

VOXair

Free

CFB/BFC Winnipeg

23 September 1987



"Rotation" Operation Princess Royal II

By Lt L.A. Coghill

Over the next few months, most people in CFB Winnipeg, and especially those of you around Kapyong Barracks, will notice a few changes as 3 RCR prepares to replace 2 PPCLI in Germany. Although we are anxious to get to Europe, it is important to look at what we can really expect when we get there. As a result, the Battalion will be continually briefing members and their dependants in order to keep them informed. This will make the rotation as smooth and as pleasant an operation as possible. Therefore, it is expected that "Rotation" will become a regular feature of 3 RCR VOXAIR contributions.

This rotation is a part of Operation Princess Royal II. It involves the rotation of the two infantry battalions between CFB Winnipeg and CFB Baden-Soellingen. The first such rotation, Op Princess Royal I took place in 1984 and next summer the battalions will rotate again. The anticipated sequence of events is as follows:

Sep/Oct 87 — confirmation of screening and initial briefing to members and families.

Nov 87 — reconnaissance of Germany by key members of battalion.

Dec 87 — further briefing by 2 PPCLI team from Germany.

Jan 88 — exchange of housing parties with 2 PPCLI.

Feb/Mar 88 — advance party of 75 personnel and families depart for Germany.

Jun/Jul 88 — main body of members and families depart on approximately 7 different flights.

Aug 88 — rear party departs Winnipeg.

A few helpful hints in the mean time:

1. Start thinking about Germany NOW. Get yourself organized for the experience, do some reading and ask questions.
2. Maintain an open mind about what you are going to see and hear. Expect that things will be different in Germany. Look forward to the change of surroundings and cultures; it will truly be rewarding.
3. Listen to other people who have been to Germany. Much of the information which you will hear will be useful. BUT at the same time, be aware that things change. By ignoring rumours and questioning the right people, you will continue to be informed.

The Housing/Rotation Office is now open to answer questions (local 6645). It is located on the second floor of the Junior Ranks Mess, building B-12. Any of the staff will be more than pleased to assist you. However, we ask that you allow us to give our initial briefings in October before you come in and see us with your questions. We are sure that these briefings will satisfy most of your concerns.

As an important final note, the Housing Office is set up to support the existing chain of command and all members are reminded to continue to work through the normal channels.

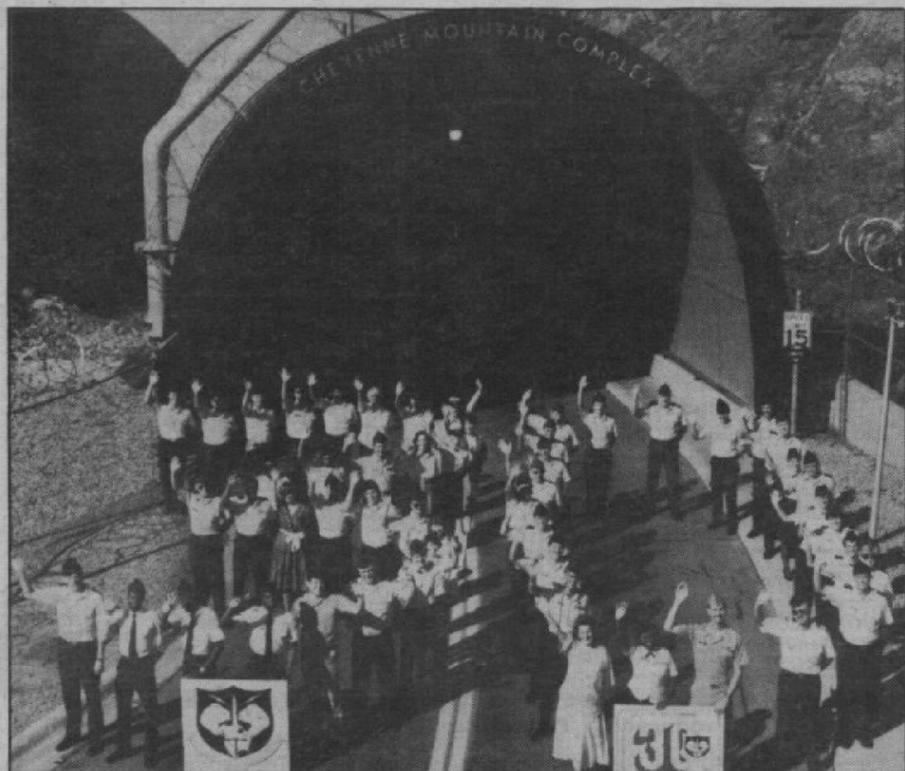
Teaching in the Field



MAJ Stu Shinnan of the Winnipeg Militia gives a quick lesson in the field during live-firing practice at CFB Shilo. Shinnan commanded the support battery at the Canadian Forces National Rank Qualifying School for gunners. More than 150 militia from across the country took part in the summer training.

NORAD Anniversary

30 years of surveillance



Representatives from the Canadian Forces and all branches of the United States Armed Forces assume a three-zero formation in front of the entrance to the Cheyenne Mountain Complex in Colorado Springs, Colo. The formation signifies the 30th Anniversary of the North American Aerospace Defense Command — a binational command. Sept. 12, NORAD celebrated 30 years of continuous surveillance of Canadian and U.S. air space and warning and assessment of attack from the air or space. (USAF Official Photo by Mr. Dan Solis)

Base Commander's Message Red Cross Blood Donor Clinic

The Red Cross Blood Donor Clinic held on 20 August 1987 at CFB Winnipeg boasted a total of 200 donors, 51 of them first time donors. This is a very good turnout considering the fact that many members were on leave and some units were out of the local area when the clinic was held.

I wish to personally thank the donors, the section canvassers, and the many volunteers who contributed time, effort and blood to this most worthy of causes.

L. H. Reynolds
L. H. Reynolds
Colonel
Base Commander



Jane Zwaagstra,
Editor



Hi! I'm your new editor, Jane Zwaagstra. I completed the Base Newspaper Editor's Course in June and I've been learning the tricks of the trade ever since!

I would like to see the VOXAIR expand to either a 16 page paper or, if not, to publish every two weeks instead of three. I also want the paper to focus more on community events, clubs and sports. That's where you come in:

Do you know an interesting personality on base or around the community? Is there an important event happening in your club or team? Or do you have a funny photo you'd like to share? Let the VOXAIR know. We always have a need for roving reporters. All contributions are accepted. (Whether they'll be printed is another story!)

September is back to school month. Kids will be on their way to school in the mornings, so be extra careful

while driving to work. There are not always school patrols at crosswalks. The Whytefold/Ness crosswalk is especially busy.

September also brings the kickoff for the United Way campaign on the 29th. This is a worthy organization which raises money for various charities such as the Red Cross, Family Services and the Society for Manitobans with Disabilities to name just a few. So give a little, if you can. Last year, the base raised \$79,000. This year's goal is to meet or beat that. If you care, please participate.

The deadline for next month's issue is the 5th of October. Get your article or photo in before then. Happy Thanksgiving and Cheers!!

MQ RESIDENTS

If a Voxair newspaper is not being delivered to your home let us know.

Phone 889-3963

Notice

When submitting material to Voxair:

- Please
- type copy, double spaced
 - include name and phone number

When submitting photos:

- Please
- if possible, provide black and white photos (color polaroids may be acceptable, depending on quality)
 - on a separate sheet of paper, describe the action depicted in the photo, identify people, left to right, with first name, middle initial and surname. Attach photo caption to the bottom of the photo, using transparent tape.

VOXAIR would like to apologize . . .

for omitting the Terry Fox ad and article which were submitted for the last issue of the VOXAIR.



New Books in the Library

The CFB Winnipeg Recreation library has just purchased an assortment of new books which include:

- | | |
|---|---------------------|
| Dirk Gently's Holistic Detective Agency | Adams, Douglas |
| Patriot Games | Clancy, Tom |
| Far Side Gallery Vol. 2 | Larson, Gary |
| Weep No More My Lady | Clark, Mary Higgins |
| Savages | Conran, Shirley |
| Presumed Innocent | Turow, Scott |
| Call Me Anna | Duke, Patty |
| Immigrant's Daughter | Fast, Howard |
| The Prince of Tides | Conroy, Pat |

Also many new children's, preteen and teen pocket books, all to be catalogued and included as soon as possible.



BASE RECREATION LIBRARY HOURS
 Tues, Wed, Thurs 6:00 - 9:00 p.m.
 Wed 1:00 - 4:00 p.m.
 Saturdays 1:00 - 4:00 p.m.

On the button!



Abbotsford B.C. — MCpl Bill Collins, a member of the Canadian Armed Forces Parachute Demonstration Team, the Skyhawks, drops in on Cpl Neil Graves the drop-zone controller. This is the sort of accuracy which sets the Skyhawks' standard for precision jumping.

The Skyhawks are composed of eight permanent members and a number of volunteer parachutists who are chosen each year from all ranks and a wide range of trades. All team members are expert parachutists with between 150 and 2000 jumps to their credit.

This year the team has performed for millions of spectators from Goose Bay, Labrador to Abbotsford, British Columbia. The Skyhawks will finish their season this October in Lafayette, Louisiana. (Canadian Forces Photo by Sgt J.F. Smith)

"One of the most difficult things to give away is kindness — it is usually returned."



Following the Canadian Forces

- | | | |
|------------------|----------------------|------------|
| Editor-In-Chief | - LCol K.W. Doerksen | - 895-5281 |
| Managing Editor | - Capt Tom Walls | - 895-6672 |
| Assistant Editor | - Lt Jane Zwaagstra | - 895-6334 |
| Sports Editor | - Cpl Chris Pilon | - 895-5511 |
| Business Manager | - Sgt Dick Mugridge | - 895-5394 |
| Accountant | - Pte Suzanne Richer | - 895-5331 |
| Photographer | - Cpl G. Bourbonnais | - 895-5404 |
| Photographer | - Cpl G. Albert | - 895-5090 |
| Office Manager | - MWO L. Guenette | - 895-5764 |
| Advertising | - Voxair | - 889-3963 |

VOXAIR OFFICE HOURS:
 MONDAY and THURSDAY 1-4 p.m.
 PHONE 889-3963

HEURES DE BUREAU — VOXAIR
 LUNDI et JEUDI de 13h à 16h
 TELEPHONE 889-3963

Telephone-answering system operates remainder of week
 Produced by Triad Graphics Ltd.

VOXAIR is the unofficial Service newspaper of CFB Winnipeg and is published every three weeks under the authority of the Base Commander, Col. Loren H. Reynolds, CD. Opinions and views expressed do not necessarily reflect those of the Editor, the Base Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. Correspondence should be addressed to: VOXAIR, Bldg. 4, CFB Winnipeg, Westwin, Manitoba R3J 0T0.

