

2 NOVEMBRE 1983

Starair

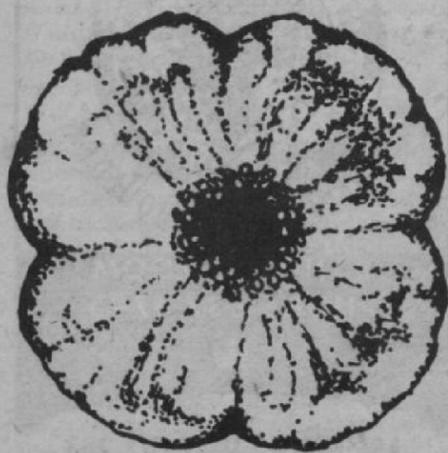
Second Class Reg. No. 1725



WINNIPEG

NOVEMBER 2, 1983

"Lest We Forget"



WHAT CANADIANS HAVE TO REMEMBER

Flanders field stands alone,
many dead, some unknown.
Poppies growing in this field,
soldiers' bodies they do shield.

Fourteen thousand died for us,
wear a poppy, for that we must.
Why wear one, do you say,
especially on Remembrance Day?

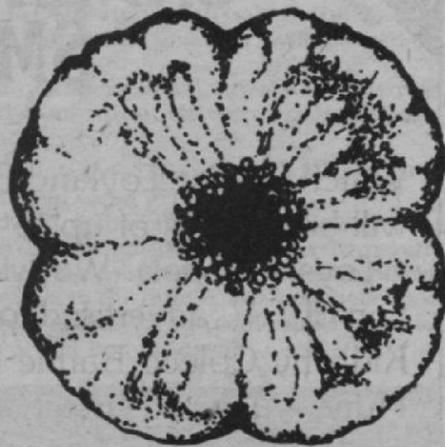
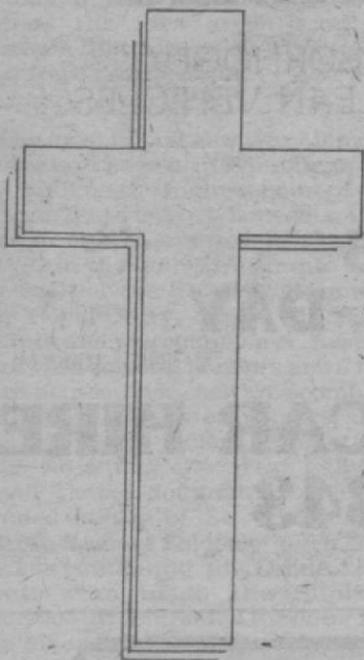
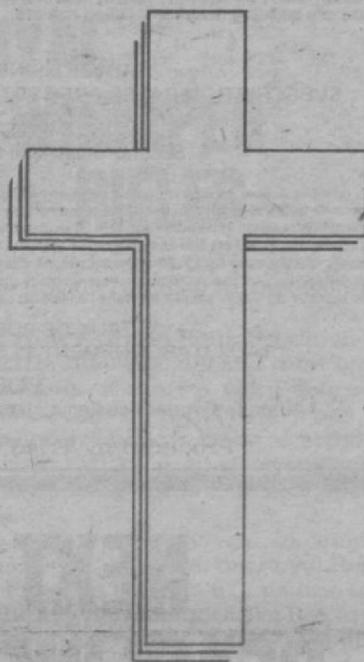
Poppies appearing on this field,
war and sadness to conceal.
Poppies growing over graves,
bleak landscape, they seem to save.

Painful were the wounds they got,
just simply doing what they ought.
The fearless ones, they do complete,
in the blistering and bloody heat.

In the foreign fields they are lain,
never to return again.
To everyone they love and know,
struck down by their maddened foe.

These people died for us to see,
how great it is, to be free.
So wear a poppy, and in this way,
you show you care, it is Remembrance Day.

— Ericka Samulaitis



Remembrance Day

11 Nov. 83



"Serving the Winnipeg Military Community"
 "Desservant la communauté militaire de Winnipeg"

VOXAIR is the unofficial Service newspaper of CFB Winnipeg and is published under the authority of the Base Commander, COL S.E. McGowan C.D.
 VOXAIR est le journal non officiel de la BFC de Winnipeg et est publié avec la permission du commandant de la base, COL S.E. McGowan C.D.



Edited by Captain Grant Russell, Master Corporal Tom Langer (888-5021), and Jacqueline Lussier (544), with grateful assistance from from Voxair's many unit and freelance contributors.
 Sous la direction du Capitaine Grant Russell, le Caporal-chef Tom Langer (888-5021) et Jacqueline Lussier (544) à l'aide appréciée de nombreuses brèves unités et journalistes indépendants collaborateurs de Voxair.

**BUSINESS MANAGER/
 GERANT D'AFFAIRES**
 Captain/Capitaine Jim Lister
 832-1311 (625)

**ADVERTISING MANAGER/
 AGENT DE PUBLICITE**
 Robert Jackson 888-3552

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

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

Opinions expressed by contributions do not necessarily reflect those of the Editor, the Canadian Armed Forces or the Department of National Defence. The Editor reserves the right to edit material in accordance with the regulations and guidelines governing a Service newspaper as specified in CFAO57-5. Copy may be submitted in either the English or French language and should be typewritten, double spaced, and bear the contributor's name and place of employment. In the event of a typographical error appearing in an advertisement, no goods may be sold and the difference charged to this newspaper whose liability is limited to a refund of the space charge for the advertisement in which error occurs. VOXAIR offices are located in Building 10 at CFB Winnipeg. Correspondence and copy should be addressed to: VOXAIR, CFB Winnipeg, Westwin, Manitoba R2R 0T0.

ADVERTISING RATES ON REQUEST
 SUBSCRIPTION RATES ARE \$5.00 FOR ONE YEAR, \$12.00 FOR THREE YEARS

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

Les opinions émises dans ce journal ne sont pas nécessairement celles des Forces canadiennes, du Ministère de la Défense Nationale ou du rédacteur en chef. Les rédacteurs se réservent le droit de modifier le matériel soumis conformément aux règlements et lignes directrices régissant un journal militaire dans l'OAFC 57-5. Les textes peuvent être soumis en français ou en anglais. Ils doivent être dactylographiés à double interligne et accompagnés de la signature et lieu d'emploi de l'auteur. Dans le cas d'erreurs typographiques, aucune marchandise ne peut être vendue et la différence chargée au journal dont la responsabilité n'est que de rembourser le montant chargé pour l'annonce publicitaire où il y a eu erreur. Les bureaux du Voxair sont situés dans l'édifice 10 de la BFC Winnipeg, Voxair, BFC Winnipeg, Westin, Man. R2R 0T0.

TAUX DE PUBLICITE SUR DEMANDE
 TAUX D'ABONNEMENT \$5.00 POUR 1 AN ET, \$12.00 POUR 3 ANS

POSTE PAYEE
 Autorise Courier deuxième classe enregistrement No. 1725 ISSN 0300-3213

Produced by Triad Graphics Limited, Winnipeg

NEXT VOXAIR DEADLINE NOV. 8/83.



"CANEX" THE PRICE SMASHER

Watch for our Toyland Opening Nov. 10th. There will be savings of up to 50% on Selected Games - Toys - Models. We will also have a good selection of T.V. advertised toys, such as Cabbage Patch Kid's by Coleco Barbie Dream Store - Scavenger Hunt - Trivia Pursuit and many more. 35,000 worth of toys and remember, we will not be under-sold - So you can shop Canex with ease of mind. We will beat all Reg. and Sale Items, so why waste gas and your valuable time. We're just around the corner. Our friendly staff will gladly help you with your selection. Don't forget . . . for best selection shop early.

NOTE: Watch for our Pre Xmas Sale for more fantastic savings.



INCREDIBLY CHARMING

3 BR HOME ON LARGE LOT IN ST. JAMES. RECENTLY RE-INSULATED FOR ECONOMICAL, CAREFREE ELECTRIC HEATING. SPARKLING CLEAN. PRICED IN THE 50's.

