



**Free**  
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**CFB/BFC Winnipeg**  
**20 March 1991**

# VOLUNTEERS AT THE SPECIAL OLYMPICS

Feb 23, '91 was a huge success for both athletes and volunteers at the 1991 Manitoba Special Olympic Provincial Winter Games. The events were held in the beautiful Spruce Woods Provincial Park, Carberry, Manitoba. CFB Wpg contributed both in volunteers and equipment to the games. The games, held were to promote the physical and emotional potential of special olympians throughout the Province of Manitoba.

The security of the athletes was the tasking for the volunteers from CFB Wpg and from CFB Portage helping the Winter Games. Ensuring athletes don't get lost can provide quite a job considering the vast area of the Spruce Woods. But, thanks to radio equipment provided by 733 Communication Squadron, situations encountered were resolved quickly and professionally. When the athletes first arrived in droves the security team quickly responded by becoming parking

patrol. After the arrival and unloading of the vehicles the security team outfitted themselves with radios and identification tags and started the inspirational day. The group of security volunteers tracked and assisted athletes participating in snowshoe and cross-country skiing events throughout the park.

Thanks go out to CFB Wpg for their continued support. There are some volunteers from the CFB Wpg Junior ranks that on the behalf of the Manitoba Special Olympic Committee I wish to thank. These people dedicated themselves for the extent of the games on the 23 Feb 91. Mr Mathews (BTNO), MCpl Meunier (BAMEO), Cpl Fowler (BAMEO), Cpl Jomphe (BAMEO), Cpl Zablotki (BAMEO), Pte Gervais (BAMEO), Pte Simmons (733 Comm Sqn) and Pte Fletcher (BMETO CFB Portage la Prairie). CFB Wpg supplied all the equipment for the 23 Feb Winter Games security team through 733 Comm Sqn, BTNO, BSUPO, and BDPO. A support system as this has proven itself again! From a vehicle with driver to a huge thermos for coffee requests were fulfilled. A special thanks to those sections in which requests for equipment and volunteers continued to be made and expedited. Without support as this the volunteers' job at hand would be a lot more difficult.

Upcoming Manitoba Special Olympic events are as follows:

- 1) April 23 Indoor Track Meet
- 2) May 31-June 2 Provincial Summer Games

If you wish to volunteer your time to either event, please register your name when memo is received at section level. Due to the great interest in such recruitment drives in the past some personnel may not be called because of manpower requirements at the events.

by Cpl Kevin Sytsma



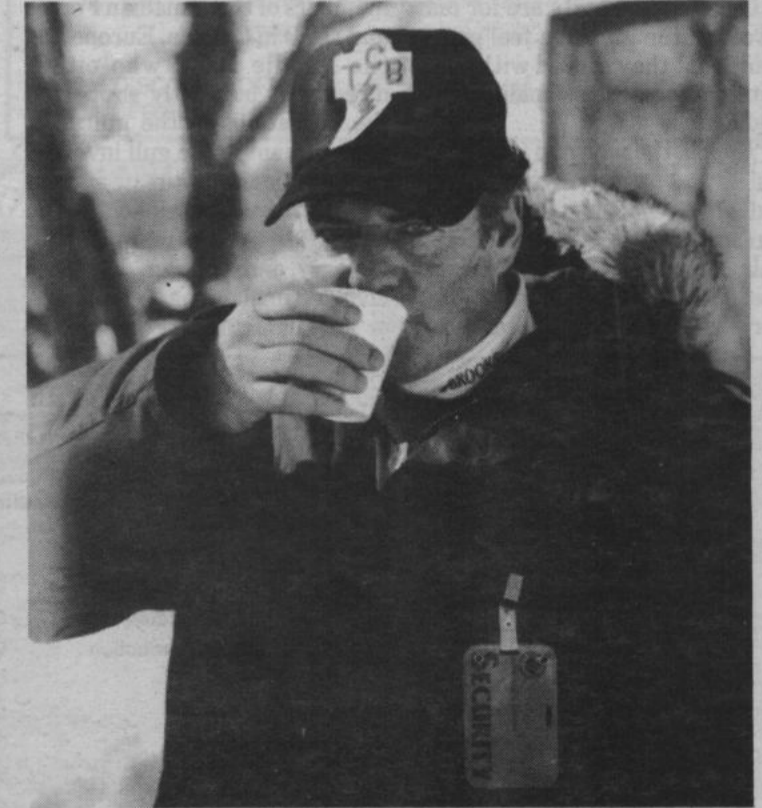
Smiles and encouragement are all that Cpl Gerry Jomphe (BAMEO) needed to make new friends at the Provincial Winter Games.



Pte Kelly Fletcher from CFB Portage lends a helping hand to an athlete during '91 Winter Games of the Manitoba Special Olympics.



Mr Jim Leronowich (BFoods) from the St. James Sabres is ready for any race on the 1 km groomed trail at Spruce Woods Provincial Park.



Mr Clarence Mathews (BTN) takes in some hot chocolate during the -20° temperatures at Spruce Woods Provincial Park the day of the games.

WELCOME HOME

Welcome home to all those CFB Winnipeg personnel who were supporting the Persian Gulf war. All of us here on Base are pleased and thankful that you returned safely. When you left Winnipeg, you were highly trained but untested in the face of conflict. You have returned tested and highly respected. Well done; we are proud of you.

I must also acknowledge the strong support of your spouses, families and friends who kept things at home running as smoothly as possible. They pulled together as a solid TEAM to make sure that you could focus on the task at hand without worrying about them. I know that you will never forget their outstanding contribution and support. Additionally, I extend my sincere thanks to those who remained at home and continued to serve their country. Your contribution to the success of the war effort was equally as important as those who were in the Gulf. I am very proud of your outstanding performance.

H.C. Armstrong  
Colonel  
Base Commander



# CFANS UPDATE

The Yukon International Air Show, part of the Sourdough Rendezvous, took place at the Whitehorse Airport on 23 and 24 Feb. A staff crew from CFANS conducted a static display of the CT-142 (see photos) and also managed to take in some of the events of the festival. These included: the Sourdough Pancake Breakfast; the Flour Packing Contest, in which brave men and women try to haul a back pack loaded with over 500 lbs. of flour; and the Yukon Quest, a 1,000 mile dog sled race from Whitehorse to

Fairbanks, Alaska. This northern air show was just the latest in a continent wide series of appearances by the now famous Gonzo. The whirl-wind pace has taken its toll on some as the accompanying photo of Capt Dennis Sawatzky illustrates. Monday 4 Mar 91 was the first day of school for Basic Air Navigation Course 9102. "The Navlings" will be under the sheltering wing (or should that be oar) of Capt John Nowak, who after his recent haircut had admitted a desire to be a Marine Corps

Officer. Course 9102 was officially welcomed to CFANS in the traditional mud-slinging fashion in the Tartan Room of the Officers' Mess on Tuesday 5 Mar. The midnight oil was burning away in several Flight Commanders' offices this month as the deadline for Captains' PERs arrived. The reward for the BFC was an all expenses paid (nearly) trip to Patrick AFB. This trip from 9 to 11 Mar provided instructors with the opportunity to meet their quarterly proficiency requirements on the CT-142.

CFANS held a Sports Day on 14 Mar 91. The sport of choice was curling; probably due to the taste for this sport that was acquired at the CFS/CFANS Challenge last month. See the next edition for results of the day's events.

Finally, a reminder especially for those who require lead time to plan for events on their social calendars. Course 9004 will graduate and receive their wings on 11 Apr 91. Call to reserve your favourite baby sitter early. Come out and help the graduates celebrate an important milestone in their military careers.



At one of last year's air shows Capt Sawatzky expertly handles a young aircraft buff's questions without over taxing himself.



