

Voxair

"FOLLOWING THE CANADIAN FORCES"
CFB/BFC WINNIPEG

20 Mar 85

Nutrition Education



Food Services training candidate at CFB Winnipeg, 2Lt. T. Peirson, shows nutrition-education material to the Commander of Air Command, LGen. P.D. Manson.

Community Service Award

It's that time again — time to begin thinking about Community Service Awards. As many will recall, the award program was initiated in early 1982 as a means of recognizing outstanding voluntary service to the Winnipeg Military Community. The program has proven to be extremely popular. Over the past two years 77 awards have been presented to deserving personnel. This year's awards will be presented by the B Comd at a special ceremony in the WOs' and Sgts' Mess on 9 June 1984.

WHO IS ELIGIBLE

All members of the CFB Winnipeg Military community are eligible to submit names of those they feel deserving of an award. Members of the Canadian Forces, DND civilians and their dependants are eligible for this award. Personnel may be appointed, elected or volunteered for the activity for which they are nominated, however, they should not have received any remuneration for performing that activity. Work performed must be totally voluntary and benevolent and outside the individual's normal work responsibility. Some suggested activities are scouts, guides, brownies, minor hockey, baseball, church activities, social clubs and family assistance groups, benevolent work for the community, etc. A per-

son may receive more than one award during each tour at CFB Winnipeg. Groups may also be nominated for an award as well.

NOMINATION PROCEDURES

Eligible personnel will be nominated by the community at large through the completion of a nomination form. Nomination forms appear in this issue and will appear again in the 3 Apr 85 edition. Forms will also be available through the Base Exchange outlets and Bldg 90 Recreation Centre. Simply complete the form and return it to the Chairman of the Selection Committee by the deadline date.

SELECTION COMMITTEE

The Chairman of the Selection Committee this year will be Major G.E. Holland, Base Personnel Administrative Officer. A representative from the two community councils and one from the recreation council will be on the Selection Committee. The remaining members of the Committee will be chosen by the Chairman and will be representative of the community at large.

Please fill out a nomination form and give a deserving member of the community a "pat on the back."

A sample nomination form is printed on page 4.

3rd Van Doos Replacing 1st RCR in Cyprus

OTTAWA — Canadian troops began their 43rd rotation to Cyprus during the period of February 26 - March 15, 1985.

The Third Battalion, Royal 22^e Regiment (3 R22^eR), based at CFB Valcartier, Que., will take up Canada's portion of the UN peacekeeping role on the island for a six-month tour.

The 425 members of 3 R22^eR, under the command of LCol Luc Bujold of Senneterre, Que., are replacing members of 1st Battalion, The Royal Canadian Regiment, who will return to their home base in London, Ont.

Air Command's 437 Transport Squadron, located at CFB Trenton, Ont., will fly the 3 R22^eR to Cyprus and bring home 1 RCR. This will be the fourth tour of duty on the Mediterranean island for the 3 R22^eR.

Canadian Forces personnel have been in Cyprus since March, 1964.

CFB Borden Under New Command

TORONTO — General Gérard C.E. Thériault, Chief of the Defence Staff, has announced the promotion of Colonel James I. Hanson, 46, of Ottawa, to the rank of brigadier-general, effective January 28, 1985.

Brig.-Gen. Hanson, formerly Commandant of the Canadian Forces School of Aerospace and Ordnance Engineering, assumed command of Canadian Forces Base Borden, Ontario, February 4.

New Editor for Voxair

By T.H. Langer — Editor

LCol "Fitz" Fitzpatrick (retired) will be taking over the editorship of the Voxair as of the first of April. Fitz brings with him a wealth of knowledge and experience in the Public Relations world. He started his military career in 1943 with the RCN and participated in D-Day.

From 46 - 51 he was involved in advertising, marketing, reporting and as a correspondent for the British United Press. From 50 - 84 he worked in public relations for the military in such places as Vietnam, Egypt, Korea, Europe, New York, and other various postings in Canada.

Fitz is well qualified for this position and the outgoing editor would like to encourage members of CFB Winnipeg and its loger and integral units to utilize this valuable resource to pass on information or advise the readers of what is happening and "who's who" in the world of their sections.

After 15 months as editor, I am relinquishing my position due to a posting to CFB Cornwallis where if you get a chance to read the Ensign, you will probably see my name in it somewhere. But to all the readers it has been an honour and a privilege to serve you, the readers, and the base in passing on valuable tidbits in the paper, which resides in the home of Air Command.

My finale is "The Voxair can only be as good and can only get better by the information the readers and sections send in." So support the Voxair.

