



Free

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CFB/BFC Winnipeg
 6 November 1991

Remembrance Day - Nov 11

Poppy - Remembrance Campaign

Every year, for about two weeks prior to Remembrance Day - November 11th - The Royal Canadian Legion conducts the Poppy-Remembrance Campaign.

The poppy has long been associated with Remembrance of war dead. During the Napoleonic War a correspondent wrote of how thickly the poppies grew in the Flanders area over the graves of the dead; however, a Canadian medical officer was chiefly responsible for the poppy's association with Remembrance.

In 1915 Lieutenant-Colonel John McCrae came out of the line, following the Battles of Ypres, with 13 lines scrawled on a scrap of paper. Those lines were the poem, "In Flanders Fields". It was first published in PUNCH magazine in December of that year.

The poem inspired the United States Legion to adopt the poppy as a symbol of Remembrance in 1920. Although the poppy was first officially sponsored in Canada as a Remembrance symbol in 1921 by the Great War Veterans Association at the suggestion of a French woman, Madame Guerin, there is no doubt that McCrae deserves credit for its permanent association with Remembrance.

Poppy emblems were first made by Vetcraft Shops in 1922 under the sponsorship of the Department of Soldiers Civil Re-establishment.

Poppy material is still made by disabled veterans and their dependants at Vetcraft Factories in Montreal and Toronto operated by Veterans Affairs Canada. The work provides a small source of income and allows them to take

an active part in maintaining the tradition of Remembrance.

The Poppy-Remembrance Campaign is intended to remind Canadians of the debt they owe to the 114,000 men and women who died in the military service of Canada during two world wars and the Korean War. Donations received during the campaign are placed in trust accounts and used throughout the year to assist needy veterans, ex-service members and their families. Former members of the Commonwealth and allied military services may also be eligible to receive benefits from these funds.

For every donation received, a symbol of remembrance is provided, either for personal or public display. These symbols include the lapel poppy, worn by individuals, and the wreaths laid at cenotaphs and memorials across the country. Donations are not mandatory and in some case, as for example with school children, poppies are distributed by Legion members solely to perpetuate the tradition of Remembrance among Canadian young people.

During the 1990 campaign over 15 million poppies were distributed across Canada.

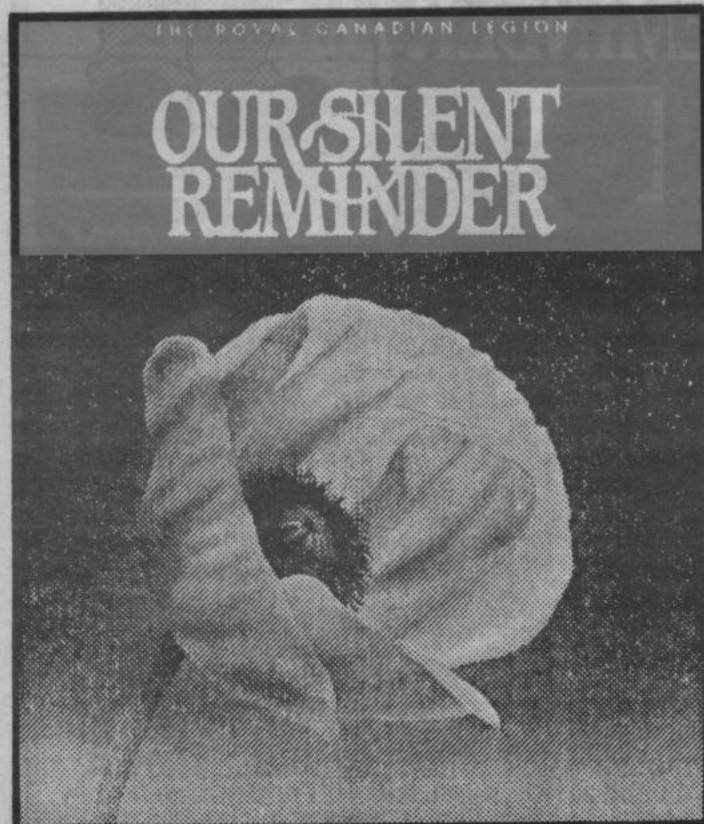
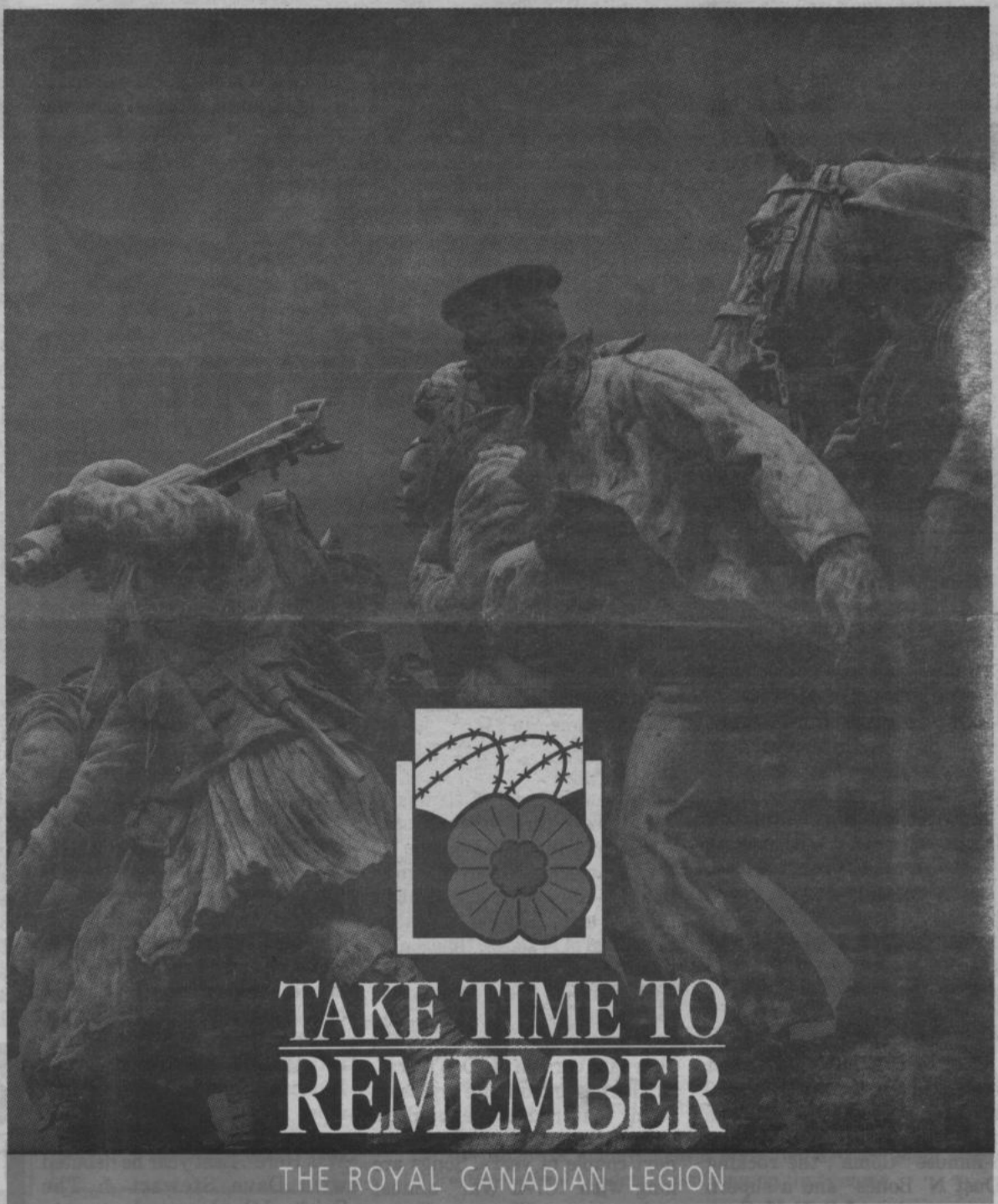
Activities supported by donations to Poppy Trust Funds include:

- * Assistance to needy veterans, ex-service members and their families;
- * Purchase of medical appliances;
- * Funding of medical research and training;
- * Provision of bursaries for children and grandchildren of veterans and ex-service members;
- * Funding accommodation and care facilities for veterans,

seniors and disabled persons;
 * Operation of The Royal Canadian Legion's Service Bureau at Dominion Command in Ottawa.

The Bureau acts on behalf of veterans, ex-service members and their dependents with pension submissions and appeals.

For more information about the Legion's Poppy-Remembrance Campaign contact Greg Hogan (613) 235-4391.



Remembrance Day Services

The Annual Remembrance Day Services for Greater Winnipeg will be conducted at the Winnipeg Convention Centre, Monday, 11th November, 1991. The general public and all participating Veterans organizations and the Canadian Armed Forces representatives are asked to be seated prior to 10:45 a.m., at which time main doors to the Convention Centre will be closed.

The services will be conducted by Chaplains from the Armed Forces, with music provided by the Air Command Band. Printed programs will be made available to the public.

Dignitaries attending will be headed by His Honour, the

Lieutenant-Governor, with representatives from all levels of Government. The Silver Cross Mother participating is Mrs. Emmie Nowell of Winnipeg. The service will conclude with a March Past with the Lieutenant-Governor and delegated Officers taking the Salute.

Following the indoor service, the wreaths which were laid at the Cenotaph at the Convention Centre will be removed and marched to and laid at the Main Cenotaph by a contingent of Veterans and Cadets.

The wreath laying at the 1885 Monument, located at the Centennial Concert Hall, Main Street, will take place at 10:00

hours under the direction of Canadian Forces personnel, with representatives of various Veterans Units, and other Civic organizations participating.

Wheelchair access is provided at the Convention Centre.

