

REAR-ADMIRAL YANOW WELCOMES HOME HMCS ORIOLE . . . After 15 days, 15 hours and nine seconds at sea, HMCS Oriole completed the Victoria to Maui International Yacht Race to place seventh in the First Division. ORIOLE received the Navigator's Trophy for having the closest estimated time of arrival.

The crew of 21 had an adventurous journey wherein the ship was "knocked

down" in heavy squalls during which ORIOLE withstood an 80° list for over a minute and continued to make good a speed of over 10 knots. She spent 15 days alongside in Hawaii before embarking on the 18 day trip home.

ORIOLE was away for a total of 48 days, of which 33 were spent at sea and she covered approximately 5,200 nautical miles.

To dispel any uncertainty about pension reform

OTTAWA — Proposed changes to the pension plans of members of the Canadian Forces (CF), part of a major reform by the Treasury Board of all public service pension arrangements, have been revealed in a report tabled June 25 in the House of Commons. The legislative changes will be considered in a Bill to be introduced before Parliament in the fall.

According to Chief of the Defence Staff, General Paul D. Manson, the proposed reforms do not pose any real threat to the pension arrangements for retired and serving members.

For existing CF pensioners, the good news is the government's continuing commitment to them to guarantee full annual inflation protection through indexing of pensions to the full consumer price index (CPI).

Serving members with pensions arising from service to their credit prior to the effective date of change will also have guaranteed indexing to CPI. However, service after the date of the legislative change will no longer have the same full inflation protection. Inflation protection will be targeted to, but will not exceed, full CPI. For CF

members, this benefit will be funded through the interest earnings of the CF Superannuation Account (CFSA).

In other words, a serving member with 20 years service on the date the reform measures are enacted, will receive guaranteed indexing to full CPI for these 20 years, but service after the effective date will receive inflation protection consistent with the interest earnings of the CFSA. These interest earnings will be based on performance and rate of return earned by a representative sample of private sector invested pension funds.

"Provided the anticipated relationship is maintained between the financial performance of the private sector plans and the CPI," says Gen Manson, full indexing to CPI should be possible in future."

The pension contribution rate for CF members will continue to be equivalent to that of employees in the public service. As well, the government will continue to contribute to the remainder of the cost. The government contribution is expected to remain in the range of two times the rate paid by CF members. "The govern-

ment remains committed to the additional financial support implicit in the CF early retirement programs," says Gen Manson.

In recognition that joint management of public service superannuation plans is needed, the government will establish a Pension Management Board on which the CF will participate. According to the CDS, it may be more appropriate to establish, in due course, a separate management system for the CFSA, guided by general policy provisions applicable to public service superannuation plans, but tailored to CF needs.

The proposed pension changes reflect the government's intention, announced last April by Treasury Board President Robert De. Cotret, to operate public service pension plans, including the CF Superannuation Act, in accordance with "accepted practices and standards of major employees in the private sector."

Since the announcement, Treasury Board and the public service have had extensive consultations on proposed pension reform measures. Senior CF officers participated at all levels of the

process to ensure that special concerns of CF members and pensioners were given careful consideration. Gen Manson assured that the CF will continue to participate in the reform process. "Because of the great importance of this matter to all CF members, this headquarters will continue to make every effort to ensure that the unique position of the CF is recognized and that the interests of our personnel are fully protected," he said.

Disclosure of the proposed changes is expected to dispel any uncertainty which has prevailed regarding pension reform and remove pressures for early retirement to avoid the consequences of possible adverse legislative changes to CF pension benefits.

Don't leave us out in the cold!
Voxair needs you!



WANTED: Columnists

Editorial Linda J. Martin



Writing editorials each issue is a difficult habit to get into. Each time I end up waiting till the last minute to jot something down. It's hard to get into the habit of jotting down ideas to talk about later. And then, there's what ideas to hang onto and what ones to reject. Not everyone, for example, would be interested if I talked about my cats.

Pets — that's an interesting subject. Pets, in general, have become a vital part of many lives today. My cousin mentioned that she had seen on TV a hotel in the States where when you rent a room, you can also rent a cat. For those who, for some reason or other, can't have a cat at home, the hotel provides a variety of cats — siamese, calico, persian etc — to stay in your room with you for the duration of your stay. I wonder if it would work with dogs!

With the increasing number of people who rely on the simple love of a pet, it never ceases to bewilder me the number of people who get a pet and then don't bother to even half-heartedly try to look after it properly. Why bother getting one at all? I see many a poor dog tied up outside day in and day out, usually wrapped around the tree that he's tied to, and I never see a soul so much as utter to him a kind word or two. He's lucky if he gets a bowl of fresh water every day. A pet, to my understanding, is very much a family member. Would you tie Aunt Martha out to the tree and ignore her?

Pets do nothing to us except give pure and simple love. For people to take advantage of this love, by abusing the animal or failing to at least return a small portion of that love, is criminal. Maybe they should start making it a privilege to own a pet, by having to go through adoption proceedings.

We had a black and tan terrier cross dog named "Baron". We got him when my son was two years old and they grew up together. Last summer while my son was visiting his grandparents and after ten years of tears and laughter together, Baron went missing. I scoured the neighbourhood, asking people along the way to keep an eye out for him. I put up posters; put ads in the newspapers and on the radio; left a picture at the SPCA; called the dog pound, the dead-animal pick-up (a call I dreaded) and just about every Vet Clinic in the city; and drove around for hours. By the third week, it was time to call my son and tell him before he came home. That was the hardest job.

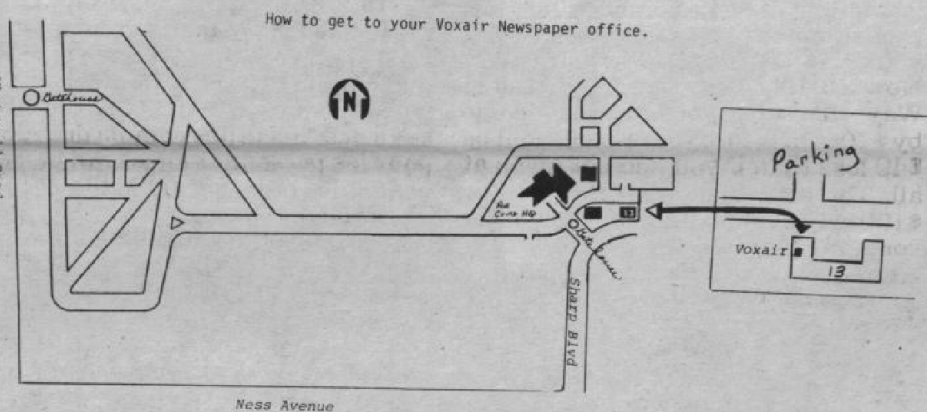
We never found a trace of him. Every black dog we see comes under close scrutiny before we pass by. We can only hope that he has found a good home with caring people. It would be a cruel heart indeed not to see the love in those eyes. We will always miss Baron very much. Have you hugged your dog today? Hug him one more time for me, as I would Baron if he were here.

Don't yell at the editor if your section news hasn't been printed . . . holler instead at your section Voxair Rep . . . If you have one, that is.

Where are the reps?

Contrary to popular opinion, journalists do not carry crystal balls to find out about the news on base, nor do they have official or unofficial pipelines into each section. Certainly we have a few faithful correspondents who keep us in touch, but there are others we never hear

from. You can help rectify this situation by finding out **who is your section rep** and by making sure he or she gets the news passed on to the Voxair. Remember, your news will help to keep this paper interesting, so let's hear from you soon.



Where were you in 1962?

Dear Editor,
As army brats, we spent our lives packing and unpacking, making new friends, starting new schools, joining new clubs — all to turn around and say goodbye again as our fathers were once more posted off to another base elsewhere in Canada. Most friends have since been forgotten. There were so many, but when so little time was spent in each area, few close friendships developed. But in one particular posting, closer than normal for us, relationships did develop because we were drawn into a foreign country to small bases around the town of Soest, West Germany. We all spent three years there, and came from all parts of Canada.

It was the time of our lives, a time none of us will forget, especially if you were in your teens at the time, as I was. Where are all these army brats now? Have you stayed with the Armed Forces? Or have you settled into the civilian way of life? I would like to reunite as many friends as possible. I know there are many of you out there, scattered across Canada, who remember Soest Senior High. I am particularly interested in the years 1962 to 1965. Please write. All responses will be answered.