New Rules Set For Vacating MQ's

Effective April 1, a new policy will come into effect which will have an impact on all members vacating married quarters. Under the new policy, the outgoing occupant is responsible for cleaning the married quarter and being present for the march-out inspection.

As a result, Base Accommodation no longer will be accepting agreements for married quarters to be cleaned after departure.

Outgoing occupants will remain free to make whatever arrangements they will with a cleaner of their choice to clean all or part of the married quarter; however this does not relieve the member from ensuring the house is clean and that he is present at the inspection. A list of recommended cleaners will be available in Base Ac-

commodation for those who want help preparing their MQ for inspection.

For those who live in Bulk Lease Houses who have been using their own electric stoves, now must have gas stoves reconnected at the time of their march-out inspection. They must produce proof, preferably a receipt, that the gas stove was reconnected by Furnasman Heating Limited. Failure to provide this proof will result in a charge of \$35.00 being made by a BDSR.

Outgoing personnel should make appointments for a MQ inspection as soon as possible after they have finalized arrangements with R & D for the pick up for their F & E.

The above will be included in the next amendment to Married Quarter Orders.

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COPY NEEDED BY 26 MAR 85



I've been hearing of an alarming increase in house break-ins lately. Houses belonging to friends and acquaintances. Frankly, I'm worried.

I'm not a security expert and I have probably been guilty of ignoring some basic security precautions. In the past couple of weeks I've been told of four break-ins with total losses of around \$6000. That's not funny!

The thieves are evidently being very selective, choosing good jewelry, watches, video recorders, cameras, coin and stamp collections and military medals. Entry into homes is often through windows but one victim had a door smashed around dead bolts!

In the movie "Thief Of Hearts" a policeman warned a break-in victim to beware of a second incident after insurance had replaced the first time losses. A good real-life tip as THREE Friends have been "HIT" twice within a few months. all live in this end of the city!

I'm not going to catalogue ways and means of entry into homes, for obvious reasons, but it's clear that more and more of us need professional advice on how to secure and protect our valuables. Complacency won't do. Remember, Grandads' old watch, that spare thousand in the baby powder tin and your court mounted C.D. are hard to replace.

I quit smoking while stationed in Ottawa about fifteen years ago. A group of eight decided while puffing away one dinner time to "pack it in." Some did. Some fell by the wayside. One girl, a nurse, was faltering in her resolve until a doctor gave her a specimen to look at. She brought it to the dining room to show us ... A pickled cancerous black lung! Gross! It worked.

I spent a pleasant hour in a local Honda motorcycle showroom last weekend. The old eyes crossed a bit more than usual when the price tags were read but, if you're in the market,

the bucks have a way of appearing. I enjoy motorcycling and that big new Aspencade has a very obvious way of saying "Buy me, buy me!!!" Practicality has never guided my spending habits in 50 years but I did manage to resist this time.

Manitoba Safety Council Motorcycle courses will be starting pretty soon. A phone call to the council at 949-1055 will get you on the mailing list early. The course comes highly recommended whether you are a novice or an experienced rider. Take my word for it I'm a Chief Instructor.

Mirrors on the ceiling next? I see that waterbeds are now legal in P.M.Q.'s.

Do you believe that "Most Beautiful Girl In The World" contest on T.V. last week? Miss United States won by polling more telephone votes than other contestants, which must prove that Americans are quicker on the dial than anyone else. Cute maybe, but compared to Miss New Zealand, Miss Scandinavia and Miss England she was a real bow-wow! The M.C., David Hasselhoff, was prettier than she!

(You'll notice I never mentioned how flat chested most of the contestants were!)

Digging through a stack of old photographs, I found a picture of AC2 Lawrence waving from the right-hand seat of a trusty old Dakota. The aircraft was number 656, and on a bulkhead behind the co-pilot a WW2 crew had signed their names while flying "The Hump" in Burma. We installed a piece of plexi-glass over the signatures to protect them from paint and greasy paws. The photo was taken in 1952 as I was heading out on my first flight in a military aircraft. Before I retire this August, 33 years later, I'm hoping to have a farewell flight in a Dak.

I had a good day last Tuesday. I found parking spots in the "Sick parade" area AND in the 16 Hangar lot!

We're impatiently awaiting the opening of Shakey's Pizza on Portage Ave. Shakey's do the best chicken and mojo's and the pizza sure beats the cardboard variety found at some of the other local outlets.



He'll be back!
Voxair Variety columnist John Lauder is away until the end of April, at which time his informative comments on the Winnipeg theatre and musical scene will resume.

