



Free

CFANS Update Page 2
 OPEVAL Pages 6 & 7
 Chaplain's Corner Page 10

CFB/BFC Winnipeg
 30 May 1990

OPEVAL 90



Cpl Doug Fraser, Base Transport, on guard at the Whytefold gate.

Photo by Cpl Bill Murphy

A JOB WELL DONE



Col H.C. Armstrong BCOMD

Photo by Cpl Bill Murphy

There was a collective sigh of relief around the Base Tuesday afternoon 15 May because we had just completed a very successful OPEVAL. The OPEVAL was the culmination of four months of intensive training and I know many people are happy it is now behind us. Each of our training exercises were used as building blocks with each one becoming more complex and more challenging. As we progressed it became clearly evident that everyone was gaining confidence and enthusiasm. The exercises were excellent training vehicles and they allowed us to learn lessons and correct mistakes. As a result, we were able to enter the Air Command OPEVAL with confidence.

Our performance should be a source of pride for all base personnel, and to quote the evaluation report, "All personnel were well prepared to meet the roles and OPEVAL scenario requirements".

I will not attempt to single out any organization for special recognition; suffice it to say, to achieve the level of success that we attained required personal sacrifice and a lot of hard work on the part of everyone. I do want to acknowledge the supporting role played by our civilian work force. Not only were they an extra set of eyes and ears but they also kept our normal day-to-day activities ongoing. To the lodger

and integral units, I realize that in some cases our exercises caused minor disruptions to your normal routine but I thank you for your understanding and support. I know everyone is tired of exercising, so take a well deserved break and enjoy the summer holidays. As you know, we intend to continue our training program with quarterly exercises starting in the fall. Thus we will be able to train our new personnel and enhance our readiness so that we will always be prepared to meet any challenge.

Congratulations on the successful completion of the OPEVAL.



CFANS Update



Basic Air Navigator Course 8904. Wings Graduation Ceremonies.
 Back row (L — R) Capt M. Levack (course director), Lt Howard Tetzlaff, 2 Lt Jean Houde, Lt Josée Lecompte, Lt Iain Bushell, Lt Roy Philpott.
 Front row (L — R) Col H.C. Armstrong, BGen P.A. Hayes, LCol T.F. Watt.



BGen Hayes observes as Lt Iain Bushell (honour graduate) is presented with navigator wings by his father, Mr. J. Bushell.

On 10 May 90, the Commander Air Reserve Group, Brigadier-General P.A. Hayes, OMM, CD was the Reviewing Officer for the Wings Graduation Ceremonies for Course 8904 (see photos this page). After the formalities of the evening, those in attendance were treated to yet another clever video presentation of life at CFANS. It seems that the video skit is fast becoming the preferred format of entertainment at graduations. Often CFANS instructors become the target of parody in these low budget student productions. Perhaps at a CFANS mess dinner in the future, the instructors will present how they perceive the students of basic air naviga-

tion. Congratulations to all the graduates and best of luck in the future.

The flow of the pipeline continues at CFANS as Course 9004 began classes on 22 May. The students were welcomed in the traditional style in the Tartan Room, at the Officers' Mess.

Recently, course directors at the Nav School have had some extra help on weekends. Capt MacKinnon accomplished his local move of F and E with volunteers from 9002 Van Lines and Capt Murphy had a fence erected in his back yard by 9001 Construction Ltd. If C.E. would approve pool installations at PMQ's, 9004 Excavation Co. might get a call.

BOR News

Well it looks like we've finally done it, survived the great OPEVAL! Besides the fact that I was terminated during an attack, all went fairly well. The good thing was that 10 minutes after I was pronounced dead, the miracles of modern medicine revived me and I was able to continue with my BDF duties. At this time I would like to thank my fellow BDFers at bldg 86 who made the OPEVAL, along with all the other exercises a little more bearable. Also at this time I would like to congratulate the kitchen staff who did a good job

of feeding us. Though a lot of people tend to complain about the mess hall food, you still find them in there shovelling as much of it in as they can. Makes you wonder doesn't it?

Though the official word is not out yet, rumour has it that the Base did a fantastic job of defending itself. The fact that the umpires had to sneak the infiltrators onto the Base. Seems to tell it all.

On 12 May 90, MCpl Darcie Kay tied the knot with Mr. Ken Kopp. Following the wedding service they took a horse drawn carriage to the Manitoba Legisla-

tive Bldg where they took some pictures. They then continued on to the Hotel Fort Garry where they held their reception. The service and reception were beautiful, and Ken and Darcie make a beautiful couple. Now, with their wedding behind them, they can enjoy their honeymoon prior to their departure to the west coast. We wish them all the best in their new life together. Congratulations Mr. and Mrs. Kopp.

Well, as it is the 17 May 90 and as this is Winnipeg I must leave now so that I can shovel my car out of its parking spot in time for me to go home. With that wonderful bit of news I will sign off until next time. Have a good week.

Child Ident Program



This booth will have pamphlets on Drug Awareness, Neighbourhood Watch, Impaired Driving and the Child Identification Program. This is your opportunity to obtain a personal record on your child.