HELEN de PAIVA 888-6717 or 942-0141
 PAGER 2835

LETTER TO THE EDITOR

Letter to the Editor

Dear Sir:

RE: Your Shakes & Takes Page 10 of October 19.

When one reads this one might well ask "What are these people receiving these trophies for."

In the memo I submitted asking you to publish these pictures, I clearly stated that this was a Junior Ranks Mess Table Tennis Tournament. No where do I read this. Is it possible to find out why it was not stated.

From the Editor:
 Yes, it's possible.

HELP HELP HELP VOLUNTEERS NEEDED

for

- * NEVADA SALES
- * ADMISSIONS
- * COURIERS
- * SIXTY-SIX
- * WHEEL OF FORTUNE

at
 "DOUBLE DIAMOND" \$\$ CASINO \$\$
 11 to 18 December 1983
 Winnipeg Convention Centre

SHIFTS: 1345 - 1900 hrs
 Sponsored by:

Canadian Association for the
 Mentally Retarded (Manitoba Division)
 Manitoba Mental Health Research
 Foundation
 Huntington Society of Canada
 Health Sciences Centre
**THESE ARE DEFINITELY FUN JOBS
 FOR A WORTHWHILE CAUSE!!!**
 If you can help, please call Diane Price Loc.
 708

THE FRIENDLY CLUB



BANQUET ROOM
 PHONE 837-4795

ASSINIBOIA UNIT NO. 283

3297 PORTAGE AVE., WINNIPEG 22, MAN.

DAILY RENTALS

IN YOUR NEIGHBORHOOD
 CURRENT MODEL CLEAN VEHICLES
 FROM

\$19.⁹⁵ / DAY

(INCL 100 KM)

WESTPORT CAR HIRE

888-2343

ALSO LONG TERM LEASING



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
 942-3008
 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

HIGH FLYING GENERAL



Firstly, an apology to the offended masses who were caught in my broad brush sweep a couple of columns ago. On the whole I am becoming more mellow with advancing age but obviously succumb occasionally to misguided "crotchiness".

We were in Britain during the rainy season. The sun shone brilliantly on the day of our arrival and then went into hiding. Driving the Motorways at 80-85 MPH (not KPH!) can be a thrill in a downpour, especially sitting on the "wrong side" of the car & driving on the "wrong side" of the road.

We toured through England, touching base with family and old friends around London and Reading and included a tour of Windsor Castle. The Royal Apartments in the Castle are open for public viewing when the Queen is not in residence and are well worth the trip. A tip for homemakers which we picked up in the Castle:— if you don't want the common hordes to leave grubby finger prints on your wallpaper, cover the paper with plastic panels which can be easily removed when the quests depart.

Even in drizzle or rain, Scotland has a mystique and charm which is irresistible. Perhaps I inherited a bit of the Gunn clan love of the land from my maternal grandmother, because I had this almost uncontrollable urge to buy a Kilt. Picture that! Jane vetoed the idea strictly on the grounds that both of my knees point in different directions.

The most impressive War Memorial I have ever seen is in Edinburgh Castle. Built on the highest point of land within the castle it houses a spectacular chapel and memorial hall.

Within the hall are separate areas for each of the Scottish regiments, the Royal Navy, Royal Air Force, Nurses and Merchant Navy. Resplendent with colours, honours and a book of remembrance each area combines with the others to form an overall effect of the sad violent pageantry of war. Adjoining the great hall is a small chapel dominated by a suspended statue of St. Michael, the Patron Saint of Soldiers, and a silver casket containing the names of all Scots who made the Supreme Sacrifice. In contrast to the outer hall, the chapel, in the midst of the remembrances of war, exudes an atmosphere of complete peace. Simply breathtaking!

Which reminds me; on November 11th I shall once again be joining my older brother at the Winnipeg Cenotaph. He to remember Merchant Navy shipmates who didn't return, and me to give thanks that he did and at the same time, in my own way, to pay my respects to the fallen.

"HAVE SOME EXTRA POUNDS YOU WANT TO LOSE?"

Come join our TOPS Group and meet some friendly people.

We meet Wednesdays at 6:15 p.m. at the Arthur Oliver School at 647 School Street.



HIGH-FLYING GENERAL! General Gerard Thirault, Chief of the Defence Staff, prepares himself for his first ride in a CF-18 at CFB Cold Lake, Alta. There are now 18 CF-18s at Cold Lake. (CANADIAN FORCES PHOTO by Sgt. Dennis Mah)



ROYAL WINNIPEG RIFLES

The weekend of 14 to 16 OCTOBER witnessed one of the largest gatherings of Riflemen in recent history when the Royal Winnipeg Rifles celebrated their one hundredth year of existence.

Events commenced on the Friday night with a Grand Reunion which was attended by nearly five hundred former Little Black Devils and their wives. Old friendships were reignited and thousands of stories were shared as members, many of whom hadn't seen one another in over thirty years, finally rubbed shoulders again. Today's battalion would love to be as strong in numbers as the Regiment was that night when Riflemen, six deep and spread out over the entire length of Minto Armoury parade square, were inspected by His Excellency, The Governor General.

On Saturday, serving members were up bright and early, and, in company of members of the Queen's Own Rifles, the Brockville Rifles, the Royal Regina Rifles, the drum corps of Second Battalion, Princess Patricia's Canadian Light Infantry, and the 92nd Winnipeg Light Infantry Commemorative Regiment, began rehearsals for the tattoo held Saturday afternoon. This, from all accounts, was a resounding success as the "old boys" were entertained with everything from black powder displays and 19th century rifle and sword drills, to mortar and anti-tank gun demonstrations, to band performances. At the end though, it was the guests of honour who stole the show. Even the well rehearsed double past by serving soldiers couldn't compete with the march past by the Old Guard.

There was no rest for the weary that day as everyone scrambled back to their homes or hotel rooms to change into their finest. The ladies were lovely and the gentlemen were handsome at the Centennial Ball held in the Westin Inn. This time it was Her Honour, The Lieutenant Governor, who graced us with her presence.

All that would have been enough for any lesser mortal, however, Riflemen never say die, so, at 10:00 o'clock Sunday morning, we were again all back at Minto Armoury for a Remembrance Service.

This was attended by the Minister of National Defence, The Honourable Jean-Jacques Blais who made a special trip to be present.

It was the final parade of the weekend and, as usual, Last Post brought out a few tears. It was the march past (again) that did it though. Around the parade square they went, the Old Guard, and as the band switched from the Regimental to Auld Lang Syne there wasn't a dry eye in the house. Most of these men would probably never march together again and under the command of Lieutenant Colonel L.R. Fulton, they were a proud body indeed.

VERSE INSPIRED BY A PRAIRIE MUSE

GOOSE FEATHERS

One day my good fren Gary Wolfe
Decide to go han shoot
He's take beeg gun, he's take
canoe
He's take his rubber boot.

He's get from bed to go an' hunt
Before da rooster crow
When he's get home da night she's
black
Dat's make long day you know.

Da bird was fas, da gun was slow
He's shoot dat gun lak hell
He's poke lots beeg holes in da sky
But honly feathers fell.

Now feathers fine for ladies hats
But jus' tween me han you
No matter what you do wit dem
Day don make good ragout.

Bye m'bye dis fall he's hot de deer
An his gun bareel still droop
I 'ope e's get good recipe
For make da deer track soup.

Chev

THE DOWNTOWN CANEX RETAIL STORE & SNACK BAR

- STEREOS
- GAMES
- WALLETS
- RAZORS
- TVs
- CIGS
- GIFTS
- SHAVING KITS
- TOOTHPASTE
- COMBS
- SOAP
- LOCKS
- SOCKS

If you don't see it — ask Mom.

