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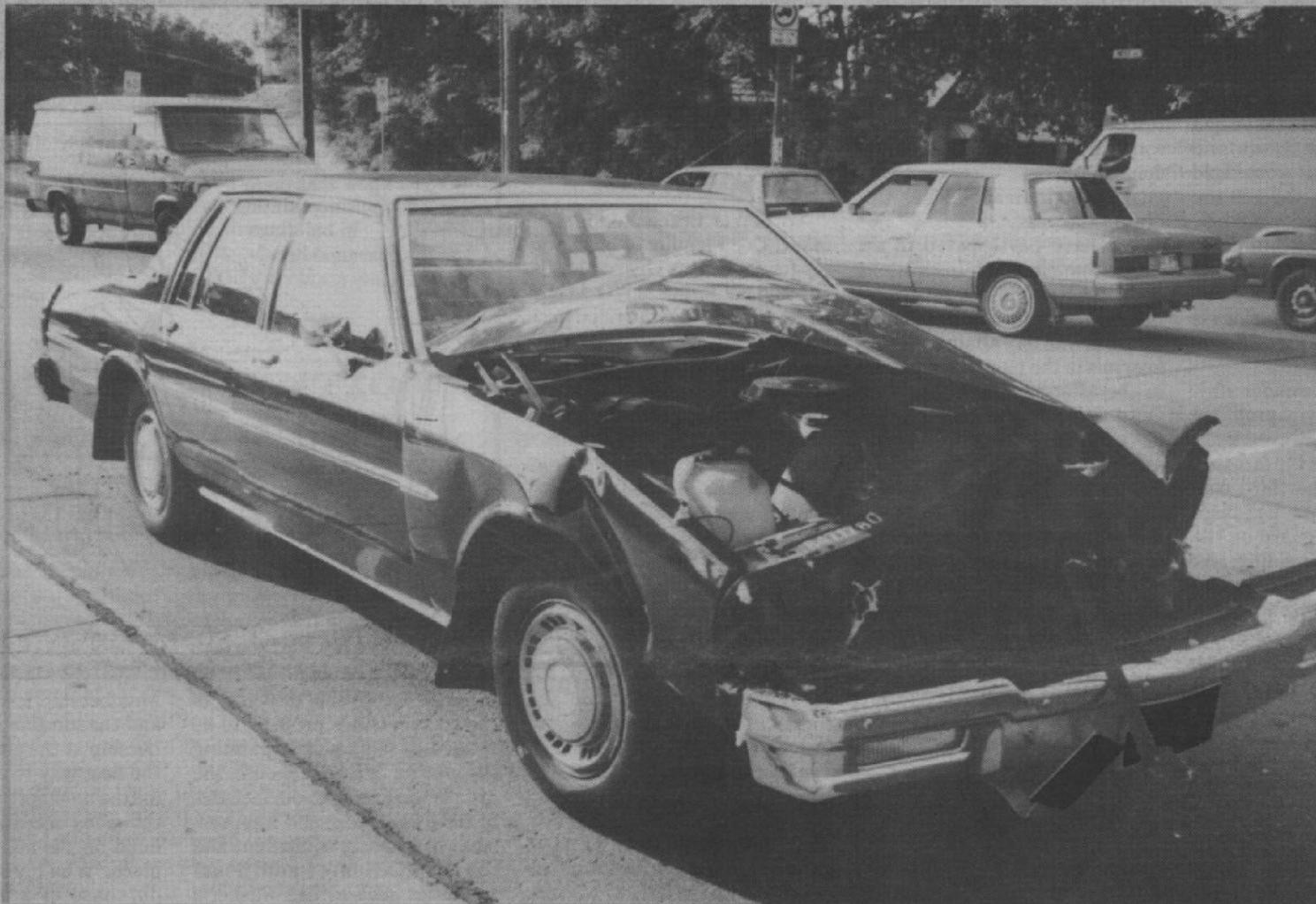
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CFB/BFC Winnipeg

23 November, 1988

Let's be careful out there!



National Safe Driving Week 1-7 Dec 88

Semaine de la sécurité au volant

Base Commander's Message

"The Great Canadian Challenge" is a most appropriate theme for National Safe Driving Week to be held December 1-7, 1988. With the winter months rapidly approaching, all CFB Winnipeg personnel will be required to adjust the speed of their vehicles to the road and weather conditions. The use of seat belts and turning on headlights to better see and be seen can also go a long way in preventing accidents.

On December 1st, personnel from the MSE Safety Section will be handing out a National Driving Quiz prepared by the Canadian Safety Council to test your knowledge of the rules of the road and defensive driving. Please take a few minutes to complete the quiz and check your answers. Use this opportunity to update your knowledge of the rules of the road and defensive driving techniques.

Please join me in taking "The Great Canadian Challenge" and making the efforts necessary to increase road safety.



Colonel Loren H. Reynolds

Message du Commandant de la Base

Le Conseil canadien de la sécurité routière a choisi le thème "Le grand défi canadien" pour sa campagne annuelle qui aura lieu de 1er au 7 décembre 1988. Ce thème vous rappelle que les mois de l'hiver approchent à grands pas et que les conducteurs devront tenir compte plus que jamais des conditions atmosphériques et routières. L'utilisation des ceintures de sécurité et des phares afin de mieux voir et être vu est aussi recommandée pour prévenir les accidents routiers.

Le 1er décembre, le personnel de la section de sécurité routière de la base distribuera un questionnaire national sur la conduite automobile. Je vous prie de prendre quelques minutes pour compléter le questionnaire et vérifier vos réponses afin de rafraîchir vos connaissances des règlements de la route et de la conduite défensive.

Il n'en tient qu'à vous de relever "Le grand défi canadien" et de contribuer à une réduction du nombre d'accidents routiers.



The Base Chief Said...

You know the old saying, "Everyone talks about the weather, but no one does anything about it." Well, that's how I felt on the morning of 20 October. You see we had been tasked to provide a Guard of Honour for our Chief of Defence Staff at the Bishop Building. Don't know where the Bishop Building is? Then I suggest it's about time you found out. Anyway, let's get back to the story. We fell in at about 8:15 AM, and were waiting, when a very fine mist started, this despite the fact that only eight minutes prior to that I had been down on my hands and knees, praying that it would hold off. At about 8:25, we got the word that the guard would be mounted inside the building. Quickly, we fell out, and reformed the guard inside. By this time I was furious! No, furious is not the right word. I was downright ugly.

