



**Free**

Base Chief Said . . . . . Page 2  
 C&E Bonspiel . . . . . Page 4 & 5  
 Sports . . . . . Page 10 & 11

CFB/BFC Winnipeg

25 January 1989

## Junior Ranks Christmas Dinner '88 As far as turkeys go...this one was great!



Col Reynolds carves the turkey under the watchful eye of Sgt Von Richter, the chief cook.



The "Maker of the Sauce" performed her duties with skill.

On 14 December 1988, single living-in and living-out junior ranks assembled in the Red River Lounge in Building 61 to chat and drink punch prior to the Annual Junior Ranks Christmas Dinner which was held in the dining room upstairs.

Diners were piped upstairs where the youngest members of each sex were appointed "Base Commander" and "Maker of the Sauce". Members were then treated to a Christmas dinner consisting of shrimp cocktail and turkey with all the trimmings.

Officers, Warrant Officers and Sergeants were kept busy serving dinner and wine to the 120 diners. Idle servers were put to use singing Christmas carols to help enhance the Christmas spirit.

The dinner ended with Christmas pudding, complete with rum sauce, prepared by the "Maker of the Sauce".

A special thanks goes to MWO Warner, Sgt Von Richter and their staff for an excellent meal.

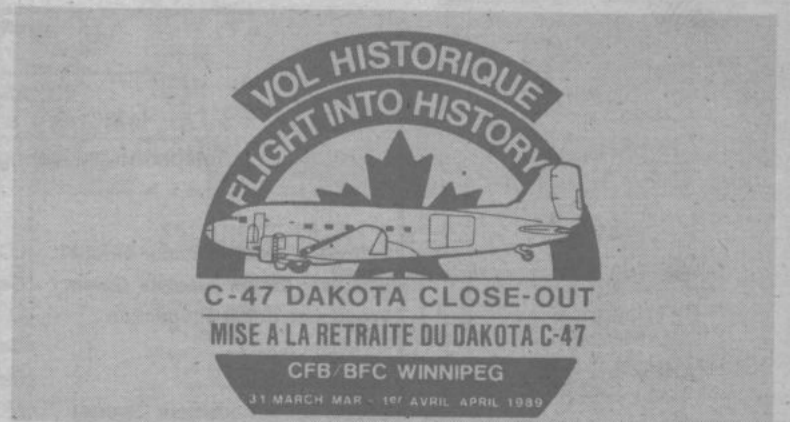


Again this year Cpl Christy Perry piped the diners in and out of the dining room.

## C-47/Dakota Close Out



LGen Ashley, Commander of Air Command, is modelling the sweatshirt and hat made especially for the C47/Dakota Close-Out function. As well, LCol Jerry Elias, Commandant CFS and the Chairman of the Close-Out Committee, is holding a T-shirt and decal.



C47/Dakota Close-Out items are now on sale and available through CFS, 402 Sqn, BADMO and DNDOL. The funds from the sale of these items will go towards supporting the activities of the C47/Dakota Close-Out which will take place here in Winnipeg on 31 Mar and 1 Apr 89.



# The Base Chief Said...

Well the wonderful holiday season is over, and I have made some resolutions which I believe are realistic, and therefore, will be kept. What are they you ask? Gosh, you're just like Quincy, you want to know everything. Well my number one resolution is to lose a few pounds. How much? I think realistically, I can shed 15-20 lbs. Oops! I almost forgot, that should be 7-10 litres, or is that kilograms? Musn't get in trouble with the Metric Man, that would never do. My second resolution is to quit smoking in 1989. You noticed I didn't set a definitive date. I did that on purpose. I want to make sure that I am mentally prepared to quit this time. I think that's half the battle. I also think it's about time. I'll keep you informed on my progress. By the way, I have been selected to participate in the "But Out Week" in

January. I shall attempt to go smokeless on 18 Jan 89, and according to my calculations, by the end of business on that day, I should be some kind of ugly.

Speaking of the holiday season, Christmas always brings out the best in people. It's a time of giving and receiving. I would like to congratulate all those sections who set up boxes for the Christmas Cheer Board of Winnipeg. They did good! The Base HQs sponsored a family, and Base CE held draws to raise money for the Cheer Board. As a matter of fact, the BTSO, LCol Gidley, won the CE Section Draw, and turned around and donated his winnings to the Cheer Board. That's the type of giving I'm talking about.

We made it through another snow storm, or I guess more correctly a blizzard. It was nothing like the storm of 1986. Compared

to that, this one was just a small blow. At any rate there was ample examples of people helping people. Vehicles were being pushed out of snow banks, cars were being boosted, and neighbours were helping neighbours shovel snow. Why right on our street, Sharp Blvd, there was a great demonstration of what being a good neighbour is all about. Major Cyril McFate, who lives about half way up the block, and who happens to have a snow blower, took the time to clear a path from his house to the corner of Ness and Sharp. His help on that Sunday was much appreciated. After all, there were two great football games on TV, I had a Sunday paper just begging to be read, and a hot pot of coffee on the stove.

It's been a bit cold lately, but I guess we will get used to it. I heard about a young airman who asked the doctor if he could get a sex change operation. It seems that he wanted to be able to wear one of those female fur hats with the straps that tie under your chin, and covers your ears. Go for it young man, or young woman, or young thing, whatever you

are. You may be sorry though, because if the trials are successful, we'll all have a unisex hat soon. You may want to hang onto your kit for awhile yet lad.

It is not my intention to become political, however, I'm kind of glad that Mr. Bourassa brought out the "Inside/Outside" policy. Now, when I go to Montreal, I'll be able to tell if I'm inside or outside. I'll also know where I can smoke. Everyone is worked up about the "Notwithstanding" clause. This might be something new for them, but we've had notwithstanding clauses ever since I can remember. If you don't believe me, just read QR&Os and CFAOs. They're full of them. I heard they were going to drain Meech Lake anyway.

I couldn't help but notice that the people doing the security checks at airports seem to be a bit more conscientious these days. When Ann and I flew back from Calgary on the 4th of Jan, there was an older gentleman in front of us who set off the metal detector. He happened to be wearing a hat, so the security guard asked him to remove it, so his hair could be checked. I thought the old guy was going to

die from a fit of laughter. I soon seen why too. When he did remove his hat, his head resembled a cue ball. The old guy told the guard, that if he did find his hair to let him know, because he hadn't seen it for 20 years!

I read with interest the item in routine orders concerning the deal that KLM has given to DND for colonels and above. It seems that these folks will be offered, at no-cost, an upgrade to Business Class when travelling on duty. Who are looking after the non-commissioned members you ask? According to Quincy, it's Pan AM!

Because NDHQ is tied up by the Charter of Rights and Freedoms when it comes to dealing with our deviates, someone came up with a great suggestion the other day. Their answer was to force feed these folks, then we can get rid of them through the CF Weight Control Program. Quincy thought that was a bit, bit.

Speaking of the old pooch, he's doing fine. If you do see him out and about these days, he will be wearing a sweater. What a wimp!



Colonel Reynolds cuts the ribbon at the official opening of the Herc Bar & Grill.

## Bar & Grill Grand Opening

The past year has seen a lot of changes in your CANEX. The Convenience Centre (still called the Service Station by many) emerged as a full diversified combination outlet. For those of you who are new to the base the expanded "Service Station" takes the place of our former large but extremely unprofitable retail store.

The new Herc Bar & Grill also opened its doors in the fall after a series of delays and problems. It seems like this project took forever when it was really only two years — light speed in our environment! The end result is a

real crowd pleaser, several Christmas parties for 1989 are already booked.


CANEX also experienced another first in 1988. Mr. Eric Brown received his Ten Year Pin. Eric is the first CANEX employee in Winnipeg to receive this pin and he is probably one of the first ever to have the presentation on a parade square! Congratulations, Eric and thanks for the loyal service.

