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The Manitoba Professional Engineer

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August  
***bulletin 83***



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***Health Sciences  
Centre Chimney***

Designed by Reid Crowther & Partners Ltd.  
/F.A. Stock, P. Eng.

Fabricated by Manitoba Bridge &  
Engineering Works Ltd.

Erected by Dominion Bridge Co. Ltd.

(photograph courtesy Glenn Conley)

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The Manitoba Professional Engineer  
**bulletin 83**

**Winnipeg, Manitoba,  
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*Opinions expressed are not  
necessarily those held by the  
A.P.E.M. or the Council of the  
A.P.E.M.*

## Editorial

### Recognition

**R**ecently a past president of the A.P.E.M. sent a copy of an article to another past president which went to the registrar and on to me, the repository for all things which no one can do anything about.

At issue is that even in England, engineers are not given the recognition they deserve and, if I understand the intent of my receiving this article, it deserves mention in the Bulletin to demonstrate that Manitoba Engineers are not the only engineers who "get no respect".

Some would have us believe engineers are not highly thought of so maybe we should spend less time thinking about what other people think about us as they really don't.

I further suspect that few professional people are judged by their academic qualifications, but more on their performance. Engineering is the centre of all things because you can go anywhere from it. It is, therefore, only a base, a springboard to more challenges if you want to go there.

An earlier scribe recorded it — "Let your light so shine before men that they may see your good works..."

Those who believe they are better persons by virtue of their professional status must surely be in serious trouble. We all get our licence to practise, the worth of the individual in his field is his own problem not that of the Bulletin, the A.P.E.M., government decree or any one else.

R.A.K.

# *President's Message*

## ***The Cry of the Loon***

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*By D. E. Cross, P. Eng.*

**A**s I sit peacefully at my Keewatin, Ontario, residence and listen to the plaintive call of the loon family and watch the hummingbirds at the feeder, I reflect back to that cold night in December when I wrote one of my first President's messages.

The weather was bleak and appeared to be a reflection of our economy of the time. The message of the report was the importance of the Engineering Profession in our economy, and the vital need to assume a leadership role in our economic growth and recovery.

I would like to think that perhaps these messages have a real impact on our membership and spurred them on!! All indications seem to reveal that we are on the road to recovery . . . interest rates are down, inflation has dropped and industry is beginning to invest in new production.

I also must have believed my own messages for I have opened my own mechanical consulting engineering practice. The economy seems to be improving for in a very short space of time my work load has increased.

Also as your new President I was concerned with the A.P.E.M.' financial picture. I resolved at that time to curtail deficit financing if possible and increase membership equity without decreasing our responsibilities as required by the Act. As we draw near to our financial year-end it would appear that the financial goals outlined in the budget are being met. The Registrar has worked hard at the Act enforcement and membership has grown. At the same time, the General Manager and the Assistant General Manager have been instrumental in making sure the membership has obtained value for their money. For example, the cost of publishing the Bulletin has been decreased, and I think most of you will agree the quality of the magazine has been increased.

Thus, in a mood of guarded optimism I wish you all a productive summer.

## **Six-Flue Stack at Health Sciences Centre**

By F. E. Stock, P. Eng.

**C**himney design presents the aerodynamic problem that the chimney tends to sway in the wind, and the oscillations can build up to very high values which can cause failure of the chimney. The oscillations are caused by Von Karmann Vortices, which are formed in a wind blowing past a cylinder, and which are produced alternately on either side of the chimney. They are what makes a flag flutter — the flag is simply responding to the vortices produced by the flag pole. The vortices react on the chimney to make it sway which it does in resonance. If you go into the parking lot at Winnipeg International Airport on a windy morning you will hear the flag rope slapping against the side of the flag pole. This is simply the flag pole swaying and causing the rope to slap against it.

There are several standard solutions to this problem, notably the spirals which are to be seen on the chimneys of the Shell Refinery on Panet Road and the deflectors fitted to some lighting and traffic sign standards around the city. The object of these is to confuse the vortices. In the case of the spirals the wind is deflected upwards on one side and downwards on the other, so that the vortices do not form parallel with the stack. The object of the deflectors is to produce vortices of different frequencies which interfere with the main vortices.

A far more imaginative solution is to be seen at the Health Sciences Centre. There are five oil-fired boilers to supply the heating needs

of the hospital, plus a small incinerator. By placing the incinerator flue in the middle of the assembly, and surrounding it with five boiler gas flues, the result is an assembly which produces vortices of different frequencies so that the stack cannot respond. Reid Crowther was the consultant for the whole project and the design was produced by their chimney specialists, fabricated by Manitoba Bridge and Engineering Works, and erected by Dominion Bridge.

The central flue is two feet in diameter. The boiler exhaust flues surrounding it are 4'6" in diameter. The ladders, platforms, and the special stays between the flues which are designed to absorb a limited amount of movement and dissipate the energy were designed by Manitoba Bridge.

Besides being a very functional design, it is a rather imposing structure, to the extent that it is floodlit at night. A photographer chose it as a subject. Shirley Matile recognized it and presented a print to me (Fred Stock) who was the chief engineer of Manitoba Bridge at the time, and who has had this print in his office for several years.

It is a very interesting piece of engineering. What other chimney is floodlit at night?

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We regret to record the death of Max Greenberg, P. Eng., registered in 1961.

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# Council Meeting

## June 13, 1983

By R. A. Kane, P. Eng.