Some of you may wonder why, then again, most of you probably couldn't care less. However, what really upset me, was the fact that this represented the third consecutive time that we had been prepared to do the guard on the steps of the Bishop Building, and because of the weather, had to mount it inside. The other reason I was a bit upset, was we had spent a lot of time and effort get-

ting the guard ready on the previous day, and now we were not going to get to show our stuff. I can't speak for everyone, but I felt that we were ready for this one. The guard consisted of all "new" personnel, and this would represent their first guard as a group. Two-thirds of the people would now have to get back on the bus, and wait for the other third to finish the Quarter Guard. The Quarter Guard was not bad, but to my mind, the full guard would have been better.

I think it would be appropriate to review for the benefit of all concerned, just what we have done on the base with respect to guards, and parades since the first of the year.

We have participated in six Base Commander's Inspections and CFANS Wing Graduations, involving some 500 personnel. These are all day affairs, with rehearsals in the morning, a parade in the afternoon, and the Wing Graduation in the evening. We have mounted 12 fifty-person guards of honour, involving about 600 people. There were two one-hundred person guards of honour, and eleven departure guards. We as a base, participated in three change-of-commands, we supported four events off base, involving about 250 personnel. There was one funeral,

(thank God for that, there could have been more), and three quarter guards. We changed guard personnel twice, requiring two practices for the new personnel, and the preparation for all of the above, required about 27 practices. If you totaled up all the people who were involved in these events, you would get a figure close to 4000. Now the units, branches, and sections know why we appeared to be busy, and I want to thank them for their support, help, and encouragement.

I think it would be appropriate to pass on a few well done to those who did the guards. Major Archambault, Guard Commander for the visit of Her Excellency, The Governor-General, and Major Harrison, Guard Commander for the opening of the Manitoba Legislature. Capt Roy from CFANS, and Capt Blum from CFANS, who were our standing guard of honour commanders for the majority of the events we took part in.

To MWO Bruce Young, and MWO Doc Fleming of Base Supply for serving as Guard MWOs. I should not forget MWO Al Nixon from Base CE who filled in on a couple of occasions as well. Thanks to all the flight commanders who were too numerous to mention individually, however, one officer who was always there for us was Lt Kevin Barnett from 429(T) Sqn. It seems to me that every junior officer on the base had a shot at the Base Flag Party. I would, however like to single out Lt Steve Pike, who because his office is so close to me, ended up doing a lot of flag party duties, as well as departure guards.

To the Warrant Officers, Karalenas from BCompt, and Smith from Air Command HQ, these two gentlemen never missed a guard or parade all summer. The senior NCOs who acted as Flight Sgts, and in particular Sgt Brian Barkley, who probably did more guards and parades this past year than anyone. He's a bit of an oddity though, he likes parades. These are handy guys to have around.

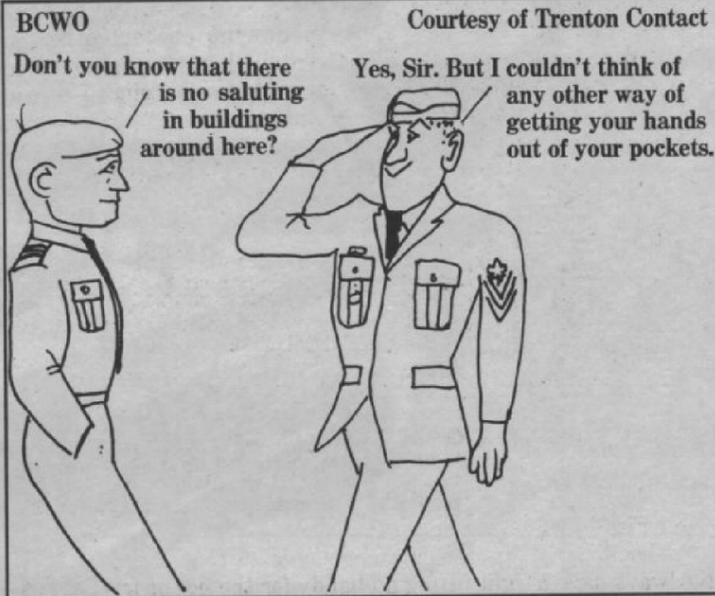
Last, but by no means least, I want to pass on to all the fine women and men of CFB Winnipeg, my thanks for the job that you have done for us. After we participate in any event, it is always routine that we receive thanks. That thanks is meant for, and should go to these great women and men of this Base. Yes, and that includes you Able Seaman Barrett!

Like most events, some go better than others, and parades and

guards are no different. There is one guard that I am particularly proud of, and that was the 100 person guard we did to open the Manitoba Legislature in July. I have the proof on video that this was an outstanding effort on the part of everyone who took part in it.

For the most part, all of our guards have been mounted with personnel wearing all three uniforms. That is the way it should be, as it's an indication of what this base is all about, everyone working together to accomplish one aim or objective. This same team spirit is evident with our Base Defence Force, and is carried over to our guards, and everything else we do.

I want each and every one of you to know how very proud I am to be the Base Chief Warrant Officer of CFB Winnipeg, and what an honour it is for me to be part of that team.



Golf Club News

The City of Winnipeg has already received its second major snowstorm as I sit to write these few words, but I would nevertheless like to write a few words about the 1988 golf season at the CFB Winnipeg Golf Club and touch on what is in store for Spring 1989.

First of all, the golf course has become a reality! The course was played during the period 8 Jul-27 Oct 88 using temporary greens until four permanent greens

could be played in the latter part of the season. The Committee expresses its gratitude to the 550 golfers who have purchased green fees and to the 20 members who have provided the club with revenues of approximately \$7,000.00, the only source of funding for course development and operating expenses in 1988. Appreciation is also extended to all the sponsors and supporters who have contributed to the massive effort needed in the initial

stages of conception of the course. Accomplishments to date include the construction of nine Tee Blocks and greens, the installation of culverts, the installation of an above-ground watering system, improvements to fairways numbers 1 and 2 and the minor developments in Bldg 31 to store course maintenance equipment and provide some clubhouse facilities.