Musical Friends



Early Donor Draw.
Every Friend who contributes \$25 or more before March 29 is entered in a draw for 2 return tickets anywhere in the world Air Canada flies, courtesy of Air Canada.

What Friends do for the Symphony

Each year the Symphony depends on its friends to keep the music playing.

Thousands of Manitobans contribute what they can. Their tax deductible donations are applied directly to the Symphony's operating expenses. The Symphony simply couldn't balance its budget without their friendship.

...and what the Symphony does for its friends

To demonstrate our gratitude, the Winnipeg Symphony Orchestra has this year established official "Friends of the Symphony" memberships.

There are several categories of Friends, but every donor of \$25 or more is entitled to discounts at retail stores. The more you are able to contribute, the more bonuses you can earn on records and tapes, on books, on flowers and on fine dining.

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<input type="checkbox"/> SUPPORTER (\$50-99)	<input type="checkbox"/> BENEFACTOR (\$500-999)
<input type="checkbox"/> CONTRIBUTOR (\$100-249)	<input type="checkbox"/> DONOR (\$25-49)

Prepared through donations of the Sustaining Fund Committee of the Winnipeg Symphony Orchestra.

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Scan Corner

Bridges To The Outside World

Networking is the name of the game when it comes to finding work in the outside world. It means knowing potential employers in order to sell your skills to them. Some, when faced with this problem, have been known to panic — jump on the proverbial horse and ride off in all directions.

This is not the answer. The answer is to cultivate every possible bridge to the outside world. These bridges include friends and associates, newspaper advertisements, public and private agencies, club memberships and your assessment of where the jobs are. As you build these bridges you establish a "NETWORK" of contacts that can be followed as you move into the outside world.

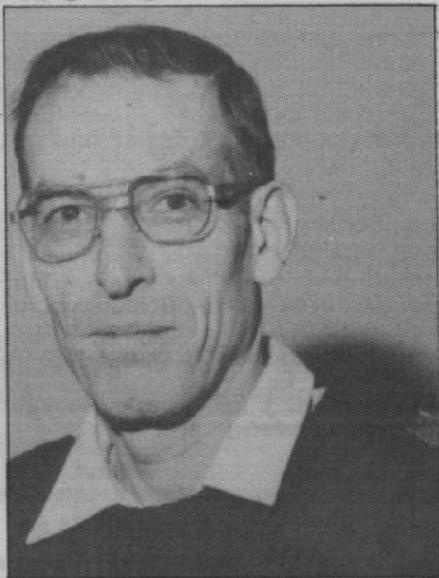
The Canada Employment and Immigration Commission (CEIC) is one of these bridges. This is a govern-

ment agency operating centres throughout Canada and is in the business of bridging the gap between the employer and the person looking for a job. How can they help you? Briefly:

- a. the CEIC counsellor at the manpower centre near you knows the local employment picture,
- b. a clearance system is available which enables you to find out about jobs in other parts of the country; and
- c. if upgrading of skills or occupational retraining is indicated the manpower counsellor can complete all arrangements.

The CEIC is important because it is a joint sponsor with DND of the second Career Assistance Network (SCAN) Program, which is designed to assist servicepeople in establishing themselves in the "outside world" after they leave the CF.

Promotions



Newly-promoted from sergeant to warrant officer rank are two members of the Base Aircraft Maintenance Engineering section. They are WO L.M. Mathews, left, and WO G.K. Booth.



BML PROMOTION — New Master Corporal in the Base Maintenance Land section is Edward J. Tingley, right, was congratulated by Lt. Alexander H. Schaafsma.



Newly-promoted Sergeant J.M. MacFarlane of CFB Winnipeg Base Traffic Section displays his new rank insignia presented by Major Dick Savage, Base Transportation Officer.

Training Technology Show Set For Ottawa

What is ARMX 85? It is a large-scale international Armed Forces Training Technology Exhibition to be held at CFB Ottawa South (Uplands) 23-25 Apr 1985, for the Navy, Army and Air Force.

While ARMX 85's main thrust is training technology, with equipment such as simulators, training devices and computers on display, many other items of military equipment will be exhibited, such as an Aurora, an F-18 and two Leopard Tanks. In addition to the displays, 29 papers will be delivered on a wide range of topics.

The exhibition is unclassified but, due to its nature, is closed to the public; however any military person of Petty Officer, First Class, and above, is more than welcome. All that is necessary to attend is a uniform and an ID card. No reservations are necessary.

The exhibition will open at 1000 daily and close at 1700. Arrangements have been made to supply food and drink on the site, at a small cost.