After a year of firsts, improvements and much excitement CANEX in Winnipeg is looking forward to an extremely successful New Year.

## 429 SQN Bison Bits

After an uneventful Christmas season, 429 Sqn is back for another challenging year. This month's schedule was kind of slow with the exception of a few trips. Capt Granley and his crew came back from Colorado Springs. Fortunately for them, an opportunity was had for downhill skiing and everyone got a chance to demonstrate their ability in making themselves into snow-

balls. Besides this trip, the annual Pacific Trainer is underway with Capt Gottfried as Mission Commander and the crew. We will sure have good stories to tell on the next print. To finish, we would like to tell Lt Smith that a new car is a necessity, due to the who recall list being used every morning in search of a good samaritan to give him a jump start.



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# BOR News

At last report, you may remember that MCpl Julie Galant had "won a trip" aboard SF 594 with 429(T) SQN. Well, she made it back and here is a word or two she'd like to share with our readers:

"First of all, I would like to thank all those who made it possible for me to take the flight.

"Special thanks to Pte Linda Niven, who watched my two children in the evenings, and to my husband, Eddy, for all the money he did without'.

"As you know, we were a day late getting out of here, but we finally made it off the ground. The first thing that hit me was, 'Oh God, a 10 hour flight and we are

not allowed to smoke!!!. I did a lot of sleeping and eating to make up for it!

"We eventually made it to Barbados. What a wonderful sight, and swimming and walking down the shore were something out of this world (at least for me). Recife and Equador have a completely different way of life. The food and market places were excellent. The way in which people live and their morals are certainly different than in Canada (as I know it, anyway). My eyes were opened wider when I came home. To put it simply, places such as these certainly make a person appreciate Canada a lot more.

"Las Pas, Mexico, the last stop

on our journey, was 'different'! Food was in abundance, as were tequila sunrises and margaritas. As I departed Mexico, I must have been a sight to behold. Picture this: me, in a flight suit, (6 sizes too large), with a sombrero slung over my back, two pinatas in my arms and my flight suit pockets full of trinkets. 'Thanks Susan, for carrying my luggage'.

"A special thanks to Sgt Barkley for his help with money and exchange rates. My husband thanks you, too — I came home with some!

"To all crew of SF 594, a heartfelt thanks for being a terrific bunch to fly, party, shop and talk with. I am sure that a better group of people could not be found.

"I still say we should have spent Canada day in Mexico!!!"

The ongoing saga of "as Julie turns" continues. Gagetown — look out!!

# Thrill of a Lifetime



Left: Col and Mrs. VJ Lanctis, CO 14 Dental Unit; Col and Mrs. K. Carpenter, Aircom DCOS Log; LCol Jerry Elias, Comdt CFS/Aircraft Captain; Capt Speedy Fast, Adjt CFS/Chief Steward; Capt Brent Day, CFS Tutor Stds/First Officer; OCdt Trent MacGregor, Asst OpsO/Steward.

Col Lanctis recently embarked on his "Thrill of a Lifetime" after being the successful bidder at the Officers' Mess Charity Auction in the Spring of 1988 for a VIP box lunch served aboard the "Queen of the Sky" the venerable C-47. Accompanying Col Lanctis was

his wife, Marilyn and Col and Mrs. K. Carpenter. The VIP box lunch was donated by CFS and the crew for this occasion was Aircraft Captain LCol Elias, First Officer Brent Day, Chief Steward Speedy Fast and Steward OCdt Trent MacGregor.

# Sled Dog Teams Blaze a Trail



There will be "sled to sled" competition as the Tuffy's International Voyageur Sled Dog Classic begins February 11-12 in Winnipeg, Manitoba at the 20th annual Festival du Voyageur. Sponsored by Tuffy's Dog Food, the race is one of the largest sled dog competitions in North America and will serve as the third leg of the prestigious Tuffy's Triple Trail. This year's Triple Trail, the only three-weekend sled dog series in the world, began on January 14-15 in Bemidji, Minnesota and continued January 21-22 in Ely, Minnesota. More than 150 mushers and 3000 canines are expected to attend each leg of the series as sled dog racers worldwide continue their quest for Olympic status.

# VCDS thanks CFB Winnipeg

Many thanks for all the hospitality which your Base provided during my recent visit to Air Command Headquarters.

It was a pleasure to return to Winnipeg and even more so to be given such a warm and hospitable reception. I am particularly grateful to the officers, men and women, who provided the quarter guard on my arrival at the Headquarters, and the guard on my departure from the airfield afterwards.

I enjoyed the opportunity of visiting the Junior Ranks' Mess and I have written to the PMC to thank him.

I would also be most grateful if you would pass on my thanks to all of your personnel who contributed to making my visit such a pleasant and a useful one.

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# 1988 Air Command

A gathering of broom wielding Communications and Electronics personnel from all across Canada signaled the start of the annual Air Command C&E Bonspiel. This year the roaring event was hosted by Air Command Headquarters. BGen G.R.J. King, Chief of Staff Operations, threw the first rock to open the three day 'spiel' on Nov 21st at the Fort Osborne Curling Club.

Hosting an event of this size became a full time job as opening day approached. Headquarters staff led by Bonspiel Chairman, Maj Fred Fillion arranged the housing, feeding, transportation and entertainment for 75 happy curlers. Members of the committee were Capt Doug Goodwin, Sponsors; CWO Joe Korponay, Social Events; Capt Gerry Maiers, Drawmaster and WO Jerome Lavoie, Accommodation. Maj Frank Truman kept a tight reign on the budget as well as serving as D/Chairman.

Teams took part from such far flung units as CFS Holberg, CFB Gander, CFB Trenton/ATG, ATCCU and TRACS STU, CDN NRHQ North Bay, CFB Portage, CFB Cold Lake and 42 Radar as well as Air Command Headquarters.

As a result of their fine play the winners were:

D Event:  
Air Command Headquarters #2

- Fred Fillion
- Wilf Tober
- J.F. Simard
- Jerome Lavoie
- BGen "Sky" King

C Event: 73 Comm Group

- Gerry Gallant
- Dennis Williams
- Shorty Watkins
- Dave Nelson

B Event: CFB Chatham/Portage

- Bob Seeley
- Ken Forsyth
- Pat MacDonald, and

A Event: Canadian NORAD Region HQ #2

- Andy Gagnon
- Dave Stiller
- Joan Hoard
- Gary Crossman

It's only fair to point out that the 'Heavy Sweepers' Award went to Moose Jaw Rink #2.

The winners of the A event were awarded Hospitality Class trip ticket to and from any destination in Canada thanks to the generosity of our main sponsor, Air Canada. Everyone was a winner with every rink being awarded prizes thanks to the sponsorship of:

- C&E Branch Fund
- AFCEA Canada
- CN/CP Telecommunications

- TELSAT Canada
- UNISYS
- NRS Block Brothers
- CANEX
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- Curlers Warehouse
- CANAC/MICROTEL
- MTS
- Corby/Wisers
- Grant and Mary Clement (REMAX)
- Seagrams Distillers Ltd
- Bacardi
- CIBC

The evenings were filled with off ice activities. A Meet and Greet was held on Monday, and many of the participants anxiously gathered around a TV waiting for updates on the election. Tuesday was the night of the euchre and crib tournament. On Wednesday evening the big wrap-up banquet was held at Lipsett Hall, followed with the presentation of the Air Command C&E Trophy and prizes, by Col M. Charron, Deputy Chief of Staff Communications and Electronics.