Now that some of the basic elements are in place, the Committee will take advantage of the winter months to continue to prepare for an early start in 1989. The first priority was to secure some funds for the hiring of a full-time greenskeeper for the period Apr-Oct 89. Support was provided by Base Fund and the Golf Course Committee will now be in a position to acquire the services of a trained greenskeeper to manicure the greens and continue the development program by adding bunkers, sand traps and shrubbery necessary to

increase the level of difficulty of the course. Other projects to be tackled in 1989 include painting the interior of the clubhouse, the installation of washroom facilities in Bldg 31, repair and improvement of existing equipment and the acquisition of additional amenities such as ball washers, benches and signs.

The Committee considers 1989 a crucial year for the golf club. If the greens winter well, all nine permanent putting areas should be in use by late May and a full season of play possible to determine the viability of a course at CFB Winnipeg. Your support is therefore requested to help the Committee put into place all the elements necessary to make the course more interesting for players of all calibre. Every round played brings \$3.00 in green fee revenues and is much appreciated, but an early commitment to a Single Annual Membership (\$100.00), Family Annual Membership (\$125.00) or Chartered

Membership for 2 years of play and the lifetime right to a membership at the club for \$250.00 is the best way to encourage Committee members and provide the revenues necessary to properly build on the solid foundation in place. Won't you consider the purchase of a membership as soon as possible or plan to hold section tournaments at our facility?

With Christmas quickly approaching, the Committee would also like to suggest giving a membership to your spouse or children. Capt Cliff Beattie at Local 5823, Capt Brain Hoogkamp at Local 5810 and Maj Gilles Archambault at Local 5210 can be contacted to ensure your membership application is processed and your 1989 membership card is available before 25 Dec. 88.

Gilles Archambault
President
CFB Winnipeg Golf Course

BIRTH ANNOUNCEMENT

Patrick and Charlotte Power are pleased to announce the arrival of their son, Alexander Patrick, a brother for Jillian. Born 24 Oct 88 at 10:00 p.m. weighing 7 lbs. Happy grandparents are Marguarite and Goldwyn Power of Minto, N.B. and Mildred and Alton Roherty of Belledune, N.B. Thanks to Dr. Albak and staff at the Grace General Hospital.

The supreme happiness of life is the conviction that we are loved.

Victor Hugo

FOLLOWING THE CANADIAN FORCES

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MONDAY and THURSDAY 1-4 p.m.	889-3963	LUNDI et JEUDI de 13h à 16h

Telephone-answering system operates remainder of week/Repondeur automatique pour le reste de la semaine
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Message du Commandant Semaine de sensibilisation à l'énergie — 21-25 Nov 88

Encore une fois, la raison d'être de cette semaine est de souligner à tous les militaires des FC, à leurs personnes à charges et au employés civils, l'importance de l'aménagement d'énergie continu de jour en jour.

En ce temps de surabondance de produits pétroliers et énergiques, il est facile de se laisser aller et retourner à nos vieilles habitudes de gaspillage de consommation. Cependant, ce déficit n'est pas seulement pour continuer nos principes de consommation actuels mais aussi pour améliorer l'efficacité atteinte par le commandement aérien dans le passé. Les réductions ont été en partie accomplies grâce à votre meilleur compréhension de la situation énergétique nationale et mondiale, et la réalisation que les ressources d'énergie canadiennes ne doivent pas être consommées sans consi-

dération pour nos futures générations.

Je suis fier de pouvoir vous affirmer que grâce à vos efforts le commandement aérien a maintenant un record enviable en ce qui concerne l'aménagement d'énergie surtout dans les domaines de Avpol, MMS et les services publics. Avec une réduction totale d'utilité d'énergie de 2.3 pourcent durant l'année budgétaire 87/88, le commandement aérien a pu atteindre le but établi par le CGDN d'une réduction de 10 pourcent pendant cinq ans. QGDN nous demande maintenant de réduire notre consommation d'énergie d'un pourcent par année pour cinq ans et votre effort continu est requis pour que nous puissions atteindre ce nouvel objectif.

Un grand merci pour votre support et vos efforts entousias-



LGen L.A. Ashley

tes. La semaine de sensibilisation à l'énergie nous donne la chance de s'arrêter et de penser à nos réussites du passé pour pouvoir se remettre de nouveau avec motivation afin de s'assurer que le commandement aérien continue avec succès la sensibilisation et la conservation d'énergie.

Commander's Message Energy Awareness Week 21-25 Nov 88

The purpose of this week is once again to bring the importance of continued day-to-day energy management to the attention of all CF members, dependents and civilian personnel.

In this time of apparent unlimited fuel and energy it would be easy to relax and return to our old habits of wasteful consumption. However the challenge is not only to maintain our current conservation ethic, but also to improve upon the efficiency Air Command has achieved in the past. The reductions achieved are due in part to all personnel having a broader understanding of the national and world energy situation, and the realization that Canadian energy resources must be consumed with greater regard for future generations.

I am pleased to advise that, thanks to your efforts, Air Com-

mand has developed an enviable record of energy conservation in the areas of Avpol, MSE and Utilities. With an overall 2.3 percent reduction in total utilities energy usage during FY 87/88, Air Command has met the NDHQ established goal of 10 percent savings over the past five years. Your continued vigilance is now required for us to meet the new goal of a one percent reduction in utilities energy consumption for each of the next five years.

Thank you again for your past enthusiastic efforts and support. Energy awareness week gives us the opportunity to reflect on past achievements and rekindle the drive and spirit needed to ensure the continued success of Air Command's energy awareness and conservation programmes.

FIRE PREVENTION NEWS

Christmas season safety

Fire is a dangerous enemy and the kitchen can be a dangerous place. Your Fire Chief's warning for today is:

"When cooking with grease or fats, never leave it unattended. Always have a tight fitting lid handy for the pot or frying pan. If the grease catches fire, remove the source of heat, put the lid on and smother the fire. Do not throw water on a grease fire; it only spreads the flame. Do not attempt to carry the flaming pot or pan — smother that fire."

Your Fire Chief asks you to be specially careful of fire this Christmas season. The kitchen will be a busy place with all the family home. And watch that Christmas tree; keep it standing in water and tie it securely. Turn the lights off before you leave the house or retire for the night. Do not let the youngsters play near the tree and keep matches out of reach. Make it a merry and safe holiday time.



FIRE PREVENTION STARTS IN THE HOME.