VOXAIR est le journal non officiel de BFC Winnipeg et est publié avec la permission du Commandant de la Base Colonel Loren H. Reynolds, C.D. Les opinions et les points de vue qui y sont exprimés ne sont pas nécessairement ceux de l'éditeur, le Commandant ou le ministère de la Défense nationale. L'éditeur réserve le droit de modifier ou refuser la publication d'un article ou d'une annonce publicitaire. Toute correspondance doit être adressé à: VOXAIR, Bldg. 4, BFC Winnipeg, Westwin, Manitoba R3J 0T0.

Next Voxair Deadline 5 Oct 87



Second Class Mail. Reg No. 1725 ISSN 0300-3213



Scan Corner

Scan Seminar 8-9 Oct 87

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

A SCAN Seminar will be conducted on 8 and 9 Oct 87. The location is the CFANS Theatre in Bldg 84 from 0800 to 1600 hrs daily. Attendance by all

military personnel nearing retirement (15 years service or more) or medical release, and their spouse, is strongly encouraged.

The seminar will cover retirement considerations such as release procedures and financial planning as well as second career considerations including résumés, CEIC, academic upgrading, the job interview and much more. The seminar will be a worthwhile event; interested members are requested to register by calling the Base Personnel Selection Office (Loc 5471) prior to 5 Oct 87.

As seating is limited early registration is recommended to ensure a confirmed vacancy.

See you there.

Séminaire sur les SPSC 8-9 oct 87

Le passage de la vie militaire à la vie civile ne consiste pas seulement à remplacer l'uniforme par des vêtements civils. Si vous prenez bientôt votre retraite et n'avez pas encore pris le temps de penser à tout ce que cela implique, vous devriez peut-être le faire — il n'est jamais trop tôt. Le SPSC, service de préparation à une seconde carrière, met l'accent sur la planification et la préparation de la vie civile et d'une seconde carrière. Les services qu'il offre comprennent l'orientation, l'aide à la rédaction de curriculum vitae, des tests d'aptitudes lorsque c'est nécessaire et des renseignements sur les perspectives d'emploi.

Un séminaire sur le SPSC aura lieu les 8 et 9 oct 87 au théâtre de l'ENAF, bâtiment 84, de 8 h à 16 h deux jours. Nous invitons fortement tous les mili-

itaires sur le point de prendre leur retraite (15 ans de service ou plus) ou d'être libérés pour raisons de santé à participer, ainsi que leur conjoint, à ce séminaire.

Le séminaire portera sur différents aspects de la retraite, tels que le processus de libération et la planification financière, ainsi que sur les aspects d'une seconde carrière, notamment le curriculum vitae, le CEIC, les cours de perfectionnement, les entrevues d'emploi, etc. Le séminaire en vaudra la chandelle; les militaires intéressés sont priés de s'inscrire en appelant le bureau de sélection du personnel (poste 5471) avant le 5 oct 87.

En raison du nombre limité de places nous vous recommandons de vous inscrire tôt pour vous assurer une place.

A plus tard!

Crestview Dental Centre

wishes to announce that it has relocated its Moray Village Office (2375 Ness) to 3081 Ness Avenue.

DR. S. LAWSON, D.M.D.
DR. P. PASS, B.Sc., D.M.D.

Hours of Operation:
Mon./Wed./Fri 8:00 AM - 5:00 pm
Tues./Thurs. 8:00 AM - 8:00 PM
Sat. 10:00 AM - 2:00 PM

888-8180

For Appointments please call

889-4461



BINGO — Every Mon. Wed. Fri. 8 PM
Crib night every Thursday at 2000 hrs.
Join us for six meat draws made each Saturday at 1500 hrs.
DANCING Saturday Evening SERVICE PERSONNEL WELCOME
Army, Navy & Air Force Veterans in Canada
ASSINIBOIA UNIT NO. 283
3297 Portage Ave., R3K 0W7
Opposite Westwood Shopping Centre
THE FRIENDLY CLUB



MARIGOLD

Chinese and American Dishes,
Fine Dining & Cocktails
Banquet Facilities Available
7 Locations to Serve You at:

245 King St. (Chinatown) — 944-9400
1041 McPhillips — 589-7369
2591 Portage Avenue — 888-5665
487 St. Mary's Road — 233-1453

718 Osborne Street — 474-2401
885 Henderson — 661-3135
1755 Pembina — 261-9241

Accreditation of Military Training in the CFCCP

The Canadian Forces Community College Program (CFCCP) evaluates military training so that it can be counted as college credit when CF members pursue certificate or diploma programs through Seneca College. There are essentially two kinds of credit: credit for training specific to each military occupation, and credit for rank and service.

Evaluation of the training peculiar to each MOC results in recognition of that training in the form of credit where such training is appropriate to the program of study. It recognizes the attainment of skills/knowledge and shortens the time needed to complete a given program of study.

To date, computer courses, MP training, management training and some specialty courses have been evaluated and this evaluation has resulted in the "accreditation" of training. This summer, members of Seneca and Ahuntsic college faculty will be visiting CF schools to evaluate training of Administrative Clerks, Finance Clerks and PERIs. It is also hoped that Avionics Technician training can be scheduled for evaluation later in the year.

The result of this activity will be a list of credits which can be applied to college programs. Because these programs of study are very specific, military training is examined in light of the subject requirements for these programs. Thus, the Finance Clerk training is examined primarily in relation to Business Programs. The Administrative Clerk training is likely to relate mostly to Office Administration, and the PERI training to Recreation Administration.

Rank and Service also counts for credit since it is recognized that a Sergeant, for example, in any MOC, by virtue of leadership and other training, not to mention the experience of

managing and administering, has acquired a range of skills which should be recognized. Credits granted under this heading are called General Service Credits.

For instance, a Master Corporal is entitled to one credit for rank and service. If s/he is an Administrative Clerk, additional credits for the MOC may be awarded. A Chief Warrant Officer could pick up as many as four General Service credits plus those granted for training specific to his/her military occupation.

As mentioned, credits thus granted are normally applied to reduce the number of subjects needed to complete a college program, but they may also be accepted by those organizations which have "certification programs" — that is, they certify their members as having met certain professional standards. The Certified General Accountants and the Ontario Association of Certified Engineering Technicians and Technologists are two examples of such organizations.

Dependents, if they were members of the CF, will also receive the credits to which they are entitled by virtue of their service, and all personnel will receive credit for post-secondary education they may have completed where it is relevant to their study program.

Accreditation is an ongoing task and it is expected that eventually all MOCs whose training has any relation to college programs will be evaluated. The completed evaluations are listed in a "Credit Equivalency Catalogue" on distribution to BPSOs. At present, most of the entries relate education at Canadian Community Colleges and Universities to Seneca subjects, but as evaluation of more military training is completed, the heft — and utility — of that part of the catalogue will grow.



UNITED WAY CAMPAIGN KICK OFF DAY

TUESDAY SEPTEMBER 29th

COME AND SUPPORT THESE VALIANT TEAMS

- School of meteorology
- Base Comptroller
- Air navigation school
- DCOS Log
- IPR
- DCOS Pers
- Regional Ops
- Cadet Office
- Base Headquarters
- 73 Comm Group
- DCOS Ops
- Base Transport
- RSS Prairie
- 733 Comm Squadron

Where: Building 21 Time: 1145 til 1315
(Sandwiches available)

Bus transport
Depart: HGR 11 1115, 1130, 1145
HGR 10
HGR 16
ALL 3 MESSES

RETURN BUS DEPARTS BLDG 21 AT 1315

Happy Thanksgiving
from the staff of the Voxair

14 Training Group HQ Nuke Subs and Doughnut Wars

Today's world fairly reels under the impact of daily events including coup attempts and naval stand-offs while here at home the politicians continue to confirm every suspicion voters ever had about them.

Add to this, dear readers, even more bombastic grist for the media mill. Consider headlines such as this:

FIRST NUKE SUB FOR COMD 14 TRG GP

and

BATTLE LINES DRAWN IN HGR 11 LABOUR DISPUTE.

Sound pretty scary, don't they? Not to worry, though, for, unlike real life, headlines like this have logical explanations.

For instance, recently the Group Commander, always a busy man, asked his secretary to warm up his lunch in the coffee room microwave. On the menu that day was a submarine sandwich, hence the conclusion drawn that the Commander of 14 Training Group was to receive a "Nuked Sub" (a little play on words, but so what?)

Always the loyal secretary, Sheila then disposed of any evidence by shredding the Saran Wrap.

The second screaming headline reveals a dark plot to exploit the masses by creating a roster of 'volunteers' to go fetch the doughnuts on Wednesday mornings. Seen clearly as a flagrant violation of the collective agreement currently in force, the memos started flying and the Doughnut War of '87 was on. As with other labour disputes,

the potential was there to have once friendly neighbours taking sides on the issue.

Senior Management has issued the following battle cry: "Don't let the bun fight get sticky!"

As a respite in the fat-pill fight, the Groupies got together on the 28th last for fun, food and wild swinging during the first, and hopefully not the last, slow pitch fastball tournament.

Three teams were assembled for some pre-game exercises such as stretching the truth, bending the rules, jumping to conclusions and running off at the mouth.

The three-game round robin produced some great play which could never be repeated, crazy lop-sided scores which could never be believed and a lot of fun which will no doubt happen again next year.

The winning team was made up of members of the Training Control and Admin staffs plus a complement of odds and sods (pilots), captained by Darrell McKinstry.

Many thanks to Capt Willie Plikett, the Grp Jock O, for organizing a very successful sports afternoon. Willie arranged all the equipment through the Rec Centre, including a size petite catcher's mitt for Donna Tobin and a bat with a hole in it for yours truly.

Gratitude is also extended by all participants to Capt Ann Logan for expert medical care and jokes about elephants and balls.

14 Trg Gp HQ next event planned is a Meet 'n Greet Golf Luncheon to welcome all new staffers at the Assiniboine Golf Club on 2 October.

All this and duelling doughnuts too! War is heck!

LEARN NOT TO BURN ... PLAN YOUR ESCAPE



**FIRE PREVENTION WEEK:
OCTOBER 4 TO 10 1987**

Professional & Business Directory

Chapman Goddard Kagan, Barristers & Solicitors

George E. Chapman, B.Sc., LL.B. Donna G. Kagan, LL.B.
Alan R. Goddard, B.A., LL.B. George A. Derwin, LL.B.
Kelly P. Land, LL.B. Allan R. Francis LL.B.

1864 Portage Avenue Phone 888-7973

RUTLEDGE & UNGER

R. F. RUTLEDGE BA, LLB
A. I. UNGER BA, LLB
COUNTRY CLUB PLAZA
310 - 3025 PORTAGE AVE. 888-3204

Nemy, Brown & Roy

Barristers Solicitors Notaries

Morton H. Nemy, B.A., LL.B. John C. Brown, B.A., LL.B.
Barry A. Roy, B.A., LL.B. Jack M. Rabkin, B.A., LL.B.