After approving the minutes of the May meeting Council reviewed and passed the granting of Licences, Transfers, Engineering Graduates and Registrations. With this done the group moved through a tunnel system to emerge in the lobby of the Royal Trust Building. There they met three people from Lakeview Realty (whom we will now call the Landlord) to view the proposed new location for the A.P.E.M. offices. The meeting and discussions took approximately one hour. However, what is happening is this: Lakeview has a tenant who wants to consolidate their operations in the building where the A.P.E.M. offices are. This means we would have to move to a new location. Lakeview will provide the new space completely renovated to our requirements, ensure no rent hike over the next two years on our present lease and favourable renewal rates. Further they will compensate the A.P.E.M. for the miscellaneous costs such as stationery, moving telephones, special meeting, etc. While Council must get approval from the general membership the request is totally above board, offering the A.P.E.M. minimal headaches and even a couple of perks. (See report on Special Meeting of July 20 elsewhere.)

The issue of reinstatements brought forward one note of conten-

tion. One ex-member of the A.P.E.M. who has returned to the province and was looking for reinstatement strongly objected to writing the exam. His argument was that his past record of service with the A.P.E.M. before he left Manitoba should preclude him from this exam requirement. While Council saw some substance to his position they felt they could not start tinkering with a well-established prerequisite and gave this reinstatement authorization upon successful completion of the exam.

Sometimes certain points get dragged out and the discussion on the Admissions Review Board was one of those "sometimes". Statements such as "I guess I am labouring the point, nevertheless I will labour it one more time" were not uncommon leading Council to defer this item to another meeting.

Approval of a "Common To All" and "Fundamentals" syllabi for the Board of Examiners was presented as a whole and in essence rubber-stamped by Council. One comment was that future such presentations should be presented where the various changes had been duly noted which would be a benefit for Council to hasten considerations.

The Professional Development Committee presented a budget request of \$2,600.00 and a proposed questionnaire. The budget item was ▷

passed and is to be included in next year's money requirements and the questionnaire was accepted as information.

Once upon a time there was a University Liaison Committee and a list of people who used to belong to this now defunct group was reviewed. Council charged the Executive Committee with coming up with a revised slate to resurrect this committee.

Council discussed the pending move of the A.P.E.M. offices. Lakeview appears to be extremely open in its proposal and is very flexible in accommodating us, but Council remained a little skeptical and wanted to review it with the Premises Committee and then call the Special meeting after review. By the time this publication is in your hands this will have been done.

The Engineering Profession Act has now gone through first reading in the House. With the new Act it will be possible to discipline licencees, there will be two lay people on Council, and the seal will read Registered Professional Engineer. Questions about the wording of some of the fine points provoked much debate. That this wording has been sitting around for 3 years, that making changes now once it has gone this far is extremely cumbersome, and that it is being carried forward by people who have a lot of other things to do besides tinker with our Act at this late stage did not dissuade some members of Council from asking for further changes.

Dave Cross was appointed as the Director from Manitoba to succeed Ken Jardine to C.C.P.E. Ken then made a brief report on the last C.C.P.E. meeting.

Evan MacKenzie reported on his initial visit to watch the Canadian Ac-

creditation Board in action. In his usual thorough manner Evan's report clearly indicated two things. First he was there and on the job, second so were the delegates to C.A.B. Evan's report was complete and well documented and without divulging the confidentiality of the meeting per se, he wanted to emphasize how highly impressed he was with the conduct of C.A.B.

The University of Manitoba Faculty of Engineering yearbook put the bite on Council for \$300.00 to pay for an ad. People who have seen the quality of the yearbook suggested that we may not wish to offer them any money. Despite dissenting votes the item was passed but A.P.E.M. is to write a letter indicating that unless the publication cleans up its act future donations will not be forthcoming.

A request for the A.P.E.M. to make a report on the North of Portage Task Force did not give enough time for the A.P.E.M. to respond, so the Registrar was charged with writing a letter telling them we will be unable to offer a presentation.

The final item was the budget consideration wherein Council approved of some salary adjustments for the permanent staff at the A.P.E.M. offices.

A point now came up which was well past the usual 7:30 deadline — Adjournment.

This is my favourite point on the agenda and probably yours too, if you read this article.

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### ***Without Permission***

The Association did not give permission to Canarim Investment Corporation Ltd. to use the membership roster to send out promotional material.

## July 11, 1983

By I. L. Leavens, P. Eng.

Shortly after 3:30 p.m. President Dave Cross called the meeting to order. Present were Councillors F. A. Roberts, L. A. Bateman, E. F. MacKenzie, F. A. Jost, J. M. Fulton, G. A. Morris, (O. A. Rogers, L. Dunklee) with R. R. Foster being a few minutes tardy. He did arrive well before the agenda was agreed to. Mr. Jost raised a point of order on the contents of the proposed agenda. Finally, shortly after four the meeting was underway. The minutes of the previous meeting were approved very quickly compared with the preceding item.

A total of 28 licences, engineering graduates, transfers and registrations were approved, with an additional two reinstatements.

The proposed appointments put forward by the Executive Committee for the University Liaison Committee and Legislation Committee were approved by Council. Mr. Rogers was instructed by Council to contact these people to see if they are willing to serve on these committees.

Council defeated a motion to join the Winnipeg Chamber of Commerce. The main reason behind this move was the fact that the Association is not a special interest group, and Councillors did not feel the fees could be justified by what we would get in return.

Discussion ensued on the progress of the proposed new Act, which has passed first reading in the Legislature. Mr. Jost, who was a member of the Legislation Committee that spent several years on this endeavour, expressed the view that he hoped Council's wishes that this

Act be proceeded with would be implemented and that the process would be supported by all concerned.

