



Free

Family Support Centre . . . Page 4
 Chaplain's Corner Page 10
 Classifieds Page 12

CFB/BFC Winnipeg
 17 April 1991

DEPLOYMENT OF HMCS HURON TO THE PERSIAN GULF

OTTAWA — The Minister of National Defence, the Honourable Bill McKnight announced March 26, 1991 that HMCS HURON, which has been operating in the Gibraltar area conducting maintenance and operational readiness trials, has been ordered to continue on her mission to the Persian Gulf, where she will arrive towards the end of April.

HMCS HURON will join the Multi-national Interdiction Force, providing a Canadian naval presence with the ships of the Coalition navies which remain in the Gulf. Their mission is to continue enforcing the UN sanctions against Iraq and to contribute to

the process of restoring peace and security in the region.

"Canada has made a substantial contribution since the beginning of the Gulf crisis in support of the UN resolutions imposed upon Iraq," said Mr McKnight. "It is important that we continue to demonstrate our commitment to preserving the multilateral spirit of cooperation in the region."

HMCS HURON sailed from Esquimalt, B.C. for Halifax, N.S. on Jan. 4, 1991, and subsequently from Halifax on Feb. 24 to relieve HMCS ATHABASKAN in the Persian Gulf.



HMCS Huron/NCSM Huron

DEPLOIEMENT DU NCSM HURON DANS LE GOLFE PERSIQUE

OTTAWA — Le ministre de la Défense nationale, l'honorable Bill McKnight, a annoncé le 26 mars 1991 que le NCSM Huron poursuivra sa route vers le golfe Persique, où il est censé arriver vers la fin avril. Le navire est actuellement à Gibraltar, où le personnel effectue des travaux d'entretien et des essais ayant trait à l'état de préparation opérationnelle.

Le NCSM Huron se joindra à la Force multinationale d'interdiction, assurant ainsi une présence canadienne au sein des forces navales de la coalition qui se trouvent encore dans le Golfe. Leur mission consiste à assurer l'application des sanctions de

l'ONU contre l'Iraq et à contribuer au rétablissement de la paix et de la sécurité dans la région.

"Depuis le début de la crise du Golfe, le Canada a grandement contribué à l'application des résolutions de l'ONU à l'égard de l'Iraq. Il importe que notre pays continue de manifester sa volonté de préserver l'esprit de coopération internationale existant", a déclaré M. McKnight.

Le NCSM Huron a quitté Esquimalt (C.-B.) le 4 janvier pour se rendre à Halifax (N.-É.). Il est parti de Halifax le 24 février pour prendre la relève du NCSM Athabaskan dans le golfe Persique.

CF DRUG POLICY UPDATE

National Defence Headquarters has provided an update on the Drug Policy Review Project for mandatory drug testing. Such drug testing is slated to begin no later than May 1991.

Last year, it was announced that a comprehensive strategy on alcohol and drug control in the Forces would be implemented through a three-point program based on the following principles: safety; operational effectiveness; individual rights and privacy; and a substance abuse-free Canadian Forces.

The Forces are in the process of adopting new initiatives to combat alcohol and drug abuse which would include enhanced education, improved enforcement and a mandatory drug testing (urinalysis) program. This will include a random testing element. Additionally, existing policies concerning treatment, rehabilitation and disposal of members involved in substance (drugs and alcohol) abuse will be revised to reflect this new approach.

How will this work? The greatest emphasis will be placed on mandatory drug testing as a means of detecting and deterring drug abuse by service members. \$1,090,000 has been approved for start-up costs for the drug testing program, based on a first-year ceiling of 15,000 samples tested.

Additional resources will be applied to enhance preventive education programs. These

include: unit counselling; a training continuum providing two main thrusts: basic general awareness for all members and advanced awareness training for supervisors at all levels; acquisition of preventive education material including videos, audio tapes and written works; formal courses for members who are problem drinkers or those on Counselling and Probation/Report of Shortcomings for drug abuse.

A fourteen day course will be conducted to upgrade training for Alcohol Rehabilitation Centre counsellors. This will help in

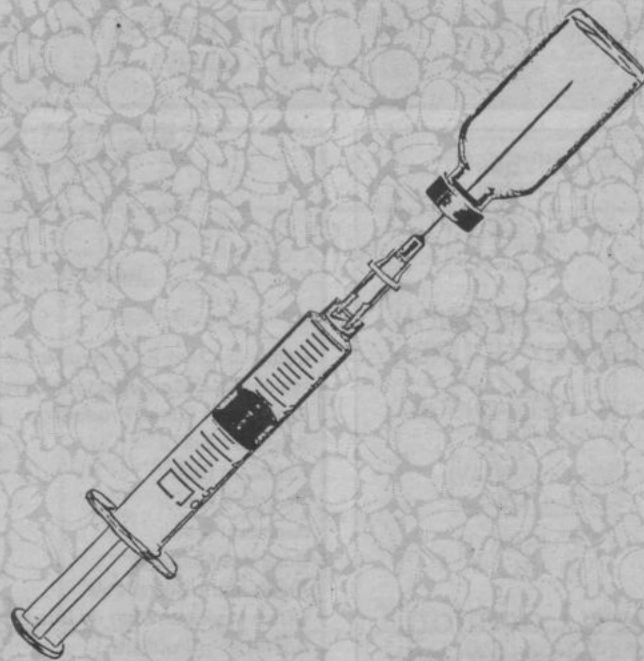
meeting the new requirement to provide a one-time treatment program to members identified by a medical officer as being drug dependant.

New enforcement initiatives to counter drug abuse include the establishment of a Drug Intelligence Data Base to support Military Police investigations Forces-wide, and to facilitate the manipulation of drug data for statistical purposes.

All in all, it should be clear that the Forces are committed to countering substance abuse amongst its members.

REMEMBER SECRETARIES' WEEK

April
 22-26



HOSPITAL HAPPENINGS

By Cpl Cindy Hines

Well it's been sometime since the last contribution from your friendly neighbourhood hospital. So here sports fans, is an update.

Things have moved along somewhat rapidly since my arrival in Aug 90. We have a number of new staff members throughout the various departments. LS John Paddon has returned after six stressful months of sunbathing in the Golan. A reliable source (who will remain nameless) has indicated that he has sported a number of "Lawn Chair Sores". (Not to be confused with their first cousin, Bedsores). He has also developed a taste for Ouzo Coladas. You know the kind . . . they have the little paper umbrellas and a large fruit salad hanging from the rim of the highball glass.

We welcomed back Dr Pearson in January from her maternity leave. A little girl was the newest addition to their household. January also saw the arrival of Dr Basta. Much to his surprise, he was called up for being out of uniform one day at coffee. His promotion to Captain was presented and the momentary facial expression of surprise was worth a thousand words.

Lt Bruce Reeves, our newest

nursing officer, has spent most of the last six months away on various courses. Upon his arrival back in January from NDMC, we had to retrain him but alas to no avail. He's off again to CFB Trenton for the five week AirMed Evac Course. He won't be lonely though; we're sending along Cpl Jim Craig to act as chaperone and keep him on the straight and narrow. Could this be the Blind leading the Blind??

Various sporting events have taken place. Unfortunately, the camera crew for CBC's Wide World of Sports were delayed in traffic, so coverage was limited to some snapshots by our unit shutterbug, Sgt Bergeron. The Jr Ranks destroyed the Sr NCO's and Officers at volleyball and broomball. As per tradition, the Challenge Cup Remains on the right side of the fence. Occasionally there are gentle reminders of the day and members of the upper echelon can be seen nursing their bruised egos. Don't cry kids . . . there's always next year!

The Fang Gang (14 Dental Unit) challenged The Bedpan Bullies (B Hosp) to a Volleyball/Bowling Tourne. A recent gallop poll shows the population equally divided as to who won. Despite the outcome, we had a good time

and no one was seriously injured. A few old timers were sporting cases of "Bowler's Elbow", but those have since resolved.

However softball season is just around the corner and spring training camp will soon be underway.

Thursday, 17 Jan 91 saw the 1st All Ranks Medical Mess Dinner. Various medical staff from associate units were invited. With the positive feedback it has been decided to make this an annual occasion. A family picture was taken for the hospital's "Memory Lane" photo album.

The week of Jan 14/91 saw the temporary departure of Capt DeJesus, Pte Franz, and OS Goodfellow. All were attached to 1 FSH in Saudi Arabia. Through the many tense moments, our thoughts and prayers were with them. They have since returned to the safety of the clutch, displaying the envy of all sun worshippers . . . "The Persian Excursion NO. 8 Tan".

Rumors abound as to a possible business merger between the three, in the form of "Camel Trail Rides and Petting Zoo". You never know, they might be onto something now that the warm weather is on its way.

We've said goodbye to PO2 Brooks and Captain Bannister in the new year. They are missed but we wish them well in the civilian world.

Wrapping up this edition of Hospital Happenings, things have pretty much returned to normal since the Gulf ceasefire. A few Air Med Evacs have been done and the Basic Trauma and Life Support Course was successfully completed.

So until next time, a gentle reminder to take care of yourselves and have an enjoyable summer season.

24 YEARS OF SERVICE



Sgt Sherry Traynor receives her Certificate of Service from Col Armstrong. Sherry is retiring from the C.F. after 24 yrs. of service. Good luck in your new job at 402 Sqn.



