

Voxair



Free
 Base Chief Said Page 2
 Torch Run Page 3
 Health Exams Page 5

CFB/BFC Winnipeg
 17 May 1989

2 PPCLI celebrates Kapyong Day

by Capt M.J. Minicola

On Saturday, 22 April 1989, the Second Battalion Princess Patricia's Canadian Light Infantry celebrated the 38th Anniversary of the Battle of Kapyong, commemorating the scene where the Battalion earned the US Presidential Citation. The day began at 1000 hours when a historical presentation was given by the Battalion Intelligence Section in Korea Drill Hall. Consisting of a tri-screen slide show and a spotlit diorama relief map built by Cpl MS Akins, this presentation proved to be a very moving experience for all in attendance. Following a luncheon in the Officers' Mess, the official unveiling of the Battalion's Kapyong Memorial took place in front of the Unit Officers' Mess.

Immediately following the dedication of the Kapyong Memorial was the annual Kapyong Parade. On a warm, but very windy day, all ranks 2 PPCLI took part in the remembrance ceremonies. In keeping with tradition, the Unit Citation was read by a veteran of the Battle of Kapyong, this year Sgt Nick Oshanski, CD. The parade was reviewed by the Military Defense Attaché to the Korean Ambassador to Canada, Colonel Choul Hee Lee.



2 PPCLI on parade

Later that evening, a mess dinner was held in the Officers' Mess for all Officers and members of the Korean community. A superb affair, Korean cuisine was prepared by several Korean cooks, while entertainment was provided by a local Korean choir and dance ensemble.

All in all, the 38th Anniversary of the Battle of Kapyong was a tremendous success. For everybody involved, all ceremonies were extremely moving, and truly proved that the spirit of the Battalion and the Regiment are as strong as ever.

VP.

VP.



Sgt Nick Oshanski, CD, reads the US Presidential Citation.

Unveiling the Kapyong Memorial



2 PPCLI Commanding Officer LCol WGS Sutherland and Colonel Choul Hee Lee, the Military Defense Attaché to the Korean Ambassador to Canada, at the unveiling of the Kapyong Memorial.



Veterans of the Battle of Kapyong march past the reviewing officer.

Special edition next issue!

The May 31st issue of Voxair will be devoted to recognizing the sports achievements made by CFB Winnipeg personnel during the past year.

We regret that we will be unable to publish section news until the 14th of June issue (deadline June 5th).



The Base Chief Said...

A friend of mine was telling me that she had taken her daughter down to the Reserves to see about enrolling. While they were in the armouries, they were both witness to a young sergeant's ranting and raving at his squad.

His comments were directed at one individual, and he was explaining to him, in no uncertain terms, what he was going to do to his arms if he did not swing them properly when marching.

Needless to say, my friend's youngster was pretty apprehensive about joining the Reserves, and walked out.

I have heard the same sort of stories from a bright young man who, after spending a year with the Reserves, quit because of the senseless ranting and raving of Chiefs and Petty Officers of that unit.

These people seem to be under the impression that leadership is who can scream the loudest, be the bossiest, or make people do things just because they have an extra stripe. How wrong they are!

Now let me make something absolutely clear. This is not a problem unique to the Reserves/Militia. We in the regular force have people with that same mentality. Thank God they are few and far between.

I took my basic training with the Artillery, and again later with the Black Watch Depot. I must have been a slow learner, or I didn't get it right the first time. At any rate I cannot remember being berated or called down during that training. I can remember being encouraged to do better, to try harder to do those things that

I found difficult. I can remember the drill instructors yelling, however, I can't think of any other way to get or receive drill, unless we equip everyone with ear-phones tuned to an FM frequency, and the drill instructor could speak into a microphone in clear, concise tones.

I came across the following the other day which might be germane to what I'm saying. Let's call this: **CONSTRUCTIVE DISCIPLINE.**

Able men and women take pains to spare others humiliation, even when it is necessary to criticize their actions. It is foolish to scold. John Wannamaker confessed: "I have enough trouble overcoming my own limitations without fretting over the fact that God has not seen fit to distribute evenly the gift of intelligence."

The purpose of discipline in business, school, the forces, or family life is to prevent repetition of an offense. It should be constructive. Impatient tearing down is likely to breed distaste for necessary regulations.

Criticism should begin with praise and honest appreciation of

what the man does well, and then go on to point out how this other thing can be done better. This mode of criticism will appeal to the worker because it shows an honest desire to be helpful. It recognizes the truth that nobody ever learns anything except by making mistakes. The better a person is, the more mistakes he or she will make, because the more new things they will try.

Learning to like people and to get along with them by looking for the good in them is a satisfying way of life. If we complain often about our associates or about the firm for which we work, people are likely to think the trouble lies with us.

The purpose of all but little men, is not to dominate but to inspire, not to strike fear into men but to enlist their goodwill, not to gain a point by fighting but to win support by making people want to get behind the plan.

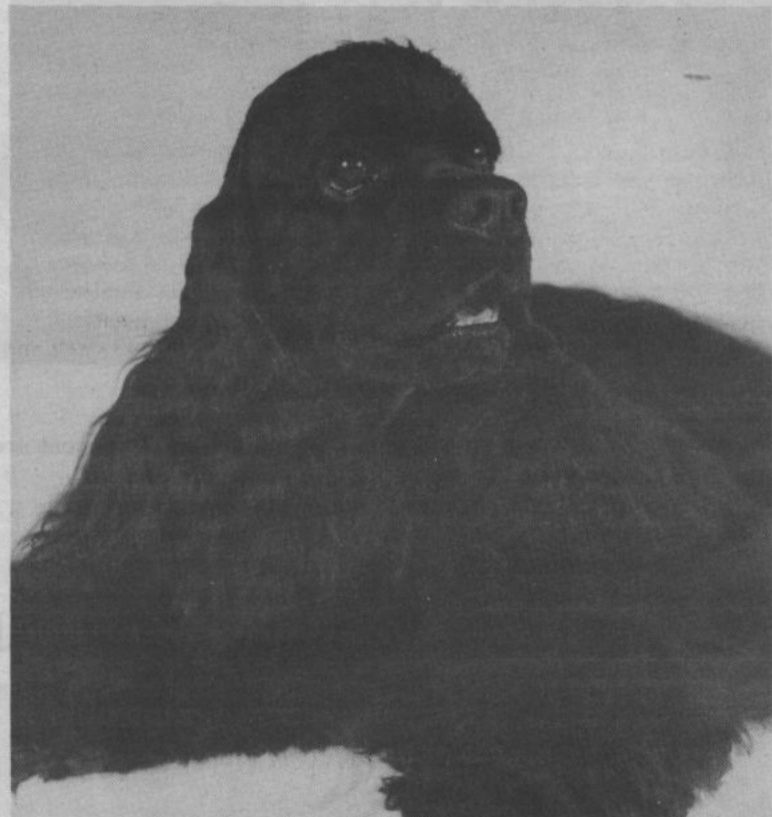
There comes, in every person's life, a time to fight, but it must be tested by asking: "Is the cause worthy? Cannot I persuade rather than compel? If I do win my point by force, will the

response be favourable among the people who count in my life?" Is it necessary to "lay down the law"? Dogmatism is a powerful device when justifiably used, but it is a fighting weapon, not calculated to make friends.

To those who insist upon fighting their way through life, having it in their nature to do so, there are some points of strategy that should be attended to. It was a principle among the ancient Greek fighters not to cut off the enemy's retreat, because when bottled up he would fight more desperately; in our modern day life it is well to give an opponent a chance to "save face".

To beat a person down, out of our sheer joy in raising our own ego at his expense is not only a breach of good manners and good sportsmanship, it is bad business, because there are no persons so insignificant, but may at some time or other, have it in their power to be of use to us.

Violence in a leader makes enemies unless the people surrounding him are wonderfully tolerant. **DON'T FIGHT UNNECESSARILY...**



Rip Van Wrinkle, the top Cocker in Canada.

CFB Winnipeg Airman owns top Cocker in Canada

Cpl David Armstrong and his wife Gloria have been raising American Cocker Spaniels for a number of years. Almost two years ago they found themselves with a disagreement over a 5 month old black male puppy that Gloria didn't want but who David felt had something "special". David won and Rip Van Wrinkles began his show dog career. Rip had a slow start and was over a year old before he attained his Canadian championship. David persuaded Gloria that this dog had that special something and should have a chance to prove it in the United States. They tightened the budget and sent Rip to a handler in the USA where he quickly proved his worth and

won his American title. When he returned to Canada he acquired another believer in his special qualities, his new handler Linda G. Smith. David, Gloria, their son Glen, Linda and RIP formed a winning team that campaigned across Canada in 1988 to attain their dream...The Top Cocker in Canada. They not only reached their goal but received the added honour of placing 10th in the sporting dog group under the Dogs in Canada point system. RIP is now retired at stud. He has sired some very special puppies who will continue his line and winning ways now and in the future. David Armstrong always knew RIP was special but now Canada recognizes it too.

Robert Browning School 25th Anniversary

The Robert Browning School 25th Anniversary celebrations continue with a Community Barbecue on Wednesday, June 21 at 5:30 p.m. on the school grounds at 130 Browning Blvd. A rain date of Thursday, June 22 has been designated just in case. If you are planning to attend this fun-filled event, which will feature school tours and memorabilia, please phone Faye at 888-1223, or Lynda at 831-0685 to reserve tickets.

Editor's Quote Book

Marriage often changes sweet nothings to nothing sweet.

POTENTIAL POSTING? CFB — CHILLIWACK



Pat Ferguson
Sales Representative

Now is the time to start planning for your new home. Drop me a card outlining the features you are looking for and I will send you an informational package forthwith. I have personal experience with military moves and fully understand your requirements.

Patricia Ferguson, Canada Trust Realtor
46188 Yale Rd., Chilliwack, B.C., V2P 2P1

Canada Trust/Realtor

POSTED TO COMOX, B.C.?

Don't waste your house-hunting trip searching for a mortgage! Write or call collect and we'll send information on mortgages, a pre-approved mortgage application, and will answer your specific questions.



ROYAL BANK

1761 Comox Avenue
Comox, B.C. V9N 3Z8
(604) 339-4821

Attn: Sam Femia (CAF Ret'd)



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

TELEPHONE
889-3963

HEURES DE BUREAU — VOXAIR
LUNDI et JEUDI de 13h à 16h

Telephone-answering system operates remainder of week/Repondeur automatique pour le reste de la semaine

Produced by/Produit par XACT Inc. /Phone 889-3013/Fax 888-0715

Advertising Sales — Jim Holland — Phone 889-2087

Editor-in-Chief/Rédacteur-en-chef	- LCol K.W. Doerksen	- 895-5281
Managing Editor/Directeur-Gérant	- Capt Tom Walls	- 895-6672
Production Editor/Production	- Capt Jane Grossman	- 895-6334
Assistant Editor	- Capt Wayne Joy	- 895-5136
Assistant Editor	- Pte Kevin Sytsma	- 895-5307
Sports Editor/Rédacteur (Sports)	- MCpl/Cplc Brian Pearce	- 895-5511
Accountant/Comptable	- Cpl Chantale Duchesne	- 895-5391
Office Manager/Chef de Bureau	- MWO/Adj(m) Louise Guenette	- 895-5764
Advertising/Publicité	- VOXAIR	- 889-3963

VOXAIR is the unofficial Service newspaper of CFB Winnipeg and is published every two 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 la BFC Winnipeg et est publié avec la permission du Commandant de la Base, le 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 adressée à: VOXAIR, Bldg. 4, BFC Winnipeg, Westwin, Manitoba R3J 0T0.

DEADLINE 5 JUNE 89/DATE DE TOMBÉE 5 JUNE 89
NEXT ISSUE 14 JUNE 89/PROCHAINE PARUTION 14 JUNE 89



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



BASE RECREATION LIBRARY HOURS

TUES., WED., THURS.
6:00-9:00 p.m.

WEDNESDAY
1:00-4:00 p.m.

SATURDAYS
1:00-4:00 p.m.