HAZEL (LOWTHER) LILEY
P.O. Box 8
Delaware, Ont. N0L 1E0

You make your neighbourhood

Dear Editor,
I would like to take this opportunity to thank Ted and Marg Horton for a terrific idea of holding a Block Party. On September 6, 1986 the Argus and Sabre blocks held a Block Party from 3 p.m. until midnight. Invitations were distributed to all 32 units in the block. Several games and entertainment were planned for some 20 children as well as a delicious supper cooked by some fine "chefs". It was unfortunate all the families did not participate. Our D.J. Dave Gray played a wide variety of music and we thank him for donating his time, talent and equipment. Also thanks to Ivan Guinchard for his solos on the guitar. We were able to welcome some newcomers into our neighbourhood and

we look forward to socializing with you in the near future. This party was well planned, thanks to Marg and Cathy, and I know those who attended had a great time, (winter parkas and all). If you are planning a Block Party, the St. James Civic Centre has a terrific book prepared to assist you in all your preparations. Also, be sure to contact the Military Police, as they are very supportive. Remember it is you, as interested people, that make your neighbourhood what it is. We are hoping to plan another block party in the spring and are also considering a winter carnival. Please join in and make your neighbourhood a good link of friendship.

Thanks Again,
Lynda

**When sending photos to Voxair
Please Do Not use paperclips or staples.**

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MONDAY and THURSDAY 1-4 p.m.
PHONE 889-3963

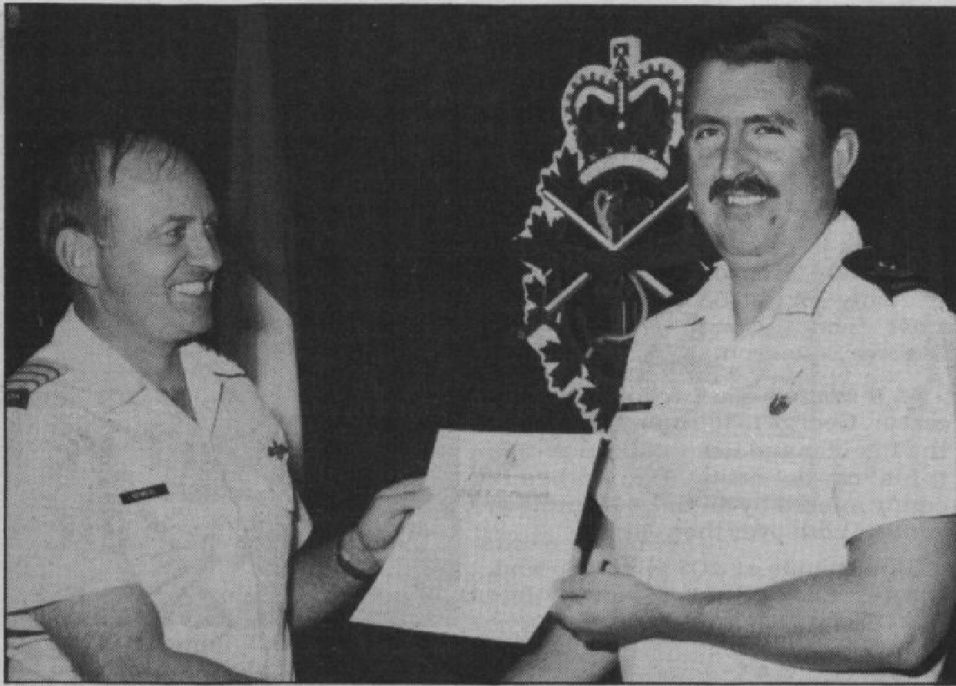
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Next Voxair Deadline 6 Oct 86



Col Loren H. Reynolds, BComd, presents MCpl Ivan Guinchard, 429 Sqn, with the Director of Flight Safety's "For Professionalism" Award.

Detecting a possible cause for a serious accident means a good eye

Master Corporal Ivan Guinchard was loadmaster on a C130 flight scheduled for a 5½ hour overwater flight. He was standing inside the crew entrance door waiting for completion of the engine start before securing the door. He glanced out and noticed that number two propeller spinner appeared to be out of round. Although the start was completed and the start crew had left the area, MCpl Guinchard was still not satisfied that number two was operating properly. He summoned the Flight engineer who recommended the aircraft be shut down for inspection.

The inspection revealed that the spinner was not in the correct position

and that the spinner retaining clamp was insufficiently tightened. The aircraft was all-up weight and the damage caused by a departing spinner could have resulted in serious damage or loss of the aircraft and crew.

It is not the Loadmaster's responsibility to monitor the start procedure, however MCpl Guinchard, who has been flying for only six months, detected an abnormal situation which was evident only when the engine was running. MCpl Guinchard's alertness, professionalism and dedication prevented a possible serious accident. Congratulations Ivan!

As the old saying goes: "Bye, Bye! Buy bonds!"

Think for a minute of all the uses you would have right now for a few hundred dollars. While you're waiting to win that lottery, why not go with a sure thing? Over the next few weeks someone in your section or unit will be canvassing you to buy Canada Savings Bonds. If you were one of the many people on base who bought some of the over 1.6 million dollars worth of bonds sold on CFB Winnipeg last year, then you already know that the payroll purchase plan is an excellent way to save and probably intend to buy bonds again this year. If you have never taken advantage of this opportunity, then perhaps you have not considered the benefits.

By making small regular monthly pay allotments you can accumulate fairly substantial savings, and if, as many of us are, you are not particularly good at saving then this plan was tailor-made for you. The money will be set aside at the source removing the

temptation to spend it and you'll probably forget about it until you receive your bonds in the mail next year. Many people have begun their savings in this way.

Canada Savings Bonds pay a competitive interest rate. Compare them to other secure investments over the past few years and you'll find that they have a consistently given a good return while offering unequalled security. The interest rate for 1986 will be announced by the Minister of Finance sometime around 15 October, as in other years, and it should once again be competitive.

Under present tax laws an individual can earn up to one thousand dollars in tax-free interest, so why not take advantage of this? Invest in Canada and in your future and buy some Canada Savings Bonds when you're canvassed this year. Think of all the things that you'll be able to do with that money next fall.

By appointment only

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Virtually painless to say "Yes"

The United Way Campaign is on again, 1-31 Oct 86. In past years, the City of Winnipeg and CFB Winnipeg have been among the most generous in all of Canada. This year with the economy taking a beating, more than ever before the United Way needs the assistance of those lucky enough to have a regular income.

The United Way represents over 80 agencies — that is at least 80 community services that won't be knocking on your door this year with their hands out. Many of them absolutely essential and all service a unique and deserving segment of the community.

Could you say "No" to the Red Cross, St-John Ambulance, Big Sisters, Boy Scouts, YMCA . . . ? We all pray we will never need them but don't you think that the Canadian National Institute for the Blind (CNIB), Multiple Sclerosis and Arthritis Society, Crippled Children, Diabetes and Mental Health association are deserving of support?

If you would say "YES" to even one of these then please give generously; and remember, the United Way is unique because:

A. 100% of your donation goes where it is intended since there are no administrative costs;

B. no one will harass you (80 times) at home or on the base since it is the only charity organization officially sponsored by CFB Winnipeg; and

C. it's tax deductible and can be done on the payroll deduction plan, virtually painless.

Let's see how much it really costs to give to the United Way. For most of us in Manitoba the marginal tax rate is about 40%. That means that once you have taken your regular income tax deductions such as personal, for your spouse if he/she doesn't work etc what you are left with will be taxed at 40%. Now a \$100 contribution to United Way will reduce your taxable income by \$100 therefore your tax bill will be \$40 less than if you had not given at all. The conclusion is easy, to give \$100 to United Way will cost you out of your pocket only \$60.

So when your unit canvasser solicits your support, please don't let him/her down.

Bonjour, encore une fois cette année avec le retour de l'automne la campa-

gne de financement de Centraide reprend son essort.

Les responsables cette année au niveau de la base sont les capitaines Jean Pierre Charbonneau instructeur à l'école de navigation et Pat Carroll de la section organisation et effectifs du Commandement aerien.

Ils sont chargés de coordonner les efforts des solliciteurs de fonds de chaque section sur la base et de maintenir leur enthousiasme tout au long de la campagne.

La campagne de Centraide à Winnipeg n'est pas récente puisqu'il y a eu des efforts de coordination des différents organismes de charité des 1921. A cette époque, un groupe de citoyens avec l'appui du "Central Council of Social Agencies", du "Winnipeg and District Labour Council", et de quelques représentants du "Winnipeg board of trade" ont organisé un système fédéré de financement des agences de bienfaisances. La première campagne de cet organisme a eu lieu en novembre 1922. La structure a été maintenue jusqu'en 1932 date à laquelle le "Federated Budget Board" fut incorporé à la caisse commune du grand Winnipeg.