CONGRATULATIONS WINNERS

27 Feb	—	\$150	—	Cpl Alderson — BCE
6 Mar	—	\$150	—	Cpl Jorgensen — Minto
13 Mar	—	\$150	—	Cpl Duchesen — BCompt
20 Mar	—	\$150	—	Maj Smith — AIRCOM/Maint
27 Mar	—	\$500	—	WO Borden — BFOods
3 Apr	—	\$150	—	Don Palmer — Commissionaire

BUSINESS EDUCATION ADULT DAY PROGRAM

YOUR BUSINESS CAREER IN:

ACCOUNTING DATA PROCESSING
WORD PROCESSING CLERICAL
MEDICAL, LEGAL OR EXECUTIVE OFFICE

REQUIRES MICRO COMPUTER APPLICATIONS

LOTUS 1-2-3 MICRO SOFT WORKS
WORD PERFECT PUBLISH IT dBASE III +
BEDFORD COMPUTERIZED ACCOUNTING

SPECIAL PROGRAM FEATURES

1. Introductory, refresher and advanced levels of Typing, Accounting, Data Processing, etc.
2. FREE to residents of St. James-Assin. S.D. #2.
3. BEGIN any September or February.
4. Earn a BUSINESS CERTIFICATE and H.S. DIPLOMA.
5. CO-OP EDUCATION program (½ day in school, ½ day on the job) if eligible.
6. JOB SEARCH assistance available after graduation.

ENROL NOW FOR SEPTEMBER 888-0684

MR. BARRON ROGERS MR. WAYNE RAE
MRS. LORNA LOCKHART

Attention Ex RCAF/CAF-447 Squadron Members

447 Squadron of CFB Edmonton will be holding a "CLOSING OUT" weekend 07-09 June 1991. All ex Squadron members and their guests are invited to attend the occasion of fellowship, merriment, lie-swapping and memory testing. Write for details to:

Commanding Officer

447 Transport Helicopter Squadron
Canadian Forces Base Edmonton
P.O. Box 10500
Edmonton, Alberta
T5J 4J5

or Telephone CSN 620-4352/4353/4355
Commercial (403) 973-4352/4353/4355

Reply Deadline — 15 May 91

Whoopee it's spring

§*#*%©!@§!~°-!~*!~



BASE RECREATION LIBRARY HOURS

TUES., WED., THURS.
6:00-9:00 p.m.

WEDNESDAY
1:00-4:00 p.m.

SATURDAYS
1:00-4:00 p.m.

New Location
3 Jameswood



VOXAIR OFFICE HOURS:
MONDAY and THURSDAY 1-4 p.m.

TELEPHONE
889-3963

FOLLOWING THE CANADIAN FORCES

HEURES DE BUREAU — VOXAIR
LUNDI et JEUDI de 13h à 16h

Telephone-answering system operates remainder of week/Repondeur automatique pour le reste de la semaine
Produced by/Produit par XACT Inc. /Phone 889-3013/Fax 888-0715

Editor-in-Chief/Rédacteur-en-chef	- LCol J. Forestell	- 833-5281
Managing Editor/Directeur-Gérant	- Capt Tom Walls	- 833-6741
Production Editor/Production	- Capt Wayne Joy	- 833-5136
Assistant Editor	- Lt Guylaine Coderre	- 833-6106
Assistant Editor	- Colleen Guntner	- 889-3963
Assistant Editor	- Lt Joe Fewer	- 833-6740
Assistant Editor	- Cpl Kevin Sytsma	- 833-6260
Business Manager	- WO Rick Shantz	- 833-5230
Accountant/Comptable	- Pte Legge	- 833-5335
Office Manager/Chef de Bureau	- Anna Springer	- 889-3963
Advertising/Publicité	- Mr. Jim Holland	- 832-0115

VOXAIR is the unofficial Service newspaper of CFB Winnipeg and is published every two weeks under the authority of the Base Commander, Col. H.C. Armstrong, CD. Opinions and views expressed do not necessarily reflect those of the Editor, the Base Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. Correspondence should be addressed to: VOXAIR, Bldg. 4, CFB Winnipeg, Westwin, Manitoba R3J 0T0.

VOXAIR est le journal non officiel de la BFC Winnipeg et est publié avec la permission du Commandant de la Base, le colonel H.C. Armstrong, C.D. Les opinions et les points de vue qui y sont exprimés ne sont pas nécessairement ceux de l'éditeur, le Commandant ou le ministère de la Défense nationale. L'éditeur réserve le droit de modifier ou refuser la publication d'un article ou d'une annonce publicitaire. Toute correspondance doit être adressée à: VOXAIR, Bldg. 4, BFC Winnipeg, Westwin, Manitoba R3J 0T0.

DEADLINE 25 APRIL 91/DATE DE TOMBÉE 25 AVRIL 91
NEXT ISSUE 1 MAY 91/PROCHAINE PARUTION 1 MAI 91
CNA Second Class Mail. Reg. No. 1725 ISSN 0300-3213



Barry Sweeney

Barry Sweeney

music reviews and syndicated columnist

and load the set with commercial potential through such tracks as "Spanish Slumber", "Rescued (By The Arms of Love)" and the title track.

Debuting in February, 1986, with "The Thin Red Line", which featured "Don't Forget Me (When I'm Gone)", "Someday" and the title track, the 'red line' romped to quadruple platinum in Canada, gold in the USA and worldwide sales in excess of a million units. They followed with "Diamond Sun" and with the release of their "Simple Mission" the group has launched what could be their best selling release to date.

RIFF

Kenny, Anthony, Dwayne, Steven and Michael came to prominence in the most unusual way. You may remember East-side High, which had the worst academic reputation in the country, hired principal Joe Clark. The trials and tribulations of Principal Clark were made into a movie Lean On Me which starred Morgan Freeman as Clark. The quintet, who were part of the Boys' Glee Club, formed The Playboys and came to the attention of the producers and the script was re-written to give them a part in the flick.

They came to the attention of

SBK Records and debuted with "Family" on the platinum-plus "Teenage Mutant Ninja Turtles" soundtrack. Now, with the release of their self-titled "Riff" (SBK) the group have put together some extremely stylish harmonies that range from the romantic "Everytime My Heart Beats" through the funk-based "All Or Nothing" to the closing strains of "April's Fool". Because all the members of Riff are capable of vocal leads, the group is able to offer a diverse menu of songs.

With the incredible vocal talent and superb song styling of Riff, watch for this group to pull down some impressive chart numbers.

Sweeney's Scene

Something just doesn't add up ... the ads on TV have new car showrooms crowded with people but economic analysts say that car sales are down. Oh, I think I got it ... all those people in the ads are just looking! On the subject of cars, have you noticed how the ads stress low prices for new cars? Have you checked the prices? Maybe those two observations are related.

Something totally un-related ... how come a tripping, holding or any other infraction is called in the first two minutes of a game but rarely in the last two and almost never in over-time?



Glass Tiger

Glass Tiger Just Another "Simple Mission"

Featuring dominant guitar riffs and live-from-floor drums Glass Tiger's "Simple Mission" (Capitol/EMI) hits the listener and just refuses to let up throughout the 13-track outing.

Fueled by the driving "Blinded" and rocking "Animal Heart", the set boasts a highly charged "Let's Talk" and without a doubt the most notable guest appearance on "Simple Mission" takes place in "My Town" when Tiger's Alan Frew shares the mike with fellow Scot Rod Stewart. This duet came about when Stewart heard that the group had written a song about Scotland and Rod asked why he wasn't asked to sing on it. The rest, as they say, is history. "My Town" is one of those sensational tracks that will probably draw huge radio response.

The quartet of Al Connelly (guitars); Wayne Parker (bass); Sam Reid (keyboards) and Alan Frew add the dynamic power ballad "Where Did Our Love Go"

CFB Winnipeg Garden Club Registration and General Meeting

Do you like fresh vegetables right out of the garden? You can grow your own on a garden plot provided by the Base Garden Club. The Garden Club has 30 plots approximately 25 ft x 40 ft, roto tillers to till the soil and water supply to keep the vegetables growing.

Personnel wishing to renew their memberships or to join the Club are requested to attend a general meeting to be held on Thur, 25 April 91 at 1330 hrs upstairs, Bldg 21.

Additional information can be obtained from LCol Sawchuk, the president, at 5713 or WO Gilby, the secretary, at local 5847.

Le Club de Jardinage de la BFC Winnipeg

Aimez-vous les légumes fraîchement cueillis? Vous pouvez les cultiver sur un lot pourvu par le CLUB DE JARDINAGE. Le CLUB DE JARDINAGE a 30 lots de dimension approximative de 25 x 40 pieds, des laboureurs pour la préparation du sol et un approvisionnement d'eau pour aider à cultiver les légumes.

Les membres qui désirent renouveler leur association au club, ou ceux qui aimeraient participer, sont priés d'assister à l'assemblée générale qui aura lieu jeudi, le 25 avril à 1330 hrs, au deuxième étage de L'édifice 21.

Pour obtenir des informations supplémentaires, vous pouvez contacter LCol Sawchuk le Président au 5713 ou WO Gilby, le secrétaire au 5847.



