



# Osair

Dec 15, 1982



Hearts sing  
in appreciation of  
cherished friendships  
as we share the spirit of  
this festive holiday. In  
harmony and gladness we  
say "Merry Christmas"  
to all.

# CHRISTMAS MESSAGES



GENERAL LEWIS

## COMMANDER'S CHRISTMAS MESSAGE 1982

To all within the Air Command family, my personal greetings and best wishes for a merry Christmas and Happy New Year. As we celebrate this joyous season with our loved ones and come to the end of another year, let us also reflect on the many past challenges we have faced and renew our dedication to those yet before us.

We should ask ourselves if we are doing all that is possible in caring for one another as we live and work together to maintain a strong and free nation. Our thoughts should especially turn towards those whose service to our country have caused them to be separated from family and friends.

My personal contact with you over the past year has refreshed my conviction that you are serving with dedication and effect. I remain deeply appreciative of the privilege of being your Commander. My very best wishes to you all.

## MESSAGE DU COMMANDANT DU COMMANDEMENT A L'OCCASION DE NOEL 1982

Je tiens à souhaiter à tous les membres de la grande famille du Commandement aérien un Joyeux Noël et une Bonne et heureuse Année. Tandis que nous fêtons cette joyeuse saison avec nos parents et amis et qu'une autre année tire à sa fin, rappelons-nous les nombreux défis auxquels nous avons fait face jusqu'à maintenant et tournons-nous vers ceux qu'il nous reste encore à relever.

Demandons-nous si nous faisons tout notre possible pour nous aider les uns... les autres et si nos efforts suffisent pour que notre pays reste libre et fort. Notre pensée devrait être tournée tout spécialement vers ceux qui, pour servir notre pays, ont dû quitter parents et amis.

Les rapports que j'ai eus avec vous au cours de l'année qui s'achève m'ont permis de constater le dévouement et l'efficacité dont vous faites preuve dans votre travail. Je suis profondément reconnaissant du privilège d'être votre commandant. Meilleurs voeux à vous tous.

## BASE COMMANDER'S CHRISTMAS MESSAGE

Christmas, more than any other period of the year, is a time of thanksgiving. It has become traditional during this season to acknowledge our debt to others through the exchange of gifts, cards and greetings, and therefore I wish to take this opportunity to thank all personnel of CFB Winnipeg for the contribution they have made towards the operation of the base during 1982.

CFB Winnipeg is primarily a support base, and scores of units, both large and small, depend on us for basic support services. Much of what we do goes unnoticed: with the exception of the Air Command Colours Ceremony and OP EVAL 82, there were few high visibility activities conducted by this base during the past year. Nevertheless those who are observant will have noticed the quiet efficiency with which we go about our business. They have noted the quality of service provided to transient aircraft; the efficiency with which we process passengers for service flights; the outstanding safety record of our MSE drivers; the quality of our food services; the condition of our vehicles; and the cooperative attitude of the personnel in the Orderly Room, Accounts and the Supply Section. As Base Commander I take great pride in the accomplishment of the 1280 military and civilian personnel who comprise CFB Winnipeg, and look forward to the challenges of the New Year.

I extend to all members of CFB Winnipeg and their families my very best wishes for a joyous Christmas season and health and happiness in 1983.

## MESSAGE DE NOEL DU COMMANDANT (BASE)

Le temps des Fêtes, plus que tout autre temps de l'année, est favorable à l'expression de gratitude. Il est devenu traditionnel durant cette saison de manifester notre reconnaissance envers les autres par l'échange de cadeaux, de cartes, et de souhaits; par conséquent j'aimerais profiter de cette occasion pour remercier tout le personnel de la BFC Winnipeg de leur contribution au bon fonctionnement de la base en 1982.

La BFC Winnipeg est d'abord une base de soutien à un grand nombre d'unités, petites et grandes, qui dépendent de nous en ce qui a trait aux services de soutien. Beaucoup de nos efforts sont inaperçus: à l'exception de la cérémonie des Couleurs du Commandement aérien et l'OP EVAL 82, il y a eu peu d'activités spectaculaires dont notre base a été responsable durant l'année qui s'écoule. Néanmoins notre efficacité supérieure est toujours très évidente à ceux qui nous observent. Ces derniers ont noté la qualité des services rendus aux avions en escales; l'efficacité des services aux passagers reliés aux vols militaires; le dossier sécuritaire exceptionnel des chauffeurs du matériel mobile de soutien; la qualité de nos services d'alimentation; le bon état de nos véhicules; et l'attitude de collaboration du personnel de la salle des rapports, de la comptabilité, et de l'approvisionnement. A titre de Commandant de la base, je m'enorgueilliss de l'excellent rendement des 1280 militaires et civils membres de la BFC Winnipeg, et j'anticipe avec plaisir les exigences du nouvel an.

Joyeux Noël à tous les membres de la BFC Winnipeg et à leurs familles, et mes meilleurs voeux de santé et de bonheur pour 1983.



COL B.L. SMITH

# MESSAGE DU COMMANDANT DU 2 PPCLI A L'OCCASION DE NOEL

Comme le veut la tradition, la période de Noël est l'occasion de se réunir en famille. C'est aussi un moment de l'année qui invite à la réflexion. Cette année, la période des fêtes sera particulièrement difficile pour un grand nombre de familles de 2<sup>e</sup> Bataillon. Nous qui sommes à Chypre pour participer aux activités de maintien de la paix sous les auspices des Nations Unies ne pouvons nous empêcher de penser aux parents et amis que nous avons laissés derrière nous à Winnipeg et partout ailleurs au Canada. Il est toutefois réconfortant de savoir que le sens de notre mission est celui-ci même de la fête de Noël : Paix sur la terre aux hommes de bonne volonté.

J'espère que vous, à la maison, trouverez une consolation dans le fait que la période des fêtes indique que nous arrivons à mi-chemin de notre période de service à Chypre. L'année 1983 sera prometteuse pour le 2<sup>e</sup> Bataillon. Nous retrouverons nos familles et profiterons d'un congé au printemps, puis nous nous regrouperons à nouveau pour entreprendre l'entraînement et les préparatifs en vue de notre départ pour l'Allemagne en 1984.

Tous les membres du Bataillon qui servent à Chypre se joignent à moi pour souhaiter aux parents et amis un très joyeux Noël et une bonne et heureuse année.

le lieutenant-colonel B.W. Ashton  
Commandant

# CHRISTMAS MESSAGE CO 2 PPCLI

Christmas and the holiday season are traditionally times for family gatherings and reflection. This holiday season will be a particularly difficult one for many of the families of Second Battalion. As we in Cyprus go about our United Nations peacekeeping duties this holiday season, much of our thought will be of our families and loved ones at home in Winnipeg and elsewhere throughout Canada. However we are comforted in the knowledge that we serve the true meaning of Christmas: Peace on Earth and Goodwill among Men.

I trust that those of you at home can find solace in the realization that the arrival of the holiday season means we are nearing the mid point of our tour here. 1983 will be a year of promise for Second Battalion as we rejoin our loved ones, enjoy some spring leave, regroup and begin training and preparations for our move to Germany in 1984.

All members of the Battalion here in Cyprus join me in wishing our friends and loved ones a very merry Christmas and a happy and productive new year.

BW Ashton  
Lieutenant-Colonel  
Commanding Officer



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## FLIGHT LUSTRE'S LONG RANGE WEATHER FORECAST

Weekend of December 18-19. Cold. Really cold. Possible a record for wind chill as the fallen mercury will be accompanied by high winds. Not a day to be outside. Even the dog will want to use a kitty litter box.