New Location
3 Jameswood



THE KIT BAG II

TERRY LAWRENCE

TALK ABOUT TIME IN! A recent personnel newsletter listed the service members who were at the top of the list for continuing service in the Canadian Forces. Included in the top twenty was Capt. "Bing" Shearer of 14 Training Group who enlisted in the RCAF in 1951. Now that's a lot of black shoe polish and Base Golf Tournaments!

* * *

Recent coffee room discussions have centered around the fall-out from the budget and its effect on

our posting preferences and the number of aircraft we may have left. Far be it for me to even suggest what's right or wrong through the medium of this column but one statistic which dropped from the circling cultures was that there are about 12500 personnel assigned to NDHQ.

To put that in some sort of perspective I looked at a 1982 census and found that 12500 is the approximate population of Camrose, Alberta, Campbell River and White Rock, B.C., Portage la

Prairie Manitoba (before the base closure), Collingwood and Huntsville Ontario, Edmunston New Brunswick and Riviere du Loup Quebec.

If we conservatively estimate double that number to account for both the celibate and breeding members of NDHQ, and look at populations in the 25000 range we find St Albert Alberta, Penticton and Port Coquitlam B.C., Orillia and Brockville Ontario, Cornerbrook NFLD, Swift Current Saskatchewan and Whitehorse NWT.

* * *

Some sailors got a tad defensive over my last column and accused me of being less than respectful of the SENIOR SERVICE. It was even thrown in my face that I wore a full beard and white uniforms for about four years, fooling some of the people

some of the time. No big deal, the whites were the most comfortable and best looking summer kit I ever wore. The rule books said "OK" so much to the chagrin of some airforce types, that's what I wore. Doesn't mean I can't "chuck it" at the navy does it?

* * *

One of our hobbies is spending money on our show dogs, our champion Old English Sheepdogs. It's probably not much more expensive than raising children or paying off the national deficit and it's something that gives us a whole load of pleasure.

Our big winning male dog, Silverspars' Paddington Blue, Paddy, as he is known to his friends, recently sired a litter of nine. We took pick of the litter female and brought her home to join the menagerie. Now there's nothing much more adorable than a pup-

py,...to look at. When it comes to the first couple of nights away from its littermates it's strictly insomnia time for its owners.

Monday morning after two sleepless nights was a bit of a strain, especially for my better half, Jane, who toils for her half of the sheepdog food bill at Air Command Headquarters. Those of us who are not employed in Bldg 25 have our own ideas of the funny things that take place therein and what it must take to maintain ones mental equilibrium and sense of humour. Master Corporal Laurie Govier, who is a good friend of Mrs Sheepdog Owner and one lady who has a wicked sense of HA-HA, lightened Jane's spirits on that recent Monday morning by throwing a "Puppy Shower" in the Aircom cafeteria. There were cards and gifts galore, and the wrapping paper came in handy too.

RCAF 65th Anniversary Dinner

In reply to comments in Kit Bag II dated 5 April 89, I am sure any former member of the RCAF or person who appreciates the long, distinguished and important role the RCAF played in the development of Aviation in Canada in both peacetime and war, would be saddened to hear no Mess Dinner or Function was scheduled to honor this August milestone.

However, I am pleased to write that No. 500 "City of Winnipeg" Wing of the RCAF Association held a 65th Anniversary Dinner at the WOs and Sgts Mess on April 1. Guests included LGen Ashley, Comd Aircom and Mrs. Ashley, Mayor Bill Norrie, LCol McCullough, the National RCAF Contact Officer and Mrs. McCullough, LCol Gillanders, the Aircom Contact Officer and Mrs. Gillanders. LGen Ashley, the evening's Guest Speaker, gave an informative update on Air Command — Today's Air Force and the prominence of the RCAF in its treasured heritage. The new movie on Air Command was shown at the conclusion of the dinner.

Over 100 members of 500 Wing and their guests thoroughly enjoyed this "65th Anniversary Dinner of the RCAF".

To my old friend Terry — next time don't misplace your copy of the PEGBOARD in the bottom of your Kit Bag.

Bert Page
Captain
CFB Winnipeg RCAFA Liaison Officer

Post Script

The RCAFA is an all ranks organization with Regular Membership open to both active and retired members of the Cdn Forces or Reserves. Civilians are welcome to apply for associate membership.

No. 500 "City of Winnipeg" Wing meets at 1930 hrs on the 3rd Monday of each month at the WOs and Sgts Mess CFB Winnipeg.

For further information or application forms please call:

Mr. Harry Adamson
President No. 500 Wing
Home: 475-7254

or

Mr. George Carlyle
Immediate Past President
No. 500 Wing
Home: 837-4483

or

Capt Bert Page
CFB Winnipeg RCAFA
Liaison Officer
Local 5313
Home: 885-1981



1989 Law Enforcement Torch Run

Thursday, June 1st, 1989

MANITOBA

Last year's Law Enforcement Torch Run proved to be a rousing success with an intake of \$115,000. The Special Olympics program organizers were astounded that so much support was given. During the meeting I attended on the 15 Mar 89, they continually thanked everyone for their efforts and generosity.

1989 is upon us and the second annual Manitoba Law Enforcement Torch Run is scheduled to take place on 1 Jun 89. Bigger and better things are expected this year. For instance, more media coverage is being organized on T.V. through the Winnipeg Videon company and by radio with CIFX 1290 (FOX) AM. Additional routes are planned to incorporate rural areas that will culminate within the city. More posters, flyers and banners have been

manufactured for use prior to and during the actual running of the Torch Run.

Bigger and better things are foreseen this year, but all this will not be realized to its fullest without the support of the Military Police personnel here in Winnipeg and the surrounding area. The Special Olympics Organization needs the funds raised by Law Enforcement personnel during the Torch Run. These funds are utilized to sponsor sports, training and events throughout Manitoba for mentally handicapped people, so that they may realize their fullest potential.

As team Captain this year, I am hoping to see as much if not more participation by our Military Police personnel. In an effort to ensure that information is passed in a timely fashion, WO Roscoe and Sgt Galway have volunteered to help out. If any questions arise, do not hesitate to ask one of us.

I thank you all in advance for your support.

**Sgt G.A. Fontaine
PRADET SIU**

DO YOU LOVE LINGERIE?

Become an undercover agent and join the fastest growing home party plan in Manitoba.

Flexible hours, excellent income. For more information:
Call 489-1761 after 6 p.m.

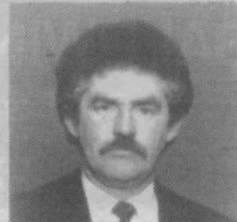
RATE BREAK "89" AS LOW AS 6.9% ON SELECTED '88 OR '89 NEW CARS & TRUCKS

WHEN IT COMES TO PRICE YOU'RE THE BOSS!



CHRYSLER PLYMOUTH LTD.
730 PORTAGE AVE.

WINNIPEG
774-4581



GLENN THOMAS (RETIRED)

1989 DAYTONA

A/C
TILT
CRUISE
CASSETTE
T-TOPS



AS LOW
AS
\$348⁸⁴
ON
GOLD KEY

WE GOOFED

We goofed... The photo of the two deer published with the article on Deer-Saving Mission, page 3, 3 May issue, was submitted by LCol Brittain not Cpl T.J. Rhind as printed. Cpl Rhind photographed the Battle of Britain Lace Tapestry which appeared on the front page. Our thanks to both LCol Brittain and Cpl Rhind for the photos they submitted and sorry for any inconvenience caused.

Air Command HQ Retirement



MWO Danny Dupras is congratulated on his retirement from the Regular Force by BGen H.M. Sutherland.

Danny, after having spent many years in Air Command (Beausejour, Greenwood, Holberg, Air Command Headquarters) actually began to believe he really was Air Force. His life-long dream came to fruition when he retired from the Regular Force, after 28 years plus, in March 1989 and donned a light blue uniform and began service with Air Reserve Group Headquarters Winnipeg. Best of luck Danny in your second career.

Education Assistance Loan Program

For the past two years the Canadian Forces have offered the Education Assistance Loan Program to assist serving and former members with dependant tuition costs for post secondary institutions. This program offers low interest loans up to \$1,500.00 per dependant with two dependants per family the maximum (\$3,000.00).

Changes made for 1989 include removing the age restriction; therefore, spouses and graduate studies are now eligible. Funding for 1989 has been increased to \$600,000.00 and loan levels raised to reflect increased tuition costs.

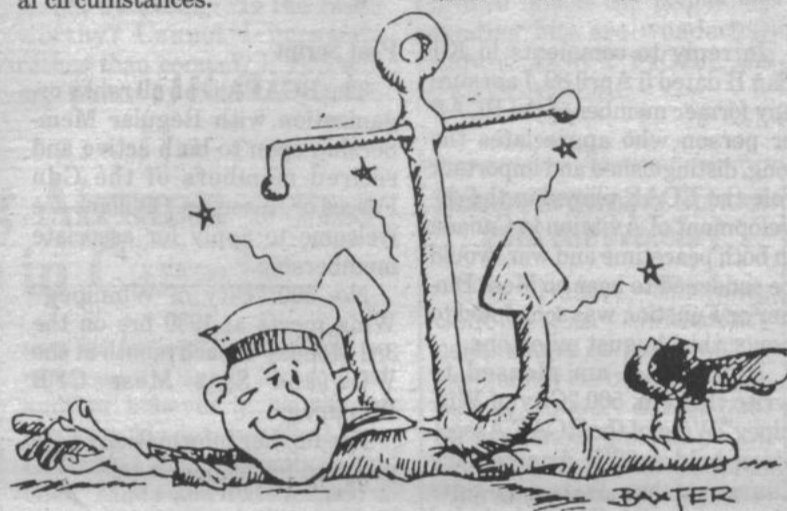
Applicants may be serving or former members of the CF, with a minimum of ten years service. The selection of recipients will be made by the CFPAF Executive Committee, based upon factors of years of service, number of children, family income and individual circumstances.

Application forms are available from Base Financial Counsellors, Capt D.E. Bow Loc 5823, offices of Veterans Affairs Canada, Royal Canadian Legion branches and university/college loan offices. They may also be obtained by writing to the Manager, Canadian Forces Personnel Assistance Fund, Box 2443, Station D, 340 Laurier Avenue West, Ottawa, Ontario, K1P 5W5.

Deadline for submissions for this year is 30 June 1989. No late submissions or appeals will be considered.

Education Assistance Loan Repayment Schedule

Amount of Loan	Service Charge	Total Repayment	Monthly Payment (12 months)
\$ 300.00	\$ 9.00	\$ 309.00	\$ 25.75
600.00	18.00	618.00	51.50
900.00	27.00	927.00	77.25
1,200.00	36.00	1,236.00	103.00
1,500.00	45.00	1,545.00	128.75
1,800.00	54.00	1,854.00	154.50
2,100.00	63.00	2,163.00	180.25
2,400.00	72.00	2,472.00	206.00
2,700.00	81.00	2,781.00	231.75
3,000.00	90.00	3,090.00	257.50



"I'M SURE GLAD I HAVE SISIP COVERAGE!"

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 & DYKER

R.F. RUTLEDGE, B.A., LL.B.—A.L. DYKER, B.A., LL.B.
COUNSEL — A.I. UNGER, B.A. LL.B.

COUNTRY CLUB PLAZA
310-3025 PORTAGE AVE. 888-3204 FAX: 837-3638

BALDWINSON AGENCIES

Rec Centre (Whytewold Rd.)

Autopac 889-2204

WARKENTIN & CALVER

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

LÉANDRE G. BUISSÉ B.A. B.S.W. LL.B. AVOCATS - NOTAIRES - BARRISTERS - SOLICITORS

TELEPHONE 233-0614
RES. 254-0070

DENISET FRÉCHETTE
674, RUE LANGEVIN STREET
WINNIPEG, MANITOBA
R2H 2W4

K.D. MUNRO, C.D., LL.B.