The Royal Canadian Electrical and Mechanical Engineers
13th Annual Reunion.
31 May to 2 June 1991

Canadian Forces Base Kingston
Open to all Serving and Former Members of the RCEME/LORE/LEME-Corps/ Branch

For Information or Registration Forms Write to:
The RCEME Association LAD 101
P.O. Box 2067, Kingston, Ontario
or call:
(613) 541-5173 541-4046

BUSINESS AND PERSONAL LIFE INSURANCE, RRSP's, ANNUITIES ESTATE PLANNING

BILL LESLIE, C.D.
INSURANCE COUNSELLOR

15 BURGESS AVE.
WPG., MB R3T 3S6
BUS: 269-0860
RES: 269-9579

LICENSED WITH THE MARITIME LIFE INSURANCE COMPANY

WINNIPEG JEEP EAGLE

1430 ELLICE AVE.

772-7772



SOLID GOLD SERVICE

U-DRIVES AVAIL.

Oil and Filter Change

Plus a FREE Solid Gold vehicle check.

- Install up to 4 litres of Autopac Engine Oil and an Autopac Oil Filter.
- Inspect C-V joint boots (where applicable).

TIMELY CHANGES: Maintain a clean system for better engine performance • Provide effective lubrication to maintain the workings of all internal engine parts • Assist in the oil flow to promote a longer engine life.

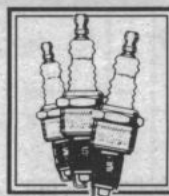
\$19.99 MOST CARS
(Turbo oil extra)

Engine Tune-Up

- Install new Autopac spark plugs.
- Check plug wires, distributor cap*, rotor*, coil*, PCV valve, belts, hoses, compression, air filter and battery.
- Check timing and idle, and adjust if required*.
- Where applicable

TUNE-UPS AT PRESCRIBED INTERVALS COMBAT:

- ✓ Poor fuel economy
- ✓ Poor or uneven acceleration
- ✓ Rough idling and misfiring
- ✓ Difficult starting
- ✓ Stalling



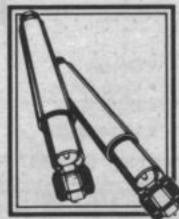
\$49.95 4 CYL.
\$59.95 + 6 CYL.
V6 + V8
(PARTS EXTRA)

*"Gas Plus" Service

- Install 2 Autopac Gas Plus Shock Absorbers.
- Inspect C-V joint boots (where applicable).

NEW GAS PLUS SHOCKS WILL:

- ✓ Help reduce body roll through turns.
- ✓ Help prevent wheel hop on sudden stops.



\$69.99 (PARTS ONLY)

EXPIRES: MAY 30th/91



Family Support Centre

N — 54 Bourkewood Place
837-8443
S — 1822 Corydon Avenue
488-4161

YES. The doors of the Family Support Centre are still open — waiting for you. However, we are operating on reduced staff. In January, the Family Support Centre was allocated funding to develop additional programs and support systems in response to the Gulf War. With this funding we were able to hire four full time staff as well as a few casual childcare workers. These employment contracts were completed on March 28. I would like to thank Libby, Leanne, Suzanne and Craig for the wonderful jobs they did. Also thanks to Kerry who has faithfully been helping out with Little People Playtime each week. Speaking of Little People Playtime, I would also like to say a special thank you to Leslie Hawkins. The success of Little People Playtime, indeed its establishment, can be attributed to her hard work and time.

Some of our extended programs include: Mom's Day Off, Little People Playtime (Southside), a parenting course, Pre-Teen Programs, as well as many family outings. Our biggest accomplishment was that we were able to finally open the Family Support Centre Thrift Shop during this time. Special thanks to Pat, Sheila, Rachel, Linda, George, the plumbing department and Brian for all their help, and also to all of you who have

now volunteered to work at the Thrift Shop. Gloria Hogan did a marvelous job painting a mural on the walls. Her talent is absolutely outstanding. I'm sure little Lundi gave a helpful hand!

It is so great to see so many people using the Family Support Centre. The reason it is so great is that it is for you after all, and who better to make use of *your* Centre?

Presently the Family Support Centre is developing into a Directorate from Ottawa. Each Centre across Canada is responsible for developing its own programs which are in response to each community's needs. However, we all tend to follow the same Multi-Service Family Support Centre Model. Within this model, programs are offered in the following areas: 1) Information and Referral (information, and welcome committee); 2) Quality of Life (parenting courses, support groups); 3) Child Care (drop in, respite, babysitting referral); 4) Counselling/Crisis.

In Winnipeg, we are still in our infancy stage and are still experiencing growing pains. However it is significant that we are now offering some programs in each of these areas. The following programs and services are presently available at the Winnipeg Family Support Centre: referral, resource centre/information, babysitting referral, groups (self esteem, parenting, step-parenting), parent relief, Welcome a Newcomer Program, support programs, crisis interven-

tion/referral, thrift shop, family outings, Little People Playtime (playgroup for preschoolers), adult crafts, pre-teen programs and speakers.

The Winnipeg Family Support Centre is in the process of developing a Board of Directors. According to our newly written Constitution, the Board will be made up of 50% military spouses. This representation will reflect the community's needs and programs will be developed accordingly. As well, once we have a fully functioning Board of Directors, as a non profit group we will be eligible for funding from different

agencies.

I would like you to consider becoming a member of our Board of Directors. For more information you can contact me or Paul Rosebush at 833-5197. There are also many other volunteer opportunities available. Some of these include: hostess/host, craft facilitator, childcare, delivering monthly calendars, Newcomer Welcome Committee, Thrift Shop cashier, and clerical. Or, you may be interested in becoming an Activity Worker at our Teen programs. Personally I find these nights a real hoot. It's hard not to become a part of the kid's

enthusiasm. Or, you might have a special talent that you would like to share with your community. Whatever your talent, skill or time commitment — **BECOME INVOLVED.**

Basically, we need your help. We need your input. We need you to keep *your* Family Support Centre growing. In our May delivery you will be receiving a volunteer sheet. Please list the areas that you are interested in helping with and return it to the Centre. Or in the meantime, call me at 488-4161 or 837-8443.

cont'd on page 9



'91 CAVALIERS

CANADA'S BEST SELLING CAR!



- NO MONEY DOWN!
- SPECIAL ARMED FORCES DISCOUNT INCLUDED!
- CHOOSE FROM 75 IN STOCK NOW!

AS LOW AS:

\$9,728. CASH PRICE or \$265* Per Month

INCLUDES FREIGHT AND PDI (taxes extra)

(No Additional Charges)

*YES Including G.S.T.

*YES Immediate Delivery (OAC)

*YES Including Provincial Sales Tax

*YES Instant Credit Approval (for 1st time buyers)

*YES Includes Freight and PDI

* Sale Price \$10,728. + taxes. \$500 G.M. Rebate + \$500 Military Rebate used as downpayment. 60 Month Term 15.10% APR. Lower rates available for shorter terms. Amount financed \$11,230. Cost of borrowing \$4,670. Total time price \$15,910.

HOME OF THE #1 TEAM



**3081 PORTAGE AVE.
837-8371**

Professional & Business Directory

CHAPMAN GODDARD KAGAN TALLIN & KRISTJANSSON BARRISTERS & SOLICITORS

George E. Chapman, Q.C. George A. Derwin, B.A., LL.B. A.F. Kristjansson, Q.C.
Donna G. Kagan, LL.B. Alan R. Goddard, B.A., LL.B. Bryan J. Peters, LL.B.
Kelly P. Land, B.A., LL.B.

1864 Portage Avenue Phone 888-7973

RUTLEDGE & DYKER

R.F. RUTLEDGE, B.A., LL.B.—A.L. DYKER, B.A., LL.B.
COUNSEL — A.I. UNGER, B.A. LL.B.

COUNTRY CLUB PLAZA

310-3025 PORTAGE AVE. 888-3204 FAX: 837-3638

BALDWINSON AGENCIES

Rec Centre (Whytefold Rd.)

Autopac 889-2204

The ARGUS Hobby Shop

(Overlooking Runway 36)

- Decals
- Vacu-forms
- Magazines
- Miniatures



- Model Kits
- Books
- Games
- Paints

Telephone: (204) 837-7677

5-2082 Ness Avenue, Winnipeg, Manitoba R3J 0Z3

NEMY, BROWN & ROY

Barristers Solicitors Notaries

Barry A. Roy, B.A., LL.B. John C. Brown, B.A., LL.B.
Jack M. Rabkin, B.A., LL.B.

200-2727 Portage Avenue (Courts of St. James Shopping Centre)
Phone: 888-8890

BEGIN, DOYLE, MENEK

JILL BEGIN, LL.B. WILLIAM DOYLE, B.A., LL.B.
RONALD MENEK, B.Sc., LL.B.

BARRISTERS & SOLICITORS

FREE OFFICE CONSULTATION

427 Academy Road (at Niagara), Upper Level
Winnipeg, Manitoba R3N 0C2 Fax No. 489-5754

488-3337

TUXEDO PARK HAIRSTYLING & BARBERING

146-2025 Corydon Avenue, Winnipeg, Man. R3P 0N5

BEAUTY SALON
489-9079
MONDAY-SATURDAY
HOURS: 9-5

Cuts - Perms - Colours - Shaping
For Men, Women and Children
MEN'S HAIRPIECES FITTED

MEN'S HAIRSTYLING
& BARBERING
489-7997
CLOSED MONDAY
HOURS: 8-6, SAT. 8-5

SILVER HEIGHTS DRY CLEANING CENTRE

837-7209

Professional Cleaning & Pressing
Special Rates on Uniforms
2249 Ness Avenue

Next Voxair Deadline Apr 25

RECENT AMENDMENTS TO THE CONSUMER PROTECTION ACT: MORE PROTECTION FOR THE CONSUMER

By William E. Doyle

Amendments were made to the Consumer Protection Act during the latter part of 1990. These amendments are designed to provide more protection to the consumer in transactions of purchases and sales of goods or services, and in the financing of those purchases.

