, a lot of them misinterpreted the intent of the message. Therefore this clarification.

The letter was not meant to be vindictive in any way, but rather simply to draw attention to the fact that there were other agencies involved in the operation of the loading of the C5A Galaxy.

My apologies to the Air Movements Section whose role, I have since learned, involved more than assisting the aircraft's five loadmasters. The job entailed quite a bit of pre-



Lt Horm Irani offers Lt Lynn Byers a "peace" muffin to squelch the base-wide unrest caused by his last letter to the Editor.

packaging and preparation before the aircraft even got into Winnipeg.

I hope this settles the dust and that I will be free of my labels "ogre", "bitch",

"\_\_\_ hole", etc...and able to travel Priority 5 again!

H.M. Irani  
Lt.  
ASO-TTT  
5123

# Conditions of service — Questions from CF mbrs

*In the course of a recent Condition of Service staff visit to CFB Winnipeg, a number of questions were asked by CF members which no one on the visiting team was able to answer at the time. The questions have been researched and the answers are provided below.*

**Question:**  
If a single parent can be sent to Alert or on a six-month UN tour, why can't he/she be posted to Europe?

**Answer:**  
CFE is an accompanied tour to an operational theatre in which a requirement exists for a non-military parent to be available and responsible for dependant children in the event of a military emergency.

**Question:**  
If a single mother (or married service couple) elected to leave a dependant child/ren in Canada with relatives/friends or undertook to bring (or employ while there) a full-time nanny/housekeeper if posted to CFE, would a posting then be possible?

**Answer:**  
Only the parent is legally responsible for the care of the dependants. Therefore, where children are left in Canada, there is a high potential for personal disruptions and consequently detractions from operational effectiveness if problems occur (for example illness or injury, change in circumstances regarding child care) that would require the parent to be unexpectedly repatriated to Canada to be with the child. Alternately, if a nanny was either brought to Europe, or employed

from the local population, there is no guarantee that the nanny would want to continue the child care relationship during the entire time the member remained in Europe. Further, a nanny or housekeeper will not have a parental bond with dependants and could behave unpredictably in times of tension. It is recognized that similar circumstances to those described can and do arise in the case of married couples who decide to separate. However, legal responsibility for the dependants almost always is placed with the spouse who returns to Canada. Where this is not the case, the single parent member is repatriated at the earliest opportunity.

**Question:**  
I am a supply tech who wears the air force DEU. I would like a posting to the parachute main-

tenance depot but have been told that I am wearing the wrong colour of uniform for this. What is the policy?

**Answer:**  
The policy is to accept all volunteers regardless of environment. As of March 1988, there were two air element parachute riggers (sup techs) employed at Canadian Forces Parachute Maintenance Depot.

**Question:**  
Why do new officers receive second language training (SLT) before they complete their occupational training? Would it not be better to conduct the training in reverse order & thereby reduce the resources wasted on those who fail their occupational training?

**Answer:**  
The decision was made to provide SLT before MOC training

for the following reasons:  
a) In the case of francophones, MOC training is generally given in English only, therefore, it is necessary to provide SLT before MOC training;  
b) Commands indicated that they preferred personnel who had just completed the MOC training because these personnel were ready and eager to put into practice without delay what they had learned;  
c) In the majority of cases, personnel who complete MOC training move immediately from the Base Training List (BTL) to the Advanced Training List (ATL). The cost in providing SLT for ATL personnel is much larger than for BTL personnel. Therefore considering all circumstances, it is much more efficient to provide SLT before MOC training.

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# Latchkey children by Dr. Derevensky

Eleven year old Susan, arrives home from school at 3:30, searches for her key, lets herself into the house and secures the door behind her. She calls her mother to tell her she has arrived safely, has a snack, begins her homework and watches some television. It will be several hours before either parent returns home from work.