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HELP US TO PROTECT ...YOU and YOURS

CO-OPERATION IS HALF THE BATTLE AGAINST FIRE!

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THURS-FRI 9-8
SAT 8-5

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Cut/Blowdry/Style	\$15.00		

2249 A NESS AVE., WINNIPEG, (Next to Payfair)

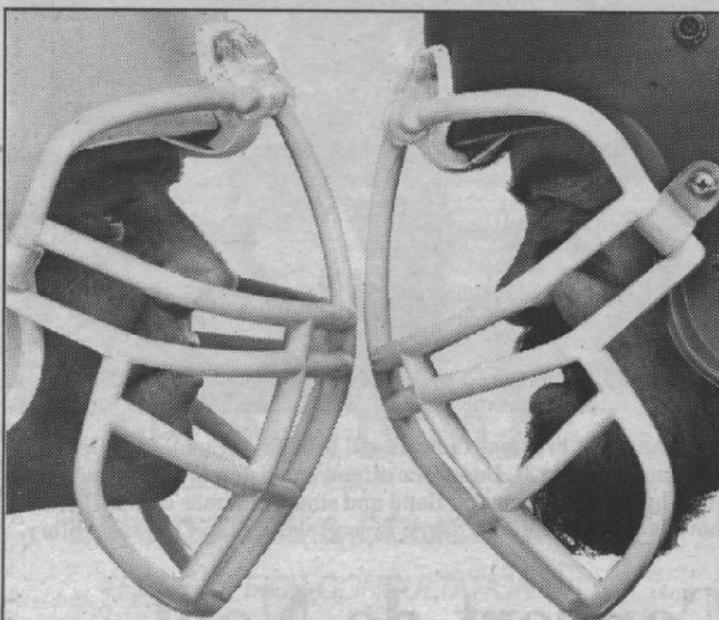
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Your safe choice in fog and wet snow

Heading for an early morning appointment, you top a rise and start down a familiar hill into a fog patch. It keeps getting thicker, so thick you can barely see the hood of the car. You come up behind a truck that seems to be crawling and you get impatient. You peer through the mist and decide you know this stretch of road and you can't see any oncoming headlights. You turn on your high beams to illuminate the road and pull out to pass. Out of nowhere a shadowy form looms in your path. You hit the brake and the form at exactly the same moment.

Unexpected thaws during the winter often result in fog patches on Canadian highways and the tendency for drivers is to try shining their high-beam headlights through the patches. Don't. The light from high-beams bounces off the drops of moisture which cause the fog and throw the glare back into your eyes.

Use fog lights, if you have them, or your low beams. The most important thing to remember when driving in fog is to drive with caution. Never try to pass another car in fog, even if it seems clear enough. You may be just on the verge of a heavy patch that obscures oncoming traffic. Or, you may encounter a driver who is driving without headlights.

Even if your low-beam headlights don't throw much illumination in front of you, use them anyway. They make it easier for other cars to detect you. If you come up behind a slower moving car, adjust your speed and be patient. It's often easier for you to see while following another vehicle because its movement displaces the fog.

Unexpected thaws can also cause slush and wet ice patches that make driving hazardous. The closer ice is to freezing, the more slippery it will be. Temperatures just above freezing create a thin film of water on ice patches making them even more dangerous.

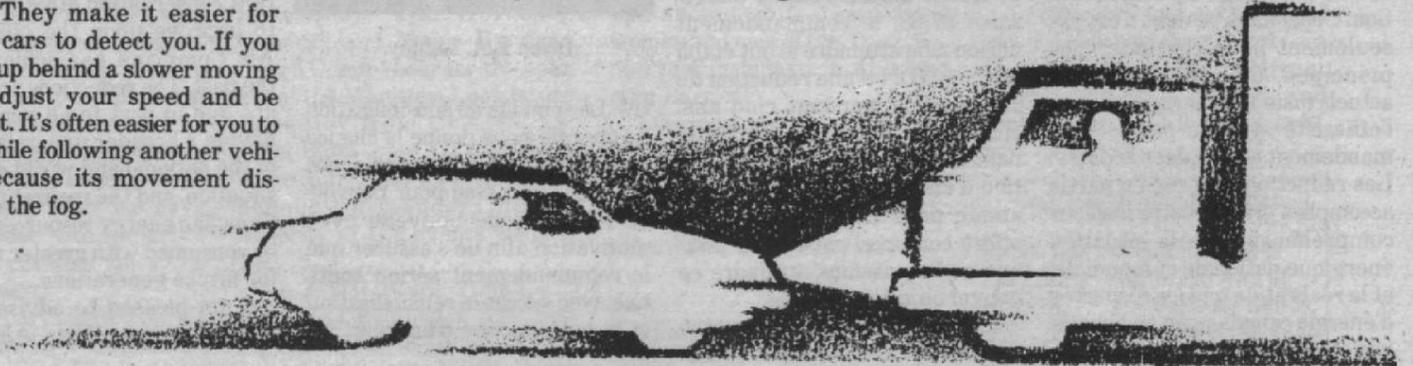
The deeper the water, the more difficult it is for you to stay firmly on the road. The lighter your vehicle and the faster you are travelling, the more likely it is your car will 'hydroplane' or ride

on top of the water. Hydroplaning causes you to lose traction and therefore lose control of your car. To prevent hydroplaning on wet ice:

- make sure your tires have ample tread depth and that you keep them at the proper air pressure
- slow down considerably when faced with wet, icy roads
- be prepared for loss of steering going around curves and corners and brake gently before heading into them

Uniroyal Tires and the National Auto League have teamed up this fall in a major promotion to remind you to "Play it Safe" while winter driving.

One in a series of articles providing tips on safe winter driving.



Christmas Concert — 11 Dec



The annual Christmas Concert will be held on Sunday, 11 Dec 88 at 1930 hours in Bldg 21. Be sure to attend and listen to a wide variety of music by the Air Command Band and sing Christmas carols. Pictured above is Warrant Officer Barry Tyson relating the Christmas Story.

The Air Command Band, in conjunction with the North and South Site Community Councils will be holding a Christmas Concert and Carolling Festival on 11 Dec 88, in Bldg 21 at 1930 hours. The evening will feature a wide variety of music by the Air Command Band, selected traditional lessons and carol singing.