200-2727 Portage Avenue (Courts of St. James Shopping Centre)
Winnipeg, Manitoba Phone: 888-8890

Ronald M. Habing B.A. LL.B.

Telephone: 832-8322

RONALD M. HABING

Barrister, Solicitor and Notary
2643 Portage Avenue
Winnipeg, Manitoba R3J 0P9

WARKENTIN LAW OFFICE

Barristers Solicitors Notaries

ERWIN P. WARKENTIN B.Th., LL.B.
PHILLIP G. CALVER B.A. (Hons.), LL.B.

N-3025 Ness Avenue Winnipeg, Manitoba R2Y 2J2 Telephone: 885-4452

K.D. MUNRO, C.D. LLB

BARRISTER & SOLICITOR
RCAF/CAF RETIRED

PITBLADO & HOSKIN

BUSINESS 942-0391 1900-360 MAIN STREET, R3C 3Z3 Home 452-8780



NORTH MAIN
HONDA LTD.

SALES & SERVICE
NEW & USED CARS

GEORGE THOMPSON

Sales

1180 Main Street
Winnipeg, Manitoba

Ph. 586-8129

BALDWINSON AGENCIES

Rec Centre (Whytefold Rd)

Autopac 889-2204

Al-Ben Engraving

Plastics — Metals
Name Plates — Trophies — Plaques
AL BENNETT
263 Ainslie St. R3J 2Z5
Phone: 837-1512

SILVER HEIGHTS DRY CLEANING CENTRE

837-7209
Professional Cleaning & Pressing
Special Rates on Uniforms
2249 Ness Avenue

"Looking for a Car" New or Used
See Nels Cuthbert, CD

Special Rates for Armed Forces
Westport Chrysler Plymouth Ltd.
3171 Portage Avenue
Bus. 888-2343 Res. 888-1519



BEGIN & DOYLE

JILL BEGIN, LL.B. WILLIAM DOYLE, B.A., LL.B.

BARRISTERS & SOLICITORS
FREE OFFICE CONSULTATION

427 Academy Road (at Niagara), Upper Level
Winnipeg, Manitoba R3N 0C2

488-3337

TUXEDO PARK HAIRSTYLING & BARBERING

146-2025 Corydon Avenue, Winnipeg, Man. R3P 0N5

BEAUTY SALON 489-9079 MONDAY-SATURDAY HOURS: 9-5	Cuts - Perms - Colours - Shaping For Men, Women and Children MENS HAIRPIECES FITTED	MENS HAIRSTYLING & BARBERING 489-7997 CLOSED MONDAY HOURS: 8-6, SAT. 8-5
---	---	--

St. James Travel Agency

COMPLETE TRAVEL ARRANGEMENTS

- AIRLINE TICKETS
- PACKAGE TOURS
- CRUISES
- TRAVEL INSURANCE

1855 PORTAGE AVENUE — 888-2668

FIRE PREVENTION NEWS

Fire Escape Planning at work, at home

Do you know what to do in case of fire? The right time to plan how to escape a fire is now — before it's too late. This article has been prepared so that, wherever you are, at work or at home, you will know how to get out of a fire alive.

Fire Escape Planning at Work

Evacuation plans and fire reporting procedures vary for each building. Usually an alarm signals all occupants to leave the building immediately, or to go temporarily to an "area of refuge". Plan NOW what to do... according to posted fire emergency instructions.

If you are trained to use available emergency fire equipment, do so if the fire is still small. But do not take risks or fight a fire alone. Your safety always comes first.

No two buildings or fires are ever exactly alike. You must use judgment when a fire occurs.

Mobility-impaired occupants who require assistance in evacuation are responsible for advising their MONITORS of the extent of the assistance required and should participate in "DRY-RUN" practices.

Ask yourself the following questions:

- Where is the nearest fire extinguisher?
- Where is the nearest fire alarm station?
- Where are the nearest two exits?
- Who is your floor fire emergency officer?

If you don't know find out now.

Read your fire orders. Report all fire hazards.

For more information on fire escape planning at work, contact The Regional Officer of the Fire Commissioner of Canada.

Fire Escape Planning at Home

Instituting a home fire escape plan is one of the most important actions you can take to protect your own life and the lives of others. The Fire Department urges you to develop and practise a fire escape plan for your home.

How to Develop a Fire Escape Plan

1. Install smoke detectors on each floor of your home and test them regularly.
2. Draw a floor plan of your home showing all possible exits from each room.
3. Where possible, plan a main exit route and an alternate exit route from each room.
4. Make certain that everyone understands that if they hear the smoke detector, or hear someone shouting "FIRE" they should immediately evacuate the home.
5. Decide on a meeting place outside your home. In case of fire, go to the meeting place. Someone should be sent to phone the fire department.
6. Meet the firefighters when they arrive.
7. Make certain that everyone in your home knows **NOT TO RE-ENTER A BURNING BUILDING**. Firefighters are properly equipped and trained to perform rescue operations.

Additional Information

- Before opening any door on the way out, feel it. If the door is hot — do not open — use the alternate exits, open the window and shout for help.
- A properly installed and maintained smoke detector should provide enough warning to enable you to safely leave your home, even if there is no alternate exit available.
- In a smoke-filled area, the cool air is down low. Practise your escape plan by crawling on your hands and knees.
- If you live in an apartment building, develop your escape plan taking into account fire escape procedures provided by the building management.
- If anyone in your home is unable to evacuate without assistance, assign someone to assist them.
- Make sure your baby-sitter understands your fire escape plan.

Practise Your Escape Plan

Regular practice is the best way to help prevent PANIC. This is especially true for children. Be sure every family member knows what to do.

Savez-vous ce qu'il faut faire en cas d'incendie? Ce dépliant a pour but de vous aider à savoir quoi faire pour vous échapper vivant d'un incendie, qu'il se déclare au travail ou à la maison.

Un plan d'évacuation au travail

Les plans d'évacuation et les procédures de signalisation d'un incendie varient avec chaque édifice. Habituellement, un signal d'alarme ordonne à tous les occupants de quitter l'édifice immédiatement ou de se rendre temporairement dans «une zone de refuge». Planifiez dès MAINTENANT ce qu'il faudra faire... conformément aux consignes d'urgence-incendie qui sont affichées.

Si vous avez reçu une formation sur la façon de vous servir du matériel d'urgence disponible pour lutter contre les incendies, utilisez-le si le feu est encore peu important. Mais ne prenez pas de risques et ne luttez pas seul contre l'incendie. Votre sécurité vient avant tout.

Il n'y a pas deux édifices qui soient absolument identiques et il en va de même les incendies... Vous devez vous servir de votre jugement lorsqu'un incendie se déclare.

Les occupants handicapés doivent eux-mêmes informer leurs moniteurs de l'aide dont ils ont besoin et doivent, eux aussi, participer aux exercices d'évacuation des lieux.

Posez-vous les questions suivantes :

- Où est l'extincteur le plus proche?
- Où est l'alarme-incendie la plus proche?
- Où sont les deux sorties les plus proches?
- Qui est l'agent de sécurité-incendie de votre étage?

Si vous ne le savez pas, informez-vous immédiatement.

Lisez les consignes de sécurité-incendie. Signalez tout risque d'incendie.

Pour de plus amples renseignements au sujet du plan d'évacuation au travail, veuillez communiquer avec le bureau régional du Commissaire des incendies du Canada.

Un plan d'évacuation à la maison

L'élaboration d'un plan d'évacuation en cas d'incendie est une étape très importante qui pourrait sauver votre vie et celle des autres. Le Service des incendies vous incite à élaborer un tel plan et à le mettre en pratique dans votre maison.

Comment élaborer un plan d'évacuation?

1. Installez des détecteurs de fumée à

chaque étage de votre maison et vérifiez-les régulièrement.

2. Dessinez un plan d'étage avec toutes les sorties possibles pour chaque pièce.
3. Lorsque c'est possible, prévoyez un trajet d'évacuation principal et des sorties de rechange pour chaque pièce.
4. Veillez à ce que tout le monde comprenne que quand le détecteur de fumée sonne ou qu'une personne crie «Au feu», ils doivent immédiatement évacuer la maison.
5. Choisissez un lieu de rencontre à l'extérieur de votre maison. En cas d'incendie, rendez-vous au lieu de rencontre. Quel qu'un devrait être chargé d'appeler le service des incendies.
6. Allez à rencontre des sapeurs-pompiers dès leur arrivée.
7. Toute la famille doit savoir qu'il n'est PAS question de RENTRER DANS UN IMMEUBLE EN FLAMMES. Les sapeurs-pompiers sont formés et équipés pour les opérations de sauvetage.

Renseignements supplémentaires

- Avant d'ouvrir une porte, touchez-y. Si elle est chaude, n'ouvrez pas, empruntez une autre sortie. Si les fenêtres des étages supérieurs ne peuvent être utilisées comme sortie de rechange, ouvrez-les et appelez à l'aide.
- Un détecteur de fumée bien installé et entretenu est une source d'avertissement suffisante pour permettre à toute le monde d'évacuer la maison en toute sécurité, même s'il n'y a pas de sorties de rechange.
- Dans une pièce enfumée, l'air frais est près du sol. Mettez le plan d'évacuation en pratique en rampant.
- Si vous habitez dans un immeuble d'appartements, élaborer un plan d'évacuation en tenant compte des procédures à cet égard fournies par les gestion de l'immeuble.
- Si une personne ne peut évacuer l'immeuble seule, désignez quelqu'un pour l'aider.
- Assurez-vous que votre gardienne d'enfants comprenne bien votre plan d'évacuation.

Mettez votre plan d'évacuation en pratique

Les exercices d'alerte fréquents sont la meilleure façon d'éviter la PANIQUE. C'est surtout le cas pour les enfants. Assurez-vous que tous les membres de la famille savent quoi faire.

Babysitters Course 7-8 October 87

The Fire Prevention Bureau will be conducting a Babysitters Course in conjunction with the Military Police and Base Hospital on 7 and 8 October 1987 in Building 87 on the North Site. Classes will be from 1800 to 2100 hours. Names will be taken on a first come first served basis to a

maximum of 20 students.

To register participants must be a minimum of 12 years of age by 1 November 1987. Names will be taken by the Fire Prevention Bureau from 1300-1500 hours Monday to Friday at 895-5501, prior to 2 October 1987.

Boston Pizza

Serves CFB Wpg North Side with 2 LOCATIONS

1901 Portage Ave. (across from St James Collegiate)
3253 Portage Ave. (across from the Village Inn)

redeem this ad for

FREE DELIVERY AND \$2.00 OFF
ANY ORDER OVER \$10.00

EAST OF WHYTEWOLD Call 885-5543

WEST OF WHYTEWOLD Call 888-7526

Deliveries start daily at 5 p.m. to one hour before close.