Billy, age 13, will get up at 7:00, makes breakfast for his brother age 10, and they will leave for school together at 8:00, locking the door behind them. Billy's father will call to make certain they leave on time. Both parents left for work two hours earlier.

Billy and Susan are part of an ever growing group of children commonly referred to as LATCHKEY KIDS. The term originated with youngsters who traditionally wore house keys around their neck and returned from school to an unsupervised home. Estimates are that approximately 6-8 million children in Canada and the U.S. are unsupervised and are responsible for substantial self care.

The traditional stereotype of children eating cold meals, being deprived, neglected and insecure no longer fits. These youngsters are generally physically and psychologically healthy and are a phenomenon of family life in the 1980's.

While there appears to be a genuine lack of sound empirical research on these children several MYTHS seem to perpetuate. They have been portrayed as being more fearful, apprehensive and insecure. They have been reported to perform poorly in school and their development to be delayed. Others suggest that they have a greater number of social problems and may be "hurried children". Current research has failed to support these beliefs.

For the parent, a major consideration is at what age are children responsible enough to leave unsupervised? Rather than merely designating a particular age it is more appropriate to determine the child's intellectual and social maturity. Is he self disciplined? How responsible is he? Some are capable of caring for themselves at 10 and 11 years of age while others must wait until 13 or 14.

Self care is often the last choice selected by parents. Yet, what appears to be important is the type of preparation these children have for spending time alone. In *The Handbook for Latchkey Children and Their Parents*, Lynette Long has suggested a "survival skills" training program which should be taught to all children by their parents. The primary aim of this program is to enhance self care skills and to enable youngsters to deal with

unexpected emergencies. The following topics should be covered in the educational process: (1) safe keeping of the house key; (2) travelling safely to and from school; (3) household emergencies such as power failures, fires, personal injuries; (6) knowing basic first aid in case of accidents; (7) appropriate eating habits; (8) reducing and effective handling of such fears as noises, darkness, etc; and (9) methods of reducing boredom.

Having children "check-in" periodically and knowing that they can reach a parent, relative or friend in case of an emergency will often reduce both the parents' and children's anxieties.

In addition to ensuring our children's safety and emotional and psychological well being, social service and educational agencies should also become more responsive to the needs of the two parent and single parent working family. Schools should be encouraged to extend the use of their buildings both before and after school hours. While I am not advocating leaving young children in self care situations for prolonged periods and believe that good adult supervision is essential, helping children through direct teaching and training programs can help minimize potential problems.



— Safekeeping of the house key should be part of the survival skills training program for latchkey children. Robert uses his Fisher-Price Coin Jammer to safely store his change and house keys.



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# SQUASH CLUB

There will be a meeting of all interested squash players at Bldg 90 (Rec Centre) at 1030 hr on 21 Sep 88. The meeting will consist of a report on last year's activities and an outline of proposed activities. Of immediate interest will be the establishment of a house ladder to begin 1 Oct 88 and a club Introductory Tournament in October designed for all levels.

Based on last year's interest, the CFB Winnipeg Squash Club will be participating in the Squash Manitoba Interclub League beginning 26 Oct 88.

For further information contact LCol Al Erickson at AirCom HQ at local 5275 or Maj Rick Thompson at AirCom HQ at local 5730.

Good Squash!

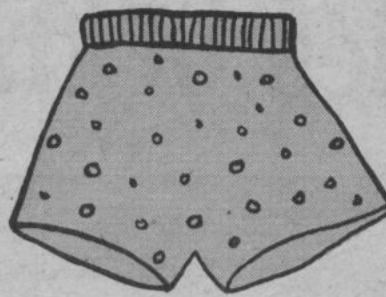
## Mini Franco Fun

S'adresse aux enfants d'âge préscolaire (0-5 ans) sachant parler français. Un groupe de parents se rencontre une fois par semaine pour faire participer les enfants à différentes activités (jeux, bricolage, lecture, etc.)