Christmas weekend December 24-27. Cold, but it will seem warm compared to the previous week. The layer of mid-week snow will provide a

splendid opportunity to enjoy the rare sunshine with those new skis, sleds, and skates. Assiniboine Park will be popular this holiday period.

New Year's Weekend January 1-3. Snow on New Year's Eve and clearing New Year's Day and the day after. Very, very, cold under short sunny days. Flight Lustre will be trying to hitch a ride to Bermuda.

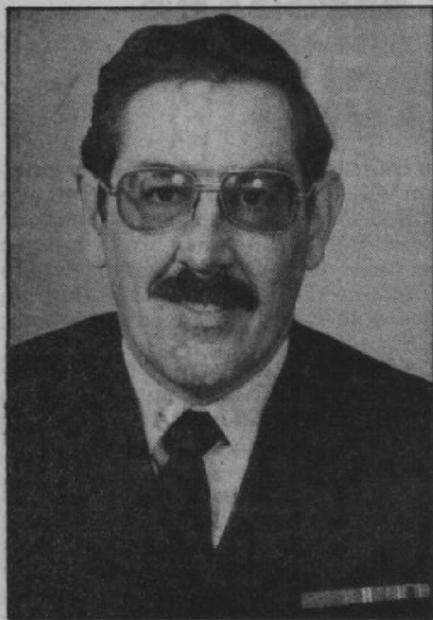
**Red Cross Blood Donor Clinic**

THURSDAY 13 JAN' 83  
HERCULES LOUNGE Bldg. 90

0930 — 1130  
1300 — 1600

**Give the Gift of Life**





**1982 HONORARY "GREASY PAW" ANNOUNCED.**

Base Aircraft Maintenance honours W.O. Rick Pockett as the winner of the 1982 "Greasy Paw" award. Rick was NCO 1/c BAMEO orderly room prior to promotion and transfer to the B.O.R. In appreciation of his long and devious service on behalf of the "Greasies" he easily topped the list of nominees.

*White Christmas*



I'm dreaming of a White Christmas,  
Just like the ones I used to know  
Where the tree tops glisten  
And children listen  
To hear sleigh bells in the snow.

I'm dreaming of a White Christmas  
With every Christmas card I write  
May your days be merry and bright  
And may all your Christmas' be white.

**HOWGOZIT II**

Let me make one thing perfectly clear. HOWGOZIT has nothing to do with AEROSPACE REPORT. My article deals primarily with the main floor people of Mawdesley Hall; the basic Air Navigator instructors and students. The error in the last issue of VOXAIR will not happen again or so I'm told. Now to find out ... HOWGOZIT.

Remember those long tedious hours you spent pouring over the basic air navigation books??? "Geez, the instructor made it sound so easy. Now let me see ... I'm supposed to read the tail of the needle and apply the variation from the station for TACAN/VOR bearings, but for ADF or RADAR bearings it's the variation of my location. Hmmm, variation east magnetic least except for ADF bearings when I add east. Yea, that's right, I'm sure that's right. But what about deviation in the compasses??? Rules, rules, rules, boy why couldn't I have been a pilot." Tough, yes, but through determination, perseverance, and hard work you too, joined the elite group known as "air navigators". Six more have just recently joined our ranks. The Commandant, LCol Forbes, and instructors of CFANS congratulate Course 8202 on the successful completion of their basic Air Navigator training. The new Air Navigators and their postings are:

1. 2Lt Harold Mulder To 436(T) Sqn Trenton
2. 2LT Wyane Joy To VP 415 Greenwood, N.S.
3. 2LT Stephane Lemieux To VP 405 Greenwood, N.S.
4. 2LT Kevin Murray To VP 407 Comox, B.C.
5. 2Lt Sean O'Reilly To VP 415 Greenwood, N.S.
6. 2Lt Ron Stecum To VP 407 Comox, B.C.

2Lt Mulder was mentioned first because he the top student on the course with an average of 89.3%. Successful completion of the course also meant promotion to the rank of 2Lt and their commission as an officer in the CAF. Best of luck to all. Déjà Vu in about four years for some.

Course 8202 is the last course to graduate under the old syllabus. To allow for a smooth transition from the old to the new syllabus Courses 8203/04 were zero loaded (no course). Thus Course 8205 has the honour of being the first class under the new syllabus. Barring any major breakdowns with the C-130NT or Air Navigation Procedures Trainer (ANPT) Course 8205 should graduate in late March or early April, 1983. If you are wondering what the difference is between the two syllabuses see my last article, HOWGOZIT I.



This Christmas shopping season didn't turn out quite the way I planned. I had hoped to be shopping in England and Wales, pausing now and again for a jar of bitter at whichever pub was handy. I know we don't run an airline and I know I should have tried Pri. 4 but as the commercial states, "Them's the breaks!" I did make it to Trenton and back. One way in a Herc, one way in a Buffalo. Of course I was disappointed but am discovering how pleasant shopping and touring around Winnipeg can be without the weekend crowds.

I spent an hour and a half at the Winnipeg Art Gallery last week. The trick is not to compare it to larger galleries which one may have visited elsewhere. The building, situated right across from The Bay on Memorial is an imposing and extremely functional setting for the works displayed inside. The collection of Art is varied but not large or cluttered. There is the usual assortment of landscapes and portraits in the more traditional styles we tend to expect but there are some interesting surprises in the newer and less conventional pieces. A special feature when I attended was a display of Wedgewood China which was simply beautiful.

I don't mind sounding like an agent for the City's P.R. department when I encourage members of our military community to visit the Art Gallery, the Museum, the downtown Library, the Centennial Concert Hall, City Hall, the Zoo, (which is open every day), and the Winnipeg Arena which of course hosts a wide variety of activities. I like the city and have found that the best way to enjoy it is as a participant, not as a mere spectator.

Want some last minute gift suggestions? Check out the stamp collections at the Westwin Post Office. The ladies there will be most helpful by showing you what's available.

For those school, office and club exchange names for \$3 gifts — try the novelty Xmas Tree decorations. I've found some charming little treasures in local shops for around that price and it is a gift that lasts.

If your 'phone bill gets as wild as ours does now and again you'd probably enjoy receiving a Telephone Gift Certificate — so would somebody else. Easy to pack too!

The Video movie rental enterprise at Canex seems to be doing well. They have an excellent selection of movies, (some with little paper stickers all over the pictures on the carton!) and the price is right. While giving Canex a boost let me say that as good as their word, they have their merchandise priced to be competitive. They have even beaten the competition on the new and Super Disc Cameras! Way to go Dick and Art!

Some local radio and TV commercials driving me nuts! There can be nothing worse than a phony, English accent on a Scrooge Days ad. Top of the BAD TV commercial list has to go to the local "You're The Boss" car dealer!

From the bottom of the old Kit Bag, sincere wishes for a Joyous Christmas and a New Year which will bring you all you wish for.

**CHEERS**





## FREE CREDIT

**CANEX NOW HAS A 180-DAY INTEREST FREE CREDIT PLAN. HERE'S HOW IT WORKS.**

1. If you are a member of the Regular Forces or a full time permanent Public Service employee holding a CFB Winnipeg PLCC card you may be eligible.
2. Credit limit is \$1000 on purchases at the retail store or parts and labour at the service station of at least \$100.
3. 10% down with the balance in two post dated cheques, one dated 90 days hence, the other 180 days.
4. Bring your PLCC card with you.
5. Not portable. Bill must be settled in Winnipeg before posting.
6. Subject to approval by the BXO and a credit check with the Winnipeg Credit Bureau.

More details available at  
832-0787, 837-9390 or 889-6394.