Steele Enterprises

OFFICE EQUIPMENT

RENTALS OR RENT TO BUY PER MONTH

I.B.M. SEL II w/Corrector — \$50.00 I.B.M. SEL III — \$65.00 I.B.M. B SEL 2000 — \$70.00
COPIER MACHINES — \$75.00 WILL DELIVER AND PICK UP

LARRY STEELE Entrepreneur 17 VALLEYVIEW DRIVE — PHONE (204) 837-4003 WINNIPEG, MANITOBA, CANADA R2Y 0R5

10% DISCOUNT TO SERVICE PERS ON DRYCLEANING

COFFEE BAR
ALWAYS ATTENDED

AIR CONDITIONED

AMPLE PARKING

WASH-DRY & FOLD
SERVICE

DRY CLEAN, MENDING &
REPAIR DEPOT

PICK UP & DELIVER

OPEN:

7 DAYS — WEEK
7 A.M. - 11 P.M.

NOW
OPEN

CLEAN MACHINE
COIN-OP LAUNDRY

1885 Portage Avenue
and Ferry Road
Winnipeg, MB

PHONE: 831-5979

Bring this Ad and receive
your FREE coffee

The Many Duties of an Executor

by William E. Doyle

Many people have been asked at one time if they are willing to be appointed as Executor in someone's will, and anyone who has made a will has had to appoint someone as Executor. Before agreeing to take on these duties, or before appointing someone to be your executor, it is helpful to know what is entailed.

An Executor is a personal representative of a deceased person and his or her duties arise only after the death of the person who made the will, or the Testator. For a person who dies without a will, with a will which does not name an Executor, or with a will which names as Executor someone who is unable or unwilling to act as Executor, an Administrator must be appointed by a court to perform many of the same functions as an Executor. An administrator is appointed by the court, and an Executor is chosen by the deceased and merely approved by the court.

The first step an Executor must take is to make an application for probate, to allow the court to review the will and approve the appointment of the Executor. Prior to probate being granted by the court, very little can be done with the assets in the estate. The probate application requires a list of all assets of the deceased and their value, so the Executor may have to contact banks, real estate agents, and others to get values of the deceased's

assets. Once the assets are listed and valued, the application is filed along with the original will, an affidavit of execution, and an affidavit by the Executor acknowledging the will to be the last will of the deceased to the best of his or her knowledge. Through the affidavit the Executor must also promise to administer the estate according to law and to provide an accounting when required.

Normally the application for probate, accompanied by the appropriate fee, results in a Grant of Probate issuing from the court without any personal appearance by the Executor or the lawyer for the estate. However, in complex or disputed situations a court appearance may be necessary. An Executor may retain such professional assistance as is necessary for the estate, and the fees for his assistance, as well as fees for the Executor's own time, trouble and expense, may be paid for from the proceeds of the estate. Most Executors do retain a lawyer to handle the estate. If a lawyer is retained, the Executor still has the primary obligation to administer the estate and will therefore be making all decisions and signing all legal documentation on behalf of the estate, with the lawyer handling the document preparation, correspondence, and information gathering.

The main point to note concerning Executor's duties is that the terms of

the Will govern. Many wills are very specific about the assets which may be sold, transferred to beneficiaries, or retained in trust, while others leave many decisions to the discretion of the Executor. The Executor must follow the direction of the Will, except where the same is illegal or contrary to any court order. Therefore one cannot generalize as to all the duties of the Executor once he is approved by the court, but one must instead look forward to the terms of the Will.

Generally, by law and by the terms of the Will, the deceased's debts must be paid. The Executor is well advised to advertise for creditors, because some personal liability may arise if the estate is distributed prior to payment of debts of the deceased. The advertisement is usually in the local paper where the deceased resided, and in the Manitoba Gazette. Executors are also responsible for the income tax return for the deceased for the year of death and for the estate income tax return if any income is earned by the estate. A lawyer or accountant may give some assistance in this regard. At the present time in Manitoba, there is no succession duty or inheritance tax applicable so the only tax to be concerned about is income tax, under which some special rules apply to deceased persons and estates.

Once all estate assets are gathered together, and debts paid, the balance

of the estate will be distributed or held in trust in accordance with the terms of the will. Specific items may be transferred to specific people, or percentages of the estate may be paid to people. The Executor would be wise to obtain a Release from each beneficiary, acknowledging that the Executor has handled the estate properly and the beneficiary is satisfied with the item or amount to be received, before the estate is distributed. This will allow for the resolution of any disputes before the Executor has relinquished possession and control of the assets of the estate.

After all is said and done, it would appear that the best advice to be given to a prospective Executor is to ask the individual drawing the will to attach a list to their will indicating such things as location of any bank accounts, term deposits, safety deposit box, pensions, life insurance policies, and other assets. Without such a list, you will have to review any papers found at the deceased's residence or in their purse or wallet that could lead you to assets, and the task of acting as Executor may become unnecessarily complicated and difficult.

William E. Doyle is a lawyer practising with the firm of Begin and Doyle, 427 Academy Road, Winnipeg, Manitoba, 488-3337. He is the son of a retired Career Warrant Officer with the R.C.A.F.

Cancer Society Gala

The Canadian Cancer Society, Manitoba Division will host **RAZZA-MAJAZZ**, a jazz-flavoured gala fund raising evening on Wednesday, September 30, 1987 at the International Inn.

RAZZAMAJAZZ will feature a gourmet dinner, silent auction and dancing to the best in Winnipeg Jazz.

Tickets are \$100, \$75 of which is tax-deductible. Your contribution will help support vital cancer research, public education and patient services programs.

For more information please call Donna at the Society offices at 774-7483.



VS VIDEO STOP

FREE MEMBERSHIP

IS PROUD TO ANNOUNCE THE OPENING OF THEIR 6TH LOCATION AT
2090 CORYDON AVE.
 PH. 832-7116

NOW WE CAN SERVE BOTH SIDES OF THE BASE WITH
 STORES AT 3239 PORTAGE AVE. AND NOW 2090 CORYDON AVE.
 MEMBERS OF THE FORCES ARE INVITED
 TO CLIP THESE COUPONS AND COME ON IN

VIDEO STOP
RENT ANY MOVIE
 AND RECEIVE ONE
FREE

Free movie must be of equal value or less
 Not valid with other promotions or coupons
 GOOD SEPT 23/87 - SEPT 29/87

VIDEO STOP
\$1.00 OFF
ANY RENTAL

Good anytime.
 Not valid with 99¢ films or other promotions.
 GOOD SEPT. 30/87 - OCT 6/87

VIDEO STOP
99¢ RENT
ANY MOVIE*

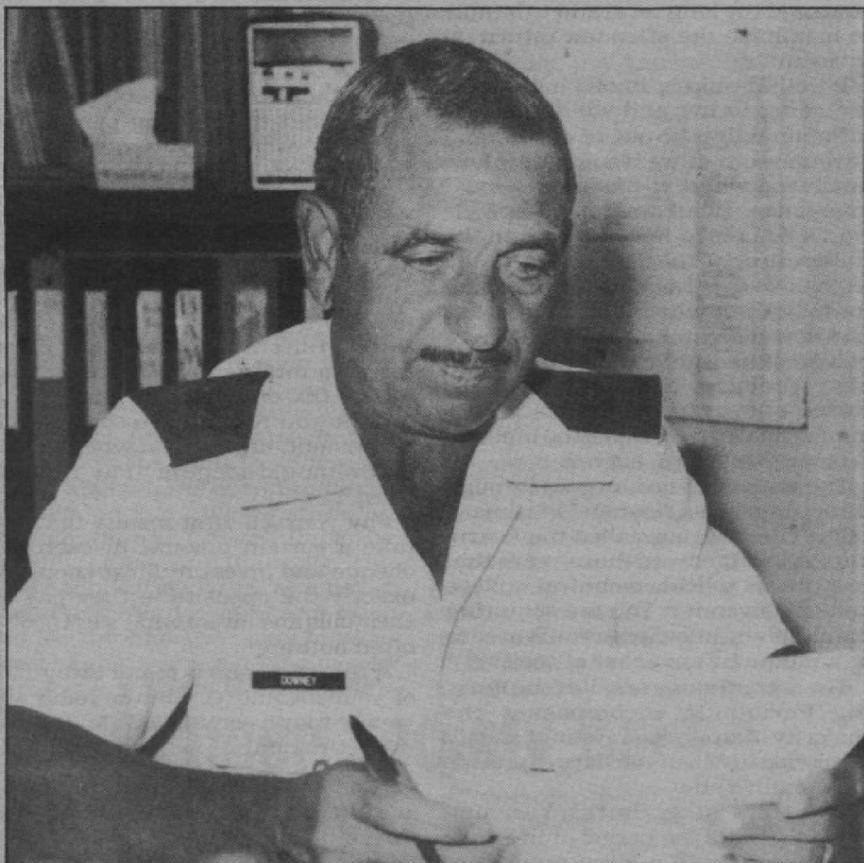
Not valid with other promotions.
 GOOD OCT 7/87 - OCT 13/87
 *New releases not included

FOR RESERVATIONS

1421A Henderson Highway 338-9227
 661 Henderson Highway 663-3377
 650 Leila Avenue 339-6739

3239 Portage Avenue 837-7865
 290 St. Annes Road 255-0542
 2090 Corydon Avenue 832-7116

Moving over



Newly promoted MWO N.R. Downey of BAMEO hard at work cleaning out his D/AMCRO desk before moving to ARO.

Congratulations!



Cpl Penny Dalheimer, MPFAO, received her Accelerated Promotion to Cpl in Aug 87.



Cpl Natalie Cruikshank of the Claims Section was recently promoted to that rank.



Capt Rietmuller presents Cpl Ste Croix of BAMEO with his promotion to that rank.



Cpl Sandy Dufort shown with Lt Smith, NPFAO, received her promotion to that rank in Aug 87.

Moving up

Finance Promotions

For best performance



Col Loren H. Reynolds, BComd, presents the General Safety Award for the first quarter of 87/88 to Sgt Stagg, UGSO. Looking on are Cpl Saliga, Julie Macaig, Vernon Kaus, Leo Pelletier, Cpl Wheaton, Tillie McDougall, Lionel Berthelette and Yale Angus, Base Union Safety and Health Rep.

Food Services



W.O. W.H. Harlow of BAMEO receiving his certificate of service from LCol I.M. Ross, BTSO on his retirement after 30 years in the RCAF and CF.