D. A. Ennis, R. E. Scouten and R. Hood of the Practice and Ethics Committee gave Council a brief on the terms of reference for their Committee. They felt that with the provisions in the proposed new Act and a larger Committee that the Committee would be able to operate more

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### No Longer Members

As of July 1, 1983, the following are no longer entitled to practise professional engineering in the Province of Manitoba:

J. Michael Blackwell, G. C. Booth, H. Chow, V. Cicha, R. A. Coates, R. G. Collinson, R. H. Cook, R. H. Crane, E. F. Creelman, T. J. Dafoe, C. L. Gusta, L. T. Inglis, B. D. Jeffery, R. K. Johnston, G. J. A. Kidd, S.C. H. Law, K. A. R. McDonald, H. B. McLenaghan, Y. F. Mak, R. K. Malcharek, R. I. Meisters, J. A. N. Mora, S. Moskalyk, J. M. Peschon, J. Purger, G. G. Rattai, K. M. Rosenberg, B. Rosenstock, D. W. Ruth, H. G. Saroka, S. Sengupta, J. V. Skora, O. Spacek, J. R. Stephenson, M. G. P. Stringam, O. J. Storsater, G. C. Valaitis, G. A. Warner, P. J. Wilkinson, D. Zamick.

The following have resigned their membership in the Association effective June 30, 1983: D. B. Carmichael, B. C. Lausmann, K. H. Ng, S. Lipkovsky, E. W. Mazerall, J. K. Stafford, M. A. Ali, D. J. Quayle, P. A. Kruselnicki, I. McGillivray.

effectively and they did not want the additional responsibility of safety. After their departure Council debated the pros and cons of combining the Practice and Ethics Committee and the Safety Committee into one. After lengthy discussions Council voted to accept the recommendations of the Committee on Review of Committees for combining the two items under one committee.

A short discussion followed concerning the proposed move to the Royal Trust Building and the Special Meeting to be held on July 20. Council is in favour of the move as it is to the Association's advantage to move at the present time.

The proposed 1984 budget of \$319,390.00 was reviewed. Most

costs are up over last year, but one bright note is printing charges. Mrs. Dunklee has been able to greatly reduce this cost by shopping around. Yes, it does pay to comparison shop. One Councillor wondered out loud if the auditors took their cue for billing from our budget figures.

Under Travel the budget amount for the Thompson Councillor was questioned to see if it was adequate. John Fulton replied that he had a special arrangement for accommodation in Winnipeg. With raised eyebrows other Councillors pressed for more details and discovered that the arrangement was with his Mother. The general consensus on Council was that the budget was fine. Finally, at 9:45 p.m., the meeting came to an end.

Dear Peers & People,

It has been reported in the past that perhaps a small percentage of my work is of the lighter nature.

Because of this shadow under which I live, I wish to report that I submit the attached with grave seriousness. *Joe Lucas, P. Eng.*

## ***Phoenicopterus Ruber***

In keeping with your new Bulletin policy, I herewithin, respectfully, enclose my submission for your engineering content cover page.

This engineering project is the culmination of a desire to enrich the Canadian culture and a need to fill an obvious void in the normal home environment.

The individual upper structures are injection molded monobitripropylate with internal and external stabilizing elements and reinforce-

ments which form a homocontiguous sub-entity.

The twin ferrous-based structural members are preset in non-parallel adjuxtaposition necessary to withstand the impact of climatic and environmental stresses.

The base elements have been constructed of natural materials and have been designed to delicately counterbalance a visually eccentric centre of gravity. The manual closure network systems have been retained to add visual and tactile authenticity to the overall project.

The blending of the individual sub-assemblies results in a product which is certainly outstanding in the field of landscape technology and should, I feel, warrant representation in your fine journal.

*Joe Lucas, P. Eng.*

*(Editor's note: see  
illustration on back page)*

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## Pick up the Pace

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**S**ummer is upon us!! The time for cutting grass, watering grass, cutting grass and, my favourite, cutting grass.

With summer, comes summer holidays. The annual get-away-from-it-all interlude. The break for soul, body, mind and character recharging. Listening to the plans of vacation-goers, it would seem that holidays are a parole from prison rather than a short, paid-for break from the working world. Could working for a living be so bad? Judging by the extent and intricacy of the average holiday plan, everyone would like to be just about anywhere else but where they're paid to be and be doing just about anything else but their chosen profession.

Unfortunately, by necessity, most of us have to work for some length of time before accumulating sufficient funds to retire (and look back to the good old days when there were at least summer holidays to look forward to).

Perhaps we should rethink the existing scheme of things and maybe realign priorities.

If working for a living is a necessary evil, why delay retirement with meaningless vacations, weekends, civic holidays and other niggling interruptions? Do away with miniscule 40-hour work weeks. With 168 hours available, why not apply oneself for, say 80 hours of each and every week. Forget holidays, time off, sick time and even over-time.

This bare-bones policy would reduce the 45-year hard labour sentence to almost 20 years. Imagine retiring at age 45 instead of 65 and having many years to enjoy the

fruits of a relatively short but intense working life.

Then again, if work is not a bad experience and one really enjoys work for its own sake and rewards, an expanded work week would make it possible to work twice as much in the same length of time. Twice the work, twice the enjoyment and even twice the money! What could be better?

In fact, if this idea catches on, I'll be the first one to enjoy reading about it as I "toast my toes in the sand" on my summer vacation. *J.L.*

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### Redoubtable Doubt

I wish to complain about recent articles published in the Bulletin.

Do you really expect us to believe that some of your inspired and rather well-written pieces were actually penned by those two cool St. Vital cats, Spot and Grit?

Come on now, what do you take us for, turkey-lips?

I know for a fact that at least one of those articles was ghost-written by a sheep dog in the Wildwood area.

So next time don't try any of your palaver on us and give us the straight goods.

*Emma*

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### Engineering Graduates Enrolled

E. R. Hoare, J. D. Beaton, J. T. Linnen, J. A. MacKenzie, H. G. Peters, P. J. McShane.

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# Fitness

**F**itness as a 'sport' is a fairly recent phenomenon. Our grandparents kept fit by mowing the lawn with a manual machine, removing snow with a shovel, hauling coal to the furnace, lugging the klinkers out, doing a great deal of walking particularly in the winter when most cars were on blocks, stooking grain in the Fall, carrying water, chopping wood, heaving blocks of ice from the back step into the icebox and many other arduous chores.