I will not attempt to cover all the changes to the legislation, but merely to highlight those which would be of most interest to the general consumer, and particularly to seniors.

A number of changes have been made dealing with direct sellers, being sellers whose sale to the consumer takes place elsewhere than at the seller's place of business (for instance, door to door) and without any prior request by the buyer, or in response to a buyer's request if that request had been solicited by the seller. Such a sale previously could be cancelled by the buyer within four days of the contract being entered into, and the written contract had to have a notice to that effect to the buyer. The amendment allows for a seven-day cancellation period. The period does not include Sundays or holidays.

Amendments have been made as well to the penalties which apply to persons who breach the provisions of the Act. The maximum penalty for an individual found guilty of an offence is \$3,000.00 for a first offence, and \$10,000.00 or three years imprisonment for a second or subsequent offence. For a corporation found guilty, the maximum penalty is a fine of \$10,000.00 for a first offence and \$25,000.00 for a subsequent offence.

Collection agents now not only

have to be registered, but must use the name under which they are registered when collecting or attempting to collect a debt. In other words, a false name cannot be used, and anyone contacting you from a collection agency may be checked to ensure they in fact are registered and entitled to collect your debt.

There is a new part to the Act, entitled PREPAID SERVICES, which provides protection in situations where payment in advance for services or use of facilities is required, for the following services: health, fitness, exercise, body building or conditioning, modelling, talent development, dieting, martial arts, sports or dance activities, or other activities of a similar nature, dating or introduction clubs, or such other activities, clubs or matters as may be prescribed by regulation, and may include instructional services.

Exempt from the Part are services provided by non-profit organizations, or corporations without share capital, or by cooperatives, schools, universities, golf, curling or racquet clubs.

If advance payment for any service to which this part applies is to be received, there must be a written contract stating the names and addresses of the buyer and seller, the description of the services, the total fee for the services, the date that the services will be made available, and a schedule of payments and 7-day cancellation clause similar to the one applying to direct sellers.

If the contract is cancelled by the purchaser, the purchaser is entitled to a full refund of all amounts paid except for such portion relating to services which have already been provided. If

the written contract does not comply with the above requirements, the buyer may demand refund at any time for all services which have not then been performed. Any such contract can be for no longer than 12 months, and the payment schedule must require approximately equal installments, at least two in number, and payable in approximately equal payment periods calculated using the total contract period, and dividing the number of months by the number of installment payments. In other words, it is no longer possible to pay immediately for two or three years or a lifetime membership and this will presumably avoid the large losses some people suffer who sign for long term contracts with businesses who are no longer in business a short time later. It also avoids the high pressure tactics some such businesses use, in that a purchaser has a seven-day period to cancel.

No contract of this type shall include a provision for the renewal of that contract prior to its expiry date. No new contract can be made if two parties have an existing contract. They may not enter into a new contract until the old one expires, unless the subsequent contract is for services that are distinctly different from the services provided under the existing contract.

It is hoped that this overview will provide the readers with a better understanding of the recent changes designed to protect you and me, the consumers of this province.

William E. Doyle is a lawyer practising with Begin, Doyle, Menec, 427 Academy Road, Winnipeg, Manitoba 488-3337. He is the son of a retired career warrant officer with the RCAF.

PROMOTION



Congratulations to MWO Jim Miles on his promotion to this rank (seen here being presented with his promotion by BGen C. R. Thibault). MWO Miles entered the Canadian Forces in 1957 and, after completing basic training at BFC St. Jean, continued on to successfully complete his LE. Tech training. He has since served with 3 Fighter Wing, Zweibrucken, Germany; CFB Greenwood; NDHQ Ottawa; CFB Cold Lake; 2 tours at CFB Moose Jaw; and CFB Winnipeg. Since his arrival in May 1989, MWO Miles has served with Air Command Personnel Division as SO Pers 2-2 (Peacekeeping Taskings). Congratulations come from all his friends and co-workers at Air Command HQ with special congratulations from Rose Marie Culver of London, Ontario.



WINNIPEG CHAPTER
ARMED FORCES COMMUNICATIONS
AND ELECTRONICS ASSOCIATION
(AFCEA)

Box #3, Canadian Forces Base Winnipeg, Westwin, Manitoba R3J 0T0

presents

A Seminar and Equipment Display
"Aerospace Command and Control Systems"

Exhibits Seminars Luncheon Speakers

April 23 & 24, 1991
at the "Birchwood Inn"
2520 Portage Ave (St-James)
Winnipeg, Manitoba

Seminar Themes:

Integration of Computers and Communications
Mission Planning and Support Systems
Space and Sensors
Total Quality Management

For additional information or registration contact:

Capt Wes Boychuk Logistics (204) 833-6275 FAX: (204) 833-6901	or	Capt Ron Young Seminar Assistant (204) 833-6607 FAX: (204) 833-5549
--	----	--

170 Squadron Plans 50th

170 Squadron is planning its 50th Anniversary Reunion for 1992. Anyone who has served with the 170 Squadron is asked to send their addresses and that of as many other former squadron mates as possible to:

50th Anniversary Project
Ms. K. Renaud
P.O. Box 184
Westwin, Manitoba
R3J 0T0



Welcome...

ST. JAMES LEGION

BRANCH No. 4
ROYAL CANADIAN LEGION
1755 PORTAGE AVE.
WINNIPEG, MANITOBA

BINGO
EVERY WED.-FRI. & SAT. 8 P.M.

DANCING
TO LIVE BANDS
THUR - 8:30 P.M. - 12 A.M.
FRI & SAT. 9 P.M. - 1 A.M.

MEAT DRAWS
EVERY SAT. 2 P.M.-5 P.M.

Posting season is here!

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

Please, we need 24 hours notice

Supreme Appliance

453-3545 — 453-3555

529 Osborne St., R3L 2B2
Winnipeg

ALL ROADS LEAD TO STADIUM FORD



STADIUM FORD BODY SHOP

Winnipeg's newest and most modern body shop with highly trained professional bodymen are eagerly waiting to repair your automobile

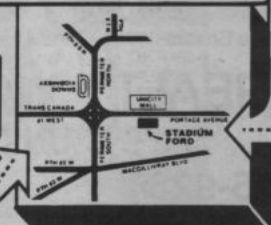
We offer:

- European Paint Booth (most modern in Canada for that factory paint finish)
- All Makes & Models Repaired
- All Work Fully Guaranteed
- New Up-To-Date Premises
- Specialist in solving insurance write-off problems
- Data Liner 80 Laser Frame Straightener

Glen Loewen
Body Shop Mgr.

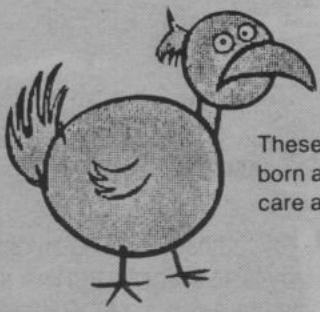


3636 PORTAGE AVE. W.
WPG., MAN. PH. 837-3636
TOLL FREE # 1-800-782-0079



ALL ROADS LEAD TO STADIUM FORD

NEVER NEVER BE A DODO!



These birds are "Dodos", as stubborn as mules. They say they don't care about good safety rules.

This Dodo has bumps on his legs and his nose. And gets bruises and scars wherever he goes.



SO NEVER, NEVER BE A DODO

Dear Mummy and Daddy:
 I want to have lots of fun with my friends but I do not want to be a Dodo. A Dodo is a stupid bird who does not have sense enough to obey safety rules, so he gets hurt all the time. I will do my best to follow these safety rules, so that I will not get hurt and miss the fun. I promise that, with your help, I shall never, never be a Dodo.

SIGN HERE

A POLICEMAN IS YOUR BEST FRIEND



A policeman is a friend to all children.



He often has a family of his own.



In fact, he was a child once, too.



So he tries to keep you safe from harm.



Always ask a policeman for help.



Obey police, school patrol and crossing guards.



If you are lost, tell a policeman.



When in trouble, a policeman is your best friend.

WHEN RIDING YOUR BICYCLE ...



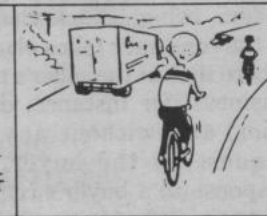
Always obey traffic signs and signals.



Riding two on a bicycle causes accidents.



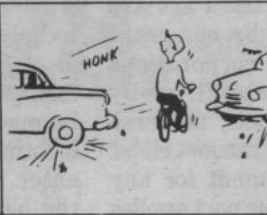
Ride close to the right side of the road.



Ride single file and never close behind vehicles.



It's dangerous to weave, or turn suddenly.



Never dart in and out of traffic.



Do not pass moving vehicles at intersections.



Always be sure to stop at intersections.

A DODO DOES FOOLISH THINGS



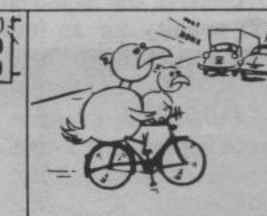
A Dodo is never friendly to a policeman.



He plays with his toys in dangerous places.