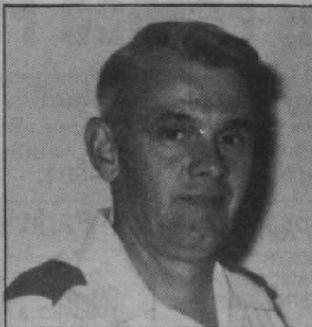
Moving on

after 30 years service

MCS Certificates



Maj. E.C. Ukrainetz



WO F.J. Barker



Command Comptroller Col W.D. Johnston presented Management Consulting Services (MCS) certificates to Major E.C. Ukrainetz, WO F.J. Barker and Mrs. J.G. Smith. The certificates are awarded to those personnel completing the five MCS courses at Canadian Forces Management Development School at CFB St. Jean as well as possessing a minimum of 2 years experience as a Management Consultant.

CHAPLAINS CORNER



Living with Thanksgiving

Thanksgiving is loved ones who come miles and miles
 To be greeted with kisses and welcoming smiles.
 Thanksgiving is turkey and all of the rest
 Of the fruits of the harvest with which we've been blessed.
 Thanksgiving is praise for our Father above,
 For His bountiful goodness and the gift of His love.

Virginia Blanck Moore

Thanksgiving is many things to many people — Sir Winston Churchill once told the story of a sailor who dived into the waters of Plymouth Harbour to save a little boy's life. Three days afterward, the sailor met the boy and his mother on the street. He saw the lad nudge his mother and she stopped the sailor and asked: "Are you the man who pulled my boy out of the water?" Expecting some kind of gratitude, the sailor smiled, saluted, and said, "Yes, madam." "Then," replied the mother with increasing temper, "Where's his cap?"

Unfortunately, we have all found ourselves short on gratitude when our true appreciation was warranted. Thanksgiving provides us with the opportunity to remember our bless-

ings both great and small, so often overlooked in day-to-day living. Thanksgiving encompasses more than being thankful for the present. The "Thanks" extends backward to the past and our forefathers. The "Thanks" extends forward to a world of promise and challenge. Thanksgiving must be a kind of 'bridge' which joins the happiness we hold in memory with the joys we anticipate.

Celebrating Thanksgiving is tantamount to showing one's belief in something called faith — faith in an eternal Provider, past, present and future.

The weekly Sunday worship service is in this sense, a thanksgiving celebration as people of faith gather to praise God in the words of the Psalmist "From whom all blessings flow."

St. Andrew's Protestant Chapel offers variety of programs which give expression to the term "Thanksgiving". In addition to Sunday family worship at 10:30 am, Sunday School is back in action for children up to 14 years of age. The Ladies' Guild affords women opportunities to give time and support to local and overseas charities. The 'Pairs and Spares Group' meets monthly for fun-filled social events. Study of the Bible with an examination of Christian belief is presently underway for confirmation candidates. The St. Andrew's congregation welcomes newcomers only once — whereupon they are no longer a stranger but a friend!

An author unknown, once wrote: "A candle loses nothing of its light by lighting another candle." On this Thanksgiving Day, let us rekindle our lives and those of family and friends, with the undying Light of Love and Blessing in humble thanks to the Lord, our Maker.

Padre Ed Wiley.

St. Andrews Women's Centre

The Women's Centre is going strong again this fall with lots of ladies and children turning out to enjoy a twice weekly break from the housework and preschooler blues. While the Moms get to relax and enjoy their coffee and sweets the children can play with other children and try their skills at some arts and crafts. There is also a storytime with a mid-morning break for a drink and some cookies. If you are interested in a morning out making new friends, come join us any Tuesday and Thursday mornings. We are located in the St. Andrew's Chapel Annex (side door) from 9:30 until 11:00 a.m. for all C.F.B. Winnipeg dependents to enjoy. The Chapel is located on the corner of Kenaston and Grant across from Kapyong Barracks.

In addition to the friendship and support we offer each morning, we also arrange an interesting guest speaker the last Tuesday of each month. We have a wide variety of

guest speakers for the fall months who will be discussing subjects pertaining to the military life as a dependent and child care topics. Last spring we offered a Family Drug Awareness program to all the residents of C.F.B. Winnipeg. This year we hope to be able to offer a fire safety program. In the next few months we will be making available a babysitting course to the young adults which will be instructed at the centre on Saturday mornings.

If you would like to join us for a morning please remember we are available for everyone regardless of what rank or unit your husband is and whether you live in PMQ's or not. We welcome all religions and remember you don't have to have preschoolers to come out for a break. If you'd like more information please call Mary Lou Allard at 895-6182 on Tuesday or Thursday mornings or 489-7796 afternoons and evenings. See you soon.



Has anyone seen the kids?



Here we are, Mom and see we can sit and be good!

Mini Franco Fun

S'adresse aux enfants d'âge pré-scolaire (0-5 ans) sachant parler français. Un groupe de parents se rencontre une fois par semaine pour faire participer les enfants à différentes

activités (jeux, bricolage, lecture etc.). Le club a besoin de nouveaux membres. Pour plus de renseignements, veuillez téléphoner au numéro 889-0662.



Basket of Plenty
 FRUIT BASKETS
 FOR ALL OCCASIONS
 THE EDIBLE ALTERNATIVE

CAROLE PALLAN Home 284-5664 Business 942-0141 Code 4955

Parkview Barber Shop

2177 Portage Avenue
 832-1450

OPEN:
 TUE, WED. & FRI. 9 AM-5 PM
 THUR. 9 AM-6 PM
 FRI & SAT 9 AM-4 PM
 MILITARY HAIR CUTS — \$5.00

K. ANTHONY THOMAS, B.A. LL.B.

BARRISTER & SOLICITOR
 2645 Portage Avenue, Winnipeg, Manitoba R3J 0P9

SHEWCHUK & ASSOCIATES

BUSINESS: 889-4595

HOME PH. 889-6670



Protestant Chapels

The Chapel of the Good Shepherd (North):

— Holy Eucharist (Anglican Rite) 0900 Sundays
 — Divine Worship 1100 Sundays

The Chapel of Saint Andrew (South):

— Divine Worship 1030 Sundays
 For information regarding Baptismal Preparation, Baptism, Church Membership Classes, Marriage Preparation, Marriage, Sunday School, and Nursery, Young Peoples, and Bible Studies, please contact a Chaplain.

Chaplains: Padre R. Baker, BChap(P) — 895-5417
 Padre J. Joliffe, Chap(P) (North) — 895-5075
 Padre P. Day, Chap(P) (North) — 895-5087
 Padre E. Wiley, Chap(P) (South) — 895-6022

R.C. Chapels

TÉLÉPHONE:	NORTH	SOUTH
MASSES	895-5087	
MESSES:	Sat: 1700 hrs (Eng)	Sun: 1000 hrs
	Sam: 1900 hrs (Fr.)	
	Sun: 1115 hrs	
MARRIAGE:	Please give the Chaplain a six month notice	
MARIAGE:	Parlez à l'Aumônier au mois six mois à l'avance.	
BAPTISM:	Baptism Preparation Meeting is mandatory. Please make an appointment at 895-5087.	
BAPTÊME:	Une réunion préparatoire au baptême est exigée. Il faut nous parler aussitôt que possible.	

CHAPLAINS: Father Jacques Marcoux - 895-5272 - Home, 831-7291 BChap(RC)
 Father Lindo Molon - 895-6023 Home, 489-5654

SECRETARY (NORTH SIDE): Francine - 895-5087
SECRETARY (SOUTH SIDE): Denise - 895-6024

Are Your Children Safe In Your Home?

Poison is more than a murder weapon in a gripping mystery novel. Many helpful and seemingly harmless household products become dangerous poisons when misused.

Common headache pills, household bleaches and tranquilizers are the three most prevalent child-poisoners in Canada and dozens of other readily available products are close behind.

Anything which can be tasted, sprayed or poured by a curious child should be securely locked away. This includes all kinds of medicines, bleaches, deodorants, paints, nail polish, glue and even perfume.

Children can't read labels and many products look alike to their eyes. They often learn by imitating adult behaviour, but children are unable to tell the difference between paste wax and peanut butter. This inability could have tragic results if such products are left within their reach.

Children are encouraged to take medications to "make you feel better" or "grow up big and strong." We can't expect them to understand medica-

tions should only be used as directed. A child wanting to "feel better" or "grow up strong" may take a medication or something that looks like one. To counter this threat, don't let medicines or items which resemble them to be within reach of your children at any time. The risk is too great.

Antidotes and poison control centres are the second best solutions to a program of poison prevention in your home. Take a look in your bathroom, kitchen, workshop and laundry room and read the labels on the products you find there.

If any are even remotely dangerous, move them to a secure place. It may be inconvenient to reach to the top cupboard instead of under the sink each time you want detergent or oven cleaner, but think of the consequences.

Your pharmacist can help if you aren't sure about which products around the house are potentially poisonous. Don't take chances if you're not sure. Ask a professional for advice.

Canada's Most Abused Drug

In Canada, 83 per cent of all teenagers use alcohol. Five per cent have five or more drinks at a time, four or five times a month. These frightening statistics provide chilling proof of why alcohol is the most abused drug in this country today.

Heavy alcohol use can take a great toll on the body. If a large enough quantity is consumed in a short period of time, the brain's ability to control breathing and heart rate may be harmed — and even death may occur.

Long term effects of heavy drinking include severe damage to the liver, heart and pancreas; and an increased risk of cancer of the mouth, larynx, esophagus and liver. On the average, the life span of a heavy drinker is shortened 10 to 12 years.

Increasing among teenage drinkers is the use of other drugs in combination. When marijuana is used with alcohol, the dangers are greatly increased. Quaaludes and barbiturates increase the depressant effects of alcohol, leading to stupor, possible coma and even respiratory and heart failure.

We all know drinking and driving can be fatal. Nationwide, drivers between the ages of 16 and 19 account for 23 per cent of all traffic fatalities and 18 per cent of traffic injuries related to drinking and driving. Yet, this group makes up only 15 per cent of drinking drivers.

With the average beginning age of alcohol use at about 13, and the average age of teenage drinking on a regular basis at 16, parents must reach their children early. Young people should be strongly encouraged not to drink because of the dangers associated with this drug. As children enter the age where there will be pressure to drink, you should be firm with them about alcohol use.

Your provincial or local alcohol or drug abuse authority will be able to tell you where to find help in your area should you require it. Don't forget your neighbourhood pharmacist, either. He or she can provide valuable insight into the causes and treatment of alcohol and drug abuse.

Pay Attention to Ear Problems

More than two million Canadians have some form of hearing impairment. As many as one in 40 cases is serious enough to affect daily life or communication. About 50,000 Canadians are profoundly deaf.

Many hearing problems develop virtually unnoticed. Fortunately, a great number can be prevented or corrected. Beware of damage to the ear from foreign objects, noise, drug addiction or the imperceptible process of aging.