Released by:
 Joint Committee of Veteran's Organizations of Greater Winnipeg.

K.A. Eccles,
 Secretary, A.N.A.F. Command for:
 A.T. Ballingall, C.D.
 Public Relations Officer

For further information - 943-6166

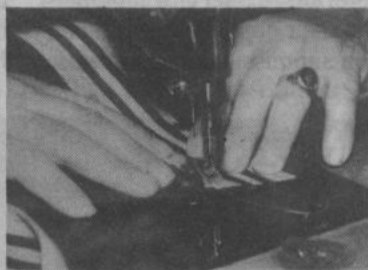


COMMUNITY NEWS

by Mike Bonin

As a way to stay off the streets after school in Bologna, Italy, Joe Guzzo, at the tender age of eight, embarked upon a career as a tailor. Learning the trade and doing the work by hand was a tedious task. Perseverance paid off and at 14 years old, after completing school, he became a full-time tailor. Joe's talents were bountiful in his younger years, as he also was a member of a musical band. Playing his trumpet in different towns helped to supplement his income.

In 1957 Joe came to Canada to be with his sister. He promptly found work sewing in a factory for .65¢ per hour as a machine operator. But in his words, "It



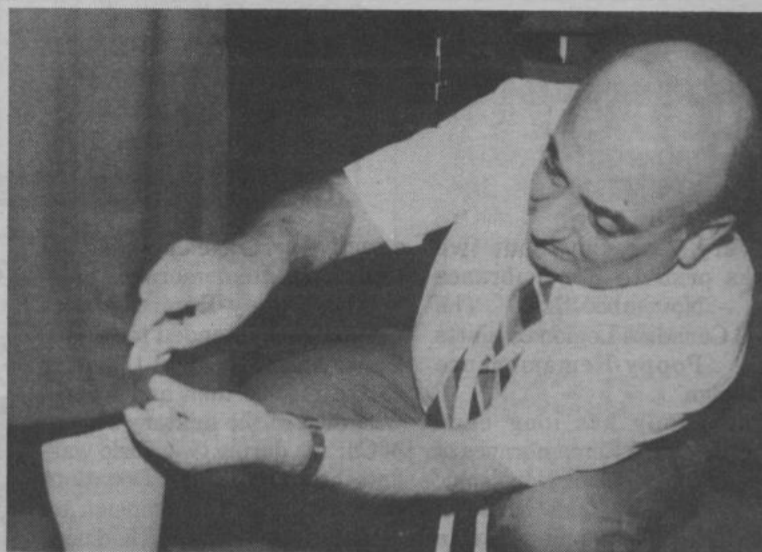
was not an intelligent job." After three long months in the factory, he was able to find work in a tailor shop on Portage Ave. Wanting to be more versatile and earn more money, Joe took a course and became a certified hairdresser.

Yearning to be home with family, Joe moved back to Italy. A year later (1964) he moved back to Canada, but this time he had a beautiful bride to accompany him. Soon thereafter they started a family and his daughter was born. Then in 1969, his son was born. Joe worked as a tailor for Eatons at that time.

Joe's military affiliation started in 1967 as a tailor for RCAF Station Winnipeg. He worked in Bldg. 52 until 1972 and then was sent to the South Site. Joe stayed

there until May, 1989. With the opening of the new 16 hangar clothing stores, Joe was back in the Air Force environment again!

Avid in gardening and wine-making, these hobbies are Joe's diversions. "Joe the tailor," a true gentleman and friend to all!



(by Barry Sweeney)

Guns N' Roses

One of the most hotly anticipated releases of the 90s had to be Guns N' Roses. Surprisingly, the group released two volumes at once and, "Use Your Illusion I" and "Use Your Illusion II" (Geffen) debuted in the top two slots on the charts. With enough sales to propel both sets to platinum and enough material to keep them in hit singles for the next couple of years Guns' N' Roses have proven they are the world's premier rockers.

ILLUSION I

"Don't Cry", the group's latest single, had already broken top-10 and this power ballad is only one of 16 tracks that include the 10-minute "Coma", the rocking "Dust N' Bones" and a superb cover version of Paul McCartney's "Live & Let Die".

Hard driving "Perfect Crime" gives the group an opportunity to stretch out vocally and instrumentally. Acoustic "You



music reviews and syndicated columnist

Ain't The First", rockin "Bad Obsession" and "Back Off" along with percussive "Double Talkin' Jive" and the ballad beauty of the Rose-penned "November Rain" make this one an absolute must.

Other key tracks in this hour-plus of listening include "The Garden", "Bad Apples" and "Don't Blame Me".

ILLUSION II

From the opening strains of "Civil War" through their still-charting "You Could Be Mine" to the closing "My World" Guns N' Roses continue the musical magic they set up in "Illusion I". Featuring a total of 14 songs, "Illusion II" includes a revival on Dylan's "Knockin' On Heaven's Door", the hard-rockin' "14 Years", the infectious "Yesterdays" and an alternate version of "Don't Cry".

There is an absolute profusion of hit material and enough to keep radio spinning tracks for the next couple of years. Songs are long with "Civil War" almost eight minutes, "Estranged" running nine and a half and "Breakdown" weighing in at seven minutes. The 30-song collection will obviously be a winner at year end awards.



DAVE STEWART

As one-half of the Eurythmics, Dave Stewart established his musical credentials with a string of gold and platinum releases. He has produced numerous other artists including Aretha, Dylan, Harrison and Tom Petty and, most recently, Candy Dulfer's across-the-boards smash "Lily Was Here". Last year he debuted with Dave Stewart & The Spiritual Cowboys and set out to explore new frontiers in rock. His "Party Town" was featured in the hit movie Flatliners and now comes "Honest" (RCA/BMG) which features the powerhouse

"Crown of Madness" along with such key tracks as "Out of Reach", "Motorcycle Mystics" and "Fade Away".

The infectious "Out of Reach" shows Stewart's wide appeal but ballads like "Fool's Paradise" and "Here She Comes" proves his ability to reach a wide demography. "Fade Away", a slow-paced ballad is filled with singles potential but, for that matter, so are most of the tracks here. Stewart is one of the few musical geniuses of modern music.

Fast Facts

Chris Norman, featured vocalist with the British pop group Smokie, clicked with the single "Living Next Door To Alice" in '77. Suzi Quatro, a rock singer from Detroit, teamed with Chris for the top-5 hit "Stumblin' In" (circa 1979). It was Suzi that played Leather Tuscadero on the popular TV show Happy Days. Both releases were on the RSO (Robert Stigwood Organization) label, the same label as brothers Barry, Robin and Maurice Gib... the Bee Gees.

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CFANS Update

Winter is almost upon us. Of course the season of short days and long cold nights also brings the prospect of another season of winter sports. The CFANS hockey team has posted two wins and, less importantly, two losses so far. Of particular note is the shutout achieved by Capt Guy Perron in a 7-0 victory over the Bameo Sarges. Guy was typically modest about his performance although he hinted it has something to do with a Wheaties breakfast. The cereal company could not be reached for comment so we are unable to confirm or deny the rumour that an endorsement contract is being discussed.

No search for the truth about rumours would be complete without a visit to CFANS Central, Nav School Ops. Sylvia was untypically reluctant to pass on anything that we could print, but it was overheard that Capt Bob Murphy's British accent is coming along and he is looking forward to returning to Winnipeg for some real weather. Capt Murphy is attending the Royal Air Force version of SANC but has confessed to a secondary agenda involving gathering material for a staff paper on why fast jet aircraft should have a Nav seat.

Course 9102 has returned from their OTU visit to Trenton, Shearwater, and Greenwood. These visits provide the students with the opportunity to gain a first-hand look at the operational duties of the Transport and Maritime Navigators. They arrived back in "the Peg" just in time to attend the CFANS training mess dinner (more on that later). The visit was a success, despite an avalanche of last-minute changes that put Capt Dan Jacques' "fire fighting" abilities to the test. By

all accounts, the Transport world is looking forward to the graduation of OCdts Marlon Klasson and Blair Siemens. The remainder of the course is quietly competing for the Sea King slot available to the course.

The CFANS training mess dinner was held on 24 Oct 91 with special guests from the RAF Air Navigation School. Students and staff were given the opportunity to host the visitors during their stay and the exchange of ideas should prove beneficial to members of both organizations. The RAF members were especially interested in the post-dinner entertainment and, of course, participated in all challenges in the spirit of comraderie for which the RAF is known. Rumours abound for the dates of a reciprocal visit and LCol Watt remains tight-lipped on the matter. "Valid" reasons are already being proposed for why certain instructors should be included, if such a visit takes place.

If one spots new faces in Mawdesley Hall this week, it's not the "New Kids on the Block." Capt Dan Jacques is pleased to announce the arrival of the latest group of fledgling navigators, Course 9107. As of their initial interviews, it is rumoured they all look forward to the challenges of Air Transport Navigation. Capt John Nowak is thrilled at the news and looks forward to enlightening them on the opportunities available in Maritime Air Group.

That's all for this CFANS Update, all the news that's printed to fit. Keep an eye on this space for the propagation and resolution of future rumours, debunking of persistent myths, and general gossip.

CFS Met - Graduates



Meteorological Technician 121
QL-5A Course 07 Aug-17 Oct 91

BR — Left to right: WO McGillivray (INSTR), SGT Broughton (INSTR), CPL Perregrym, CPL Gagne, CPL Arsenault, CPL Beauvais, PTE Soucy, PTE Ward, PTE Foerter, CPL Schroter, PTE Whitty, MCPL Davis (INSTR), SGT Muise (INSTR)

FR — Left to right: MR. Konzelman (INSTR), MWO Roy (STNDS), CWO Cousens (SWO), LCOL Watt (GUEST OF HONOUR), MR. Hartman (COMDT), MR. Wong (CSO), SGT Gauvreau (CC)

QL-5A graduates are employed throughout the Canadian Forces Weather Service by providing information in support of land, sea and air operations. Most graduates are destined for a tour of duty on Her Majesty's Canadian Ships, while other graduates support upper air operations for Artillery Battalions.