The Military Police will be setting up a booth at the Arts and Crafts Sale to be held in Lipssett Hall, CFB Winnipeg South, on 02 Jun 90 between 1000 hrs and 1500 hrs.

Children will be fingerprinted and the booklet given to the parents for their completion and safekeeping.

Hope to see you there.



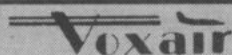
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Editor-in-Chief/Rédacteur-en-chef	- LCol J. Forestell	- 895-5281
Managing Editor/Directeur-Gérant	- Capt Tom Walls	- 895-6674
Production Editor/Production	- Capt Wayne Joy	- 895-5136
Assistant Editor	- Lt Cindy Thistle	- 895-5025
Assistant Editor	- Colleen Guntner	- 889-3963
Assistant Editor	- Cpl Kevin Sytsma	- 895-5404
Business Manager	- WO Rick Shantz	- 895-5115
Accountant/Comptable	- Cpl Chantale Duchesne	- 895-5391
Office Manager/Chef de Bureau	- Mrs. Anna Springer	- 889-3963
Advertising/Publicité	- Mr. Jim Holland	- 832-0115

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Mortgages Made Easy

Almost every homeowner in Manitoba has, or at one time had, a mortgage and many do not fully understand the nature or effect of the legal relationship created when signing or assuming a mortgage.

I will be restricting this discussion to residential real property mortgages, although some of the principles may apply to commercial mortgages or to chattel mortgages.

A mortgage is a legal contract between the land owner borrowing funds, who is referred to as the mortgagor, and the lender, either a financial institution or private lender known as the mortgagee. A third party, referred to as a guarantor or covenantor, exists on some mortgages, as a person other than the land owner who is joining with the mortgagor in the promises made under the mortgage.

The terms of the mortgage contract are contained in the

mortgage document and are governed by a number of provincial and federal statutes including the Real Property Act, the Mortgage(s) Act, and the Interest Act.

Every mortgage document contains a promise by the mortgagor to repay the mortgage principal amount and the interest, if any, stipulated, by the agreed upon method of payment. Most mortgage documents also contain other promises such as a promise to keep buildings insured, a promise to pay property taxes and other municipal levies, and a promise to keep the premises in good repair.

Additional clauses may be included only in certain types of mortgages. For instance a mortgage against a condominium unit usually contains promises relating to payment of common element fees, and a second or subsequent mortgage usually indicates that default on the prior mort-

gage will be deemed to be default on that mortgage.

The mortgage will also contain clauses giving to the lender security not only by way of the above personal promises of the individual but by way of rights against the land and buildings involved. These rights too may vary from mortgage to mortgage but the Real Property Act outlines the specific method of realizing on the mortgaged security in the event of default of the promises in the mortgage. The terms of the mortgage cannot allow the mortgagee to proceed any faster than allowed by statute, or to circumvent any of the steps required by the Act, preceding the final order of foreclosure. The lender may, however, choose to proceed against the mortgagor or mortgagors or covenantors personally by a law suit in addition to or instead of proceeding against the land, in the event of default.

It is wise to be apprised of all

the major covenants and terms of your mortgage before signing it as they will be legally binding upon you. Your lawyer or your lender should be able to explain the provisions to you.

In shopping for a mortgage when buying a house or refinancing, most people consider the available interest rate, and the conditions of prepayment. Many people are not concerned about prepayment penalties, figuring that they are not likely going to come into additional funds to apply against their mortgage. They fail to realize, however, that with most mortgages, the penalty also applies in the event of sale of the property prior to the expiry of the term of their mortgage. Anyone who may be moving in future should discuss the options available to reduce or avoid such a penalty, with their lender or their lawyer prior to finalizing their mortgage.

Before the mortgage funds will be advanced (or paid out) by the lender, the mortgage must be a) approved by the lender, b) prepared by the lawyer, c) signed by the mortgagor, d) registered by the lawyer at the Land Titles Office, e) reported by the lawyer to the lender, and f) processed by the lender for advance. In the event of a refinance to pay off an existing mortgage coming due, or to obtain funds for loan consolidation or home renovations, you would be wise to discuss how long each of these steps take (with your lender and your lawyer) and apply for your mortgage long enough in advance of the time when funds will be required.

William E. Doyle is a lawyer practising with the firm of Begin & Doyle, 427 Academy Road, 488-3337. He is the son of a retired Career Warrant Officer with the R.C.A.F.

Repatriation of Rotary Wing Aviation Unit

With the repatriation of the RWAU complete, it is timely to reflect on the contribution that the personnel of air command have made to the Canadian Contingent of the Multinational Force and Observers (CCMFO) in Egypt.

Since the inauguration of the Canadian Contingent in Apr 86, over 1,000 Air Command personnel have participated in the eight RWAU rotations as well as the MFO staff positions. They have served with distinction in a wide

variety of occupations and trades. They fulfilled a vital mission with conspicuous professionalism under conditions which were decidedly harsh and austere. Their many accomplishments, unflinching spirit and exemplary conduct have been lauded at the highest levels of the MFO and Canadian Diplomatic representa-

tives in Egypt.