## Message From MND and AMND

This week, the United Nations Coalition in the Gulf achieved its military objectives. Kuwait is free again, hostilities have ended, and we can begin to look beyond — to building a secure and lasting peace in the region, and throughout the world.

Our first thoughts are for our forces in the gulf. We feel great pride that they served with such outstanding professionalism and dedication.

To you, the men and women of the air and naval task groups, the Canadian Joint Headquarters, 90 Canadian Headquarters and Signals Squadron, First Canadian Field Hospital, the various support elements, and Air Transport

Group — we extend our deep appreciation for a job well done. Our gratitude and admiration extend, as well, to your families, who have faced these stressful and uncertain times with great courage.

We are deeply grateful to all members of the Canadian Forces and DND in Canada, Europe and the Middle East, who either directly or indirectly supported the operations in the gulf. Our commitment in the gulf involved a total effort: our ultimate success there was determined by the dedication of all personnel, both military and civilian. Whether involved in planning, deployment or sustainment, whether at the

front line or on the home front, each one of you has contributed to the team effort.

In doing so, you have not only helped to end aggression in one troubled part of the world: you have also defended the basic rights and values of civilized peoples everywhere. You have thus played a role in fulfilling the first and most crucial goal of the United Nations — quote to save succeeding generations from the scourge of war.

On behalf of the Department of National Defence, our colleagues in government, and the Canadian people, we want to thank everyone of you for your dedicated service.



Capt McDonnell explains the plasma panel selections at a student console aboard the CT-142 at the Whitehorse Air Show.

## 73 Comm Gp HQ



Lt R. (Rob) Balfour, Operations Officer, 73 Comm Gp HQ is seen being presented with his well deserved and long awaited promotion to Capt by LCol J.M. Coderre, Comd 73 Comm Gp.



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Editor-in-Chief/Rédacteur-en-chef	- LCol J. Forestell	- 833-5281
Managing Editor/Directeur-Gérant	- Capt Tom Walls	- 833-6741
Production Editor/Production	- Capt Wayne Joy	- 833-5136
Assistant Editor	- Colleen Guntner	- 889-3963
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Business Manager	- WO Rick Shantz	- 833-5230
Accountant/Comptable	- Pte Legge	- 833-5335
Office Manager/Chef de Bureau	- Anna Springer	- 889-3963
Advertising/Publicité	- Mr. Jim Holland	- 832-0115

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DEADLINE 25 MAR. 91/DATE DE TOMBÉE 25 MAR 91  
NEXT ISSUE 3 APR. 91/PROCHAINE PARUTION 3 APR. 91

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





Barry Sweeney

# Barry Sweeney

music reviews and syndicated columnist



## Hooked on Great Rock

The bite of quintessential rockers Great White was witnessed when "Once Bitten..." sold a million-and-a-half copies and again when "... Twice Shy" almost doubled that amount. "Hooked" (Capitol), the group's seventh release is expected to surpass the combines sales of both "Once Bitten" and "Twice Shy". "Call It Rock & Roll", the debut single from "Hooked", is one of those infectious romps with vocal hooks wrapped around a solid backbeat and enough potential to rock to the top. "Original Queen of Sheba" is a fast-paced mover while "Cold Hearted Lovin'" is a bluesy romper. Solid musical line-up backs "Can't Shake It" and the group literally shines on the power ballad "Lovin' Kind".

Infectious rhythms and staccato backbeat permeate "Heartbreaker" and, when asked about "Congo Square", GW member Jack Russell said "... When it's all said and done, you come back to music and it sets your spirits free." Maybe, to paraphrase GW's "Hooked", this whole album will set your spirit free. The final two songs, "Desert Moon" and "Afterglow" are akin to a two-part story with the central theme being 'love under the stars'. This release should quickly vault GW to the zenith of chart lists.

### Sting

Sting (aka Gordon Sumner) is one of the most successful pop artists of the modern age. Along

with being an integral part of Police (Regatta de Blanc, Ghost in the Machine, Synchronicity); his solo efforts include "Dream of the Blue Turtles, Bring on the Night and Nothing Like the Sun; additional album credits include Phil Collins' "No Jacket Required", Dire Straits' "Brothers in Arms" among others, while his film credits include Quadrophenia, Dune, The Bride (with Jennifer Beals), Plenty (with Meryl Streep), and Jules and Julia (with Kathleen Turner). He has won numerous awards including a half-dozen Grammy's and donated his talents to many charitable events.

His "Soul Cages" (A&M), released in the revolutionary new QSound, was born when, after booking a recording studio and

### Great White

hiring musicians but not having written one rhyming couplet, realized he was suffering writer's block. After trying various ways to unlock the block, he finally asked himself "What's your earliest memory?" Then answered, "Easy, a great big ship... and the river... The river flowed to the sea." The river flowed to the sea and so did the words. The result of his soul searching came to life in "The Soul Cages" an album of delicately beautiful ballads led by the top five "All This Time". An album of exceptional depth and beauty highlighted by

"Saint Agnes & the Burning Train", "When the Angles Fall", "All This Time" and the title track. Watch for more awards.

### Sweeney's Scene

During the recent Iraq war it seemed that every TV show, local, national or international, featured a "Mid-East expert". How, then, is it possible with literally hundreds of "Mid-East experts", that not one of them predicted the invasion of Kuwait?

## Promotion at Language Training Centre Promotion au Centre de Formation Linguistique



LCol Roy Mould, Course Senior CFC 9001, congratulates Major Mark Tocher on his promotion to that rank.

Le Lieutenant-Colonel Roy Mould, Doyen du cours CFC 9001, félicite le Major Mark Tocher de sa promotion à ce rang.

**SORTIE CÔTÉ JARDIN**  
**27 MARS 1991**

Les dames de la paroisse du Sacré Coeur invitent les épouses de militaires de la BFC Winnipeg à une rencontre amicale le 27 mars 1991 de 19h00 à 21h00, au 600 rue Bannatyne. Les enfants sont les bienvenus. Pour plus de renseignements, téléphonez à Francesca au 339-3669.

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## 733 Comm Sqn Notes

I just want to bring everyone up to date on a few of the happenings in the Squadron. On behalf of the entire Squadron, I would like to welcome Cpl Al Ring back from his tour of the Gulf. We're glad to have you back! At the same time, we're saying bon voyage to MCpl Marie-Claire Lavoie, who will be departing for the Gulf in March, and Cpl Ron Mylrea who is already on his tour. We wish you all a safe journey and a speedy return. (Maybe one of you will come across our long lost Cpl Rosa, who has been in the Gulf forever).

Recently, the Squadron held a parade to recognize a few noteworthy accomplishments. Special congratulations must go to MWO Dave Dunbar, who received the 2nd clasp to his CD. MWO Dunbar will be retiring in March with over 32 years service. Also a note that MWO Jack Devenney is no more. He is now known as Capt Devenney, since accepting his offer of commission. Best of luck in Chilliwack Jack! The CommSqn welcomes Patrick Nolan to B Tel O side of our house. Mr. Nolan will be looking after Base ADP projects and planning.

MCpl Mark Young

# Congratulations: 733 Comm Sqn



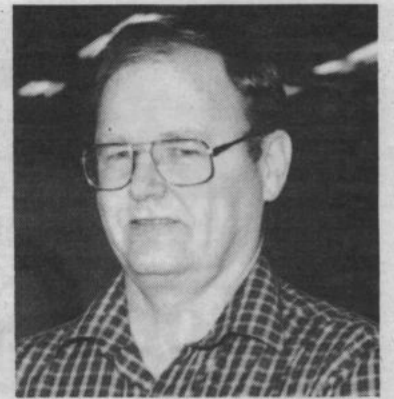
Capt J. Devenney being presented with a gift in recognition of his past duties as SWO of 733 Comm Sqn.



Maj R. McKay presenting MCpl M. Lavoie with her letter of appreciation for her hard work in the United Way campaign.