In these days of automatic machines and much sitting at desks, blisters are rare, but high blood pressure and back problems are not. Many people have turned to exercise as a means of reducing stress, lowering blood pressure, warding off heart attacks, dropping flab and encouraging a feeling of well being.

Bulletin reporter Shirley Matile is both a runner and cyclist. When she covered the April 11 Council meeting Shirley came to the office on her bike (and had her first flat tire of the season). She either bikes to and from work or runs home from work every day, a distance of 10 miles, one way. Editor Roger Kane plays hockey, twelve months of the year. He has even gone on a European tour with his hockey team.

General Manager Oulton Rogers is into racquetball, canoeing and building a hot tub at his country retreat. Jerry Kruk, the well-rounded athlete, goes in for golf, curling, marathon running and sore knees.

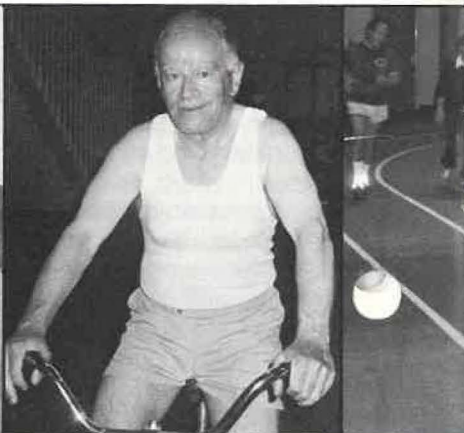
Ian Goulter claims that his daily run enables him to be more alert at work. Physical conditioning permits him to work long hours more effectively. (We hope Ian's boss is

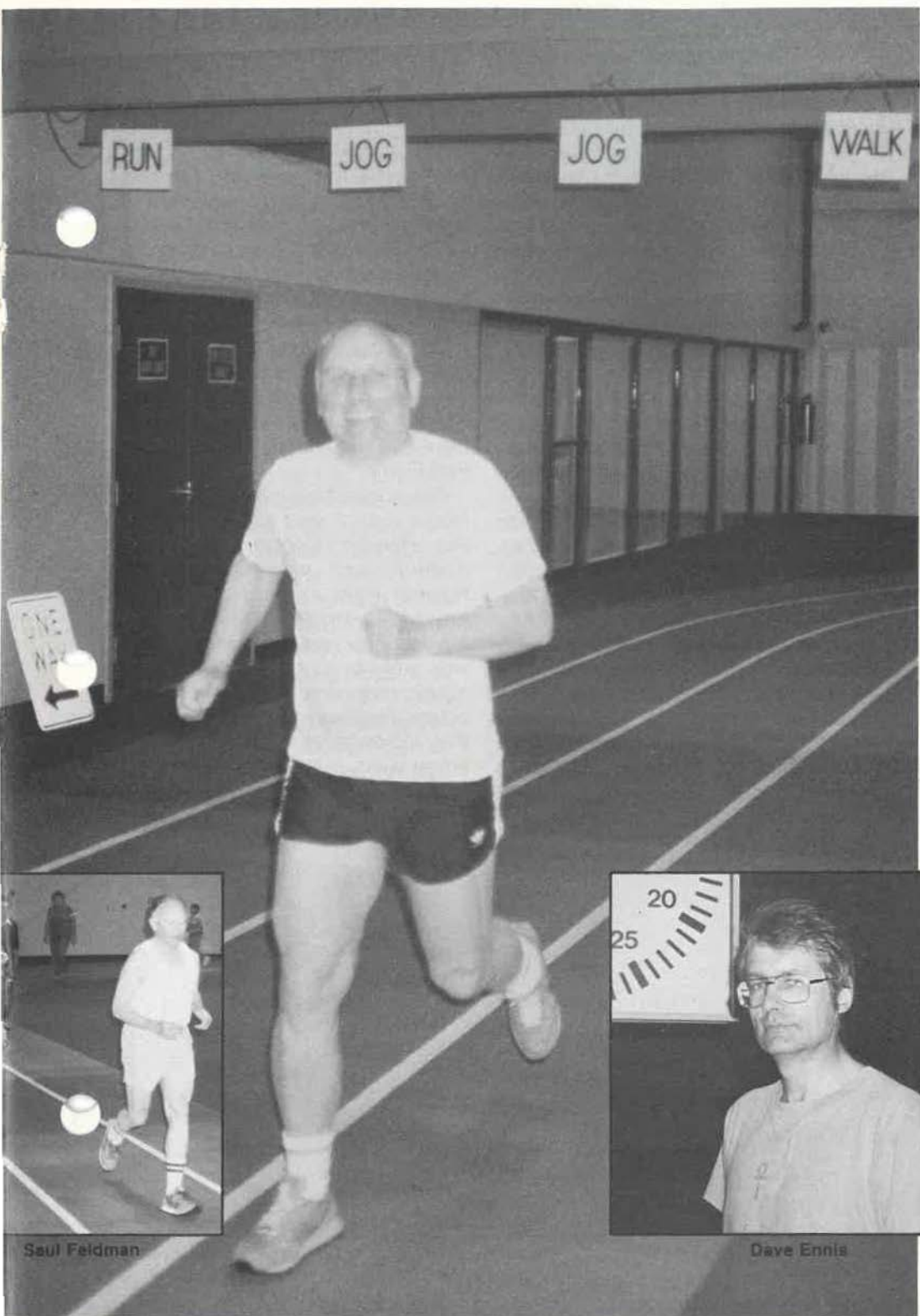


Dick Russell



Shirley Matile





RUN

JOG

JOG

WALK

LIVE NATION  
←



Saul Feldman



Dave Ennis

reading this article.) Ian concludes, "Good physical conditioning enables me to enjoy my non-work life more."