Le club a besoin de nouveaux membres. Pour plus de renseignements, veuillez téléphoner au numéro 889-0662.

## Mini-Francofun

The "Mini-Francofun" organization is endorsed by the Fédération Provinciale de Comités de Parents and aims to bring together people interested in participating in activities taking place in the French language. For more information, please contact Mrs. Rita Toussaint-Archambault at 889-0662.



# 17 SVC BN Briefs

Welcome to 17 Svc Bn Briefs. This is the first of what hopefully will be many informational articles about Winnipeg's very own Reserve Service Battalion.

Now before you move on to another article in the Voxair, let me explain that the Reserves, or what ever other handle you may wish to hang on Minto Armoury, are just as dedicated, keen and interesting as any Reg Force unit. We may have to do our training during the hours that everyone else is playing ball or off camping for the weekend, but that alone speaks well for the young men

and women who desire to include the Service as part of their lives.

Activity is very quiet right now as the summer Call-outs are completed and the Fall program is in the severe planning stage. As Sep rolls along, ranges, field exercises and the multitude of training that must take place, begins. Future articles will include personality profiles of some of the colourful people that make up the Service Battalion. Anticipate Perfection, even if it does take effort.

The Briefmaster



There is a new landmark on the St. James horizon. A large modern Deer Lodge Centre, is offering increased services to both veterans and community seniors.

As a volunteer, you will be a part of this exciting growth, by helping on the wards, feeding patients, assisting with recreation and day care programs, completing daily menus, or joining the auxiliary.

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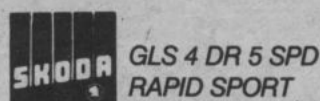
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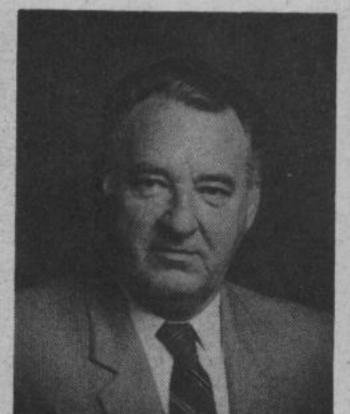


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GET MET. IT PAYS.



# Memories of the Grand Forks Airshow



Capt "Speedy" Fast stands watchdog to control access onto the Dak while Maj Brian MacGregor peeks out.



"We mean business" sign on cordon for B-1 Bomber in foreground with Dak in the background.



Maj Brian MacGregor, BFSO, patiently fields questions about the Dak.

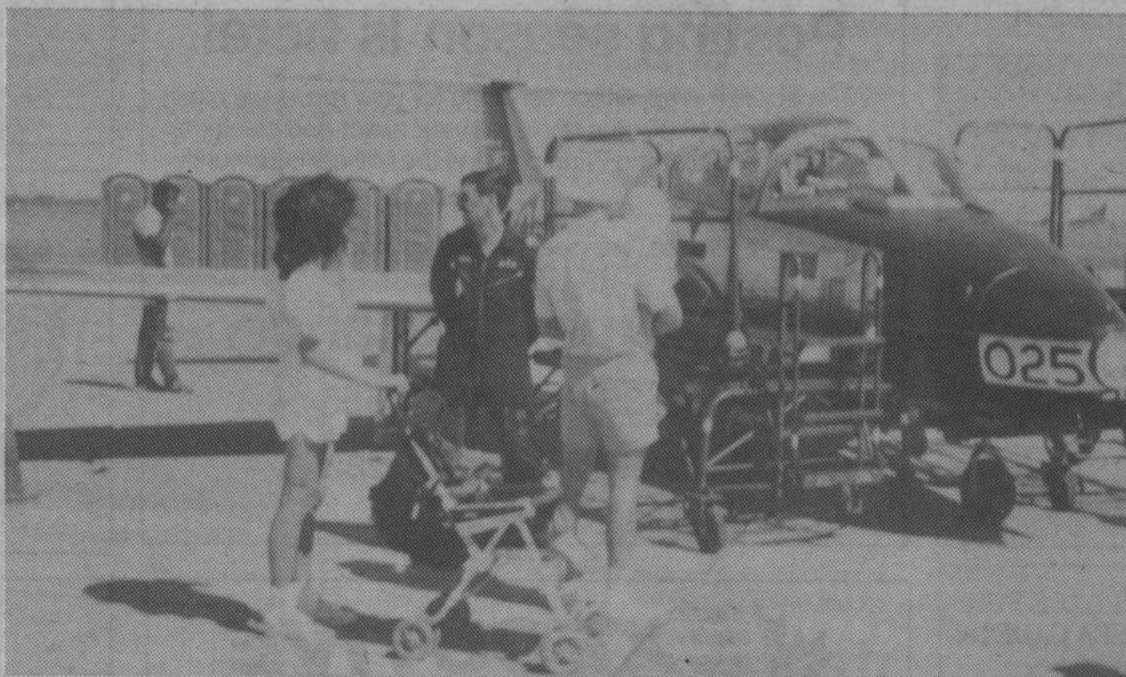
The Canadian Forces were well represented at this year's "Friends and Family Days" held 25 and 26 Jun 88, at Grand Forks Air Force Base in North Dakota.