Col Charron used the opportunity to address the guests and to point out that "this is one of the few occasions when representatives of the large C&E Community of the Command and their

Winner of the "A" Event and Recipients of Air Canada Hospitality Tickets

Les gagnants de la Classe "A" et récipiendaires des billets d'Air Canada



Rink from Canadian NORAD Region  
Équipe de QG Région canadienne NORAD

Left to Right/Dans l'ordre habituel:  
John Hoard, Garry Crossman, Dave Stiller and Andy Gagnon.

guests have the opportunity to fraternize outside the formal framework of visits and meetings." We must "make the most of these precious hours to foster our Esprit-De-Corps and get to know each other a bit more."

Next year the C and E personnel of Air Command will gather again to pitch friendly battle for the honour of AIRCOM Champs and the opportunity to add to a most unique championship trophy. Per Ardua Ad Astra.

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# C & E Bonspiel

Le 21 novembre dernier, le Quartier général du Commandement aérien recevait des représentants de la branche des communications et de l'électronique d'un bout à l'autre du Canada pour participer à l'événement annuel tant attendu: le "Bonspiel" du commandement aérien, division des communications et de l'électronique. Ce matin-là, au club du curling Fort Osborne, le Bgén G.R.J. King, Chef d'état-major — Opérations, nous honoraient de sa présence et inauguraient officiellement le tournoi en lançant la première pierre.

La tenue et le succès d'un événement de cette ampleur, il va sans dire, demandent beaucoup de ses organisateurs qui, sous la présidence du maj Fred Fillion, ne ménagèrent aucun effort. Procurer le gîte, nourriture, transport et loisirs à 75 joueurs n'est pas tâche facile. Le comité se composait ainsi: le capt Doug Goodwin, recrutement des commanditaires, l'adjuc Korponay, responsable des activités sociales, le capt Gerry Maiers, responsable de l'horaire des parties, l'adj Jérôme Lavoie, assigné aux accotments et le maj Frank Truman qui magistralement tenait les cordons de la bourse en plus d'occuper le poste de Vice-président.

Des équipes venues d'aussi loin que SFC Holberg, BFC Gander, BFC Trenton/QG GTA; UCCA, USF SRTC de North Bay, Portage La Prairie, BFC Cold Lake,

42 Escadron de radar étaient au rendez-vous, de même que trois équipes de ce QG. Tous défendirent fièrement leurs couleurs pendant trois jours de compétition pour déterminer les gagnants suivants:

Classe D — QG C air (no. 2)

- Fred Fillion
- Wilf Tober
- J.-F. Simard
- Jérôme Lavoie
- bgén "Sky" King

Classe C — 73 Groupe de communication

- Gerry Gallant
- Dennis Williams
- Shorty Watkins
- Dave Nelson

Classe B — BFC Chatham/Portage

- Bob Seeley
- Ken Forsyth
- Pat MacDonald

Classe A — QG RC NORAD North Bay (no. 2)

- Andy Gagnon
- Dave Stiller
- Joan Hoard
- Gary Crossman

Il faut souligner que l'équipe de Moose Jaw (no. 2) décrochait le titre de "l'Ordre des balayeurs vigoureux".

Les gagnants de la Classe A se méritaient un billet aller-retour, toute destination au Canada, une gracieuseté de notre commanditaire principal, Air Canada. En fait, chaque joueur se vit offrir un prix grâce à la générosité des commanditaires suivants:

C&E Branch Fund



The last stone is delivered. DCOS C&E rink came up a bit short, allowing the rink from Cdn NORAD Region HQ, North Bay to win the "A" Event of the Air Command C&E Bonspiel 1988.

La dernière pierre décidée du gagnant de la Classe "A", l'équipe QG RC NORAD North Bay, devançant du même coup, l'équipe SCEM C&E lors du Bonspiel C&E 1988 du Commandement aérien.

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 MTS  
 Corby/Wisers  
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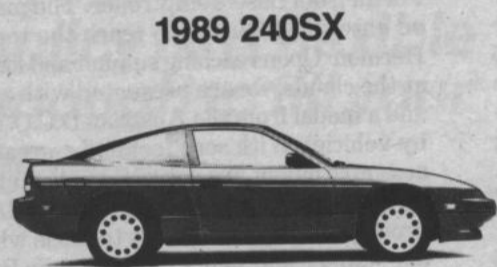
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 CIBC

Le curling se déroula pendant la journée mais les soirées furent aussi bien remplies; commençant par la soirée de bienvenue, le lundi soir, qui fut quelque peu perturbée par les résultats des élections fédérales! Suivit mardi le tournoi de euche et crib. Mercredi, le banquet au Lipsett Hall clôturait le Bonspiel avec la présentation des trophées et des prix par notre Sous-chef d'état-major

— Communications et électronique, le col J.J.M. Charron. Ce dernier ne manqua pas l'occasion de nous adresser quelques paroles sages se résumant comme suit "Ceci est l'une des rares occasions où divers représentants de notre communauté C&E ont l'occasion de se rencontrer et de fraterniser en si grand nombre et en dehors d'activités plus formelles. Profitions donc de ces heures précieuses pour renforcer notre esprit-

cont. pg. 14

## BIRCHWOOD NISSAN PRESENTS



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## South Side Community Council

Howdy! Well there is an active South Side Community Council and now we are going to advertise it. I know that some people already know that we existed but there have been a lot of new people posted in last summer. We normally meet the first Wednesday of each month at 13:30 hours in the Lipsett Hall Lounge.

The South Side PMQ's are divided into six wards. Ward 1 is located on the east side of Kenaston Blvd between Corydon Ave and Fleet Ave. Ward 2 west side of Kenaston Blvd between Corydon and the Catholic Church and includes the east side of Grenadier Drive. Ward 3 is from west of Grenadier Drive and all the way down Blanche Ave. Ward 4 is north of Blanche west of Grenadier to Corydon Avenue including Doncaster and Maurepas Crescent. Ward 5 and 6 are

the areas north of Corydon Avenue to Tuxedo Blvd. Each one of these wards have councillors who have volunteered to represent you in your ward, except Ward 5.

The President is Sgt Denise Fontaine who lives at 164 Blanche Ave. She will tell you who your councillor is. I'm working on a new list of councillors and when it is done it will be published.

The skating rink is now in full operation. Many thanks go out to Jim MacKay and his arena committee who have spent many hours out in the cold making ice.

I hope to get many more articles in the Voxair to keep everyone informed as to what's happening in the community. For your information, there will be a Community Spring Fair on April 15, 1989, from 10:00 hrs to 16:00 (4 pm) at Lipsett Hall. A \$5.00 table charge will be levied to participants to display their crafts or hobbies. The Fair is open to all Military Personnel and dependents. So come on out and display your stuff or just look around and see what other people are doing and meet some of the people in your community.

So until next time keep on smiling.

# WO Mattson reaches the top!

Report from the Middle East

by WO D. Mattson, Chief Cook  
Camp Ziouani, Israeli Occupied Syria



WO Dave Mattson receives his certificate from the Austrian D.C.O. at the top of Mount Hermon, Syria.

During the weekend of 8/9 October, 1988, the Austrian contingent of the United Nations Disengagement Observer Force in Syria sponsored their Bi-Annual AUSBATT March. This event provides a challenge for those who wish to take part in a two day assault on the highest point of Mount Hermon, Syria's highest peak.

Day one finds a total of 230 "volunteers" from various contingents including AUSBATT, FINNBATT, POLLOG and CANLOG, gathered at a location called Position 20. With a 20 lb. pack including S.M.G., groups of three are released at two minute intervals to start the stroll toward the base of the mountain. After five hours and seventeen kilometres of terrain that has one wondering why he volunteered, we arrive at Position 10. From here we are transported back to AUSBATT main camp for supper and a well deserved rest.

At 0300 hours the next day, we are up, have breakfast and are transported back to Position 10. Here we are informed that the previous day was merely a warm-up and the mountain awaits. The

terrain today would prove difficult for a mountain goat. This time after nine hours and twenty-five kilometres we reach the top.