Marathon runner Ed Ryczkowski says running makes him feel better both physically and mentally. "Benefits include the ability to be able to consume copious amounts of suds and not show it. Can also bend over and tie my shoelaces without any assistance." This latter advantage may not have much appeal — a lot would depend on who is offering assistance with the laces. BUT anything that would detour the suds on its way to the midriff should gain a lot of converts.

Kees Vogel who completed this year's 27-mile marathon in 3 hours, 36 minutes, 58 seconds says, "Physical fitness is a positive addition. It makes me feel good and prevents me from getting overweight. Not everyone has to become a marathon runner, but if you put in 15 miles per week all year round you may want to try it some time. Crossing the finish line and knowing you improved on last year's time is a great feeling."

Stuart Ursel has been running

four days a week since 1968. He runs about 6.5 kilometers a day at a rate of one kilometer in slightly less than five minutes. "I run every noon hour and I find it relaxes me and enables me to face the problems of the afternoon."

Charlie McIntyre keeps that brisk, youthful, lean look by running, walking, running and running, on an outdoor track of his own choosing.

Don Simons says he thinks it is in everyone's best interest "to see to it that they keep in reasonably good shape." Don can be seen running in the Dove Bay-South Drive area of Fort Garry.

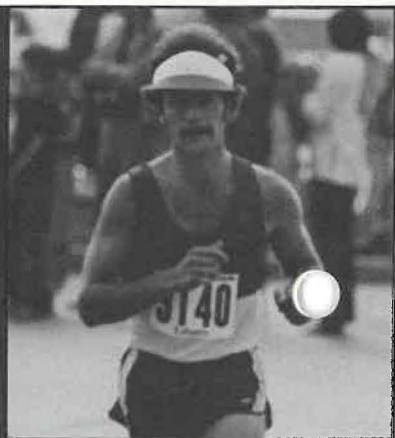
The greatest concentration of professional engineers appears to be at the Reh-Fit Centre on Taylor Avenue, so we assigned the reporter most in need of the programme to report on the scene. It's a whole new world — a large arena with weights to be lifted, skipping ropes, badminton and volleyball courts, Nautilus machines to strengthen the muscles, clocks galore, exercise bikes, mats for floor exercises and a four-lane track. And it's a new vocabulary. Blood pressure, heart rate, lap time, cholesterol level,



**Kees Vogel**—"Crossing the finish line is a great feeling."



**Barton Rossen**



**Ed Ryczkowski** disposing of the suds.

heart-rate zone.

One must go through a stress test before becoming a member. There are blood tests, blood pressure, cardiograms and while hooked up to the cardiogram machine one is put on a moving treadmill that gets faster and faster and it tilted to simulate going up hill. Calipers measure the bad news about the percentage of body fat. This test is repeated annually. As well as showing weight and heart rate, the results indicate the body fat at 35.4%. The fitness percentile is also given, and one notices that there is room for improvement. Except for John Lewis. He pulled off 100 at his last stress test so for those who hadn't noticed it before, they should now take note that in the 7000 Canadians who formed the base for this test there is not one person in his age group who is fitter than John. There may not even be anyone as fit. John Lewis' routine is exact: 6:45 to 7:45 on the track; 7:45 to 8:00 in the shower; 8:00 to 8:25 at the coffee table. John's comments on fitness, as on all subjects are succinct — "I like fitness because it is something on which I can give consultations without having the responsibility of ever having to do anything."

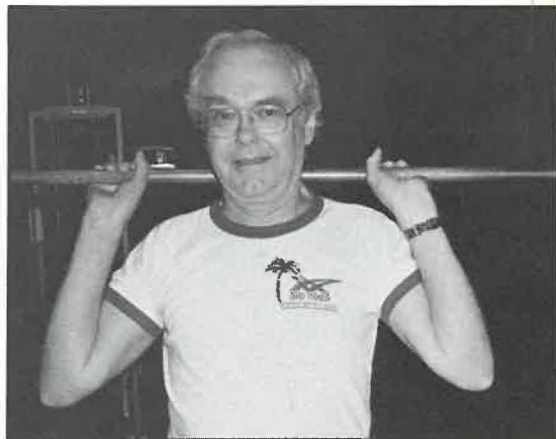
Jack Atchison finds running "a very enjoyable experience, especially for Winnipeg winters when outdoor fitness programmes are challenging." Jack devotes some of his time to golf during the summer months.

Bruce Menlove has very honest reasons for his track work. "Dieting, I can't. I like eating and drinking too much so I run or turn into a blimp. As a side effect I find I do feel better except for the odd strained muscle when you start out after years of

neglect." During the "strained muscle" period Bruce was weight lifting, riding a bicycle, or doing push ups and sit ups. He glides around the 1/8 mile track in 1 minute 5 seconds, making it all look so easy that our reporter was encouraged to join him one morning for a lap, only to discover that it was a long way around and gliding was impossible. Bruce was trying to establish a conversation, and actually he did chat, but the only replies he got were Puff, Huff, Puff.

After he retired Don Brooking decided to join the Reh-Fit Centre. He works out for an hour and 40 minutes three times a week doing floor exercises, 5 kilometers on the bike and 3 1/2 miles on the track each time. (The Centre, like Don, is flexible and can handle both metric and imperial.) On admission, when he took the required stress test, Don was told to drop 25 pounds and this he has done. He walks around the 1/8 mile track in 1:32, a faster clip than that of some joggers.