# HONOURS & AWARDS



Chief Warrant Officer Wilford George Hodgson, MMM, CD, of Keremeos, B.C., was invested in the Order of Military Merit in the Grade of Member by the Right Honourable Edward Schreyer Governor General of Canada and Commander-in-chief of the armed forces, during ceremonies in Ottawa 24 Nov 82. CWO Hodgson is the Base Chief Warrant Officer at CFB Winnipeg.



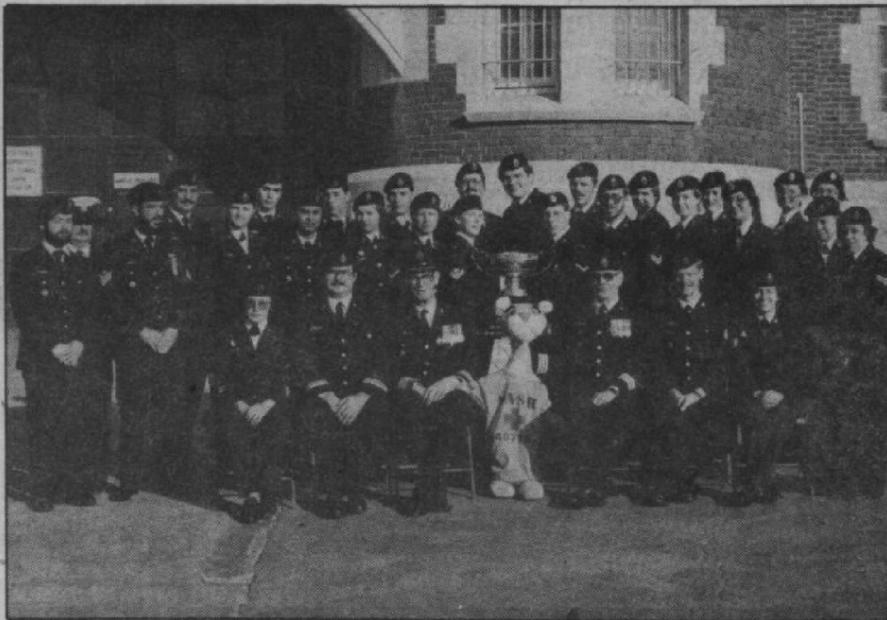
Master Warrant Officer Jack Garfield Kelly, MMM, CD, of Edmonton, Alta., was invested in the Order of Military Merit in the Grade of Member by the Right Honourable Edward Schreyer Governor General of Canada and Commander-in-chief of the armed forces, during ceremonies in Ottawa 24 Nov 82. MWO Kelly is with Base Supply section at CFB Winnipeg.



Chief Warrant Officer Donald Macdonald, S03 Indiv Trg, Militia Area Prairie Headquarters, receives his second bar to CD from Colonel A.D. Gauthier, Commanding Officer, Regular Support Staff (Prairie) on 10 November 1982 at Area Headquarters.

CWO Macdonald, whose military career spans 33½ years, joined the Canadian Regular Forces at Shilo in 1949 as a gunner with 1 RCHA. He transferred in 1950 for two years to 1 Light Airborne Battery during which time he was promoted to Lance Bombardier. His promotion to Sgt came during a one-year tour of duty with 1 RCHA in Korea in 1953, and to Staff Sergeant in 1965 while he was an instructor in RC School of Artillery. In 1973 he was promoted to Chief Warrant Officer during an RSS tasking at Dist HQ in London, Ontario.

CWO Macdonald, married and father to seven daughters, has been involved in numerous exercises in northern Canada, Norway, Belgium and Germany.



Grouped around the Ryerson Challenge trophy is 17 (Winnipeg) Med Coy with their mascot. It is the third time since 1976 the company has won the trophy in the annual national competition for the best medical company. Presentation took place October 30, 1982 at Minto Armouries, Winnipeg.

Photo by Lt (W) D.J. Kappel



Retiring employees of the CE Section were recently presented with retirement certificates and MILE plaques at a function held in their honour. From left to right are Jim Carrabre, John McIntosh and Ernie McDonald.

Base Photo



Employees of the CE Section were recently presented with plaques by the BTSSO for 25 years service in the Public Service combined with military service. From left to right are Walter Sysa, Al Hoffman and Joe Price.

Base Photo

# SPORTS & RECREATION

**MERRY CHRISTMAS & HAPPY NEW YEAR FROM YOUR BPERO STAFF**

## VOLLEYBALL WINNERS



## CHRISTMAS SCHEDULE

BLDG #90	GYM	POOL
20 Dec 82	1330-1530	1330-1530
21 Dec	1330-1530	1330-1530
22 Dec	1330-1530	1330-1530
23 Dec	1330-1530	1330-1530
24 Dec	1330-1530	1330-1530

25 Dec CHRISTMAS DAY BLDG 90 CLOSED

26 Dec	1330-1530	1330-1530
27 Dec	1330-1530	1330-1530
28 Dec	1330-1530	1330-1530
29 Dec	1330-1530	1330-1530
30 Dec	1330-1530	1330-1530
31 Dec	1330-1530	1330-1530

1 Jan NEW YEAR'S DAY BLDG 90 CLOSED

2 Jan BACK TO NORMAL SCHEDULE

### NOTE

1. Dependants using the pool must have a swim badge.
2. Out of town guests, for the Holiday Season, may purchase a Guest Ticket for 25¢ to use the pool. These Guest Tickets may be purchased at the main office, Building 90 between the hours of 1300-1330 during normal working hours.
3. Dependants using the gym must be 8 years of age and have a valid Dependants' Pass. This is for the festive season only.

## HOCKEY RESULTS

TEAMS	GP	W	T	L	PTS
EAGLES	9	6	1	2	13
CANUCKS	8	4	2	2	10
ARROWS	8	4	1	9	
DOLPHINS	8	3	1	4	7
BRAVES	9	1	1	7	3

### TOP SCORERS

NAME	TEAM	G	A	PTS
LANGER	EAGLES	20	7	27
ST. LAURENT	DOLPHINS	15	6	21
REID	CANUCKS	11	9	20
GALLANT	EAGLES	12	8	20
WEBB	DOLPHINS	10	7	17
STUBBERT	DOLPHINS	9	8	17
KENNEDY	BRAVES	11	4	15
LUPIEN	ARROWS	10	5	15
STAPLES	EAGLES	5	5	10
MISENER	CANUCKS	8	2	10