Maj R. McKey presented MWO D. Dunbar with his 2nd clasp to his CD.



Mr C. Chase received his plaque in recognition of 25 years in the public service.

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## NEXT VOXAIR DEADLINE: 25 MARCH





## Stage Set, All Systems Go for Band Concert

Before the Air Command Band returns to their busy touring schedule in April, they will take to the stage of Centennial Auditorium for the 8th Annual Gala Concert.

On Wednesday, March 27, Captain Terry O'Connor will direct a spectacular program highlighting one of Canada's best professional bands. The concert, set to begin at 8 p.m., promises to outdo even last year's highly successful show. It will feature singer Staci Wuerch, the 402 Squadron Pipes and Drums and the band's own talented musicians.

The concert marks the end of a three-month period of appearances in and around Winnipeg and the beginning of the touring

season. During the winter months, the band has played at numerous high schools, giving area students the chance to learn more about music and the Canadian Forces. These high-powered concerts are always well-received by the young people and are important public relations for the military.

Some upcoming events scheduled for the spring and summer include concert tours to Trenton and Greenwood and Klondike Days in Edmonton. The band will take part in Canada Day celebrations in Colorado Springs in July and will return there in October for the RCAF Association Reunion. A reunion of another sort will take place in September when the band rejoins its American counterpart, the Strategic Air

Command Band in Omaha, Nebraska for a joint concert.

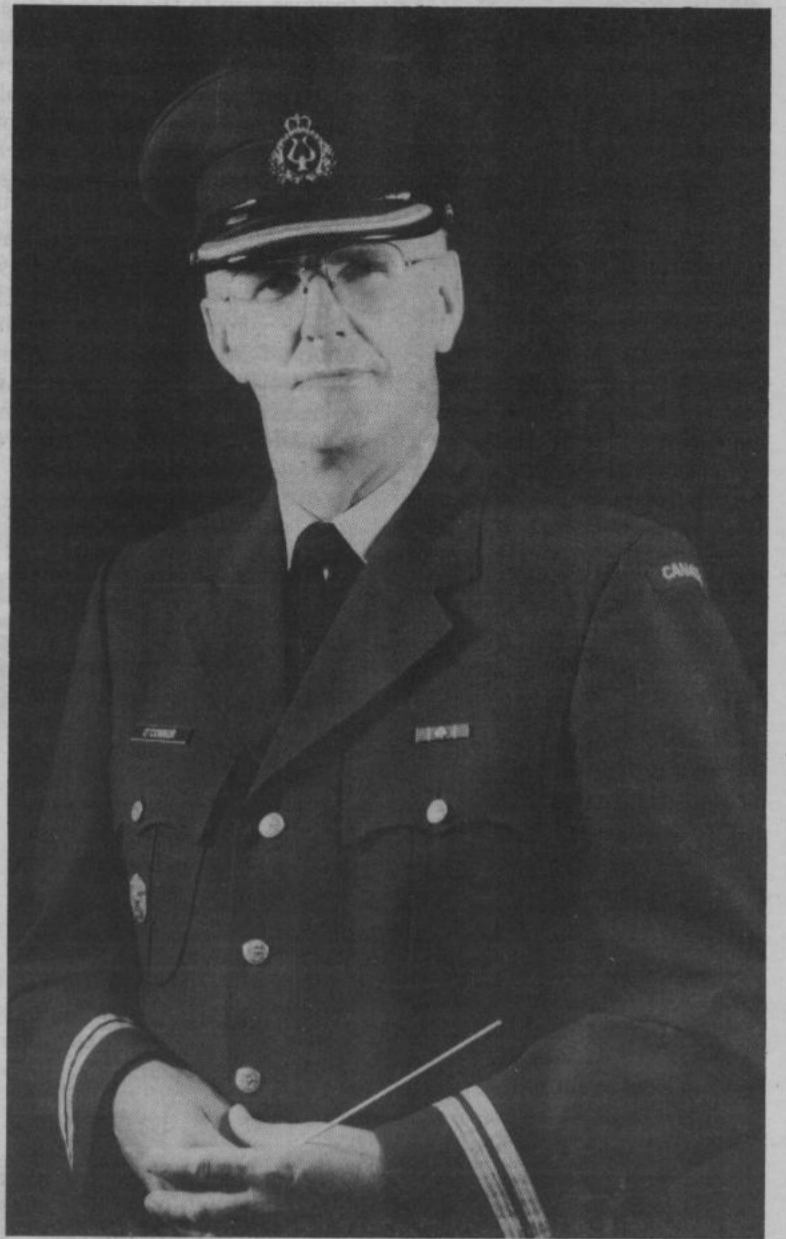
In producing the upcoming concert, the band has been assisted by numerous people on the base and throughout the city. The band would especially like to thank the following people: Sgt Mike Owen at Bameo, St. Thistle at 402 Squadron, Lt Morissette at DNDPA, Mr. Harry Brown and his staff at Graphics and the base photo section.

The Annual Gala Concert has always been well-supported by CFB Winnipeg and had become a highlight of the base's year. Captain Terry O'Connor and all members of the band hope to see a heavy turnout from the base to show off the military community of Winnipeg and to support the Manitoba Red Cross.



Air Comd Band

## Capt. T. O'Connor to Direct Annual Gala Concert



Capt Terry O'Connor.

Captain Terry O'Connor was born and raised in the historic fishing village of Lunenburg, Nova Scotia. He became interested in music in high school and in 1965, joined the Royal Canadian Navy under the navy's Bandsman Apprentice Plan. After two years at the Canadian Forces School of Music, he was posted to the Naden Band in Victoria. In 1973, he was posted to the Central Band in Ottawa.

Captain O'Connor completed the QL7 Assistant Bandmaster course at the School of Music in 1986 and returned to the Central Band as head of the arranging staff. He was posted to the School of Music once more in 1987 as the harmony and scoring instructor on the QL7 course.

He accepted his commission in February of 1990 and in September of that year was appointed Director of Music for Winnipeg's Air Command Band.

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# CANADIAN FORCES SCHOOL

## Aerospace Systems Flt.

The Aerospace Systems Flight is responsible for the conduct of the Aerospace Systems Course. The Flight Commander, Squadron Leader Kevin Smith (RAF), is a F-4 Phantom navigator who will be heading back across the pond this summer.

One of the two officers reporting directly to the Aerospace Systems Flight Commander (AS Flt Comd) is the Aerospace Systems Course, Course Director (ASCD). The ASCD, Captain (soon to be Major) Brian Guimond is responsible for the administration, supervision, and programming of the Aerospace Systems Course. He also teaches display technologies and human factors engineering at the school. It's a heavy workload, but as an Air Traffic Controller he is used to handling a lot of traffic. He is also assisted in his duties by the Deputy ASCD, Captain Andy

The following articles will introduce you to the instructional and support staff of the Canadian Forces School of Aerospace Studies (CFSAS). The school, founded in 1987, is responsible for conducting several courses which enhance the professional development of air force personnel.

The longest course taught at CFSAS is the Aerospace Systems Course (ASC). From its RCAF origin in 1948, it has evolved into one of the most challenging and rewarding courses offered within Air Command. Presently, 16 students are

in house completing the 10 month ASC 43. Primary staff instructors for ASC are part of the Aerospace Systems Flight, headed by Sqn Ldr Kevin Smith (RAF).

In addition to ASC, CFSAS conducts courses in electronic warfare and space operations. Primary staff instructors for these courses belong to the Operational Studies flight, headed by Major Steve Sakaluk.

The school, located on the top floor of Building 84, is commanded by LCol Dave Peart, assisted by Major René Vézina, Chief Instructor.



Capt Nadeau (sitting), Capt Pelletier and Major Robichaud hard at work preparing an audio-visual presentation.