The two day total of forty-one kilometres (twenty-five miles) and an elevation of one point one miles higher than when we started was attacked by thirty-three Canadians including two adventuresome Warrant Officers from CFB Winnipeg, WO Mattson from Base Foods and WO Fortin from Base Comptroller. The march included entering Lebanon to reach the top of Mount Hermon. Upon reaching summit and looking down at the clouds, we are presented with a certificate and a medal from the Austrian D.C.O. (he arrived by vehicle). With sore feet and a great feeling of accomplishment, we descend the beaten mountain by Austrian transport and return to CANLOG to proudly display our medals to those who doubted our stamina and sanity. Both Captain Beatty's can be proud of the Warrants for completing this gruelling and difficult challenge.

Well done — we deserve it!

### WESTWIN COMMUNITY COUNCIL BINGO!

Wednesdays: Earlybird — 7:00 p.m. Regular Games — 7:30 p.m. (50/50 Split)

COME OUT, HAVE FUN, & WIN MONEY!

Building 21, CFB Winnipeg  
Beside Air Command  
End of Sharp Blvd.

EVERYONE WELCOME!

Kids 14 & under welcome to play with parental accompaniment.

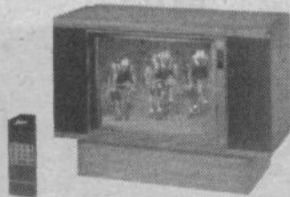
Share the Wealth — 60/40 Split  
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### HOBBY & CRAFT FAIR

Would you and/or a family member be interested in participating in a South Side Community Hobby and Craft Fair. This fair is open to all CFB Winnipeg residents and will be held Saturday, 15 April 1989. If you are interested and/or have any questions please call Cathy Bissonnette at 489-1115 or Willie Cherry at 489-6701.

### Posting season is here!

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

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# Play it safe in the bitter cold

Finally, that late-night meeting is over. You head across the parking lot pulling your coat closer to ward off the 40-below wind-chill factor. The inside of your car feels like a deep freeze and you quickly turn the key in the ignition. Nothing. It won't turn over. Your battery is dead. You flag down your colleague and ask for a battery boost. As you go to open your trunk for the booster cables, you discover the lock is frozen. When you finally break into the trunk through the back seat, you blow your battery by hooking up the cables incorrectly.

This scenario plagues Canadian motorists far too often during winter cold spells. To ensure your locks don't freeze you out of your car, always carry a lighter, matches or a small container of lock antifreeze in your purse or jacket — particularly if you've just had your car washed. Try heating your key as well as the lock to thaw the ice.

And if you use booster cables, be sure you know what you are

doing. Connecting booster cables improperly can cause a battery to explode.

Remember this checklist:

- both batteries must be the same voltage
- cars must not be touching
- both ignitions and all accessories must be turned off
- both cars must be in 'park' or 'neutral'
- both cars must have the emergency brake on
- attach red clamps to positive terminal of dead battery and then positive terminal of good battery
- attach black clamps to negative terminal of good battery and

then to engine block of car with dead battery to ground it

- start car with good battery
- then try starting car with dead battery
- when car starts, remove cables in the exact opposite order in which they were connected.

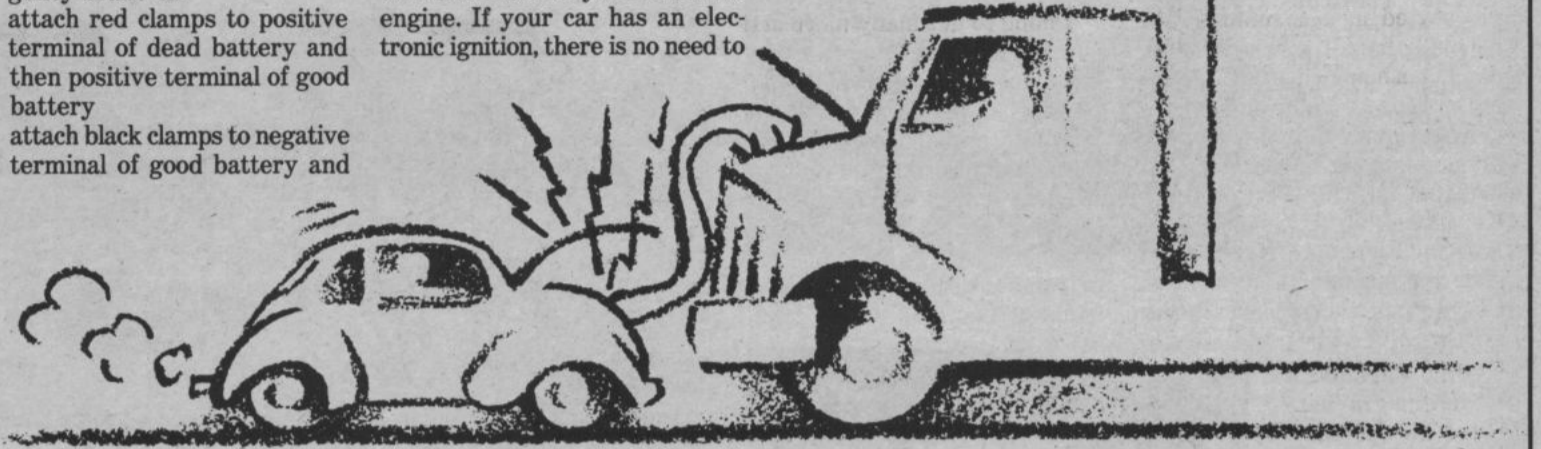
To start your car during cold weather, press the gas pedal quickly to the floor once; release it and turn the key. Don't pump the accelerator or you'll flood the engine. If your car has an electronic ignition, there is no need to

press the gas pedal. Simply turn the key.

It's a good idea to keep your gas tank above the halfway mark in very cold weather to help prevent moisture freezing in the fuel line. The extra weight of the fuel will also give you better traction. And, if you are unfortunate enough to get stranded somewhere, the extra fuel will be a welcome benefit.

Uniroyal Tires and the National Auto League have teamed up this fall in a major promotion to remind you to "Play it Safe" by planning ahead for potential winter driving emergencies.

*One in a series of articles providing tips on safe winter driving.*



## Base Ops talk

Well it's a New Year. I hope everybody had a warm, safe and happy festive season.

As you know our Christmas dinner and dance was a great success and everyone I talked to had a great time. Since my last note a

whole heck of a lot has happened. We had two people promoted to Warrant Officers, WO Bill Keats now retired and WO Paul Deschambault both from the weather office. Sgt Rick Labadie and MCpl Sylvian Tousignant were also promoted both from

ATC. Congratulations is extended to all. The weather office is glad to welcome a new weather guy in Paul Vanderhorden who came to us from the School of Met prior to Christmas. Also WO Deschambault will be going to sail on the big blue yonder and

try his hand at being a sailor on our East coast. Good luck to Paul and his family. It seems that Rick Labadie has also decided to move his family to CFB Edmonton during the summer months.