### SIN BIN LEADERS

NAME	TEAM	PIM
NEILSON	ARROWS	26
LAPOINTE	BRAVES	24
LUPIEN	ARROWS	16
REID	CANUCKS	14
CARROLL	BRAVES	14

## BASE HOSPITAL — RUNNERS UP



## DCOS MILE

## ACTIVITY CO-ORDINATORS

Westwin Pool	Rec Staff	Loc. 511
Lipsett Hall Pool	Rec Staff	888-5021
Badminton Club	Capt Wolfe	Loc 151
Base Theatre	WO Delong	Loc 623
Bingo	Sgt Bruce Butler	Loc 355
Bowling	Mngr. Frank Gallagher	Loc 324
Youths (N)	Jackie Gallagher	Loc 324
Ladies (N)	Flo Harvey	837-7713
BML	Keith Johnson	
Mixed (N)	Ed Short	783-6882
Youths (S)	Beth Cuthbert	452-9035
Mixed (S) Mon.	Shirley Bell	489-9867
Mixed (S) Thurs.	Larry Lagace	895-1184
Base Broomball Team	Rec Staff	Loc 511
Brownies (N)	Chapels	
Brownies (S)	Chapels	
Ceramics	Barbara Binns	888-1389
C.C. (S)S	Capt Anscorb (Mayor)	Loc 645
C.C. (N)	MWO Mt Pleasant (Mayor)	889-1389
Cubs (S)	Cpl Skidmore	262
Scouts (S)	Cpl Skidmore	Loc 262
Cubs (N)	Maj Adam	888-2456
Scouts (N)	WO Currie	888-5315
Curling Club	WO Al Gleadall	889-1363
Dog Obedience	MCpl Kirsopp	Loc 406
Garden Plots	Capt King	Loc 133
Golf	Capt Brabant	Loc 597
Hockey Minor	WO Gord Walker	Loc 533
Ladies Fitness	Rec Staff	Loc 511
Library	BGTO	Loc 230
Photo	Sgt Simon Croteau	Loc 611
Range Indoor	Capt Summers	Loc 334
Round Dancing	Maj Gibson	Loc 602
Scuba	Capt McLeod	Loc 504
Skating Rink (N)	Community Council (N)	
Thrift Shop	Barb Whalen	889-6788
Wood Hobby	Capt Grist	Loc 779
Guides (S)	Community Council South	
Guides (N)	Community Council North	
Base Rep. Curling	Rec Staff	Loc 511
Inter-section Hockey	Rec Staff	Loc 511
Inter-section Volleyball	Rec Staff	Loc 511
Inter-section Curling	Cpl (W) Kathy Cox	Loc 764
Base Volleyball	Capt St. Laurent	Loc 276
Base S/W Volleyball	Capt St. Laurent	Loc 276

You can't get into swimming if you can't get into your swimsuit.



## LIPSETT HALL POOL HOURS

20 Dec	1300-1530
21 Dec	1300-1530
22 Dec	1300-1530
23 Dec	1300-1530
24 Dec	1300-1530
25 Dec	CLOSED
26 Dec	CLOSED
27 Dec	1300-1530
28 Dec	1300-1530
29 Dec	1300-1530
30 Dec	1300-1530
31 Dec	1300-1530
1 Jan	CLOSED
2 Jan	1300-1530
3 Jan	BACK TO NORMAL SCHEDULE

(MON-FRI 1800-2000 — SAT & SUN 1300-1500)

## Viscount Gort FLAG INN

"WINNIPEG'S HOSPITALITY HEADQUARTERS"  
\*10 MINUTES FROM DOWNTOWN  
\*5 MINUTES FROM THE AIRPORT

OFFERING TWO GREAT DINING ROOMS

**WEINBERG**  
**WONG**  
A DELI WITH DISTINCTION

AND



**Lord Gort's Feast**

A MEDIEVAL EXPERIENCE

**IT'S A GAS LOUNGE**

Featuring PAT RIORDAN

SWIMMING POOL WHIRL POOL SAUNA



1670 PORTAGE AVE.  
775-0451



## BEAVERS RAID MILITARY POLICE

On or about the 17th of November the Beavers, under the direction of Major (Hawkeye) Adam took a tour of the Military Police Section. 23 Beavers, 4 Leaders and parents were treated to an outstanding display laid on by "B" shift under the leadership of MCpl Gook.

Corporals Reid and Brown took the Beavers on a tour of the offices and cells, gave them talks on weapons and other equipment which is used by the Military Police and let the Beavers talk into the Walkie Talkies (hand portable radios). Corporals Reid and Brown then gave the Beavers an in depth lecture on the illegal use of drugs. The highlight of the tour was when Cpl Brown displayed his typing skills to the young lads.

Pte Lintner had the toughest job of all. He had the task of showing the young lads the ins and outs of the Military Police vehicle.

Have you ever seen 12 Beavers in a Police vehicle? Pte Lintner demonstrated the siren, lights, radio, let the Beavers use the PA system and then gave them a demonstration of how the radar gun works. Comments from the Beavers ranged from "When can we go back?" "I held a machine gun - WOW!" "I'm not going in cells, no more!" "The only time I'm going back there is when I'm invited."

A special thanks to Captain Bailey, the Base Security Officer and his staff for the patience and professionalism shown by them in entertaining the young lads on Military Police procedures.



CPL Brown demonstrates Weaponry.



(by Tom Langer)  
(excerpts from David Steen)

### TRAIN DON'T STRAIN

It is better to do too little than too much especially in the first days of your programme when you'll likely have some sore and stiff muscles.

If you feel fatigued, stop and walk. Learn how to take your pulse. If your heart beats 170 to 180 times a minute, you are jogging too fast "SLOW DOWN". If you are running with friends "Do not compete with them." Joggers are not competitive runners. How fast and how far you jog in a day depends on your level of fitness and goals.

### HOW TO FIND YOUR PULSE

Put two fingers on your upper throat until you find your pulse. "Do Not Press Hard". Count your pulse for 10 seconds and multiply by 6 to get your heartbeats per minute.

### SETTING GOALS

**Long Term** Start a jogging diary and list your long term goals i.e. lose weight, improve your health and fitness, have fun, etc.

Having goals gives you more purpose and incentive to jog.

**Short Term** Set realistic short term goals. For instance you may wish to increase your weekly jogging mileage from 7 to 10½ miles in the first 6 weeks, or you may want to lose a pound of body weight each week for the first ten weeks.

Or you may wish to run a mile under 10, 8, or 6 minutes.

### PROGRAMME PRINCIPLES

**Be Consistent** Get into the habit of jogging. Jog three days a week or more often. Many joggers jog every day. That means they don't have to ask themselves "Should I jog today or not?"

**Build Variety** into your program. Jogging can be boring if you run in the same place, at the same speed and time every workout.

**Be Patient** When you realize that it take months for you to achieve worthwhile goals, you won't get discouraged by slow, day-to-day progress.

## THINGS TO DO AVOID

**A Well-Balanced Diet** Jogging burns plenty of calories. You need 3 nutritious meals a day.

**Get Plenty of Sleep** Jogging wears you down. You need time, rest and regular hours of sleep to be ready for your next jog.

**Avoid Illness, Vicious Dogs, Icy Roads and Other Hazards** If a cold or accident cancels your jogging for a week or so, you will lose some of your conditioning, setting back your goals. Good diet, sleep, rest and common sense will help you stay healthy and safe.

### DAILY JOGGING ROUTINES

**1. Map Out Several Routes** From 1 to 4 or more miles. Each route should start and end at your home or another location where you can have a shower and put on dry clothing. Choose a route to jog at a slow, steady pace. You do not have to time each jog. Keep a comfortable pace.

**2. Out and Back** Using your watch, jog from a starting point for 5, 10 or 15 minutes or more in one direction. Then you return along the same route at the SAME PACE (not faster).

**3. Hill Jogging** An excellent way to build fitness rapidly, but it is strenuous. Start by jogging up a short, gentle slope and walking or jogging down. Repeat 4 to 10 times. Move to longer and steeper hills as your strength and endurance improves.

**4. Fartlek** is a kind of jogging-running that allows you to express yourself as you please. Change your pace often - from a steady jog, to a MILD, SHORT SPRINT, to a walk or slow jog. Do not follow a pattern of place or pace.

**5. Interval Jogging** must be done at a location such as a track, where short distances are measurable (100, 200, 400 metres or 2, 4, 6 telephone poles). There are four elements to this workout.

- The **DISTANCE** you jog (i.e. 400 metres).
- The **NUMBER OF TIMES** you jog that distance (i.e. 4 times 400 metres).
- PACE** (i.e. 2½ minutes for each 400 metres).
- REST TIME** (i.e. 2 minutes between each 400 metres).

By changing each of the four elements, you can plan workouts to match your ability and improve your endurance.

**6. Long, Slow Distance** For variety, double your normal jog distance and decrease your pace. You may be surprised at how far you can go.

**7. Time Trial** (only for those in good or excellent condition).

Try giving yourself a time trial every sixth or eighth week, over a one to three mile distance, to see how you are progressing. This trial must be done at sub-maximum effort and only with your doctor's permission.