**CFS Mill Cove
25th Anniversary**

CFS Mill Cove's
25th Anniversary
will be held
July 31 to August 2 1992.

Anyone wishing information,
or who would like to be put
on a mailing list,
please contact:

Canadian Forces Station
Mill Cove
Hubbards, Nova Scotia
BOJ 1T0

Attn: 25th Anniversary
Committee

Certificate of Achievement



Cpl Beauvais, a recent graduate of the Meteorological Technician QL-5A course, received the Certificate of Achievement from LCol Watt (Guest of Honour).

The Certificate of Achievement is presented to the student who has attained the highest academic standing on that course.

*Wear a
Poppy*

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Flight Safety Award for Pte M.G. Antal



September 30, Pte Antal was presented a FOR PRO award on behalf of Director of Flight Safety by B Comd Col JRB Proulx. The "FOR PRO" award reflects a superior professional attitude which averted or reduced the severity of an aircraft accident or serious incident. The presentation reads:

Private Antal, a QL4 Aero Engine Technician in the Aircraft Servicing Organization at CFB Winnipeg was assigned to a senior Corporal for continuation training in the troubleshooting of a hydraulic leak on a CC130 Hercules engine. Using this opportunity to increase his knowledge of the CC130 engine, he decided to inspect other aircraft components at hand.

During his investigation he recognized what appeared to be a

hairline crack at the fuel outlet of the fuel heater strainer assembly. As this is a very difficult area to visually inspect he persisted in his efforts, confirmed his findings and reported to his supervisor. An investigation was initiated on all unit CC130 engines resulting in the discovery of a second cracked fuel heater strainer assembly.

Air Command was advised and considering the gravity of the findings they requested other units to carry out similar inspections on their CC130 aircraft. Private Antal's initiative, thoroughness in carrying out his task, and eagerness to develop his knowledge and skills of the Hercules aircraft resulted in the avoidance of serious damage to CF resources.

Congratulations Pte Antal.

Military Christian Fellowship

The Military Christian Fellowship (MCF) of Canada is a lay organization intended to encourage Christians in the Armed Forces to live and grow in their faith at home and at work. On many bases throughout the country, MCF sponsors weekly meetings for Bible Study, prayer and fellowship. These meetings are open to all military personnel and civilian employees of DND, not just MCF members.

The MCF of Canada Head Office is located in Ottawa. A monthly newsletter is published by us and mailed from Ottawa to all members and to anyone else who wants to receive one. The Newsletter is free for the asking, however, donations are gratefully accepted to defray the costs incurred.

In Winnipeg, the representatives are Capt Michael Crane and Capt Christopher Robinson. Capt Crane does shift work at the Air Command Operations Centre (ACOC), tel. 5313 (home 837-3169). Capt Robinson flies Dash-8s with 402 Sqn, tel 6734 (home 895-9604). There are more than thirty members and associates of the MCF of

Canada living in Winnipeg; this is very encouraging!

I believe that Christian fellowship in the work place is a very important part of our walk with Christ. After all, isn't that one of the first things Jesus did when He started His ministry on earth 2000 years ago? All four Gospel writers tell about Jesus forming a community by calling his team together right at the beginning of His public ministry; let us work from His perfect example.

Given the large number of people here, I believe that we can have a strong, vibrant MCF community on the base. For those of you interested in participating in some regular fellowship, there will be a meeting at noon on Tue

26 Nov at the Protestant Chapel (N) and another meeting at noon on Thu 28 Nov at the Protestant Chapel (S). If you cannot attend either meeting but would like to participate, I encourage you to cut out and complete the coupon below, then send it to 402 Sqn, attn: Capt Robinson or to ACOC, attn: Capt Crane. This will enable us to put you in contact with other Christians who work in your area of the base or who live in your part of the city so that you can meet with each other on a regular basis for Fellowship, Bible Study, Prayers, etc., as you desire. Please consider this carefully in prayer. We look forward to your response.

In His service,
P. Michael Crane, Capt and Christopher J. Robinson, Capt

Rank/Title _____ Family Name _____

Christian Names(s) _____

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Qui ont dû laisser que d'amer souvenirs,
Des amis, une femme, des

enfants,
Qui, encore jeunes ne reverront plus leurs parents
En ce jour, fêtons nos anciens combattants,
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Pour nous, ils sont maintenant nos héros.

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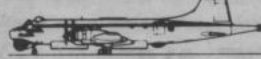
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PARTICIPATION

NEXT VOXAIR DEADLINE 8 NOV

Base Defence Force Course

16 September saw the commencement of Base Defence Force Duties Course 9101 run by the BDP staff. And what a course it was; 21 eager candidates from Pte to MCpl, from diverse sections and trades all over the base gathered at Hangar 16 ready and willing to learn everything there is to know about "guarding" the base. It was a good thing we were prepared since we learned just about all we could in two short weeks.

Veh techs, Adm Clks, Sup Clks, MSE Ops, 500 series tech trades; we all became quite familiar with the reasons for our being BDF, our goals and mission in more ways than one. We can now tell you, dear reader, the role and organization of the BDF and our powers as guards to arrest you, search you OR shoot you even (though we'd only do that under certain extreme conditions!) And that's only theoretically. Practically speaking, Cpl Patry of the MP section ensured that we could all do a bang-up job of physically searching you, reading you your rights and even handcuffing you properly so you couldn't get away (a handy skill on any occasion). Sgt Mills, of the SIU Det, further supplemented these excellent skills by instructing us in the subtle art of physically subduing the prisoner. This was my personal favourite since we got to practice on one another such dandy tricks as the "wrist-crunch", the "voice-box squeeze" and the "cheek-grab". Have you ever dragged someone around by the mouth? It works. So does sticking two fingers in the nose but Master Seaman Snow sure didn't appreciate demonstrating the "cheek-grab" AFTER the "nose-pull".

The EOD team did an excellent job filling us in on the nastier uses of explosive material when a smart terrorist gets a hold of it. The team set up a truly inventive training aid for us in the form of a booby-trapped PMQ. We had to enter the building and attempt to find all these interesting little traps WITHOUT blowing ourselves to kingdom come. This worked relatively well actually, and we were starting to feel a little cocky, when a couple of the guys decided to take a peek inside an innocent looking book with a lady on the cover (and I use the term lady loosely). Of course, inside the book was a flashbulb and a trig-

ger which promptly went off to simulate an explosion. Too bad there wasn't a camera in there as well, it would have been nice to see their faces. Kudos to the EOD team for the really great demo!!

We then had a group from 2PPCLI Sigs Pl. headed by MCpl King, to teach us all about AN/PRC-77 radios, TA 43 field phones and the world's smallest mobile switchboard. Voice procedure was a little confusing for most but we managed to make ourselves understood at least. Whew!

The next few grueling days were filled with weapons training on the service pistol and the C7, and the mechanics of road blocks, sweeping areas, guard duties and a tour of the base vital points. All in preparation for the big exercise at the end of the course. We all managed to pass the pistol familiarization even though we fired through snow and hail. It was a good introduction to Winnipeg BDF conditions actually. Not so sure on how we did on road blocks since at least three or four of us were killed by a cheeky, knife-toting not-so-terrorist that leaped out of the back of a truck but apparently we learned our lesson.

The 2nd Bn PPCLI Cbt Sp Coy by way of Sgt Mirus and MCpl Andreonne gave us a fun-filled day of instruction on individual shelters, 10 man tents and field routine; they also showed us the 50 cal, the GPMG and the Carl-Gustaf. Contrary to popular opinion though, we didn't just get SHOWN all this stuff. The course spent the better part of the morning setting up tents and tearing them down complete with gear and lit stoves and lanterns. The two tent groups even managed to get their tear down time to about four minutes (that's without any snow though). We also had an opportunity to drive the M113 APCs around the compound which was a thoroughly exciting experience; especially when the Veh Tech types (who figure they can drive this thing) decided to careen about, missing our real cars by inches. They said that they knew how much space they had all the time(?)

Last but not least we all got to spend a healthy few minutes in the infamous gas chamber to make sure that we all knew how to hold our breath and scream, feel itchy and sore and cough a lot. We all passed that part of the



BU Course 9101


Back Row (L-R) Pte Lavoie, Cpl Poulin, Pte Gregoire, Pte Armstrong, Cpl Irish, Pte Mathieu, Cpl Thebeau.
Centre Row (L-R) Pte Merlin, Pte Alyward, Pte Fielding, Cpl Laroche, Cpl Thornhill, Pte Carignan, Cpl Vandenburg, Pte Champagne.
Front Row (L-R) Cpl Lavoie, Pte Honka, MCpl Matkowski, Sgt Thornhill, WO Murphy, MCpl McLean, Pte Lambert, Pte Ross, MS Snow.

course, no problem.