For further information contact the Naval Representative Lt (N) D.N. Noullett at 613-998-0023.

Engineers Planning Nation-Wide Bash

LONDON, Ont. — Those lusty, fund-loving engineers — military, civilian and associates — have put out the call for a three-day, nation-wide engineers' reunion here May 24-26 at Wolseley Barracks.

They say complete details are available at the BCEO office at Wolseley Barracks by calling (519) 679-5178. If you want to write, the postal code is N5Y 4T7.

All they've revealed so far is that the doors open Friday, May 24, at 10 a.m., and that a Bar-B-Q-pub night with live entertainment will go on until 1 a.m. Saturday.

Next day, May 25, there'll be a dinner dance with a live dance band.

On the last day, Sunday, May 26, a farewell rally will go on from 1 - 5 p.m.

A \$15.00 "passport," they add, "covers all." Yahoo!



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Master Corporal R.W. Buell gets hooks for his new rank from Major Dick Savage, Base Transportation Officer, on promotion from corporal.

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**COMMUNITY SERVICE AWARD
NOMINATION FORM**

19

Major G. E. Holland, Base HQs
Chairman, Community Service
Awards Selection Committee
Canadian Forces Base Winnipeg
Westwin, Manitoba
R2R 0T0

1. I/we nominate:

SIN	Rank	Mr/Mrs/Ms	Surname	First Name
Unit/Place of Employment			Telephone	Year

2. He/She is nominated for the following unpaid community service(s):

3. He/she has a voluntary (), appointed (), or elected () position.

4. He/she has participated in the above activity for (length of time, hours per week, etc.).

5. Submitted by:

SIN	Rank	Mr/Mrs/Ms	Surname	First Name
Signature		Unit/Place of Employment	Telephone	

PLEASE COMPLETE THIS FORM AS FULLY AS POSSIBLE. Remember, everyone may not be fully familiar with the activity. A clear description of the contribution of the nominee will assist the Committee to select the award winners. Military personnel, DND employees and dependants of all ages are eligible for nomination.

Completed nomination forms are to be mailed or delivered to the above address no later than 19 April 1985.

**RECOMPENSES POUR SERVICES RENDUS A LA COMMUNAUTE
FORMULE DE NOMINATION**

19

Major G. E. Holland, QG (B)
Président, comité des récompenses pour
Services rendus à la communauté
Base des Forces canadiennes, Winnipeg
Westwin, Manitoba
R2R 0T0

1. Je propose:

NAS	Grade	M/Mme/Mlle	Nom de famille	Prénom
Unité/lieu de travail			Téléphone	

2. Le/la candidat(e) est proposé(e) pour le(s) service(s) non rémunéré(s) suivant(s) rendu(s) à la communauté:

3. Le/la candidat(e) est volontaire (), nommé(e) (), ou élu(e) (), au sein de son activité.

4. Il/elle a pris part à l'activité susmentionnée durant (préciser la durée, le nombre d'heures par semaine, etc., etc.).

5. Proposé par:

NAS	Grade	M/Mme/Mlle	Nom de famille	Prénom
Signature travail		Unit/lieu de	Téléphone	

PIERRE DE REMPLIR LA PRESENTE FORMULE DE LA FACON LA PLUS COMPLETE POSSIBLE. Rappelez-vous que tous les membres du comité en question ne connaissent pas à fond toutes les activités. Une description détaillée de la contribution du candidat aidera le comité à choisir les gagnants. Les militaires, les employés civils du MDN et leurs personnes à charge de tout âge peuvent être proposés comme candidats.

Faites parvenir les formules de nomination à l'adresse susmentionnée, avant le 19 avril 1985.

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Nutrition and Sports Performance

Athletes who believe that there is a magical diet that can give them a competitive edge in sports may be spending excessive amounts of money and endangering their health.

Provincial nutrition authorities and research has shown that a normal diet emphasizing regular eating times, sufficient fluid intake, food variety and an energy intake in keeping with energy expended, provides the best basis for good performance.

Athletes could use from 3,000 - 5,000 calories a day depending upon their activities. A person exercising for an hour daily, in contrast, might require 2,000 to 2,500 calories for weight maintenance.

Whole grain breads, cereals, pasta and fruit (all containing carbohydrates) should provide 50-60% of required daily energy intake, 12-15% of daily food energy intake should come from meats (to provide protein) and the 30-35% remaining daily energy intake should be provided by fats (eg margarine, fat in meats and dairy products).

There are several dietary myths concerning certain foods that will increase athletic performance. It has been suggested that an increased amount of protein from meat and other sources will increase muscle mass. There has been no experimental evidence supporting this claim.