Many conditions, if left unattended, can lead to permanent hearing loss. These include earaches, recurring dizziness, balance problems, frequent colds, infections or the ear-nose-throat

areas or ringing or buzzing in the ears. Any abnormal condition should be checked with your doctor.

Sometimes, parents may notice their young child doesn't respond properly to a question or request. Since approximately four per cent of children between four and five years of age have hearing problems which are often mistaken for learning disabilities, it is important to have your child's hearing checked.

For the rest of us, trouble makers for our fragile ears include industrial noises, traffic, overly-loud music and

power equipment used around the home.

If you find any sign of hearing loss in yourself or any family member, see your doctor. Ask if your child's school has a testing program. Although modern, transistorized hearing aids are efficient and inconspicuous, protection of your family's hearing and prevention of hearing loss should be a daily concern.

Should you have any questions or require more information, ask your pharmacist. He or she is your neighbourhood professional.



CANEX

19th BIRTHDAY SALE SPECTACULAR SAVINGS

1 DAY ONLY

3 OCTOBER 1987

BLDG 21

10:00 AM - 5:00 PM



SPORTS

Manitoba Marathon Relay Team



CFB Winnipeg recently could not allow a challenge to go unnoticed. Members from the Base and Air Command Peri Staff decided they would compete in the Manitoba Corporate Mixed Marathon 21 Jun 87.

Plans were established with base support coming from Base HQ as MCpl Gail Bergman gave in to a test of sound mind and fitness. The team placed first last year and second this time around. They felt their time would have been better but fitness through participation was the goal.

Next year, the Base Peri Staff will challenge more sections to enter a team.

In the meantime, continue with your goals in fitness.

Pictured are (left to right) Capt Peet (BPERO), Capt Caron (Air Comd A/CPERO) Participant, MCpl Bergman (Base HQ) Participant, Cpl Shirley (Base PERI) Participant. Missing: Lt Charlton (Base PERO) Participant.

Regional Golf Champions



The Prairie Regional Golf Championship was held at CFB Shilo August 17-20. After three beautiful days on a well manicured golf course, the CFB Winnipeg team consisting of Capt Bing Shearer, MWO Roy Downey, WO Bert Graham, Sgt Gus St-James, and Sgt Stu Nauss emerged as the winners, convincingly beating CFB Calgary who placed second. The overall tournament individual champion was our own Stu Nauss. The top five players in the Regional will advance to the National Championship to be held at CFB Valcartier from 14-18 Sep 87. Congratulations to Sgt Stu Nauss, and Capt Bing Shearer who were two of the top five players, and best of luck and continued success at the nationals.

Low Impact Aerobics Co-ed (Bldg 90 Gym)

Monday, Wednesday and Friday mornings from 9:00-10:00 a.m.

The program will run from Sept. 28th to Oct. 30th.

The cost is \$15.00 per person.

Babysitting is available.

Tuesday and Thursday evenings from 8:00-9:00 p.m.

The program will run from Sept. 29th to Oct. 29th.

The cost is \$10.00 per person.

Ladies Aquasize (Bldg. 90 Pool)

Sunday afternoons from 3:30-4:15 p.m.

The program will run from Sept. 27th to Oct. 25th.

The cost is \$7.50 per person.

REGISTRATION for all three programs is Monday Sept. 21, Wednesday Sept 23 and Friday Sept. 25 at the Recreation Council office located in Building 90. (Registration also accepted at first night of class) All participants must be Recreation Council members.

*For more information **CONTACT** Anne Marie Robertson at 895-5976 or 888-4887.

Intramural No-Hit Hockey

Tape your sticks and sharpen your blades as it's hockey season again! The CFB Winnipeg Hockey League (CFBWHL) will start its activities by the middle of October (TBA).

The CFBWHL operates differently from other bases. Prior to registering, you may want to be aware of some of our league's characteristics. All games are played at lunch time 1200-1300 hrs at the Kirkfield Arena (10 minutes away from Base, North and South sites). The league consists of four teams, one being the Oldtimers. The remaining three teams are formed through a draft system. If you are interested in participating, you will be able to register with your respective section sports rep after Sept 17, 1987. There will be a registration fee (TBA).

The League requires a President, Vice-President, Secretary-Treasurer, Time-keepers, Statistician and 3 Team Rep. Any player or non-player interested in one of these positions are requested to contact Cpl Chris Pilon, Loc 6185 at Lipsett Hall.

Want to coach an Oldtimers Team?

Anybody out there interested in looking out after a bunch of old kids? The CFB Winnipeg Oldtimers Hockey Team is looking for a coach. They take part in both the CFB Winnipeg Hockey League and the Local Civilian Sam Tascona League. There are also a few "interesting" tournament trips which has the Oldtimers touring Colorado Springs to mention one. If you have what it takes (steel nerves and lots of patience) contact Capt Gill Goodman 5937 or Capt Sandy Kirsopp 5411. Hurry before the job is taken.

Hockey referees wanted

Anyone interested in refereeing in the CFBWHL should contact the Refereeing Chief CWO Bob MacCollum at Local 5238 or Cpl Chris Pilon at Lipsett Hall, Local 6185.

Badminton Club desperately needs executive to stay alive

The CFB Winnipeg Badminton Club has operated in conjunction with the local civilian association for over twenty years. Members have been afforded the opportunity to play at various levels from beginner to "A level" of competitors. The club plays at the Lipsett Hall Gymnasium on Sunday evenings and the Westwin Gym on Monday and Wednesday evenings.

Unfortunately, last year's executive (which must be military) have all been posted. The remaining members are anxious to resume play as soon as possible and are looking for interested people to form a new executive. Without volunteers to support this activity, a very worthwhile part of our recreation program will fold.

Interested personnel are requested to contact the PERI staff at the Westwin Gymnasium, Bldg 90, at local 5511.

No-Hit Hockey League Meeting

An organizational meeting for the 1987-88 Intermural No-Hit Hockey League will be held in the Base Theatre on Thurs, 24 Sep 87 at 1100 hrs.

Section Sport Reps and Interested personnel are requested to attend the meeting and be prepared to discuss the following:

- league format;
- registration fees;
- player draft;
- elections of league executive; and
- league trophies and awards.

Inquiries should be directed to the PERI staff liaison member, Cpl Chris Pilon, at Lipsett Hall Gymnasium local 6185.

CFB Winnipeg Master's Swim Club

We're looking for swimmers to get this club off the ground, if you're looking for fun, fitness or competition this is the club of you. Timings for pool hours will be set once an executive has been elected. Hope to see you at the Westwin Pool.

Registration:

Place: Bldg 90 Rec Centre

When: Mon-Wed-Fri

Time: 0900-1200 hrs

Costs: To be decided by executive.

Prerequisites: Must be 21 years of age and over.

More info. Contact: MCpl Pearce, Loc 5511, Rec Centre.

Learn To Swim

Swimming lessons for the Fall will be offered at Lipsett Hall pool.

There will be 2 sessions of ten lessons at \$15.00. We will run the Red Cross water safety program colours yellow to white. An adult program will be offered if there are sufficient registrations.

(1) Time Frame — Yellow to White

Oct 10, 1987 to Dec 12, 1987

Every Saturday from 0830-1200 hrs.

Adults — Oct 11, 1987 to Dec 13, 1987

Every Sunday evening 1900-2100 hrs.

(2) Registration — Starting Sept 24, 1987 to Oct 7, 1987

Monday to Friday at Lipsett Hall

For more information call Lipsett Hall Peri Staff Local 6185.

FITNESS CLASSES

Fitness classes to be held at Building 21 commencing 21 Sep 87.

The following classes are offered:

Monday	1130-1210	Low Impact Aerobics
	1220-1300	Aerobics
Wednesday	1130-1210	Low Impact Aerobics
	1220-1300	Aerobics
Friday	1130-1210	Low Impact Aerobics
	1220-1300	Aerobics
Tuesday/ Thursday	1210-1250	Secretaries' Aerobics

REGISTER NOW — Call Loc 5148
ALL FOR FREE
Open to all military and DND Employees

Junior Curling Registration

Jr. Curling at the Fort Osborne curling Club will start on Mon., 12 Oct from 1630 to 1800 hours, ages 12 to 19 years. Registration is at the Fort Osborne Curling Club on Sat., 26 Sep from 1300 to 1700 hours, and Mon., 28 Sep & Wed., 30 Sep from 1700 to 2000 hours, or contact WO Stan Schneider at 895-6203 (work)/489-8838 (home) or MCpl Bob Graham at 895-5205 (work)/837-6867 (home).



Fall & Winter 87/88 Schedule Westwin Gymnasium/Pool

	GYM (NORTH)	POOL	BOWLING
MON	Military Training 0730-1130	Military Trg 0730-1145	Inter-Section TBA 1130-1300
	Noon Fitness/Remedial 1130-1300	Noon Swim 1145-1245	
	Military Trg 1300-1800	Military Trg 1300-1600	CLOSED 1600-2230
	Special Olympics 1830-1930	Special Olympic 1930-2030	
	Badminton Club 1930-2230	Master Swim TBA 2030-2200	
TUE	Military Trg 0730-1130	Military Trg 0730-1145	Inter-Section 1130-1300
	Noon Fitness/Remedial 1130-1300	Moms & Tots TBA 0900-1100	
	Military Trg 1300-1800	Noon Swim 1145-1245	
	Base(M) Volleyball 1600-1800	Military Trg 1300-1600	Ladies League 1800-2230
	Casual Rec 1800-2000	Rec Swim 1800-1930	
WED	Aerobics 2000-2130	Adult Swim 1930-2000	
	Military Trg 0730-1130	Scuba 2000-2130	
	Noon Fitness/Remedial 1130-1300	Military Trg 0730-1145	Inter-Section TBA 1130-1200
	Military Trg 1300-1800	Noon Swim 1145-1245	
	Casual Recreation 1800-1900	Military Trg 1300-1600	
THU	Badminton Club 1900-2230	Master Swim TBA 1800-2100	
	Military Trg 0730-1130	Military Trg 0730-1145	Inter-Section 1130-1300
	Noon Fitness/Remedial 1130-1300	Noon Swim 1145-1245	
	Military Trg 1300-1800	Military Trg 1300-1600	Jameswood 1600-1800
	Base (W) Volleyball 1630-1800	Rec. Swim 1800-1930	Mixed League 1800-2230
FRI	Casual Rec 1800-2000	Adult Swim 1930-2000	
	Aerobics 2000-2100	Scuba 2000-2130	
	Military Trg 0730-1130	Military Trg 0730-1145	Inter-Section TBA 1130-1300
	Noon Fitness/Remedial 1130-1300	Noon Swim 1145-1245	
	Military Trg 1300-1600	Military Trg 1300-1600	CLOSED 1600-2230
SAT	Casual Recreation 0900-1600	CLOSED 1800-2000	YBC 1000-1530
		Rec Swim 1300-1500	
SUN	Casual Recreation 1300-1600	Rec Swim 1300-1500	Casual Bowling 1300-1600
	1800-2100	AQUA Size TBA 1530-1700	
		1800-2000	
		Master Swim TBA 2000-2100	