- HAMBURGERS
- SANDWICHES
- COFFEE
- SHAKES
- SOUP
- POP
- FRIES
- TOAST
- VIDEO GAMES

9:45 a.m. 9 p.m.
Phone — 837-6051

Located upstairs over the JNR Ranks Club in Building B-12 in Kapyong Barracks.



The Honourable Jean Jacques Blais, Minister of National Defence, converse with Company Sergeant Major W. Harris and Warrant Officer 1st Class K.H. Redshaw veterans of the Royal Winnipeg Rifles during the centennial celebrations of the regiment, held at Minto Armoury.

Mr. Blais, in a very short speech, praised the accomplishment of the oldest regiment in Western Canada stating that: "To review the battles of the Royal Winnipeg Rifles is to review the military history of Canada. Through their history, we are reminded of the importance this regiment has had to the development of Canada as a nation".

EX VIDEO CLUB

★ A whole new ★ dimension of home Video entertainment

**Are you a movie buff?
High cost of entertainment getting to you?**

FOR ONLY \$15 per year you can be a member and enjoy movies of your choice, in the comfort of your own home when you want them, for the whole family. We have a tremendous selection of up to 500 titles at LOW, LOW rates!

Your membership entitles you to . . .

*2 FREE tapes for one night upon joining; Reduced rates on tape and VCR rentals; Phone reservations for tapes and VCR's; Advance notice of coming NEW releases; NO DEPOSITS required; Periodic specials for members ONLY; Portable membership.

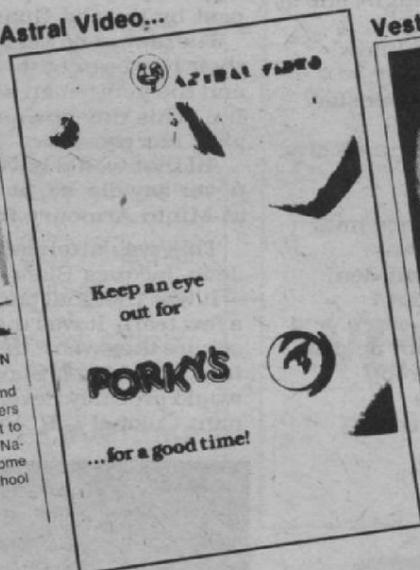
Vestron Video...



NATIONAL LAMPOON'S CLASS REUNION

You're invited to an evening of mirth and mayhem with some of the wackiest characters to ever attend a CLASS REUNION brought to you by the same lunatics who gave you "National Lampoon's Animal House". Just come prepared to have your fondest high school memories hilariously destroyed!

Astral Video...



Keep an eye out for **PORKY'S** ...for a good time!

Vestron Video...



FINAL COUNTDOWN

KIRK DOUGLAS, MARTIN SHEEN, KATHERINE ROSS and JAMES FARENTINO star in a thrilling adventure that transports a nuclear warship back in time to Pearl Harbor just hours before the fateful bombing. VHS VA4047, Beta VB4047, CED VC4047. 92 Minutes.

CBS Fox...



Warner Video...



**Come and visit
we carry the
latest NEW video
RELEASES!**



LE CARNET FRANCOPHONE

VOUS AVEZ DES IDEES?

J. Lussier capt.

J'ai joyeusement accepté la fonction de rédactrice française de ce journal et je mijote quelques idées pour l'emploi fructueux de l'espace réservé ici aux francophones. Je voudrais connaître vos suggestions sur l'emploi utile et imaginaire de ce coin spécial. Je vous invite donc à me contacter dès maintenant au local 544.

C'est donc une occasion en or qui vous est offerte. Ainsi, toute personne de notre communauté militaire désirant présenter une idée ou discuter un sujet dans la langue française peut désormais s'exprimer par l'intermédiaire de ce journal. Vous n'avez qu'à me remettre votre texte court et d'intérêt populaire, et il pourrait être publié.

Cette opportunité possède de nombreuses utilités. Entre autre, un(e) francophone trouvera un certain repos mental à lire dans sa langue première alors qu'il/elle aura dû passer des heures à entendre la langue seconde qu'est l'anglais. Il/elle peut être entendu (voir lu(e)) par diverses personnes anglophones et francophones. En plus je me ferai un plaisir de répondre par écrit dans ce carnet à vos questions d'intérêt commun concernant le milieu militaire en général, ses services et tout ce qui s'y rattache. Mon travail se fera en collaboration avec le Coordonnateur de la base - Langues officielles.

Ce sera aussi une occasion pour les étudiants anglophones qui suivent le cours de français sur la base pour pratiquer leur connaissance de la lecture française.

C'est donc à nous, francophones, d'en profiter et cela, sans frais. **IL N'EST PAS NECESSAIRE D'ETRE ECRIVAIN, POETE OU JOURNALISTE POUR ECRIRE. IL NE SUFFIT QUE D'UNE IDEE, D'UN CRAYON ET DU PAPIER.**

LE CALENDRIER

- Un bon film à ne pas manquer ... **THE RETURN OF MARTIN GUERRE** au Cinéplex 7 de la Place Eaton. Le film est en français avec sous-titres en anglais. C'est un film bien monté et l'histoire est des plus captivante. Le prix d'entrée durant la semaine n'est que de \$2.00; une vraie aubaine!

- De temps à autres le Cinéma 3 présente des films en français de bonne qualité. Les quotidiens de Winnipeg en font l'annonce.

- Exposition "Petites Variétés" d'Yvon Villarceaux, du 2 au 20 novembre. Le vernissage, ouvert à tout amateur de l'art, aura lieu à 20h00 le 2 novembre dans la Galerie du Centre culturel franco-manitobain (CCFM). Une cinquantaine d'oeuvres, soit pastels, huiles et dessins en couleurs imposantes. Yvon Villarceaux est natif d'Haïti, un pays qu'il a quitté pour Montréal où il partagea l'Atelier Perspective. Il vit au Manitoba depuis 8 ans déjà. Heures: 10h00 à 22h00 du lundi au samedi et de 13h00 à 22h00 le dimanche, au CCFM.

- Le spectacle du groupe "REPERCUSSION" les 4 et 5 novembre à 20h00 dans la salle Pauline Boutal du CCFM. Quatre virtuoses possédant la vitesse de l'éclair, une précision impressionnante et un jeu d'ensemble impeccable. Ils ont un répertoire immense, depuis Bach jusqu'à Bartok, en passant par les airs africains traditionnels et le salsa, les défilés de tambours, le ragtime et le jazz.

- La Cinésérie les lundi soirs à 20h00 au Cinéma Main, 243 rue Main. La Cinésérie est une présentation du CCFM. \$2.00 (étudiants \$1.00). Pour savoir la classification du film, veuillez appeler au CCFM au 233-8972, après 13h00 le jour de la présentation.

L'AUTOMNE N'EST PAS MOROSE

Eh bien, c'est notre deuxième rubrique et on l'a faite à temps. Notre record est intact. C'est pas un gros record mais quand même deux réussites de suite seraient bien l'enjeu des Jets. Comme on disait à la dernière rubrique, on espère que le Carnet Francophone apparaîtra régulièrement. Ça fait longtemps qu'on désire voir plus de français dans notre journal. La politique est là depuis quelques années et on sait bien que la volonté y était aussi. Les rédacteurs ont désirés avoir un journal bilingue servant les deux groupes linguistiques. La politique du journal est bien écrite à la page deux et le rédacteur avait même nommé une rédactrice française. Le système est en place et maintenant il n'y a qu'à le mettre en marche. Pour ça, il faut avoir des contributeurs. Alors ne vous gênez pas.

Pour plusieurs gens, l'automne est une saison triste parce que c'est la fin de l'été et la température commence son plongeon qui durera plusieurs mois. Mais lorsqu'on cherche des divertissements on s'aperçoit tout de suite que l'automne, c'est la saison d'une chaleur tout à fait spéciale. C'est le début de toutes sortes d'activités: le Ballet; la Symphonie; le théâtre; l'Opéra; les sports à l'intérieur; le cinéma; les expositions d'art; et, il ne faut pas oublier les écoles. Il semble qu'il y a toujours quelques choses qu'une personne aimerait faire mais le temps manque.