Although Air Command will continue to support the reduced CCMFO commitment, the return of the RWAU marks the end of an important chapter in our proud history.

To all who served and to the many families and loved ones who remained behind, I offer my

most sincere personal congratulations and gratitude. Your dedication and sacrifice have set a superb example and will long

remain a source of pride for both the Air Force and the Nation.

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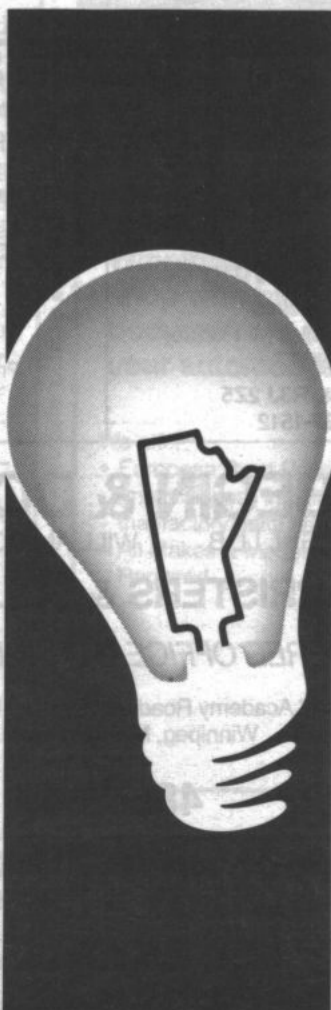
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From the Hangar Doors

Dash 8 familiarization continues apace. Not too long ago, Labs and Servicing sent personnel on an "EFIS" course. That was so people could understand the new cockpit information displays, with four CRTs (TV tubes) replacing some of the old "steam gauge" (dials) displays. And, hopefully, how to fix 'em.

You have to understand that with our experience of 1950s Heres and 1960s Tutors we are having to make a huge jump in technology. For those who spent most of their time working on the Dakotas, the span is more like six decades. Suddenly you have to deal with a plane that has computers galore and is Acronym City. PSUs, ADCBs, HMUs, ECUs, IVSIs, #1 and #2 DADCs, AHRUs, #1 and #2 NCUs ...throttle? compass? uplocks? what are those?

Think what it's like when we get a snag on some of this new stuff. Sometimes we get a problem that even deHavilland has trouble solving. On the other hand, snags are your best opportunity to learn about a plane (and best excuse to tear it apart).

It's not just techs who have to know this stuff in a hurry: so must the pilots. A good example how inexperience can stump everybody was when a pilot aborted his flight when he couldn't get a good test indication for his prop blade heaters. Ice on props is not good for any plane's health (not to mention crew's and passengers'), and so he and his copilot went through more testing to see if they had missed anything. Circuit breakers in? Yep. AC power from generators on line? Sufficient voltage. Engines at sufficient idle? Must be: we've got the generators on line. Shut her down and write it up.

When the techs plugged in external electrical power everything checked "serviceable." Hmm... "Finger Snag?" (i.e., pilot not holding down the switch properly?)

What to do? Well, let's run up the engines, and use internal power. Maybe that was the problem. Well only a few techs are qualified to be "tarmac pilots," but they found one. Start 'em up.

After ten minutes, they stumbled on the answer. In one line buried in the middle of one of our many Dash 8 manuals, there was this instruction: engines must be running at least 900 rpm. Put them below that, you can still be at idle, you will get power, but no, the prop heating system won't work.

So, it was never a snag, but it wasn't something you could fault the pilots for either. We can't expect them to take our library of manuals up in the air with them. Just something that has to be passed onto all techs and all pilots to remember, and for experience.

Experience we do lack, except for a very few men who were posted in from Germany. To them we are very much in debt. And I also believe we techs in 16 Hangar and the pilots from CFS and 402 Sqn can pat our collective backs, because inexperience can make for frayed nerves, finger pointing, and distrust. We've adopted the better attitude: we're in the same boat, so altogether! row! and bail! and where're those manuals?!

— Oily Rag



Congratulations

- 25 Apr 90 — \$ 125 — CWO Fairbairn — AIRCOM Maint
- 2 May 90 — \$ 125 — Sgt Guillemette — 2PPCLI
- 9 May 90 — \$1000 — WO MacDonald — B Met
- 16 May 90 — \$ 125 — WO Bugden — BAMEO

The Base Lottery costs only \$1 per week, the odds are great! If you wish to become a member of the Lottery, please give BADMO Secretary a call at local 5860 and she will give you all the information on how easy it is to join.

BAMEO PROMOTION



Presenting Pte Hurley with his recent promotion to Cpl is Lt. Hervé. Cpl Hurley is a metal technician employed in the Bameo metalshop. Al's new rank was effective as of the 19 Apr. Congratulations Al.

Silver Anniversary

The Security Branch will be celebrating its Silver Anniversary in 1991. In commemoration, a book is being written which will depict the many organizations which policed the Navy since 1910. As a result, all former members of the Regulating Branch, Naval Patrolmen and Shore Patrol members are invited to contribute anecdotes, items or photos which may assist.