Ces efforts ont continués d'évoluer au cours des années pour donner en 1964 l'organisation de Centraide telle que nous la connaissons aujourd'hui.

Le but évident de ce regroupement des campagnes de charité est d'éviter le doublement des frais d'administration et aussi d'enrayer le nombre croissant de journées consacrées à des causes charitables et des inevitables collecteurs de fonds nécessaires à de telles entreprises. Ici à Winnipeg nous sommes particulièrement fortunés de pouvoir compter sur les revenus de la loterie provinciale pour assumer la TOTALITE des dépenses encourues. Ceci veut dire qu'une personne qui donne \$10.00 à Centraide a la garantie que ses \$10.00 seront utilisés à des fins utiles comme des repas pour les personnes âgées qui ne peuvent se les préparer et l'aide aux handicapés par exemple.

Il y a plusieurs façons de donner, vous pouvez écrire un cheque, donner de l'argent comptant ou faire une délégation de solde. Le montant importe peu ce qui compte c'est de donner pour aider à soulager la misère et aider la communauté.

SUN	MON	TUE	WED	THU	FRI	SAT(mat)	SAT(eve)
COMING ATTRACTIONS				Nov 1	Nov 2	Nov 3	Nov 4
THE FLY	ARMED AND DANGEROUS	NO SHOW	NO SHOW	UP THERE WITH THE BEST OF THE BEST	THIS IS THE GREATEST ADVENTURE	SPACE CAMP	UP THERE WITH THE BEST OF THE BEST
Nov 5	Nov 6	Nov 7	Nov 8	Nov 9	Nov 10	Nov 11	Nov 12
TOP GUN	DANSON & MANDEL. A FINE MESS	NO SHOW	NO SHOW	ALIENS	NO SHOW	ALIENS	ALIENS
Nov 13	Nov 14	Nov 15	Nov 16	Nov 17	Nov 18	Nov 19	Nov 20
ALIENS	SHORT CIRCUIT	NO SHOW	NO SHOW	THE MAN FROM UTAH	THE GREAT MURDER DETECTIVE	RUTHLESS PEOPLE	RUTHLESS PEOPLE
Nov 21	Nov 22	Nov 23	Nov 24	Nov 25	Nov 26	Nov 27	Nov 28
RUTHLESS PEOPLE	NO SHOW	NO SHOW	"A terrific movie."	NO SHOW	NO SHOW	HEARTBURN	HEARTBURN
Nov 29	Nov 30	Nov 31	COMING ATTRACTIONS				
NO SHOW	NO SHOW	NO SHOW	HEARTBURN	PSYCHO III	FLIGHT OF THE NAVIGATOR	FLIGHT OF THE NAVIGATOR	FLIGHT OF THE NAVIGATOR

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24-26 OCT 86

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- A MONTE CARLO/MEET AND GREET
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- AN INVITATIONAL TOUCH FOOTBALL TOURNAMENT
- A CO'S WELCOME LUNCHEON
- AN OKTOBERFEST COMPLETE WITH GERMAN FOOD AND MUSIC
- A PANCAKE BREAKFAST

SO SEE YOU AT THE REUNION!!!

FOR FURTHER INFORMATION REGARDING WEEK-END ACTIVITIES AND ACCOMODATION ARRANGEMENTS AT THE NEST, PLEASE CONTACT CAPTAIN JIM CARTER AT CFS DANA, 942-3301 LOCAL 261 AS SOON AS POSSIBLE.



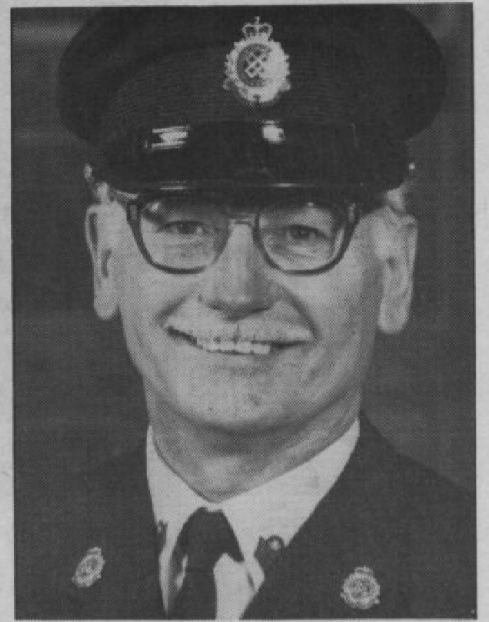
Off to Victoria

After serving close to 36 years with the military, it would be too difficult to list all of George's accomplishments in this short space.

George joined the British Army on 23 Mar 50 and enrolled in the Canadian Army 17 Oct 53. He has served most recently with the 402 Air Reserve Squadron.

As a finance clerk for most of his career, George made many friends in the Regular and Reserve Forces. Due to his "can do" attitude, he will be sincerely missed by all those he came in contact with over the years.

Your friends at 402 wish you and Dorothy all the best in your retirement. Good luck in Victoria, George.



Sgt. G.T. Jones, CD

"Close calls" don't count

The increased use and excessive speed of **certain motorists** driving in side or back lanes have many residents concerned about imminent vehicle accidents. Some parents fear for their children's safety: children are unpredictable (**so are certain motorists**) and even though lanes are streets, they also give people a false sense of security because they are not high traffic areas and are used mainly by local residents. Some lanes are used as shortcuts by **certain motorists** and they seem to think when they go through uncontrolled intersections that no sign is a good sign. But they are forgetting one thing, the motorist, cyclist or pedestrian coming from the other direction also thinks that no sign is a good sign . . . So, Who goes first and in what manner of order?

The Manitoba Drivers' handbook tells us this about "UNCONTROLLED INTERSECTIONS: When two vehicles approach an intersection, where there are no traffic signals or signs controlling the movement of traffic, **both must slow down**. The vehicle on the left must always yield the "right-of-way" to the vehicle on the right. A vehicle entering the intersection first does not automatically have the right-of-way. The driver with the "right-of-way" **must exercise proper care** and attention in order to avoid being involved in a collision."

Certain drivers do not know or want

to observe these rules, so they go through these intersections like they were "late for a very important date." The Community Council (South) has inquired about a very much needed Stop or Yield sign for one particular intersection, corner of Blanche and Grenadier, which to our knowledge is one of the most dangerous on the South Side. But ironically enough, we were told by a City representative that statistics do not show a high enough accident rate at that intersection, for the City to install a sign and that installing our own sign was not allowed. So, "Close Calls" don't count, and hopefully statistics will never have to change.

Meanwhile, it's up to Residents, to ensure that our Community is a safe place to live: by ensuring our children are aware of the danger in some street areas; by teaching our children the basic rules of safety that come with being a pedestrian or cyclist; by using extreme caution when driving in alleys; and by reporting to the local authorities dangerous driving in your area.

And don't be afraid to **politely** mention to your neighbour, garbage truck driver, city worker etc. to slow down on that back alley; they might not like it, but they will certainly think about it.

Carole Lavallee
President
Community Council (South)

Must have within 30 days

Occupants shall obtain insurance coverage for personal liability and property damage within 30 days of occupancy. Base Accommodations will be provided with the name of the insurance company, extent of coverage, policy number, and expiry date.

With respect to insurance coverage, current MQ occupants must provide proof of insurance to the Base Accommodations Officer by 1 Oct 86.

Les occupants doivent se procurer des assurances contre l'incendie et la responsabilité civile en dedans de 30 jours de l'occupation du LF. Le nom de la compagnie d'assurance, numéro de la police, date d'expiration, et montant couvert doivent être donnés à l'officier des logements de la base.

En ce qui concerne les assurances, les occupants actuels doivent fournir une preuve d'assurance à l'officier des logements familiaux avant le 1^{er} oct 86.