BARRISTER & SOLICITOR
RCAF/CAF RETIRED

PITBLADO & HOSKIN
1900-360 MAIN STREET, R3C 3Z3

BUSINESS 942-0391 HOME 452-8780

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

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

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
MEN'S HAIRPIECES FITTED

MEN'S HAIRSTYLING
& BARBERING
489-7997
CLOSED MONDAY
HOURS: 8-6, SAT. 8-5

The ARGUS Hobby Shop

(Across from the Birchwood Inn)

- Decals
- Vacu-forms
- Magazines
- Miniatures



- Model Kits
- Books
- Games
- Paints

Telephone: (204) 837-7677 2519 Portage Avenue, Winnipeg, Manitoba R3J 0P1

Health exams — a new approach

The Canadian Forces is introducing a new system of periodic health examinations (PHE) in 1989. Among programs affected by the change is the routine over-40 annual physical examination.

In the future, 40-year-old and older members can now look forward to a complete medical examination every two years instead of annually. The exception is personnel in specific occupations, such as aircrew.

This change is in keeping with recommendations by Health and Welfare Canada's Task Force on Periodic Health Examination. The annual over-40 check-up was found by the task force to be unproven and also "to be non-specific and particularly in the adult, to cast a searching net far too broad to be other than inefficient."

Instead, the task force proposed that medical examinations be more age and patient specific with the emphasis on detection and prevention. This would allow high-risk individuals to be targeted earlier than age 40.

While the new CF program is in keeping with the task force recommendations, the Surgeon General, Rear-Admiral Charles Knight, has endorsed a PHE system designed specifically to meet the needs of military personnel.

Starting with the first medical examination on enlistment, members of the forces can now expect a complete physical check-up every five years until age 40. Increased use will be made of medical questionnaires for the whole CF population. Those who are identified through this process as being at increased risk will be the object of closer follow-up, the frequency of examinations varying with the condition.

"The new five-year periodical examinations at about age 20, 25, 30 and 35 will permit us to detect at an earlier stage, conditions which are more prevalent in adults," said Cdr Pierre Ringwald of the directorate of medical treatment services. He mentioned medical conditions such as

breast and cervical cancer, hearing loss, high cholesterol, obesity, hypertension and visual changes. "It is expected that by age 40, any conditions like these will have been discovered and managed accordingly."

The yearly "over-40" examination is no longer considered to be the ideal tool of prevention and treatment. A complete physical every two years after 40 for forces members will be well

above the task force's suggested guidelines of a physical every two years starting at age 65 and yearly after age 75.

"The result of this new approach to medical examinations for the CF should result in a healthier military population," said Cdr Ringwald.

The chart gives some idea of the changes to the periodic health examination.

Age	Questionnaire and Lab Tests	History and Physical	Occult Blood Stool	Chest X-Ray	ECG	Pap Smear	Breast Exam
20 To 40	Every 5 yrs	Every 5 yrs		Age 30	Every 5 yrs	Yearly (If at risk or on BCP)	Every 5 yrs
40 To 55	Every 2 yrs	Every 2 yrs	Every 2 yrs	Every 5 yrs Every 2 yrs	Every 2 yrs	Every 2 yrs	Every 2 yrs

NOTE: Sigmoidoscopy, mammography and treadmill are to be done as medically indicated.

Examens médicaux — une nouvelle orientation

d'examens physiques de routine des militaires âgés de plus de 40 ans.

En effet, à l'avenir, ces militaires n'auront à subir un examen médical complet que tous les deux ans plutôt que tous les ans. Il y aura toutefois exception dans le cas du personnel dans certaines catégories d'emploi — le personnel navigant, par exemple.

Le changement adopté est conforme aux recommandations formulées par le groupe de travail de Santé et Bien-être social Canada sur les examens médicaux périodiques. Ce dernier a conclu qu'il n'était pas justifié de faire passer un examen annuel aux gens de plus de 40 ans. Il a

Les Forces canadiennes inaugurent en 1989 un nouveau programme d'examens médicaux périodiques. De ce fait, elles modifient entre autres le programme signalé que l'examen était «insuffisamment détaillé pour permettre le dépistage d'éventuels problèmes et, par conséquent, absolument inefficace.»

Le groupe de travail a donc proposé que les examens soient établis davantage en fonction des patients et de leur âge, et que l'accent soit mis sur le dépistage et la prévention. Ainsi, les personnes à risque élevé seraient repérées avant qu'elles n'atteignent l'âge de 40 ans.

Bien qu'il ait été conçu en fonction des besoins propres aux militaires, le nouveau programme d'examens médicaux périodiques des FC approuvé par le chef du Service de santé, le contre-amiral Charles Knight, correspond, en principe, aux recommandations du groupe de travail.

(continué à p. 6)



A blood test is a normal part of a complete physical examination, which members 40 and older will now undergo every two years instead of annually. (Photo by Sgt. Tim Smith)

À l'avenir, les militaires âgés de plus de 40 ans, n'auront qu'à subir une prise de sang tous les deux ans plutôt que sur une base annuelle. (Photo sergent Tim Smith)

Groupe d'âge	Fiche de renseignements médicaux et tests de laboratoire	Examen des antécédents et examen physique	Dépistage de sang occulte dans les selles	Radiographie thoracique	ECG	Test de Papanicolaou (test pap)	Examen des seins
De 20 à 40 ans	Tous les 5 ans	Tous les 5 ans		À l'âge de 30 ans	Tous les 5 ans	Chaque année (Patiente à risque ou qui utilise des contraceptifs oraux)	Tous les 5 ans
De 40 à 55 ans	Tous les 2 ans	Tous les 2 ans	Tous les 2 ans	Tous les 5 ans Tous les 2 ans	Tous les 2 ans	Tous les 2 ans	Tous les 2 ans

NOTA: Les sigmoidoscopies, les mammographies et les épreuves d'effort sur tapis roulant seront effectuées selon les indications du médecin.

POSTED TO EDMONTON?

I specialize in Military relocation. Call me collect for a package of area, mortgage and real estate information.

Canada Trust Realtor

Canada Trust Realtor
Val Heuman
457-2424 or 456-6919

GOOD FOR ONE HOUSE MARKET EVALUATION AT NO OBLIGATION



Christine Anne Ogg
Former DND Employee



PAGER: 943-6106
RES: 452-6722

1-794 SARGENT AVE., WPG., MAN. R3E 0B7

Thomas Cook Travel

No one gives you more...For all Your Travel Needs

Don't just book it...Thomas Cook it!

THOMAS COOK TRAVELLERS CHEQUES
The smartest travel money, money can buy
Available at major banks, trust companies and from selected Thomas Cook Travel offices.

WE WILL NOT BE UNDERSOLD BY OUR MAJOR COMPETITORS
Ask us about our Price Match Offer for full details.

Thomas Cook Travel at Kenaston Village Mall, 1873 Grant Avenue, Ph. (204) 489-1092

Travel on your Eaton's Account



EATON'S

We are Canada's department store

CAR ACCIDENT WESTPORT BODY SHOP



Autopac accredited



PAUL LAPOINTE
Bodyshop Manager

- *FREE ESTIMATES
- *FREE U DRIVES (By Appointment)

- *WASH & VAC ALL
- *REPAIRED AUTOS
- *WE REPAIR ALL MAKES AND MODELS

ASK ABOUT SPECIALS ON COMPLETE PAINT JOBS

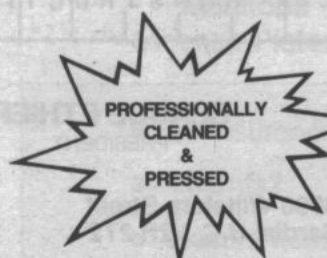


PHONE FOR DETAILS
888-2343
3171 PORTAGE AVE.
WINNIPEG, MB.

Westport

STURGEON PARK MARTINIZING

- SERVICE UNIFORMS:
- 2 pc \$4⁹⁹
 - SLACKS . . . \$2⁶⁹
 - SHIRTS . . . \$1¹⁹



THIS IS NOT A SPECIAL OFFER!
THESE PRICES ARE GUARANTEED FOR ONE FULL YEAR! \$AVE IN 89!

3049 NESS AVENUE
889-2310

YOU LOOK GOOD IN EVERYTHING WE DO!

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.

14 Training Group HQ's — comings & goings

CD Presentation



Lt Terry Hunter of 14 Training Gp HQ's Training Development staff, receives the Canadian Forces Decoration from BGen David Kinsman, Group Commander. Lt Hunter joined the Prince Edward Island Regiment as a militia armoured crewman in April 1977. He remained with the PEI Regt while attending the University of PEI, receiving his Bachelor of Education degree in 1984. He was commissioned from WO to Lt while still serving in the militia, and transferred to the Regular Force Training Development branch in Sept. 1987. Lt Hunter is posted to the Combat Training Centre, Gagetown in July.

The Groupies welcome two new faces around the coffee room table this issue.

Major Pete Young arrives from Central Flying School as the new Staff Officer Pilot Training. Major Young's background is both interesting and varied and includes tours of duty as a fighter jock and cookie salesman. You have to ask him about that one.

Capt. Wes Garriock is in fact welcomed back into the fold. A few years back, Wes was a WO on the Training Control staff, being subsequently commissioned into the Aerospace Engineering branch.

Capt Bibiane Leduc of the Training Development shop will depart this summer for NDHQ, to the office that is supposed to

decide what each of us does in the Forces, and why we do it. Readers are asked to offer prayers for her success at a church of their choice. Bonne chance, Mademoiselle!

In case you really want to know, Training Development covers a broad area of skills, including the proper structure of multi-choice exam questions, which we in the military have come to know and love; par example:

1. The event most likely to be the scene of horrible bloodshed and violence is:
 - (a) a prison riot;
 - (b) a gang war;
 - (c) an NHL hockey game; or
 - (d) a political leadership convention to be held in the not

too distant future which is the result of a recent resignation announced in Ottawa.

Hint: the longest answer is probably the right one.

2. The most likely cause of unmitigated bitterness and acrimony among human beings is:

- (a) a Hollywood palimony trial;
- (b) the same political convention as Q. 1;
- (c) a world war; or
- (d) a discussion as to why the Group HQ coffee manager finds the coffee pot empty, some people being just too damned lazy to take a minute to put on a fresh pot.

Remember the hint.

(suite à la page 6)

Examens médicaux

Désormais, les membres des FC subiront un examen complet tous les cinq ans, à compter de la date de leur examen médical en vue de leur enrôlement, et ceci, jusqu'à ce qu'ils atteignent l'âge de 40 ans. Les fiches de renseignements médicaux seront consultées davantage et les militaires considérés comme des personnes à risque accru feront alors l'objet d'un suivi plus minutieux; la fréquence des examens

subséquents dépendra de l'état du patient.

«En faisant passer un examen médical aux militaires tous les cinq ans, soit vers l'âge de 20, 25, 30 et 35 ans, nous serons en mesure de dépister plus tôt les troubles les plus courants chez les adultes», affirme le commandeur Pierre Ringwald, de la Direction des services de santé (Soins). Parmi ces troubles, on compte le cancer cervical, le cancer du sein, la diminution de l'acuité auditive, un taux élevé de cholestérol, l'obésité, l'hypertension artérielle et les changements de la vue.

«Nous prévoyons dépister et traiter tous les troubles de cet

ordre avant que les militaires touchés n'atteignent l'âge de 40 ans» ajoute-t-il.

L'examen médical annuel systématique de tous les militaires de plus de 40 ans n'est donc plus considéré comme la mesure idéale de prévention et de traitement. L'examen médical complet aux deux ans, tel que le stipule pour ce groupe le nouveau programme des FC, dépasse largement les limites minimales proposées par le groupe de travail, à savoir un examen tous les deux ans à compter de l'âge de 65 ans et un examen annuel après l'âge de 75 ans.

«En raison de la nouvelle orientation des FC en matière d'examens médicaux, l'ensemble des militaires devrait désormais être en meilleure santé», conclut le commandeur Ringwald.

Le tableau présenté ci-après vous donnera un aperçu du nouveau programme d'examens médicaux périodiques.