CFB Portage provided static displays of a Tutor, Jet Ranger, and Musketeer. Dakota 950 from CFB Winnipeg/CFS-ICP proved to one of the most popular exhibits at the show with lengthy lineups, all day, to view her.

Some other features of the day were static and flying displays by both the B-1 Bomber and the KC-135 Tanker. The grand finale was the Blue Angel Aerobatic Flying Team with a most impressive routine in their blue and yellow F-18s.

Many Base/Winnipeg folks made the trek down, and were not disappointed. So set aside the 17 and 18 Sep weekend and take in the CFB Portage Air Show which promises to be just as diverse and exciting as Grand Forks!

by "Ace" Irani



A pilot from Portage answers questions about his aircraft.



A large gathering mills around the Dak with a KC-135 Tanker in the background.



CFS MET



Promoted — MCpl Steve Bergeron, Orderly Room Clerk at the Canadian Forces School of Meteorology is congratulated on his recent promotion to that rank. A transfer to the south side and 2 PPCLI followed shortly thereafter. CFSMET staff wish MCpl Bergeron continued success.

CFS



LCol JR Elias, Commandant Central Flying School, presented the United States Air Force Meritorious Service Medal to Captain ML Nickell, USAF Exchange Officer at the CFS/ICP School on 18 August 1988. The award is presented in recognition of Capt Nickell's outstanding performance as an instructor pilot while employed as Chief of Flying Training and Chief T-43 pilot at the Stan/Eval Section, 323rd Flying Training Wing, Mather Air Force Base from Mar 85 to Apr 88. Congratulations and well done, Nick!

73 COMM GP HQ



Maj F. Sauntry, COS of 73 CommGp HQ presents 2Lt Kent Haidl, a reservist from 734 Comm Sqn Regina with his new epaulettes. His commissioning from the rank of MCpl was effective 15th July 1988.

# Bameo Airman of the month



MCpl Tim Keen accepting congratulations and the reservation to Lt Iran's very exclusive parking spot on the doorstep to 16 Hangar from BAMEO, Maj Tudor, upon his selection as Airman of the Month — Sep 88.

MCpl Tim Keen is a communications/Radar System Technician presently employed on #3 Crew T-Bird, Tutor and Transient Servicing.

During a routine turn-around of a Boeing through CFB Winnipeg, number four engine would not start. A starter change was required. Although not a trained Aero Engine technician, MCpl Keen cheerfully pitched right in and helped complete the messy job. The mission continued on close to schedule, which was appreciated by the aircrew who had

already been on duty for 15 hours.