By the time we were supposed to write the final exam and prepare for the one-night exercise we had learned everything WO Murphy, Sgt Thornhill and MCpl McLean of the BDP staff could ever hope to teach us, even with different and exciting instructors for every topic from all over the base. So now it was time to separate the men from the boys (or women from girls?) and test us on the real thing. We were given the tasks of safeguarding the Hangar 16 gate (not too hard), the ammo dump and west fence (kind of hard) and the steam plant (should have been too easy, right?) All went reasonably well until the crew at the Hangar gate let somebody from EOD through in a wig with a canex ID, groan. And then me and my trusty part-

ner almost literally had to watch WO Murphy blow up the steam plant. But this was the beginning and we learned quickly. Soon the infiltrators were seen running across the road, sneaking into the ammo dump and leaving their evil evidence lying across the top of the barbed wire fence. Seen doing these things wasn't good enough, though. We had to capture the nasties. Last seen fleeing the fence line, leaving their ladder behind, the enemy were chased by MCpl Matkowski and his quick reaction team into the woods by the POL point. Rather than kill themselves trying to push through the trees though the boys got smart and walked around the bushes to surprise Sgt Thornhill and MCpl McLean emerging from the trees. One for the good guys. We even scared a

TURBO driver to death by asking him for his area pass for Hangar 16 at gun point. Not a nice thing at 0200. But, to be honest I don't think the good guys won. WO Murphy must have blown up the steam plant at least three times and the ammo dump once for sure. He even got caught on the ammo dump fence but not by us. But in the end it was a pretty good practice. It's pretty easy to see how hard it is to effectively safeguard the base with a limited number of personnel, especially when the bad guys are so swift of foot! All in all BDF did an excellent job of helping us learn our jobs as BDF and they even made it fun. So sign up for the next course. The course party alone is worth it, if only to hear all of Bush's Newfie jokes.



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Major Lawrence J-C (BDF Comd) presenting the top candidate shield to Pte Honka H.T. BU Course 9101.

Jack Reeve's Memorial Dinner

402 Squadron Airman Becomes Airman of the Year



Widow of Jack Reeve, Mrs. Jackie Hall and Cpl Patrick McNorgan talk about the award during the dinner which was held at Club 90. Jackie Hall presents the Airman of the Year award at each Jack Reeve's Memorial Dinner.

This year's 402 Squadron Airman of the Year is Corporal Patrick McNorgan. On 18 October 1991 at Club 90 he received the award at the Jack Reeve's Memorial Dinner.

For 18 years the 402 "City of Winnipeg" Squadron Reserve Air Force Association has held a special dinner to honour the former Jack Reeve. During the dinner one airman or airwoman is distinguished as the best of 402 Squadron.

What exactly is the Jack Reeve's Memorial Dinner? Who was Jack Reeve? As a flight engineering officer and the Ground Training Officer, Capt Reeve served prominently with 402 Squadron operations for many years. In May 1974, during an exercise at Swallow Lake, Ontario, the single otter, on

which Capt Reeve was aboard, crashed. Capt Reeve lost his life.

That same year in November the first Jack Reeve Memorial Dinner took place. In commemoration of Jack Reeve's outstanding contributions to the squadron the dinner serves as a vehicle to present the Best Airman of the Year Award and a 100 dollar scholarship.

Corporal Patrick McNorgan has been with 402 Squadron for two years. In two short years he has proven his abilities through outstanding results while on course and on the job. Technically he works part time. However, as an air frame technician serving on shift at BAMEO, he puts in as much time on his part time job as most do on their full time jobs. He averages twenty days of service every month.

He is a pleasant individual who speaks quietly of his own contributions. If you listen to 1290 FOX on the radio and happen to hear the name Joe Evans then you have heard of Patrick McNorgan. In civilian life Patrick is a radio DJ. On the air he is Joe Evans. As it turns out Corporal McNorgan's radio experience can be attributed to the military. From 1968 to 1972 Corporal McNorgan served in the regular force. During his posting to Cold Lake he immediately took an interest in the base amateur radio station CHCL and became a DJ. From those beginnings Patrick forged a career in broadcasting.

From all of us at 402 Squadron congratulations to Corporal McNorgan.



Jameswood School

submitted by
Lorraine Laroche

Jameswood School is, of course, one of the many St. James-Assiniboia School Division schools which is serviced by E.S.S. personnel. In fact, a portion of the lower level of Jameswood School serves as the home administrative base for E.S.S.

What is E.S.S.? E.S.S. or Educational Support Services is St. James-Assiniboia's version of Greater Winnipeg's Child Guidance Clinic, and provides students in the Division with specialized and/or clinical services. The E.S.S. staff consists of a clinical administrator, hearing and language pathologists and a

part time physiotherapist. Community Psychiatric Services for Children, a part of the provincial Dept. of Health, also supplements the E.S.E. with a part time consultant psychiatrist.

Clinical administrator, Dave Bertnick, is presently beginning his second year co-ordinating E.S.S. services. Dave has been in the Division for 23 years, and has held a variety of positions over the years. Prior to his assignment as clinical administrator in August, 1990, Dave not only taught in St. James schools, but also served in the positions of vice-principal, principal, and special education

co-ordinator. Mr. Bertnick is extremely interested in working with parents. "One of the most satisfying parts of my job is that of being in the supporter role," says Dave. "I can help parents cope with their children and assist them in understanding the schools today," he continued.

"The psychologists at E.S.S. represent a wide variety of academic backgrounds, including educational, clinical, developmental and behavioral psychology," states administrator, Mr. Bertnick. "They are involved with the assessment and treatment of students with educational and behavioral problems." Naturally an integral part of their roles is the follow-up work with the students, parents, teachers and other professional staff. The psychologist who services Jameswood School is Sandra MacDonald.

Sandra received her training

at the Educational Psychology Dept. at the University of Manitoba. Although psychology was her field, she received her Masters Degree in Education because she wanted to work with children.

Other E.S.S. staff members involved with assessment and treatment services are the Social Workers. These Social Workers are imperative in co-ordinating the efforts of the school, home and community, as well as taking on a consultative role. Social Worker, Lesia Shepel, has been assigned to cover the needs of Jameswood School students and families. Lesia has 16 years experience in working with children and their families in areas of recreation, child welfare, rehabilitation and psychiatry. She is a masters graduate of Social Work from U. of M. and looks forward to meeting children and parents in the future.

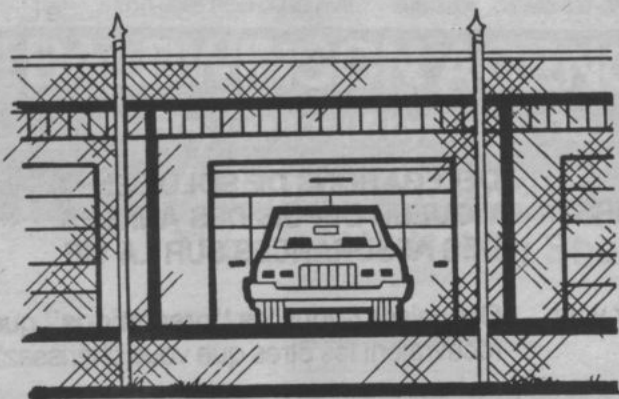
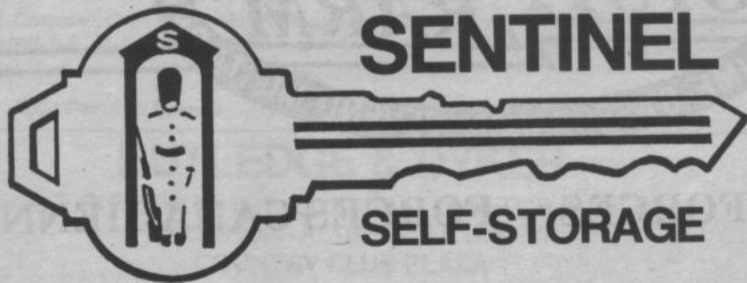
The Speech and Hearing Pathologists are key people in the assessment of speech, language

and hearing disorders in children. Ken Donovan is responsible for designing therapy programs that will meet the needs of Jameswood students. Student communication difficulties are treated through direct intervention or consultation. Ken completed his under-graduate and graduate work at the University of Minnesota, and completed his doctoral program in Cleveland, Ohio. Ken has been with St. James-Assiniboia School Division for over fifteen years.

Jameswood students needing the assistance of E.S.S. services are referred to the unit by the students themselves, the parents, teachers, principals, physicians, or other community service agencies. Parents must give signed consent before the E.S.S. personnel can become involved.

If you wish further information about the services provided at E.S.S. please feel free to call Dave Bertnick at 885-1344 or Lorraine Laroche at Jameswood School — 889-8890.

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Police Beat



CFB Winnipeg is fortunate that it is located within two areas not known to have a high crime rate. These two areas are, District 2 (St. James/Assiniboia) and District 6 (Assiniboine Park/Fort Rouge/Fort Gary), the two largest districts in the City of Winnipeg. Our housing is patrolled by the Military Police and the Winnipeg City Police, so we can enjoy what urban living has to offer.

In spite of this, a declining economy brings a rise in crime. To date Crimes Against Property (ie: break and enters, thefts, etc.) have increased 8% over 1990. In the summer of 1990 CFB Winnipeg qualified 6 out of 14 blocks for the Neighbourhood Watch Program, South Site. It has shown that these areas have stabilized or even decreased in the proportionate number of incidents even

though there has been an increase in crime over last year.

Our goals should be to minimize crime on our blocks, to give us peace of mind, and keep those insurance costs to a minimum. Don't forget the little things you can do to assist the police and help stop these types of crimes.

1. Lock windows and doors
2. Secure garages and sheds
3. Secure bikes to a solid object
4. Secure your vehicle
5. When not at home leave an indoor light on, turn on a radio, and
6. leave a porch light on at night. (criminals hate to be seen)

Military Police 24 hr telephone number is 833-5204.

Promotions at Base Transport



Pte Norm Dalcourt, MSE Op, receives his first hook from Maj Sénéchal, BTNO. Pte Dalcourt works in the Refueling section of Base Transportation.

Backgrounder Veterans' Services

Canada's war veterans are gradually disappearing. In fact, the average age of Second World War veterans is now 71 years and Korean veterans are in their early 60's.

The Royal Canadian Legion Service Bureau was founded after the First World War to help veterans get the Federal Government pensions to which they were entitled. Funded in part by donations made during the annual poppy campaign, the Bureau has been in existence ever since providing no-cost assistance to all ex-service men and women with pension applications and appeals.