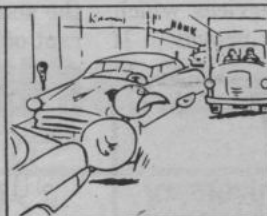
The silly Dodo plays ball on streets.



Even carries friends on his bicycle.



A Dodo won't wait for traffic lights.



And runs out from between parked cars.



He never looks for cars when crossing the street.



So never, never be a Dodo.

OPPORTUNITY

We are seeking the services of base personnel who have recently retired from the forces or one who feels they have spare time to act as a sales agent on base for our firm. For further details please call John Petrakos, Sales Manager.

MIDWAY CHRYSLER-PLYMOUTH
 730 Portage Ave. — 774-4581



The right agent makes all the difference in the world.[™]



Ewa Bessas



Rene Arnal



Ed Favelle



Willene Johnson

REALTY WORLD™ LANDEX
 UNICITY MALL

885-9284

24 hours

POLO PARK INN

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

SPECIAL ARMED FORCES RATES STARTING AT

\$40.00

POLO PARK INN
 1405 ST. MATTHEWS AVE.

Call: **JANICE M. MORIN**

Sales & Marketing Manager

204-775-8791
 Telex: 07-55143

104th Beavers, Cubs, & Scouts

BOTTLE DRIVE

On May 25, we will be collecting bottles, cans & plastic (Beer — glass and aluminum, pop bottles — glass, aluminum and plastic)

If you won't be home, please leave them on the front steps labelled for the "104th Group" or drop them off at Lipsett Hall any Thursday evening from 5:30 to 8:30 p.m.

In advance, thank you for your support.

104ième Louveteaux, castors, & scouts

COLLECTE DE BOUTEILLES

Le 25 mai, nous aurons une collecte de bouteilles, d'aluminium et de plastique.

Si vous voulez contribuer et vous ne serez pas disponibles le 25, veuillez laisser votre boîte devant votre maison avec un étiquette indiquant "104th Group" ou veuillez les déposer à Lipsett Hall. Nous sommes ouverts le jeudi de 17 h 30 à 20 h 30. Merci de votre contribution.

The Great 1991 Car Raffle



The new LEME Branch Advisor, BGen Fischer is buying the first booklet of tickets for the 1991 EME Car Raffle. The booklet is sold by Lt Blouin, a member of the Raffle Committee.

Le nouveau Conseiller du Service GEMT, le BGen Fischer pose achetant le premier livret de billets du tirage automobile GEM — édition 1991. Ce livret lui est vendu par le Lt Blouin, membre du comité de tirage.



CWO Roy, the Branch Chief-Warrant Officer is buying the second booklet of tickets for the 1991 EME Car Raffle. CWO Meunier, a member of the Car Raffle committee appears happy to be selling this precious booklet.

L'adjudant-chef du Service GEMT, AdjC Roy pose achetant le deuxième livret de billets pour le tirage automobile GEM — édition 1991. L'AdjC Meunier, un membre du comité de tirage semble heureux de lui vendre ce précieux livret.

This is the third in a series of annual car raffles sponsored by the LEME Branch in preparation for the RCEME 50th Anniversary celebration which is scheduled to take place in 1994. The aim of this event is to help raise money in support of activities and celebrations planned in 1994 across Canada.

The focus of the celebrations will be centred around the unveiling of a monument to the RCEME Corps.

This monument is to be located at CFSEME Borden the home of the Branch and Sadie. As it can be surmised, this is no small project. It is presently estimated that close to 200,000 dollars will be required for this project alone. Other activities now in planning include a commemorative stamp, mini tattoos, local ceremonies and the like.

To date, fund raising is surpassing the 50,000 dollar mark. With

Le Grand Tirage D'Auto 1991

Ce tirage est le troisième d'une série de loterie automobile parrainée par la branche GEM en vue des célébrations du 50ième anniversaire RCEME qui sont prévues pour 1994. Le but de ce tirage est d'amasser de l'argent pour supporter les activités et célébrations prévues pour 1994 partout à travers le Canada.

Le point central de toutes ces célébrations est le dévoilement du monument RCEME. Ce monument sera situé à l'EGEMFC Borden. Comme on peut le constater, ceci représente un projet de taille. Le

budget total de ce projet d'envergure est estimé en ce moment à environ 200 000 dollars. Plusieurs autres activités en plus de la loterie annuelle sont planifiées, en outre il y aura la préparation d'un timbre commémoratif, de mini-tattoos, de cérémonies locales et beaucoup plus.

En ce moment, la levée de fonds dépasse la marque des 50 000 dollars. Avec les revenus du tirage de cette année, il est espéré que la marque du 70 000 dollars sera dépassé.

FSC — cont'd from page 4:

OUR APRIL PROGRAMS CONTINUE!

Northsite

- Mondays — Little People Play-time 9:30-1:30
- Tuesdays — Mom's Day Off — 10:00-4:00 **
- Wednesdays — Parenting Course 1:00-3:00
- Fridays — Mini Franco Fun 9:30-11:30

and wish to do so, please contact: BEME Winnipeg — 2Lt MacGillivray, Loc 6080; Aircom HQ or MWO Littlewood Loc 6949. Tickets are limited and are going fast.

COUNTRY VIDEO HOME MOVIES

2251 Ness (At Whytefold)

- Fast, friendly service
- Large selection (over 2,500 movies)
- Multiple copies of new releases
- Convenient location
- Competitive everyday prices, with lots of "Specials"

831-7947

"Your Neighborhood Video Store"

MOVING?

For certification of appliances call Dwight at 222-6556 anytime.

MOVING TO OTTAWA?

65 North Park Drive Gloucester, Ont. K1B 3Y7

4 bedroom, 2 storey air-conditioned house available in Blackburn Hamlet only 15 minutes by express bus to downtown. Includes all curtains and blinds, new gray carpets, newly decorated, single car garage 2 car parking, close to schools and shopping. Available May 1st. \$1150, negotiable. Contact A. Jaz: (613) 830-7787 after 5 PM.

Committed to the Armed Forces

TAKE A TEST DRIVE & RECEIVE A FREE DOMINO'S PIZZA*

New GM Factory Program up to \$1750 cash back Special to Armed Forces Personnel.

(See Dealer for Details)

*Must qualify for Armed Services Automotive Plan

PONTIAC BUICK • GMC

WINNERS OF THE 1990 GREY CUP

2150 McPHILLIPS ST. 633-8833

HOURS: Mon. & Tues. 9-9 Wed-Sat 9-6

PATRICK REALTY

2003 Portage Ave. R3J 0K3
Ph. (204) 837-1366

- Homes • Suburban Properties
- Farms • Fire Insurance
- Commercial • Autopac

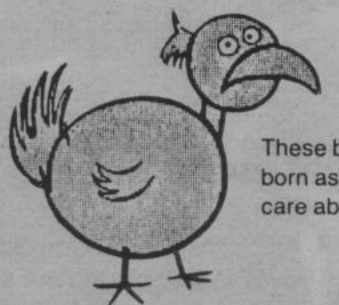
AUTOPAC
PROTECTING INVESTORS ON THE MOVE

To Buy or Sell Call Your Local Retailer
Serving Satisfied Customers For Over 36 Years

Patrick Realty Ltd.

NEW

Police Beat: Take Action on Drugs



These birds born as care ab

We live in a drug-oriented society. Alcohol is still the number one drug but there are other drugs for almost every pain, tension or emotion. With acceptance and accessibility, drugs are difficult for any adolescent to avoid.

Everyone is naturally curious. Adolescents want to know about all those "adult pleasures" they

are missing.

Peer pressure is the single most important factor in teenage behaviour. If three-quarters of the class are wearing designer jeans, your child will too. We all crave the approval of the gang. But with adolescents they have that touch of insecurity which will take them deeper into the unknown.

Drug education must start at

home. We must communicate and we must listen to our children. Attempting to be a policeman or a preacher will only make the situation worse.

Pamphlets regarding drug education, as well as a video called "DRUG DIALOGUE" which is a guide for parents, can be signed out at the Military Police Section/Community Relations office, Building 95, CFB

Winnipeg. Also available is the second issue of "the AMAZING SPIDER-MAN". A comic book produced by Marvel Comics, under the direction of the Canadian Association of Chiefs of Police with the cooperation of the Alliance of a Drug Free Canada. These comics are great for kids and can be picked up at the MP Section, main desk.

Silver Heights Community Centre

Attend Bingo Sunday nights at 7 p.m.

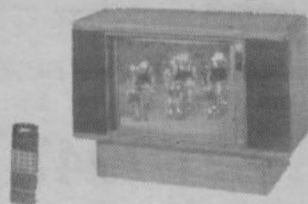
The Spring Tea & Fashion Show will be Tues. April 23 at 7:30 p.m. Fashions are by Charla's, McDonald Travel and Kids Only. Make-up and hair by Shear Art Unisex. Door Prizes! There will be wine available for purchase. Call 837-6818 for tickets.

Soccer and baseball registrations have already been held. For more information, please call Randy at 885-3763 for soccer, Penny at 832-5554 for girls' softball and Scott at 889-5250 for boys' baseball.

URGENT: Please return all soccer and baseball uniforms from last year to the club or to the convenor immediately.