En novembre vous recevrez un questionnaire qui fait partie d'une enquête auprès des Francophones afin de mieux préciser l'étendue et l'importance de la demande de services en français. Les lignes de conduite à suivre sont basées sur la "demande importante" qui, selon les règlements, existe lorsque la minorité officielle se dénombre à 10% de la population. Aujourd'hui il serait impossible de fournir tous les services en français; donc, il est important de savoir quels services sont les plus immédiats, selon l'opinion des francophones.

- 7 novembre - "MARIUS" de Marcel Pagnol
- 14 novembre - "FANNY" de Marcel Pagnol
- 21 novembre - "CESAR" de Marcel Pagnol
- 28 novembre - "LE BEAU MARIAGE" d'Eric Rohmer

- Si vous voulez une belle journée intéressante, pourquoi ne pas visiter le Musée de St-Boniface à 494 rue Taché. Tout près, il y a la Basilique de St-Boniface, la tombe de Louis Riel et le Collège Universitaire de St-Boniface. Le Musée est la plus vieille structure à Winnipeg et c'était la première bâtisse institutionnelle à l'ouest des Grands Lacs. Aujourd'hui c'est plein d'articles qui date du temps de la colonie de la Rivière Rouge. Ouvert de 10h00 à 17h00 les samedi et dimanche et de 09h00 à 17h00 durant la semaine. C'est même très intéressant pour les enfants.

- Il y a toujours les bons programmes de CBWFT à la télévision et e CKSB à la radio AM (FM sur le câble).

- Si vous avez vue un spectacle, un film ou quelconqu'autre présentation, écrivez nous quelques notes qui pourraient être partager avec les autres. Adressez-les au BCOL/CBLO.

- A bientôt! Rappelez-vous qu'un sourire, ça ne perd pas sa valeur par la traduction.

Capt. C. Dessureault
BCOL / CBLO

LES PRE-ADOLESCENTS ET LE TABAC

Voici quelques données fort intéressantes sur la consommation de tabac par notre jeunesse.

Une enquête faite auprès de 300 jeunes (fumeurs et non-fumeurs) de 11 à 13 ans dans 35 écoles de la région de Québec révèle qu'il n'existe pas de modèle unique d'apprentissage au tabac.

Les analyses multivariées ont permis d'identifier quatre profils particulier de pré-adolescents, trois étant associés à ceux qui font l'apprentissage du tabac et le quatrième, aux non-fumeurs. Le premier profil qui explique 10% de la variance de statut (fumeur, ex-fumeur, non-fumeur) correspond à une filière fraternelle et amicale d'apprentissage du tabac: le premier adolescent fume avec ses frères, soeurs et amis, à l'extérieur de la maison et de l'école; ses parents ne fument pas. Le second, responsable d'environ 25% de la variance, se manifeste de la façon suivante: le jeune est particulièrement influencé par ses amis, sensible aux valeurs de la publicité et il fume particulièrement dans les lieux de divertissement, loin du territoire parental. Le troisième profil explique 5% de la variance du statut: l'enfant apprend à fumer au cours d'activités scolaires ou para-scolaires sous l'influence possible des maîtres. Les non-fumeurs composent un quatrième profil: ils sont moins exposés au tabac (moins d'amis et parents fumeurs), ils s'opposent aux valeurs véhiculées par la publicité et ils démontrent une résistance aux influences de l'entourage.

Cette étude démontre clairement l'importance du processus de socialisation dans le développement de l'apprentissage du tabac. Les jeunes sont surtout exposés au tabac dans les lieux où ils interagissent avec leurs pairs et on ne peut qu'être frappé par l'absence quasi totale du monde des adultes dans le mécanisme d'apprentissage au tabac.

En d'autres mots, nous sommes dans une culture qui a si profondément légitimé le tabac, que les adolescents ont eux-mêmes crée des espaces destinés à en faire l'expérience dans une relative indépendance, loin du regard des adultes. C'est entre eux que les jeunes font donc l'apprentissage du tabac. Ils s'y exécutent dans les lieux particuliers qui leur sont réservés.

Les auteurs de cette recherche proposent des principes de base pouvant servir dans des programmes d'intervention:

- Insister sur les habitudes de vie; éviter de centrer l'attention sur le tabac en négligeant l'alcool, les drogues, la mauvaise alimentation et l'absence d'exercice physique. Il faut créer un nouveau style de vie axé sur l'écologie.

- Les climats de peur et de violence, de sanctions contre le tabac doivent être remplacés par de nouvelles valeurs susceptibles de séduire: qualité de vie est un thème à privilégier.

- Maintenir et multiplier les mesures de dissuasion (ex.: taxation, limite de lieux publics accessibles aux fumeurs, ect.) Cela crée un milieu social d'où le tabac est absent.

En somme, les auteurs insistent sur la collaboration étroite qui devrait exister entre les Ministère de la Santé et de l'Education de même que sur la prise de conscience du monde adulte face à leurs valeurs et attitudes négatives devant le comportement de leur enfant.

présenté par J. Lussier Capt
Référence: Tremblay, Bibeau
Hébert et Rousseau.
Les mécanismes de diffusion
du tabagisme chez les
pré-adolescents 1983

POLO PARK INN

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

SPECIAL ARMED FORCES RATES STARTING AT

\$30.00

POLO PARK INN
1405

ST. MATTHEWS AVENUE

Call Janice M. Morin,
Marketing Manager

204-775-8791

TELEX 07-55143

INVESTORS MONEY ACCUMULATION PLAN

An affordable, systematic plan that makes it easier for you to save money for:

- retirement income
- educational needs
- mortgage reduction
- capital growth

For information about this unique plan, contact your Investors advisor

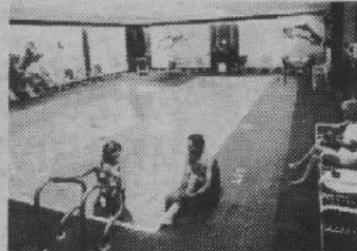
HERB D. LAROCHE

Bus.: 284-0570
Res.: 895-8098

Investors
PROFIT FROM OUR EXPERIENCE

The Quality Choice in Winnipeg.

\$35/NIGHT WEEKEND SPECIAL
sgl. or dbl.



The newly refurbished Quality Inn Airliner can make your visit to this city a truly enjoyable one.

- New heated indoor pool • Sauna, whirlpool and exercise room • Hunt Room Restaurant • Silver Grove Lounge
 - Meeting and banquet facilities to accommodate over 500 people.
 - 24 hour courtesy limousine service.
 - Close to airport, Arena/Stadium and the Polo Park Shopping Center.
- ENJOY THE HORSE RACES
Now, more than ever we're The Quality Choice in Winnipeg.

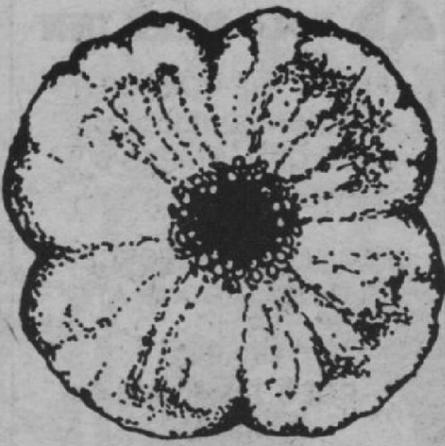
QUALITY INN AIRLINER
1740 Ellice at Century
Winnipeg, Manitoba, Canada
For reservations,

775-7131



Vosair

PRAIRIE REGION BODY BUILDING A SUCCESS.