Ruiter. This Sea King ANAV is also responsible for teaching radar systems, weapon systems, and anti-submarine warfare systems.

### AEROSPACE FLIGHT INSTRUCTORS

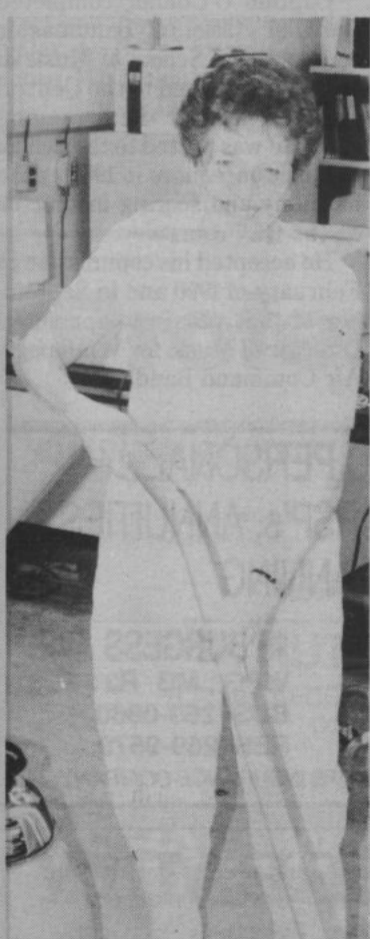
The brightest of the brights make up the instructor section. The section is lead by Major Yves (Fred) Robichaud, a maritime navigator and an electrical engineer. Maj Robichaud teaches down-to-earth subjects such as control theory, signal processing and electronics. Capt Andre Nadeau is a CELE officer with a Physics degree and experience in project management. He is right at home teaching C&E topics and also serves as the School Library Officer when he is not out playing soccer with the Base team. Capt Paul Pelletier is a CP140 pilot and the School aerodynamics and systems management instructor. Capt John Pape came from Cold Lake, having traded his CF18 "G-suit" for the keys to an Air Canada 727. John has re-enrolled in the Reserve Force on Class A status and is employed as a part-time instructor teaching the weapon course.



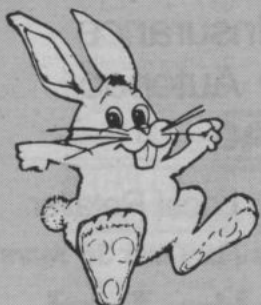
Chief Instructor Maj René Vézina and School Commandant LCol Dave Peart discuss the progress of Aerospace Systems Course 43.



Deputy Aerospace Systems Course Director Captain Andy Ruiter, Course Director Brian Guimond, and Flight Commander Sqn Ldr Kevin Smith discuss the syllabus for ASC 43.



Keeping our computer room "spic and span" is Elaine Marsh.



Graphic Artist — Dan Laby provides graphic art services to both CFSAS and CFANS.

The CFSAS Administration section has undergone a number of changes over the past year. Capt Al Gouthro, our new Adm O, comes to us from CFS Sydney, where he was the SCompt during its last year of operation.

The word processing centre which provides typing and word processing to both CFSAS and

## CFSAS Admin Support

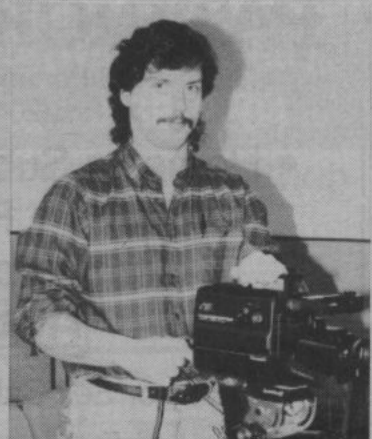


CFSAS Adm O Captain Al Gouthro smiles as he tries to balance the CFSAS budget.

CFANS is comprised of three staff; WPC Supervisor, Mrs. Joan Dale, and System Operators Mrs. Dorothy Knutson and Mrs. Marie Edmond. The long wait for the tempest approved Data Watch X86 ADP System is over. The system has just arrived and will soon be in operation. There will be more from the WPC in a future issue.



Word Processing Centre — providing typing and word processing services to both CFSAS and CFANS. Seated L-R: Supervisor Mrs Joan Dale, Mrs Marie Edmond. Standing: Mrs Dorothy Knutson.



Audio-visual support for both CFSAS and CFANS is provided by Darryl Krilyk.



CFSAS Library — Librarian Nicky Compton reviews new reference material with OCDT Mike Duclos.



The Commandant's Secretary, Val Matthews, is always smiling and helpful.



GIS Stores is maintained by Cpl Al Maine for both CFSAS and CFANS.



# OF AEROSPACE STUDIES

## Operational Studies Flight



The electronic warfare section discusses the use of an infra-red search and track system as a training aid.

L-R: MWO Don Cook, instructor and School Warrant Officer; Captain Rob Jewett, Basic EW Course Director; Captain Gord Moore, Senior Officers Course Director; Captain (USAF) Bob Reehoorn, Advanced EW Course Director; Major Steve Sakaluk, Operations Flight Commander.

The Operational Studies Flight, headed by Major Steve Sakaluk, is divided into electronic warfare and space operations.

### ELECTRONIC WARFARE

The EW Section offers the Basic EW course to a broad range of air-oriented occupations ten times each academic year. This five day course provides an introductory exposure to the broad range of topics which comprise modern electronic warfare. Approximately 300 participants, ranging from MCpl to Major, complete this training annually.

The Advanced EW course is offered to selected military personnel whose employment deals directly with one or more facets of EW. The three week program is supplemented by guest lecturers from both industry and the military, often highlighted by visits from US operational EW squadrons with EF111, EA6B, F4G and other dedicated EW platforms. The course is limited

to 20 students and conducted three times per year.

Twice annually, the school conducts serials of the Seniors Officers EW course. This course is especially tailored for senior commanders (LCol to BGen) and includes in the three and one half day syllabus, presentations from leaders in the electronic warfare community.

In addition to these courses, our EW staff provide instructional support to the Aerospace Systems Course; the Canadian Forces School of Intelligence Services, CFB Borden, to the Canadian Forces School of Communications and Electronics, CFB Kingston, to the Canadian Forces Command and Staff College, and to the NATO Air Advanced Course, Lagerlechfeld, Germany.

In addition to Major Steve Sakaluk, the EW team includes Captain Gord Moore, Captain (USAF) Bob Reehoorn, Captain Rob Jewett, and MWO Don

Cook, with Captain Robert Griechen helping out on the basic courses.

The team provides the students with a wide background of experience. Maj Sakaluk is a former AERE officer and ASC graduate who cross-trained to pilot and flew the CP140 Aurora. Capt Moore is an "ex-fighter-gator" who served as a 414 EWO and has extensive staff experience in EW. Capt Reehoorn, our USAF exchange, was previously an EWO on the RC135 and has a wealth of knowledge on the electronic threat. Capt Jewett began his career driving tanks, and joined us after a Tac Hel tour. MWO Cook has many years of experience as an Airborne Electronics Sensors Operator on many types of maritime aircraft. Capt Robert Griechen was an Air Weapons Controller and was often on the receiving end of active electronic jamming.

### SPACE OPERATIONS

Space Operations is becoming an increasingly powerful aspect of aerospace operations. In this age of instant television, improved navigation and communications, and greater tactical and strategic control of forces, a basic understanding of space is necessary for both officers and non-commissioned members.

The Basic Space Operations Course (BSOC) educates CF officers and NCMs, at a rate of 20 per month, on the space environment, Canada's history in space, orbital mechanics, space policy, spacecraft design, global space operations, space surveillance and object tracking, military use of space, and future applications in space. The course is six and one half working days long and is becoming a requisite for personnel employed in space operations at NORAD units. The course is unique in that it is the only short space course that teaches from a

Canadian perspective.