For more information, please call Lt(N) Mark R. BAKER at (902) 427-2320 or mail contributions to:

Attention: Naval Police Book
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Next Voxair Deadline 4 Jun 90

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Base Supply Tips

Have you ever complained to your friends that the uniform does not breathe well in the heat, or that an item from your permanent kit allotment for which you receive a Clothing Upkeep Allowance (CUA) and must maintain at your own expense is of poor quality. Or perhaps a piece of equipment you work with is not safe or needs some modification to make it more efficient/economical, or more useful. Maybe a lot of people have already thought of it but never acted upon their own ideas and observations.

You have a voice in the hierarchy of things! The CF 777 Unsatisfactory Condition Report (UCR) is your vehicle to communicate with the higher levels and air your comments or suggestions.

The UCR is used to report suggestions and recommendations on technical or non-technical matters. In some cases, if the originator has made suggestions that could result in significant savings to the government, the originator may be advised to raise a submission under CFAO 99-2, Suggestion Award Program as well.

In certain cases, though, a UCR is not the proper form to use in reporting defects or errors of specific nature. It is best to consult the Canadian Forces Technical Orders C-02-015-001/AG-000 when submitting the UCR.

The UCR is submitted through your normal chain of command, i.e. supervisor, section head, etc. The completed UCR is sent on to the controlling agency. At CFB Winnipeg, BAMEO controls the UCR submissions. The UCR is then forwarded to a technical authority i.e. aircraft related — BAMEO, vehicle related — BE-MEO, Supply related — BSupO etc. for comments and review. A UCR affecting safety would also be routed through the BGSO or AFSO.

The UCR must be completed and investigated within 14 calendar days from the receipt of UCR at second level, and 30 days (urgent) or 90 days (routine) at NDHQ level, dependent on the priority assigned. So take action and see the results if you have something to say! Don't wait for someone else.

Base Supply provides a service to approximately 400 customer accounts from which we receive over 50,000 demands each year.

Most demands should be priority 03 for items required within 15 to 30 days. When the customer account holders forecasts their requirements, they should substantiate their demands, quote entitlements, use proper stock numbers, quote realistic order quantities (which is 30 days supply on hand), and use priority codes in accordance with regulations; they will be, in most cases, very satisfied customers.

Every time someone fails to provide all the information Base Supply needs, the routine workflow is disrupted and not only causes delays in providing proper service but affects the service we provide to the approximately 399 other customer accounts. Help us make you a satisfied customer by following the guidelines in A-LM-185-002/JS-001 CFP 185 Vol 2 which is available to all customer account holders upon request from Base Supply Distribution Accounts section.

Remember that requests for loans of tentage, etc., should be addressed to Customer Services, the coordinating controlling desk for temporary loans. This includes all adventure training, ball tournaments, etc.

This year Base Supply was allotted only 80 percent of the required local purchase budget which will definitely affect the customer. Don't be surprised if the quantities have been reduced on your demands or if more substantiation is requested. Whenever you are not satisfied with the equipment you receive for whatever reason make sure you let us know. We should be able to help.

As always we endeavor to provide: **SERVITIUM NULLI SECONDUS!**

Special Awards

Chief Warrant Officer Jean-Yves Lapierre, Command Senior Medical Assistant at AIR COMMAND HQ, receives congratulations from BGen H.M. Sutherland, on his admission in the Order of St-John granted by the Sovereign Head of the Order, Her Majesty Queen Elizabeth II. Each year, the Priory of Canada submits to the Grand Priory in England the names of persons who have contributed to the development of the great humanitarian work of the Order in Canada. CWO Lapierre's name has been put forward as deserving of such recognition and was admitted to the Order in the grade of Serving Brother.




PO1 E.W. Magill, PMed 2, received his certification as a Public Health Inspector (Canadian) from BGen H.M. Sutherland, COS SP.



MWO R.G. Reed, PMed 1, receives his certification as a Public Health Inspector (Canadian) from BGen H.M. Sutherland, COS SP.



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PREMIUMS: Vary according to plan selected

EXAMPLE
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Premium — \$140.00 annually

Tenant-Condo Owner (Ottawa)
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Premium — \$80.00 annually

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OPEVAL — Through the Eye of



Cpl Lily Hakes, DCOS PERS, keeps a watchful eye during recent exercise.

Photo by Cpl Bill Murphy



A member of BDF directs traffic to the ID check point.

Photo by MCpl E. Dean



CFB Winnipeg's crash response team stands ready with city tanker during exercise.

Photo by Cpl Pete Vaudry



Members of BDF check ID's at 16 Hgr.

Photo by MCpl E. Dean

the Camera



AB Harry Osborne, BPSVCS, at his post outside of Base HQ.

Photo by MCpl E. Dean



Cpl Rob Cracknell B. Foods guards the flakes of chicken.

Photo by Cpl Bill Murphy



A member of Fire Station #20 of the City of Winnipeg assists CFB Winnipeg's crash response team during recent exercise.