The decreasing numbers of veterans could mean the Service Bureau's days may soon be numbered, but the Legion says "no". There are still more than

600,000 veterans. Their numbers are shrinking and their needs are changing due to their increasing age, but their demands, and those of their dependants, are actually increasing. In addition, as word of the Legion's facilities spreads to members of today's armed services, Bureau officers are seeing younger applicants every day — some who are still only in their 20's.

Regardless of whether or not they have war-time service, such as those who served in the Gulf War, all armed forces members are eligible for pensions for injuries or disabilities attributable to military service. Service Bureau officers help these men and women, as well as older veterans, find their way through the often daunting maze of government legislation and regulations. They

also represent ex-service members before pension boards and appeals tribunals.

Military service, even in peacetime, is by its very nature more dangerous than many other types of employment. Accidents are not uncommon occurrences. In recent years as many as 23 service personnel have been killed at home and abroad in one year and many more have been injured while on duty.

The need to provide assistance to these victims of peace-time mishaps, and to their dependants, will provide challenges for the Legion's Service Bureau long after the last veteran has gone. In fact, the Bureau will eventually become one of the major legacies left by Canada's veterans to future generations of service members.



MCpl Dan Andrews, MSE Op, receives his new rank from the BTNO, Maj Sénéchal. He also received his 935.05 Airfield Special Purpose Vehicle Operator's Certificate. Dan is employed as a Crew Chief at BTN Heavy Equipment.



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- (7) **Area** — All of Manitoba.

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 In Memory of
 Our Fallen Comrades
 We Will Remember Them



Minister
of Veterans Affairs

Ministre
des Anciens combattants

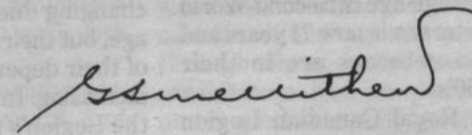
CANADA

Since we last observed Remembrance Day, world events have moved forward at an astonishing pace. The Gulf War ended with Kuwait freed once more, and our Canadian Forces returned home to the victorious welcome given our returning troops some 45 years ago. Dramatic changes began sweeping the Soviet Union where the people insisted on the kind of democracy we defended half a century ago. The two Germanies were reunited and the independence of the Baltic states was generally recognized. These changes have come to us almost instantly on our television screens.

I wonder, as we prepare for Remembrance Day, how it might have been, had reporters carried today's sophisticated equipment with them to Hong Kong, Kapyong, Dieppe, Ortona or Vimy Ridge. Would we better appreciate the terrible cost of freedom, had Canadians seen those battles taking place? Would we have a better understanding of the value of our own country and the awful sacrifices which have been made in its name? And would we, then, not be entirely resolute in our determination to keep our wonderful country together?

On November 11, let us take a moment to remember those who fought and those who died for our freedom, and to pledge that their valiant efforts will not have been in vain. They fought, and often died, for a proud, united and prosperous Canada.

Yours sincerely,



Gerald S. Merrithew, P.C., M.P.



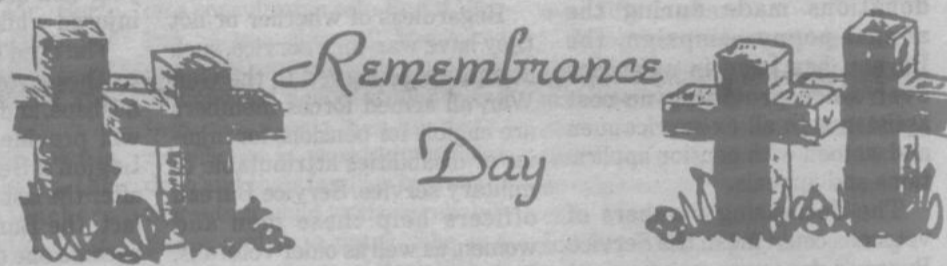
We shall remember them
The Royal Canadian Legion
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 in memory of
 our fallen comrades in
 two World Wars
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 MANITOBA AND NORTHWESTERN ONTARIO COMMAND
 THE ROYAL CANADIAN LEGION
 — We will remember them —



*In Flanders Fields the poppies grow
 Between the Crosses row on row . . .*




In Memory Of Our Fallen Comrades
 In Two World Wars
 1914-18 and 1939-45 and Korea
OFFICERS MESS
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In Remembrance
WARTIME PILOTS' AND OBSERVERS' ASSOCIATION



Lest we forget
In Memory of our fallen comrades
 GENERAL SIR SAM STEELE
 Memorial Branch No. 117
 Royal Canadian Legion



In Memory Of Our Fallen Comrades
500 Wing.
 RCAF ASSOCIATION
 CITY OF WINNIPEG



TRANSCONA BRANCH #7
 Remembrance of Our Fallen Comrades




In Remembrance Of Our Fallen Comrades
 1914-1918
 1939-1945
 and Korea
Norwood St. Boniface Branch #43
 ROYAL CANADIAN LEGION
 134 MARION ST. BONIFACE

Ministre des Anciens combattants
 Minister of Veterans Affairs



Depuis que nous avons célébré le jour du Souvenir, l'an dernier, les événements mondiaux se sont précipités à une vitesse étonnante. La guerre du Golfe a pris fin et le Koweït est de nouveau libre. À leur retour, les troupes canadiennes ont été accueillies en vainqueurs comme leurs prédécesseurs quelque 45 ans plus tôt. Des changements bouleversants ont balayé l'Union soviétique où le peuple demande le genre de démocratie que nous défendions il y a un demi-siècle. La réunification des Allemagnes est accomplie et l'indépendance des États baltes a été généralement reconnue. La nouvelle de ces changements nous est parvenue presque instantanément sur nos écrans de télévision.


Je me demande, à mesure que nous nous préparons au jour du Souvenir, à ce qui se serait produit si les journalistes avaient eu les mêmes appareils sophistiqués à Hong Kong, Kapyong, Dieppe, Ortona ou à la crête de Vimy. Saurions-nous mieux estimer le coût terrible de la liberté si nous avions vu ces batailles à la télévision? Aurions-nous une meilleure compréhension de la valeur de notre pays et des terribles sacrifices consentis en son nom? Ne serions-nous pas alors entièrement résolus dans notre détermination de maintenir l'unité de notre merveilleux pays?

Le 11 novembre, prenons un instant pour nous souvenir de ceux qui ont combattu et de ceux qui sont morts pour notre liberté, et promettre que leurs vaillants efforts n'auront pas été inutiles. Ils ont combattu, et souvent sont morts, pour un Canada fier, uni et prospère.

Veillez agréer, cher Ami, chère Amie, l'expression de mes sentiments les meilleurs.


G. Merrithew
 Gerald S. Merrithew, C.P., député




 1914-1918

**Their memory
 lives forever**


 1939-1945


 1950-1953

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 OF CANADA
 MANITOBA BRANCH**


In Memoriam

*In memory of all who fought and those who fell
 In defence of our nation;
 In thanksgiving for the freedom
 They so valiantly maintained
 For us to enjoy.*




From the members of 402
 "City of Winnipeg" Squadron

To the memory of our departed
 comrades ever remembered




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 OF PAST WARS. WE WILL REMEMBER THEM.

In Remembrance
 Of our
 fallen comrades of
 past wars



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 In Fond Remembrance
 Of Our
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 In Remembrance Of Our
 Fallen Comrades



1914-1918
 1939-1945
 and Korea



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**In Memory Of Our Fallen Comrades
 In Two World Wars
 1914-18 and 1939-45 and Korea**


Warrant Officers' and Sergeants' Mess

CANADIAN FORCES BASE WINNIPEG
 WESTWIN MANITOBA R3J 0T0

In Memory of Our Fallen Comrades



**CHARLESWOOD
 BRANCH 100
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CFB Winnipeg Northside Warrant Officers & Sergeants' Mess

Nov 1991

Thursday, 7 Nov
Mess Dinner
Retiring Members
CWO J.E. Magas
CWO S.F. Garbe
MWO J.H. Ploquin
WO B.G. Stein

Friday, 8 Nov
TGIF — Games Night
Food: Tacos & Spanish Rice
Time: 1830

Cost: Members \$2.00/Guests \$4.00

Dress: Casual
Music: Jukebox
Euchre, crib and darts
Registration between 1800 & 1900
Games start at 1930

Monday, 11 Nov
Remembrance Day
Food: Clam Chowder, Chili & Garlic Bread
Time: 1200

Dress: Uniform
DJ: Rick Ens

Friday, 15 Nov
TGIF — Mini Bingo
Food: Beef on a Bun
Time: 1830
Cost: Members \$2.00/Guests \$4.00

Dress: Casual
DJ: Clarence Stefanson

Tuesday, 19 Nov
RCAF 500 Wing Meeting
1930 hrs

Friday, 22 Nov
TGIF — Decorating Party for Grey Cup

Food: Subs
Time: 1830
Cost: Members \$2.00/Guests \$4.00

Dress: Relaxed
Music: Jukebox

Saturday, 23 Nov
Grey Cup Dance

Food: Finger Food
Time: 1830
Cost: Members \$4.00/Guests \$7.00

Dress: Football Attire (relaxed)

Band: TBA

Prizes
Fliers to follow

Sunday, 24 Nov
Grey Cup Day
Food: Clam Chowder, Chili & Garlic Bread

Time: 1200
Music: Jukebox
Free for all. Two 40" color TVs to watch the game and all the popcorn you can eat. Come on out and cheer your team on!

Thursday, 28 Nov
General Mess Meeting
Time: 1500

Friday, 29 Nov
TGIF — Xmas Decorating Party
Food: Ukrainian
Time: 1830

Cost: Members \$2.00/Guests \$4.00

Dress: Casual
DJ: Rick Enns
50/50 Draw

NOVEMBER PROGRAM

Eves: Mon. thru Sat. 8:00 P.M.
Sat. Matinee 2:00 P.M.
Sun. Evening 8:00 P.M.