Domenica's Floral

* Low Prices Everyday * Open On Mother's Day 12-3

We Have Fresh Flowers, Plants, Silk Arrangements

10% OFF

We make special orders and come see us about wedding needs

Free delivery on base & Grace Hospital

2255-G Ness Ave.
Ph: 832-6978 — 885-3665
(Hairpieces with coupon expire May 14/89)

Domenica's Hairstyling

Perm Special reg. \$60⁰⁰

Special \$40⁰⁰ complete including perm, cuts, styling condition

• Frost/cut \$25.00 • Colour/cut \$21.00
• Military cut \$ 6.00 • Cut \$ 9.00

(with coupon)
2255-G Ness Ave.
Ph: 832-6978 — 885-3665
Expiry date: May 14/89

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

**Next
Voxair
Deadline
June 5th**

TEAMED TOGETHER...

CLAUDE ETHIER
PRESIDENT

6990 Wiltshire Street
Sardis, B.C. V2R 2T2

858-5675

Build

Mary Jane Bertin
Real Estate Specialist

46181 Yale Road
Chilliwack, B.C. V2P 2P2

792-9324 (604) 792-5433

Buy

Meeting the complete housing needs of the Military on the Move!!

*** Il nous fera plaisir de vous assister en Français ou en Anglais.**

NEED A NEW OR USED CAR?

EASTWOOD AMC

Special Discounts to all service employees on Jeeps, YJ's and Cherokees.

LOW LEASING TERMS

Low Payment Plans Available

On the spot financing available (OAC)

For free credit check call today
661-JEEP

1004 Nairn Avenue
Winnipeg
661-5337



429 SQN Bison Bits

Welcome back to the world of Herc Transport. First I'd like to start with welcoming home some of 429 Sqn's team players. Capt Kevin Barnett has recently returned home from Trenton where he was attending his Aircraft Commander's Course, as well as Maj Eric Gohier, who is coming home to a new bundle of joy. MCpl Rob Sawatsky returned home on 5 May from Trenton where he was augmenting 436 Sqn in Namibia and MCpl Bernie Gratton who recently returned home from his Junior Leaders Course where he received top leadership honours and a fifth place finishing. Welcome home guys and congratulations on your achievements.

The month of May sees a lot of activity for 429 Sqn. May has seen the departure of our first crew to Namibia to assist in OP MATADOR. Capt Bernard Pichette, Lt Daryl Smith, Sgt Wayne Williams and Sgt Bert Bertrand will spend 3½ weeks as part of Canada's UN Peace Keeping Force in assisting that country. Another crew will be relieving them later in the month of May. We'll also be sending a crew on OP BOXTOP, later in the month of May. Capt Bruno Ares, Capt Harry Wray, WO Rick

Cooke and MCpl Dave Stubbart will be departing for Thule, Greenland on 20 May, where they will begin going up to the high arctic to replenish our most northerly outpost, CFS Alert. After some of the weather we've been experiencing here in Winnipeg, Alert will probably be a welcome change, but don't count on it.

MCpl Ivan Guinhard and MCpl Gary Pullen will soon be proceeding on their Basic TAL Course in Edmonton, Alberta. Incidentally, they will be the first TAL qualified Loadmasters ever, out of 429 Sqn. On the same note, Capt Hal Steffler and WO Chuck Johnston have recently taken part in TALEX 8902 as 429 Sqn's first TAL crew.

Now on to the lighter side of 429 Sqn. It has come to my attention that Capt Duane Godfrey was double-hatted on SF 2526. Not only was he the Aircraft Commander but became the Chief Towel Dispenser in St Maugans, England. It appears that when the crew arrived in St Maugans the only accommodation available was that which hadn't been used since after WWII. In fact, the last time it had been used was probably by Canadians. Needless to say the rooms

were ill equipped for taking showers. By the time most had realized that no towels were available, it was too late. With only a few minutes remaining prior to departure, most had given up the idea of a daily shower, except of course for Norm Caron who found that the sheets were quite absorbent. As the crew were on their way out Capt Godfrey came around with the towels. Well, there isn't a delayed departure code for showers, so the crew carried on to Greenwood, NS, smell and all, except of course for Norm. When landing in Greenwood, the ground crew must have thought 429 Sqn was transporting a load of dirty laundry. Well, there was a mad dash and I mean DASH for the showers and it was probably the first time that some actually went for a shower before going for a beer.

It was revealed to me, that during a recent flight, Capt Bob Gottfried actually received and understood every radio call that came into the aircraft. Evidently a first for Bob. Some say it was attributable to Bob's recent weight loss. It's not hard to tell that Bob gets nervous when being given a check ride. He never forgets how to fly a Herc but he has forgotten his name on more than one occasion. Isn't that right uh...Bob? On Bob's recent check ride through Miami, Florida, while making his final approach, he asked permission to have their runway. The tower complied willingly as long as they could have their runway back when he was finished with it. Obviously, Bob's attempt at free trade. Keep up the good work Bob!

All of us try to do the right thing when put in the position of

CD1's



429 Sqn recipients of First Clasp to CD. From left to right: Sgt Bert Bertrand, WO Chuck Johnston, WO Andre Gloutnez and MCpl Rob Sawatsky.

authority. But no matter how hard you try, nothing ever seems to go the way you planned. This is true especially for Capt Chris Gallego. During his first trip outside of Canada, as Aircraft Commander, he thought everything was going according to plan. Maybe to flight plan but not his own. An hour prior to landing in Winnipeg, he realized that he forgot something at Randolph AFB. His luggage! It's a good thing the Loadmasters are responsible for baggage handling and not the Aircraft Commander, otherwise it would have cost you more than fifty dollars to have all that luggage returned to Winnipeg. I bet that was part of the plan, wasn't it Chris.

Recently, 429 Sqn has been re-qualifying on the 9mm pistol. As

most of us will remember, the last time we shot pistol it came to a sudden halt when a shot ricocheted out of the pit and struck WO Rick Cooke's truck. A slight scratch was noticed but Rick wasn't upset, really. However, the range was immediately closed down. During the pistol shoot recently, a dead deer carcass was noticed just outside the range area. Rick claims that he had nothing to do with the death of this poor creature, but some contend that this was Rick's way of getting even. You're off the hook Rick, after closer examination, it was determined that the carcass had been there for quite some time.

That's all for now from 429 Transport Squadron. SAFE FLYING!

BABYSITTERS COURSE

CFB Winnipeg Fire Prevention will be conducting a Babysitter Course on the 23, 24 and 25 May 89, at Bldg 100, in the Fire Prevention classroom, from 1830 to 2030 hrs.

To register for this course applicants must have reached the age of 12 by 22 May 89.

Personnel who wish to register their dependants can do so by contacting Base Fire Prevention, local 5501, between 0930 to 1200 hrs and 1300 to 1530 hrs. Last day to register will be 16 May 89.

COURS POUR LES GARDES-BEBES

La branche de Prévention des Incendies de la BFC de Winnipeg offre un cours pour les garde-bébés les 23, 24 et 25 mai 89, dans le bâtiment 100 dans la classe de Prévention des Incendies de 18h30 au 20h30.

Pour s'inscrire, les candidats doivent avoir atteint l'âge de 12 ans avant le 22 mai 89.

Ceux voulant inscrire les personnes à charge d'un militaire peuvent appeler le bureau de Prévention des Incendies, poste 5501, entre 09h30 au 12h00 et 13h00 au 15h30. Le 16 mai 89 sera le dernier jour pour s'inscrire.



MARIGOLD

CHINESE AND AMERICAN DISHES,
FINE DINING & COCKTAILS,
BANQUET FACILITIES AVAILABLE
8 LOCATIONS TO SERVE YOU AT:

245 King St. (Chinatown) — 944-9400	718 Osborne Street — 474-2401
1041 McPhillips — 589-7369	885 Henderson — 661-3135
2591 Portage Avenue — 888-5665	1755 Pembina — 261-9241
487 St. Mary's Road — 233-1453	1380 Ellice — 783-1067

CUSTOM GOLF CLUB MAKING



GOLF CLUB REPAIRS
CLUBS RE-GRIPPED **\$3⁹⁹** EA.

ED McAlpine
Phone 885-9204

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 Retailer

Patrick Realty Ltd.

COVENTRY COVENTRY COVENTRY

* MARKET EVALUATION CERTIFICATE *

Would you like to know the value of your home?

CALL ME!

HELEN JAMES, B.H.Ec.



Bus: 831-6800
(24 hours)

The home of
old-fashioned personal service

3680 Roblin Blvd.

BUYING OR SELLING — CALL ME



NEW ARRIVALS



Puzzled about
Manitoba
License Plates?

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

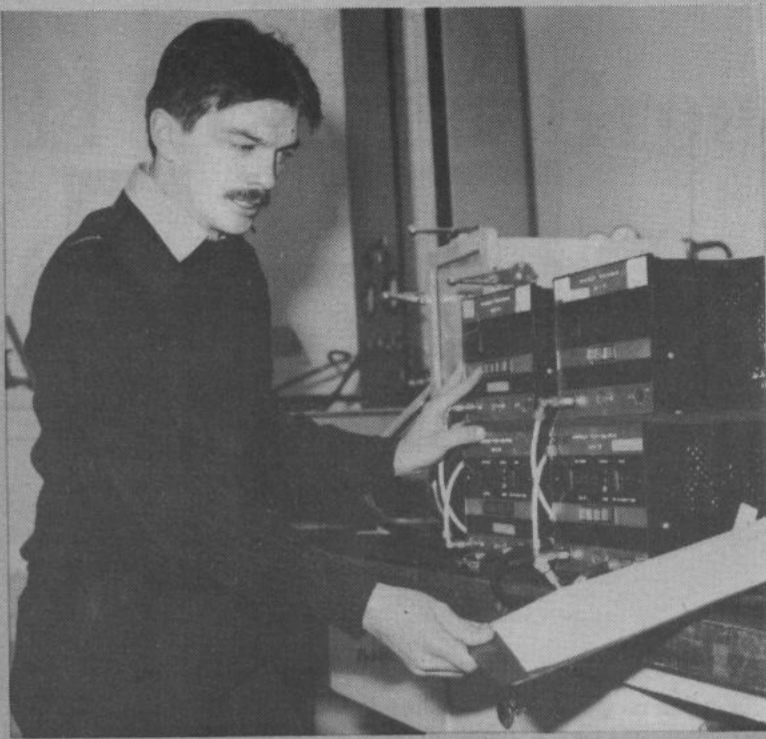
Obtain them at your Base Insurance
Office in Main Rec Centre

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**



BAMEO

pics
'n'
pans

Congratulations to Pte Phill Shute of Owen Sound Ont. on receipt of his first hook. Pte Shute is shown calibrating aircraft altimeters in the BAMEO instrument & electrical labs where he is presently employed.



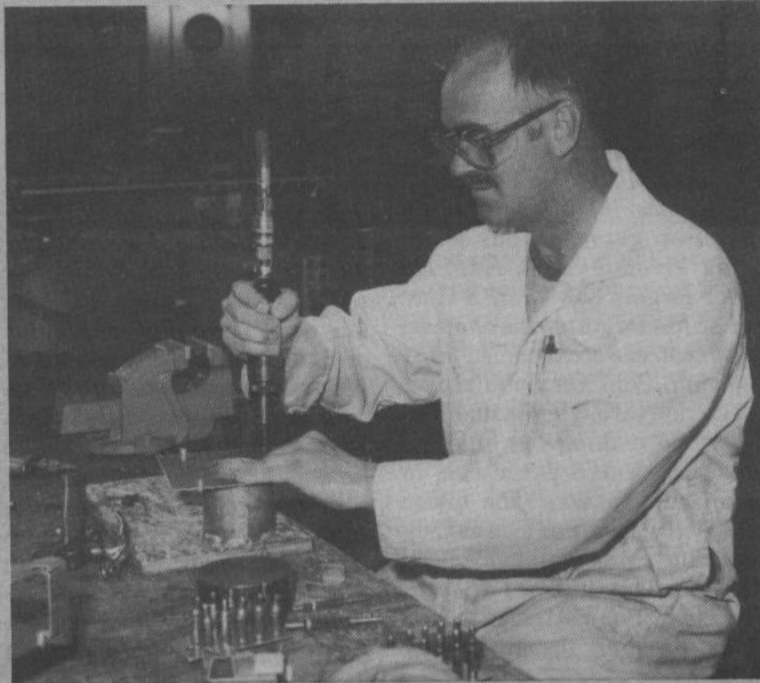
Cpl Smallwood accepts his spot for the month in the 402 Sqn parking lot from Maj Tudor.