Coffee and Donuts will be provided by the Community Councils during intermission. As well, a raffle will be held for Christmas turkeys and hams. Tickets for the raffle will be sold at the door only. Cost of the tickets is 50 cents each or 3 for \$1.00. There is no admission fee for the concert however, a silver collection will be taken up during the evening, with all proceeds being donated to the Winnipeg Christmas Cheer Board.

This is a tremendous opportunity to enjoy the many talents of the Air Command Band and to get into the Christmas spirit.

EVERYONE IS WELCOME, SEE YOU THERE.

DEPENDENTS



TIME: 1800 - 2100

DATE: DEC 5 & 6

PLACE: BLDG 87 - DDC CLASSROOM

PHONE: 5742 (MSE SAFETY)

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Concert de Noël — 11 déc

La Musique du Commandement aérien, de concert avec les conseils communautaires nord et sud, présentera un Concert de Noël et un Festival de Chant le 15 déc 85, à 19h30 dans l'édifice 21. A cette occasion, la fanfare du Commandement aérien offrira un grand choix de musique, des lectures traditionnelles choisies et des chants de Noël.

A l'entracte, les Conseils Communautaires serviront café et beignes. De plus, il y aura une lotterie pour dindes et jambons de Noël. Les billets pour la lotterie seront vendus seulement à l'entrée à un coût de .50 chacun ou 3 pour \$1.00. Il y aura entrée libre au concert; cependant, au cours de la soirée, il y aura une collecte de pièces d'argent au profit du "Winnipeg Christmas Cheer Board".

C'est une occasion merveilleuse de jouir des nombreux talents de la Musique de Commandement aérien et de se mettre dans l'esprit des Fêtes.

SOYEZ TOUS LES BIENVENUS — ON VOUS Y VERRA.



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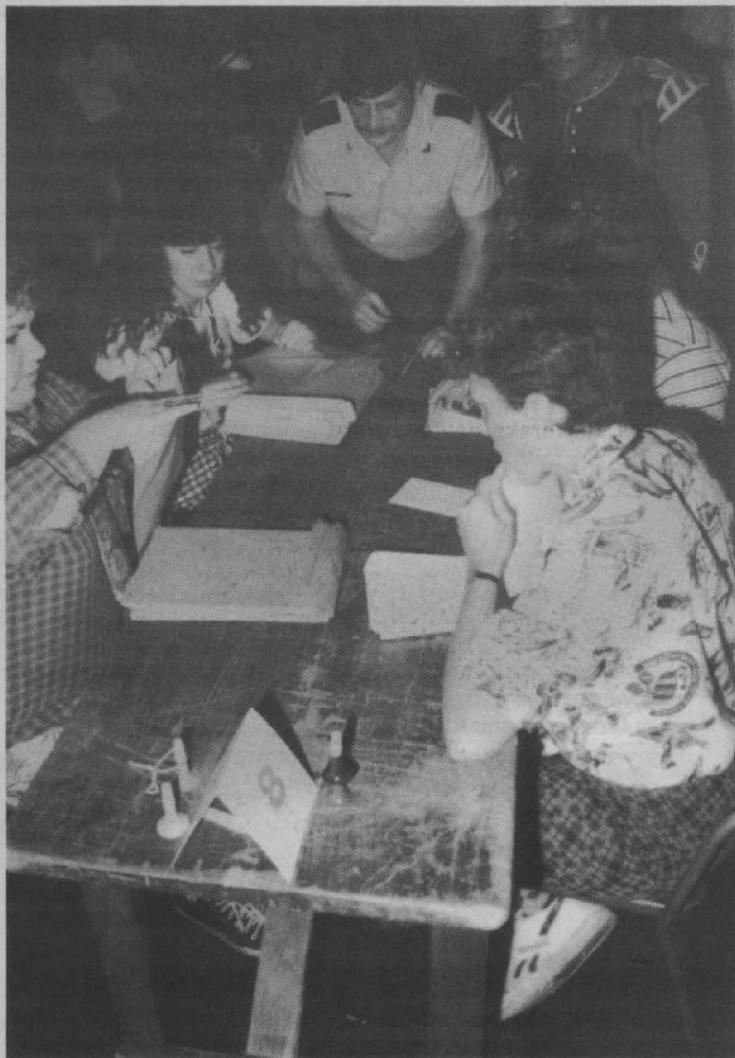
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MON.-FRI. 8:30-4:30

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4th Annual Bureaucratic Olympics



Member of 2 PPCLI refereeing Lick & Stick relay

2 PPCLI support United Way event

40 members of the Second Battalion Princess Patricia's Canadian Light Infantry supported the 4th Annual Bureaucratic Olympics on 30 Sept. 1988 at the University of Winnipeg Athletic Centre.

There we met, and were briefed by George Einarson who received a plaque of appreciation for the many personal hours spent preparing the events.

At 1200 hrs the 2PPCLI Band, under direction of Drum Major M. Swanson, marched in with 17 teams. The reigning champs team #18, Benny & the Jets was the last to enter. Laurie Mustard of CJOB had the honours of dousing the Olympic Sparkler, thus officially opening the games.

The events consisted of Speed Stamping, Chain Gang, Air Show, Lick and Stick relay, and the Jargon-Put-Off. The rules were explained, the timer was set, and the games began. After 60 mins. two teams were tied for 2nd place. A throw off was conducted, and the end results were:

Bronze — Veterans Affairs Regional Office
Silver — Canadian Employment and Immigration
Gold — Supply and Services

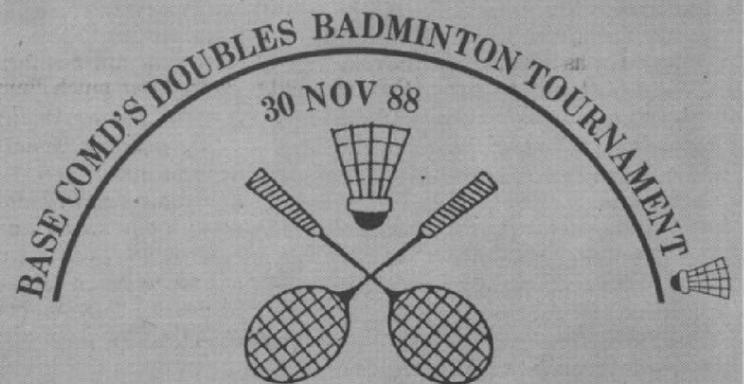


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1989 Single Membership	\$100.00
1989/90 Chartered Membership	\$250.00

Please contact: Capt Brian Hoogkamp Loc 5810
Capt Cliff Beattie Loc 5823
Major Gilles Archambault Loc 5210



Tournament will be held at Bldg 90
Opening Ceremonies 0730
Match's start at 0800

A ten dollar entry fee per team will be charged to cover cost of awards and prizes.