If an athlete is increasing his food intake sufficiently to meet the energy he is expending, he should be increasing the recommended number of daily servings in each of the food groups listed in Canada's Food Guide proportionately. The four food groups are milk and milk products, bread and cereals, fruit and vegetables, meat and alternates. Each food group contributes a number of specific essential nutrients. One does not need vitamin or nutrient supplements since more food is being eaten to meet increased energy needs. The foods that supply extra energy (from all 4 food groups) are rich in the nutrients that are needed for training and competition.

Water intake is essential for the performance of physical activity and will prevent dehydration. In an endurance event 100-200 ml of water at 10-15 minute intervals is better than large amounts every hour. Before the event sufficient water should be ingested (approximately 600 ml). After competition athletes should continue to drink fluid to replace losses.

Athletes are often concerned about salt (sodium chloride) losses due to profuse sweating. It is not necessary to take salt tablets since a well-balanced diet generally supplies adequate amounts of salt. These tablets could place an increased load on the kidneys and contribute to dehydration.

Meals should be consumed 3-4 hours before an event to ensure that the stomach is empty before exercising. This prevents the competition of digestion and absorption of food and nutrients in the stomach with muscle metabolism for the blood supply. This pre-event meal should be high in carbohydrates and low in fibre and fat.

BPERO Speaks Out of Fitness, Nutrition

Fitness training cannot have maximum impact if the individual is not eating the appropriate quality, quantities and varieties of food.

Food provides the necessary ingredients, such as vitamins and minerals, which are necessary to convert fuel to energy and provide the building blocks on which body cells, tissues, and ultimately the body are formed.

"He's always eating but he never gains weight." "She eats very little but can't seem to lose a pound." These are comments often heard in training

areas. The control of excess weight has often been thought to be solely a dietary adjustment. However, exercise is now being considered an equally important factor to effective weight control, loss or gain.

Research suggests that obese people do not necessarily eat more than others; — that individuals' metabolic rates — (that is how fast the body consumes calories) and, therefore, levels of energy expenditure — vary widely; — that age causes the metabolism to slow down; — and that moderate exercise can curb appetite.

Con't on pg. 7

Check Your Energy I.Q.

Circle the correct answer. Check your responses with the answer sheet attached.

- T F 1. If the food you eat provides more energy than you burn up, the excess will be stored as body fat.
- T F 2. The older you become, the fewer calories you need.
- T F 3. Fat is the most concentrated source of energy and has twice as many calories per gram as either carbohydrate or protein.
- T F 4. Grapefruits burns body fat.
- T F 5. A slice of bread has more calories than a piece of toast.
- T F 6. Protein supplies energy but no calories.
- T F 7. Moderate exercise increases your appetite.
- T F 8. Cutting out all carbohydrate is a good way to lose weight.
- T F 9. Milk makes you gain weight.
- T F 10. Fad diets are just as effective as nutritionally balanced reducing diets for taking weight off and keeping it off.
- T F 11. It takes over an hour to "walk off" a snack of 20 potato chips and a soft drink.
- T F 12. It is okay to eat five small meals every day instead of three large ones.
- T F 13. Trimming visible fat from meat reduces the number of calories.
- T F 14. All snacks are "empty calorie" foods containing few or no nutrients.
- T F 15. Honey is a superior type of sugar.

Answers on this page 7

ANSWERS TO CHECK YOUR ENERGY IQ

- 1. T
- 2. F
- 3. F
- 4. F
- 5. F
- 6. F
- 7. F
- 8. F
- 9. F
- 10. F
- 11. T
- 12. T
- 13. T
- 14. F
- 15. F

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 - Field trip with other members.
 - Contests with prizes.
 - A lot of slides shows etc. . .
- The Phot Club offers you the

best for only \$10.00. You are all welcome to the next meeting on March 12 at 19:00, Bldg. 21 or call, Gaetan Bourbonnais at 5550.

Soccer

CFB Winnipeg is planning on entering a soccer team in the Winnipeg Soccer league military personal interested in playing on a base team contact Sgt. Christensen at Loc. 6184. Spring training starts 1st April 85 at Bldg. #90 1630 hrs.

Skeet Championship

CFB Cold Lake will host the PR Skeet Championship 18-21 Apr. 85. If you are interested contact CPL Pilon at the Rec. Centre Loc. 5511. Intent to enter must be in by 21 Mar. 85.