Corporal Joey Smallwood has been selected as BAMEO Airman of the Month for May. In addition to his many other fine achievements, Joey was selected as the main man airframe to do an MRP to Quebec City for an elevator change on 963 during the final promotional flights of the Daks. Along with other technicians, Joey put in some excellent work to ensure that the

amount of time lost due to the unserviceability was kept to the absolute minimum.

Cpl Smallwood has elected, after 22 years of service, to follow a different career path and will be released this month to take up employment with Bristol Aerospace. We wish you the best of luck in the future and thank you for your loyal and dedicated service.

Cpl Fred Sargent is seen diligently working on a CF-18 camera mount. Fred has been gainfully employed in the Bameo metal shop for the last six years. Promoted to the rank of MCpl effective 1 June 89, Fred is looking forward to his new posting "west", CFB Shearwater, west of the Atlantic Ocean!!!



10% OFF

Mondays,
Tuesdays, and
Wednesdays to all Canadian
Forces Personnel

Discount applies to any regular priced merchandise. Cannot be used in conjunction with any other offer.
Identification may be required.

THE BEST YOU EVER SAW!

1390 PACIFIC AVE.
786-7511
HOURS MON. TO FRI. 8 AM TO 5:30 PM, SATURDAY TILL 4 PM

109 BOND ST.
Transcona
224-2291
HOURS MON. TO FRI. 8 AM TO 5:30 PM, SATURDAY TILL 4 PM

2085 PEMBINA HWY.
(Pembina and Chancellor)
275-3344
HOURS MON. TO FRI. 8 AM TO 9 PM, SAT. 8:30 AM TO 6 PM

2527 PORTAGE AVE.
832-1999
HOURS MON. TO FRI. 8 AM TO 9 PM, SAT. 8:30 AM TO 6 PM

DOMINION LUMBER



A-2 Nav Qual Instructor Certificate



Captain Dan Daly receives his A-2 Navigator Qualification Instructor Certificate from the Base Commander, Colonel Loren H. Reynolds.

CFANS

CP1400
2000 Hours



Captain Wayne Joy

On April 21st, Acting Commandant Major Charlie Rogers presented two CFANS members, with their CP 140 2000 Hours Pin, a flying achievement of their first tour which finally caught up with them.



Captain Simon Pye

OPDP Scroll



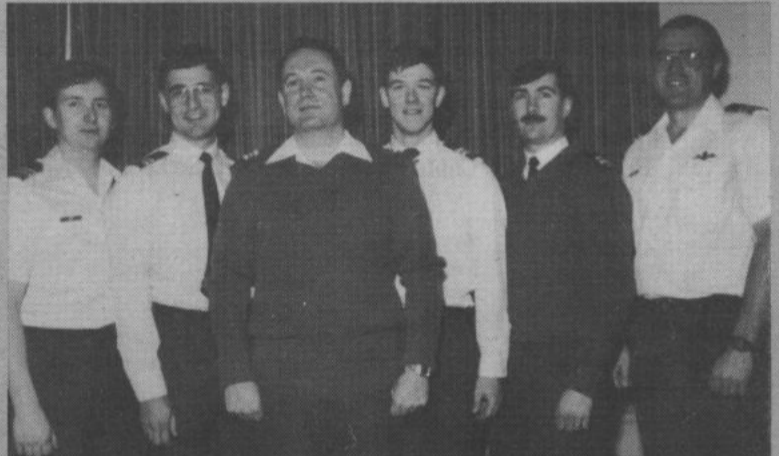
Captains Richard LeBlanc and Randy Sannes smile as they receive their OPDP Completion Scrolls.

Canadian Decoration 1



MCpl Sherry Traynor and Capt Dave Wrathall of CFANS recently received their CDI.

ANAV Cat "B" Certificates



Captains Wayne Joy, Richard LeBlanc, Dan Boisvert, Gord Reid and François Gaboury receive their ANAV Cat "B" Certificates from the Acting Commandant, Major Charlie Rogers. The award is presented to ANAV instructors in recognition of their instructing skills.

Rentown

RENT-TO-OWN

SAME DAY INSTALLATION

INSTANT DELIVERY

LIVING ROOMS
RENT-TO-OWN

WASHERS & DRYERS
RENT-TO-OWN

BEDROOMS & DINING SETS
RENT-TO-OWN

REFRIGERATORS & RANGES
RENT-TO-OWN

COLOUR PORTABLE & CONSOLE TV's
RENT-TO-OWN

STEREOS
RENT-TO-OWN

SHOP AT HOME

- APPLIANCES
- TELEVISIONS
- STEREOS

- AIR CONDITIONERS
- VCR's
- FURNITURE

OR RENT

NO PREVIOUS CREDIT REQUIRED
NO FINANCE COMPANIES TO DEAL WITH

SPECIAL OF THE WEEK

\$29.

PER MONTH

AIR CONDITIONERS
All sizes available.

Call today.

RENT-TO-OWN

RENT-TO-OWN

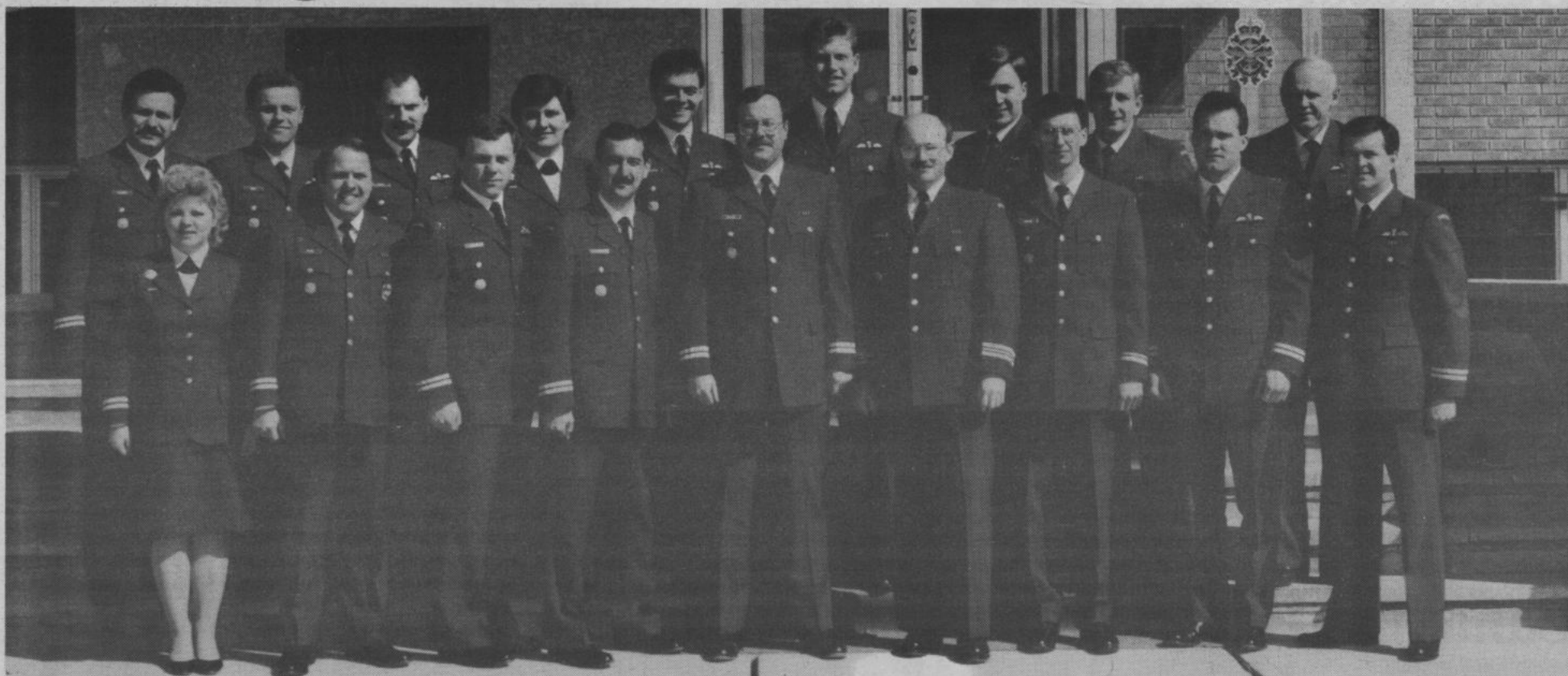
1353 PORTAGE AVE.
786-5841

1240 MAIN ST.
586-8353

1600 REGENT AVE. W.
668-1010

THE BEST DEAL IN TOWN, ALL OVER CANADA

C F S A S



Basic Space Operations Course — 8941

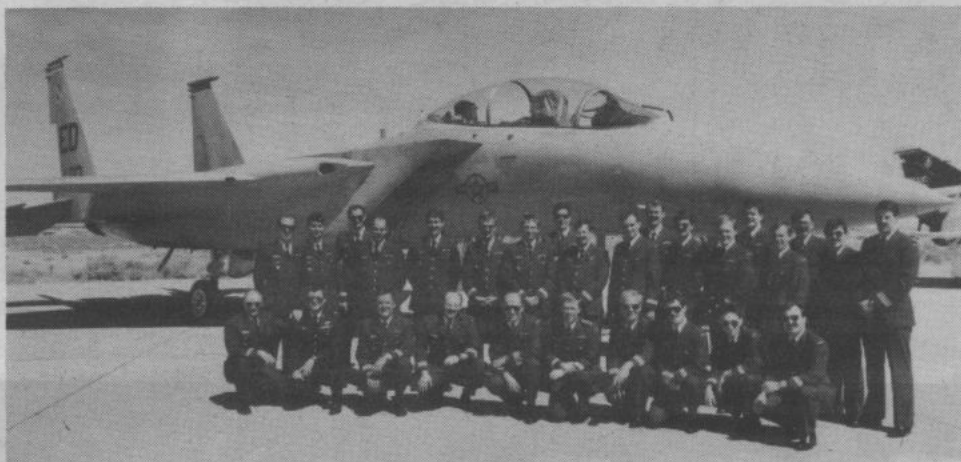
Front Row L/R: Capts Hughson, Kleim, Sellen, Laprade, Blom (Course Director), Maj Campaigne (Space Flt Comd), Lt Simpson, Capts Pogue, Dufault
Rear Row L/R: Capts Faucher, Binns, Baker, Lt Johnson, Capt Brissette, Lt Mooney, Capts Erhart, Duckworth, and Swatman

Basic Space Operations Course

The School of Aerospace Studies recently completed the first in what it hopes will be a long successful stream of courses designed to make the Air Element Officer more aware of the potential of space-based operations. Basic Space Operations Course 8941, shown above, was held from 11-19 April 1989. We hope to be able to offer a total of ten BSOCs per year with an optimum of 20 officers per course. Each course has a duration of seven working days, covering

topics from orbital dynamics to satellite design criteria, and the NORAD Space Surveillance network.

The course is open to all officers within the air element and those interested in attending are encouraged to notify their respective career managers in order to get loaded (sorry, couldn't resist the pun). The next course (9-17 May) will probably be in house by the time this hits the streets, but we look forward to seeing you in the fall.



Aerospace Systems Course 41 at Edwards AFB, California. Tour Commander, BGen Kinsman, CFSAS staff and course members pose in front of USAF F15 Eagle, during a recent tour of military test establishments and aerospace industries in south-western United States.