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SUN	MON	TUE	WED	THU	FRI	SAT(mat)	SAT(eve)
COMING ATTRACTIONS							
DEAD AGAIN	POINT BREAK	Mystery Date	JOHN CAMPY DELIRIOUS	SCHWARZENEGGER It's Nothing Personal. TERMINATOR 2 JUDGMENT DAY		CLOSED	SCHWARZENEGGER It's Nothing Personal. TERMINATOR 2 JUDGMENT DAY
3	4	5	6	7	8	9	9
TR2	CLOSED	CLOSED		DON'T TELL MOM THE HADYSTERS ARE DEAD		CLOSED	KEVIN COSTNER ROBIN HOOD
10	11	12	13	14	15	16	16
KEVIN COSTNER ROBIN HOOD	CLOSED	CLOSED		BACKDRAFT	BINGO		MICHAEL J. FOX DOC HOLLYWOOD
17	18	19	20	21	22	23	23
MICHAEL J. FOX DOC HOLLYWOOD	CLOSED	CLOSED		MARTIN SHORT PURE LUCK		CLOSED	REGARDING HENRY
24	25	26	27	28	29	30	30
REGARDING HENRY	CLOSED	CLOSED		THE FUNNIEST MOVIE OF THE SUMMER! SHOTS!		CLOSED	THE DOCTOR

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10 lb Pork Butt Steak
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10 lb Pork Butt Roast
6 lb Pork Sausage
10 lb Pork Sweet & Sour Ribs
5 lb Ground Pork
\$169.99

#4
10 Veal Cordon Bleu
10 Chicken Swisse or Kiev
5 lb Boneless Chicken Breasts
5 lb Ribeye Steaks
5 lb New York Steaks
5 lb Beef Tenderloin Steaks
15 lb Lean Ground Beef
\$249.99

#3
10 lb Beef Blade Roast
10 lb Pork Chops
10 lb Pork Butt Roasts
10 lb Beef Sausage
5 lb Wieners
10 lb Whole cut-up Chicken
5 lb Sliced Bacon
15 lb Medium Ground Beef
\$189.99

#5
10 lb Ribeye Steaks
5 lb Pork Tenderloin
10 lb Baby Pork Back Ribs
5 lb Beef Tenderloin
10 lb Lean Ground Beef
10 lb New York Steaks
\$289.99

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#6
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A self-help crime prevention program to reduce threats to you and your neighbours' property.

Neighbours know who belongs in your area, what type of car you drive and they may be the first to notice a burglar at a window or door.

If you are interested in starting a Neighbourhood Watch Program on your block, please feel free to call the Military Police Section at telephone number 833-5104.

What to Watch For:

- Suspicious persons or activities
- Write down licence plate numbers, and descriptions;
- Suspiciously parked vehicles.

Obvious Invitations to a Burglar:

- Open garage or shed doors;
- Unlocked cars;
- Accumulated newspapers and mail at front door.



Cheticamp Military Reunion 92

A military reunion for all serving and retired members who have joined or retired since 1946 will be hosted by the Royal Canadian Legion in Cheticamp, NS on August 4 and 5. All serving and retired members who reside or formally resided anywhere from Pleasant Bay to Cheticamp to the Margarees are invited to attend. Activities include a Meet and Greet on the 4th Aug and a Dinner/Dance on the 5th. The cost for the reunion will be \$50 per couple. Those interested in participating are requested to send their cheque or money order to:

Mr. Leandre LeBlanc
P.O. Box 43
Grant Etang, Nova Scotia
BOE 1L0

Ph: (902) 224-2665

or Col J.C. Muise
Director Communications and
Electronics Technical Support
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SPORTS ANNOUNCEMENTS

CANADIAN FORCES TEAM TRIALS Taekwondo ÉPREUVES DE SÉLECTION DES FORCES CANADIENNES



DATE: SATURDAY/SAMEDI
23 NOV 1991

WHERE/LIEU: CFB/BFC OTTAWA
GYMNASIUM/GYMNASE
HANGAR 1

TIME/L'HEURE: 1300 - 1700

DIVISIONS: RED BELT/CEINTURE ROUGE
BLACK BELT/CEINTURE NOIRE

EVENT/EVENEMENT: FULL CONTACT SPARRING
COMBAT LIBRE - PLEIN CONTACT

ADMISSION/ENTREE: FREE/GRATUIT

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COMMANDEMENT DES COMMUNICATIONS



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ÉCOLE TAE KWON DO D'OTTAWA

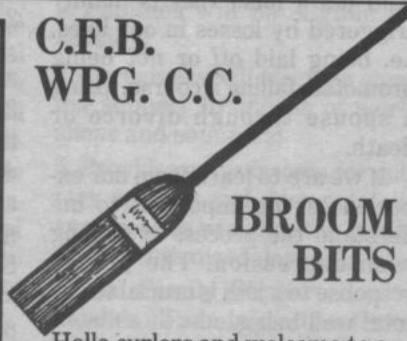
HOW TO ENTER

COMMENT S'INSCRIRE

- See your Orderly Room. Entry information requirements are in CFCC message SO PSP 109 of 251500Z Sep 91.
- Your Orderly Room must submit a message entry with the following information:
 - SIN;
 - rank;
 - name and initials;
 - unit, telephone number and home number if possible;
 - status - regular, reserve or CMC cadet;
 - age and sex (M or F);
 - weight and height;
 - Taekwondo belt rank and Dan certificate number;
 - participation - part one (all or part) and/or part 2;
 - present instructor's name and school name;
 - previous competitions - specify any participation and top three placing in local, regional, provincial, national or international events.
- For further information, contact SO PSP at CFCC HQ: Capt MML Mazairski - (613) 991 - 5267

- S'adresser à votre bureau d'administration. Les renseignements d'inscription requis sont expliqués dans le message du CCFC SO PSP 109 date le 251500Z Sep 91.
- Votre bureau d'administration doit soumettre l'inscription par message avec les renseignements suivants:
 - NAS;
 - grade;
 - nom et initiales;
 - unité et no de téléphone, aussi à la maison, si possible;
 - statut - régulier, réserve, cadet du CMC;
 - âge et sexe (M ou F);
 - poids et grandeur;
 - grade de ceinture en Taekwondo, y compris le no de certificat Dan;
 - participation - partie un (tout ou en partie) et/ou partie deux;
 - nom de votre instructeur et de son école;
 - expérience compétitive - participation et résultats parmi les trois premières places dans les compétitions locales, régionales, provinciales, nationales et internationales.
- Pour d'autres informations, contacter l'OEMPSP au QG CCFC:

C.F.B. WPG. C.C.



BROOM BITS

Hello curlers and welcome to a new season of friendly curling competition. This is the first in a series of articles providing information on various club activities including league standings, special events and entertainment features.

Introducing Your 1991/92 Club Executive and League Reps.

- Honorary Pres.**
Col. Proulx
Club Pres.
Capt Dick Jackman
833-6521
- Membership Exec.**
M.W.O Jim Wright
833-5319
- Club Manager**
Mr. Ross Forbes
888-4354
- Ladies League Pres.**
Arlene Wilson
944-8762
- Intersection League Pres.**
W.O. Darrell MacDonald
833-5304
- Mixed League Rep.**
Heinz Warkentin
474-3569
- Junior League Rep.**
Steve Sanderson
983-5091
- Secretary**
Mcpl Kim Phillips
833-5537
- Treasurer**
C.W.O Gord Criggan
833-5367
- Publicity & Entertainment**
Sgt. Kevin Miller
833-6954

"New Years Eve at the Club"

Come out and enjoy the casual difference. Ring in the new year with fellow curlers and guests.

Festivities begin at 6 p.m. Bottle shoots and challenge games from 7-10 p.m. Pizzas, chicken, chips and other assorted finger food at 10 p.m.

Music, dancing, prizes with noisemakers & party hats supplied.

All of this for only \$15.00 a person. Get your tickets early. Limited sales. (Available at club office)



The Base Commander, Col Proulx, delivers the first stone to open the 1991-92 Intersection Curling League.



1991-92 Intersection Curling League Executive: from L to R: Sgt Denis Naud, Vice President; Sgt Norm Best, Drawmaster; the Base Commander Col Proulx; WO Darrell MacDonald, President; and PO2 Fred Williams, PERI Rep.

CFB Winnipeg Intersection Ice Hockey 91-92 Standings

Team	GP	Won	Lost	Tie	Pts	GF	GA	Top Scorers
Beavers	5	4	0	1	8	34	20	Hodges
2 PPCLI	5	4	0	1	8	27	15	Dalcourt
Eagles	5	3	2	0	6	23	12	Fletcher
Hawks	4	3	1	0	6	22	15	McKay
CFANS	4	2	2	0	4	16	11	Torrey
Badgers/Clip	5	2	3	0	4	16	26	Dombroski
5th Wheels	4	2	2	0	4	16	16	Bruce
Oldtimers	5	2	3	0	4	15	21	LePoidevin
Arrows	4	0	4	0	0	12	33	Pongoski
Sarges	4	0	4	0	0	10	22	Henwood

Tone up for Christmas, come out and enjoy the fun of Low Impact Aerobics

Lipsett Hall, Nov 4-Dec 11 3 Classes a Week:
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Registration — Nov 4, 6:15 or any day following class

Personnel requiring a rec pass can purchase passes at the Rec Council Building 90 (North Site) on Tues & Thur 0900-1200 hrs. For further info contact Peri Staff at Lipsett Hall local 6138.