ST. JAMES TV

SALES & SERVICE



- COMPLETE SERVICE TO ALL MAKES
- FREE IN-STORE ESTIMATES
- TELEVISION
- VCR

888-1189 The quality goes in before the name goes on! 837-9554
2727 PORTAGE AVENUE — COURTS OF ST. JAMES

McNAUGHT MOTORS

PONTIAC · BUICK · CADILLAC · GMC

634 PORTAGE AVE.
786-3811



1991 SUNBIRD LE
Automatic, Air Con.
AM FM Stereo
\$11,995⁰⁰ *Plus Freight
11.9% FINANCING
\$500 CASH BACK



1991 PONTIAC FIREFLY
Convertible
AM FM Cassette
\$11,495⁰⁰ *Plus Freight
11.9% FINANCING
\$300 CASH BACK

All Canadian Regular and Reserve Armed Forces personnel or their spouses are entitled to a Special Cash Back of up to **\$1,000⁰⁰**.
Contact Curtis Affleck — Grace Maria for details.

SECOND CAREER!



Over 11,000 members across Canada

EX SERVICE PERSONNEL ARE INVITED TO APPLY FOR MEMBERSHIP WITH

MANITOBA DIVISION CANADIAN CORPS OF COMMISSIONAIRES

942-5993

301 One Wesley Avenue R3C 4C6

CANEX

IS ANYTHING FREE ANYMORE?

It is at the Herc Bar & Grill Mon, Tues, and Wed 4-6 PM

HOT FINGER FOOD

Why not give it a try. It doesn't cost a penny.

The Herc Bar & Grill where everybody's welcome.

LIPS SUZUKI McPHILLIPS SUZUKI McPHILLIPS SUZUKI McPHILLIPS SUZUKI McPHILLIPS SUZUKI

CUSTOMER PRE-APPROVAL CREDIT APPLICATION

McPHILLIPS SUZUKI

180 McPhillips Street, Winnipeg, Manitoba
Phone 204-783-6622 Fax 204-783-0288

FOR A FREE CREDIT CHECK COMPLETE THIS FORM AND MAIL IT BACK TO US.

Mr. Mrs. Miss Ms. LAST NAME _____

FIRST NAME _____ INITIAL _____

STREET NUMBER _____ NAME OF THE STREET _____

APT. # _____ CITY _____ Own Home Rent

POSTAL CODE _____ PROVINCE _____ AREA CODE _____ HOME TEL. NUMBER _____

ARE YOU EMPLOYED FULL TIME? Yes No OCCUPATION _____

EMPLOYER _____

HOW LONG HAVE YOU BEEN EMPLOYED THERE? YEARS _____ MONTHS _____ AREA CODE _____ BUS TEL. NUMBER _____

SOCIAL INSURANCE NUMBER _____ YOUR DATE OF BIRTH MONTH _____ DAY _____ YEAR _____

By signing this statement, you affirm that the information you have given is true and complete. You authorize us to obtain further information about you and check the information you have given us. We can also give information about you to credit bureaus and other credit grantors as permitted by law. You permit us to retain this statement for our records.

DATE _____ SIGNATURE _____

PLEASE DETACH HERE ALONG DOTTED LINE DID YOU REMEMBER TO SIGN THIS APPLICATION? _____

Dear Customer:
At McPhillips Suzuki you can choose from fully reconditioned vehicles in stock at all times. This kind of volume allows us to sell for much less than anybody else.
If you wish to check your credit prior to the purchase, please complete and mail the attached form. Upon receiving it, our Credit Department will contact you within 48 hours with the amount of money you can borrow.
With your pre-approved credit, you may come in and pick a car of your choice. Mail it now!

WRITE YOUR NAME ON THIS VOUCHER AND PRESENT IT TO US ONLY AFTER YOU HAVE MADE YOUR DEAL.

McPHILLIPS SUZUKI 204-783-6622

Pay to the order of _____ \$200.00/100
**** EXACTLY Two hundred dollars 00 cents ****

Upon delivery of any vehicle purchased from McPHILLIPS SUZUKI Only one voucher is redeemable for every purchase.

GENERAL MANAGER

SIDEKICKS SWIFTS SAMURAI

S SUZUKI McPHILLIPS SUZUKI McPHILLIPS SUZUKI McPHILLIPS SUZUKI McPHILLIPS SUZUKI



51st Winnipeg Scout Group Trees for Canada - 4 May 1991

On Saturday, 4 May 1991 the Beavers, Cubs and Scouts of the 51st Winnipeg Scout Group will be going out and planting approximately 10,000 trees. During the two week period preceding the 4th, the Beavers, Cubs and Scouts will be canvassing door to door soliciting pledges for each tree that they plant. Your contribution will be very welcome as the money goes both to the group and to the National Council for supporting Scouting in under developed countries. Your support in this event is appreciated and any pledges or contributions of \$5.00 or more will receive a receipt for income tax purposes as this is a charitable event. Your recent participation and support during our Bottle Drive (held the 13th of April) was also very appreciated. Not only are you helping to support your local Scouting Group but also you are helping the ecology by ensuring that your bottles and cans are recycled rather than just filling up a landfill site somewhere. Don't forget, 1991 is Ecology Awareness Year for Scouts Canada and you are doing your part by helping us.

FSC - cont'd from page 4:

OUR APRIL PROGRAMS CONTINUE!

Northsite
 Mondays - Little People Playtime 9:30-1:30
 Tuesdays - Mom's Day Off - 10:00-4:00 **
 Wednesdays - Parenting Course 1:00-3:00
 Fridays - Mini Franco Fun 9:30-11:30

Southsite
 Mondays - Mom's Day Off 10-4 **
 Tuesdays - Crafts 1:00-3:00
 Wednesdays - Little People Playtime 9:30-11:30

Special Events
 Pre-Teen Youth Nights April 19&26
 19th - Gong Show - Lipsett Hall
 26 - Pre-Teen Makeup and Skin Care, 1822 Corydon
 ** Please register in advance for Mom's Day Off. We must schedule our childcare workers at least one day in advance. By the way, did you know that we have two Childcare Workers employed at the Family Support Centre? As well as being a Social Worker I am also a certified Childcare Worker III. So, you can rest assured that your children are well cared for.

For more information on the Family Support Centre please call.

Carol L. Barton
 Executive Director
 Family Support Centre

BAMEO Promotion



Cpl Zablotzki receiving his promotion effective 12 Mar 91 from MWO Clemons, the D/ASO. Steve has been employed as an Airframe Technician in the Aircraft Servicing Organization from Nov 87 'til March 91. He is presently working in AMCRO as the Modification and Special Inspection Coordinator.
 CONGRATULATIONS Steve on a well deserved promotion!



MARIGOLD

CHINESE AND AMERICAN DISHES,
 FINE DINING & COCKTAILS,
 BANQUET FACILITIES AVAILABLE
 8 LOCATIONS TO SERVE YOU AT:

245 King St. (Chinatown) — 944-9400	718 Osborne Street — 474-2401
1041 McPhillips — 589-7369	885 Henderson — 661-3135
2591 Portage Avenue — 888-5665	1755 Pembina — 261-9241
487 St. Mary's Road — 233-1453	1380 Ellice — 783-1067

"Fresh Baked Daily"



Donut Palace

SPECIALIZING IN: A Wide Variety of Donuts, Pastries, Sweet Buns
CHEF'S SPECIAL: Soup, Sandwiches, Tea, Coffee & Hot Chocolate
 Open 24 Hours Daily • 3263 Portage Ave.

ATTENTION : All Active Duty Regular and Reserve Armed Forces Personnel

Purchase or lease any new vehicle from BIRCHWOOD GM, finance it through GMAC and receive a special "cash back" up to \$1,000⁰⁰.

This special offer has been developed to acknowledge the accomplishments of our military forces during the recent Gulf conflict and is in *addition to* any other interest rate incentives currently offered by General Motors.

EXAMPLE:	Air conditioning, automatic, stereo	
1991	Birchwood GM sale price	\$12,000⁰⁰
Sunbird LE	Downpayment	- \$500⁰⁰
	Special Military Cash Back	- \$1,000⁰⁰
	<u>Net Purchase</u>	<u>\$10,500⁰⁰</u>

Finance GMAC @ 11.9% for 45 months
 Only ** 325.45 per month.

* 48 payments @ \$325.45
 Total charges \$3,238.70
 Interest Rate 11.9%
 Total repayable \$15,616.80

CHAPLAINS CORNER



WHO ME? A PRISONER?

"I never expected to land in Jail. No one does. Even if you're disobeying the law blatantly, you're sure you'll never get caught. I pray that I never have to experience again the helplessness and horror I felt as prisoner No. 23226 at the Maxwell Federal Prison Camp."

These are the words of Charles W. Colson, as Special Counsel to former President Nixon, talking about his experience of going to jail as a result of his involvement in the Watergate affair. What struck me most about his experience as a prisoner was that it doesn't require a physical prison to be a prisoner! In his own words, "Every prisoner shares a sense of helplessness — the realization that you're trapped; to be free, someone has to reach in from the outside and pluck you out."

How many of us have experienced these same feelings of helplessness; of somehow being trapped? It seems no matter what we do we can't seem to get out from under!

Being the logical beings that we are, we tend to want to resolve our problems by rational and intellectual means. And well this should be. Our tendency is to look for the social, psychological, or economic factors that might have caused us these feelings. But, what do we do when the feelings, problems and or issues seem to go beyond this and demand more than just an intellectual response? What is beyond our intellect? Without an understanding of this, are we trapped? Imprisoned?