Dick Russell, another 1:05 runner, takes a very pragmatic approach. "Exercising must be great, it feels so good when you stop." The one



Bruce Menlove

lap done with Dick was as long and exhausting as the lap done with Bruce. Dick is one of the best dressers on the track. He sticks to basic white and blue and doesn't try to blend red socks with orange shorts. While Bruce Menlove and Dick Russell do go flying by most people on the track, they remember the days when they were novices and they call out words of encouragement to lumbering, effete tortoises from the Bulletin Committee.

If anyone aspires to running with (or behind) Bruce and Dick, one must either go straight to Taylor Avenue from the party or get up at 5 a.m. and head out. Occasionally Bruce doesn't arrive until 6 a.m. but Dick pulls up three days a week at 5:45.

Trying to run with the fleet Dave Ennis is a challenge. We think he pulls his schedule from a hat. Some mornings he is there lifting the weights and scooting around the track at 6 a.m. Other days he goes at noon, and occasionally after work. Sometimes he substitutes yard work for running. Dave's comments on the subject of fitness are

terse. "Sweat, like virtue, has to be its own reward."

George Kilgour began his training program after work on Mondays, Wednesdays and Fridays before he retired. Now that he is enjoying his retirement and could go at any time of the day, even 6 a.m., he still goes "with the same people" at the same old time.

Saul Feldman is the first to arrive on Saturday morning when opening time slips a couple of hours to 8 a.m. Saul developed chest pains seven years ago that resulted in a diagnosis of coronary artery disease. Fortunately surgery was not required. Saul started on the reh-fit programme. He says, "It took time, but now I feel better than I did at the start. I'm convinced it works." He runs three miles, three times a week. The reporter tried one lap with Saul on the track, just to say it had been done, but the best part is having coffee with him afterwards when one isn't out of breath.

Dave Shearer puts in five hours a week on the track, two days a week after work plus Saturday morning.

Ernie Hanson entered the Great North Run in 1983. This run is held in Newcastle, England, and is the largest in numbers in the world. There were 50,000 applications, and as the result of a draw 22,000 were allowed in the race. Ernie was number 21,634 (the entrants started according to number.) His original number was lost in transit, and he had not received it by the time he left Winnipeg for the race. The starting 'gun' was three howitzers going off. The distance is 13.1 miles. The route was lined with people, an estimated 500,000 to 700,000 spectators. Ernie says it was "an experience I wouldn't have missed. There was so much enthusiasm."



He celebrated his 68th birthday the day of the race. Ernie is a former racing cyclist and has run the Manitoba Marathon.

Murray Fraser takes a scientific approach. "Everyone has limitations. Where they wish to function within those limitations is a matter of choice. Most people feel benefits from improved fitness but there is a cost of time and effort. As fitness improves greater effort is required to achieve further improvement. Everyone should decide for themselves when the benefits and effort are in balance." Murray makes the first decision by running after work, and not facing a 5 a.m. choice of rolling over in bed or getting up and into the sneakers.

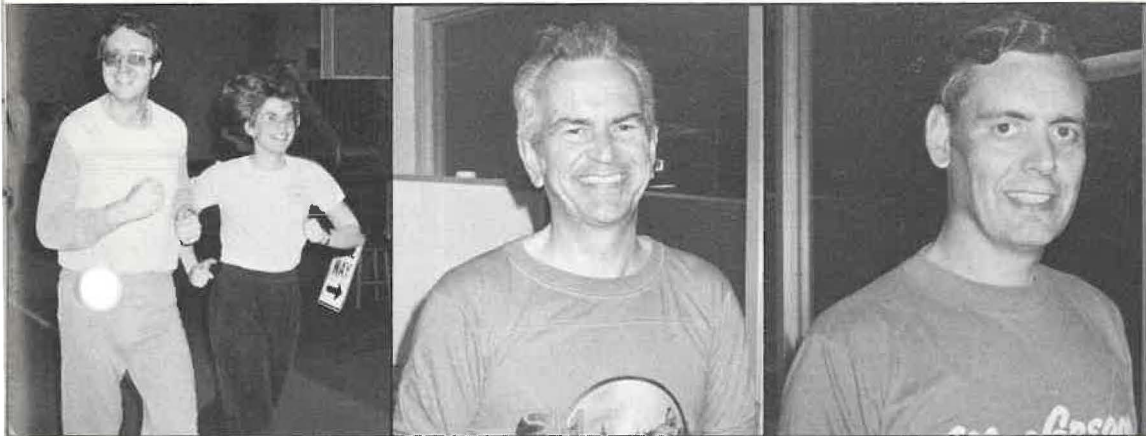
Bruce Clark takes a more romantic view. "Happiness is jogging with your instructor (female of course) at the Reh-Fit Centre and knowing that you are improving your fitness at the same time." (See picture of Bruce and incentive.)

Barton Rossen approaches running the way he addresses everything else, with great enthusiasm, dedication and sincerity. He's been "into running" for several years and

manages to work it in between operating his consulting practice and raising a family of three.

Doug Walley says he would recommend the Reh-Fit Centre to anyone wishing to improve the fitness level. "It's an excellent facility where one can learn proper techniques to avoid injury and work within one's physical limits." Over 20 months Doug has participated in several runs including the 1982 and 1983 marathons, two corporate relay runs, "and most fun of all, a 750 mile bicycle trip—Vancouver, Jasper, Banff, Calgary, in 15 glorious days during July 1982." Doug intends to "continue running 10-12 miles per week to stay in shape."

Why do engineers run? It isn't a competitive sport like the racquet games, it isn't leisurely and friendly like golf. You can keep your mind alert by counting backwards from 40 to 1 (without using your fingers) as Dick Russell does to record his five miles, you can "clear your mind of an entanglement of details" as Ian Goulter does, you will have a lot more energy, people other than engineers claim they are less irritable when they run, (surely



Bruce Clark — "Happiness is..."