NOTE: Winter Hours start 14 Sep 87

Lipsett Hall Gymnasium/Pool

	GYM (SOUTH)	POOL	REC NOTES
MON	RCR Trg 0700-1100	RCR Trg 0700-1100	Service pers may use the facilities during Rec Assoc. times for the recognized 6 components of fitness. Rec Ass cards must be presented for access by members Rec Assoc cards a required to participate in activities/clubs. Rec Assoc cards c be applied for at the Rec Assoc office Bldg 90. Contact your PERI staff Bldg 90 and
	Remedial P.T. 1100-1200	Remedial Trg 1100-1200	
	Noon Fitness 1200-1300	Noon Swim 1200-1300	
	RCR Trg 1300-1600	RCR Trg 1300-1600	
	Casual Rec 1800-2000	Manta Swim Club 1600-1700	
TUES	TBA 2000-2200	Casual Swim 1800-2000	
	B.E.M.E. 0700-0900	RCR Trg 0700-1100	
	Ladies Fitness 0900-1000	Noon Swim 1200-1300	
	1 CEU 1000-1200	RCR Trg 1300-1600	
	Noon Fitness 1200-1300	Manta Swim Club 1600-1700	
WED	RCR Trg 1300-1600		
	Casual Rec 1800-2000		
	Ladies V-ball League 2000-2300		
	RCR Trg 0700-1100	RCR Trg 0700-0900	
	Remedial PT 1100-1200	Mom & Tots 0900-1100	
THURS	Noon Fitness 1200-1300	Remedial Trg 1100-1200	
	RCR Trg 1300-1600	Noon Swim 1200-1300	
	Base (M) Basketball 1600-1800	RCR Trg 1300-1600	
	Casual Rec 1800-2000	Manta Swim Club 1600-1700	
	TBA 2000-2200	Casual Swim 1800-2000	
FRI	RCR Trg 0700-1000	RCR Trg 0700-1100	Bldg 21 or Lipsett Hall for addition information.
	1 CEU 1000-1200	Noon Swim 1200-1300	Rec Centre Bldg 9 5511
	Noon Fitness 1200-1300	RCR Trg 1300-1600	Rec Centre Bldg 2 5148
	RCR Trg 1300-1600	Manta Swim Club 1600-1700	
	Casual Rec 1800-2000		
SAT	Mens Basketball Leag 0800-1200	Casual Swim 1300-1500	
	Casual Rec 1300-1600		
SUN	Manitoba Handball Leag 0800-1300	Casual Swim 1300-1500	
	Casual Rec 1300-1600	Adult Swim 1800-2000	
	Base Badminton Club 1800-2200		

NOTE: Winter Hours start 14 Sep 87

Top Slo-Pitch Team For 87



The Champs! "A" Division Slo-Pitch "87 Playoffs"
Front Row left to right — Mike Waterhouse, France-Claude Rivard, Col Loren H. Reynolds, Base Commander, Capt Greg Peet, BPERO, Dave Etmanski, Barry Flood. Middle Row left to right — Dan Cummings, Ben Jean, Kathy Greer, Mitch Boulay, Mike Cooper, Paul Lacoursiere. Back Row left to right — Nestor Sawka, Doug Thorne, Wayne Powell, Greg Hartinger. Missing — R.G. Hemlow, Mike Cloney, Rick Selman.

BUCKLE UP!

Seat belts save lives

"Nothing is too small to know and nothing is too big to attempt."

CANADA TRUST REALTOR
HALIFAX/SHEARWATER — If you are posted to either and are planning to buy a house, call collect for my free package of area and housing information. I specialize in finding homes for military personnel.
VAL HEUMAN 902-462-2167.

GENERAL MFG. & REPAIR INDUSTRIES

- CUSTOM UPHOLSTERY
 - WOOD - METAL FRAME - ANTIQUES
 - REBUILT
 - RECOVERED
 - KITCHEN CHAIRS REPAIRED
 - AIRCRAFT SEATS
- CABINETS REFINISHED & REPAIRED**
FREE ESTIMATES
489-5690
1246 BROCKVILLE STREET
OVER 30 YRS EXPERIENCE

Pride In Our Past Faith In Our Future

Welcome...
ST. JAMES LEGION
BRANCH No. 4
ROYAL CANADIAN LEGION
1755 Portage Ave.
WINNIPEG, MANITOBA
BINGO EVERY WED.-FRI. & SAT. 8 P.M.
DANCING
TO LIVE BANDS
EVERY THUR-FRI & SAT. 9-1 A.M.
MEAT DRAWS
EVERY SAT 2 P.M.-5 P.M.

SIGGI'S HAIRSTYLING & BARBERING

A Pleasure To Serve You

Closed Mon. Tues-Fri.: 9:00 a.m. - 6:00 p.m., Sat. 9:00 a.m. - 5:00 p.m.
Sturgeon Park Plaza, 3045 Ness Avenue. PHONE: 832-1001
NEXT TO SAFEWAY.



Posting season in here!

We specialize in appliance servicing for your move, we offer a flat rate of \$40.00 plus tax for all your major and electrical appliances. Satisfying Winnipeg and the Military community for over 22 years.

Please, we need 3 days notice.

Derksen Appliances Ltd.

668-4816

5-921 McLeod Avenue

Winnipeg

CAR ACCIDENT



CALL KELLY AT WESTPORT CHRYSLER

- * FREE ESTIMATES
- * FREE U-DRIVE (BY APPOINTMENT)
- * WASH & VAC ALL REPAIRED AUTOS



* WE REPAIR ALL MAKES & MODELS

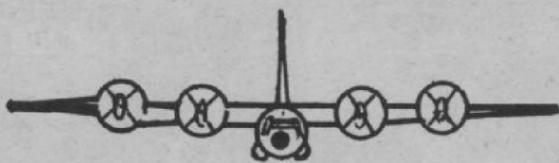
ASK ABOUT ARMED FORCES SPECIAL RATES

PHONE 888-2343
3171 PORTAGE AVE.
WINNIPEG, MANITOBA



CUSTOMER CARE
...You can depend on it!

429 SQN BITS



Just before getting snow for winter, 429 Sqn has had the last taste of summer with a corn roast held at the CO's home. Opportunity was taken to say a last goodbye to Capt Mike Yarrow and his wife Donna. He is leaving the Service to see what's on the other side of the fence. Good luck from all of us Mike.

429 Sqn's Baseball Team came out second in the final game — not too bad for "old-timers"! We'd like to say a special thanks to the Nav School for their support and also everyone who was involved in the team. We hope every-

body will hold their good shape until the next season.

If anybody has money to collect from Sgt Fournier, now is the time to do it. Sgt Fournier was the winner of our first 50/50 draw. 429 Sqn will have a draw each week, so come on up and pick your lucky number.

Finally, we'd like to welcome to the Sqn, Capt Bob Schofield and his wife Monique, MCpl Gary Pullen, WO Lou Doan and his wife Gail. Enjoy your stay in Winnipeg.

Well that's all the bits from 429 Sqn this time; we'll give you a bit more news the next issue.



Canadian Forces French Course 8701

Bonjour from the students of CFFC 8701.

As many of you will be unaware of us, a brief introduction is in order. CFFC 8701 is the Canadian Forces French Course, or Cours de Français des Forces Canadiennes, 8701. This ten month course is conducted at the Base Language Training Centre (LTC), building 4, a section of the Base Administration branch. The LTC uses a "functional" approach designed to allow CF members to function in French and accomplish all work-related tasks in this language. There are 26 students of various rank attending the course.

Within a few weeks of the start of the course the situation had seriously deteriorated. What started out as simple competition erupted into open warfare! We are, of course, referring to "Français Stratégique". In this teaching aid, students manipulate "armies" around maps of Europe and

the world in a quest for world domination. "Battles" between opposing armies are lost by incorrectly answering questions, in french of course, on material one should have learned in class. Let me assure you this is an excellent teaching aid; possibly losing 5 armies if you don't know a particular word gives you great motivation to learn!

On the sports front, our squash pyramid is well under way, with Lt Rory Radford (temporarily?) at the peak. Also, our slow-pitch softball team, the best on the base, remains undefeated.

As you have undoubtedly noticed this article is totally in English. Well what do you expect, we've only been on the course for a month. Actually we have cleverly planned this so that future articles can contain progressively more French. In this way we can show off our progress!

Until next time, au revoir.

The Navy League Cadets and Wrenettes



Navy League Cadet Corp J.R.K. Millen is recruiting for the 1987-88 year, Friday nights at 7:00 pm at H.M.C.S. Chippawa, 51 Smith Street, Sea Cadet quarters. Boys 10, 11, 12, are invited to come down starting September 11, 1987 and learn what the Cadets are all about. Parents are welcome.



Navy League Wrenette Corp Centennial is recruiting for the 1987-88 year, Monday nights 7:00 pm at H.M.C.S. Chippawa, 51 Smith Street Sea Cadet quarters. Girls 10, 11, 12, are invited to come down starting September 14, 1987 and learn what the Wrenettes are all about. Parents are welcome.



Today, Tomorrow, Always . . . Astra's Helping You In Money Ways.

This is the place to meet your financial needs, time and time again . . .

TODAY. To answer your immediate needs, we're helping you in money ways, with chequing plans . . . car, home and personal loans . . . direct deposit . . . our ATM's . . . and many other day-to-day services.

TOMORROW. Count on us for personalized savings, retirement plans . . . sound investment advice . . . and the continuance of the fine quality financial services you deserve.

ALWAYS. We're financial problem-solvers . . . committed to helping you in money ways as you make your way through life. From the demands of the present to the concerns for your future. Today, Tomorrow, Always!

Helping you
in money waysSM

ASTRA SAVINGS
AND CREDIT UNION LIMITED

1907 Portage 888-8690	1855 Grant 489-1016
1080 Wall 786-6689	844A McLeod 663-4602
3143 Portage 885-5518	2251 Ness 889-4437

Pre-Christmas Special

Beat the Christmas Rush

Book Your Unit or Section Christmas Party
Before 15 October 1987
and take advantage
of the

S.U.S. Pre-Christmas Special

A Fee of \$180 includes:

- Dinner Music
- No Overtime Charges
- Music to Party's End

USE THE HANDY \$15 DISCOUNT COUPON
FOR AN ADDITIONAL SAVINGS.