USAF Meritorious Service Medal



USAF Meritorious Service Medal awarded to Capt Bob Reehoorn. LCol Sharpe, Commandant of CFSAS, presented the medal on behalf of the USAF to Capt Reehoorn for outstanding service during his tour of duty with the 343rd Strategic Reconnaissance Squadron, 55th Strategic Reconnaissance Wing, Offutt Air Force Base, Nebraska. The citation read in part... "In compiling over 2,500 flight hours and 200 operational missions, his dedication, reconnaissance systems knowledge, and presence of mind under extreme pressure consistently led to the exploitation of unique intelligence collection opportunities which often altered our national estimates of foreign weapon systems' designs and capabilities. His mission management and analysis of electronic intelligence played a key role in protecting United States peacekeeping forces in Lebanon and during Gulf of Sidra 'Freedom of Navigation' operations".



European Tour

Our usual scribe, Major Rick Barker is away on the ASC European Tour. His magic quill is missed. Good luck to 2Lt Bill Wallace on his basic navigation training and to OCdt Tim Rawlings on his basic pilot training. Both were assigned to the school while waiting for their classification training. Newly assigned and awaiting nav training, is 2Lt Pierre Letourneau. Major Don Sparks has joined our instructional staff on "C" class employment. He retired from the CF in 1985 and was on ASC staff for many years!


Capt Jim Oke an ASC instructor for the past three years, retired from the CF in Jan 89 and is now on "C" class employment at his former job. Welcome back to Don and nice to have Jim staying with us.

Congratulations to Major Dave Peart on his promotion to Lieutenant-Colonel and to Captains Bob Bouchard and J.T. Williams on their promotion to Major.

Congratulations also to our new parents! To Jacques and Joelle Boudreau, a baby girl, Camille. This is baby number five for the Boudreaus, and Joelle gave birth to Camille at home! To Dan and Kathy Constable, also a baby girl, Courtney. This is number one for the Constables. Well done, Joelle and Kathy!

Several major renovations to school facilities have been completed. New office space and three syndicate rooms for the Aerospace Systems Courses and newly painted and improved space on the second floor for the Word Processing Centre. Of most importance to our Chief Instructor, the absence of pails to collect water and a new ceiling. A well done, for Base CE!

Members of ASC 41 and staff were introduced to a new sport as part of the school's sports programme. Capt Bob Griechen, a CFSAS staff member, is a certified national level coach in Judo. After three sports periods, everyone had a much better appreciation of what sport Judo was all about. Special thanks to the PERI staff for providing the necessary equipment!



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

Greetings from the Chapels

CHAPLAINS CORNER

It's moving time

Fred Penner, the children's entertainer, sings a song that seems to have become my sons' favourite (and, perhaps could be nominated for a CF Theme Song). The first line goes — "It's moving time — time to pack your things in a truck or a car, or even your little red wagon."

It's moving time — the rumours of postings have turned into realities. Soon, every other PMQ will boast a moving van, loading or unloading. The sight of those large trucks drives home the reality of the life changes that are just around the corner.

It seems to me that this is the time of year that we, as a military community, cope with the necessary losses of life. No matter how much we want to go to Borden (speaking personally!), we are forced, in that excitement, to leave behind the community we have built for ourselves here in Winnipeg. And that change, any change, confronts us with loss, necessary loss in life. In reality, we have entered a grief process — not unlike the mental processes we confront at someone's death.

Necessary losses are "mini-deaths", not of people but of things important and valuable to us, that will never be the same again.

In this process of grief, we will not be exempt from any of the symptoms or stages, which might sound like this:

First: denial — "I can't believe the message really came — can I see the paper?"

Second: anger — "What do you mean there are no PMQ's available?" How can they want us there so early in the summer?"

Third: depression — "I know we'll never get neighbours like we have here, we'll never get this support again." "How can I make friends all over again?" "There is so much cleaning to do before we go — I just can't make it."

Fourth: bargaining — "If I have to give up the basement, we could at least buy new living room furniture." (Bargains do not necessarily need to be logical!)

And finally, **Fifth: acceptance** — and internalization of the change so that it is no longer seen in a negative way as a loss, but viewed as a new road to be walked — "Come on, kids, — into the van — it's moving day — let's play the tape."

As you and your families meet the stress of this season, as you see friends leave, remember special people who once filled a significant spot in your life, or pack up and move yourself, I pray God's blessing be with you in times of change. We can draw support from the person of Jesus whose life attests that we are not static beings. We only grow through new experiences. May

you find the inner strength to greet those experiences with expectant excitement.
Shalom

Padre Laurelle Callaghan
6821

SPECIAL UPCOMING EVENTS AT ST. ANDREW'S CHAPEL

May 28 — 1000 hrs. — Worship Service to be led by Church School.

June 11 — 0830 hrs — Congregation departs for Kildonan Park to attend ecumenical worship service, followed by church family picnic. Come and join us. Bring your lunch. There will be no 1000 hrs divine worship at St. Andrew's this day.



CANADIAN FORCES EXCHANGE EUROPE

CAR RENTALS

ROTATION SPECIAL

OFFRE SPÉCIALE ROTATION

6 weeks from
6 semaines à partir de

1150^{.00} DM

& up / et plus

Unlimited Kilometers
Kilométrage illimité

Rate includes zero deductible collision coverage.
Le tarif comprend une assurance en cas de collision sans aucune franchise.

Lahr Airfield/Terrain d'aviation de Lahr 0049-7821-274-159
Baden-Söllingen 0049-7229-4898
Natex 0049-2451-620740

LOCATION DE VOITURES

ÉCONOMATS DES FORCES CANADIENNES EN EUROPE

Photo for illustration purposes only/ Photo à titre d'illustration seulement.

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.

POLO PARK INN

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

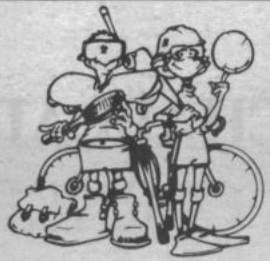
SPECIAL ARMED FORCES RATES STARTING AT

\$40.00

POLO PARK INN
1405 ST. MATTHEWS AVE.

Call: **JANICE M. MORIN**
Sales & Marketing Manager

204-775-8791
Telex: 07-55143



SPORTS ANNOUNCEMENTS

Intersection Curling



Winners of the Round Robin Trophy Round and runners up in the Bonspiel Round — "A" Event — BAMEO/ASO. Stan Schneider, Joe Klein, Kevin Miller, Don Fredrick, Gerry Dwyer.

On the 5th of April 1989, play in the Intersection Curling League wound down for another year. Once again, everyone had a good curling year. Congratulations are extended to all the winners and for those who didn't win, remember, there is always next year.

Our thanks are extended to Maj Brazeau, BPSVCSO, for presenting the trophies after the final draw.

The winners of the Round Robin trophy round are: "A Event" BAMEO/ASO: Stan Schneider, Joe Klein, Kevin Miller, Don Fredrick, Gerry Dwyer.

This team managed to go through both the Round Robin draws undefeated.

"B Event" B PER O: Irma Piper, Bud Burgess, Jim Wallace, Anne Wallbridge; "C Event"

Minto: Ace Crowell, Bert Quinlan, Randy Bonds, Robert Buzanko, Lance Molloy; "D Event" 733 Comm Sqn: Armie McNee, Larry Will, Joe Piovesan, Bob Fenwick.

The winners and runners up in the Bonspiel Round were: "A Event" MET/ATC: Aro Reder, Darrel MacDonald, Bill Barnes, Al Chalk, Ray Giovanatti.

Runner up — BAMEO/ASO. "B Event" SSO EME — Dick Dunford, Bill Low, Bruce Barnett, Bill Hutchings, Runner up — DCOS PERS; "C Event" SSO TN — Al Cox, Rod Frankum, Andy Laforge, Earl Mahar, Jean Mallais, Runner up — ARG HQ;

"D Event" MP's — Berry Kemball, Roly Charron, Mickey Martin, Dave Ready, Runner up BEME SOUTH #4.

Again congratulations to everyone and hope to see you all out next year.



Winners of the Bonspiel Round — "A" Event — Met/ATC. Aro Reder, Darrel MacDonald, Bill Barnes, Al Chalk, Ray Giovanatti.

Base Commanders Slow Pitch Tournament

26 MAY 89

CUT OFF DATE 23RD MAY

\$15.00
ENTRY FEE
CONTACT:
CPL SCOTT
LOC — 5514



Mixed Bowling League

The CFB Winnipeg Mixed Bowling League held their wind-up banquet and dance at the Herc Lounge on Saturday, 15 April 1989, to mark the end of the 88/89 season. The league consisted of twelve teams this year and after numerous head pins and gutter balls, "Late Comers" were declared League Champs. Congratulations to Dawn and Wayne Oblemen, Jack Trottier, Dave Serduk, Jackie Gallagher and Warren Noseworthy. In the League Roll Offs, the "A" division winners were Dave and Donna Dunbar, Chris and Frances Knelson and Ed and Barb Paradis. The "B" division champs were

Doug and Judith MacLeod, Dave and Chrissy Hindle and Joe and Shirley Piovesan. The Ladies High Average award went to Jackie Gallagher while Al Erickson won the coveted Triple Crown Award for Mens High Average, High Single and High Triple. Numerous other trophies were also presented but we promised Jerome Lavoie that we wouldn't mention his Low Score Award!

I would like to thank all bowlers who participated in our league this year. You are all winners. Special thanks go to Tony Runge, our league secretary-treasurer and to Andy Tremblay

our league statistician. Special thanks to the Bowling Alley manager, Frank Gallagher, who had to put up with our crazy antics every Thursday night. A special thanks goes to Jan Kasun, Arlene and all the people in the CANEX organization. The meal was excellent and the service provided by all was first rate.

This summer will see many bowlers off on postings but I'm sure that the new President, Dave Serduk, will get things rolling again this fall with an influx of new people. Have A Good Summer!

Doug Atkins
League President 88/89

National Fitness Week

Give Your Life A Twist!

CFB Winnipeg will take part in the National Fitweek by promoting various activities during this week. Something is being planned for everyone.



Come Out and Get Involved! Contact the Gym to Register for Activity Local 5511

Participate and Have Fun! Watch for more Information on the Various activities.

Calendar of Events

Day	Activity	Time	Location	Remarks
Fri 26 May	1. Sneaker Day	All Day	Base	Wear your sneakers to work
	2. Equipment Display	1100-1400	Westwin Gym	Latest technology in fitness
Mon 29 May	1. Aerobic Luncheon	1100-1300	Bldg 21	Aerobics, bring your lunch
Tue 30 May	1. Racquet Day	1100-1300	All gyms	Badminton, squash, tennis
Wed 31 May	1. Fun run/walk	1100-1400	Westwin gym	Nike clinic, base fun run/walk
	2. Catch the wave	1800-2000	Both pools	Family swim
Thu 1 Jun	1. Golf Tournament	1100-1400	Base Golf Course	Open fun tournament
Fri 2 Jun	1. Unit challenge	1100-1300	Westwin gym	Team triathlon
	2. Tae Kwon Doe	1245-1330	Westwin gym	Demonstration by one of the best in the forces.

Please register at the gym for all activities.