Many studies, such as Stanton Samenow and Samuel Yochelson's, in the book, *The Criminal Personality*, have shown that often these situations arise in our life as a result of internal moral choices. Our sense of morality is seeded somewhere in the spiritual aspect of our humanity. The greatest requirement in reversing or changing an internal moral choice is a change of heart or a conversion.

One of the most persuasive powers in our lives is that of what we believe. It is this capacity, as human beings, to believe: to believe in things that we cannot touch, see, hear, or prove that give way to such powerful elements within us, such as our conscience and our sense of what is right and wrong.

Often when we find ourselves under the gun, we forget this aspect of who we are. This spiritual side of us, this part of me that allows me to believe in things I cannot see, feel, touch or prove. This invisible measuring rod, I use to judge myself against.

For something so powerful and essential to my humanness, how aware am I of my own spirituality: that relationship I have with this ever present thing that I gauge myself with, be it called God, my Higher Power, the

Great Creator, etc?

It just may be that part of this sense of helplessness, of being trapped or imprisoned, is caused by a lack of awareness. When was the last time I thought about my own spirituality and what it meant to me? If it has been awhile, I may be suffering from an attack of the 'Grey Fuzzys'!

The 'Grey Fuzzys' are when you have not thought about something for a long time and, as a result, it drifts to the back of your mind. If it has been an extended period of time since you have thought about it, the image may have drifted so far back in your mind that it has become GREY and FUZZY!

It is when we think about something, that we focus on it. When we focus on it we can articulate about it (i.e. we can talk or write about it.) When we articulate something, WE define it and once we have defined something in our own terms we can reappropriate (ingest) it as our own.

Our prisoner, Charles W. Colson, says "That people need to hear the Word, but experience has shown us that they also need to see the love of God in action." By way of a 'word' or two, there exists in all of us a spiritual dimension, our capacity to believe. It is a tremendously powerful force in our lives because so much of what we do is controlled by what we believe. If we are unaware of what we believe, are we not trapped, helpless? If I may be so bold as "...to reach in from the outside and pluck you out." from the 'Grey Fuzzys' to become more aware. And maybe, just maybe as we become more aware of our own spiritual capacity we will not be so imprisoned, helpless or trapped!

Padre Michael Brown
Pastoral Associate (RC)

Greetings from the Chapels

CATHOLIC CHAPELS

St. Marguerite Bourgeoys (North Site)

WEEKENDS/FIN DE SEMAINE

Saturday: 1700 hrs/English

Samedi: 1900 hrs/Français

Sunday/Dimanches:

1115 hrs/English

WEEKDAYS/EN SEMAINE

Monday to Thursday inclusive

Du lundi au jeudi

inclusivement

1500 hrs

St. George (South Site)

SUNDAYS

10:00 a.m.

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.

BINGO — Every Mon. Wed. Fri. 8 PM

Crib night every Thursday at 2000 hrs.

Join us for six meat draws made each Saturday at 1500 hrs.

DANCING Friday & Saturday Evening
CANADIAN FORCES PERSONNEL WELCOME
Army, Navy & Air Force Veterans
in Canada

ASSINIBOIA UNIT NO. 283

3584 Portage Avenue R3K 0W8
Phone 837-4795

THE FRIENDLY CLUB



MEET NEW FRIENDS

at Singles Convention '92
August 17-23, 1992
Peterborough, Ontario

Details (705) 876-9824 / (705) 749-0228 or
Box 1133, Peterborough, Ont., Canada K9J 7H4
FAX (705) 748-0959

(Enclose self-addressed, stamped envelope.)

NEW ARRIVALS



Puzzled about
Manitoba
License Plates?

- Fire Insurance?
- Contents?
- Pleasure Items?
- Life Insurance?

Obtain them at your Base Insurance
Office in Main Rec Centre

BLDG 90 (REC CENTRE)
WHYTEWOLD RD
MONDAY TO FRIDAY
8:30 AM TO 4:30 PM
889-2204 888-4763



2255K NESS AVE
MONDAY TO FRIDAY
9 AM TO 5 PM
SATURDAY
10 AM TO 2 PM
832-9114 831-9089

Call us or drop in to: **Baldwinson Agency**



You Got it Park Pontiac!





1991 SUNBIRD LE'S
NEW, 2 door, fuel injection, 5 speed, air conditioning, tilt, power steering and brakes, AM/FM stereo and much, much more.

\$10,491*



1991 GMC FULL SIZE P/U 4X4
NEW, 5.0 L V8, O/D auto. trans., pwr. strg. & brakes, A/C, pulse wipers, sliding rear window, stereo, two tone paint & much more.

\$16,491*

*Plus G.S.T. & P.S.T. incl. GM rebate OR get 11.9% on O.A.C.
Canadian Armed Forces incentive plan. See dealer for details.

661-8181
1459 REGENT
One of the Best
on Regent West!

PARK
PONTIAC BUICK GMC

Sales Open
Evenings
Mon. &
Tues. Only

JUNE 4
COUNT YOURSELF IN!
CENSUS DAY

**Canada's
 Census
 Builds A
 Mountain**

A mountain of data, made up of information from over 10 million homes, is about to be gathered in this country.

The building of this mountain will involve over 50,000 people and will begin on Canada's Census Day — June 4th, 1991.

The facts and figures compiled by the Census about the lifestyles of Canadians from coast to coast will create a "national portrait" of ourselves and the land in which we live.

Statistics Canada collects, compiles, analyzes, abstracts and publishes this Census information, providing a valuable resource for organizations and individuals.

The highly accurate data is available from the Advisory Services Division of StatsCan at their Regional Reference Centres across the country. These Centres are open to the public and information can be viewed OR publications purchased.

Many enthusiastic users of Census data are to be found in Western Canada.

Increasing numbers of individuals and groups are using the data to do everything from helping potential entrepreneurs launch new businesses in an area using the information in market research, to aiding existing local businesses by helping target customer groups. For instance, if a company is considering bringing in a product of interest to senior citizens, Census data is able to accurately state how many of that age group reside in the area.

The Statistics Canada catalogue is also a very useful addition to a company's information arsenal, helping to keep up with new information that becomes available.

A Western Canada water conditioning company executive notes that the use of StatsCan Census data "helps pinpoint the people who will use our product and saves time and mileage in promotion," adding that "the reasonably-priced information is more accurate than anything else available."


He also credits the data with making mail-drop promotions more accurate and cost-efficient.

Census Day in Canada will indeed create a mountain of information, but it's a mountain that is readily accessible and one that can help smooth out the rocky terrain of the business world by providing accurate, low-cost information to an ever-growing number of enthusiastic users.

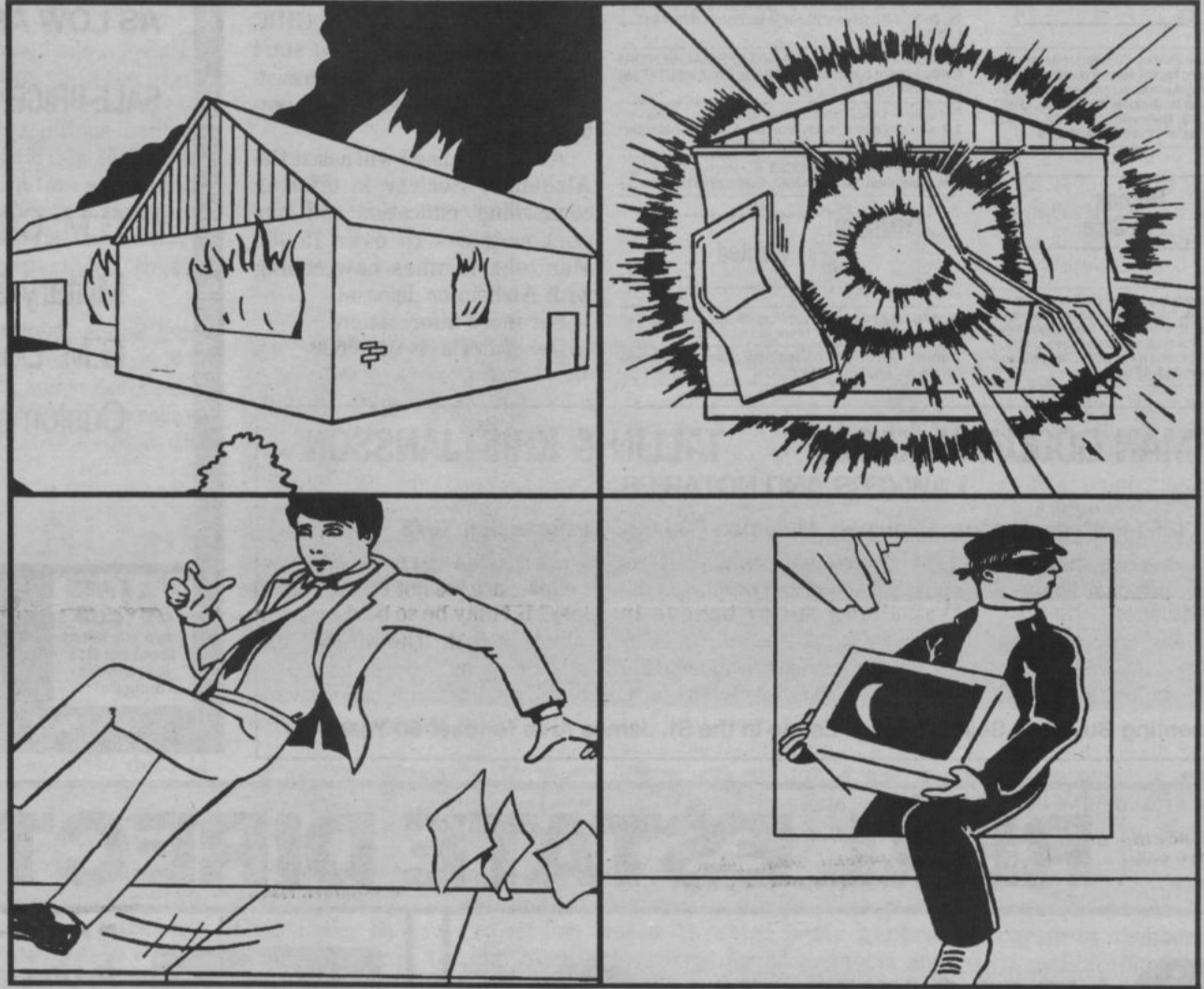
For more facts about the Census, contact Statistics Canada's Census Office at 18216-102 Avenue, Edmonton, Alberta. T5S 1S7 — Telephone 495-4730.