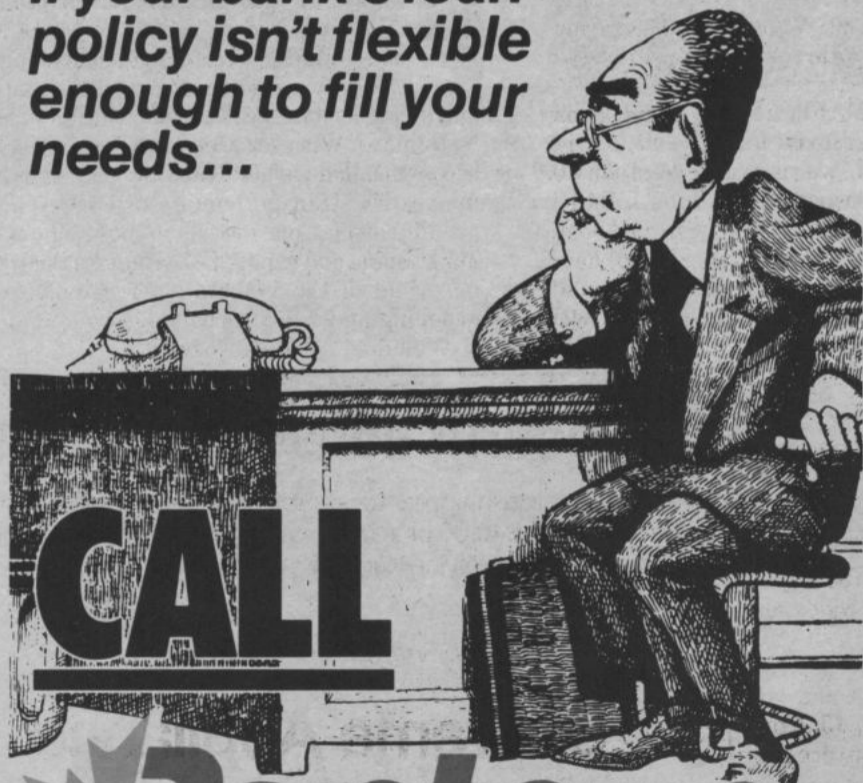
The Base Met/ATC curling team is continuing to do very well in the intersection league and is expected to bring home the gold. A new entertainment committee is in charge now and they have

promised to keep everyone socially satisfied, something for everyone.

Well just a short one this time and remember to keep the children warm. Until next time; may the gate be at your back, may the drifts not obscure your vision, and may you have your driveway shovelled out more than a half hour before the snow plow fills it in.

### Rentown RENT OR RENT-TO-OWN

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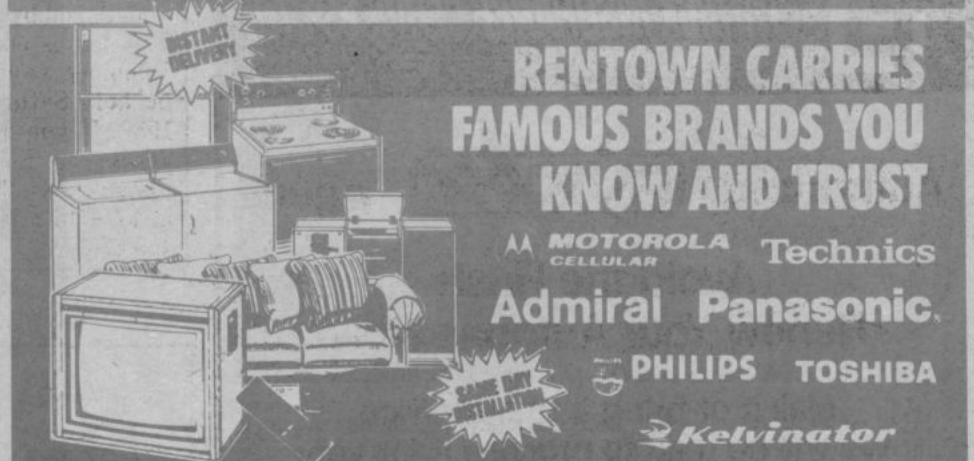
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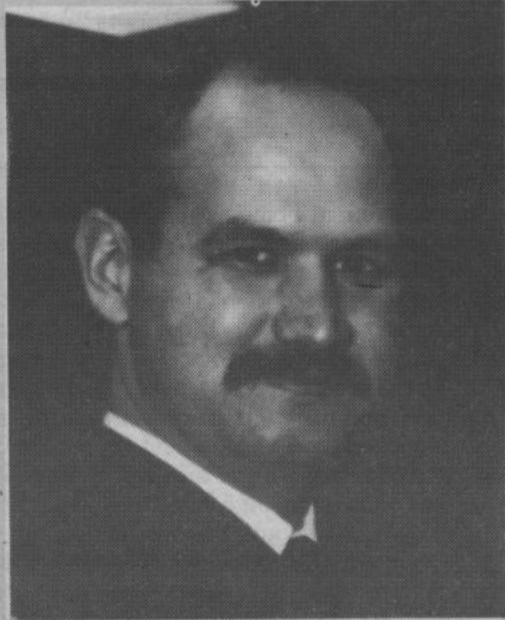
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# CFS Met

**CERTIFICATE OF ACHIEVEMENT** — Sgt S.P. Broughton, a recent graduate of the Meteorological Technician QL6A 8802 course, received the Certificate of Achievement. The Certificate of Achievement is given to the student who has attained the highest academic standing on that course.



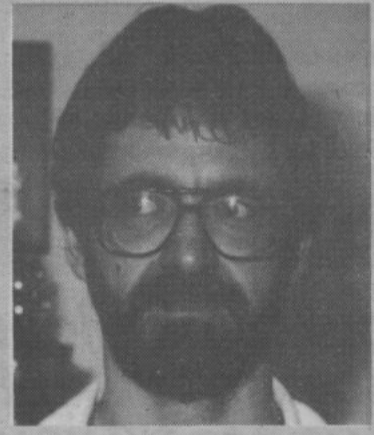
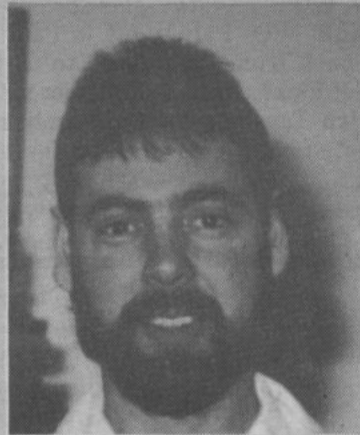
**CERTIFICATE OF MERIT** — MCpl J.F. Paradis, a recent graduate of the Meteorological Technician QL6A 8802 Course, received the Certificate of Merit. The Certificate of Merit is given to students who have excelled in all aspects of training, and who have demonstrated through attitude and leadership ability, a high potential for continuing excellence in the Meteorological Technician Trade.



Graduation — The Meteorological Technician QL6A 8802 Course Graduation was held on Dec. 08/88 at the Canadian Forces School of Meteorology.

The graduates were MCpl Graves, MCpl Meager, MCpl Corbin, MCpl Paradis, MCpl Beals, and Sgt Broughton. QL6A Graduates are employed throughout the Canadian Forces Weather Service as Briefers. They provide Weather Briefings in support of military operations.

## BEME Suggestion Award



Mr. Chris Young and Mr. Larry Dezan of Base Electrical and Mechanical Engineering recently received Suggestion Award Certificates. They were also issued cheques of \$50.00 for their suggestion on modifying the Bombardier Ski-Dozer from Cape Dyer.

## 3 RSU



MCpl Andy Anderson, a Supply Technician at 3 Regular Support Unit, recently received his CD1 from Maj Don Tulloch, Commanding Officer. Congratulations, Andy!

## B Compt Promotion



Cpl Suzanne Richer, NPF Cashier, received her promotion to that rank on November 30th, 1988. Congratulations, Suzanne!



# 73 Comm Gp



LCol E.J. Sim, Commander 73 CommGp, with his CO(S) and HQ staff, were joined by Col Maes, the Sr Comm Reserve Advisor, and other senior comm reserve personnel from Saskatchewan and Manitoba at his recent annual CO(S) conference held at CFB Winnipeg on 18-19 November, 1988.



LCol E.J. Sim, Commander 73 CommGp, presents MCpl Marilyn Renaud with her Sgt stripes effective 1 Dec 88. Sgt Renaud is the FIN Supr at 73 CommGP HQ.



Horm is tending to the needs of his men after a hard day fishing for their dinner. Thank Heavens for BFoods as it looks like the catch-of-the-day had four legs!