This example of effective and cheerful assistance fostered a great team spirit between members of the Air Force family. For his initiative and dedication, MCpl Keen is BAMEO Airman of the Month for Sep 88. Besides, how can you go wrong with a name like Keen.

Tim is single and very available ladies! He hails from Niagara Falls, Ont. and his hobbies include photography, bicycling, camping and fishing — a "natural" for Crash & Salvage.

## Aqua Eagles swim for Children's Hospital




On 19 July 1988 Col L.H. Reynolds presented a cheque for \$654.02 on behalf of the CFB Winnipeg (Master Swim Club) Aqua Eagles to Dr. Cal Cameron, Head of the Paediatric Intensive Care Unit for the Children's Hospital.





**BASE TEAM VOLLEYBALL PRACTICE**  
**WHEN:** tuesday sept. 20th 1645 HRS  
**WHERE:** north site gym (BLDG 90)  
**CONTACT:** MCPL Frank Nadon LOC 5219




**Ladies Broomball Meeting**  
 19 Sep 88  
 1700 hrs  
 Bldg 90  
 Contact MCpl Pearce Loc 5514

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 1000 hrs  
 16 Sep 88  
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**KIDS KIDS LEARN TO SWIM**  
**WHEN:** 10 Oct — 10 Dec 88  
**WHERE:** Lipsett Hall  
**TIME:** 0900-1100 hrs Saturdays  
**COST:** \$20.00 — 10 week session  
**RED CROSS PROGRAM**  
 Future Courses — Jan 89 Westwin  
 Jan 89 Lipsett Hall



**Mens Broomball Meeting**  
 19 Sep 88  
 1800 hrs  
 Bldg 90  
 Contact MCpl Pearce Loc 5514

# Base Fastball Team — Trip to Calgary



L-R  
 FR Row — Andy Hagens, Mike Hachez, Mickey Martin (Capt), Richard Parent (Coach), Rick Dodds.  
 MD Row — Paul Vanderhorden, Mike Crotty, Bernie Roy, Ivan Inkpen  
 RR Row — Brian Pearce, Bob Burke, Butch Ott, Bud Burgess

On the 6 Aug 88, CFB Winnipeg Fastball team travelled by air to CFB Calgary to participate in the Prairie Regional play-downs. Our week's schedule was as follows:  
**Monday** — we lost both games. 19-1 against Calgary and 16-3 against Edmonton  
**Tuesday** — we won both our games. 28-9 against Portage La Prairie and 6-4 against Shilo. This made us the winner of the unofficial Manitoba trophy. We are still looking for an appropriate setting for the cow patty!  
**Wednesday** — we faced our lowest point in the tournament by allowing Moose Jaw eight (8) unearned runs and losing the game 15-7.  
**Thursday** — our game was rained out against Cold Lake.

Winnipeg's record for the week was 3 losses, 2 wins and 1 tie.  
 As a group of slow pitch ball players, we just couldn't compete against teams who were playing in established fastball leagues. Both playoff teams were involved in these leagues and it showed against our team. Calgary and Edmonton played off with Calgary winning the rights to represent the Prairies at the Nationals in Trenton in September.  
 As coach of this team, I would like to thank everyone involved in making this week a success. Not everyone can be mentioned but recognition should be given to Capt Peet and Sgt Piper from the Rec Centre, Cpts Rawlings and Reader for our transportation by 402 Sqn a/c. Last but certainly not least I would like to use

this media to personally thank the ball players who made up this year's edition of CFB Winnipeg Flyers fastball team.  
 It would have been easy to fall by the wayside after the two losses on the first day but as a team we regrouped and tried to salvage a decent record which was accomplished after winning the next two games. Each player showed class by playing and acting in a professional manner all week long. I'm thanking them for their loyalty and dedication to the commitment we made as a team in that we were going to represent CFB Winnipeg as best as we could and we did. Thanks.  
 Coach: Sgt Rick Parent