DOG WASTE REMOVAL on a regular or one time basis. Ph. Scott 896-0665.

Single? Moving to Borden? Single male looking for partner(s) to buy house in this expensive area. House hunting trip end April. Phone 902-427-8358. Autovon 447-8358.

POSTED TO EDMONTON? I specialize in Military relocation. Call me collect for a package of area, mortgage and real estate information.
Canada Trust Realty  Canada Trust Realtor Val Heuman 457-2424 or 456-6919

 **CANSUREX** 
IS IT INSURED?



IT IS WITH CANSUREX
WE ALSO INSURE

- Homes, Condos, Rented Dwellings, Cottages
- Boats, Motors, Trailers
- Computers, Satellite Dishes
- Military Clothing and Equipment
- **And many more items on an "ALL RISKS" Basis**

SUITE 712, 1525 CARLING AVE
 OTTAWA, ONT K1Z 8R9



OTTAWA; 728-1131

ELSEWHERE (TOLL FREE) 1-800-267-6262



INSURERS; ELITE INS CO, VANCOUVER (CANSUREX); COMMONWEALTH INS CO, VANCOUVER (CANSUREX II)

CLASSIFIEDS

EVERYBODY'S MARKETPLACE



Accommodation

For Rent — Immaculate BACHELOR APARTMENT with beautiful view of city from 14th floor. All utilities included except phone. New carpeting and paint. Lots of closet and storage space. On site mgmt., security doors and laundry facilities available. Underground parking available for \$41. Close to Polo Park, bus route and downtown. Available 1 May 91. Rent negotiable. Contact Tricia Cox at 833-5070 (w) or 888-5659 (h).



Babysitters

Babysitting — Mother of 3 will babysit in her home for \$2 an hour or \$20 a day. References and receipts. Ph: 837-3962.



Help Wanted

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



Homes For Sale

Private Sale — Custom log home on 5 treed acres, 3 bedrooms, 2 1/2 baths, finished basement, cathedral ceiling, over 2000 sq. ft. living area. Property is landscaped, fully fenced for horses and borders on parkland. \$120,000.00. Located near CFB Shilo, Manitoba. Ph: 765-3602 (w); 763-4914 (h).

Private Sale — Trenton, great house. Three miles to Base Trenton, 3 or 4 bdrm., all brick, raised bungalow. 80 x 191 country lot, mature trees, perennials and spring bulbs. New 15 yr. shingles, wall to wall carpet, oak renovation. 11 1/4% mortgage until Aug 93. Quality appliances available. Call Jeff Gibson (613) 394-5339 or Autovon 270-5910. Possession May-July 91. \$129,900.



Misc. For Sale

For Sale — King Size WATERBED \$75, King Size DUVET \$40. Call Tracy at 489-4541 after 4.

Moving Soon — Need to sell RATTAN DINING ROOM SET, ROLL-TOP DESK, and various kitchen ware. Call Chris at 633-5817 or Loc 5465.

For Sale — Brother SEWING MACHINE with attachments — excellent condition \$100.00. NINTENDO GAMES: Double Dribble, Pro Wrestling, Cobra Command — \$25.00 each. Woman's LEATHER COAT — S: Med., never worn, \$200.00; Woman's REEBOK RUNNING SHOES — brand new, \$35.00; TURTLES BEDSHEETS — twin size, brand new, \$20.00; Ladies' BIKE — fair condition, \$20.00. Call 831-1358 after 5 p.m. or leave message.

For Sale — POWER TOOLS: Delta 10" TABLE SAW \$450, Delta BAND SAW \$200, Delta 1" BAND SANDER \$80, Delta 4" x 6" SANDER \$160 or all four for \$800. All one year old or less. Phone 895-4412 or Loc 5551.

For Sale — 1980 YAMAHA 400 SPECIAL MOTORCYCLE. Mint cond. only 7500 km. Ph: 895-5777 (w) 489-4281 (h) after 5 p.m.

For Sale — USED BIKES, 3 adult (2 ladies', 1 men's), 1 jr. size girl's bike, 1 boy's beginner bike, 1 baby carriage, good condition. Ph: 488-6910.

For Sale — 85 DODGE COLT E, Hatch, 4 Dr., 5 Sp., Exc. condition. \$3,500 OBO. Call 832-9312 after 5.



Wanted

Wanted to Rent — Cottage from 29 July to 2 Aug. Call Sherry at 489-8766 or Mark at Loc 5145.

Wanted — Children's used play swing set in good condition. Ph: 488-7045.



The Alzheimer Society of Manitoba is asking individuals to bring their pennies — the ones weighing down desk drawers, scattered on fridge tops and stuffed into coffee jars — to the nearest CIBC.

During March, April and May, all 93 CIBC branches across Manitoba will be "Memory Banks" for the Society's A PENNY FOR YOUR THOUGHTS campaign. Charles Corinaldi, Senior Vice-President of Individual Banks for CIBC says "It's a great way to start your spring cleaning, while assisting the Society to do some important work."

All funds raised will assist the Alzheimer Society in offering counselling, education and support services to over 15,000 Manitoba families now coping with Alzheimer disease.

For more information:
Deborah Davis 943-6222

CHAPMAN GOODARD KAGAN TALLIN & KRISTJANSSON

LAWYERS AND NOTARIES

1864 Portage Avenue, Winnipeg, Manitoba R3J 0H2 Phone: 888-7973

George E. Chapman
Donna G. Kagan

George A. Derwin
Alan R. Goddard
Kelly P. Land

A.F. Kristjansson
Bryan J. Peters

G.T. CHAPMAN, Q.C. (1923-1985)
C.K. TALLIN, Q.C. (1932-1985)

Representing Buyers & Sellers of Real Estate in the St. James Area for over 60 Years.

Phone 889-3963
Voxair Classifieds are
FREE!!

SAVE A TRIP SHOP THE STRIP

ATTENTION



is pleased to announce a super exciting
Automotive Incentive Plan.

Before you make your next new car or truck purchase
Phone 661-8391 Ask for Bob Busch.

1991
CAVALIER
AS LOW AS



SALE PRICE **\$10,728**

G.M. Cash Back	\$500
Military Bonus	\$500
G.M. Dollar Match	\$500
Customer Input	\$500

YOU PAY ONLY **\$8,728**

Plus Taxes

1st TIME BUYERS

Have you heard about our first time buyer's program?*



964 REGENT AVE. WEST
PH. 661-8391

GRAD PROGRAM
Recent Post-Secondary Graduates Receive \$750 CASHBACK

Open Mon. & Tues. 8:30-9:00, Wed. - Sat. 8:30-6:00

REAL ESTATE DIRECTORY



RE/MAX

real estate inc.

(204) 837-7000 24 hrs.

300-3025 portage avenue, winnipeg, mb r3k 2e2

- knowledge • integrity • service • satisfaction •



orv
malcomson, CD



Professional Real Estate Service
Coast to Coast

Pearl Langen

REMAX REAL ESTATE INC.
300-3025 Portage Ave.
Winnipeg, Manitoba R3K 2E2
Bus: (204) 837-7000 — 24 hrs.
Res: (204) 837-6397



For Complete
Real Estate
Services
Coast to Coast



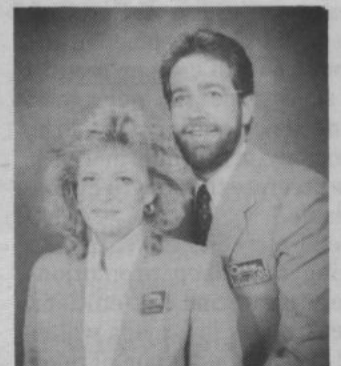
Call Mary or Grant Clements C.D., FRI
RCAF/CAF RETIRED



RE/MAX REAL ESTATE INC.
4910 Roblin Blvd., Winnipeg, Manitoba R3R 0G7
885-5948 (24 hours) Office — 895-9036 Res.

Century 21

POWER REALTY INC.



Richard & Clara
Mitchell

- Military Postings Our Specialty
 - Residential, Investment & Commercial Real Estate
 - VIP™ Relocation Service
 - For all your real estate needs put the winning team to work for you!
- RICHARD & CLARA MITCHELL — CALL FOR AN EVALUATION OF YOUR HOME

(204) 452-5252 — 24 Hours



THE LARGEST REAL ESTATE ORGANIZATION IN THE WORLD.
EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED.
* and (TM) trademarks of Century 21 Real Estate Corporation.