MCpl Keith Holder, BTransport and MCpl Jack Mann, BAMEO.

Photo by Cpl Bill Murphy



Med A LS John Paddon, BHosp., tends to an accident victim during OPEVAL 90.



BHosp. staff tend to Col Armstrong as a result of his simulated heart attack.

Photo by Cpl Bill Murphy



June Program

AT
First Aid Course — A St. John's Ambulance, Standard First Aid Course, offered free to military spouses. Held on Saturday, June 9 (all day) and Wednesday, June 13 at Hangar 16 (AMU) 3rd Rm 328. Child Care will be offered at the class location Wednesday P.M. only but the FSC can offer babysitter's names for Saturday (Pre-registration for the course and Wed child care is required)

(S)
Military spouse Survival — Brief presentations will be made on coping with separations, dealing with the military lifestyle, etc. You'll hear from spouses who will share their experiences and have a chance to discuss yours.

(N)
Pot Luck Lunch — Bring a salad, cold cuts, casserole, dessert — whatever! Get out of the office (or home) and take time to see what the FSC is all about while you share lunch with others.

(S)
PMS — Pre-menstrual Syndrome — Many women experience physical and emotional symptoms during their monthly cycles. A representative from the Women's Health Clinic will discuss PMS, and support groups to help.

*At calendar printing, the June 18 & 25 events are tentative. Please call to confirm these workshops. If the workshops are confirmed, and you need child care at the Centre, please call a few days in advance.

(N) & (S)
Drop-In — The Family Support Centre offers information on a variety of topics, as well as resources from the Base and city. Feel free to drop in, ask questions, get answers, check out our babysitting list, offer suggestions.

(N) & (S)
Zoo Outing — Take time to walk around the zoo. Investigate the Kinsmen Discovery Centre, with its "petting farm" and view of underground and other animals. Bring a small snack and have a play at the swing area (near the Pavilion)

9:00 Bus pick up (N)
 FSC — 54 Bourkewood
 9:15 Bus pick up (S)
 — Lipsett Hall
 Return Trip departure — 12:00

(S)
Alcoholism and Families — Do you love someone who drinks too much? Did you grow up with an alcoholic parent or relative? The Alcoholism Foundation of Manitoba will offer a session on families and alcoholism, effects on your life, and support to help you deal with your experiences and feelings.

(S)
The Storylady — Susan Quigley, from Winnipeg Public Library,

will present her final storytime at the Centre.

(N) & (S)
Winnipeg International Children's Festival
 Enjoy a bus outing to the festival grounds. Roving musicians, craft areas, and other activities for children. Entrance is Free!
 9:00 Bus pick up (N)
 FSC — 54 Bourkewood
 9:15 Bus pick up (S)
 — Lipsett Hall
 Return trip: departure at 10:50 (Pre-registration)

(N)
The Storylady — Winnipeg Public Libraries, Mary Dennett, will come out to offer a fun storytime for children, ages 2 1/2-5 years. (no charge)

Base Comptroller Promotion

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Family Support Centre (N) 54 Bourkewood 837-8443 (S) 1822 Corydon 488-4161			1 Centre Closed	2 Comm Council Family Day (N) Rec Centre
4 Drop-In 12:00-3:00	5 Wpg. Intl. Children's Festival 9:00/9:15 (N) Drop-In 12:00-3:00	6 Drop-In 12:00-3:00	7 The Storylady 2:00	8 Centre Closed	9 First Aid Course 8:30-4:30
11 Drop-In 12:00-3:00	12 Drop-In (N) 12:00-3:00 (S) 7:00 Military Spouse Survival	13 Drop-In (S) 12:00-3:00 First Aid 1:00 (N)	14 Pot-Luck Lunch 12:00	15 Centre Closed	16
18 PMS * 1:30	19 Drop-In 12:00-3:00	20 Drop-In 12:00-3:00	21 Drop-In 12:00-3:00	22 (N) & (S) "Zoo" Outing 9:00/9:15	23
25 Alcoholism and * Families 1:30	26 Drop-In 12:00-3:00	27 The Storylady	28 Drop-In 12:00-3:00	29 Centre Closed	30



After years of torment from Capt. Debow the "Subbie" surfaces to Lt (N). Lt (N) Irwin is shown receiving his promotion from the base comptroller, Maj. Stokes.

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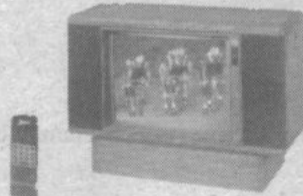
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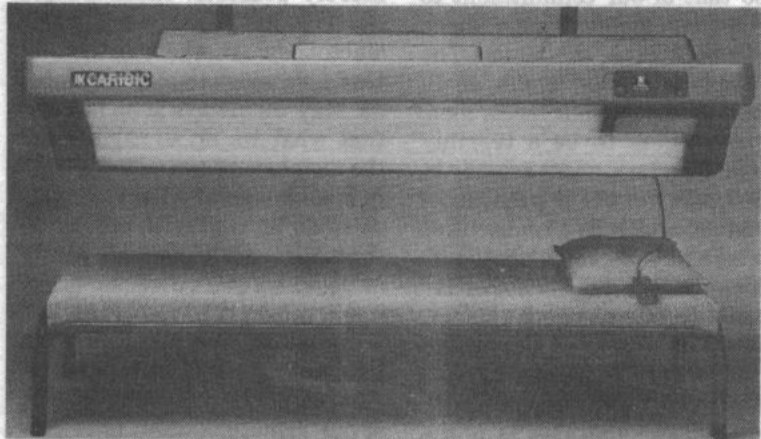
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SPORTS ANNOUNCEMENTS