Entry fee must be paid NLT 23 Nov 88. (First 24 paid teams will be accepted) Bring entry fee and names to Bldg. 90.

Schedules will be sent out prior to event date!

FOR FURTHER INFORMATION CONTACT
CPL SHIRLEY AT LOC 5511.

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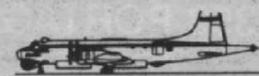
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Milestones at RSS Prairie



Colonel Ray Crabbe, Commanding Officer of RSS Prairie recently presented the first clasp to the CD to Major Mark Misher, SO 2 Ops and Trg, (shown to the right) and Chief Warrant Officer Sam Parsons, RSM. Both presentations were made during the annual RSSO Conference held at CFB Winnipeg in September.

CFANS Corner



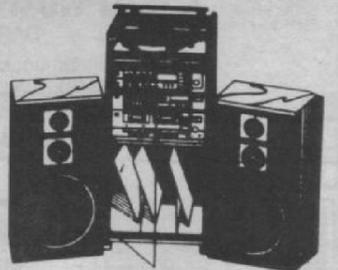
LCol Art Armstrong, Commanding Officer of CFANS, presents Diplomas of Achievement to Capt Dan Daly and Capt Dan Doram for completing the OPDP program.



Major Mark Misher

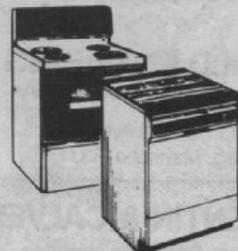


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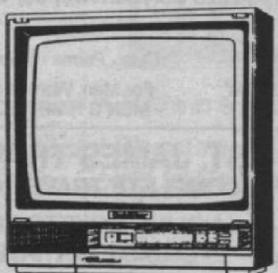
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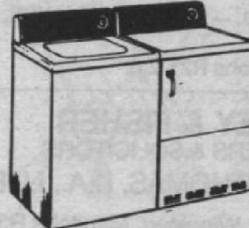


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BAMEO

Airman/Airwoman of the month

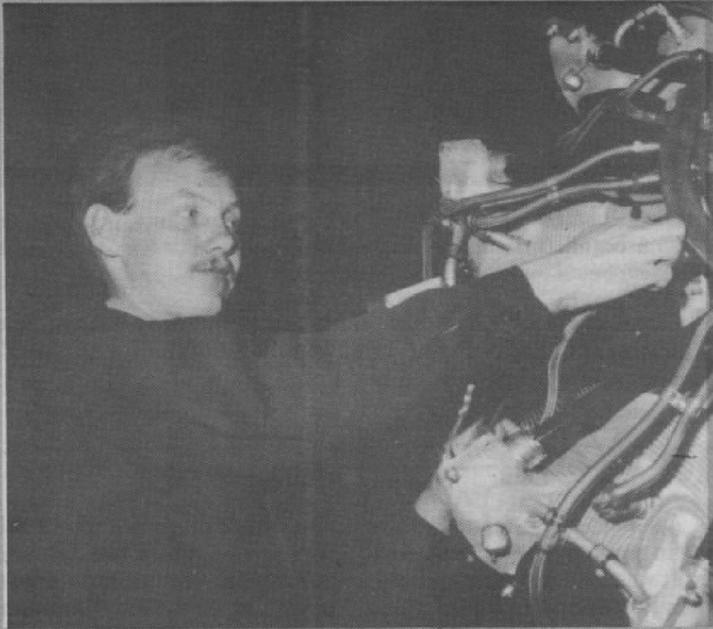
Promotion

This month the BAMEO Airwoman/Airman of the Month Award is awarded to a group vice a single individual. This is in recognition of their teamwork and joint skills in finally rectifying a long outstanding snag. To single one out from the others would be an injustice.

A Hercules aircraft had an ongoing C-12 compass snag that had eluded troubleshooting between flights for approximately 2 years. The problem became no longer liveable and the operators were finally convinced that only by giving maintenance the necessary time would the snag be fixed.

A dedicated team was put together consisting of MCpl's Pfeifer and Sproul, (IS Techs); MCpl Owen, Cpl Sandfuchs, (CRS Techs) and their trusty electrician Cpl Tremblay. These highly qualified technicians put together their knowledge and experience and through excellent initiative and perseverance were successful in returning a "Serviceable" aircraft to the Flight Line. For 6 long days, these professionals put aside their personal activities and several times were called upon to rectify other aircraft snags.

The dedicated crew is to be commended for their fine effort and performance.



Cpl Reg Boulianne, recently accelerated that rank, inspecting Dak engine.



Pictured above (standing l-r) Cpl Steve Sandfuchs, Cpl Deny Tremblay, MCpl Mike Owen, (sitting l-r) MCpl Bill Sproul and MCpl Vicky Pfeifer.

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Athlètes de l'année

par le lieutenant
(Mer) Mitch Nimeck

Le comité directeur du Programme du mérite sportif des Forces canadiennes a reconnu l'habileté sportive d'un officier des Affaires publiques du Quartier général de la Défense nationale à Ottawa et d'un élève de l'École de technologie et de génie aérospatial, à la base de Borden (Ont.).

En effet, le comité a nommé le capitaine Lynne Bermel, triathlète de Trenton (Ont.) et membre des Forces canadiennes depuis 10 ans, «Athlète féminin de l'année» et le lieutenant Mike Ashcroft, de Hamilton (Ont.), un membre de l'équipe de tir canadienne aux Jeux olympiques de Séoul, «Athlète masculin de l'année».

L'an dernier, le capitaine Bermel a participé à 12 compétitions, en l'occurrence des triathlons et des courses de 10 km; elle s'est classée première à huit de ces épreuves et deuxième ou troisième aux autres. Les meilleurs

athlètes du Canada et des États-Unis participaient à ces rencontres échelonnées sur quatre mois. La performance du capitaine Bermel témoigne non seulement de ses talents exceptionnels de coureuse, mais aussi de sa condition physique remarquable.