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# CHAPLAINS CORNER



## A Friend

"There is a friend that sticketh closer than a brother." (Proverbs 18:24)

As girls growing up, our parents were very particular about the friends we, their daughters, chose to have very close to us. Parents and teachers were hammering the same lessons into our heads. Often we were told pithy sayings like:

"Show me your friends and I will tell you who you are"

Birds of a feather flock together"

With no brothers of our own, we became even more conscious of the type of behaviour exhibited by the brothers of our girlfriends and as teenagers my sisters and I began to see the meaning behind many of the proverbs, verses and sayings we were taught.

Last week as I was mowing the grass around the PMQ, I found myself automatically lining up each row of grass being cut with the straight line of the con-

crete pathway. There were times when there was a slant to the concrete and I realized that I preferred to keep the straight row I was finding some delight in making, even though it took more effort to keep to the "straight and narrow".

Then I found myself reflecting on this article I had already started to ponder in my mind. "Truly", I thought, "these rows represent the friends we keep and what we use to guide us." If our friends or those guiding us keep to the straight and narrow pathway of Christ, then what a beautiful pattern our lives can make, for Jesus said,

"I am the way, the truth and the life." (John 14:6)

For me, Jesus is also a friend that sticks even closer than a brother and one of my mother's favourite hymns says:

What a Friend we have in Jesus,

All our sins and griefs to bear!

What a privilege to carry Everything to God in prayer!

To have a good friend means spending time with that person, doing things together, helping each other, sharing thoughts and dreams with each other. This was what Jesus' friends, his disciples, experienced as they walked with Jesus. We too can be friends to Jesus and have him as our friend as we share his love with all whom we meet.

If you call someone a friend and do not find or make the time to share yourself in different ways with your friend, then you may find yourself drifting away and seeking other friends with whom you begin to form a greater bond. To have God as your

friend and guide, you need time to be alone with God whether it is on your way to work, walking or driving or preferably early in the morning before you get too busily attentive to the day's activities. Jesus, a good friend, and guide, showed us the way by rising up early before the rest of his friends and family got awake and he went out of the house to be quiet and alone in prayer with God. Like Jesus, our friend and brother, we too can grow closer to God and to each other. Like the spokes of a wheel, the closer we are to God who is at the hub or centre of our lives, the closer we get to each other.

There we have two analogies for our lifestyle. We can line up our lives with Jesus Christ as our straight and narrow pathway that we and our friends choose to follow in beautiful rows, developing closely beside each other as we walk along life's road in our different forms of vocation, profession or occupation.

However, in order to be really close to each other like the spokes at the hub and like the members of a large, loving, closely knit family, we need to draw close and touch God at the centre of our lives. As we become close to our friend Jesus, we become more aware of each other and each person's needs, and may even find delight in singing the chorus:

"Draw me nearer, nearer, nearer blessed Lord

To the cross where Thou hast died

Draw me nearer, nearer, nearer blessed Lord

To Thy precious bleeding side"

Padre V.C. Guntley

# Greetings from the Chapels

## General Information

St. George's RC Chapel is serving personnel and dependents of the Canadian Forces (South Site). The Chapel is located at the corner of Kenaston Boulevard and Carpathia (North of Lipsett Hall). The Padre resides at 379 Grenadier Drive with the office in Building B-5, 2nd Floor, in the CFB Compound (South Site).

There is only one Mass (in English) on Sunday 1000 hrs. (French Mass is at 7:00 p.m. on Saturday at Our Lady of the Airways Chapel (North Site). Weekday Mass is at 6:30 p.m. from Monday to Thursday. Please phone a day ahead for Saturday evening Mass. Confession is before or after Mass or any other time desired.