Ladies & Men's Fitness Classes

Lipsett Hall

Registration for Ladies' and Men's Fitness and Dance Aerobics will take place in Lipsett Hall Wed., 10 Apr., and Mon. 15 Apr., from 1800-1900 hrs.

Registration is to be made in person.

NOTE: A Recreation Council Card must be presented.

A fee of \$15.00 for military and \$25.00 for dependents/civilians will be charged.

Classes will be held every Mon. and Wed. for 10 weeks, beginning 10 Apr and finishing 17 Jun 85, from 1900-2000 hrs. There will be a total of 20 classes.

Dieter's

Con't fr. 5

Dieters have long contended that an increase in physical activity results in an increase of appetite. However, it has been shown that moderate exercise does not affect the desire for additional caloric intake and may, in fact, result in the desire for fewer calories.

Another factor which suggests the positive attributes of exercise is its effect on basal metabolic rate (BMR). As with many other bodily functions, as we grow older our BMR slows down. Our bodies require fewer calories or food energy to carry out its functions. As a result, if we continue to eat the same number of calories after our BMR slows down, more fat-padding will occur.

Exercise results in an increase of BMR during the activity, thereby consuming more calories. There is evidence indicating that there is an increased metabolic rate which outlasts the exercise. Therefore, if one considers BMR as a thermostat, then perhaps it is possible to turn up the control and use up more calories. The result is that more calories will be consumed and not stored in our bodies.

The relationship between nutrition and physical fitness cannot be overlooked. During nutrition month, take advantage of the opportunity to meet your PERI staff and your Food Service organization.

Good luck in meeting your fitness and nutrition goals.

Aerobics

Dance aerobic for male & females will get under way again 2 Apr 85. The course will consist of 20 lessons for 10 weeks. All classes will be concluded at Bldg. #90 from 7:30 to 8:30 with registration at 7:00 pm prior to the first class 2 Apr. 85. The cost is \$15.00 for mil. members, \$25.00 for civilians. All attending must be in possession of a CFB Winnipeg Rec Council Membership card. For further information contact Sgt. Christensen at Loc. 6184.



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Aerospace Warfare Squadron Report

Postings, lost baggage, projects and new faces

Have you ever been to sea, Billy? Yes, this question is often muttered in our hallowed corridors.

The posting messages are in for Rick Savage and Paul Noonan to HS 443 in Shearwater. With Dennis Margueratt also leaving for Staff College, one could mistake this place for an extension of a real-estate office. Other postings are mostly still just rumours, but we expect several more.

The big news is that Maj (USAF) Sal Salas is now a "Loo-ten-aunt Kernel Selectee" and will be abandoning this sunny spot of the world for the Monsoon climate of Clark AFB, in the Phillipines. As they say, "someone has to do it." What most don't understand is why he is going to Edmonton first for a jump course.

ASC 37 has returned from the American tour with most of their baggage. As some may recall, last year 11 people permanently lost luggage through the courtesy of our airline who wished to "do it all for you." This year the people's airline misplaced three bags in L.A. while attempting to put them on a service aircraft. The good news is that they were returned within 48 hours.

The course members, although back in town, are very scarce these days. It seems that their individual projects are due this week and panic has set in. Remember guys, its all downhill from here. all you have left is another major tour to Europe, where a few reports will be written and the course project to finish.

Westwin Community Council News

Each Spring since 1957, the Kiwanis Club of St. James, Inc., has hosted the Garland-Keith Memorial Trophy Award presentation and dinner. The award is presented annually by the St. James-Assiniboia Community Centres Board to the boy judged by a selection by a selection committee as the outstanding all-round athlete from community clubs in St. James-Assiniboia. School standing, community services and spirit are also strong requirements for the candidates.

Each community club presents its candidate, who must be between the ages of 13 and 16. The winner is selected from these boys. The runner-ups are presented with smaller trophies. The candidates, their parents and representatives from each of the community clubs involved are invited to a club dinner-meeting during which the presentations are made. Speaker for the evening is usually a well-known sports personality.

The accident in which the Garland and Keith boys lost their lives occurred on 12 Mar 56 when they were returning from a hockey game in Transcona. Both played hockey for the Silver Heights Community Club. The trophy was dedicated during a

service at the Club, 22 Apr 56.

The Westwin Community Club candidate for 1985 is John Riddell of 462 Sharp Boulevard. Jon is 14 years old and plays hockey for the Tier II Bantam St. James Canucks, is an honour student at Silver Heights Collegiate and is actively involved athletically in intermural and school team sports. He is a Free Press carrier, a stamp collector and an avid fisherman and outdoorsman. The Council is pleased to nominate Jon as the Westwin candidate for the Garland-Keith Memorial Trophy.