Malheureusement, vers la fin de 1987, l'athlète de 27 ans a subi une blessure qui l'a forcée à s'abstenir de courir. Cependant, Lynne Bermel a maintenant recommencé à s'entraîner, et cela avec autant de sérieux que par le passé car elle compte bien remporter pour la sixième fois d'affilée le championnat national de course à pied des Forces canadiennes en octobre 1988.

Excellent tireur de précision, et spécialiste dans le tir couché, le lieutenant Ashcroft a été admis au Temple de la renommée des sports des Forces canadiennes à l'âge «respectable» de 22 ans! Depuis, il n'a cessé d'établir des records.

Malgré ses études, le lieutenant Ashcroft a trouvé le temps de participer à sept compétitions internationales de tir. Aux Jeux panaméricains de 1987, à Indianapolis, aux États-Unis, il a aidé son équipe à remporter la médaille d'or à l'épreuve de tir à la carabine de petit calibre, position couchée. Il s'agissait pour lui d'une troisième médaille d'or, puisqu'en 1986, il en avait gagné une aux Jeux du Commonwealth à Édimbourg, en Écosse, et une autre aux Jeux Benito Juarez, à Mexico.

L'épouse du lieutenant Ashcroft, Christina, a également fait partie de l'équipe olympique canadienne de tir à Séoul. Elle s'adonne au tir à la carabine de petit calibre, trois positions, ainsi qu'au tir à la carabine à air comprimé. Christina Ashcroft a en outre représenté le Canada aux Jeux Olympiques d'été de 1984, à Los Angeles (Californie).



L'athlète masculin de l'année des Forces canadiennes, le lieutenant Mike Ashcroft, était un des membres de l'équipe de tir olympique canadienne à Séoul.

Canadian Forces Male Athlete of the Year, Lieut. Mike Ashcroft, was a member of Canada's Olympic rifle team at Seoul along with his wife Christina. (Photo by Tony Keene)

CF Male and Female Athletes of the Year

By Lieut. (N) Mitch Nimeck

A public affairs officer at National Defence Headquarters, Ottawa, has been named Female Athlete of the Year and a student at the School of Aerospace Technology and Engineering at CFB Borden, has been named Male Athlete of the Year, by the governing committee of the Canadian Forces Sports Award Program.

Female Athlete of the Year is Capt. Lynne Bermel of Trenton, Ont., a triathlete, who has been a

member of the Canadian Forces for 10 years. Lieut. Mike Ashcroft, of Hamilton, Ont., a member of Canada's rifle team at the 1988 Olympic Games in Seoul, is the Male Athlete of the Year.

Last year, Bermel participated in 12 triathlon or 10 km running events and placed first in eight and either second or third in the remaining events. All featured top US and Canadian athletes and took place within a four-month time span. The results at-

tested not only to Bermel's outstanding running ability but to her superior fitness level.

Unfortunately, the 27-year-old public affairs officer suffered a disabling injury in the latter part of 1987 that sidelined her for five months. However, she has now returned to her former training intensity with the aim of capturing her sixth straight Canadian Forces National Running Championship.

A superb marksman specializing in prone shooting, Lieut. Ashcroft was inducted into the Canadian Forces Sports Hall of Fame at the 'ripe old age' of 22 (in the summer of 1987). Since then he has continued to set records.

Although a student at the CF School of Aerospace Technology and Engineering he found time to compete in seven international rifle competitions. At the 1987 Pan Am Games held in Indianapolis, USA, he assisted in win-

ning the team gold in the small bore prone event. It was his third gold medal. He also won a gold medal at the 1986 Commonwealth Games in Edinburgh, Scotland, and at the 1986 Benito Juarez Games in Mexico.

Ashcroft's wife Christina was also a member of Canada's 1988 Olympic rifle team. She shoots in the three-position event and also air rifle. She was also a competitor for Canada at the 1984 Summer Olympics in Los Angeles.



La capitaine Lynne Bermel, athlète féminin de l'année des Forces canadiennes, s'entraîne le long du canal Rideau en vue d'un triathlon à venir. (Photo adjutant Vic Johnson)

Capt. Lynne Bermel, Canadian Forces Female Athlete of the Year, runs beside Ottawa's Rideau Canal as she trains for her next triathlon. (Photo by WO Vic Johnson)

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Sun, 1115 hrs, English Mass
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During the 1115 hr Mass, there is a Nursery program for children under the age of 5.
Sunday School: 1000-1100 hrs
Weekday Masses: Mondays through Thursdays, 1900 hrs
Arrangements for Baptisms are to be made at least two months before the intended date. The preparation that has to take place can be conducted before the birth of the child.
Arrangements for Marriages have to be made at least three months before the intended date of wedding. A Marriage Preparation session is mandatory.
Please contact the Chaplains through the Secretary: (895-5087, North; 895-6024, South).

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CHAPEL OF ST. ANDREW (SOUTH)

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1115 hrs, Intergenerational Sunday School

Holy Communion, conducted according to the rites of one of the five supporting denominations, will be held at the regular service on the first Sunday in each month. Nursery is provided for children during Divine Worship.

Baptism and Marriage are to be arranged by appointment and seven weeks advanced notice is required prior to the solemnization of Holy Matrimony. Please contact the Chaplains Secretary at (North) 895-5087, (South) 895-6024 for an appointment.

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News From RC Chapel (North) Renew: Phase I

As stated previously, Renew has started at the Our Lady of the Airways RC Chapel. The Small Groups started their weekly meetings during the week of October 17. Those small faith sharing groups are the core of Renew, and the very enthusiastic and broad response offered helps contribute to the success of the process.

The coming themes will be that of a call of God for us to see ourselves as members of his family, that confirms us in our abiding

commitments; the Lord speaks to us as part of His Church. This will certainly contribute in making our parish a more vibrant faith community.

The spirit of Renew is contagious. If you want to verify it, you are welcome at the Sunday mass, or you just need to talk with one of those who have submitted themselves willingly to that contagion.