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MERRY XMAS FROM THE VOXAIR STAFF

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*Greetings*

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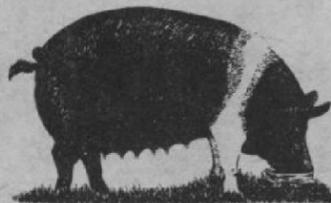
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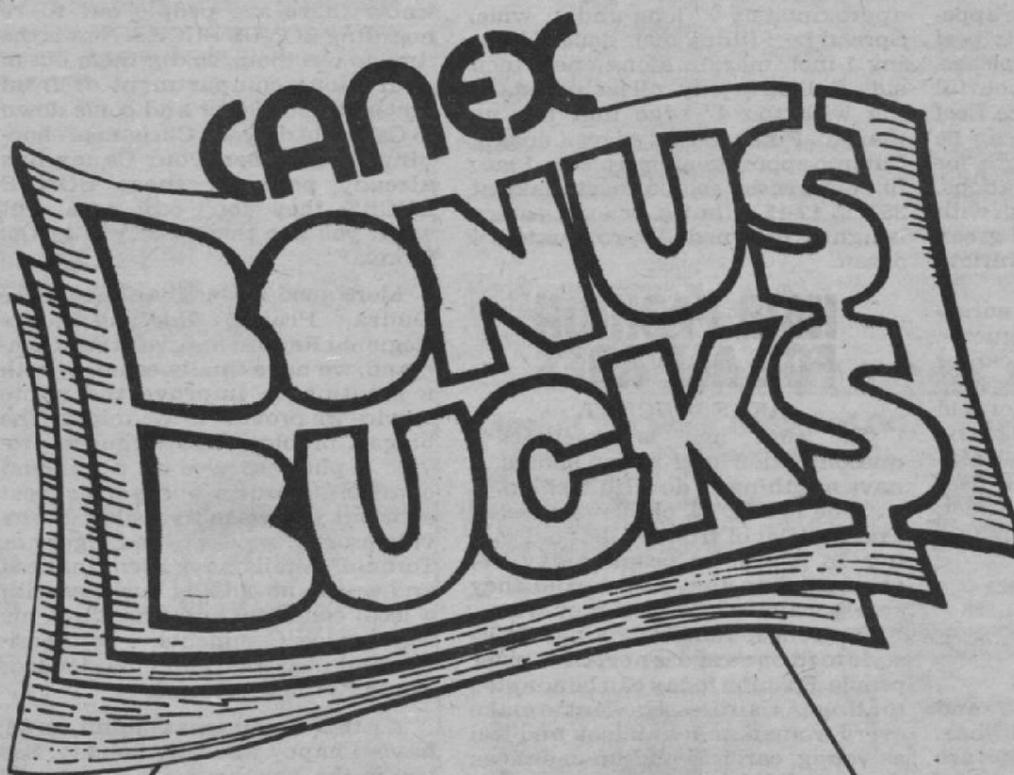
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# FESTIVE HOLIDAY FARE

Holiday entertaining means good friends, good food and good times. If you are looking for some gourmet menu suggestions that are deliciously different yet economical and easy to prepare, here are some ideas.

Make-ahead dishes such as Beef Burgundy and Beef Rouladen eliminate last minute fuss and add a foreign flair to the buffet table. If exotic tastes are more to your liking, Tahitian Beef Kabobs make popular entertaining fare.

Renewing old acquaintances at cocktail parties or open house gatherings are part of the holiday festivities. These are the times for interesting and easy to prepare appetizers and hors d'oeuvres. Tasty beef meatballs are always sure to please. Add a special twist with a flavourful sweet and sour or Teriyaki sauce. Beef cuts such as blade or round, can be cubed and marinated overnight for economical appetizer-size kabobs. Serve on toothpicks and garnish with pickled onions, olives, red and green peppers or mushrooms to add variety and colour.

Corned Beef Pinwheels will surely draw compliments from your guests. This quick and easy appetizer can be made ahead and frozen — a big help to any hostess. Serve either hot or cold at your Christmastime cocktail party.

If you would like more entertaining ways with beef, write The Beef Information Centre, 590 Keele Street, Room 325, Toronto, Ontario, M6N 3E3.

## WATCH THAT TREE

Fire can be a dangerous enemy and this is a dangerous time of year. Christmas trees and decorations are extra fire hazards, so be extra careful.

Your Fire Chief says:

"Stand your tree in water. Cut an inch or so off the base so it will absorb more. Check the water level daily. A dry tree is a double hazard. Tie it securely and keep it away from heat. Check sets of electric lights for worn insulation, broken plugs, loose bulb sockets. Throw away old sets with dried out wiring. Remember fire can start very fast. Turn off all indoor tree and decorative lights before leaving the house or retiring for the night. Do not leave tree lights on for long periods of time". So be extra careful this Christmas season. Make certain it turns out to be a truly happy one for your family and friends. Fire can spoil it so quickly.

### Corned Beef Pinwheels

2-6½ oz. cans flakes of corned beef  
 ½ cup mushrooms, drained, finely chopped  
 2 tbsp. dill pickle, finely chopped  
 1 tbsp. prepared or hot mustard  
 2 pkgs. crescent dinner rolls or biscuit dough for 1 dozen biscuits

Flake corned beef finely with a fork. Combine corned beef, mushrooms, dill pickle and mustard, mixing until well blended. If using packaged dinner rolls, unroll each package to form 4 rectangles. Pinch diagonal cuts together. If using other dough, roll out to ¼-inch thickness; cut dough into 8 rectangles, each approximately 7" long and 4" wide. Spread beef filling over dough, leaving 1-inch margin along one 4-inch side. Roll up in jelly roll fashion starting with the 4" edge that has no margin. Pinch to seal edge of dough. Cut into approximately 6 pieces. Place flat on greased cookie sheet. Bake at 350°F, 12-15 minutes, or until pastry is lightly browned. Approximately 4 dozen.

## HAIR FASHION FOR ALL AGES

RENE VINCENT

The word "age" is sometimes a misconception and never should it have anything to do with fashion.

"One is only as old as one feels." There's a lot of truth to that old saying. In fact, most people today feel younger than they are — and they surely want to look as if they were.

Our conception of adapting a hairstyle to fit one's age is not fair to older people. Fashion today can be adapted to all ages. Hairdressers want to make every woman and man look and feel as young, carefree and up-to-date as they possibly can.

If it is a wash-and-wear cut, a blown dry style or a conventionally set coiffure, there is enough freedom today in hair fashions to make everyone, regardless of age, wear a hairstyle inspired by the exciting new looks.

Think young. There is no relation between your birth date and your hairstyle — as long as you don't overdo it.

Your beautician knows what is good for you. Many of them love working with middle-aged customers. They are not as rushed. They have interesting conversation and gray hair is just beautiful to work with.

René Vincent is executive director of the Allied Beauty Association.



**GOOD NEWS!!! GOOD NEWS!!!**  
 Bonus Bucks have been extended indefinitely. This very successful program, due to expire 28 Feb 83, will now continue on due to the very positive response from you, our customers. Just remember, that you heard it here first, in the pages of the Voxair. I haven't cleared it with the Padres yet, but I think that the old saying that you can't take it with you also applies to BONUS BUCKS. I know there are people out there hoarding BONUS BUCKS. Now is the time to use them; so dig them out of your glove compartment or from under the sun visor and come down to Canex to do your Christmas shopping. Remember, your Canex has already paid for those BONUS BUCKS; they don't cost us a cent when you use them. See you at the Store.