25 ANNIVERSARY CLEAR LAKE GOLF TOURNAMENT

3 - 4 JUNE 89

PRIZES - FOOD - FUN

2 ROUNDS OF GOLF ON ONE OF MANITOBA'S PREMIERE GOLF COURSES

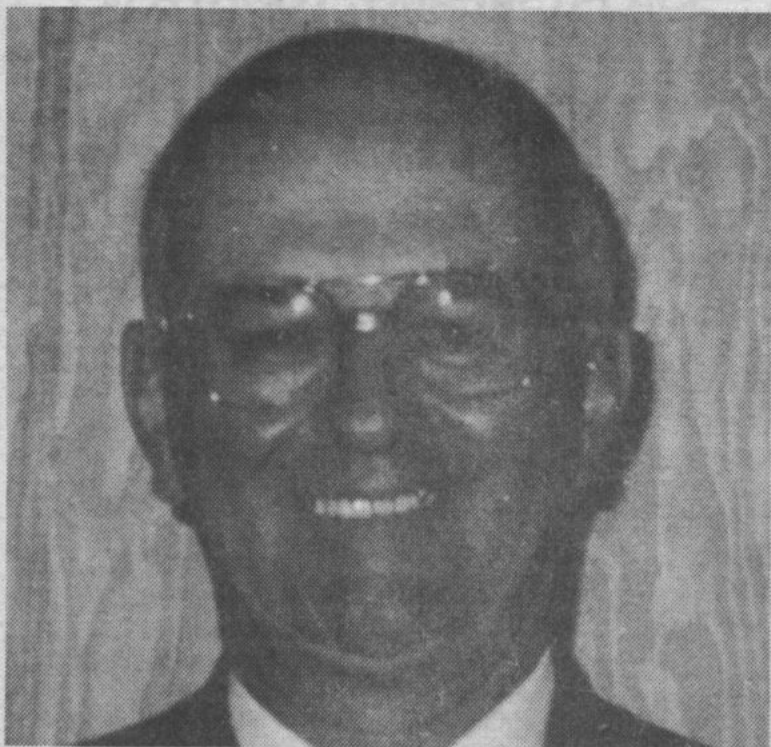
ALL FOR \$50.00

ACCOMMODATIONS VERY REASONABLY PRICED

BOOK NOW - CONTACT

Maj. Cyril McFate Wk - 895-6312
Hm - 831-6824
CWO Conrad Shaddock Wk - 895-6078
WO Bert Graham Wk - 895-5857

PERI Pick of the month



**Captain
Bing
Shearer**

Bing started his golf career at Gimli in 1958, and he says he wishes he had started when he was a "youngster"! Bing can't remember how many zones or regional championships he has participated in; however, he does remember that he has won 17 of them, 10 in the Prairies and 7 in Ontario. He has also won 3 National Championships, 2 East/West Training Command Championships and 1 Canadian Training Command Championship.

Bing will be travelling to Hawaii later this year as a member of Canada's team in the CISM championship. See you on the links, Bing!

ATHLETIC SHOE SEMINAR

by R. Lebleu (Nike)

Sports Therapy Lecture by R. Horbal (Winnipeg Jets)

DOOR PRIZE — 1 pair runners

May 31 11:00-12:00 hrs

Base Theatre Bldg. 90

Register at local 5514

Followed by Fun Run/Walk



CLIP AND SAVE

SUMMER 1989 GYM & POOL SCHEDULE

Lipsett Hall Effective 29 June 1989

Gymnasium		Pool	
Monday			
Mil Training	0730-1130	Mil Training	0730-1600
Mil Noon Fitness	1130-1300	Mil Noon Swim	1145-1245
Mil Training	1300-1600	Casual Swim	1330-1530
		(Jul & Aug)	
Casual Rec	1800-2000	Casual Swim	1800-2000
Tuesday			
Mil Training	0730-1130	Mil Training	0730-1600
Mil Noon Fitness	1130-1300	Mil Noon Swim	1145-1245
Mil Training	1300-1600	Casual Swim	1330-1530
		(Jul & Aug)	
Casual Rec	1800-2000		
Wednesday			
Mil Training	0730-1130	Mil Training	0730-1600
Mil Noon Fitness	1130-1300	Mil Noon Swim	1145-1245
Mil Training	1300-1600	Casual Swim	1330-1530
		(Jul & Aug)	
Casual Rec	1800-2000	Casual Swim	1800-2000
Thursday			
Mil Training	0730-1130	Mil Training	0730-1600
Mil Noon Fitness	1130-1300	Mil Noon Swim	1145-1245
Mil Training	1300-1600	Casual Swim	1330-1530
		(Jul & Aug)	
Casual Rec	1800-2000		
Friday			
Mil Training	0730-1130	Mil Training	0730-1600
Mil Noon Fitness	1130-1300	Mil Noon Swim	1145-1245
Mil Training	1300-1600	Casual Swim	1330-1530
		(Jul & Aug)	
Saturday & Sunday			
Casual Rec	1300-1600	Casual Swim	1300-1530

For information regarding Lipsett Hall call local 6185

Westwin Effective 5 June 1989

Gymnasium		Pool	
Monday			
Mil Training	0730-1130	Mil Training	0730-1600
Mil Noon Fitness	1130-1300	Mil Noon Swim	1145-1245
Mil Training	1300-1800	Casual Swim	1330-1530
		(Jul & Aug)	
Casual Rec	1800-2000		
Tuesday			
Mil Training	0730-1130	Mil Training	0730-1600
Mil Noon Fitness	1130-1300	Mil Noon Swim	1145-1245
Mil Training	1300-1800	Casual Swim	1330-1530
		(Jul & Aug)	
Casual Rec	1800-2000	Casual Swim	1800-2000
Wednesday			
Mil Training	0730-1130	Mil Training	0730-1600
Mil Noon Fitness	1130-1300	Mil Noon Swim	1145-1245
Mil Training	1300-1800	Casual Swim	1330-1530
		(Jul & Aug)	
Casual Rec	1800-2000		
Thursday			
Mil Training	0730-1130	Mil Training	0730-1600
Mil Noon Fitness	1130-1300	Mil Noon Swim	1145-1245
Mil Training	1300-1800	Casual Swim	1330-1530
		(Jul & Aug)	
Casual Rec	1800-2000	Casual Swim	1800-2000
Friday			
Mil Training	0730-1130	Mil Training	0730-1600
Mil Noon Fitness	1130-1300	Mil Noon Swim	1145-1245
Mil Training	1300-1800	Casual Swim	1330-1530
		(Jul & Aug)	
Saturday & Sunday			
Casual Rec	1300-1600	Casual Swim	1300-1530

For information regarding Westwin call local 5511

NOTE: Bowling Alleys are closed during the summer months, special functions may be arranged through manager at loc 6701.

BUSINESS EDUCATION ADULT DAY PROGRAM

YOUR BUSINESS CAREER IN:

ACCOUNTING DATA PROCESSING
WORD PROCESSING CLERICAL
MEDICAL, LEGAL OR EXECUTIVE OFFICE

REQUIRES MICRO COMPUTER APPLICATIONS

LOTUS 1-2-3 MS DOS
WORD PERFECT dBASE III +
BEDFORD COMPUTERIZED ACCOUNTING

SPECIAL PROGRAM FEATURES

1. Introductory, refresher and advanced levels of Typing, Accounting, Data Processing, etc.
2. FREE to residents of St. James-Assin. S.D. #2.
3. BEGIN any September or February.
4. Earn a BUSINESS CERTIFICATE and H.S. DIPLOMA.
5. CO-OP EDUCATION program (½ day in school, ½ day on the job) if eligible.
6. JOB SEARCH assistance available after graduation.

ENROL NOW FOR SEPTEMBER 888-0684

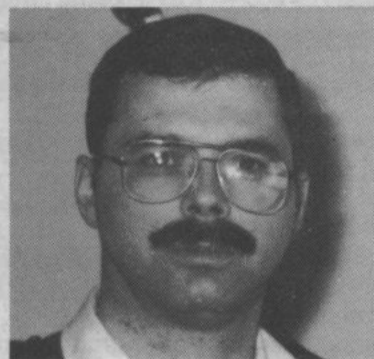
MR. BARRON ROGERS MR WAYNE RAE

STURGEON CREEK HIGH SCHOOL

2665 NESS AVENUE - 888-0684

"A GREAT PLACE TO GROW AND LEARN"

733 Communications Squadron Awards & Honours



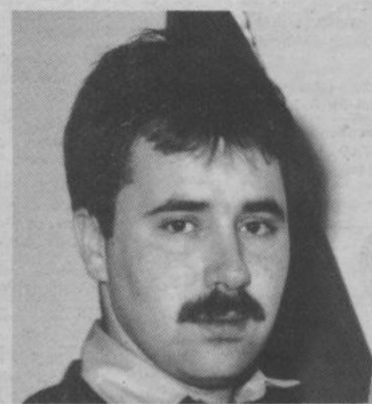
MCpl Larry Will receives the Physical Fitness Award for Aerobic Excellence.



MWO Jack Devenney receives the clasp to the C.D. for 22 years service.



MCpl Marie Claire Lavoie receives the C.D. for 12 years service.



Cpl (Squid) Squires receives C.O.'s commendation for outstanding achievement and service to the Canadian contingent for his 1988 tour in the Middle East.

Winter is finally over, spring has sprung and I'm coming out of hibernation to catch up on the news from the squadron. It was a long, cold winter but our personnel made it liveable by holding a couple of super social functions and participating very successfully in various sporting tournaments. Our floor hockey teams were runners up in the Base Commander's tournament — well done Guys, our volleyball team were runners up in A Division Inter Section Volleyball, our two curling rinks were successful

in the Comm Group Curling Bonspiel held in Shilo with Sgt Sharpe's rink winning C Division and Mcpl St Pierre's rink the runners up in A Division. We seem to be bridesmaids but watch out competition we want to be brides — next season for sure.

On Saturday 6th May the Squadron, along with members from other units throughout 73 Communication Group, participated in the Change of Command parade. The weather was extremely kind and the parade went off very well. The par-

ticipating Squadron members are to be congratulated for their excellent showing on the parade square. A reception was held in the Junior Ranks mess and copious amounts of refreshments were consumed, as we welcomed our new Commander and re-acquainted ourselves with old friends.

A big turnover of personnel will occur this summer with a total (so far) of 21 postings out and hopefully the same amount posted in. Our Commanding Officer, Major Doug Atkins and his wife Peppy are off to Germany and although we'll miss them I know they are happy with their posting. Our new C.O. Major Reid McKay from North Bay will be taking over in early July and we welcome him to the Squadron and Winnipeg. Our Operations Officer, Lt Don Adams and his family are off to a warmer climate — Florida — (Hard to take eh?) and we wish them all the best. Lt Adams' replacement — Lt Chris Grandy from Kingston is already here with us, welcome to the Squadron — what sports do you play?

It would take a full page to mention all the people who are posted out (and the editor may not be impressed) so suffice to say most of the people are happy with their postings and we wish them the very best for the future and hope their moves go well. I'll be remaining in Winnipeg and I'm going to miss all their friendly faces. Well that's all folks — until next time — enjoy the good weather and have a good summer.

Sgt Jan Burgoin


ST. JAMES TV
SALES & SERVICE



ZENITH

- COMPLETE SERVICE TO ALL MAKES
- FREE IN-STORE ESTIMATES
- TELEVISION
- VCR

888-1189 The quality goes in before the name goes on! **837-9554**
2727 PORTAGE AVENUE — COURTS OF ST. JAMES

STADIUM 
SALES (1980) LIMITED

1445 St. Matthews Ave., Wpg., Man. R3G 0K7 (204) 786-3851

SPECIAL DISCOUNT
Going to Germany? Just Returning?

See **Les Murray**, who understands "Your Needs"
Bring in this ad for Payments to suit your income O.A.C.
Special Cash Rebates

Phone Les for an update on our current promotion programs.

* Available to all service personnel — ex-service and legionnaires.

"Fresh Baked Daily"





Donut Palace

SPECIALIZING IN: A Wide Variety of Donuts, Pastries, Sweet Buns

CHEF'S SPECIAL: Soup, Sandwiches, Tea, Coffee & Hot Chocolate

Open 24 Hours Daily • 3263 Portage Ave.

POSTED TO OTTAWA?
Put your "TRUST" in us.
A combined 58 years of RCAF/CAF experience
WORKING FOR YOU

Ray (Blackie) Doucette
Sales Representative
Bus. (613) 830-9999
Res. (613) 824-6343

Don Harold, BA, CD
Sales Representative
Bus. (613) 830-9999
Res. (613) 830-7076

CALL COLLECT FOR YOUR FREE INTRODUCTORY PKG.

The Canada Trust Company
2034 St. Joseph Blvd., Orleans Ont. K1C 1E6
(613) 830-9999
Canada Trust Realtor 

MOVING TO OTTAWA?
CANADA TRUST OFFERS Preferred Rates for Military personnel.
Call **Mary Popowych** for more information
Office (613) 748-6666
Residence (613) 830-5167



Mary Popowych
Canada Trust Realtor 

SECOND CAREER!