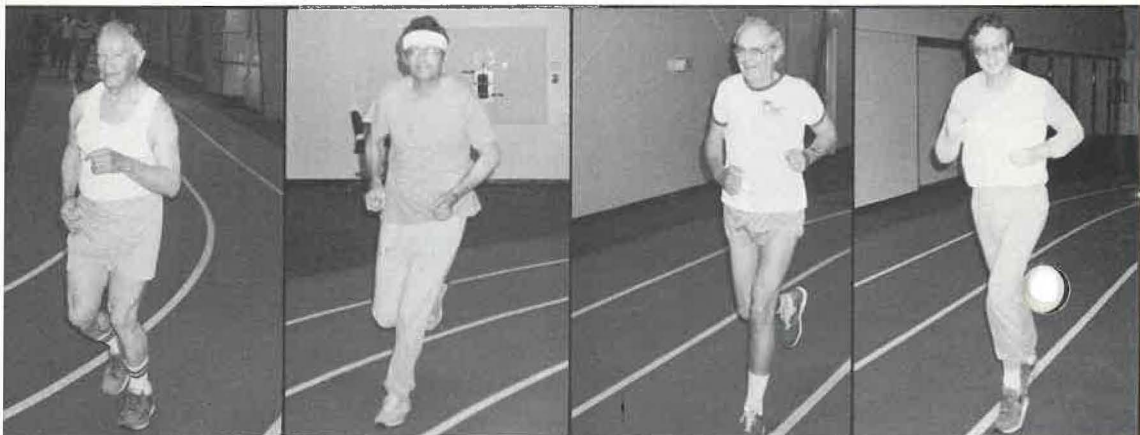
Murray Fraser

Doug Whalley — 750 miles of biking and one marathon run a summer.

engineers are never irritable, even sedentary), you are certainly going to feel a lot better and all your friends will look at you as if you have slipped a couple of cogs. Above all, if you do get into running, don't try to explain what you are doing to anyone but another runner. There's no quicker way to raise the eyebrows than to announce at a party, "I'm sorry I have to go home now. It's nearly 9 o'clock and I have to be up at 5 to run." Let on you've taken up bird watching. It's more socially acceptable.

Even if you are satisfied with your blood pressure, the performance of your heart, your body fat percentage, and your general state of well being, you should still get into running. Where else could you learn to recognize everyone from the back.

It's a difficult phenomenon to explain to non-participants. The best way to understand it is to give it a try. By what other method can you acquire more energy, more ability to cope with stress, have less stress to deal with, lose weight, enjoy better health — and associate with such cheerful, stressless, well-balanced engineers.



## Golf and Hacking Away

**T**he golf tournament at Falcon Lake attracted 106 people, including a few golfers. The Landon Cup went to Harold Wilson for low gross and the Sullivan Cup to Peter Cohoe for low net. Jim Terris had the second low gross and Amrat Jivan the second low net. Ken Mac-Charles recorded the low front nine and Des McCormac of Pinawa the low back nine, Dwight Gibson and John Kupskey won the high and low hidden holes. Jeff Belagus got the most value for his entry fee, taking 157 strokes for the 18 holes. (We are assuming he finished.)

Les Wardrop and Jim Terris managed two birdies each, twice as many as Frank Duma, Harold Wilson, Bill Saunders, Al Livingston, Cy Cartwright, Tony Luchik, Rob Borody, Al Bischoff, Don Mulder, Dave Sharpe, Dwight Gibson, Larry Greer, Ed Klassen and Jim Gillan.

Norm Ulyatt won a prize for being closest to the pin — there's nothing to indicate whether it was Norm or the ball that was measured. Naturally the Sports Committee had to win something and it was Alf Cornies' turn — a 300 yard drive. We have two queries — what is this in metric and was it on a 275 yard hole?

Bettie McDonald looked after the money and the boys on the committee. (It's easier to keep the former balanced.) Bob Foster and Glenn Morris represented Council.

Prize money was donated by Boge and Boge for which grateful thanks, and our appreciation to Dominion Bridge and Empire Iron Works in anticipation of future considerations. Les Wardrop donated three golf balls, won two of them

back and Larry Greer won the third.

There may be a small deficit on the event because some enthusiastic eaters did not realize that if they went back for seconds the Association would be billed. The weather co-operated, the buses left on time, and those people who ate two dinners may donate prizes next year.

In spite of the advance publicity and always factual accounts the Bulletin Committee gives to all sporting events, the Sports Committee continues to reward its own and ignores Bulletin Committee members, even when we are represented by our Chief, Roger Kane.



Dick Memon, Brandon Correspondent.



Judith and Erwin Weiszmann, always supportive of the Association, at the Special Meeting on July 20.

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### ***Geological Engineering Maps and Report for Urban Development of Winnipeg***

The Department of Geological Engineering has completed "Geological Engineering Maps and Report for Urban Development of Winnipeg." They were prepared under a \$35,000.00 grant received from the Manitoba Department of Economic Development and Tourism as part of a \$2.1 million grant made to the Faculty of Engineering over a three year period. The purpose of the project was to provide geological and geotechnical information of interest to engineers, developers, architects, contractors and the public. An additional purpose was to demonstrate the Department's potential for research and development.

A brochure describing the 18 maps and the report, plus the maps

and the report itself are in the Association office and are available for scrutiny in the office by any interested parties. The map and report are priced at \$40.00 a set and may be obtained either from the University Bookstore or from the Geological Engineering Department. The proceeds will be used for other research projects of interest to Manitoba.