More good news. Thanks to Mike Duda, Prairie Region Canex Regional Representative at Air Command, we have finally come up with a solution to improve the photo service we provide in Winnipeg. The biggest problem was trying to provide a photo service on a national contract; despite everyone's best efforts it just wasn't possible to provide prompt service from Calgary or Toronto. Details have been finalized and we are now doing business with a local company and providing one day service. Comments — both positive and negative (pun not intended) would be most welcome.

As this is my last column in 82, have a happy and safe holiday. See you in the New Year.

## CANEX CHRISTMAS HOURS

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 Dec 26-28 0900-1700  
 Dec 29-30 0730-2100  
 Dec 31 0730-1600  
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 Dec 27-28 1100-2030  
 Dec 29-30 0830-2030  
 Dec 31 0830-1300  
 Jan 1 CLOSED  
 Jan 2 & 3 1100-2030

### BLDG #21

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 Dec 29-30 0800-1330  
 Dec 31 0800-1300  
 Jan 1-3 CLOSED

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# NOUVELLES — CHAPEL — NEWS

## CHRISTMAS! OH! NOEL!

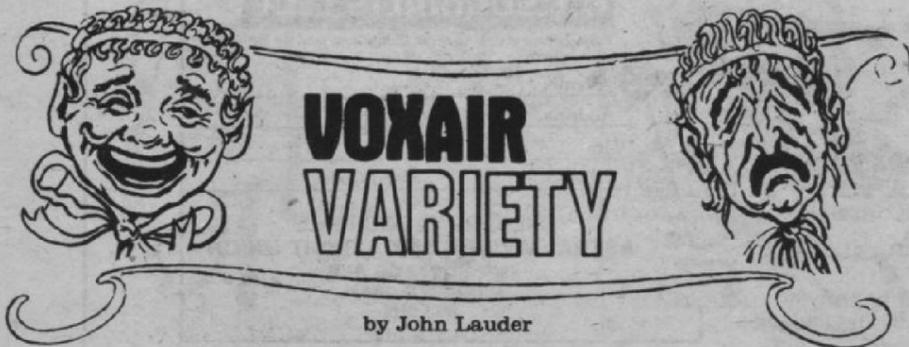
In two weeks, more or less, Christmas and the Festivities will be something of the past and we'll be pleased, I am sure, to remember all the good things that happened to us during this beautiful time of Christmas and New Year's. But for that, we must use all the time we have to prepare ourselves for the celebration. At the Chapel, the Parish Council and many other people will have spent lots of time to plan. Our teenagers will have spent long and cold hours working to decorate the Church. And I know that many of us will be thinking how we can help other in a special way during this time: Sharing goods with the less fortunate, visiting

elderly people who are alone a lot, and in a more specific way, we will all like to prepare our hearts to receive the Lord in Communion, and sometimes make our peace with God and our neighbour. That's what the Christmas spirit is all about:

### God and my Brother

C'est l'Esprit du temps des Fêtes de faire la paix avec son Seigneur et son frère. C'est l'Esprit des Fêtes de se réjouir ensemble et de tendre la main à l'autre. Car tout en appréciant ce que nous avons, il ne faut pas fermer la porte à l'autre qui frappe...

Notre chapelle est toujours ouverte et nous sommes heureux de pouvoir partager avec vous de quelque façon que ce soit.



by John Lauder

Does the size of an organization govern its effectiveness? Recently, experts have been telling us that we should have conscription to bring the reserve forces up to a higher strength, but as event in Central America have demonstrated, a conscript army may not be the best.

There was a parallel in the theatrical world here a couple of weeks ago. Two productions were playing, across the street from each other; one with a cast of two, the other with 122 players plus four live horses. While both were entertaining, and incidentally both had much in the way of military overtones, the two man show was just as effective as the "cast of thousands" opera.

Thinking small was *How I Got That Story* on the Manitoba Theatre Centre Warehouse stage. It was highly successful due to several things — fine acting, tight direction, and wonderful sets, costumes and lighting. Robb Paterson as the green reporter on his first foreign assignment in Vietnam, and Alec Willows in 21 different roles, lumped together as "the historic event" were perfectly cast. Willows had to portray everything from privates to CIA men to bar girls, and made each characterization different.

There was fine direction by Don Scardine (who had created the role of the reporter on Broadway) and evokive sets and costumes by William Chesney, with lighting by Larry Isacoff. These came together in a very fine scene where the pair of actors demonstrated the crash of a bomber. Unfortunately the run of this play is now over, but if you get a chance to see it in the future, do not miss it.

\*\*\*

Also gone is the opera *Carmen*, which opened the season with fine music and staging. The story of this one is of a Corporal gone wrong for the love of a gypsy girl, and in trouble with is Captain for this and other goof-offs. (What else is new?). Joy Davidson in the title role, plus John Dodington as the Captain and Frances Ginzer as the nice village girl were excellent in both voice and action, and the chorus was strong throughout.

The use of real live horse in the parade in the fourth act was an added touch, and the scenes when it seemed the entire cast of 120 plus was on stage at the same time were well choreographed and directed. All in all, a cheerful evening.

\*\*\*

The pre-Christmas show at the Manitoba Theatre Centre Main Stage is the 1939 comedy *The Man Who Came to Dinner*. Even for those of us old enough to remember Monty Woolley in the original play and movie can enjoy this revival. Again, we have a larger than normal cast for these days, with 20 actors — some playing up to three minor parts. The fast paced direction of Dan Siretta, another ex from Broadway, and the set by Judith Lee put the play squarely into the 30s, and provide for plenty of action and antics.

The main character is a literary lion and radio star, with a mean disposition and tongue, and is well portrayed by Robert Benson. Richard Hurst as a neo Noel Coward and Lorne Kennedy as Harp Marx, along with Goldie Semple as the quintessential movie queen were loved by the first night audience, and they hammed up the parts nicely. However, the balance of the cast was also good, although there was not as much comic meat in their parts.

The play runs until December 18th.

\*\*\*

Kazuhiro Kiozumi, the new Music Director of the Winnipeg Symphony Orchestra, has arrived in town under a blare of hype. It is hoped this young musician can live up to his publicity, as the Symphony needs a shot in the arm. While he directed the orchestra on December 3rd and 4th, the Symphony will give a number of concerts later in the month with guests. On the 10th and 11th the conductor is Yoel Levi, and the 12th Don Harron will appear, and on the 17th to 19th there will be a Christmas Fantasy with David Grey in charge.

## CHAPEL SERVICES



### ROMAN CATHOLIC CHAPEL SERVICES

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# RENDEZVOUS 83

OTTAWA — Defence Minister Gilles Lamontagne has announced that the second divisional level exercise in the "Rendezvous" series will be conducted at Camp Wainwright, Alta., during the month of May 1983.

Nicknamed RENDEZVOUS 83, the exercise will involve army units of Mobile Command from across Canada and air elements from 10 Tactical Air Group as well as participants from other commands and formations.

RENDEZVOUS 83 will be preceded by RITE SIMPLE X, a command post exercise scheduled to take place at Canadian Forces Base Petawawa 22 November to 3 December, 1982. RITE SIMPLE X will prove the scenario, plans and procedures which will be practiced during RENDEZVOUS 83.

Lieutenant-General Charles Belzile, the Commander of Mobile Command, has overall responsibility for both exercises. Each will provide participants with the opportunity to practice the warning procedure, movement and employment of the Canadian Air/Sea Transportable Brigade Group (CAST Brigade Group). It is the army formation which Canada has allocated for commitment to NATO as part of the Alliance's force for the defence of Northern Norway.

The CAST Brigade Group is a composite formation built mainly around the Headquarters Special Service Force from Canadian Forces Base Petawawa. It is commanded by Brigadier-General R.I. Stewart.