The school is presently preparing a General Officer's Space Course and is developing an Advanced Space Orientation Course, similar in philosophy to the Advanced EW Course presently taught at CFSAS. The Space Flight conducts several "road shows" or mini-courses throughout the world on an as-required basis. The staff is presently preparing a package to teach at local schools and air cadets squadrons in order to generate interest in space from our "future" astronauts.

The BSOC staff includes Capt Steven Fejes, WO Glen Negrich, with support from the Comdt,



LCol Peart, Capt Robert Griechen, Bob Reehoorn (USAF) and Andre Nadeau. We also welcome the addition of Maj Peter Forgues and Capt Mike Hale, who has spent the majority of his career in the United States Space Command organization.

The course is loaded by the Career Managers and is open to all officers. Watch in a future issue for Space Flight's exploits down under in Australia.



Capt Steve Fejes discusses propulsion systems used on the Space Transportation System (commonly known as the Space Shuttle) with WO Glen Negrich and Capt Robert Griechen.

## Standards Flight



Major Bruce Korb (USAF) and Major Mel Melissen discuss the numerous writing assignments for the bright and eager ASC students. The students write reports on their visits to industries in North America and Europe.

The Standards Flight consists of USAF Major Bruce Korb, a graduate of ASC 39 and a near-permanent resident of CFSAS. Assisting Bruce, and ensuring that the school's standards are kept at a "Canadian level" is Major Mel Melissen. Mel is a graduate of ASC 30 and was more recently a staff officer at 14 Training Group Headquarters.

The Standards Flight is responsible for ensuring that the day-to-day professionalism of the school's many instructors is maintained. This consists of monitoring the CFSAS instructors and also validating all examinations that are given to the eager and

bright students, and then confirming that the results achieved by the students indeed warrant any and all concern.

By far, the largest task of the Standards Flight is in reviewing and editing the 50 and 60 technical reports prepared by the ASC students each year as part of their syllabus of instruction. Each of these reports is about 15 to 30 pages in length and usually is distributed throughout DND.

When not enjoying themselves with monitoring or editing tasks, Bruce and Mel teach Mathematics, Linear Algebra, Differential Equations, Navigation Systems, Service Writing or Statistics.

## Co-ordination and Training Support Flight

The CFSAS Training and Co-ordination Officer is responsible for programming every training hour of the ten-month Aerospace Systems Course, and for planning and arranging the nine weeks the ASC spends visiting aerospace industries in North America and Europe. The Training Support Officer must ensure that we have all the required training aids and classroom facilities. In addition, he supervises the functioning of the CFSAS library and the graphic arts department. The Computer Systems Manager has the task of keeping the variety of CFSAS computer systems functioning properly, plus the responsibility of coaching CFSAS personnel and course members through any difficulties they encounter using any of the four different computer types presently in the school.

In addition to these duties, each must carry his share of the teaching load for the ASC and the EW and Basic Space Operations courses.



Computer systems manager Captain Jim Oke, Training Support Officer Captain Bob Griechen, and Training Co-ordination Officer Mr. Don Sparks meet to plan the European Tour programme for Aerospace Systems Course 43.

The Training Co-ordination Officer is Mr. Don Sparks (Major retired), a graduate of ASC 22 in 1970. Don has been serving the school for over thirteen years. Captain Bob Griechen, the Training Support Officer, is a Class C reservist who has been with

CFSAS in the support role for three years. Captain Jim Oke, the Computer Systems Manager, is a graduate of ASC 36 in 1984, and, after several years as the full time aerodynamics instructor, is now on part time service as a Class A reservist.



# CHAPLAINS CORNER

# Greetings from the Chapels

## Happy Easter from Padre Shields



Padre W. G. Shields (P)

The broken body hanging on the Cross spoke volumes about love, loyalty, and sin. When the Master was with them, the band

of apostles took the world as it came and conquered it. Now the mangled figure on the Cross drove them away to lick their wounds. Their faith was built on sand.

The secret disciples, Joseph of Arimathea and Nicodemus, came to carry the body away. With Jesus' death, they had found their faith strengthened. So the Cross became a great dividing line — as a symbol of hope, it gives comfort and relief to those who hunger after a Saviour; as a symbol of failure, it repels those whose faith withers under adversity.

Then came the glorious Resurrection, and the gathering together of the despondent band to break bread with their Master. For those present it was enough — they rediscovered their faith and received new strength and energy.

For someone like Thomas, though, a stirring of the blood was not enough — what he wanted was concrete, irrevocable truth. So the Resurrection becomes another dividing line — a risen Christ can live in the hearts of men and effect their lives; or men can seek something more

substantial and look in vain for His presence elsewhere.

Christ returned to His Father but He did not abandon those who carry on the human journey. Around a bend in the road He lay in ambush and pounced upon — Paul, Francis, Augustine, Mother Theresa and lesser men and women who seek after Truth and find Christ.

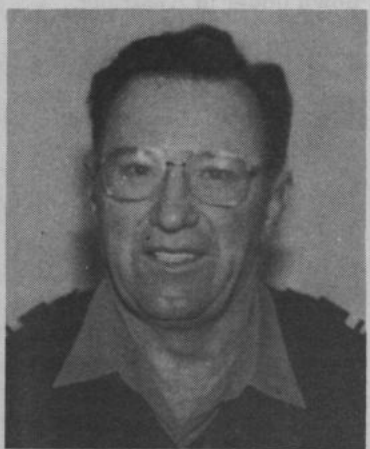
On this Easter Day we celebrate a new life, a new birth into sunlight, and a shedding off of the old life like a useless outer skin. Our faith is strengthened and doubt is overcome if the man

with the lamp who stands at the door — if the broken figure on the Cross and the one who lies in ambush — is allowed to enter in. Now the Cross is bare — but we are reminded of how fast we can put the figure back — when our eyes remain closed and our ears blocked.

May the glorious Resurrection News fill your hearts with joy, and may you share this joy in the company of loved ones.

"Hail the Lord of earth and heaven Praise to Thee by both be given Thee we greet triumphant now Hail, the Resurrection, Thou!"

## Padre Roy's Easter Message



Padre L. Roy (RC)

At this time of the year when most of us are struggling with our Income Tax, we are also approaching Spring, the last days of Lent, Holy Week and Easter, remembering and celebrating another struggle: Christ's struggle with evil, suffering and death and his victory.

A couple of things make this time of year special. For one, it is what is most important in the life of Christ; it is "what He came for" or His "hour".

Also, we are looking at our own lives and our struggles from

another perspective. Christ is a man and His struggle is a human one and His suffering and death are human realities of life.

In His last days, as Christ enters Jerusalem, He was adorned with success and fame. When things start getting rough, He needs to be comforted by friends most of whom abandon Him when He faces arrest and imminent death; He faces loneliness, abandonment and death. The victory comes only after what appears to be a most humiliating defeat in death. In the pursuit of His noble cause, Christ appears more than ever as a brother.

In fact, doesn't His struggle resemble ours: we have all had a taste of success; we have friends and we have all had the feeling of having "the world by the tail". But there is another side to our lives: hardships, failure, deceptions, tragedies that made us turn to friends for comfort, the feeling of being abandoned and alone; we have experienced the need to persevere beyond all these things in the belief that all was not in vain and that we could "come out a winner".

We celebrate with devotion, Lent, Holy Week and Easter, because we believe that Christ is not alone, we recognize our struggle in His and we also recognize that in our struggle, we are not alone. Christ came, suffered, died and rose again in order to be and remain at our side until our own struggle is over, giving strength and meaning to our efforts. "Know that I am with you always until the end of the world" is His promise.

Have a happy Easter!

