

HEROES Injury Prevention Week 19-23 April 1993

INSIDE

Daffodil Campaign
was a Success!



La Campagne des
Jonquilles:
un Succès!

Page 2

Gonzo Crew
Rescues Down
Pilot



Page 7



Phyl's Bistro
Page 13

Quote of the Issue

*Don't be afraid your
life will end. be afraid
that it will never begin.*

--Grace Hansen



Greg Pelsey (in wheelchair) has spoken to thousands of teens and will be one of the Injury Survivors who will tell Manitoba teens how he became paralyzed in a preventable incident.

*About 3.8 million
Canadians are injured every
year. It costs \$13.2 billion in
medical intervention and
lost income, however the
cost in human tragedy is
incalculable.*

"Forty per cent of the injuries happen to children and teenagers, and 90 per cent of them are preventable," says Dr. Robert Conn, Executive Director of the Canadian Injury Prevention Foundation (CIPF). "There is an urgent need for a

national campaign to educate Canadians that injuries are not accidents. They are understandable, predictable and preventable events."

"HEROES works well because it avoids the obvious pitfalls," says Dr Conn. "It doesn't preach, it doesn't condescend to teenagers, and it doesn't turn them off with a predictable litany of DON'TS. It simply presents the facts, powerfully, and then leaves the decision up to the viewer."

The program has five simple steps to follow. They are described in positive terms, which allow teenagers to dramatically reduce their risk of injury. The five steps are presented as choices to:

Buckle up - Everyone knows what this means. Although wearing a seat belt is the law in most provinces, no one can force you to wear one.

Drive sober - This means always driving drug and

alcohol free. Make sure that whenever you are driving you are in complete control, fit to drive and ready to handle the unexpected.

Look first - Make sure to check for signs of danger, to read and respond to posted warnings, to check the depth of water before diving.

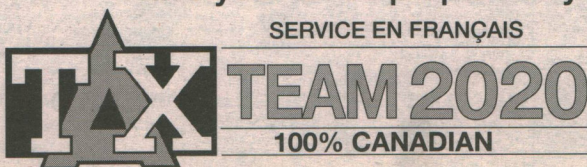
Wear the gear - Safety equipment is designed to prevent injuries for activities

Continued on page 4

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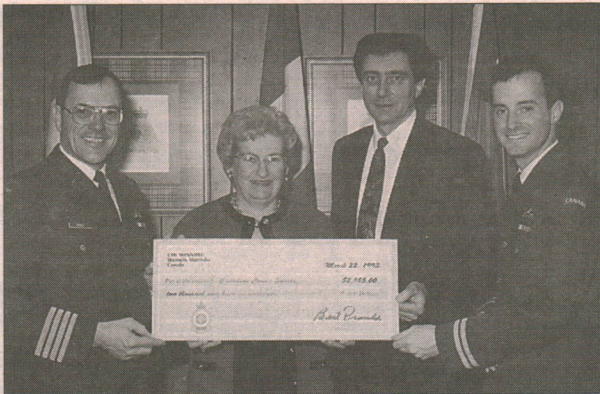
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The Daffodil Campaign was a Success!

To the Canadian Cancer Society, the Daffodil signifies hope in the fight against cancer. 17 Wing Winnipeg was asked to share this hope with the Canadian Cancer Society and responded generously to the call. I would like to thank all canvassers who did an outstanding job. An honourable mention goes to Cpl Cannon who collected \$267.50 from Wing Food Svcs, MCpl Compeau from W Supply who raised \$241.50 and Sgt Haines of WEME who collected \$234.50. In all, we raised an even \$3,000.00 during the Daffodil campaign; a tremendous success! That represents well over 10,000 flowers, of which 379 bunches were sent to local cancer patients.



Col Proulx, the Wing Commander presents Mr Murray Gibson, the director of fund raising, and Mrs Betty Hutton, Fund Raiser Chairperson, a cheque of \$2985.00 plus (\$15 in cash!) while Capt Lachance, the Base coordinator look on.