MWO Ken McLeod

Renouveau: Une Étape Importante

Comme cela a été déjà dit, la paroisse Our Lady of the Airways a entamé la phase active du Renouveau: depuis la semaine du 17 octobre, les petits groupes de partage de foi ont commencé leurs échanges. Le nombre de participants est très encourageant, et cela va certainement permettre au processus de porter ses fruits. Dans les prochaines semaines, les thèmes de réflexion porteront successivement sur

l'engagement pris envers Dieu dans sa famille, et la présence d'un Dieu qui parle à son Église. Cela devrait ajouter à la vitalité de notre communauté paroissiale.

L'esprit de Renouveau est contagieux: voulez-vous le constater? Vous le pourriez en prenant part à la messe du dimanche, on en entrant en parlant avec un de ceux qui ont déjà accepté cette contagion...

ADJM Ken McLeod



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Welcome From The St. George Chapel R.C. (South)

I would like to take this opportunity to welcome all the new RC parishioners to CFB Winnipeg.

For those that forgot or don't know, the St.-George Chapel Bldg. A-1 is situated on Kenaston Blvd. next to the Lipsett Hall, you can't miss it.

We provide Sunday School for your young ones from grade one to six, every Sunday from 0900 to 0945 hrs.

We also have babysitting service during Sunday Mass. After Mass, you are welcome to join us for a cup of coffee and baked goodies (watch BMI).

All parishioners are invited to our next Parish Council meeting on the 14 Nov 88 at 1900 hrs after Mass. We will be discussing the visit of our Bishop, André Vallée, on the 4th of December.

Last Sep 25, we had a very successful gathering at the Lipsett Hall and we will be planning a Pot Luck pretty soon. We will keep you updated.

We are looking forward to meeting you all.

P. Gagnon
Parish Council Chairman

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Safeguard yourself against contractors

by William E. Doyle

Stories are reported in the media about the public being victimized by builders and other contractors who have taken advantage of them as a result of the fact that the public is unfamiliar with business or finance. As a result, they have paid for work to be done on their home which was unnecessary, or have paid in advance for work which was never performed. In other cases, the particular contractor has performed the work poorly or with deficient materials such that the job when completed has been unsatisfactory. While many contractors are reputable and hardworking, as with any trade or calling "bad apples" do exist. Because it is difficult to recognize which contractors are good and which contractors are not quite so good, it is important to be careful in your dealings with them. Various steps can be taken to protect the consumer.

It is always important to be wary of the contractor who approaches the consumer with a suggestion in relation to the repair and/or upgrading of the condition of the consumer's home.

Often in such circumstances, the consumer neither wants nor needs the suggested work. While the Consumer Protection Act has safeguards in relation to some door to door sales, such safeguards are restricted in their scope, and do not apply to the contractor situation. As a result, it is always important to get a second opinion and quote before agreeing to have any work performed or paying money as often such work is not necessary or will not accomplish the desired result.

It is possible for the consumer to contact the Better Business Bureau and the Consumers Bureau in relation to a particular contractor. While such entities will not be able to rate the particular contractor in relation to the jobs performed by him, they will be able to advise you if there have ever been any complaints in relation to such contractor.

The best advice for choosing a contractor is to base such decision upon a personal recommendation by someone you are familiar with and trust. Although it is not as helpful, you might also require that the contractor supply references from previous customers so that they can be contacted by you for inquiry in relation to how promptly the work has been performed, their satisfaction with results, and the satisfaction with the price charged.

When entering into a formal agreement with the contractor, it is important to have such agreement in writing and to insist that such writing include all of the

promises that have been made to the consumer and the terms which will work in the consumer's favour. While contractors as well must protect themselves against unscrupulous consumers, and often require part payments for materials and sub-trades hired by the contractor before completion of the job, the consumer should insure that he is not required to pay to the contractor a sum substantially more than the work which has been completed to that stage. Such precaution will insure that the consumer does not suffer too great a loss if the contractor suddenly decides to abandon the job in midstream.

The consumer should also be aware that various provisions exist in the Builders' Liens Act of the Province of Manitoba which allow the contractor and his sub-contractors, trades and suppliers to register a lien against the title relating to the property as security in relation to the rights that he has pursuant to the contract to more effectively insure the fact that he will be paid. However, the consumer or homeowner can protect his rights from the contractor or sub-contractor who is hired by the contractor, by holding back seven and one-half percent of any amount advanced to the contractor for a period of 40 days after substantial completion of the work. Such is a reasonable and common step to be taken and one which the contractor cannot argue against. A land titles search done after 40 days will de-

14 Training Group HQ

Political Candidate Accidentally Walks into Aircraft Propeller! "I was there when the Grit hit the fan" claims astonished onlooker.

By the time this bizarre headline hits the pavement the current democratic process shall be history by about 48 hours. Pollsters and pundits shall give way to the real battle for the hearts, minds and pocketbooks of the nation. Those three prominent photo opportunities in grey suits and red ties will surrender to the ultimate huckster in a red suit and phony pair of Santa boots (again).

As Yuletide approaches,

Groupies show a distain for mere gifts on their wish lists; they want answers to hard questions such as:

1. Will clothing stores stop all issues of trousers with waist sizes greater than 32 inches?
2. Where are all those people with a BMI of 22?
3. How much does Quincy weigh?
4. There won't really be an air force blue beret...will there?

With information like this, anyone contemplating employment as a Santa in one of the local shopping centres should consider a safer job, such as capping runaway gas well fires.

termine whether any liens have been filed and if not, the holdback can be safely paid to the contractor. If such holdback is maintained, any liens registered pursuant to the Builders' Liens Act can be removed by the consumer or the property owner, by paying such holdback amount to the court. One can thereby limit his further liability to that amount which was held back.

There are also additional provisions pursuant to the Builders' Liens Act such that any monies paid to a contractor by a homeowner must be first used by the contractor to insure that all subcontractors and material suppliers are paid. While such trust provisions are commonly breached by contractors by not

keeping separate bank accounts in relation to each job or not accounting for the amounts received, it should be kept in mind that such provisions are hard to enforce without expensive legal action.

In conclusion, while there are never any "iron clad" guarantees to ensure that the consumer will not be taken advantage of in any business dealing, if one follows the above indicated recommendations, the risks of the consumer in dealing with a contractor will be vastly reduced.

William E. Doyle is a lawyer practicing with the firm of Begin and Doyle, 427 Academy Road, Winnipeg, R3N 0C2, 488-3337. He is the son of a retired Career Warrant Officer.



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