During RENDEZVOUS 83, the CAST Brigade Group will include the following units or unit elements:

- 8th Canadian Hussars;
- First Battalion, Princess Patricia's Canadian Light Infantry;
- Second Battalion, Royal 22e Regiment;
- Second and Third Regiments Royal Canadian Horse Artillery;
- Special Service Force Headquarters and Signal Squadron;
- First and Second Combat Engineer Regiments;
- First and Second Service Battalions;
- First and Second Field Ambulance;
- Second Military Police Platoon; and
- The Cast Composite Helicopter Squadron.

The First Canadian Brigade Group, commanded by Brigadier-General J.L. Sharpe, along with elements of the Canadian Airborne Regiment from CFB Petawawa, is the other formation dedicated to RENDEZVOUS 83. It will provide the enemy force, most of the support organization and umpires for the exercise.

Also participating will be fighter aircraft from Fighter Group of Air Command.

The first "rendezvous" exercise was held at CFB Gagetown, N.B. in 1981. By comparison, RENDEZVOUS 83 will be conducted on a reduced scale. Much of the scheduled training is routine brigade-level activity which would normally have been conducted at other locations across the country but, will now be combined with other training at Wainwright as part of RENDEZVOUS 83.

The exercise director and divisional commander for RENDEZVOUS 83 is Major-General D.R. Baker. In this capacity he will head the major Mobile Command training activity planned for 1983. RENDEZVOUS 83 is the culmination of a two-year training cycle.

*Occair*

# Merry Christmas

TO ALL!

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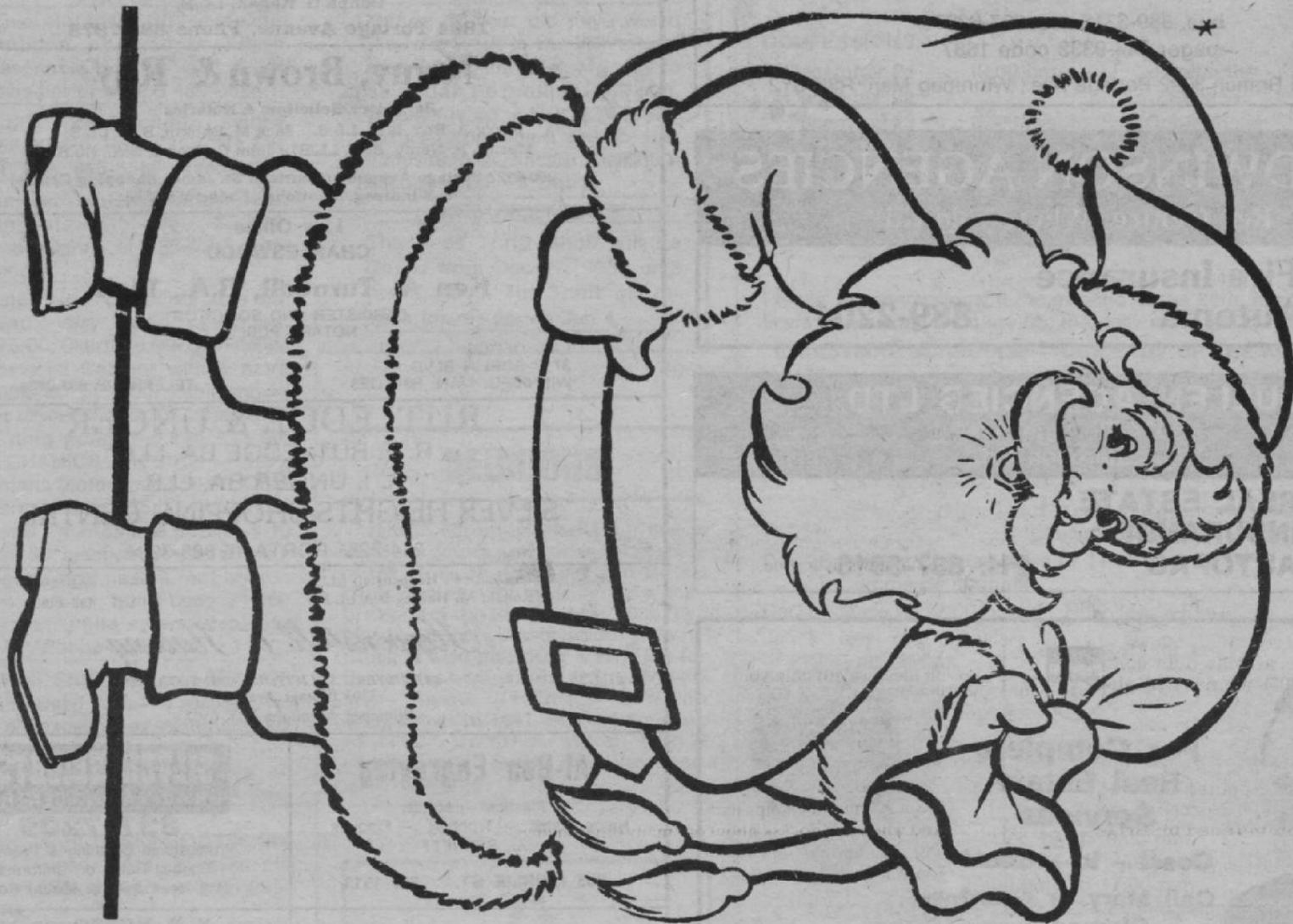
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Call us or drop in to,

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# CLASSIFIED ADS

Ads of a NON COMMERCIAL variety ARE FREE TO ARMED FORCES PERSONNEL, EMPLOYEES OF CFB WINNIPEG AND THEIR DEPENDENTS. MAIL TYPED AD TO VOXAIR, BLDG. 10, CFB WINNIPEG.

### FOR SALE

Stove electric - 30" excellent condition. Kenmore. White. Reasonable. Can be seen at 396 Grenadier or phone 489-9696.

RCMP ceremonial sword. \$350.00. Ph. Bus. 775-9711 Ext. 217. Res. 885-5569 evenings.

Hamster — Grey teddy bear. Complete with cage. \$23.00. Phone Danny at 885-6347 after school.

Sears 20 inch colour portable with stand, very good condition. \$175.00; Clairtone stereo in Italian Provincial Cabinet with 2 extra speakers. \$150.00; Table model hair dryer \$15.00; Telestar game — ping pong, hockey \$15.00; MECHANICS SPECIAL — 1972 Yamaha Motorcycle \$50.00; CCM Exercise Bike \$65.00; Variety of games, records and puzzles \$.10 to \$3.50; electric train set \$15.00; wagon wheel head & foot boards with rails for bunk beds \$10.00 per set; child's record player \$5.00. Phone 889-4749.

ALPINE SKIS: head mid 440's 193 cm's. Used 4 times, less than 1 yr. old excellent intermediate skis \$120.00

NORDICA SKI BOOTS: size 10 Profetas used 4 times, less than 1 yr old (red) \$85.00

SAN MARCO SKI BOOTS: size 10-11 used twice, 2 years old (blue) \$80.00. Phone Kevin 885-6879.

CB RADIO. Radio Shack 40 channel CB radio with trunk mount antenna. Bought new in Aug 82. \$400.00 value — selling for \$225.00. Mod trc 428. L.E.D. channel selector, power input/output/match meter, channel 9 can etc.

CAR STEREO: Realistic AM/FM cassette stereo fast forward, rwd, vol, tone, bal, 5 band 40 watt graphic equalizer, defeat, fade, both for \$150.00. Phone Kevin 885-6879.

SEARS BAR FRIDGE for sale \$200.00. Phone 837-2967.

WESTINGHOUSE DELUXE AUTOMATIC humidifier, 3 speed fan, auto shutoff, 14 gal output, excellent condition. \$85.00. Local 348 or 889-8210 after 6:00 p.m.