## Seder Meal 29 March

All members of the Jewish faith at CFB Winnipeg are invited to a Seder Meal at the home of a Jewish family whose husband is a member of the Canadian Forces.

The meal will take place 29 March 1991 at 1900 hrs. Those interested in attending should contact Padre Day, Local 6022.

### EASTER SCHEDULE FOR MASSES

#### ROMAN CATHOLIC

##### St. Marguerite Bourgeoys Chapel (North)

Celebration of Reconciliation	7:30 p.m.	Wednesday, 20 March
Célébration du Pardon	3:00 p.m.	Dimanche, 24 mars
Mass of the Last Supper	8:00 p.m.	Thursday, 28 March
Good Friday	3:00 p.m.	Friday, 29 March
Station of the Cross	7:30 p.m.	Friday, 29 March
Easter Vigil	9:00 p.m.	Saturday, 30 March
Easter Sunday Mass (French)	10:00 a.m.	Dimanche, 31 mars
(English)	11:15 a.m.	Sunday, 31 March

##### St. George's Chapel (South)

Mass of the Last Supper	7:00 p.m.	Thursday, 28 March
Good Friday	3:00 p.m.	Friday, 29 March
Easter Vigil	11:30 p.m.	Saturday, 30 March
Easter Sunday	10:00 a.m.	Sunday, 31 March

#### PROTESTANT

##### The Chapel of the Good Shepherd (North)

Palm Sunday —		
Blessing of Palms, Holy Communion	1100 hrs	March 24
Easter Sunday —		
Holy Communion	1100 hrs	March 31

##### The Chapel of St. Andrew (South)

Palm Sunday —		
Blessing of Palms, Baptism and Holy Communion	1000 hrs	March 24
Maundy Evening —		
Communion Service	1930 hrs	Thursday, March 28
Easter Sunday —		
Divine Worship	1000 hrs	March 31



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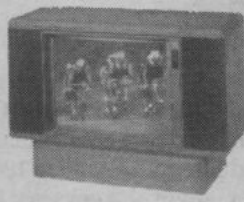
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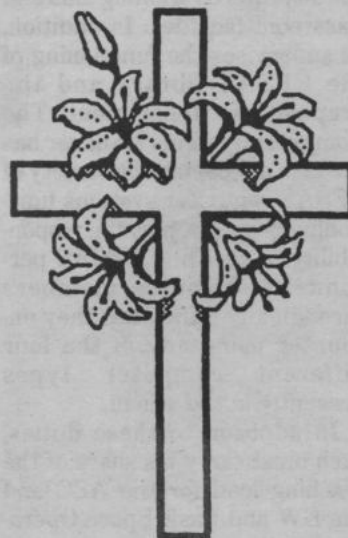
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# FAMILY SUPPORT CENTRE NEWS

Northsite —  
54 Bourkewood Place  
837-8443  
Southsite —  
1822 Corydon Avenue  
488-4161

By this time, you have all received at least one package from the Family Support Centre. I am excited about the expansion of our programs. Many of you, via the Needs Survey, or from your phone calls or drop in visits, have expressed interest in numerous areas. We appreciate your ideas and input and will be happy to implement these programs as we make more progress.

I believe that the Family Support Centre needs to expand at this time. Our children's activities

and Parent Relief programs are well attended. I anticipate participation in the development of the Pre-Teen programs and with the Thrift Shop.

In order that we may continue to provide programs that are consistent with your needs, we require ongoing input. To this end, Lt Paul Rosebush, the Chairperson of our Steering Committee has submitted an article explaining our goals in greater detail. A fully functioning Board of Directors is the ideal. Please, consider

becoming involved in your Centres.

Many individuals have contributed so much to the Family Support Centre in the past few months. I would like to express my gratitude to them at this time: Val Johnson (International Inn), Manitoba Theatre for Young People, Don Turner (MTS), Jets Booster Club, Fudruckers, Q94FM, Burger King, Rosalie Lazau-Likey (clown), Craig Bennett (musician), Joyce Densmore,

MaryLou Kimak, and speakers: Paul Rosebush, Major John Kimak and Garry Harvey. A special thank you to all our volunteers on the Base who prepared and delivered our packages. Thank you for always remaining loyal to our requests.

Don't forget to register early for the special outings planned during the spring break.

Carol L. Barton  
Executive Director



Do you really think this could never happen to your kitchen? Far too often the Fire Prevention Staff are called upon to investigate fires of this nature. You can help us eliminate kitchen and other home fires by keeping your home as fire safe as possible and by practising good fire safety habits year round.



WESTWIN  
CC



### Baseball Registration

Dates: Saturday 23 March 1991  
— 0900 to 1100 hrs  
Sunday 24 March 1991  
— 1200 to 1400 hrs

Place: 34 Bourkewood Place

Cost: \$30.00 per player  
(incls team and individual picture)

Contact: Ted Scott  
Home — 885-2987  
Work 833-6603

Age Groups: T-Ball — 6-7 yrs  
Minor — 8-9 yrs  
Mosquito — 10-11 yrs  
Beaver — 12-13 yrs

Westwin is one of ten communities that form the St. James Assiniboia Minor Baseball Association.

Normally four or five teams are registered with the Westwin Community Club for which coaches and umpires are required for ages 6 to 17 years.

To prepare the communities for the upcoming season (approx. 1 May to 30 June 91), the St. James Association will be hosting clinics as follows:

Coaches Level I (date and place to be announced)  
Umpires Level I and II  
Place Info Tech on Ness Ave.  
Registration Deadline approx.  
30 Mar 91

Cost to be paid for by Westwin Community Club.

Community support is required to ensure the successful participation of your children. Please don't delay. Register now.

Contact Ted Scott —  
Home 885-2987  
Work 833-6603

## FIRE SAFETY: Cooking Fires

Cooking fires have continued to cause the majority of our fires at CFB Winnipeg. In one fire incident involving "deep fat frying", there was a loss of over \$20,000. This high dollar loss was incurred even though the occupant was present in the kitchen when the cooking oil ignited. This fire, like most cooking fires, spread rapidly and totally engulfed the entire kitchen in minutes. This rapid spread occurred due to the presence of flammable vapours created when cooking grease and oil was overheated beyond its normal cooking temperature. To avoid the possibility of having a cooking fire in your home, you should adhere to the following safe cooking rules:

- never overheat oil or grease;
- never leave cooking fats on a hot burner unattended;

- never place combustible objects on a stove;
- always ensure the element or burner has been turned fully off (ensure element indicator light is out. Gas stove — ensure flame has extinguished);
- always keep a tight fitting lid near by in case a fire ignites;
- always use a splash screen to prevent grease from splashing onto the hot burner; and
- it is strongly recommended that an approved electrical deep fat frying utensil be used for all deep fat cooking.

If a cooking fire should occur, you should:

- a. **Stove Top Fire:**
  - (1) cover the cooking utensil with a lid, and
  - (2) turn the burner off;

- b. **Oven Fire:**
  - (1) close oven door, and
  - (2) turn off the heat;
- c. **Microwave Oven:**
  - (1) keep door closed, and
  - (2) turn unit off.

For any of the above, if the fire continues to burn or threatens to spread ensure everyone is out or is leaving the house and extinguish the flames with a portable fire extinguisher or:

- a. get everyone out of the house;
- b. close kitchen doors; and
- c. call the fire department (911).

NOTE: Never throw water on a grease or oil fire and never risk carrying a burning pot.

### Needed:

Coaches, Managers and Umpires  
Community will pay for clinics

Umpires:  
If you are 14 years of age and over and complete the level one umpire clinic you will be eligible to umpire. Fees range from \$10 to \$20.00

Baseball Umpire  
and Coaches Clinics

### Notes

- Players age as of 31 December 1991
- Players who wish to play Bantam 14-15 yrs and Midget 16-17 yrs should register with the Silver Heights of Heritage Victoria Community Clubs

### BINGO ROYALE

Bingo every Thursday  
932 Erin St.