Soccer and Baseball Registrations
Registrations for baseball, T-Ball and soccer will take place at the Westwin Community Club at 62 Braintree Crescent on Saturday, 23 Mar 85 between 9:30 a.m. and 12:00 noon. Parents wishing to enroll children in these programs are urged to register them at this time because there will be a registration fee of \$10.00 applied to all late applications.

Upcoming Events
The Westwin Community Council will be sponsoring an indoor soccer clinic in the near future. Watch for more news on this topic.

Remember our weekly B I N G O s, which are held every Wednesday night at 8:00 p.m. in Building 21.



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Westwin Community Council Married Quarters Assessment Program

The Westwin Community Council has been tasked with the responsibility of improving the standard of life in our Married Quarters. In order to accomplish this, a volunteer council consisting of twenty members has been established. Meetings are held monthly on the second Tuesday of each month at 62 Braintree Crescent.

The recent establishment of the CFB Winnipeg Recreation Council has caused some confusion among Married Quarter residents concerning the role that each plays in the community and also whether there is a need for the MQ Assessment Program of \$1.00 per month. This has been further complicated by the fact that the Wood Hobby, Ceramics and Photo clubs which were sponsored by the Westwin Community Council having been transferred to the Recreation Council.

The mandate of the Recreation Council is essentially to manage the Recreational facilities available at CFB Winnipeg for the benefit of all personnel, whether resident in MQs or not. All clubs and organizations that are either recreational in nature or that use DND facilities, ie Weight Lifting, Badminton, Bowling, Scuba, Wood Hobby, Ceramics, Rifle Club, etc are governed in their operation by the Recreation Council. Personnel and their dependants wishing to participate in any activity governed by the Recreation Council must first belong to the Recreation Council.

The Westwin Community Council on the other hand is restricted to developing ideas and programs that improve the standard of life in our MQs. To that end, the following is a listing of many of the activities/programs sponsored by the Community Council:

- | | |
|---------------|-------------------------------|
| Minor Hockey | Cubs/Scouts/Beavers/Venturers |
| Baseball | Guides/Brownies |
| Softball | Garden Club |
| T-Ball | Dog Obedience Club |
| Ringette | Winter Family Day |
| Youth Bowling | Summer Family Day (Carnival) |
| Soccer | Community Skating Rink |
| Playgrounds | Christmas Caroling Festival |

The foregoing activities, many of which benefit our children, involve substantial work with the other ten community councils in the St. James-Assiniboia area, the St. James Minor Baseball and Hockey organizations and others such as the City of Winnipeg Parks and Recreation Departments.

Programs such as these are outside of the mandate for which the Recreation Council was formed and without the efforts of the Westwin Community Council many activities would therefore be denied to our families. Ideally, the two organizations will work together for the good of all and each organization therefore merits the support of all concerned. Your continued support of the MQ Assessment Program is essential to its continued success.

The Westwin Community Council is always looking for new ideas and programs in support of its aim of improving the standard of life in our MQs. Questions and ideas should be directed to one of the following:

		HOME	OFFICE
WARD 1	SGT G SHERRITT	832-3570	5424
	CPL JD CHASE	889-5338	5008
WARD 2	SGT BE THRASHER	837-7351	5697
	SGT JS IVES	837-3855	5556
WARD 3	SGT RC HODGKINS	U/L	5575
	CPL RG DUFF	885-4946	5575
WARD 4	MCPL R DOUCETTE	885-7208	5204
	MCPL TH LANGER	889-8188	5511
WARD 5	WP GG CHAPMAN	832-2119	5123
WARD 6	CWO BARTON	889-6381	6102
	WO B BUTLER	885-6347	5842
	CAPT DT LANGFORD	885-7938	5562
WARD 7	WO J GILES	889-0019	5594
	MCPL JTD FORAN	885-4117	5661
WARD 8	WO D SMART	885-3684	5652
	MCPL A MacDONALD	889-3116	5127
WARD 9	WO JM BRAZEAU	832-5184	6086
WARD 10	MAJ JK SINCLAIR	832-2028	5221

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Babysitters Course

CFB Winnipeg Fire Prevention Bureau will be holding two Babysitters Courses on 25 and 26 March 85.

Courses are open to all dependents of CFB Winnipeg personnel. Dependents must have reached their 12th birthday by 1 Mar 85.

To register for this course contact Base Fire Prevention, local 5501, between the hours of 0930 and 1630. Cut-off date for candidates will be 22 Mar 85.