SINGER SEWING MACHINE — zig zag, blind hem stitch, stretch stitch, carrying case. Excellent condition. \$150.00 O.B.O. Ph. 832-0121 days, 1-422-8498 evgs/wkds.

### BABYSITTERS

Mature 14 year old male would like to babysit in the Whytefold area during the week Monday to Thursday up until 11:00 p.m. Weekends up until ????? Prefer children from age 5 and up. Has babysitting certificate. Call 889-9505 and ask for Darryl.

### ANNOUNCEMENTS

The Base Thrift Shop will be closed from Dec 17, 1982 until Jan 3, 1983. The Thrift will re-open for regular on Jan 4.

## REUNIONS

HMCS Chippawa in Winnipeg is inviting active and retired members of the RCN, the RCNVR and RCNR back during 75th anniversary celebrations of the RCN in May 1985. The Naval Officers Association of Winnipeg is also planning a reunion for those who trained under the University Naval Training Division established in 1941. For information write to: UNTD Reunion, HMCS Chippawa, 51 Smith St., Winnipeg, Man. R3C 1J4.



The 5 Point Club meets for lunch 1st Wednesday of each month at east end of Bldg #61, 12:00 sharp. Further Information Contact: Geo Burton — 697 Wes Coombe — 225 Doug Johnston — 225

## RELIGIOUS SERVICES

### CHRISTMAS SCHEDULE — ST. GEORGE'S CHAPEL (SOUTH)

#### SERVICES:

December 24	24:00 hrs.	Midnight Mass
December 25	11:00 hrs.	Mass
December 26	11:00 hrs.	Mass
January 01	11:00 hrs.	Mass
January 02	11:00 hrs.	Mass

#### CONFESSIONS:

December 21	19:00 hrs.	Penitential Service
December 22		Service
December 23	15:00 hrs. to 16:30 hrs.	Confessions
December 24	15:00 hrs. to 16:30 hrs.	Confessions

Please, no confessions in the evening of the 24th, nor on Christmas Day. From Wednesday January 05, the daily mass will be at 09:30 hrs.

### CHRISTMAS SCHEDULE — OUR LADY OF THE AIRWAYS (NORTH)

#### SERVICES

Dec 24 Christmas Eve:	Mass at 19:00 p.m. — Christmas Pageant (Children)
Dec 25 Christmas Day:	Mass at 10:00 a.m.

No Saturday evening mass. Aucune messe le samedi soir.

Dec 26 Regular Sunday Mass at 11:00 a.m. Comme de coutume.

Dec 31 Mass at 17:00 p.m. — New Year's Eve

Jan 1 New Year's Day: Mass at 11:00 a.m. Jour de l'An

Jan 2 Regular Sunday Mass at 11:00 a.m. Comme de coutume.

From Wednesday on, regular daily mass.

Les messes sur semaine reprendront Mercredi le 5 janvier à 16:45 p.m.

#### CONFESSIONS

##### Penitential Service:

- Dec 19 at 19:00 p.m.
- Dec 22-23, Wednesday - Thursday - Friday from 15:00 p.m. to 17:00 p.m.
- Dec 22-23 - Evening from 18:00 p.m. to 20:00 p.m.

Please no Confessions in the evening of the 24th, nor on Christmas Day. This is Reconciliation time. This is a time to come and meet the Lord in his Sacraments.

Nous aurons une célébration pénitentielle, dimanche le 19 décembre à 7 heures du soir.

Tout le monde est bienvenu.

En plus, il y aura des séances de Confessions privées.

- Dec 22 From 15:00 p.m. to 17:00 p.m.
- Dec 23 From 15:00 p.m. to 17:00 p.m. 18:30 p.m. to 20:00 p.m.
- Dec 24 From 24:00 p.m. to 17:00 p.m.

Merry Christmas & Bonne Annee

### DEC. Program

Eves: Mon. thru Sat. 20:00 Hrs.  
Sat. Matinee 14:00 Hrs.  
Sun. Evening 20:00 Hrs.

# Cinema Theatre

CANADIAN FORCES BASE

Telephone 888-6290

WINNIPEG

SUN	MON	TUE	WED	THU	FRI	SAT(mat)	SAT(eve)
Sun. 12 <b>NIGHT SHIFT</b> NATURE ENTERTAINMENT	Mon. 13 <b>HUMONGOUS</b> It's loose... it's angry... And it's getting hungrier!	Tue. 14 While vacationing in the Greek Isles, famous detective Hercules Poirot spotted a beautiful woman on the beach. Realizing that she was dead, he did not call her to dinner. <b>EVIL UNDER THE SUN</b> NATURE ENTERTAINMENT Not suitable for Children	Wed. 15 <b>NO SHOW</b>	Thu. 16 <b>NO SHOW</b>	Fri. 17 NATURE ENTERTAINMENT <b>GREASE</b> The music and feeling go on forever.	Sat. 18 GENERAL MARK LESTER-WALTER SLEZAK <b>"Black Beauty"</b>	Sat. 18 <b>AN OFFICER AND A GENTLEMAN</b> PARENTAL GUIDANCE
Sun. 19 "It's not you up where you belong." <b>AN OFFICER AND A GENTLEMAN</b>	Mon. 20 <b>NO SHOW</b>	Tue. 21 <b>CHUCK NORRIS</b> A Walking Weapon That Never Misses! <b>FORCED VENGEANCE</b> CINEMA THEATRE	Wed. 22 <b>NO SHOW</b>	Thu. 23 <b>NO SHOW</b>	Fri. 24 <b>STAR TREK II: THE WRATH OF KHAN</b> NATURE ENTERTAINMENT	Sat. 25 <b>NO SHOW</b> Happy Holidays	Sat. 25 <b>NO SHOW</b> Happy Holidays
Sun. 26 <b>STAR TREK II: THE WRATH OF KHAN</b> NATURE ENTERTAINMENT	Mon. 27 <b>THE WARRIORS</b> PARENTAL GUIDANCE	Tue. 28 "One of the liveliest movies of the year." David Drake, NEW YORK MAGAZINE <b>TEMPEST</b> NATURE ENTERTAINMENT	Wed. 29 <b>NO SHOW</b>	Thu. 30 <b>NO SHOW</b>	Fri. 31 <b>NO SHOW</b>	Sat. 1 THE STAFF AND MANAGEMENT wish you a <b>Merry Christmas</b> and a <b>Happy New Year</b>	Sat. 1 <b>NO SHOW</b>

SUBJECT TO UNAVOIDABLE CHANGE WITHOUT NOTIFICATION

## URGENT NEED FOR PORCUPINERS

"Whitney Public School May 1984 Reunion", is in need of any person having any information such as addresses, married names, etc., of themselves or previous classmates who attended the school between 1910 & 1984 is urged to write as soon as possible to, "Whitney Public School Reunion Committee, General Delivery, Porcupine, Ontario. P0N 1C0.



# SEASONS GREETINGS FROM YOUR ELECTED REPRESENTATIVES



COMPLIMENTS  
OF  
THE  
SEASON  
FROM

**DAN MCKENZIE**  
MP  
WINNIPEG, ASSINIBOINE



Merry  
Christmas  
and  
Happy New Year  
from

**GERRIE HAMMOND**  
MLA  
KIRKFIELD PARK



Wishing  
you  
the  
Happiest  
of  
Holidays

**RIC NORDMAN**  
MLA  
ASSINIBOIA



May Your  
Holiday  
Season  
Be Long . . .  
and the  
Treasured  
Memories  
Last  
Forever  
from

**ERIC STEFANSON**  
COUNCILLOR  
ST. CHARLES WARD