SO DON'T DELAY — BOOK TODAY WITH
BRAD EADIE

S.U.S.
the disc jockeys
with perfect music

Manager Manitoba Operations
387 DONCASTER STREET,
WINNIPEG, MANITOBA R3N 1W9
TELEPHONE: (204) 489-2930

sound unlimited systems

\$15

Sound Unlimited Systems
Discount
Coupon

VALID TILL 15 OCT. 87

\$15



Accommodation

POLO PARK INN

ENJOY THE COMFORT AND CONVENIENCE OF ONE OF WINNIPEG'S NEWEST HOTELS . . .

SPECIAL ARMED FORCES RATES STARTING AT

\$40.00

POLO PARK INN

1405 ST. MATTHEWS AVENUE

Call Janice M. Morin, Sales & Marketing Manager

204-775-8791

TELEX 07-55143



Babysitters

Babysitter — Will babysit your child in my home. Braintree Cres. 837-5285.

Wanted babysitter in my home beginning 1st week of Oct, full-time for 3 children, Grade 1, kindergarten and 3 yrs, South Side. Call 489-5398 after 5:30, 947-0123 ext 238 before 5:30

Reliable mother of one will babysit in my home Mon.-Fri. For more information call Bobbie 831-7774.



HELP WANTED

Deer Lodge Centre

Deer Lodge Centre is looking to the future. When our new building opens in '88', we will be serving more seniors than ever, and more volunteers will be needed to maintain our high standard of service.

Volunteers are needed in the auxiliary, helping on the wards, assisting in recreation and day hospital programs, completing menu cards, and working in the gift shop, the library, speech pathology or chaplaincy services.

Plan to become a vital part of this growing neighbourhood geriatric centre. For more information, call Wayne Elliott at 837-1301, extension 2224.

Junior Ranks Club (North)

VOLUNTEERS NEEDED

FOR ENTERTAINMENT COMMITTEE

Volunteers Needed At Winnipeg Municipal Hospital

Volunteers are needed to provide many important services to enrich the care of elderly patients at the Winnipeg Municipal Hospital: Woodworking, assisting with recreation programs, befriending patients and escorting patients on appointments. Additional volunteers are needed to drive the Hospital Van. (Class 5.0 licence required). Training and support is provided. For more information please call Volunteer Services at 452-3411.



Misc For Sale

For Sale — Double size canopy bed complete with matching bed-spread/canopy assembly, box spring and mattress — \$150. Double size waterbed complete with maple headboard and electric heater — \$100. Phone 837-4261.

Sears Kenmore washer and dryer — Just over 1 yr old — White \$800 (obo) Top of the line models. Fencing 70 ft, wood posts with chain link fencing — \$150 (obo). Call Louise at (B) 895-5982 (H) 586-2590.

Gympac 4500 home gym Reg. \$1,100.00 selling for \$700.00. Ladies 10 spd bike \$50.00. Exercise bike \$50.00. Ph. 489-8940.

Dining room set — Table 60" x 36", 4 chairs and china cabinet \$700.00 obo. Ph. 832-1755.

For Sale — Boys BMX Bike — Norco good condition \$50.00 489-4263.

Living room furniture, 2 almost new bicycles, 1 men's 10-speed, 1 ladies bicycle. Phone 453-3300.

Servicewomen — Mess kit skirt, size 7 — \$40.00. Maternity dress — CF material, size 10 — \$20.00 Ph 261-7904.



MUSIC

MUSIC SPECIALIST AND PIANO TEACHER

Extensive Experience

MARY LOU DAY

B.A. (Music), B. Music, B.ED.

832-9196

Phyllis M. Holtby

A.M.M., A.R.C.T., L.M.M., L.R.S.M.

teacher of piano & pedagogy specialist in beginners & diplomas phone 453-8693.



VEHICLES FOR SALE

1976 Volvo Stn Wagon, 5 speed standard with overdrive. Good condition 888-9587

1983 Yamaha Virago 500 motorcycle. 8000 kms. \$1400 includes 2 helmets. Home 488-3431. Work 5317.

For Sale — Boys BMX Bike — Norco — good condition \$50.00 489-4263.

For Sale — 79 Pinto Pony, 2 door, 125,000 km, good running condition, asking \$800 obo. 832-8056 after 5.



WANTED

Reliable 4 or 6 cyl. used car for transportation to and from work. Standard or automatic. Home 943-7318, work 5079.

Woman's green Canex Parka, used, good condition, size 36 or 38. Ph home 255-8722 or work 5764.

TORCHWOOD KENNELS

- Modern Facilities for Dogs & Cats
- Heated indoor — Outside Pens (3 sizes)
- Pick up & Delivery available
- Hours 8 A.M. - 6 P.M.
- Cremation, we return Ashes

PHONE 633-6000

on Perimeter Hwy 101
3 miles North of Portage Ave.

FREE

Junior Ranks Club (North)

COMING SOON

Thursday, Friday, Saturday, Sunday
OCT 15 - OCT 18

THE BAND/COMBO COMBO

Junior Ranks Club (North)

PRESENTS THE 1987 OKTOBERFEST

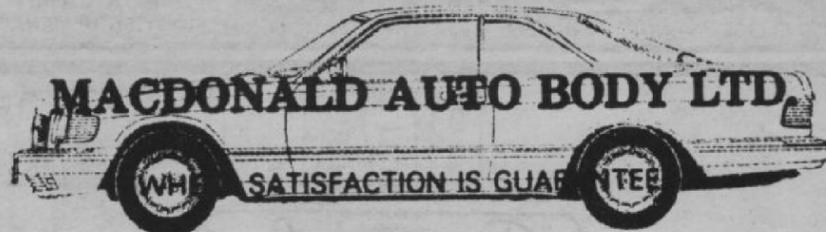
OCT 2 & 3

FRI — BUD McINTOSH BAND

SAT — ROD JOHNSON BAND

FREE ADMISSION & FOOD

Happy Thanksgiving



411 Madison Street (Near Polo Park) Winnipeg, MB. R3J 1J2



(204) 888-2359
ALLAN YVON
President

AT MACDONALD AUTO BODY WE

- Have been in business for over 40 years
- Do autobody repair and paint
- Specialize in Unibody Repairs
- Guarantee colour matches
- Specialize in basecoat clearcoat
- Give full guarantee on all work we do
- Provide free air conditioned courtesy cars
- Wash every vehicle inside and out
- Leave touch-up paint with every vehicle we do

ENCYCLOPAEDIA BRITANNICA

— 32 VOLUMES —

— Free Presentation —

— No Obligation —

— Full or Part Time Representatives Required —

PHONE 943-8688

STAN WLODAREK, District Manager

To: The Editor — Voxair
CFB Winnipeg
Westwin, Manitoba
R3J 0T0

A CLASSIFIED AD

Please place the following classified in Voxair:

Name _____

Address _____

Postal Code _____

Phone _____

The best part of your day!

WHERE FRIENDS MEET

ROBIN'S DONUTS
Open 24 Hrs.

3715 Portage Ave. at Buchanan Blvd. — 888-8320

Flowers Fruit Baskets



Capri FLOWERS

MORAY VILLAGE MALL
2369 Ness Ave. Winnipeg, Man.
R3J 1A5
Phone 837-8017

Propane Filling

- Barbeques
- Trailers

Open
Mon.-Fri.
9:00-6:00
Sat.
9:00-5:00



Westwood RV Centre
3800 Portage 885-6666



New Arrivals
Puzzled about
Manitoba License Plates?

- Fire Insurance
- Contents? - Pleasure Items?
- Life Insurance?

Obtain them at your
Base Insurance Office
in Main Rec Centre

DOWNTOWN
1010-220 PORTAGE
942-3006
MON-FRI 9-4:30



BASE OFFICE
RMI BLDG. 90
889-2204
MON-FRI 8:30-4:30

Call us or drop in to,
Baldwinson Agency

FREE

U-DRIVE ON AUTOPAC REPAIRS ESTIMATES ON BODY AND PAINT REPAIRS



RON EARLY
BODY SHOP MANAGER



1430 ELLICE AVENUE, WINNIPEG, R3G 0G4 PH. 204-786-3891

REAL ESTATE DIRECTORY

Beautiful Residential Properties

PATRICK REALTY

2003 Portage Ave.
R3J 0K3
Ph. (204) 837-1366

- HOMES • SUBURBAN PROPERTIES
- FARMS • FIRE INSURANCE
- COMMERCIAL • AUTOPAC

To Buy or Sell Call Your Local Realtor
Patrick Realty Ltd.




For Complete Real Estate Services Coast to Coast

Call Mary or Grant Clements C.D., FRI
RCAF/CAF RETIRED

RE/MAX real estate inc.
4910 Roblin Blvd.
Winnipeg, Manitoba.
885-5948 (24 hours) Office
895-9036 Res.





pearl langen
sales associate

300 - 3025 portage ave.
winnipeg, manitoba R3K 2E2
bus: (204) 885-5948 — 24 hrs.
bus: (204) 837-7000

MLS
MULTIPLE LISTING SERVICE

WE'RE HERE FOR YOU



Richard & Clara Mitchell

- Serving Winnipeg & Surrounding Area
- Military Postings Our Specialty
- 12 Years Combined Experience
- Residential, Investment & Commercial Real Estate
- VIP™ Referral Network for Service and Information Across the Nation and Around the World. Call us!
- German Language Spoken.

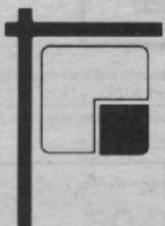
— For all your real estate needs put the winning team to work for you!

RICHARD & CLARA MITCHELL — CALL FOR AN EVALUATION OF YOUR HOME
284-7770 — 256-5796

CENTURY 21 MIDDLETON STEWARD & WILSON LTD.
220 OSBORNE STREET NORTH,
WINNIPEG, MANITOBA R3L 1Z3



THE LARGEST REAL ESTATE ORGANIZATION IN THE WORLD.
EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED.
* and (TM) trademarks of Century 21 Real Estate Corporation.

CAROLE McCULLOUGH
Forest Park Mall
3900 Grant Avenue
Winnipeg, Manitoba R3R 3C2
Office 889-8812
Res. 1-864-2794



Canada Trust Realtor



MARION REALTY (1984) LTD.




LINDA SLOAN
942-3108 #2438

GARTH GABLE
942-0141 #4811

1129 Paterson Street, Winnipeg, Manitoba R2J 1G7
Business (204) 256-7366

POSTED? MOVING?
Working with the Military for many years, we understand your special needs.
Call Linda or Garth for PROFESSIONAL REAL ESTATE SERVICES

WHEREVER YOUR NEW POSTING, CENTURY 21 CAN HELP.

POSTED OUT OF WINNIPEG?

Call for a free National Real Estate Service catalog of homes for sale in the new area. Save time by knowing what's available before you go. You may even find your new home in the catalogue.

Landis Stanlake — 489-1212 (24 hrs.)



BLOCK BROS. NATIONAL REAL ESTATE SERVICE

1857 Grant Avenue, Winnipeg, Manitoba R3N 1Z2