COMMUNITY CALENDAR OF EVENTS

October 1986

SUN	MON	TUE	WED	THUR	FRI	SAT
Join Block Parents	Fire Prevention Week 5-11 Oct 86	PMQ insurance coverage proof to BACCNO	1 Voxair <small>Registrations Lipsett Hall Basketball 1630-1800 hrs Aerobic 0800-0900 hrs</small>	2 Registrations Bldg 90 Servicewomen's Volleyball 1630-1800 hrs Bldg. 21 Men's Broomball 1600-1730 hrs Voxair Office Hours 1-4 pm	3 Has your rep put an article in?	4 BX Svc Stn up to 25% off gas & auto repair 6 Oct - 30 Nov
5 CVC Walk-A-Dog-A-Thon Birds Hill Park 10:00 am	6 Voxair Deadline <small>Voxair Office Hours 1-4 pm</small>	7 Bldg 90 Aerobic 0800-0900 hrs Registrations: Scuba Club 1900 hrs <small>AQUATICS LEARN TO SWIM REGISTRATION 1300-1600 DAILY LIPSETT HALL OR BLDG. 90</small>	8	9 Voxair 1-4 pm	10	11
12 United Way	13 Thanksgiving	14 Intersection Curling	15 Voxair	16 Voxair 1-4 pm	17 Register at BPSO for Scan Seminar	18
19 Bye Bye! Buy Bonds!	20 Voxair 1-4 pm	21 JLC Briefing Offrs & NCMs 1315 hrs Base Theatre	22 Scan Seminar 0800-1600 hrs CFANS Theatre	23 Voxair 1-4 pm Scan Seminar CFANS Theatre <small>20TH ANNUAL ART SHOW AND COMPETITION, ST. JAMES CIVIC CENTRE</small>	24 Has your rep put an article in?	25 MP Fund for Blind Children HIC FASE FALL 8 pm Bldg 21
26 Art Show	27 Voxair Deadline <small>Voxair 1-4 pm</small>	28	29 Voxair	30 Deadline for Intercultural Canada exchange students applications 1-800-361-1879 Voxair 1-4 pm	31	Where's your rep?
Working Together To Prevent Crime	Neighbourhood Watch	<p style="font-size: x-small;">SOUTH SITE PMQ RESIDENTS There will be a community Neighbourhood Watch meeting in Lipsett Hall on Tue 7 Oct 86 at 1900 hrs. CFB Winnipeg MPs and Winnipeg City Police will be in attendance to aid residents in setting up our Neighbourhood Watch program. Come out, meet your neighbours and find out what you can do to make our community a safer place to live. Only your participation can make this program work. If you are unable to attend, ask your neighbour to come out for this important meeting. After all, this is what Neighbourhood Watch is all about, neighbours helping neighbours.</p>				

IF YOU HAVE AN ENTRY FOR THE COMMUNITY EVENTS CALENDAR, JUST SEND OR BRING IN YOUR ARTICLE AND MARK IT "COMMUNITY CALENDAR OF EVENTS."

WANTED: Alive



Associate Editor. Experience not required.
Contact Voxair Editor through section head.

Intersection Curling Season Starts 14 Oct 86

Any enquiries can be directed to the following:

Capt Eldren Thuen, Chairman/President, EA COSSP Air Com HQ 5422.

Capt Tom Walls, Vice President, CFANS 6346.

Sylvia Wood, Secretary/Treasurer, CFANS 5133.

WO Gary Marriott, Drawmaster, BOR 5029.



Canine Vision Canada Walk-a-dog-a-thon Sunday, Oct 5 1986

BIRDS HILL PARK Canine Vision Canada is a non-profit organization which provides, free of charge, dog guides for the visually-impaired.

It costs \$6,000.00 to take a visually-impaired person and a dog guide through the training program.

The WALK is very important as C.V.C.'s major fund raising event for the year.

1. CALL AS MANY SPONSORS AS YOU CAN. List them on the sponsor pledge form with their pledge per km.
2. Bring the form to Registration Tables at least 15 minutes prior to the start of the WALK.

3. Stop at each checkpoint to validate form.
4. Bring collected money and form to nearest Canadian Imperial Bank of Commerce by 31 Oct 86.
5. For additional information contact C.V.C. or Rita Walker 1-268-2097.

The WALK will take place rain or shine. Pledges may be collected before or after the walk.

Dogs must be on a lead at all times. Plastic baggies and garbage cans will be available.

Water will be available after the walk. Please bring a drinking receptacle for your dog.

Thank you for your participation.
Rita Walker
1-268-2097

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FOR FURTHER INFORMATION CONTACT
FRANK RICHI — 941-4949 or 586-4803

OR
WRAY YOUMANS — 941-8942 or 889-9299



FIRE PREVENTION WEEK

LEARN NOT TO BURN

Fire Prevention is not only this week, folks, but all year around! Be Careful!

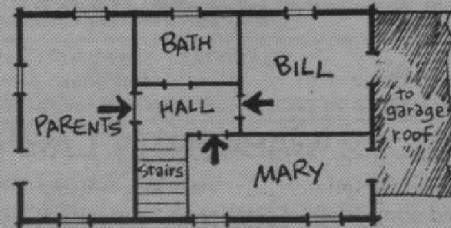
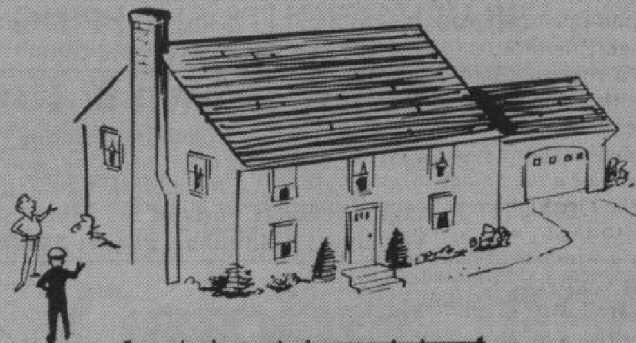
IT REALLY WORKS

5-11 OCT 1986

fight fire


BUT LOOK...our family could escape from a fire... *easily*. Safety is just a few feet away!

That attitude is exactly why most home fire deaths occur...in "ordinary homes" just like yours. They didn't think they needed a Home Fire Escape Plan -- a fatal mistake!



What to do if fire strikes

Learn *now* how to act quickly if fire strikes. Learn your fire emergency telephone number. Write it down near telephone for emergency use. Dial 911 if your community uses this universal emergency number. If you don't have number handy tell operator: "I want to report a fire", and give address distinctly. Give your Fire Department a chance *EARLY*. A tiny blaze, uncontrolled, can become a conflagration. It's the first few minutes that count.



FACT: Seven out of 10 fires occur in the home.

STOP FIRES BEFORE THEY START!
Think Fire Safety

GET ALARMED

SMOKE DETECTORS

SAVE LIVES

For more information contact YOUR FIRE DEPARTMENT



Get Out and Stay Out

Heat and Deadly Gases are the main killers. Even a small outbreak may be deadly. The only wise course for the occupants of any building is to get out quickly. When you detect smoke or flame, shout to warn others. Remember that small children and older people will need help.

A Hot Door is a deadly warning. Never open a door without first checking it for heat. If it is hot, leave it closed and go out by the window. If this is impossible, wait by the open window or on a balcony for rescue. Place clothing or bedding at the bottom of the door to keep out smoke.

Beware of Stairs. In time of fire, the stairs may be the most dangerous part of a home. They can become a chimney of scorching poisonous gases. If you cannot leave an upper room through the window, close doors behind you and open or break the window. Shout for help and wait for rescue. At night, show a light to mark your position. Second storey windows may need a rope or chain ladder to enable occupants to escape safely.

Raise the Alarm. No time should be wasted in calling the fire department. If the phone cannot be reached before leaving, shout to neighbours or use any public alarm system. Never waste vital time trying to fight anything more than a very small fire. The most important thing is to get out.

Tell the Fire Fighters if anyone remains in the building. Leave rescue operations to them, unless you can safely raise a ladder or help anyone down from a window or roof before help arrives.

Never Go Back into a burning building for any reason whatsoever. Many lives are lost through the deadly effects of fumes, even from small fires. Never risk a life in an attempt to save personal possessions.

Remember An hour of pre-planning may save years of life. Make regular fire drills a family affair.

Hot gases rise. The cleanest, coolest air is near the floor.

To break a window, use a chair or other heavy object, shielding the face against splinters. Remove jagged pieces from the frame.

A closed door provides some protection against fire or fumes. Keep basement or utility room doors closed at all times, and close all doors at bedtime.