## BAMEO

Congratulations to Horm Irani of BAMEO on his recent promotion to Captain. As a lengthy and exhaustive search of file photos couldn't turn up a photo of him at work, the following picture of him on Exercise demonstrates the leadership form that earned him his bars:

## Airwoman of the month



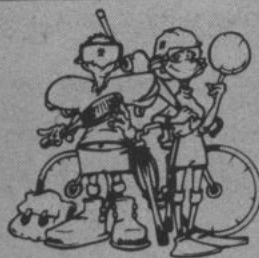
MCpl Kim Stark

MCpl Kim Stark is a Safety Systems Technician who has been employed in the BAMEO Safety Systems Section since July 1983.

MCpl Stark has an excellent professional background. Recently promoted to her present rank, she was commended by the Commander of the Central Flying School for expediently fitting seven visiting USAF Pilots with

helmets and parachutes, as well as expertly briefing them on the Tutor ejection seat procedures. In December, she unselfishly spent many hours performing checks in order to find a solution to a problem on the CC130 fire extinguishing system.

MCpl Stark's contribution towards the efficiency of the BAMEO Organization has earned her the distinction of Airwoman of the Month.



# SPORTS ANNOUNCEMENTS

## Swim coast to coast

Do you like a Challenge? Or do you need a challenge? To get the heart pumping and the legs kicking for every 64 lengths at Lipsett or 72 at Westwin is worth 5 miles towards CFB Winnipeg's Collective Challenge to Swim across Canada. If you like to sign up give your name to the Duty Lifeguard (PERI) and they will



record your lengths. Once we have completed our Swim anyone who participated will receive a certificate with the amount they contributed during the challenge. So you avid or casual swimmers start to record your lengths. For you who need an incentive here it is (for more info contact MCpl Pearce Bldg 90 Loc 5514).

## Ladies Curling News

This column has not been graced with a report from the Ladies Curling Section for some time. Everything is going along fine.

This is to remind you that the Ladies Open Bonspiel, "The Bonnie-Bonnet", is just around the corner. This year's dates are Feb. 22, 23, 24, 25. No daytime curling. Draws to start at 6:00 p.m. Price \$72.00 per rink. Banquet & prizes on Feb. 25. DEADLINE FEB. 8. Entries to BONNIE LEULLIER, 125 McINTOSH HEADINGLEY, MB. Come on gang get those

entries in early.

Now for further information: The annual GRANNY BONSPIEL will be held at F.O.B. March 2, 1989. Time 1:00 p.m. Dress — Traditional Granny Garb. Prizes for best dressed granny. Numerous other prizes.

2 — 4 end games to be played with a sherry break in between. Lunch will be served at completion. PRICE \$7.00. Come on all you grandmothers. Contact RETA CAMBELL 837-4781 or NORMA KOHLI 889-6645. Deadline 14 Feb. 1989.

## Junior curling

C.F.B. Jr. curling is doing well with a membership of 25 registered curlers, however we are still accepting entries for the remainder of the curling year. The age limit is 10-19 years, male and female for the reduced price of \$5.00.

We had representation for the Jr. Mens Zone Playdown, skipped by Steve Schneider, Third Kevin Boitson, second Gord Henry, lead Brian Mabee.

In the Christmas Bonspiel, the Jr. Men were represented by the above team. The Jr. High school boys team was skipped by Trevor Jorgensen, third Ken Boitson, second Jeff Lins, lead Elvis Amizic. Jody Anscorb skipped the Jr. Women, third Lori Beckstead, lead Amber Clemons. A good time was had by all.

The Jr. Womens Zone Playdown began Jan. 7. The team entered was skipped by Jody Anscorb, third Jody Smart, second Lori Beckstead, lead Miranda Schofield. Well done, girls.

For further information contact WO Stan Schneider Loc 5305 work, 489-8838 home.

## Base Badminton Play-offs



15 Feb 89 0800-1600  
Bldg 90 Gym Floor  
Military Personnel only  
Regional Qualifier

Mens Open!!

Ladies Open!!

Senior Men!!

Masters Men!!

(Regionals will be in Shilo 13-17 Mar 89).

Registration NLT 10 Feb 89

For further information and registration contact Cpl Shirley at Bldg 90 Loc 5511.

## Broomball Flyers

Well, it's 1989 and the CFB Winnipeg Men's Broomball team are looking for Gold at the Military and Civilian levels. On 16-20 Jan 89 the team went to CFB Shilo for the Prairie Region, and on 3-5 Mar 89 the team is off to Roblin Manitoba for the Manitoba Championships. The Flyers are the defending CF National Champs and are one of the top

ranked teams in Manitoba. Our goal is to take one at a time. The team would also at this time thank WO Thiverge of Aircom/MILE for his dedication and diligent work to make this season possible. He will not be with us in the regionals because of work commitments but we're determined to bring back the Gold (Flyer Broomball).

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## Base Insurance Office February Office Hours

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# Meet the Flyers

## Ladies Volleyball



**FRONT ROW:**  
Sgt Anne Martin, 2Lt Nathalie Juneau, 2Lt Jacinta Fitzmaurice, Lt Cynthia Hollett.

**BACK ROW:**  
Sgt Kathy Cox (Coach), Pte PHEME Walsh, 2Lt Dawn Hislop, Cpl France Claude Rivard, Pte Dana Harvie, MCpl Janice Harrison, Cpl Donna Dunbar, (missing Cpl Tracey Messier).

The CFB Winnipeg Ladies volleyball team is busy preparing for the regionals which will be held at CFB Penhold from 19 Feb to 24 Feb 89. The team has good all round depth this year with good hitters and setters. The girls hope to improve their show-

ing from last year with another year of experience under them. The team is presently in first place in their league and are going into some tournaments before heading to Penhold. We wish the girls good luck, bring home the gold.

### Running in cold weather



Invigorating. That can easily be your reaction towards a run on a cold, crisp day. But painful might also be that reaction if you don't prepare for the cold.

In cold weather, you are prone to injury because your muscles and tendons are tight. What's more, the fingers, toes, nose, lips and ears are susceptible to frost-bite. You can suffer, too, from sprains, bruises and broken bones if you slip and fall on the ice. Make running in cold weather enjoyable by heeding the following advice:

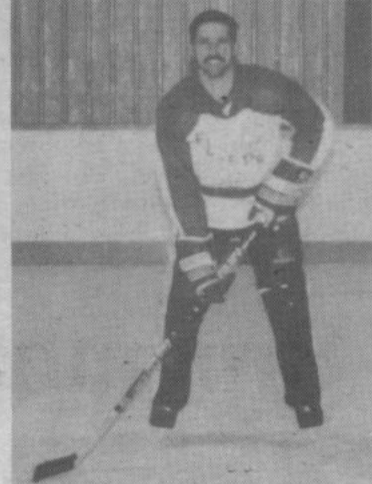
1. Warm up slowly and completely before running.
2. Wear several layers of thin clothing to keep warm. Nylon is especially good because it acts as a wind barrier.
3. Wear a woolen toque to conserve body heat and prevent frostbitten ears.

4. Wear mittens or gloves to protect your fingers from the cold.
5. Put on a ski mask, when it is extremely cold to protect nose and lips.
6. Keep feet dry.
7. Run during the warmest part of the day.
8. Run into the wind when you first start and run with the wind when you return.

For training tips and running programs contact Cpl Grasley at local 5514 or drop into Bldg 90.

As we enter the new calendar year of 1989, the CFB Winnipeg Flyers Base Hockey Team is presently starting an intense period of fine training in preparation for the prairie regionals to be hosted 20-24 February by CFB Calgary and The Nationals 21-26 March by CFB Baden.