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### ***Licences Issued***

T. L. Mann (Ont.), K. A. Ahmad (Ont.), R. S. Bickerstaffe (Ont.), R. J. Grafton (Alta.), K. Koo (Ont.), J. E. Otter (Ont.), J. M. Rubes (Ont.), J. Seguin (Que.), M. V. Stribny (Alta.), E. H. E. Halawijn (B.C.), R. W. Savage (Ont.), G. F. Stebnicki (Alta.), C. E. Cook (Ont.), E. F. Kräutheim (Sask.), E. H. Lambert (Ont.), B. J. Lukes (Ont.), W. S. Taras (Ont.).

## **Microprocessor Courses**

The Microelectronics Centre at the University of Manitoba is again offering microprocessor courses for practicing professional engineers as well as for engineers in industrial management positions. These courses provide a means for engineers and technical managers to keep abreast of important aspects of high technology and its application. Fall schedule is as follows:

*Microprocessing Systems 1: Introduction to Microprocessors*, September 27-December 13.

*Microprocessing Systems 2: Data*

Acquisition Systems Engineering, September 28-December 14.

These are intensive, in-depth courses for engineers and other technical specialists who want to know how to analyze and design microprocessor-based systems.

*Microprocessors for Industrial Managers*: October 6-November 24.

This course is for managers in industrial firms, utilities, etc. that use or intend to use microelectronics in products, projects or systems. Classes meet once a week. For details, call 261-9620.

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## **Special Meeting New Premises**

Dave Cross opened the Special Meeting at 12:10 on July 20, 1983. A motion was presented to the effect that the Association premises be moved as soon as possible to the Royal Trust Building, 330 St. Mary Avenue. Councillors Glenn Morris, Bob Foster, Evan MacKenzie and Premises Committee representative Ted Speers spoke in favour of the motion. There were two questions, easily answered.

It was obvious the homework had been done, the motion was carried unanimously and the meeting concluded at 12:20, and the 69 members who attended began visiting with each other and eating sandwiches.

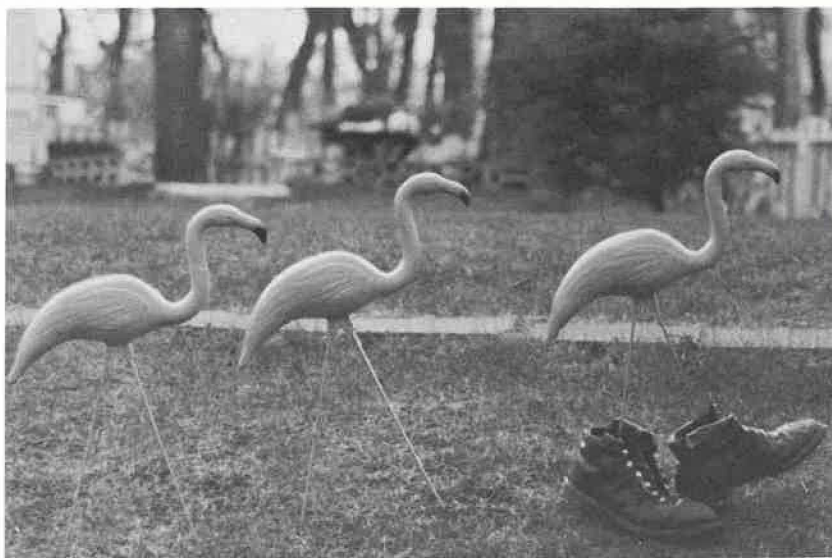
The meeting was as crisp as the pickles. The members were obviously giving Council an object lesson in how it should be done. A change of address notice will follow.

## **New Members**

B. B. Brown, P. K. Cameron, G. D. McPhail, E. B. McGowan, J. T. Mills, Y. I. Muzyka, J. A. Oleszkiewicz, S. T. O'Neill, P. G. Shanahan, W. R. Shaver, B. N. T. Hood, V. C. Cherian, D. H. Cleve, J. C. Rea, O. Cerwylo, K. R. Singh, G. J. Zukowski, W. M. Candline, K. R. Drysdale, B. W. Hicks, R. Y. M. Leung, H. Liivamagi, D. M. Phipps, S. Quigley, G. A. Ross, P. B. Shewfelt, V. D. Szaura, V. S. C. Shih, N. T. L. Mansour, W. J. Ritchie, G. A. Cotter, R. E. McConomy, A. R. Robinson, W. A. Slack, C. R. Dube, R. H. Gunn, M. R. Raghuvver, F. B. Dunn, N. J. Dust, R. J. Eschenwecker, C. D. Forsyth, G. L. Hird, W. D. Klassen, V. M. Kowalyk, W. A. Macaw, M. A. Matiowsky, Z. E. Matlashewsk, D. G. Sanders, A. G. Schollenberg, K. E. Scott, P. T. Sims, D. N. Spangelo, R. H. Trefzger, K. A. Walker, C. W. Zarecki, T. W. Zulkoski, W. R. Niemi, C. R. Pike.

## **Phoenicopterus Ruber**

(see story inside)



### **Ritual of the Iron Ring — Camp No. 8 Iron Ring Replacements**

As previously announced in this Bulletin, iron ring replacements are being handled by Mr. Harry Wright, P. Eng., of Cowin Steel Company Ltd., 1137 Pacific Avenue, Winnipeg, phone number: 775-8161.

**Fall Ritual** — There will be a Fall Ceremony for the Ritual of The Calling of an Engineer to be held in the Tartan Room, Pembina Hall, University of Manitoba, on Wednesday, November 16, 1983, at 8 p.m. Persons who desire to be obligated, may apply to Mr. Wright, or the Secretary at 885-6842. Applications will be received and reviewed up to October 15, 1983.

*W.G. McKay, P. Eng.*  
Secretary



**Ed Lach and Art Carlson chat over coffee after the Special Meeting on the new premises.**