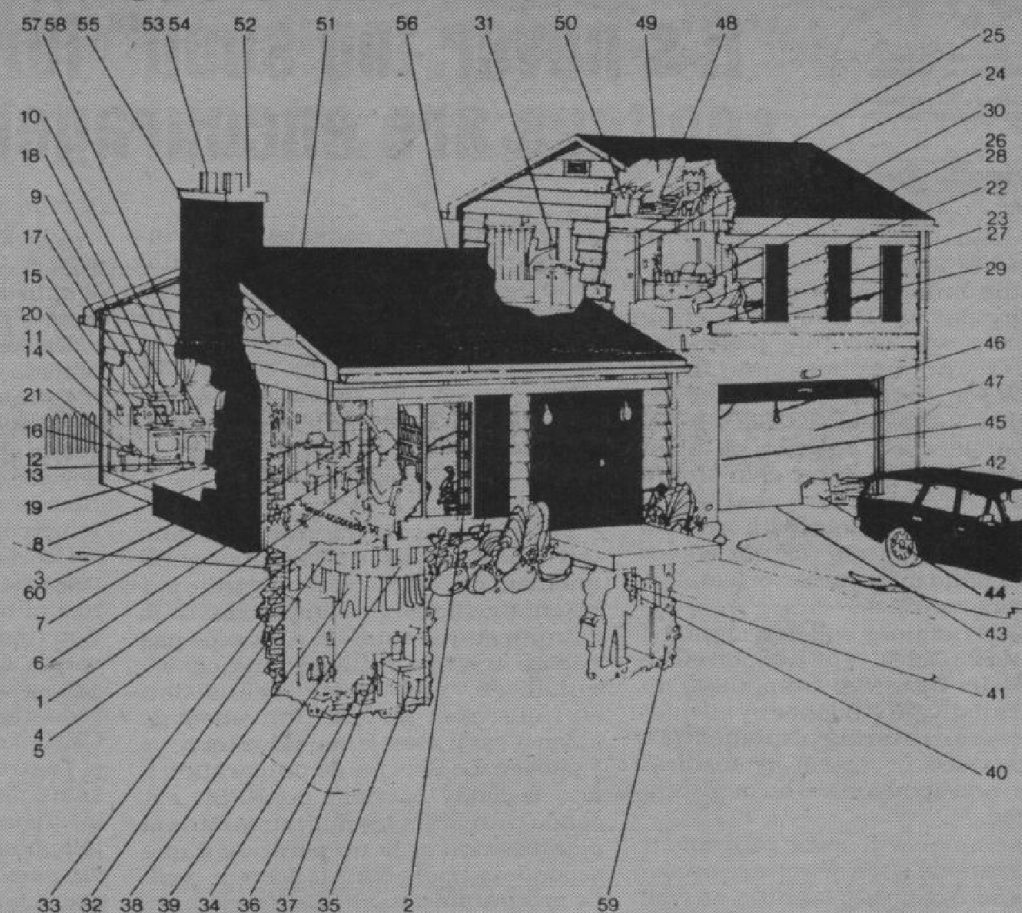
Keep the fire department number near your phone, and memorize it. If you phone an alarm, give your address first, in case your call is interrupted.

Check your home for fire hazards, and eliminate them as you find them.

Your fire department will be glad to advise you on any question of fire safety for your home.



How Safe Is Your Home?



Eliminate all fire hazards in your home today!

Check it with this list

Living room

1. Keep plenty of clean ash trays in the room.
2. Be sure flammable curtains or drapes cannot blow over ash trays, electric bulbs, kerosene lamps, gas or candle flames.
3. Have fireplace screen to check sparks.
4. Watch for breaks or wear in lamp and appliance cords.
5. At Christmas time, or holiday seasons, take extra precautions to safeguard your home against fire in dried-out trees or decorations, or from poorly constructed or worn-out circuits of decorative lights.
6. Be sure electric circuits are sufficient to carry peak loads — reading lamps, radio, electric heaters, etc. Consult a good electrician.

Dining room

7. Use electric candles to avoid hazard of open candle lights near combustible decorations at parties.
8. Be sure electric circuits can carry toasters and other appliances safely — and be sure those appliances have a recognized label when you buy them.

Kitchen

9. Consult electrician when you want to extend or alter existing circuits.
10. Don't leave electric iron with current on. Use automatic cut-off type, if possible. Put it in a safe place to cool.
11. Snuff matches carefully. Don't throw them into waste baskets, garbage pails, or wood boxes.
12. Don't use or keep flammable cleaning fluids in kitchen — or anywhere in the house.
13. Guard against spontaneous ignition fires by keeping oily rags, or cloths saturated with furniture polish, paints or wax, in closed metal containers, preferably not in a hot, closed closet or cupboard. Keep waxers and floor mops in cool open spots, on a porch, for example.
14. Be sure coal or wood stoves are at least 18 inches from walls and cover wall with sheet asbestos, or other approved insulating material. Place an insulated metal base on floor under stove. Watch your stove-pipes, pipe collars and flues closely for defects.
15. Always inspect stove before leaving house.
16. Put ashes in metal containers.
17. Don't let grease accumulate on stove — keep grease containers away from stove. Smother grease fires in pans by using tight lids or covers. Salt can be thrown on grease fires.
18. See that window curtains and hanging towels cannot blow into gas flames or over hot stove.
19. If you use a coal or wood stove, don't pour kerosene on stubborn fires. Don't keep kerosene in kitchen.
20. Check automatic gas water heater regularly. Turn off non-automatic type before leaving house unoccupied.
21. Don't throw flour, uncooked cereals or dust from a vacuum cleaner or dustpan into a lit stove — or into a burning incinerator. Dust is explosive. Wrap up dust and dispose of it safely.

Don't leave your small children at home alone.

Your bedroom

22. Don't smoke in bed.
23. Dispose of matches and burning tobacco carefully in ash trays, not in waste basket.
24. If you awake at night and smell smoke, feel your bedroom door before opening it. If it's very hot, don't open it, (gases, heat and smoke may kill you). Don't jump from the window; wait for help, if you can. If you leave room, close door, to impede spread of fire.
25. Don't string electric cords or wires around room, under rugs, or over nails.
26. Watch lamp or appliance cords for dangerous wear — and don't roll beds or heavy furniture over them.

27. Don't place ash trays or heaters where curtains or drapes may blow over them.
28. Be sure electric circuits are adequate for all appliances and an electric heater if you use one.
29. Gas heaters should be permanently and rigidly attached to outlet, with metal piping if possible, and a shut-off valve on metal, not on rubber or flexible tubing.
30. Don't light matches in your closets.

Your bathroom

Precautions for heaters and electric circuit apply here. Be careful of possible shock hazard if you touch a metal electric switch, outlet or appliance while you are in bath water or touching water faucet or radiator.

Your cellar

Clean up your cellar and keep it in order — many fires start in litter in basement, attic or garage.

31. Fireproof material should be used on walls and ceiling near heating plant. Floor also should be fireproof material.
32. Pipe entering chimney should fit tightly and have metal collar. Pipe should also be solid and without holes or cracks that would emit sparks.
33. Papers, rubbish and litter anywhere in cellar, especially near furnace, form dangerous hazard.
34. Use metal barrels for ashes; wooden containers are hazardous.
35. Paints, turpentine and painting materials should not be near furnace.
36. Tightly covered metal containers should be used for paint, oil rags or cleaning cloths.
37. Do not hang laundry near heating plant or electric wires.
38. Door at head of cellar stairs should be of substantial construction, fit tightly, and be kept closed.
39. Do not use open lights, candles or matches in hunting gas leaks; telephone your gas company. Don't use a blow torch on gas or water pipes. Thaw frozen pipes with warm water, or call plumber.
40. Do not use improper fuses. Overloaded circuits permitted by improper fuses or dangerous substitutes are hazardous.
41. Do not use improper fuses. Overloaded circuits permitted by improper fuses or dangerous substitutes are hazardous.

Garages

42. Remove rubbish, litter, old papers.
43. Keep clean — no oil drippings.
44. Gasoline or other flammable fluids should not be stored.
45. Partitions between attached garage and house should be fire-resistant; door self-closing and raised above floor. Never block door open.
46. Improper, home-made extensions of wires violate electrical code and good practice.
47. Don't smoke in the garage.

Attic

48. Do not let rubbish and litter accumulate in attic. Remove matches from clothing.
49. Install safe light. Do not use matches or open lights.
50. Do not store flammable liquids, turpentine, paints, lacquers in the attic.