In preparation for the regionals, the Flyers are currently playing in the Labatts Super League

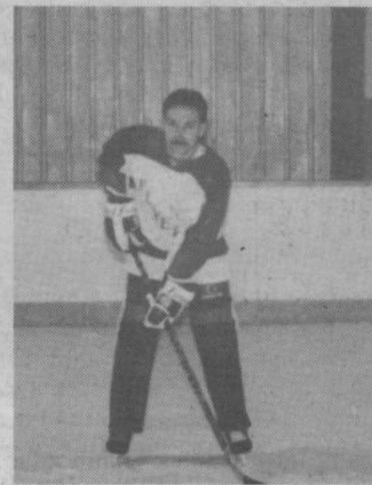


MCpl Kevin Verschoore

Kevin is presently employed with 2PPCLI Maintenance Platoon. Kevin is a twenty-eight year old right winger who is playing in his first year with the Flyers. Kevin's gifted skating ability, combined with a shot like a cannon definitely makes him a threat to opposing goaltenders.

Classic Division against established teams made up of ex-pros senior and junior players. After a slow start due to the absence, on exercise, of several 2 PPCLI players, the team is presently playing above .500 hockey with a record of nine wins, eight losses and three ties.

And now an opportunity to meet four members of the 1988-89 team.



Cpl Jacques Gautier

Jacques is presently employed with BAMEO Servicing. Jacques is a thirty year old, who is playing in his third year with the Flyers. Jacques's vast experience, combined with natural talent, makes him an integral member of the team's defence.



MCpl Scott Hornbrook

Scotty is presently employed with 2PPCLI Charlie Company Transport. Scotty is a twenty-three year old goaltender who, although playing in his first year with the Flyers, played on three Canadian Forces Championship Teams, one Regional Championship Team and was a member of the 1988 CFB Baden National Champions. Scotty's acrobatic agility and quickness make him an excellent standup goaltender.



Cpl Tom Ried

Tom is presently employed with 2PPCLI Administration Company Stores. Tom is a twenty-five year old left winger who, although playing his first year with the Flyers, played on three Canadian Forces Europe Championship Teams, two Regional Championship Teams and was a member of the 1988 CFB Baden National Champions. Tom's speed combined with his nifty moves, proves him an absolute frustrating experience for opposing goaltenders.

### SQUASH CLINIC

Free "Mini Clinic" on Squash Refereeing will be held at the Squash Courts, Bldg 21, Wednesday, 22 Feb 1989 from 1930 to 2100 hrs. Any interested persons, phone Capt Hainsworth, loc 5677 for more info.

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# Command Manning & Policy Session – RC Chaplains



Attendees at the Manning and Policy Sessions held in Winnipeg for RC Chaplains of the Command are:

(1st ROW) Father Edward Jankowski, Base Chaplain CFB Toronto; Father Pierre Vaillancourt of NDHQ, representing the Chaplain General; Brigadier-General H.M. Sutherland, Chief of Staff Support, Air Command Headquarters; His Excellency the Most Reverend André Vallée, Bishop Ordinary (RC) to the Canadian Forces; Fathers Roger Bazin, Command Chaplain; Allan Stack, Assistant Command Chaplain; Robert Gagnon, Base Chaplain CFB Ottawa.

(2nd ROW) Fathers Richard Durand, Air Reserve Chaplain, Montreal; John Tracey, Chaplain NDMC; John Domotor, Chaplain CFB Cold Lake; Ray Vickers, Base Chaplain CFB Greenwood; Gaston Gagnon, Base Chaplain CFB Bagotville; Julien Beaulieu, Chaplain CFB Greenwood; Ben Perreault, Base Chaplain CFB Edmonton; Reg McKenna, Base Chaplain CFB Goose Bay; Erlindo Molon, Chaplain CFB Winnipeg (S); Rhéal Turgeon, Base Chaplain CFB Trenton; Whalen Bossé, Chaplain CFB Trenton; John Edmonds, Chaplain CFB Edmonton; Jacques Landry, Base Chaplain CFB Shearwater; Jacques Hamel, Chaplain CFB Ottawa (N); Bill Turner, Base Chaplain CFB Chatham; John Affleck, Base Chaplain CFB Moose Jaw; Jacques Marcoux, Base Chaplain CFB Winnipeg, John MacIntyre, Station Chaplain CFS Holberg.

Missing from the picture are: Fathers Jozef Dabrowski, Base Chaplain CFB Summerside; Jack Grech, Base Chaplain CFB Penhold; Paul McKeown, Base Chaplain CFB Cold Lake; Lucien Roy, Base Chaplain CFB Portage; Rusty Shantz, Base Chaplain CFB North Bay; Gerry Veilleux, Base Chaplain CFB Comox.

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# Greetings from the Chapels

# CHAPLAINS CORNER

## Don't worry; be happy!

This is a crazy time of year, isn't it? I mean the hype of Christmas is gone; you're finding that all those resolutions you made over New Years aren't all that significant, (anyway); the snow just keeps getting deeper and deeper; you're just beginning to realize how much you *really* spent over the holiday; and, what's all this B.M.I. garbage? You're beginning to believe that age old adage which says, "Women's faults are many, Men have only two; everything they say, and everything they do!"

There is another age old adage you know, (probably closer to the truth), — "We are architects of our own demise!" — and what really hurts is, it's true. *We don't listen!*

For instance:

- i) many times over the holiday season, I remember hearing over the radio and television (and saying from the pulpit), "Please try to put Christmas into its proper perspective"....
- ii) When I was making my resolutions at New Years, there was that little voice in the back of my head which kept saying, "Come on Garry, get real, be realistic!...."
- iii) My shoulder and back tell me it's easier to move a

little snow each day, than to move a 2,000 pound car stuck in a mired driveway...

iv) Then there is that little all-knowing voice (you know the one which wears the wedding ring) which says, it is too expensive and we really don't need it anyway...

v) And finally the voice of BIG BROTHER which has been warning us for months about that 'extra' potato, or 'other' slice of pie, and what it would do to your *Body Mass Index*...

So what does all this mean for me and you? *Basically, I believe it means that we personally create a lot of the stress we experience in our lives.* Stress which might very well be eliminated if we only took a moment to reflect on the possible outcome of our actions. This goes beyond our own lives too! It has a very great influence on our interpersonal relationships with other people — our parents; our spouses; our children; our bosses; our workmates; our bank managers; you name them and the way we act towards them, (a direct result of our communication skills), either creates or reduces stress in our lives, as well as theirs. Practical application: try to get a good

P.E.R. out of a supervisor you've just stressed out because you didn't listen to what they were saying to you!

So what does all this mean to me and you? Basically, I believe it means that there are so many areas in our lives which we do not control and are stress creators, we need to work very hard at reducing the stress creators which we do control. Allow me to list but a few of the signs of failure to handle an over abundance of stress:

- i) nervous breakdowns;
- ii) depression;
- iii) uncontrollable anger;
- iv) unreliability;
- v) stroke;
- vi) alcoholism;
- vii) heart attack;
- viii) drug abuse; etc., etc., etc.

So what does all this mean to me and you? Basically I believe it means that if you are experiencing anything at all close to stressed out because of .... whatever .... talk to your Padre, doctor, financial counsellor, whoever. Get some help, because this is the time of year which is most dangerous for the individual who has even *little problems*. The CF provides for its members the best social services in the world, but like anything else worthwhile, they are of no value if those who need them don't use

them. If you have a problem, call your Chaplain today and find out where the best assistance can be located, after all, it's in *The Book*, "Ask, and you will receive, seek, and you shall find; knock, and the door will be opened." Matt 7:7.

Don't worry; Be happy!