SUNTANNING



Due to the popularity of the sunbeds located in Building 90 and Lipsett Hall the price per session will be \$2.00 vice \$3.00 effective 01 Jun 90. Appointments for usage will be taken in advance by phoning local 5511 for Building 90 and local 6183 for Lipsett Hall.

CFB Winnipeg Swim Classes Red Cross Summer Program

Registration Day
23 Jun 90
Westwin 0900-1200 hrs
Lipsett Hall 1300-1600 hrs
Class Timings
Mon-Fri
0930-1130 hrs
Classes
— First 3-13 Jul 90 Westwin
— Second 16-27 Jul 90
Lipsett Hall
— Third 30 Jul-10 Aug 90
Westwin
— Fourth 13-24 Aug 90
Lipsett Hall
Registration for one, two or all classes will be accepted on the 23 Jun 90.

CFB Winnipeg Base Commander's Golf Tournaments 1990

Schedule:
13 Jun 90 Carman, Man Tee off 1000 hrs. Cost \$20.00
Wed
11 Jul 90 Teulon, Man Tee off 0900 hrs. Cost \$19.00
Wed
22 Aug 90 Carman, Man Tee off 1000 hrs. Cost \$20.00
Wed
12 Sep 90 Teulon, Man Tee off 0900 hrs. Cost \$19.00
Wed
To Register: Contact MCpl Bud Burgess Peri Staff 5514 Bldg 90. We have 40 openings per tournament. First pay — first play.
Note: These are private golf courses — dress regulations and golf course etiquette are strictly enforced.

Base Running Team

On the 8, 22, 29 Apr members of the Base Running team participated in the Puma Timex Road Race series at Assiniboine Park. It consisted of a 5, 10 and 15 KM run respectively. Participants were as follows:

Cpl Steve Appleton — BAMEO
5 KM — 17:32 min
10 KM — 37:04 min
15 KM — 58 min

Pte Kevin Gilbert
— Base Supply
5 KM — 17:39 min
10 KM — 37:00 min

CWO Savoie — Air Command
5 KM — 20:49 min
10 KM — 42:00 min

Capt Fast — CFS
5 KM — 23:84 min
10 KM — 48:15 min
15 KM — 78:54 min

Pte Stapleton — BAMEO
5 KM — 22:18 min

Sgt McNeill — 401 CFTSD
5 KM — 32:54 min

Dennis Jobin — BCE
10 KM — 42:32 min

Capt Taylor — Air Command
10 KM — 49:59 min

The BPERO wishes to thank all participants for their participation and congratulates Cpl Appleton for his placing 3rd overall in his age group.

CFB Winnipeg Flyers Ball Hockey Team Update

The Base Ball Hockey Team is currently playing in the Winnipeg Men's Ball Hockey League. They played their first game Tue 15 May 90 and scored their first victory 12 — 2 over the Black Knights. If you are interested in playing you can contact Sgt Guy Parent team manager at local 5254.

National Access Awareness Week 10 - 16 June 1990

In cooperation with the Department of the Secretary of State, National Defence will be participating in the third annual National Access Awareness Week scheduled for 10-16 June 1990. This is not a fund-raising week. It is a time set aside to promote the full and equal participation of persons with disabilities in Canadian society. Theme days for the week include, but are not restricted to, transportation, housing, employment, recreation and education.

National Access Awareness Week benefits all persons with disabilities. "Access" means more than just removing physical barriers; it means changes in attitudes and support that allows all people with visible or invisible disabilities to be part of community life. People with learning, de-

velopmental, and psychiatric disabilities or other invisible impairments should not be forgotten when we strive for equal access.

CFB Winnipeg is planning a

number of activities in support of this event. Please stay tuned for further developments. Your participation is important. You can make a difference.

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FRIDAY, JUNE 1st, 1990

D.J. 7:30 PM - 0100 AM

CHAPLAINS CORNER

Greetings from the Chapels POSTING SEASON



We will soon be in the period of the year which sees much movement on all Bases: the active posting season. We will see new people coming in, and some members of our Units leaving for other taskings in the family of the Canadian Forces. When we arrive on a Base, we know that we are expected: our Unit needs our presence for very specific duties. We become part of a crew, of a

team. Our work is part of a larger activity. As we take roots in this new Base, we discover that we are all interdependent. We trust that we can count on the dedication of others, when we need them, and we do our best to offer them the help and support which they need in their turn. Each one of us has a very specific contribution to bring, and only then will life be possible and enjoyable where we are.