Other spots to check

51. Keep roof in good condition to guard against spark fires.
 52. Chimneys should extend above highest part of roof and be solidly constructed with flue linings of fire clay or other approved insulating material.
 53. Keep heating plant and chimney clean and in good repair so they will not throw off sparks.
 54. Soot in chimneys and heaters should be removed annually.
 55. Unused flue holes should be safely closed with non-combustible cap, not papered over or left unstoppered.
 56. Accumulation of dry leaves, rubbish, etc., behind shrubbery, near house and in roof eaves should be cleared away.
- In building your house**
57. Joists should not extend into chimneys.
 58. Wall should contain fire-stops at each floor level, at line of eaves and where chimney passes through each floor.
 59. If insulating your house use only approved non-combustible material.
 60. Fireplaces should be safely insulated.



"It's never too soon" for SCAN and spouses are encouraged to attend

The transition from military to civilian life is not merely a process where the uniform is removed and "civies" are put on. If you are nearing retirement and have not paused to consider the implications, then perhaps you should — it's never too soon. SCAN, the Second Career Assistance Network, focuses on planning and preparation for civilian life and a second career. Services include counselling, assistance with résumé preparation, aptitude testing where necessary and information on employment opportunities.

A SCAN Seminar will be conducted on 22 and 23 Oct 86. The location is the CFANS in Bldg 84 from 0800 to 1600 hrs daily. Attendance by all military personnel nearing retirement (15 years service or more) or medical release, and spouses are strongly encouraged.

The seminar will cover retirement considerations such as release procedures and financial planning as well

as second career considerations including résumés, CEIC, academic upgrading, the job interview and much more. The seminar will be a worthwhile event; interested members are requested to register by calling the Base Personnel Selection Office (895-5471) prior to 17 Oct 86. See you there!

Pour faire la transition de la vie militaire à la vie civile, il ne suffit pas uniquement de remplacer l'uniforme par la tenue civile. Si vous approchez de la retraite et que vous ne vous êtes pas encore arrêté à réfléchir aux conséquences que cette transition entraîne, c'est peut-être le moment de la faire, car il n'est jamais trop tôt pour y penser. Le Service de préparation à une seconde carrière ou SPSC est conçu pour aider les militaires dans la planification et la préparation d'une seconde carrière dans le secteur civil. Le programme du SPSC offre des ser-

vices de consultation et d'aide à la rédaction du curriculum vitae, des test d'aptitude au besoin et des renseignements sur les perspectives d'emploi.

Un séminaire du SPSC se tiendra au cinéma de l'enafc, bâtiment 84, de 8 h à 16 h les 22 et 23 octobre 1986. On conseille fortement à tous les militaires au seuil de la retraite (15 années de service ou plus) ou à la veille d'être libérés pour raisons médicales et à leurs conjoints d'y assister.

Le séminaire traitera des sujets relatifs à la retraite, notamment les modalités de libération et la planification financière, ainsi que de la préparation à une seconde carrière. Des exposés porteront, entre autres, sur la rédaction du curriculum vitae, la CEIC, les cours de perfectionnement et l'entrevue d'emploi. C'est une occasion à ne pas manquer! Les militaires intéressés sont priés de s'inscrire en téléphonant au bureau de la sélection du personnel de la base (895-5471) avant le 17 octobre 1986.



The Meteorological Technican QL6A 8601 Course Graduation was held 26 June 86. QL6A graduates are employed throughout the Canadian Forces Weather Service as Briefers. They provide weather briefings in support of land, sea and air operations.

Back row L to R MWO Frosst, WO Desjardins, MCpl LaCroix, MCpl LaRiviere, MCpl Adcock, MCpl Van Der Horden, Cpl Richard, WO Sally.

Front row L to R Mr. Enns (A/CI), Mr. Silver, CWO Hawkins (SWO), Mr. Dmytriw (SSO Met AIRCOM), Mr. Kowal (Comdt), MCpl McCarthy, Miss Quinn (A/CSO)

Absent: MCpl MacEachern, MCpl Patry

Winners from Muscular Dystrophy Telethon

MAIN PRIZES

1st Prize: 1 year Membership at Bel Acres Golf Club. Winner: F.V. Haines

2nd Prize: 1 year Sun Tanning Membership at Second Sun. Winner: Miss Danielle Gendron

3rd Prize: Dual Coate 11 Paint Protection. Winner: Mr. W.B. MacDonald

4th Prize: 2 Ten Speed Bicycles. Winner: B/Gen. E.T. Patrick

Secondary Prizes

Birchwood Hotel/Two Night Accommodation. Winner: Mr. D.J. Mitchell

Associate Membership Winnipeg Canoe Club. Winner: S. Penny

Delbro Real Estate/Home Market Estimate. Winner: P. Feuillatre

Video Connection/Lifetime Membership. Winnipeg: C. Poirier

Transcona Dodge/Vehicle Tune Up. Winner: Miss Sandie Dufort

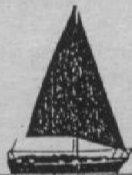
Ed Vickar Community Chev-Olds/Oil & Lube. Winner: L. Kasupski

The Marlborough Inn/Sunday Brunch. Winner: G. Kyte.

J.E. McNabb, MCpl

Mess Manager

Jr Ranks Mess (N)




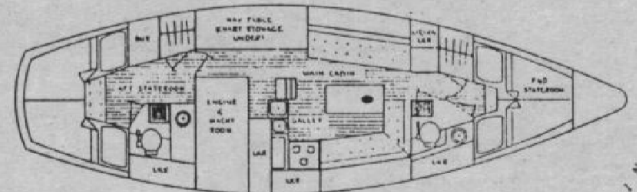
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Sports Hot Line

BASE TEAM BROOMBALL
The Men's Base Broomball team has commenced its dry land training. New comers are still welcome to come and try out for the team. Practices take place at Building 21 every Monday and Thursday from 1600 hours to 1730 hours.

CFB WESTWIN MINOR HOCKEY
Anyone interested call Cpl Pilon 895-5511.

SQUASH

No matter what your calibre, from beginner to advanced, we need your support as part of the executive council or as a member in good standing. For more information or, any questions please contact MCpl Jim Weatherby at local 5148 or any of the PERI staff in Building 90 at locals 5511/6184.

SERVICEMEN'S VOLLEYBALL
All servicewomen are invited to try out for the Base team, learn new skills, get in shape and have fun. League games are Tuesday evenings, practices are Thursdays from 1630-1800 and occasional weekends are all the time that is required. Selected personnel will also represent CFB Winnipeg at the Prairie Region servicewomen's Volleyball Championship to be conducted at CFB Penhold 16-19 Feb 87. To sign up phone local 5511/6184/5148 or go to Building 90 for practices commencing 2 October, 1986

SPORTS HOT LINE
AEROBICS LOW IMPACT

INSTRUCTOR ANNE MARIE AEROBIC CLASS INFORMATION

1. A Physical Activity Readiness Questionnaire will be offered.
2. Fitness handouts and FIT-TIPS will be provided throughout the course.
3. Lessons will be cancelled if insufficient lessons.
4. CO-ED — ALL MEMBERS WELCOME.

LIPSETT HALL

FREE Demo/Registration
TIME 0800-0900 HRS DATE 1 OCT 86

PLACE LIPSETT HALL
MEMBERSHIP MUST BE MEMBER OF RECREATION ASSOCIATION
REGISTRATION \$20.00 x 20 LESSONS
START 6 OCT 86 FINISH 15 DEC 86

BUILDING 90

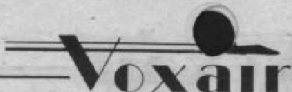
FREE Demo/Registration
TIME 0800-0900 HRS DATE 7 OCT 86

PLACE BLDG 90 GYMNASIUM
MEMBERSHIP MUST BE MEMBER OF RECREATION ASSOCIATION
REGISTRATION \$20.00 x 20 LESSONS
START 8 OCT 86 FINISH 18 DEC 86

CFB WINNIPEG (WESTWIN) BADMINTON CLUB
The time to put away ball, gloves & golf clubs is fast approaching. With this in mind, the CFB Wpg Badminton Club started the 86/87 season on Sunday, 14 Sep at Lipsett Hall. Club nites are at Bldg 90 (Whytefold Rd) on Mon from 7:30-10:30 and Wed 7-10.
Membership fees will be \$20 per individual plus the appropriate recreation association fees. The Rec Office on Whytefold Rd is open Mon - Wed - Fri 9-12 mornings.
A number of executive positions are open at present... Think about becoming involved at any level. Remember a Club is only as good as its executive and members make it. Lets make this the best year yet.

BASKETBALL

CFB Winnipeg is once again entering a downtown league in preparation for the Prairie Region Basketball Tournament. All interested personnel are to submit names to Building 90 or call local 5511/6184/5148. Practices are 1630-1800 hrs (Wednesdays) commencing 1 October 1986 at Lipsett Hall with league play being on Saturday mornings from 1015-1200 hrs.