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Registration is to be in person. A fee of \$7.50 per child must be paid at this time. Lessons will be held every Sat. morning, beginning at 0900 hrs. 6 Apr. All levels of Red Cross, from Yellow through White, will be offered.

In addition, registration will be held at the same time for adults. Lessons will start Tue., 9 Apr. Classes will be every Tue. and Thu. from 2000-2100 hrs., and will end 6 Jun 85.

Registration the R.L.S.S. Bronze and Bronze Cross will take place during this time. If there are enough candidates, this course will begin Mon 8 Apr, from 2000-2100 pool time. Classes will be Mon and Wed nights, ending 6 Jun 85.

NOTE: Community Council Cards are a must for this program. If you are not in possession of a card, contact Lipsett Hall for further information at 895-6185.

WESTWIN THRIFT SHOP

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The Westwin Thrift Shop operates under the auspices of the Community Council, by members from the Catholic Women's League, the Chapel of the Good Shepherd Protestant Guild and the mothers of the Brownies and Guides.

Articles accepted for sale in the Thrift Shop must be clean, and in good repair. Clothing, household items, toys, books, skates, bicycles, etc. are acceptable. Large items may be advertised on the Bulletin Board for a 50¢ fee.

For further information please call 885-2473 evenings.

Copy Deadline 26 Mar 85

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R. C. Chapels

PHONE NO.:	NORTH	SOUTH
SERVICES:	895-5076	895-6181
	Sat: 1800 hrs	Sun: 1000 hrs
	Sun: 1115 hrs	
MARRIAGE:	Please give the Chaplain a three month notice. Parlez à l'aumônier au moins trois mois à l'avance	
BAPTISM:	Please make an appointment at 895-5087. Il faut nous parler aussitôt que possible.	
SUNDAY SCHOOL:	Every Sunday at Air Nav. School from 0930-1030 hrs.	Every Sunday at the Chapel from 0900-1000 hrs.
NORTH:	Chaplain R. Gagnon - 895-5275	
	Deacon R. McLellan - 895-5532	
	Ken McLeod - 895-5532	SOME CONTACT NUMBERS
	Ken Shortridge - 895-5305	
	Larry Willitts - 889-2579	
SOUTH:	J. P. Deschênes - 895-5722	
	J. P. Jolin - 895-5304	

NOTE: Prices in effect March 1, 1985
Adults - \$2.50; Youths - \$2.00; Children - \$1.00 (12 and under).
Also, Saturday matinees will be shown every second Saturday at 2 p.m., beginning Saturday, March 9. These changes are the result of increases in operating expenses. We appreciate and look forward to your continued support. Thank you. The Management.

MAR. Program

Even. Mon. thru Sat. 7:00 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)
COMING ATTRACTIONS							
Micki & Maude	2010	THE COTTON CLUB	Walt Disney Pinocchio	NOTICE - NO PASSES REQUIRED FOR ADMISSION TO THEATRE	NO SHOW	NO SHOW	THE LAST WOOD RIVER BROTHERS
Jan 3	Mar 4	Mar 5	Mar 6	Mar 7	Mar 8	Mar 9	Mar 9
THE NINJA THE DOMINATION	NO SHOW			Karate Kid	JERRY LEWIS THE FAMILY JEWELS		
Jan 10	Mar 11	Mar 12	Mar 13	Mar 14	Mar 15	Mar 16	Mar 16
DE NIRO Fulfilling in STREET LOVE	THE CHINESE GODFATHERS	NO SHOW		NO SHOW	NO SHOW	COUNTRY	
Jan 17	Mar 18	Mar 19	Mar 20	Mar 21	Mar 22	Mar 23	Mar 23
COUNTRY	THEY'RE PLAYING WITH FIRE	NO SHOW		STARMAN	JERRY LEWIS THE DISORDERLY ORDERLY	STARMAN	
Jan 24	Mar 25	Mar 26	Mar 27	Mar 28	Mar 29	Mar 30	Mar 30
STARMAN	NO SHOW			DUNE	NO SHOW	DUNE	
Jan 31							

SUBJECT TO UNAVOIDABLE CHANGE WITHOUT NOTIFICATION

DID YOU KNOW ?

At your exchange department store, we guarantee the lowest prices in town?

All our selling prices are regularly checked against local competition to be sure you are getting the lowest price: National surveys show that exchange customers save an average of 10% if they shop consistently at Canex.

You purchased an item at Canex, then found, within 10 days, a competitor selling it regularly for less.? Bring in the sales slip, and the information - we will refund the difference and immediately lower the price on our stock.

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LOWEST PRICES - WE GUARANTEE IT