There will be a **Free Bingo Bus** starting 21 March 1991

Pick up points will be:

- 6:25 p.m. N.W. Ness & Whytefold
- 6:35 p.m. N.W. Moray & Strauss
- 6:40 p.m. S.E. Moray & Ness

Returning to the same pick up points after closing at 9:30 p.m.

### Posting season is here!

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# 1991 Grain Relay



3rd Place  
Men's Open Event

Front Row L-R: Cpl K. Gault, Cpl A. Verzyle.  
Back Row: Cpl M. Durette, Cpl S. Head, Cpl S. Fisher.



5th Place Mixed Team Event

Front Row L-R: Sgt G. Feltham,  
Cpl R. Grasley, Mrs L. Harrison.  
Back Row: Mr. J. Baily, Capt C.  
Overton, Capt J. Taylor.

Once again, they were off and running with the Base being well represented at the Grain Relay. We were fortunate in having two teams this year, a mixed and a men's open team.

The Great Grain Relay requires a team of five runners to cover the greatest distance they possibly can, around a 200 metre track within a two hour period. Runners must run in order and cover at least 800 metres before passing off to the next runner. It has been referred to as a runner's worst interval training nightmare come true. It has been also suggested that this is the very reason why endurance athletes participate in this pain, agony and suffering event.

The men's open team made up of members of the 2PPCLI in-

cluded Cpl Gault, Cpl S. Head, Cpl M. Durette, Cpl S. Fisher and Cpl A. Verzyle. The lap counter for this team was Cpl R. Lennie. The mixed team was made up of Capt C. Overton (BPSO), Capt J. Taylor (A/C HQ), Sgt G. Feltham (401 Sqn), Mrs L. Harrison (402 Sqn) and Cpl R. Grasley (BPERO) and the lap counter was Mr J. Bailey.

This event starts off another year of running in Manitoba. There are many varied distance runs and walks for the amateur to the elite athlete. If you have any interests in following a walking or jogging program, contact Cpl Grasley loc 5511, Building 90 anytime. Good Luck to all base runners and I hope you have a great year.

## Badminton Regionals 25-28 March



CFB Winnipeg will be sending its top badminton players to this year's Prairie Region Championships in CFB Edmonton from 25-28 March 1991.

The team, made up of four open players (34 years and under), two seniors (35-44 years) and two masters (45 years and over) are confident they will have a good tournament, with strong combinations in all three categories.

With a few exceptions, many of the team are back from last year. The squad consists of:

- Open**  
Sgt Paul Best  
PE&R  
Capt Cliff Andre  
Air Command

- Cpl Kevin Torfason  
BTN  
Cpl Bob Lemay  
BAMEO

- Senior  
LCol Bob Benn  
Air Command

- Capt Bruno Simard  
Air Command  
Master  
LCol Don Brennan  
Air Command  
MWO Pete Boissonneault  
Air Command  
"Best Of Skills" to all members!

## Registration Fee Increase

As in the past years, players/teams wishing to participate in Base, Inter-Section activities were charged a set fee. This fee would off-set the cost of officials for our programs.

This year however, we will have to pay the extra 7% Goods and Services Tax on these fees. Hence the following rates will be in effect commencing with our summer programs:

Player Registration \$38.00 each  
Inter-Section

Softball (Team) \$245.00  
Inter-Section  
Floor Hockey (Team) \$135.00

Players/teams are reminded that entry fees into leagues nor player participation will commence until such time as fees have been paid to the Resources NCO, Building 90, Recreation Centre.

We thank you for your understanding and co-operation. Have a nice summer.

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### QU'EST-CE QUE L'AIP DE LA RÉSERVE?

C'est un nouveau programme d'ASSURANCE INVALIDITÉ PROLONGÉE pour le personnel de la Force de Première réserve en service de réserve class "A" ou "B".

Des dépliants publicitaires sont maintenant disponibles dans toutes les unités de la Première réserve ainsi qu'auprès des conseillers du RARM des unités de la Force régulière.

Renseignez-vous auprès de votre aviseur local du RARM ou signalez le 1-800-267-6681.

### Have You Returned Your Sports Equipment?

As Spring approaches, summer sporting activities are just around the corner. In preparation, it is requested that all seasonal equipment be returned asap. Failure to do so may result in cancellation of loan privileges.

For further information please contact  
**Sport Stores Loc 5514**

**REMEMBER**  
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# Personal Exercise Program

The BPERO section conducts this program on a regular basis as a compulsory remedial class for those personnel who have not met the Base Commander's Weight Management Program Standards or who have failed to meet the CF Minimum Physical Fitness Standards.

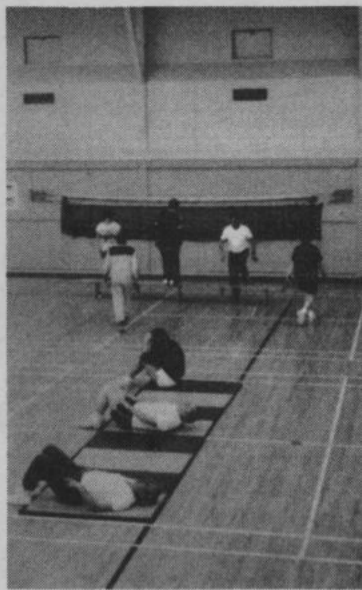
The program is also offered to all military personnel on a volunteer basis who wish to prepare themselves for their upcoming CF Express evaluation.

### Timings and Location of PEP

Bldg 90	0715-0800	Mon-Fri inclusive
	1300-1430	Tue & Thu
Bldg 21	0700-0740	Mon-Fri inclusive
Lipsett Hall	0730-0830	Tue & Fri
	1500-1600	Wed
	1030-1130	Mon-Fri

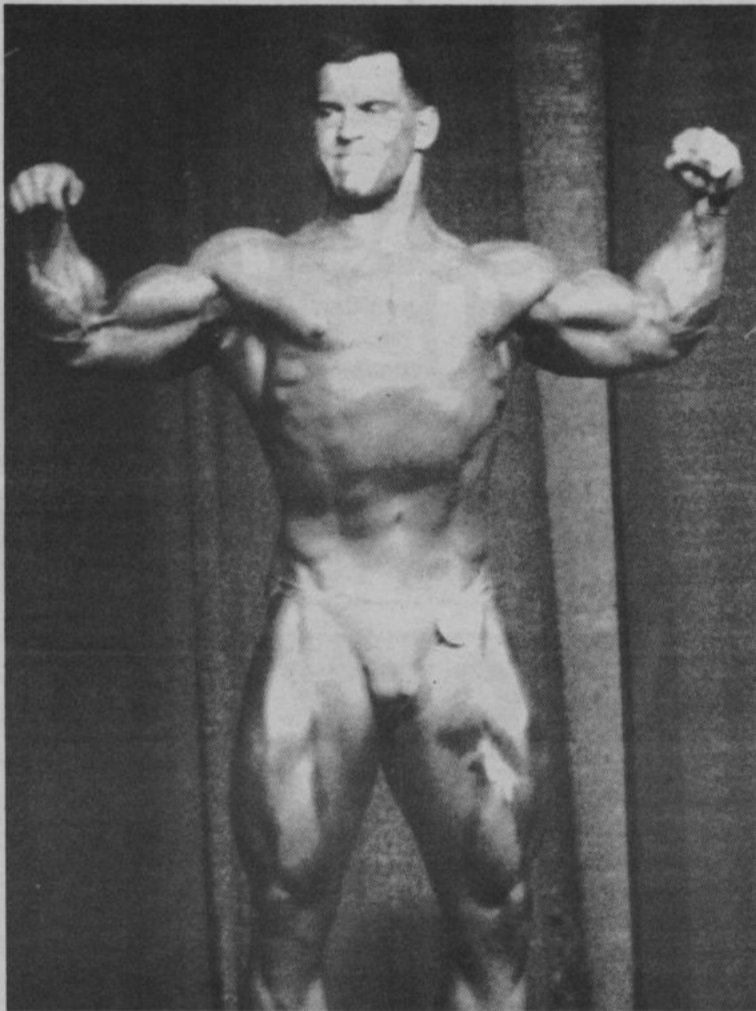
### What is PEP?