What happens on the scale of a Base reflects the situation of the larger society where we live and grow. We may have many times the impression that, obscure as we are, our action is unimportant. We may think that because we often go unnoticed, it may be that what we do does not bring much to the human family. This may be a major error. One of the marvels

of the creation of God is that there are no two similar human beings. In that long history of the human family that spans so many thousands of years, there have been as many different characters and gifts as there were different individuals. God has given each of us a name that is unique. This name is also a call that is equally unique: only we will find ourselves where we are, with the personality that is ours, with some human brothers and sisters with whom we share not only the chores of our daily existence, but also its great joys and its fundamental needs. The key word of our human life is that it is essentially a SHARED existence. Those who gave us life shared it with us. They introduced us to what makes human life so great, they helped us in growing and

giving in our turn. We do now for others what our parents did for us. We bring to those with whom we live not only the contribution of our professional activities, but also that of our commitment to build that complex tissue which makes our world one family. The world in which we live is worth what we bring to our fellow men. It may seem to be a terribly demanding task, and it actually is. The quality of life is a matter of constant action. We realize it as we see the serious problems which so many daily actions have caused to our physical environment. The quality of the human aspect of our existence is as readily affected by our personal attitudes in all situations as is the quality of the physical setting of our planet.

It is always a moving ex-

perience to meet people who, on a Base, show a constant and deep commitment to their colleagues and who try to make their Unit a place where life will be more than merely possible: these people deserve our praise, our thanks, since they are the channels of God's blessings to each and all of us. May we always keep in mind that what we do so eagerly for the members of our military family is an image of what God calls us to do for and with others, so that our earth may be really more than a mere dwelling place: it will reflect the love, peace and unity which God planned when He created us in His likeness and gave us, as the main instruments of our growth, a mind to understand, a heart to love, our hands to give shape to what our love for others will have inspired us.

PROTESTANT CHAPELS

The Chapel of the Good Shepherd (North Site)

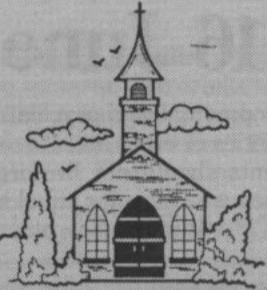
1st Sunday - 0900 hrs - Eucharist (ACC)
- 1100 hrs - Holy Communion

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

5th Sunday - 0900 hrs - Eucharist (ACC)
- 1100 hrs - Divine Worship



St. Andrew (South Site)

Sunday Service 10:00 a.m.

CATHOLIC CHAPELS

St. Marguerite Bourgeys (North Site)

WEEKENDS/FIN DE SEMAINE	WEEKDAYS/EN SEMAINE
Saturday: 1700 hrs/English	Monday to Thursday inclusive
Samedi: 1900 hrs/Français	Du lundi au jeudi
Sunday/Dimanches:	inclusivement
1115 hrs/English	1900 hrs

St. George (South Site)

SUNDAYS	WEEKDAYS
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Bicycle Safety Tips

All bicycles need regular maintenance to keep them running smoothly. Take a few minutes to inspect your bike before each trip. Ask yourself the following questions:

- **Are all parts tightly fastened?** Check the wheels, saddle, handlebars, handlebar stem, brake levers, brakes, pedals, cranks, derailleurs, lamp, reflectors and accessories by pulling, pushing and twisting each part to see if it is loose. If so, tighten each loose part or the clamp that holds it.
- **Are tires fully inflated to the recommended pressure and in good shape?** Keep tires inflated to the pressure marked on them. Riding with soft tires makes bicycling hard work and will ruin your tires and rims. Tires should be free of cuts and bulges and have no cords showing through. Replace the tires when the tread is worn smooth. With worn tires you will have more spills because your bicycle will have less traction, especially on wet roads.
- **Are all rotating parts lubricated and properly adjusted?** Rotating parts such as pedals, wheels, the chain and steering bearings should rotate freely but not be loose enough to shake or wobble.

Lubrication is an important part of your regular maintenance. The following parts should be checked and lightly lubricated weekly: hand lever bolts, brake cable and rods, brake pivot bolts, wheel bearings, steering column head, pedal bearings, sprocket hanger bearings, coaster brake bearings and the chain.

- **Do the brakes respond quickly?** Squeeze hard on both brake levers; there should be space for one finger between the lever and the handlebar. If not, tighten the brake cable. Check brake blocks. Brake pads should be of equal distance from the rim and the entire block should touch the rim, not the tire, when the brake lever is engaged.
- **Do the gears shift smoothly?** With the rear wheel lifted off the ground, turn the pedal and shift through each gear. If the chain shifts when you don't want it to, the control levers are too loose and the adjustment bolt needs tightening. If you have difficulty shifting, the levers are too tight and the adjustment bolt should be loosened.
- **Do I have all the right equipment and accessories for the trip?** One of the keys to bicy-

cle safety is to make yourself visible to other road users. Wear brightly coloured clothing; orange and yellow are most visible. A helmet is strongly recommended to reduce the risk of head injury. If you plan to be riding at night, be sure to have a headlamp and rear reflector. Clothing with retro-reflective strips is recommended for added nighttime visibility. Make sure your lights and reflectors are clean and positioned so that they can be seen even when you are carrying a load.