Rec Passes must be purchased prior to registration



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- 885 Henderson — 661-6135
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Greetings from the Chapels

Depression — A Gift from God



CHAPLAINS CORNER

by Padre Day
Chaplain (P)
2PPCLI & CFB Winnipeg

A friend once told me that depression was a "gift from God". I didn't believe him; I didn't want to believe him. If it was a gift, I wanted to return it for a full refund of peace of mind and serenity.

However, after thinking about it and trying to obtain some perspective, I realized depression could have positive spiritual and therapeutic benefits. Simply put, depression — that feeling of gloom or sadness which usually slows down our body — is a warning signal that something is wrong or needs our attention. It alerts our mind and body to actively engage in our feelings to discover what is happening.

Dr. Archibald Hart in his book "Feeling Free" discusses depression as a symptom of a disease caused by biochemical imbalances and a reaction to what is happening in our life. Many of our feelings of sadness and gloom are endogenous, i.e. come from within our body caused by chemical disturbances: other forms of depression are reactive — following significant losses resulting in a grieving period. The third major type is neurotic which is built up over a lifetime in response to the stresses and anxieties of life.

All three types of depression are experienced by many individuals, however, most suffer from the reactive form of depression. And it's a form that is mainly triggered by losses in our lives, i.e. being laid off or not being promoted, failing a course, losing a spouse through divorce or death.

If we are to learn from our experiences, it's important to understand the process of dealing with depression. The proper response to a loss is crucial to our total well-being.

Dr. Heat describes the Ideal Depression Response (Fig 1) as one where an event triggers our feelings of depression and we enter into a period of recognizing our loss, allowing it to impact our emotions, giving members permission to grieve and then recover by returning to our natural frame of mind. Too many people try to short circuit the depression by taking drugs or alcohol which will only "mask" our feelings and delay our recovery. Indeed, for many people their response to depression is seen in figure 2 where a depression cycle is portrayed. This way of dealing with our feelings is often frustrating, frequently destructive. As means of dealing with depression

that is more healthy, the following steps are recommended.

1. Recognize your depression — be consciously aware of it;
2. Don't fight or resist depression — it's legitimate. Experience it to a point;
3. Identify the loss that triggered it;
4. Face the reality of the loss — accept the situation;
5. Develop a perspective on loss. See Paul's perspective Philippians 3:7,8;
6. Learn from your depression. Relational problems, unrealistic expectations, etc.

Remember, as Christians, we have access to other resources to help us through these normal feelings of loss. God gives us perspective in assisting us to identify what is important in life. He also provides strength and power in tough situations, II Corinthians 12:9-10, Psalm 27:1. Through intelligent prayer, we find hope and purpose and we experience God's unconditional love and acceptance.

Depression can be a gift from God if we recognize it, make ourselves aware of it and respond appropriately by allowing ourselves to grieve and seek professional help when necessary.

For more information on depression, please contact a medical officer, a social worker or one of the padres.

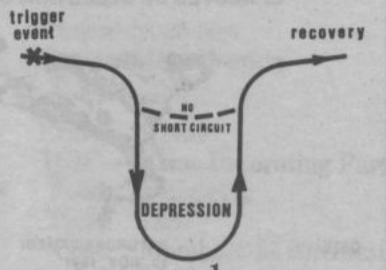


Figure 1
The "Ideal" Depression Response

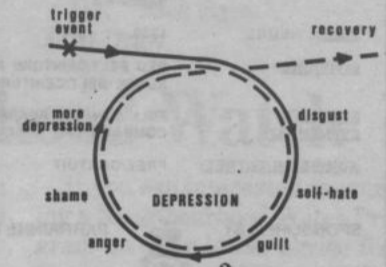


Figure 2
The Typical Depression Cycle

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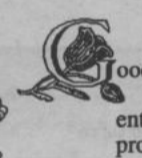
First sitting 4:30 PM

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Sunday: 0900 hrs (Fre)	Tue & Thu: 1900 hrs
1115 hrs (Eng)	Fri: 1700 hrs

WEEKDAY MASSES
SUBJECT TO CHANGE

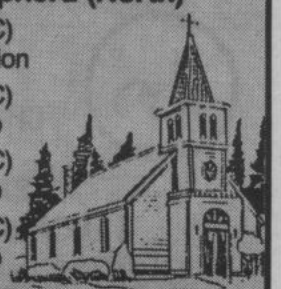
St. George's Chapel (South)

Sunday: 1000 hrs (Eng) Weekdays Tue & Thu 1830 hrs

PROTESTANT CHAPELS

The Chapel of the Good Shepherd (North)

1st Sunday - 0900 hrs - Eucharist (ACC)
- 1100 hrs - Holy Communion
2nd Sunday - 0900 hrs - Eucharist (ACC)
- 1100 hrs - Divine Worship
3rd Sunday - 0900 hrs - Eucharist (ACC)
- 1100 hrs - Divine Worship
4th Sunday - 0900 hrs - Eucharist (ACC)
- 1100 hrs - Divine Worship



St. Andrew's Chapel (South)

Sunday at 1000 hrs

Satellite Family Day Care

I'm sure by now some of you have been visited by our new Program Co-Ordinator, Judy Lister. Judy is undertaking a Community Survey to determine which programs we should offer. To date 105 surveys have been completed. Of these 105, 92 indicated that they felt the need for a daycare was immediate. As a result, the Family Support Centre is presently in the process of developing a Satellite Family Day Care Centre.

Licensed family daycare homes operate in most areas across Canada. A license may be granted directly to the caregiver or to an agency, in this case, the Family Support Centre. The agency, FSC, will recruit and mo-

nitor homes. The caregiver must meet minimum standards that cover age, health, and character. Standards for children specify minimum age, children's age, group size and composition of age groups. Standards for physical environment require certain health and safety features and specify some aspects of care expected. Licensing includes on-site inspections, interviews and assessments by a representative of the licensing agency. A license ensures parents that minimum standards are being met.

There are many advantages offered to the community with the development of Satellite Family Day Care. Some of these include:

1. Regulations and standards can be maintained;
2. Children can be matched to appropriate caregivers;
3. Families will be eligible for subsidy;
4. Caregivers will be given ongoing support by means of workshops and seminars;
5. Provides extra income for military spouses and does not take away jobs as would be the case in an institutionalized daycare;
6. The Family Support Centre handles all administrative tasks.

Satellite Family Day Home Project is a very exciting venture. Our start up target date is May 1, 1992. If you would like to

have input in the developmental stages please give us a call.

Another new service the Family Support Centre will be providing is the Odd Job Registry. This Registry will link up individuals with skills to offer to people who require them. Sample services are: yard work, sewing, painting, typing, haircutting, car maintenance, tutoring, etc., etc. If you would like to register please call Diane at 837-8443.

Our Children's Activity Book is now in the final stages. We still require children's drawings. The book will be on sale at our Christmas Craft Sale, December 8, 1992 at Club 90.

January 1992 marks the date of the launching of our first "Community Connections", a community based newsletter. The first edition will cover January to March of 1992. The newsletter will include family and community news, want-ads, and listings of activities of various clubs, organizations and agencies on the Base and the surrounding area. If you would like to contribute or



become a volunteer to help publish the newsletter, please give us a call. As well, the Family Support Centre is presently holding a competition for the cover design of "Community Connections". A prize of \$25.00 will be awarded to the winning entry. Deadline is December 2. Entries will be on display at the Craft Sale.

If you live off Base and would like to be on our mailing list to receive "Community Connections", please call Diane at 837-8443.

Carol L. Barton
Executive Director
Family Support Centre
837-8443

Jameswood School Cross Country Report

This year at Jameswood School, we had a very successful cross-country team with approximately 35 boys and girls from Grades 4, 5, and 6 participating. Students who participate in this sport improve their cardiovascular fitness and endurance. Students who participated in at least two of the three cross-country meets are:

Grade 4

Travis Bell
Melanie Brown
Jennifer Harrington
Gillian Ives
Kris Kelly
Ryan Kingston
Kenneth Mazerolle
Michael Munro
Brett Purdy
Brendalee Robinson

Frances Roux
Brian Vanderwal

Grade 5

Derek Church
Keith Davis
Terry Desjarlais
Martin Fortier
Mike Lafontaine
Gary Reddekopp

Grade 6

Mandy MacLean
Chris Rankin
Crystal Rienguette
Shannon Robert
Brandon Robinson
Pauline Robinson

Grade 6

Corey Andrews
Cheryl Fehr
Paul Fortier
Christa Fremont
Lisa Handy
Chad Lupton

the first two meets and sixth in the Divisional meet.

Brendalee Robinson — Top Female Runner in Grade 4, placed first and fourth in the first two meets and fifth in the Divisional.

Gary Reddekopp — was the top male runner for Jameswood School in Grade 5.

Mandy MacLean — Top Female Runner in Grade 6, placed first each time in two meets and second in the Divisional meet.

Paul Fortier — Top Male Runner in Grade 6 for Jameswood School.

Jameswood School Dates to Remember

- November 7 Remembrance Day Service 10:45
- November 8 Administration Day — No School
- November 15 Report Card Day
- November 21 Parent/Teacher Conferences 5-7 p.m.
- November 22 Parent/Teacher Conferences 9-12 noon
- In Service p.m. — No School

Special congratulations to the following students who participated in all three meets and were the top runners in their grades for Jameswood School. Each will receive a trophy.

Travis Bell — Top Male Runner in Grade 4, placed first in each of

Base Education Afternoon 13 Nov 91

Base Training will be offering an "Education Afternoon" in the base theatre. Mr Mark Titterson, the director of the CF Community College Program; Mr Norm Blain, the Department Head of the Business Program at Sturgeon Creek High School; and Mr Mike Piercy, the University Liaison Officer at the U of M will be offering presentations to the military and civilian employees at CFB Winnipeg.