SPORTS
SHORTS

LIPSETT
HALL
POOL
CLOSED

7 NOV. 83-
5 DEC. 83

Sorry for the Inconvenience

Flowers and Fruit Baskets

**Capri
FLOWERS**

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



**FREE
U-DRIVE
ON**
AUTOPAC REPAIRS

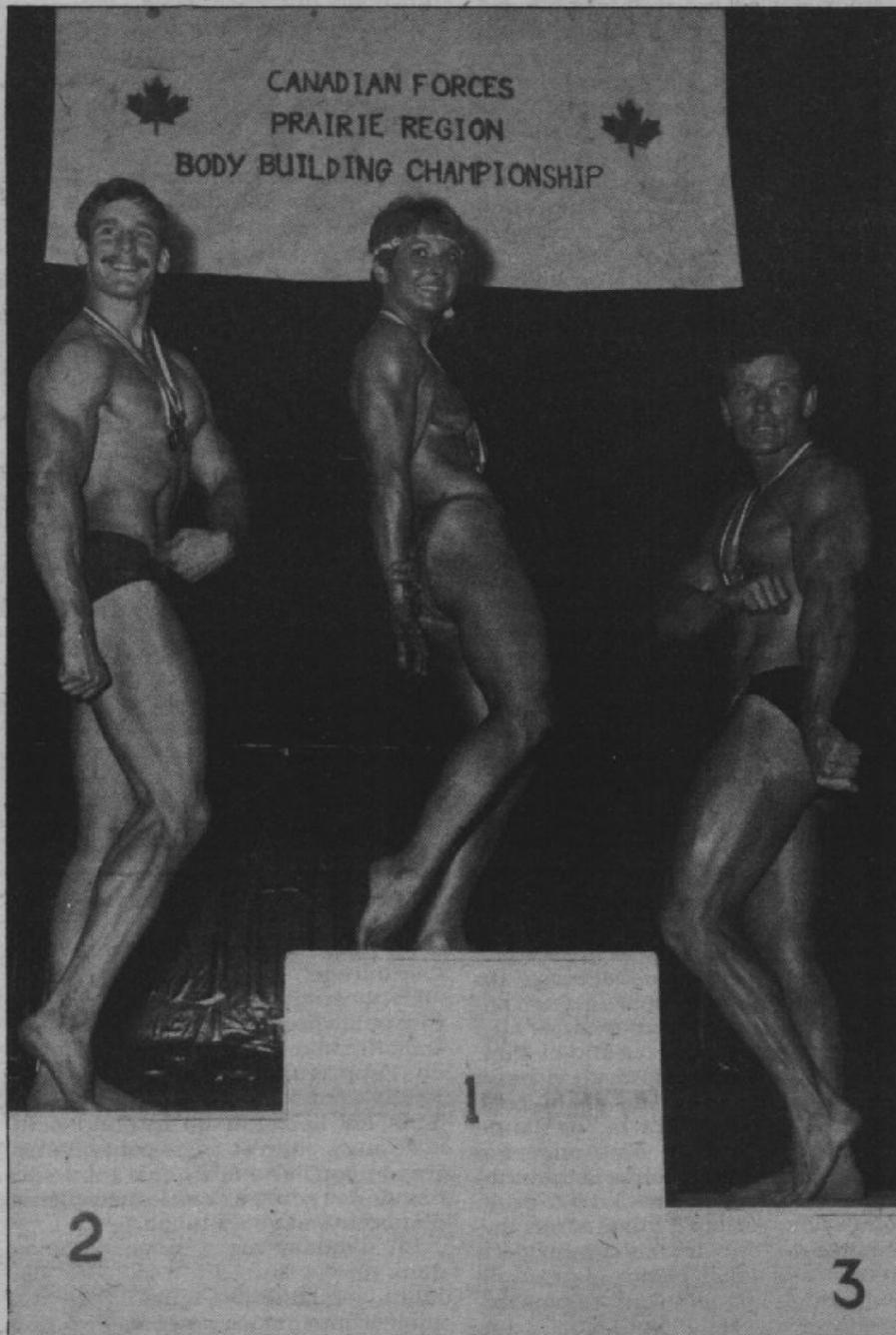
**FREE
ESTIMATES
ON**
BODY AND
PAINT REPAIRS

RON EARLY
BODY SHOP
MANAGER

888-2343



Westport Chrysler
3171 Portage Ave.



Cpl Rhonda Shoemaker, an air frame technician at CFB Edmonton was crowned woman's champion at the Canadian Forces Prairie Region Body Building Championship held at CFB Winnipeg October 13. On her left, Pte William Dennis, a safety system technician at CFB Moose Jaw won the light/middle weight division, and on her right, Sgt Tony Woodley, a musician with the Air Command Band at CFB Winnipeg was declared light heavy/heavy weight division champion.

It was the first body building championship to be held in the Canadian Forces. MWO Dale Dirks, Physical Education Supervisor at CFB Winnipeg, and one of the organizers of the championship said, "Let's hope that we are creating a trend that will be followed throughout the Forces. Body building is a very demanding sport; it strengthens the body, increases stamina, posture, and self assertion. The response we have received from body builders across the Prairie's has been so good that I'm convinced that in the future we will see more body building championships all across the Forces."

(CANADIAN FORCES PHOTO - by MCpl Lynn Nye)

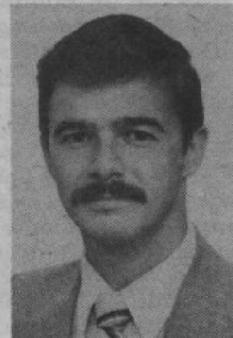


DEL BRO
REAL ESTATE LTD.

NATIONAL REAL ESTATE
SERVICE

RANDY WARDEN

RES: 885-2444
BUS: (24 HRS) 885-5570
3526 ROBLIN BLVD.
R3R 0C9



LEST

WE

FORGET



Welcome . . .

ST. JAMES LEGION
BRANCH No. 4
ROYAL CANADIAN LEGION
1755 Portage Ave.
WINNIPEG, MANITOBA



NEW WAY
RUG & DRAPERY LTD.

YOUR NEIGHBOURHOOD RUG
UPHOLSTERY AND DRAPERY. CLEANING
FOR OVER 20 YEARS. ALL TYPES OF
VALANCES AND BEDSPREADS.

- Draperies and Alterations
- Blind Shades, Made to Measure
- All type Flooring Carpets etc.

FOR FREE AT HOME SERVICE
CALL

832-5710

466A Brooklyn St.

Paying
too much
income tax?

I can help you reduce
the tax bite.

HERB D. LAROCHE
Bus.: 284-0570
Res.: 895-8098

Investors
PERSONAL
FINANCIAL PLANNING



Wok House

RESTAURANT

FULLY LICENCED DINING ROOM
3727 PORTAGE AVENUE,
WINNIPEG, MANITOBA

PH: 889-7235

FREE DELIVERY ON ORDERS OF \$12.00
AND OVER WITHIN A 3 km RADIUS.

BUSINESS HOURS:
Monday - Thursday, 12:00 noon - 1:00 a.m.
Friday - Saturday, 12:00 noon - 2:00 a.m.
Sunday & Holidays, 4 p.m. - 10:00 p.m.

COUPON
\$3.00 OFF
or 10% Discount on pick up
orders only.
Minimum order on food.
On food only. EXPIRY DATE
\$15.00 OR OVER. DECEMBER 1, 1983

HOCKEY SEASON STARTS OFF WITH A SLAP



The Base Inter-Section Hockey League commenced Tuesday, October 11, 1983 with opening ceremonies by Major Sparks. The traditional face-off pitted Cpl O'Leary (left) against Pte St Laurent (right) representing their teams, the Braves and Canucks. Note the absence of helmets and face masks by these two players . . . obviously for the benefit of the camera. You can bet they paid their dues to the Rec Centre too; either that or no go on the ice!