The PEP is an individual fitness program designed to improve your cardio-respiratory endurance; muscular strength and endurance; agility, co-ordination and balance, all at your own pace and your own training dosage.



Pictured above are members of CFB Winnipeg participating in the Personal Exercise Program (PEP).

# Manitoba Bodybuilding Championships



Pte Claude Brissette at the 91 Novice Bodybuilding Championships.

At this year's competition Pte Claude Brissette from 2PPCLI represented CFB Winnipeg admirably in his first bodybuilding championship. This year proved to boast the strongest field to date of competitors, especially in the heavy weight class. This was the class Pte Brissette had to do battle with, ranging in weight from 179-214 lbs. "ripped up" pounds. Pte Brissette, a solid 180 lbs., displayed the best set of arms and an awesome most muscular pose which brought a huge ovation from the thousand plus spectators on hand at the U of M. In the heavy weight class Pte Brissette placed 5th this year despite competing against competitors up to 214 lbs. and hopes to compete at the CFE Invitational in Baden in May 91. With more refinement as well as the valued experience gained from his first competition, Pte Brissette should place extremely well at his next competition.

Congratulations to Claude and his trainer, Cpl Dave Shirley of the PERI staff who coached his student through posing, diet, routines and competition.

# Intersection Hockey

If all goes according to the league schedule, the Final game for A Division will be played at the Keith Botley Arena on Mon 25 Mar 91, starting at 1200 hrs. The B Division Final game will be played at the St James Civic Centre Arena on Tue 26 Mar 91 starting at 1200 hrs, with the *All Star Game* being played at the St James Civic Centre Arena on Thu 28 Mar 91 starting at 1200

hrs. The presentation of all Intersection Hockey Awards, (including the presentation of the Sgt Glen MacLeod Ambassador's Trophy) will take place in the Upper Lounge of the Junior Ranks Mess (N) Bldg 61 starting at 1300 hrs. *So if you really want to see some excellent Intersection Hockey, come out to support your team and cheer them on to victory.*

# Intersection Floor Hockey

On completion of the double elimination play off round 2PPCLI remained undefeated. The task which the band would have to accomplish would take a double victory over the 2PPCLI squad to be champions. The band kept the score respectable with the exceptional goaltending of MCpl Scott Dann. Although the band had its chances, they were

shut down by the battalions Pte Claude Brissette who eliminated all opportunities the band presented in a 3-0 battalion win.

*Special Note of Thanks:* 2PPCLI participated in an MP Blind Fund Ball Hockey Tournament in Portage la Prairie and placed 3rd out of 10 teams. Well done!!



LCol Lapeyre CO 2PPCLI presents the Championship Trophy to Cpl John Simmons, Team Capt of the 2PPCLI Team.

Note: For information pertaining to the Base Commander's Floor Hockey Tournament contact Cpl Shirley at Local 6183 prior to the 25th of March 1991.

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The *CAFT 1991 Update* includes 50 original photos by Larry Milberry, mainly from his recent visit to Bahrain and Doha.

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**Private Sale** — 4 bdrm. bi-level, central air, wood-burning stove, all drapes included. Appliances negotiable. Vinyl and tyndall stone exterior \$89,900. Ph: 895-8431.

**Private Sale** — Nice 3 bdrm bungalow near Whytewold. Quiet, lots of extras, AC, garage, workbench. Call LCol Erickson at 5275 or 831-7726.

**Private Sale** — St Vital, Winnipeg. Immaculate 3 bdrm bungalow, 2 full baths, central air, patio doors onto lg. deck, fenced yard, fin. rec room w/wet bar and extra bdrm. Close to university, english and french schools, shopping and major bus routes. Asking \$89,900. Ph: 253-7079.



### Misc. For Sale

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**For Sale** — 60 GAL SMOKE BLACK GLASS AQUARIUM, fluval 4 filter, heater, fluorescent light cover, stand. Less than 1 year old. \$175. Must sell. Ph: 889-3570 (leave msg.)

**For Sale** — Sectional SOFA, paid \$1000 now \$500. SINGLE BED with very good mattress \$50. Crollier ENCYCLOPEDIAS, 1 yr old Paid \$1600 now \$500. DBX STEREO amp-pre amp CD player, equalizer and puke audio tower speakers. Paid \$3500 now \$1500. Motorcycle helmet and gloves, each \$20. LR SHRANK solid oak \$4000. Ph: LOC 5008 or 888-4046 (Mike).

**For Sale** — Due to remodelling, portable Kenmore DELUXE DISHWASHER, almond colour \$200 OBO. Ph: 885-3902.

**For Sale** — MAPLE BUNK BEDS complete with ladder \$125 OBO. 6 DRAWER DRESSER with mirror \$85. Lg. folding PING PONG TABLE \$60. Ph: 489-9367.

**For Sale** — Kenmore ULTRA WASHER, DRYER, FRIDGE AND STOVE, 2 yrs old. Mint condition \$2000. Ph: 889-2496 after 5.

**For Sale** — ROOF RACK \$15, Big EASY-BOY CHAIR \$40. RANGE \$100. Ph: 837-3962.

**For Sale** — 25 gal. AQUARIUM complete w/ fluorescent light, stand, and all accessories \$200 firm. Ph: 832-7537. Ask for Chuck.



### Help Wanted

Lahr Figure Skating Club urgently requires a figure skating coach, NCCP level 2 qualified. Bilingual an asset. Employment to commence 1 Aug 91. Please forward resume to: Jennifer Armstrong, LFSC, Box 2236, CFPO 5000, Belleville, Ontario, K0K 3R0 or fax to Kim Ethier, Fax # 01149-7821-38729.

## Thank You

We would like to thank CFB Winnipeg Base Commander Col Armstrong, BCWO Scott, members of the military from CFB Moose Jaw and Winnipeg, Padre Roy, Padre Shields, Capt Nina Reilmuller, Sgt Brian MacMullan, MCpl Mike Huard, Geri Smith, MCpl Bob Lacoste (CFB Portage), members of the CFB Hawk and Beaver hockey teams, Rink Ratz, the staff of Keith Botley Arena, ambulance and staff at the Grace Hospital, Winnipeg Maverick and River Heights Cardinals hockey teams, Kelvin Clippers football team, Dennis Viallet and the Sir John Franklin Community Council and 408 Tactical Helicopter Squadron (CFB) Edmonton.

We would also like to thank Clements Funeral Home, Neil Bardel Funeral Services, Stranraer Royal Purple, Rosetown Rebecca's and Beta Sigma for the wonderful luncheon. A special thank you to all those who came from so far, those who brought food, all the flowers and donations made to the Heart Foundation and Minor Hockey.

A very special thank you to all the pallbearers, acting and honorary, the honor guard, and all our friends and family.

Your support and assistance is greatly appreciated.

Sharon, Jody, Cory & Jamie MacLeod

## Happy Easter



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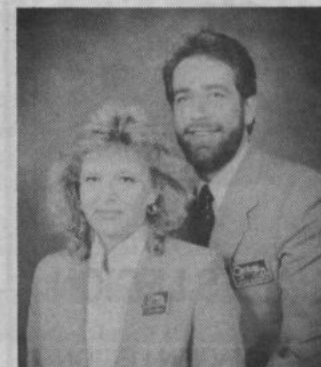


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