Schedule of Events

- 1310 Personnel assembled in Base Theatre for presentations
- 1315-1350 Presentation by Norm Blain, SCHS
- 1350-1400 Break and Informal Question period
- 1400-1445 Presentation by Mark Titterson, CFCCP
- 1445-1515 Break and Informal Question period
- 1515-1550 Presentation by Mike Piercy, ULO
- 1550-1600 Informal Question period

All members are encouraged to attend the three presentations but may decide to attend only one or two, provided they are seated 5 minutes prior to the start of each session.

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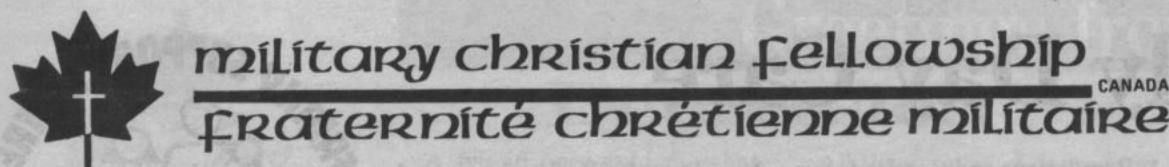
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The Five W's of Fellowship

What

The Oxford illustrated dictionary defines fellowship as follows: "Fellowship n.1. Participation, sharing, community of interest. 2. Companionship, intercourse, friendliness. 3. Body of associated, company; guild, corporation; brotherhood. 4. Dignity or emoluments of college fellow".

Fellowship, then, provides the opportunity for social communication between individuals. When people have fellowship with one another they are able to participate in those activities in which they have a shared interest. They may provide companionship for one another. They may grow to become united in certain areas. A term which aptly summarizes this definition of fellowship is "Special Interest Group".

Christian fellowship naturally puts the focus of interest upon Christ and upon mankind's relationship with him. The MCF further narrows the scope of fellowship to those persons who have some level of interest in the things of Christ.

Who

Christian fellowship may be denominational, e.g. the membership is agreed upon certain religious doctrines which are considered fundamental to the group. They may be inter-denominational, in which case members acknowledge their different doctrinal beliefs and agree that, while not compromising their personal beliefs, they will not be prevented from having fellowship (sharing of their common interests) with each other. Within denominations we may see Men's Fellowships; Women's Fellowships; Missionary Fellowships, etc. — special interest groups within the Christian assembly. In the inter-denominational realm we may see such fellowships as: Christian Businessman's Fellowship; Christian Peace Officer's Fellowship; Transportation Fellowship; and Military Christian Fellowship, etc.

Why

Both types of fellowship exist to provide people with the opportunity to share their faith; to encourage one another; and to display friendliness to one another. In short, to draw together a community of interest.

Those who gather together in fellowship will be provided the opportunity to share. Some will speak, others will listen. Some will be mature Christians — wisely and humbly sharing a vibrant, powerful faith in Christ. Others may be searchers — those who are wondering about the meaning of life — perhaps even questioning the existence of God. There may be others who lack wisdom, zeal and humility. But it may well be that God has brought us together in order that He might meet all our needs.

Where/When

There are many Christians within the military who are still asking themselves whether they should be part of the MCF. It is hoped that the preceding paragraphs will have helped to settle that question and they may be thinking of the "where and when".

At the risk of sounding simplistic one must simply say, "wherever and whenever possible". Since the MCF is comprised of people from all areas of life (military, non-military), who come together under all circumstances, opportunities abound. People can meet together for prayer and sharing. They can meet together for Bible study. They can offer to be hosts, or contact points for visitors to their area. They can agree to pray for one another daily. Even a friendly smile across a busy room can offer encouragement and be an expression of fellowship.

Expecting Great Things

We are living in an amazing time, a time when USSR finally released its grip on the eastern European nations and the people of USSR have thrown away the "numbing drug" of communism. With the rise of democracy and liberty people within the republic and the new nations themselves can be reached by witnessing Christians, and saved. It is truly the prayers of thousands of Christians over many decades and the work of God, that these people have become free.

For a decade, people laughed at these individuals who prayed to God for the "impossible" change of communism in USSR. But "hope does not disappoint us, because God has poured his love into our hearts by the Holy Spirit, whom he has given us" (Romans 5:5) As for the change in Russia, we can expect a great deal from God. He truly makes things happen in the most amazing way and with the most incredible speed.

Let's tune some of our prayers to the Military Christian Fellowship (MCF). It is time to push the MCF full steam ahead expecting great things to happen. So many military members and their families are not aware of the Love of

God and His call for them. The MCF members should become truly "working Christians" who reach out. In the Lord God, we are strong and we should not expect something small, but instead, only what is great.

"...prepare your minds for action; be self controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed" (1 Peter 1,13).

Join us during our prayer time, bible studies, meetings, and conferences, like the one coming up this fall, and more. Get involved! Put your expectation in the Lord and great things will happen.

Chairman
Major Steve Hill
W 992-4931 H 746-1719

Prayer
Sgt Bob Morgan
W 998-3002 H 736-8068

Newsletter Ed
2Lt Kelly Marie Redcliffe
W 995-0022 H 731-3999

Convening Ed
Maj Sylvain Fleurant
W 994-8781 H 834-8907

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Col J.R.B. Proulx Base Commander CFB Winnipeg, Capt C.S.G. Macdonald CO CFTMPC present a \$600.00 cheque to Barb Brook, Manager of the Red Cross International Services with CFTMPC staff members present.



OPERATION B-52

The flood disaster and subsequent devastation in Bangladesh earlier this year, touched the hearts of CFTMPC staff members. Rita Walker, an editor with the unit, felt that the Section's personnel, joined with the personnel of CFB Winnipeg, could assist the relief effort in some way. She approached her Commanding Officer, Captain Stew Macdonald, with this suggestion and with his approval and support as well as the assistance of the other tenants of Building 52 — Air Reserve Group Headquarters, Base Civilian Personnel, Canada Communication Group, Canex and Base Cleaners — the idea of Operation B-52 was born.

The concept of Operation B-52 as a fund raiser, was given added dimension when it was decided to make it a challenge to all personnel in each building to meet the funds raised by Building 52 on a per capita basis. The actual fund raising venue was a mobile putting green placed at various locations around the base. During the campaign and for the nominal sum of a dollar, participants could "Putt for a Buck". A hole-in-one resulted in a prize of \$2.00. The list of winners is highlighted on this page.

It is absolutely amazing the number of good golfers in residence at Air Command Headquarters! And many's the number who missed that coveted prize by a hair's fraction; of significant note are the then Commander of Air Command LGen F.R. Sutherland and Col G.B. Bartley, Deputy Commander of Air Reserve Group Headquarters.

Unfortunately the Second Battalion PPCLI was not available to participate due to operational commitments. Notwithstanding this, the challenge still stands for LCol J.M. Lapeyre, the officers and non-commissioned members of the Second Battalion PPCLI to meet the amount raised by CFB Winnipeg. A tentative date is March 17 with Mid-April targeted as an alternate time.

Operation B-52 raised \$600.00 for the Bangladesh Relief Fund. A special thanks goes out to all the staff at the BCEO, BTNO and Base Supply for their kind support. Brush up on your putting skills everyone because the challenge is still in effect for next Spring.

- Hole-In-One Winners**
- Lt Bruce Johnson — BTPT
 - Lt John Haugen — Aircom HQ
 - Mr Paul Desmier — Aircom HQ
 - Mr. George Horning — BSup
 - MCpl Peter Henery — CFB Shearwater
 - Cpl Dennis Boehm — 14 Dent Det

On behalf of the Canadian Red Cross, thanks to everyone who participated in Operation B-52.

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Home for Rent — WOODLANDS — 2-3 bedrooms, 1 1/2 bath, single level home, electric heat and woodstove, A/C, large private yard, and large garage. Ph: 489-7807.



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Babysitting — Bilingual mother of three will babysit in my home. Non-smoking environment — no receipts. Ph: 889-5560.

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Misc. For Sale

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For Sale — Infant Pram Snowsuits (fits up to 26 lbs.) — \$15.00; Snuggli (birth to 9 mos) — \$10.00; Fisher Price Mobile — \$10.00; Assortment of baby clothes and needs (6 mos to 18 mos) — all reasonably priced; Men's Ten Speed Bike — \$25.00; Hand Barbell Weights — \$5.00; Rowing Machine — \$20.00; Sewing Table — \$125.00; Fisher Price Infant Car Seat \$35.00; Dorel Lounge Seat \$10.00. Phone 488-9655.

For Sale — DOG KENNEL \$200.00 (5 ft. x 12 ft. x 6 ft.); MEN'S TEN-SPEED BIKE plus CHILD SEAT \$35.00; 12 GEESE DECOYS \$60.00; 7mm RIFLE Gold Eagle 3x - 9x variable scope \$800 — excellent condition. Ph. 488-6530 after 5 p.m.

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Babysitters' Course 18, 19 and 20 Nov 91

The Fire Prevention Bureau will be conducting a Babysitters' Course on 18, 19 and 20 Nov 91 in Building 100 on the North Site. Classes will be from 1830 to 2030 hours. Names will be taken on a first come first served basis to a maximum of 15 students.

To register participants must be a minimum of 12 years of age by 8 Nov 91. Names will be taken by the Fire Prevention Bureau between 0900-1200 and 1300-1600 hours Monday to Friday at 833-5501, prior to 8 Nov 91.

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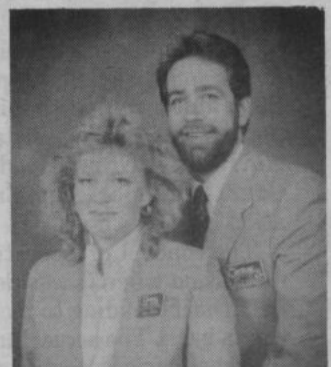


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