To date, over 100 enthusiastic players from every section are on one of four teams. If you haven't yet signed up, drop by Building 90, Westwin Gymnasium and see one of the smiling PERIs, or call local 511/514 for more information. **MENS SANA IN CORPORE SANO**



ANNOUNCING

DANCERSIZE

Location:	Lipsett Hall
Day	Time
MON: _____	7 - 8 PM
TUE: _____	7 - 8 PM
SAT: _____	12 - 1 PM

FEE \$1.00 per-class
Advance Registration
Nov-1 7 p.m. at Lipsett Hall
Information . . . phone

(888-5021)

STARTS NOV 7

ALL WELCOME
16 & over

TOUCHDOWN TASTES FOR GREY CUP

Grey Cup season is here once again. And, whether you are planning to cheer on your team at a friend's home or enjoy the game in the comfort of your own, there will be some hungry appetites to satisfy afterwards.

Hearty casserole dishes are always high scoring favorites and most important, they can be made ahead of time and placed in the oven when the final quarter begins.

Lasagna never fails as a crowd

pleaser. Layers of noodles, tangy meat sauce and three cheeses make it a marvelous meat stretcher. Manicotti is a creamy delight that everyone will enjoy. Hellman's or Best Foods real mayonnaise makes it a special treat.

Top off either of these dishes with a fresh green salad and hot buttered bread and you'll be ready to cheer on the Champions!

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 the 17th year...
by popular demand!

Dancing!
Saturday Afternoon Live!

JAZZ

Al Thumbler
& Guest Artists
3-6:30 p.m.

ASSINIBOINE GORDON
INN ON THE PARK
1975 Portage
at Albany

THE BIG "A"

Viscount Gort FLAG INN

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

OFFERING TWO
GREAT DINING ROOMS

WEINBERG
WONG
A DELI WITH
DISTINCTION

AND



Lord Gort's Feast

A MEDIEVAL EXPERIENCE

**IT'S A GAS
LOUNGE**

Featuring **PAT RIORDAN**

SWIMMING POOL WHIRL POOL SAUNA



**1670 PORTAGE AVE.
775-0451**



WESTWIN STORE

PHONE 837-9390

MON - SAT
10 AM - 5:30 PM

CATERING — PHONE
832-0787

SNACK BAR 90
PHONE 832-6081

DAILY
7 AM - 9 PM

EXCEPT
SAT 10 AM - 9 PM
SUN NOON - 9 PM

SERVICE STATION &
GROCERY MINIMART

PHONE 620 or 889-6394

MON - FRI
7:15 AM - 9 PM

SAT & SUN
10 AM - 5 PM



NAV SCHOOL

news
news
news
news



HOWGOZIT XXIII

By: Capt Trevor McDougall
Featuring OCdt Peter Scales

MARTIN FIRED!!!

No not Billy Martin, but Todd Martin. Yes our Beloved D.T. Martin (or is it "TD" Martin) has been removed from the job of HOWGOZIT reporter. Apparently he had a very coloured view on a certain Pet Peeve of his, and it was the wrong colour. Honestly, a big shuffle in secondary duties took place in the last week so as to give new instructors a portfolio in the grand scheme of things. A very happy J.L. Clark was able to foist off the unenviable job of Squadron Fund Holder, although he will now have to pay for his own vacations.

The Navigation School is happy to announce the graduation of Course 830½ (formerly 8301) on 27 October. This group started off with eight students, but was cut down to only four students in one fell swoop during the month of April. The Honourary Graduate was 2Lt Ken Groen who attained an excellent overall average of 92%. Ken and his wife Iris will be moving to Trenton where Ken will become a member of 436(T) Squadron. The other three graduates who also attained very good marks are all going to Aurora Squadrons, 2Lt Ted Paul and 2Lt Dennis Sawatzky to VP 407 in Comox, and 2Lt Tim Truant to VP 415 Greenwood. Congratulations guys, I enjoyed being your Course Director but I don't think I'll miss the paperwork.

The Nav Shool has decided to renew an old tradition; that being the selection of a "Student of the Month". The instructors vote for whichever student they feel has shown exemplary conduct and skill in his navigation training, sports and social activities. Well the instructors picked a good one. The Honour Graduate mention-

ed in the last paragraph, Ken Groen. Ken was almost a unanimous choice. He impressed every instructor he flew with and will be a good gauge for further selections.

The big question at the school is: "Who will be the next winner? Will he be a sweat hog? A member of Sesame Street. (Will Sesame Street be disbanded by then) or maybe from Colin's Kids? (Speaking of Mac, have you seen his Nav Student Hall of Fame list?) I am sure that the next recipient will be very excited about winning especially with the all expense paid trip to the School Theatre where he will be allowed to address the assembled throng for a period not exceeding five minutes.

On 13th of October, LCol Forbes handed out achievement awards to several instructors. The awards recognized 1,000 and 2,000 hour Hercules milestones. 1,000 hour recipients were Capts Colin (Mac) Macfarlane and Don McLeod. 2,000 hour recipients were Capts Mike Leddy and Todd Martin. Todd felt that he could not accept such an award for just "Doing his Job".

No new student course this time but we do have a new staff course. Yes, Wayne Mabee's Nav Inquisition Course is in full swing. This is the course where new instructors are taught how to intimidate students and shown the tricks of the trade. Well gentlemen, Wayne is an extremely capable instructor. The Nav personnel will greatly enhance the navigational experience and skill of the staff especially since ALL are Aurora navs. Welcome Major Alex Jopling, Capt Martin Marshall, Capt Marc Beaulac, and Lt Pierre Goulet. Speaking of Al Jopling, Maj Lorne Huber has a smile on his face now that his replacement is finally here and Lorne can return to an aircraft where the engines aren't upside down (Preferably before April 4th).

Now a feature article from a student of Course 8306, OCdt Peter Scales.

"When asked to present the view

from "the other side", I accepted the challenge with a certain amount of vigour. After all, it is the first time since joining the Forces in February of this year that I have been asked to do something openly creative other than filling sandbags.

For many of us, CFB Winnipeg will be our first long-term look at life in the Forces. This is the place that the students will be calling "Home" for months to come even though our hearts may really lie in the maritimes or in God's Own West (No, not Moncton nor Chicoutimi).

It has been the tradition that from each and every nav course, at least one student becomes wed to a local young lady. Will history repeat itself on Course 8306, and if so who will it be? normally 'eager for a "combat assignment", this is one I think I'll have to pass up, thank you very much! It does look though, that at least one of our members is making a fairly good try. I wonder what the tradition is regarding course members becoming related to one another, eh Graham?

With their first checkride rapidly approaching, 8306 is madly trying to figure out things like "which side is starboard?" and "What is so odd about a 180 degree wind direction change?" I am quite sure that it is all becoming quite clear by now, especially with the previously-unscheduled extra practice they received on October 20. In no time flat, these eight young men will be flying over the oceans and land masses of the earth, looking for submarines, ships, and the ever-elusive snow-covered airstrip that the map says should be right here, somewhere.

The instructors have warned about the hazards of staring at the sun through a two-power sextant. The students all laugh amongst themselves about this, but recently one young officer, who shall remain nameless, was seen staggering around the solarium with his hand over his right eye, muttering

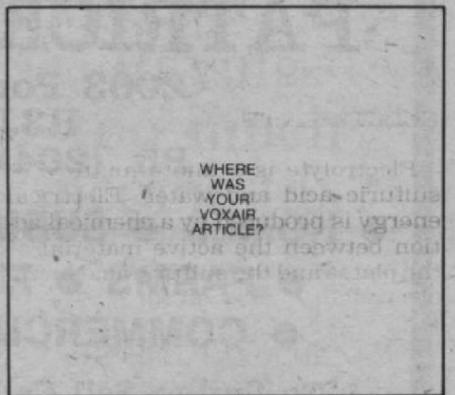
something about the man who ground the lenses for a certain piece of equipment. I am waiting with bated breath for the first student who uses another aircraft's lights for a star, or heaven forbid, who takes a fix off of the other sextant, believing it to be a heavenly body!

I'll end here, so a qualified nav can add a Few Words, from his side of the fence. Until next month, happy flying!!