St. James Art Club

20TH ANNUAL ART SHOW AND COMPETITION

St. James Civic Centre — 2055 Ness Avenue, October 23rd to 26th.

Sponsored by the St. James Art Club with the co-operation of the St. James Assiniboia Community Committee.

Competition is open to residents of the St. James Assiniboia District and to persons attending art schools or classes in this area.

Rules and entry forms are available at St. James Civic Centre, St. James Y.M.C.A., St. James Library and Westwood Library. Children's forms are available from school art teachers as well. Forms are also available at community clubs.

Ethel M. Roberge
Pub Rep 889-9523

Alzheimer Family Resource Centre

Suite B, 170 Hargrave St.

Telephone 943-6622

The Alzheimer Family Resource Centre helps families and friends of people with Alzheimer's disease throughout Manitoba by providing family support, information and education.

Upcoming programs at the Centre, Suite B-170 Hargrave, (including a view of a "Phil Donahue Show" tape discussing Alzheimer's Disease) on Monday, October 20, at 7 pm.

Family Support Drop-In Sessions will be held on Wednesday, October 15 from 10:30 to 12 noon and on October 28 and November 4 from 7 pm to 9 pm.

A number of workshops for family

members will be held in October and November. October Sessions are: "Symptoms, Diagnosis and Progression of Alzheimer's disease" on Thursday, October 9, 7-9 pm, "Legal Issues" on Saturday October 18, 1-3 pm and "Managing Aggressive Behaviour" on Tuesday October 21, 7-9 pm. November workshop topics are "Communication Problems," "Understanding Depression" and "Planning for Personal Care Home Placement". These workshops will be held at the Winnipeg Centennial Library. Call the Centre 943-6622 for more information and registration.

LIPSETT HALL GYMNASIUM / POOL SCHEDULE 15 SEP 86

DAY	GYMNASIUM	SOUTH	POOL	NOTES	
MON	TBA REMEDIAL PT NCCN FITNESS RCR TRG CASUAL GYM LADIES AEROBICS	0730-1130 1300-1400 1630-1800 2100-2230 1130-1200 1200-1300 1400-1630 1800-2000 2000-2100	TBA NCCN SWIM RCR TRG CASUAL SWIM	0730-1130 2000-2230 1200-1300 1400-1800 1800-2000	Service personnel may use the facilities during Recreation Association times for the recognized six components of fitness.
TUE	BML FITNESS TBA NCCN FITNESS RCR TRAINING LADIES VOLLEYBALL LEAGUE	0730-0900 0900-1130 1300-1400 1630-1800 1130-1300 1400-1630 1800-2230	BML TBA NCCN SWIM RCR TRG	0730-0900 0900-1130 1630-2230 1200-1300 1400-1630	Recreation Association cards must be presented to the Monitor for access by members. Recreation Association cards are required to participate in activities/clubs.
WED	TBA REMEDIAL PT NCCN FITNESS RCR TRG MEN'S BASKETBALL CASUAL GYM	0730-1130 1300-1400 2000-2230 1130-1200 1200-1300 1400-1630 1630-1800 1800-2000	TBA NCCN SWIM RCR TRG CASUAL SWIM	0730-1130 1630-1800 2000-2230 1200-1300 1400-1630 1800-2000	Recreation Association cards can be applied for at the Rec Assoc office, Bldg 90. Contact your PERI staff Bldg 90 and Bldg 21 or Lipsett Hall for additional information
THU	TBA NCCN FITNESS RCR TRG MEN'S VOLLEYBALL	0730-1130 1300-1400 1630-1800 1130-1300 1400-1630 1800-2230	TBA NCCN SWIM RCR TRG SWIM CLASSES	0730-1130 1630-1800 1200-1300 1600-1630 1800-2100	Rec Centre Bldg 90 5511 Rec Centre Bldg 21 5148 Lipsett Hall 6183
FRI	BML FITNESS TBA REMEDIAL PT NCCN FITNESS RCR SPORTS CASUAL GYM	0730-0900 0900-1130 1630-1800 1130-1200 1200-1300 1300-1630 1800-2000	BML TBA NCCN SWIM RCR SPORTS CASUAL SWIM	0730-0900 0900-1200 2000-2230 1200-1300 1300-1630 1800-2000	
SAT	MEN'S BASKETBALL CASUAL GYM TBA	0730-1200 1200-1600 1400-2230	SWIM CLASSES SPECIAL CITY PICS CASUAL SWIM	0930-1230 1230-1230 1330-1530 1800-2000	
SUN	MANITOBA FEDERATION HANDBALL CASUAL GYM TBA WESTWIN BADMINTON CLUB	0730-1300 1300-1600 1600-1800 1800-2230	CASUAL POOL	1800-2000	

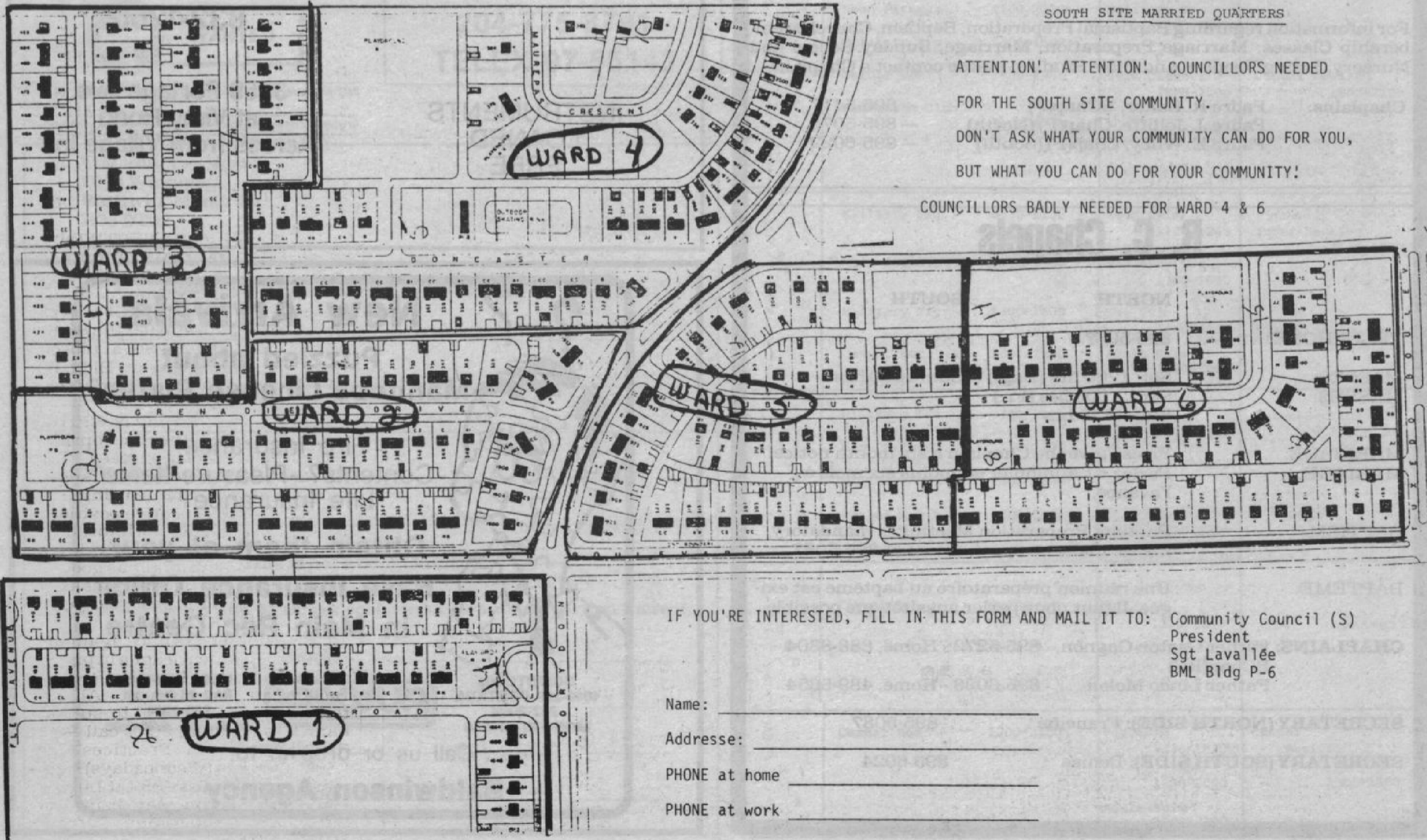


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2249A — Ness at Whytewold
4 experienced Hairdressers.