Sunday School begins on 18th of September, 9:00-9:45 a.m. and every Sunday. Training for altar servers (those who have received First Communion) will be done once a week. Instruction for First Confession, Communion and Confirmation and Religion in Life is

done before Christmas. Baptism requires three weeks notice and for marriage three months notice is required.

The Padre is available for consultation, counselling and interviews at his office on weekdays — 8:00 a.m. to 4:00 p.m. and at the Chapel from Monday to Thursday at 6:30 p.m. Call for appointment.

Catholic Women's League is open to all single and married Catholic ladies of the parish. Meetings are held at the North Site once a month. You are also welcome to join the Parish Council for spiritual and social programming. Inquire about our prayer group and scriptural meditation hour.

Captain (Father) Lindo Molon,  
Phone No. at home: 489-5654  
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## Tipping The Scales in Your Favour

Canadians have an energy problem. Too many of us take more energy into our bodies than we put out. As a result, more than half our adult population needs to slim down.

That means we don't look as attractive or feel as good as we'd like to. Just as important, we're not always able to perform to the peak of our abilities.

The solution isn't a new diet. A diet reduces your measurements quickly, but only at some expense to your overall health. Chances are it isn't something you could stick with for a long time. You may revert to your old habits and the dial on the scales will slowly creep up again.

The key to being slim is not dieting, but changing your

lifestyle habits as they relate to food and physical activity. Changing them not drastically, but gradually. Changing them not for a few weeks or months, but forever.

Lower your energy intake (the amount you eat) and increase your energy output (your physical activity). Use up more energy than you consume until you reach the body mass (weight) you should be. Then, get the input and output in balance so you maintain yourself at that level.

For example, to lose 1 pound, you need to consume 3,500 calories less than you use in activity or conversely, use up 3,500 calories more than you eat. That means lowering the quantity of food you eat somewhat.

However, the quality of your food shouldn't suffer; in fact, the opposite is true. You need wholesome, basic food from each of the four food groups: milk and milk products, meat, fish, poultry and alternates, fruits and vegetables, breads and cereals.

Exercise, by itself, is a slow way to lose mass. For example, you would have to walk or run 2 km to burn off the energy in two cookies. However, in combination with improved eating habits, exercise is a highly effective way to get trim and stay there.

Before starting any diet and exercise program, see your doctor. If you have any questions after that, ask your neighbourhood pharmacist for advice. He or she has the knowledge and experience to help you help yourself.

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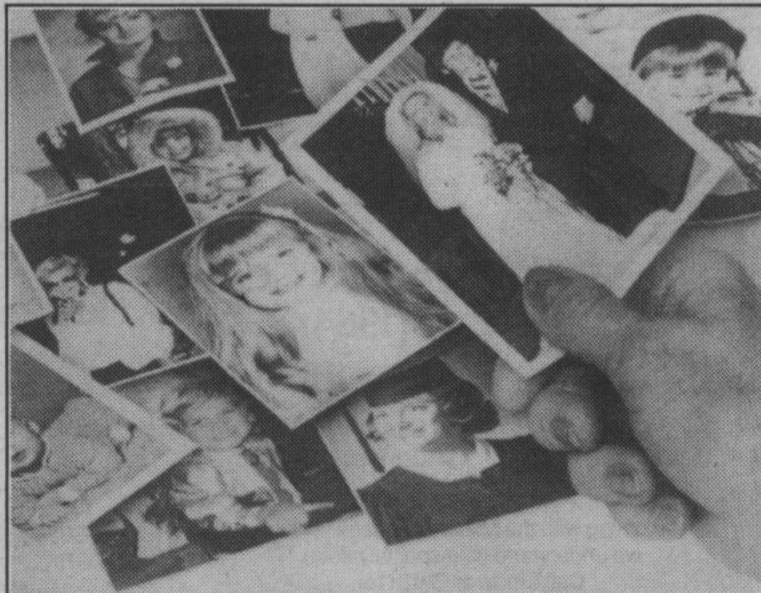
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