P.S. Check out the new coffee room color scheme; thanks to all concerned for brightening the place up"

Thank you Peter. That should satisfy all the students who are tired of just hearing about the author's course. If you want to read about your course in the HOWGOZIT, then take the initiative. Put a few words on paper and submit it to Capt McDougall for insertion in the next article.

One last shot. Thanks Duke for the new protractors. It's too bad we have to turn over to see through them. Till next time.





Boston Pizza
There's no taste like it
Open 7 days a week

1901 PORTAGE
3253 PORTAGE
1570 MAIN ST.

Leatherdale
Sardiner



FUNERAL DIRECTORS
3 LOCATIONS TO SERVE YOU

DOWNTOWN
232 KENNEDY ST.

ST. JAMES
PARK LAWN CHAPEL-1858 PORTAGE AVE.

FORT GARRY
PINEVIEW MEMORIAL CHAPEL & CREMATORIUM
1501 WAVERLEY ST.

942-5494
A WINNIPEG FAMILY-OWNED FUNERAL SERVICE COMPANY

The taste keeps coming through.



Blue smiles along with you.

Call for Labatt's Pilsener



THE CAR DOCTOR

Some of our customers would like to know what parts (components) that make up a battery. I hope that the following explanation will help in some way to explain all parts and chemicals that make up all batteries used in the automotive industry.

A battery is an electrochemical device for storing energy in a chemical form so that it can be released as electricity as required.

CELL

A cell consists of an assembly of connected positive and negative plates with separators; which when immersed in electrolyte produce a chemical reaction that results in voltage.

CELL CONNECTORS

Heavy lead alloy straps welded to the negative terminal of one cell, to the positive terminal of the adjoining cell until all cells in the battery are joined in series.

CONTAINER

The exterior case or shell which holds and protects all internal components, made of one piece molded construction.

COVER

Usually of molded one piece construction permanently affixed to the top of the container with epoxy bonding to provide an acid tight seal for the battery top and protruding terminal posts.

ELECTROLYTE

Electrolyte is a dilute mixture of sulfuric acid and water. Electrical energy is produced by a chemical action between the active material of the plates and the sulfuric acid in the electrolyte.

GRID

The basic structure of the battery plate is called the grid. It serves as a framework to hold the active material and conducts the current to and from the active materials of the positive and negative plates.

PLATES

Plates are grids containing the active materials each battery has two types of plates: Positive plates and Negative plates.

SEPARATORS

Separators are thin, porous sheets of non-conductive material inserted between positive and negative plates to prevent them from touching each other and short circuiting.

TERMINAL POSTS

After all cells are connected in series, a positive and a negative post are extended through the top or side of the battery to permit connecting of the battery to the automobile's electrical system by means of cable connectors.

VENT CAPS

Vent caps (or plugs) are of special design to prevent dirt from entering cells, baffle out vapors which form when the battery is charging, prevent electrolyte from splashing out, and permits access to cells to add water. (NOTE) Only add water to battery when required. NEVER add pure electrolyte. On maintenance free batteries, no water is required to be added. If the battery ever requires water bring it back to your Canex Service Station. All maintenance free batteries are under a five year warranty.

COMMON BATTERY TERMS

AMPERE

Unit measure of current flow

AMPERE HOUR RATING

A unit of measure for battery capacity obtained by multiplying the current flow in amperes by the tens in hours during which the current flows. Example: a battery which delivers 5 amperes for 20 hours can be said to have delivered 5 amperes times 20 hours or 100 ampere hour capacity. In other words, you should purchase a 500 ampere hour battery for trouble free starting in Manitoba winter conditions. By the way, at your Canex Service Station we only sell top quality. Each battery carries a 5 year warranty. I think it pays to sell only top line batteries. It makes for good customer relations.

I hope the above information will help you to understand the make up of a battery which is the heart of your vehicle. If all components (eg starter, regulator, alternator) is working properly a good quality battery should last you 5 years of trouble free driving. If you have any questions about your electrical system, please phone me at 889-6394 or Loc 620. Either myself or any of my staff are always here and willing to help you.

PAUL QUINN
SERVICE STATION MANAGER



AMAZON MOTEL

TWO LOCATIONS

3125 PORTAGE AVE.
Winnipeg, Manitoba
885-7064

and

1135 WEST MIRACLE
MILE
Tucson, Arizona 85705

Modern, Electric Heat, Air-conditioned Color TV, Baths, Cooking Units

YOUR FRIEND IN THE BUSINESS



FOR COMPLETE
REAL ESTATE
SERVICES
COAST TO COAST

JOHN JOBES
895-8912 RES.
889-0914 BUS.
944-9333
PAGER
CODE 4614



NIGHTLY ENTERTAINMENT

S.O.S LOUNGE
featuring:
AL ANDRUSCO TRIO
in the S.O.S. Lounge
DANCING NIGHTLY

Enjoy fine
Dining in the
Chateau Dining Salon
LUNCHEON HOURS - 11:30-2:00
MONDAY TO FRIDAY
DINNER HOURS - 5:00-11:00
MONDAY TO SUNDAY



BIRCHWOOD INN

2520 PORTAGE AVE. PH. 885-4478
UNDERGROUND PARKING AVAILABLE



NOW, You Can ORDER
Canada's ONLY Custom
Hand Crafted, Solid Oak,
LIARS DICE BOX

If you enjoy the game and wish you could purchase your own box or if you need a unique gift then the new **3 LIVES LIARS DICE BOX IS FOR YOU!**

- * Handcrafted from solid oak with a plush felt interior and solid brass hinges.
- * Complete with rules instructions and poker dice
- * Special sound effects to disguise the number of shaking dice



* An ideal gift easily personalized by attaching your own engraved brass plate

\$34⁹⁵

USE THIS FAST, MAIL ORDER FORM TODAY

JADA WOODCRAFTS

P.O. BOX 1885 KINGSTON, ONT. K7L 5J7

Please send me _____ "3 LIVES" LIARS DICE BOX GAMES)
 Natural finish Brown Dark brown
—for only \$34.95 each. Ontario residents add 7% sales tax (total \$37.40)

Please add \$2.50 per game for postage and handling
I enclose Cheque in the amount of \$ _____
 Money Order in the amount of \$ _____
or charge to my Visa Mastercard exp. date _____

ACCOUNT NUMBER _____

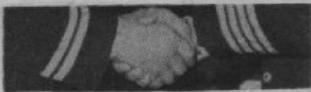
SIGNATURE _____

NAME _____

ADDRESS _____

PROVINCE _____ POSTAL CODE _____

Please allow 2 to 4 weeks for mail order delivery



SHAKES N' TAKES

PROFESSIONAL DIRECTORY



WO J.L. Benoit is congratulated by LCOL J.R. Hosang (CO I CEU), on award of his CD.