SOUTH SITE MARRIED QUARTERS

ATTENTION! ATTENTION! COUNCILLORS NEEDED FOR THE SOUTH SITE COMMUNITY.

DON'T ASK WHAT YOUR COMMUNITY CAN DO FOR YOU, BUT WHAT YOU CAN DO FOR YOUR COMMUNITY!

COUNCILLORS BADLY NEEDED FOR WARD 4 & 6

IF YOU'RE INTERESTED, FILL IN THIS FORM AND MAIL IT TO: Community Council (S)
President
Sgt Lavallée
BML Bldg P-6

Name: _____
Adresse: _____
PHONE at home _____
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BISON BIT — NEWS FROM 429(T) SQUADRON

"Bee"-careful Bob!

From 17 to 30 Aug you probably noticed a shortage of 429 Squadron Hercules on the Base. The reason for this was that on 17 Aug 86, the first of four crews departed for what was the largest deployment of Canadian troops and material since WWII. The crews were part of the very large commitment to move 5500 men and equipment to Norway for Exercise Brave Lion. Three of the four Squadron Hercules were utilized as well as others from 435 to 436 Squadrons. With the exception of a few unserviceabilities, the deployment went very well and in the time allotted.

On 9 Sep 86, Aircraft 307 departed on Flight 6429 to Lahr with Capt "Mickey" Garner and crew. Since several check rides were in progress, there was some anticipation as is to be expected but the biggest case of nervous tension arose on climb out at Trenton when an unmanifested bee invaded the cockpit and First Officer Lt Yvan Choiniere's smooth technique became slightly shakey at the thought of the impending attack. As in all good stories however, a hero surfaced. Capt Bob Sutherley emerged from the shadows and spread the little intruder over eight square inches of window which saved Lt Choiniere but promptly turned Sgt Emile Fournier a pale green colour. Not to be outdone by its Canadian counterpart another bee found its way on board outbound from Lahr, but this time the crew was pre-

pared. The onboard hitman, Capt Sutherley, was again called to action and he swiftly and professionally dispatched the interloper with gusto. No services were held.

While in Lahr many interesting sights were taken in. One highlight of the trip was a free midnight tour of the outside of the hotel taken by MCpl "Stubby" Stubbert. As a matter of fact some of the crew were awakened to Stubby's happy refrain, "LET ME IN". I also understand that he improved relations between those serving overseas and 429 Squadron by donating some liquid refreshment. As a matter of fact, if the fellow who drove Stubby home is reading this, you'll find the gift where he left it in your car.

One last highlight of Flight 6429 was a very informative and detailed briefing by Sgt Gilles Bertrand on alternate storage of tie down chains and ramp extensions.

On Saturday 13 Sep, LCol and Mrs. Barnes hosted a corn boil at their home in Crestview. All squadron members and wives who attended attested to the good time had by all. It was a welcomed opportunity to meet and greet all new Squadron personnel.

With the fall season upon us, other seasonal social events for the Squadron are on the drawing board. We will try to keep everyone informed as plans are finalized.

Till next time.

C.J. Johnson, Sgt

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Chaplains:	Padre R. Baker, BChap(P)	— 895-5417
	Padre J. Jolliffe, Chap(P) (North)	— 895-5075
	Padre E. Wiley, Chap(P) (South)	— 895-6022

R. C. Chapels

	NORTH	SOUTH
TÉLÉPHONE:	895-5087	
MASSES	Sat: 1700 hrs (Eng.)	Sun: 1000 hrs
MESSES:	Sam: 1900 hrs (Fr.)	Sun: 1115 hrs
MARRIAGE:	Please give the Chaplain a six month notice.	
MARIAGE:	Parlez à l'Aumônier au moins six mois à l'avance.	
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BAPTÊME:	Une réunion préparatoire au baptême est exigée. Il faut nous parler aussitôt que possible.	
CHAPLAINS:	Father Gaston Gagnon, - 895-5272 - Home, 888-8804 BChap(RC) Father Lindo Molon - 895-6023 - Home, 489-5654	
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To: The Editor — Voxair
 CFB Winnipeg
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CFS Inuvik officially ceased to exist at 1:30 pm 19 Sep 86, following the ceremonial Presentation of Keys by the Station Commanding Officer to the Regional Director of the Government of the Northwest Territories. As she was throughout her existence, so was she at her demise — "Sannaik-semayot Sopayanon" prepared for all things.



Mr. John Buhr, CE(S) Electrical Foreman, receives a commemorative medallion to mark his 35 years of service with CFB Winnipeg.

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	Noon Fitness 1130-1300	Military Trg 1300-1600	CLOSED 1600-2230
	Special Olympics 1800-1930	CLOSED 1600-2200	
	Badminton Club 1930-2230		
T U E S D A Y	Military Trg 0730-1130	Noon Swim 1145-1245	Inter-Section 1130-1300
	Noon Fitness 1130-1300	Military Trg 1300-1600	Ladies' League 1800-2230
	Military Trg 1300-1600	Rec Swim 1800-1930	
	Casual Rec 1800-2000	Adult Swim 1930-2000	
	Aerobics 2000-2130	Scuba 2000-2130	
W E D N E S D A Y	Military Trg 0730-1130	Noon Swim 1145-1245	Inter-Section 1130-1300
	Noon Fitness 1130-1300	Military Trg 1300-1600	
	Military Trg 1300-1600	Swim Classes 1800-2200	Casual Bowling 1900-2100
	Casual Rec 1800-1900	Badminton Club 1900-2230	
T H U R S D A Y	Military Trg 0730-1130	Noon Swim 1124-1245	Inter-Section 1130-1300
	Noon Fitness 1130-1300	Military Trg 1300-1600	
	Military Trg 1300-1600	Rec Swim 1800-1930	Mixed League 1800-2230
	Casual Rec 1800-2000	Adult Swim 1930-2000	
	Aerobics 2000-2130	Scuba 2000-2130	
F R I D A Y	Military Trg 0730-1130	Noon Swim 1145-1245	Inter-Section 1130-1300
	Noon Fitness 1130-1300	Military Trg 1300-1600	
	Military Trg 1300-1600	CLOSED 1600-2200	CLOSED 1600-2230
	Casual Rec 1800-2000		
S A T U R D A Y	Casual Rec 0900-1600	Rec Swim 1330-1530	YBC 1000-1530
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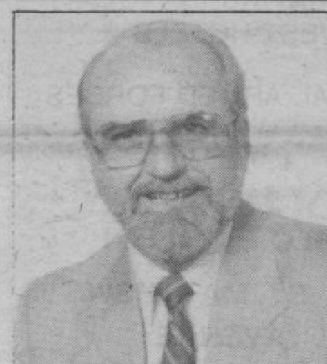


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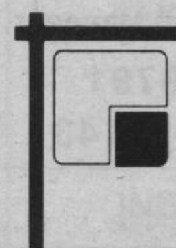


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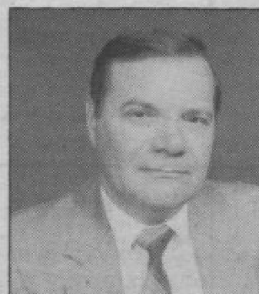
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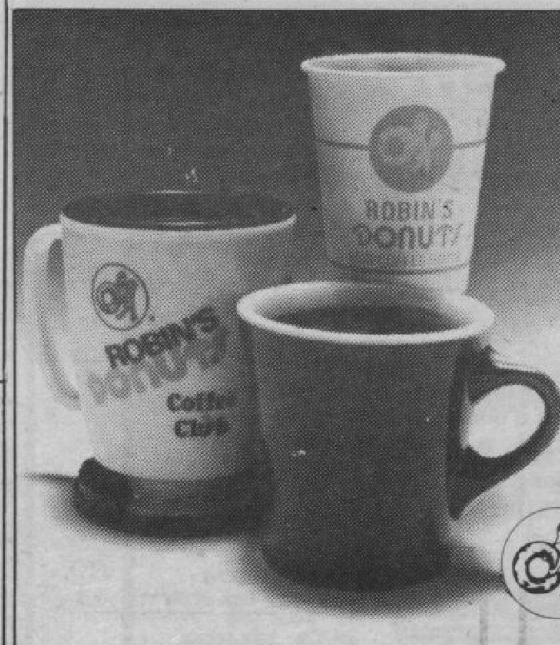
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