EX SERVICE PERSONNEL ARE INVITED TO APPLY FOR MEMBERSHIP WITH

**MANITOBA DIVISION
CANADIAN CORPS OF COMMISSIONAIRES**
942-5993

Over 11,000 members across Canada

301 One Wesley Avenue R3C 4C6

Attention Ladies
Avoid the September Rush

We have several openings for Guiders for the 1989-1990 season and beyond. Ladies are needed for Guiders in all branches of Guiding.

- Sparks — Girls age 5
- Brownies — Girls age 6-9
- Guides — Girls age 9-12
- Pathfinders — Girls age 12-15

No experience necessary. If interested call: Margaret — 888-6487. Hope to hear from you soon.

CLASSIFIEDS

EVERYBODY'S MARKETPLACE



Accommodation

FOR RENT — Two storey 3-bdrm home, Charleswood, attached garage. Central vac, built in dishwasher, fireplace. 4 pc ensuite quiet St. \$650/month. Edward Morris 895-7571.

1 bdrm apt, heat, hydro & cable incl. Charleswood area. \$406/mo. avail 13 Jul. Ph. 895-1757 after 5 p.m.

Private sale: 3 bedroom bungalow about 4 mi from CFB Trenton. Asking \$107,000. For information call M. Buchan at 1-613-966-8440.



Babysitters

BABYSITTING — Babysitter, South Side, avail as of 22 May, mother of two, bilingual, non-smoker, large fenced in yard, rates negotiable, references available. Call Karolyn at 488-3093.

BABYSITTING — Babysitter required part-time for a six month old for occasional nights & weekends and for 3 weeks in July. References required. Ph. 831-0929 after 4 p.m.



LOST/FOUND

LOST — Grey long-haired neutered male cat, 2 yrs old, answers to Auggie, lost in vicinity of Moorgate & Ness, reward for return. Ph 831-6287.



Misc. For Sale

FOR SALE — 8' x 8' wooden barn shed, \$300.00 OBO. Call after 6 pm on weeknights & anytime on weekends. Ph 889-6041.

FOR SALE — White dryer, good cond. \$50.00, dining room table, 4 chairs & china cabinet \$600.00 OBO. Ph 832-1755.

FOR SALE — Small chrome table & two chairs \$60.00, birch table & 4 chairs \$400.00, bedside table \$50.00, ladies 5-spd bicycle \$75.00. Ph 895-7278 after 4 pm.

FOR SALE — Akai pkg deal — stereo, turntable, tuner, equalizer, amp, speakers, speaker stands, cabinet, plus accessories. Must sell \$900.00 OBO. Ph 895-6112 or 837-2174 after 6 pm

FOR SALE — 18-spd mountain bike paid \$550 want \$300, 1 1/2 yr old. Ph 488-6011 or loc 5547.

FOR SALE — Black & Decker electric lawn mower, 2 yrs old used one summer \$160.00. Ph 255-8722.

FOR SALE — Everything must go! Washer, dryer, kitchen appliances, sofas, chairs, Mitsubishi Diamondvision TV, Mitsubishi Hi-Fi VCR, entertainment centre, dining room table, queen-size waterbed, double bed, lamps, lawnmower, etc., etc. Phone 832-0268.

FOR SALE — Boy's training bike; Bar stool (pine); Child's hardwood rocker; School desk; 4' x 4' x 2' plywood box with top; Stereo entertainment centre; weight bench; Patio umbrella; Hardwood doors; Weather tight steel siding; BBQ; Call 889-6470.

A VENDRE — une bicyclette pour les enfants; un pupitre; une fauteuil à bascule en bois dur pour enfant; un tabouret pour bar; Tel 889-6470.

FOR SALE — Change table with tub, \$70.00; play pen, \$70.00; walker, \$20.00; ironing board with cover, \$25.00; floating infant chair, \$5.00; boy's BMX tricycle, \$20.00. Call 489-7938.

FOR SALE — Travel trailer 17 1/2 ft. w/toilet. In mint condition. \$5200 OBO. Phone 837-2151.



Vehicles For Sale

FOR SALE — 1985 Camaro Iroc-Z, exc cond, V8, 5-spd, 16" tires, T-top, stereo, 50,000 km, \$13,000. Ph 633-2996.

FOR SALE — 1983 Honda XL-80. Like new. 480 orig km. On/Off road. \$950.00. Call 888-3849.

FOR SALE — 1951 Chevrolet, 4 Dr Sedan, 6 Cyl, all original parts, very good condition, \$2,900.00 OBO. For Info Call: 895-6526 or 488-3459.

FOR SALE — 1985 Skoda GLS, 5 speed, 4 door, low mileage, sunroof, Pioneer cassette stereo, sporty European suspension, rack and pinion steering, trailer hitch, sport stripes, bucket seats, intermittent wipers, etc...etc. Must be sold, moving to U.K. \$2,500 or best offer 832-0268.

FOR SALE — 1981 Honda Civic, 2 door, 4 speed, good running order. New exhaust system and fuel tank. Two extra tires \$1,490 OBO. Ph Gordon 832-5353.


FOR SALE — 1981 Chev Malibu, 2 dr, 267 V8, AT, PS, PB, new brakes, new rad, new tires, new starter, new exhaust. Silver grey original paint, no rust. Very clean cloth interior. 146,500 km (Approx 90,000 mi) \$2,750.00 OBO. Work 895-5494 Home 832-9094.

FOR SALE — A.T.V. (4 wheel) 1984 Suzuki LT 185 Quadrunner, full racks (front & rear), hitch, front shocks, chain driven, 5 speed w/reverse. Mint condition \$1,495.00 OBO. Phone Bruce at C.E. Supply (N) — 5653 Home 888-4865.

FOR SALE — 1972 350 Honda in excellent condition with full fairing. \$350.00. Call 489-7938.

6,103,943

THAT'S HOW MANY CANADIANS ARE SWIMMERS



Way to go, Canada! PARTICIPATION

Specializing in TAILORED TO MEASURE

- For Ladies or Gentlemen
- Complete alteration service
 - Military uniforms our speciality
 - Experience • Quality
 - Integrity

Serafino Falvo Tailors

1765 CORYDON
(Corydon at Beaverbrook)
489-9371



MACDONALD AUTO BODY LTD.

WHERE SATISFACTION IS GUARANTEED

1310 St. James Street
(Near Polo Park)
Winnipeg, MB. R3L 0L1

(204) 783-5407
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



Posting season is 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 24 hours notice

Supreme Appliance

453-3545 — 453-3555

529 Osborne St., R3L 2B2
Winnipeg

BETTER PLACE FOR MOVIES VHS & BETA

SPECIAL **55¢** Details at Store

**FREE Membership
FREE VCR Rental**

When you rent 2 movies at regular daily rental rates

2165 Portage Ave.

831-7511



Shear Art UNISEX

6-2082 Ness Ave. (at Mount Royal)
Phone: 831-8200

Our hair salon is excited to introduce **"Esthetics"** with Sherri

Now offering: manicures, pedicures, facials, waxing, **OPENING** ear piercing, make up, skin care and **MAY 10, 89** total hair care

Book **NOW** for opening **SPECIALS!**
(inquire about our salon packages)

Hair Salon Hours

Mon. & Tues: 9-5:30
Wed., Thurs., Fri.: 9-9
Sat.: 9-5

Esthetic Hours

Mon. & Thurs.: 10-2
Wed. & Fri.: 11-7:30
Sat.: 9-5

Join the Fun and Win!!

THE PERSONAL INSURANCE COMPANY IS SPONSORING 4 EARLY BIRD DRAWS. EACH WINNER WILL RECEIVE A \$50 CANEX GIFT CERTIFICATE. NO PURCHASE NECESSARY — NO OBLIGATION

Draws will be held at the base on:

- April 27/89
- June 28/89
- August 30/89
- October 30/89

HOW TO ENTER

Call Collect 1-942-0773 and we will enter your name in the draw OR Complete and submit an entry form available at all CANEX outlets, Store • Lounge • Cafeteria • Garage

The Personal Group Homeowners/Tenants Insurance Plan is available to all CANEX civilian and military personnel.

It offers:

- ★ convenient monthly payment via payroll allotment or P.A.C.
- ★ continuous insurance that follows your postings across Canada



The Personal
INSURANCE COMPANY OF CANADA





Life Insurance
RRSP'S and RRIF'S

Dave Johnson, C.D. Ret'd.
15 Sorokin Street
Telephone (204) 632-5777
Winnipeg, Manitoba
R2P 1R2

Licensed with the
Maritime Life
Assurance Co.



J.D. (Jim) Holland, MMM. CD
2872 Ness Avenue
Telephone (204) 889-2087
Winnipeg, Manitoba
R3J 1A8

CHAPMAN, GODDARD, KAGAN

Lawyers and Notaries
1864 Portage Ave., Winnipeg, Manitoba
R3J 0H2
PHONE: 888-7973

George Chapman
Donna Kagan
George Derwin

Alan Goddard
Kelly Land
Allan Francis

G.T. CHAPMAN, Q.C. (1923-1985)

Representing Buyers & Sellers of Real Estate in the St. James Area for over 60 Years.

REAL ESTATE DIRECTORY



ROYAL LEPAGE REAL ESTATE SERVICES LTD., REALTOR



TRANSFERRED TO TRENTON?

CALL: PAT BURROUGHS
Sales Representative

Bus: (613) 966-6060
Res: (613) 968-5420

257 PINNACLE STREET, BELLEVILLE, ONTARIO K8N 3B2

Carole McCullough

Sales Representative

Forest Park Mall
3900 Grant Avenue
Winnipeg, Man. R3R 3C2
Phone (204) 889-8812 (24 hours)

Leader Club

Canada Trust Realtor



LINDA SLOAN
942-3108 #2438



MARION REALTY
(1984) LTD.



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.



MONARCH
REALTY LTD.

226 St. Mary's Road Winnipeg, Manitoba R2H 1J3

- * KNOWLEDGE
- * INTEGRITY
- * SERVICE
- * SATISFACTION



24 HOUR PAGER

(204) 233-1800



Orv Malcomson,
CD



**For Complete
Real Estate
Services
Coast to Coast**



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



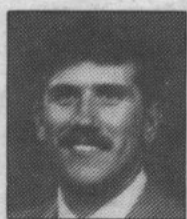
RE/MAX REAL ESTATE INC.
4910 Roblin Blvd., Winnipeg, Manitoba
885-5948 (24 hours) Office — 895-9036 Res.



**Professional Real Estate Service
Coast to Coast**

Pearl Langen

REMAX REAL ESTATE INC.
300-3025 Portage Ave.
Winnipeg, Manitoba R3K 2E2
Bus: (204) 837-7000 — 24 hrs.
Res: (204) 837-6397



Gary Weston,
C.D.

253-7040 489-4640

**I CAN
HELP**

I'm an Investors professional financial
planner. It's my job to help you create and
follow a personal financial plan.

I can help with:

- Investment Funds
- Guaranteed Investment Certificates
- Registered Retirement Savings Plans
- Registered Education Savings Plans
- Estate Planning
- Life and Disability Insurance
- Annuities



A preliminary prospectus in English or French may be obtained from Investors Syndicate Limited, 447 Portage Ave., Winnipeg, Man. R3C 3B6 or from Les Services Investors Limitée, Ste. 401, 1303, Avenue Greene, Westmount, P.Q. H3Z 2A7.

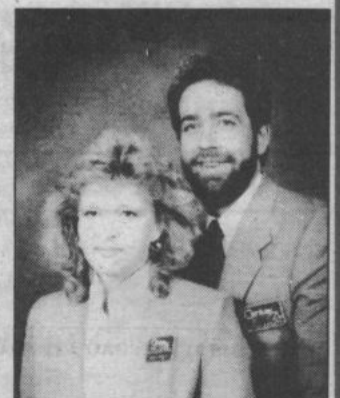


POWER REALTY INC.

- Military Postings Our Specialty
- Residential, Investment & Commercial Real Estate
- VIP™ Relocation Service
- For all your real estate needs put the winning team to work for you!

RICHARD & CLARA MITCHELL — CALL FOR AN EVALUATION OF YOUR HOME

(204) 452-5252 — 24 Hours



**Richard & Clara
Mitchell**



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