The Chapman Company
Barristers and Solicitors
 George Thomas Chapman, Q.C.
 George E. Chapman, B.Sc., LL.B.
 Alan R. Goddard, B.A., LL.B.
 Donna G. Kagan, LL.B.
 Rafeya S. Hartung, B.A. (Hons.), LL.B.
 1864 Portage Avenue, Phone 888-7973

Nemy, Brown & Roy
 Barristers, Solicitors & Notaries
 Barry A. Roy, B.A., LL.B. Jack M. Rabkin, B.A., LL.B.
 Morton H. Nemy, B.A., LL.B. John C. Brown, B.A., LL.B.
 200-2727 Portage Avenue (Courts of St. James Shopping Centre)
 Winnipeg, Manitoba Phone 888-8890

Law Office
CHARLESWOOD
Ken A. Turnbull, B.A., LL.B.
 BARRISTER AND SOLICITOR
 NOTARY PUBLIC
 LAW OFFICE:
 15 Shenfield Road
 Winnipeg, Manitoba R3R 2S7
 TELEPHONE 889-0836

RUTLEDGE & UNGER
 R. F. RUTLEDGE BA, LLB
 A. I. UNGER BA, LLB
 SILVER HEIGHTS SHOPPING CENTRE
 214-2281 PORTAGE 888-3204

K.D. MUNRO, C.D. LLB
 BARRISTER & SOLICITOR
 RCAF/CAF RETIRED
PITBLADO & HOSKINS
 1900-360 MAIN STREET, R3C 3Z3
 BUSINESS 942-0391 Home 452-8780

Lawrence F. Heppenstall LLB. 832-6898
 Ronald M. Habing B.A. LL.B. 888-1760
Heppenstall & Habing
 BARRISTERS, SOLICITORS AND NOTARIES
 3303 Portage Avenue
 Winnipeg, Manitoba R3K 0W7

SHEWCHUK & ASSOCIATES
 BARRISTERS & SOLICITORS
 2645 Portage Avenue, Winnipeg, Manitoba R3J 0P9
 Phone 889-4595
JOHN SEWCHUK, Res. 885-2990

FabriCare
 DRY CLEANING CENTRE
 2543 Portage Between Rita & Ainslie
 889-2380

VOXAIR OFFICE HOURS:
 Tuesday & Thursday 1-4 p.m.
WANT TO TALK TO US?
 Phone 889-3963.

Al-Ben Engraving
 Plastics — Metals
 Name Plates — Trophies — Plaques
 AL BENNETT
 263 AINSLIE ST. 837-1512

SILVER HEIGHTS
 DRY CLEANING CENTRE
837-7209
 Professional Cleaning & Pressing
 Special Rates on Uniforms
 2110 Ness Ave., at Mount Royal

BULLEN AGENCIES LTD.
 3034 Portage Ave.
 at Sturgeon Rd.

- REAL ESTATE
- INSURANCE
- AUTOPAC

PH: 837-3816

BALDWINSON AGENCIES
 Rec Centre (Whytefold Rd)

Fire Insurance
Autopac 889-2204

BASE RECREATION LIBRARY HOURS
 Tues, Wed, Thurs 6:00 - 8:30 p.m.
 1:00 - 4:00 p.m.
 Saturdays 1:00 - 3:30 p.m.

CHAPEL SERVICES

ROMAN CATHOLIC CHAPEL SERVICES

<p>Our Lady of The Airways (N)</p> <p>Masses: Sunday: 6:00 p.m. on Saturday 11:00 a.m. on Sunday Daily: Tuesday, Wednesday and Thursday — 4:45 p.m. Friday — 10:00 a.m.</p> <p>Confession: Before and after each mass on request. Avant et après chaque messe, et sur demande.</p> <p>C.W.L.: Meetings every first Monday of the month.</p> <p>Sunday School: Every Sunday from October to June, for Grades 1-9 inclusive at the Air Nav School from 9:30 a.m. to 10:30 a.m.</p> <p>Choir: Every Tuesday evening at 7:30 p.m. Tous les mardi soirs à 7:30 p.m.</p>	<p>St. George's Chapel (S)</p> <p>Masses: Sunday: 1200 hrs (noon) Daily: Tuesday - 1900 hrs (7:00 pm) Wednesday & Thursday - on request (Ph. 888-6025) Friday - 1100 hrs (11:00 am)</p> <p>Baptism: On request. Talk to us at least one month before.</p> <p>Marriage: It is absolutely necessary to give a "Three Month Notice" and to follow a course of preparation. Nous exigeons de connaître vos intentions au moins trois mois avant le mariage. Un cours de préparation est nécessaire aussi.</p> <p>CHAPLAINS: Father J.R. Gagnon J. Archambault - 888-6025</p>
--	---

PROTESTANT CHAPEL SERVICES

<p>Chapel of the Good Shepherd (N)</p> <p>Church Service & Sunday School: 11:00 on Sunday</p> <p>Chapel Activities: Couples Club — 4th Friday — 7:00 P.M. Ladies Guild — 1st Monday — 7:30 P.M.</p> <p>CHAPLAINS: Padre G.E. Tonks — Base Chaplain — 832-1311 Loc 417 Padre SC. Fowke — Chaplain (P) — 888-5175 Padre G.W. Lanctot — Chaplain (P) — 888-9036</p>	<p>Chapel of St. Andrew (S)</p> <p>Church Services & Sunday School: 10:30 a.m. on Sunday Christian Mens Breakfast — 7 A.M. 4th Thursday — JR Ranks Mess Contact 417</p>
--	--

For Complete Real Estate Services
 Coast - to - Coast
 Call Mary or Grant Clements

1387 Grant Ave.
 Office - 284-6131

3380 Portage Ave.
 Office - 889-3380

Res - 885-3013 or Pager - 944-9333
 Code - 1113

ASTRA SAVINGS AND CREDIT UNION LIMITED

“Home of the Weekly Mortgage”

Take Advantage of Astra's Mortgage Sale and the Benefits of their Weekly/Biweekly Mortgage Plan.

HERE'S HOW:

THE BIWEEKLY MORTGAGE PLAN

This plan allows you to divide your monthly mortgage payment in half and pay that amount every two weeks. Through the course of a year you will have made the equivalent of one additional monthly payment. This extra payment will result in your mortgage being paid in full in a lesser period of time with a substantial saving in total interest costs.

For Example:

Take a \$50,000 mortgage at 10.75* rate amortized over 25 years:

Paying regular monthly payments of \$481.05 for 25 years results in a total repayment of \$144,313.50

Paying \$240.53 biweekly will repay the mortgage in approximately 18 years 3 months and result in a total repayment.....\$113,768.33

TOTAL SAVINGS IN INTEREST COSTS \$30,545.17

OTHER BENEFITS

Astra Savings can tailor a payment plan to fit your budget, and our personal residential mortgages have a generous prepayment privilege.

- 1.) WEEKLY, BIWEEKLY OR MONTHLY PAYMENTS.
- 2.) LIFE INSURANCE AVAILABLE.
- 3.) INNOVATIVE TAX ACCOUNT.
- 4.) COMPETITIVE RATES.
- 5.) MICC AND CMHC MORTGAGES AVAILABLE.

As a home owner we know that you may be concerned about the legal costs involved in “transferring” your mortgage to Astra. At Astra we are aware that this can be expensive, and we have done something about it with Astra's third unique mortgage sale.

- * Terms available for 1, 2, 3 or 5 years; calculated monthly.
- ** This applies only to legal fees applicable to the mortgage. Disbursements extra including surveyor's certificate when required.

MORTGAGE SALE

**NO LEGAL FEES ★ ★
NO APPRAISAL FEES
NO APPLICATION FEES**

If your mortgage is up for renewal or coming due in October, November or December, 1983, we can arrange to transfer your mortgage to Astra Savings now. We are also extending this offer to cover mortgages on home purchases with possession until December 30, 1983.

Offer expires December 31, 1983 and applies to conventional and high-ratio mortgages on owner-occupied, single-family dwellings in Metro Winnipeg. Land titles registration fees, CMHC or MICC application fees and insurance premiums are not included (if applicable).

GENEROUS PREPAYMENT PRIVILEGE
20% of the outstanding balance may be prepaid annually — in any amount — at any time — without penalty — during each year.

ASTRA SAVINGS AND CREDIT UNION LIMITED

MARK HARRIS
STEVE DALY
CLARKE CULBERTSON
1907 Portage Avenue
888-8690

DARRYL HORECZY
2251 Ness Avenue
889-4437
AURELE FOIDART
1080 Wall Street
786-6689

DIANE GIESBRECHT
3143 Portage Avenue
885-5518



Seagram's
83



Trusted
and
Enjoyed

Since 1883

ENJOY IN MODERATION

FRONT-WHEEL-DRIVE
GET UP AND GO!



COME IN TODAY FOR CAR CLUB PRICES!!
WE NEED YOUR TRADE.

**The competition is good.
We had to be better!**

We Are
Working
Hard To Be

#1



Westport Chrysler
3171 Portage Avenue
888-2343