It is a good idea to bring along a few basic tools, especially if your trip will take you out of the city, in case roadside repairs are needed. These include: a dumbbell-shaped multi-socket wrench, a 6" adjustable crescent wrench, a tire patch kit, tire irons and a bicycle pump, a narrow-bladed screwdriver, and a set of Allen keys to fit your bike. Add to this any special tools required for the type of bike you ride.

Have your bicycle safety-checked twice a year by a reliable bicycle service dealer. Proper care will help you maintain full control of your bike. It will also work more efficiently and last longer.

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Place: Lipsett Hall
Address: Intersection of Grant and Kenaston
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Free Admission

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Accommodation

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Furnished House For Rent — Fort Garry Area. 2 Storey home in a park-like setting with 3 bedrooms, summer room and 2 car garage. 1200 sq.ft. Rent \$900 Mo. plus utilities. Available early July for 1 yr. Ph: 474-1678.

Babysitters

CHILD CARE — Mother of 2 children ages 5 yrs and 9 months willing to babysit. Located in North Side PMQs call Bonnie 831-1721.

Garage Sales

MOVING SALE — A sturdy tent trailer 1971, LR wall unit, DR set, table and 4 chairs, single bed mattress with a box spring, fluorescent light, carpet 9'x7'5, 6 sheets of brand new wood panel. Ph: 488-3661.

GARAGE SALE — 824 Spruce St. (just east of Polo Park) swing set, some furniture, clothing, books, toys, knic-knacks. Saturday, June 9, 9:00-3:00, Sunday, June 10, 9-12:00. NO EARLY BIRDS PLEASE!

Homes For Sale

FOR SALE — Posted to CHWK? House for sale by owner located as close to or closer than most PMQs are to the base. 2 & 2 bedrooms, loft, 2 baths, full basement, large lot with fruit trees and much more. Asking \$99,900 but open to offers. Possession date mid August/90 (negotiable). Call (604) 858-5174 or write to J.T. Hilland, Box 526, Vedder Crossing, B.C. VOX 120.

HOUSE FOR SALE — Grand Centre, Alta. Available July 1. Upgraded 2 bdrm doll house, super lg lot with mature trees, deck across front, new windows and doors, vinyl siding, soffits, fascia, plus more. Freshly painted, new carpet in LR. 10 min. from base. Asking \$53,900. Call Cora 1-403-478-9272.

PRIVATE SALE — Crestview — Approximately 10 min. from forces base, 1180 sq ft., 6 room, 3 bedroom bungalow, 95% finished basement, single attached drive-through garage. AC, 2 1/2 baths and much more. \$114,900. Ph: 889-0925.

Misc. For Sale

FOR SALE — Wood kitchen table 40"x29", \$40. 2 BR. canvas director's chairs \$40. New brass fireplace screen \$40. Curtains — cream/grey/blue, dry cleaned, exc. cond. \$75. Moffat elec. stove 30" — good cond. \$150. Microwave stand on casters, like new \$60. Single laundry sink \$40. Call F.R. Kaposvary at 895-6085, or 783-8792 after 5 p.m.

FOR SALE — 1 Picnic Table, asking \$20. Ph: 831-1721.

FOR SALE — Motorcycle — 1985 Honda Nighthawk 450. Exc. condition, bought new in 1987, 10,000 km. Includes helmet, motorcycle cover, rain suit, and saddle bags. \$1600 OBO. Ph: 885-9519 after 6 p.m.

FOR SALE — 1984 Bonair 650 Hardtop tent trailer with a 2 burner stove, sink, brand new ice box, privacy curtain and table. Very clean. Asking \$2600. Ph: 832-3022.

FOR SALE — Chain link fence approx 125' with gate \$100. Ph: 489-7855.

FOR SALE — 1986 Honda 250 Custom excellent condition low mileage. 2 helmets \$900 O.B.O. Phone home 488-7197 work 895-5136.

Vehicles For Sale

FOR SALE — 84 Ford Ranger 4 x 4, V6, 4 speed, 82,500 km., dual tanks, AM, FM Cassette, new rubber and muffler including cap. Silver with red interior. \$6900 Ph: 895-5547 or 488-6011 Evngs.

Wanted

WANTED — A caring, experienced, non-smoking person, preferable on the South Side PMQs to babysit two children, afternoons Monday to Friday, my home or yours. Receipts required please. Call 489-6701. Ask for Willie.

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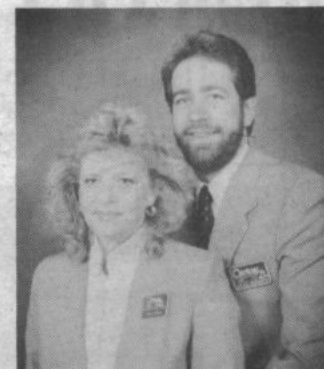
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