Padre  
Kenn Garrity



### CHRISTMAS SERVICE SCHEDULE

CHAPEL OF THE GOOD SHEPHERD (P) Whytewold and Silver Avenue	ST. ANDREW'S CHAPEL (P) Kenaston and Grant Avenue
11 DEC 1700 hrs Sunday School Pageant & Ecumenical Sing-A-Long	10 DEC 1700 hrs Sunday School Concert
24 DEC 1900 hrs Christmas Eve Service	24 DEC 1900 hrs Christmas Eve Service
2300 hrs Midnight Christmas Service and Holy Communion (A.C.C.)	
25 DEC 0900 hrs Holy Communion (A.C.C.)	
1100 hrs Divine Worship Christmas Day	

### PROTESTANT CHAPELS

CHAPEL OF THE GOOD SHEPHERD (NORTH)	CHAPEL OF ST. ANDREW (SOUTH)
0900 hrs, Eucharist (ACC) 1100 hrs, Divine Worship	1000 hrs, Divine Worship 1115 hrs, Intergenerational Sunday School

Holy Communion, conducted according to the rites of one of the five supporting denominations, will be held at the regular service on the first Sunday in each month. Nursery is provided for children during Divine Worship. Baptism and Marriage are to be arranged by appointment and seven weeks advanced notice is required prior to the solemnization of Holy Matrimony. Please contact the Chaplains Secretary at (North) 895-5087, (South) 895-6024 for an appointment.

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## RENEW

The next season of RENEW begins at Our Lady of The Airways Chapel on the 5 Feb 89.

Through the first six weeks of RENEW last fall, the focus was on the Lords call to us. Our attention was focused on the needs of people and how we are helped in this need.

During the fall season approximately 60 people took part in small group discussion.

Small Group Sign-up Sunday for this seasons took place on the

22 Jan 89, but if you missed it, you can sign-up anytime up to the 5 Feb 89. There are groups for all ages and interest from high school ages and up.

You don't have to be a member of the parish, a Catholic or attend any church to join the Small Groups. If you want more information just phone the R.C. Padrés office and they will put you in touch with a co-ordinator.

Ken McLeod

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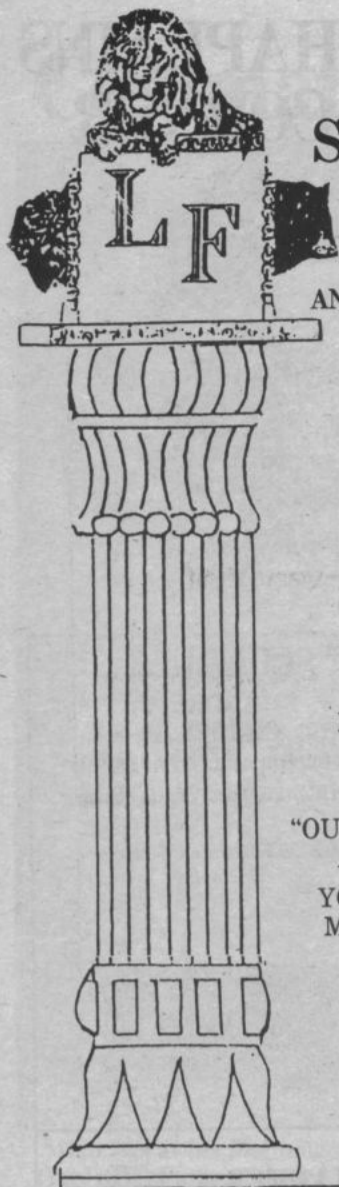
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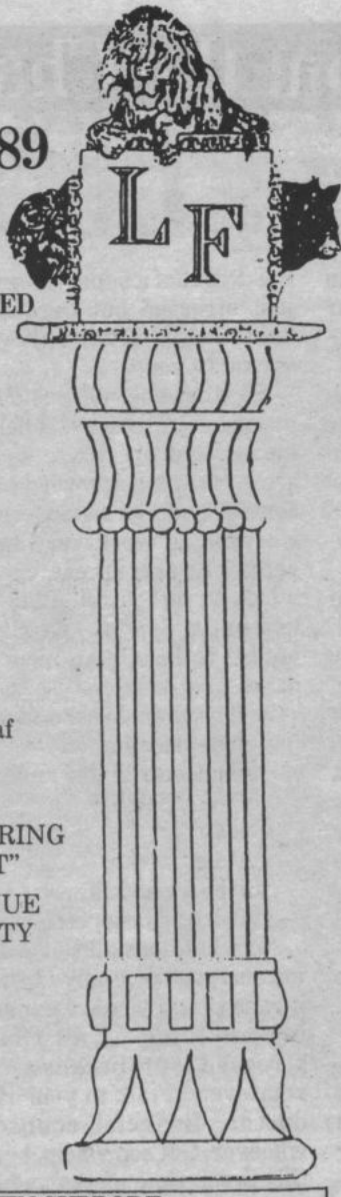
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# Brigade Commander's Inspection — 2 PPCLI

by Lt C. Ashworth-Smith

On the 10th of January, all ranks 2 PPCLI were recalled at the early hour of 0400. As troops packed rucksacks into vehicles, many wondered where we would be deploying. Would it be Germany, Namibia, the far North, or St. Charles range?

The latter was the result, and so the Battalion deployed 2 platoons at a time to take part in the competition that made up the Brigade Commander's inspection. The morning's events consisted of a march discipline competition, a tent group race, and a shooting competition. Despite the -35°C weather, all involved were enthusiastic and competition was fierce. With the afternoon, the platoons returned to Kapyong Barracks where basic soldiering skills were tested. The stands included AFV recognition (where Armoured Defence defeated Recce platoon by 8/1000ths of a percentage point), map symbols, First aid, knots and lashings (also known as the Lt. Gerhard Hildebrandt school of "If You Can't Tie Knots, Tie Lots"), NBC Drills, Carl Gustav drills and low level codes.

At day's end, a parade was held in Korea Hall where Brigadier General Reay announced the winners. Third place went to 1 Platoon, A Coy, second was 3 Platoon, A Coy, and taking top prize was Recce Platoon. Congratulations go out to all participants in the competition for surviving the day's arctic conditions. The staff who ran the affair are also to be commended for engineering a highly worthwhile day of training. Highest commendations, however, go to Recce platoon who snatched yet another crown for their mantel of Battalion championships. All in all, a highly successful day. VP!

continué de la page 5.

de-corps et pour mieux nous connaître".

L'an prochain, le personnel des communications et de l'électronique du Commandement aérien se disputera une fois de plus le trophée unique et tant convoité du Bonspiel C&E dans le même esprit de camaraderie afin d'avoir l'honneur d'y ajouter l'item de son choix: Per Ardua Ad Astra.

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**BABYSITTER** — available on South side. Loving care given. References available. For more information, call Karolyn at 488-3093.

**BABYSITTER** — Reliable mother with one infant will care for infants to pre-schoolers in my home. Non-smoker. South Side PMQ's. Monday to Fridays. Call Suzette at 489-8590.

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**TLC** — "play care" available: full or part time quality child care, Monday to Friday from 7 a.m. to 5 p.m. Phone 837-4490.

**WANTED** — kids to care for during the day, activities & snacks provided, equipped for baby, drop-in also, Jameswood School area. Ph. 831-0283.

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### Kindergarten Registration — For Personnel in the Jameswood Park BLHUs & MDPs

An "Information Evening" for all parents registering Kindergarten Students for the September 1989-90 school year will take place at Jameswood School Wednesday, February 22, 1989 — 19.30 hours in the Kindergarten Room #122.

Registration for Kindergarten students will be the week of March 6-10 during the hours of 08.30-11.30 and 12.30-16.00.

- 1) Children must be five years of age before January 1, 1989 (those born in 1984).
- 2) It is necessary to present a birth or baptismal certificate at time of registration.
- 3) Please bring your child's immunization record with you.
- 4) All eligible children should register in order that all classes and staffing can be finalized for the Fall Term.



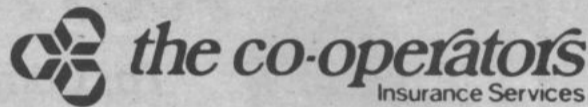
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