Mrs Hutton of the Canadian Cancer Society mentioned that our donation represents almost 3% of the provincial total that will be raised during the Daffodil Day! This represents the single largest donation of any organization in Manitoba. Well done 17 Wing Winnipeg!

La campagne des jonquilles: un success!

Pour la société Canadienne du cancer, les jonquilles représentent l'espoir dans le combat contre le cancer. On a demandé à la 17e Escadre Winnipeg de partager cet espoir avec la Société et, une fois encore, les membres de l'Escadre se montrèrent très généreux. J'aimerais prendre le temps de remercier tout les volontaires qui ont aidé et qui ont fait un excellent travail lors de la campagne. Une mention honorable est décernée au cpl Cannon de W Food Svcs, au cpl Compeau de W Sup et au sgt Haines de WEME qui ont recueilli \$267.50, \$241.50 et \$234.50 respectivement. En tout, \$3,000.00 fut recueilli durant la campagne des jonquilles; un succès énorme! Cela représente plus de 10,000 fleurs dont 379 bouquets qui furent distribués à des patients dans les hôpitaux de la région.

Mme Hutton de la société Canadienne du cancer a mentionné que notre donation représente presque 3% du total provincial qui sera recueilli pour toute la province! C'est aussi la plus importante contribution à leur campagne de toutes les compagnies du Manitoba. Félicitation 17e Escadre Winnipeg!

HEROES SAVES LIVES

by Major John Kimak,

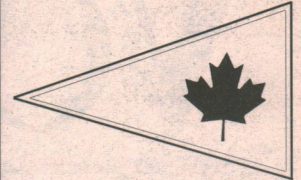


The HEROES Injury Prevention Program will be launched this weekend as show crews set up the 30 ft. screen, computer controlled slide banks, lights and sound equipment, injury survivors arrive and the teen presenters rehearse their lines.

The featured injury survivors will be Greg Pelsey (featured on the front page) and Shauna Rauhanen. Shauna is flying in from her home at CFB Cold Lake, Medley, Alberta where she is stationed with her husband

Cpl. Eric Rauhanen. She was injured in a horse riding competition and tells the audience what they can do to prevent injuries to themselves and others by taking "SMART RISK". Greg Pelsey made a tragically wrong decision to accelerate his van into traffic rather than wait for a break. The result was a car crash that left Greg paralyzed with his dream of being a famous musician shattered. These HEROES have not let their injuries defeat them and are making a difference in the lives of thousands by telling their story as part of the HEROES production.

Coordinating this event has been a challenging and rewarding opportunity but would not have been possible without the support of a dedicated committee, a patient secretary (thanks Chris) and many other people at 17 Wing and in the city who willingly got involved. Rest assured you are making a difference. **THANK-YOU!**



Sous le Fanion
Col JRB Proulx
Under the Pennant

HEROES Injury Prevention Week 19-23 April

It is with pride that I declare 19-23 April Injury Prevention Week at 17 Wing Winnipeg. A lot of work has gone into the organization of this week and the associated safety displays. Of course the primary focus is on the HEROES Injury Prevention Show, both civilian and military version, which will be seen by thousands of teenagers in the province and all of our military and civilian personnel. The military

version, sponsored by Air Command, was filmed using our personnel and I am very proud of the enthusiasm shown by the participants and the organizing committee under the direction of Major John Kimak.

I encourage everyone to get involved in this life saving program and become more aware of the seriousness of working and living safe.

WEAR THE GEAR
BUCKLE UP **HEROES** **LOOK FIRST**
GET TRAINED
DRIVE SOBER

A PROGRAM FOR TEENAGERS
Attend HEROES

The Injury Prevention Production
Sponsored by Royal Insurance of Canada
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Show times 22 & 23 April
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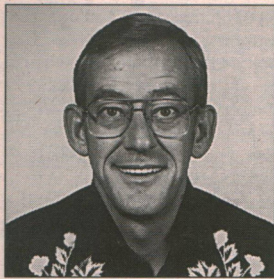
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by Barry Sweeney



music reviews and syndicated columnist

Heavy D's in the House

brought better chart numbers and increased sales and with the release of **Blue Funk** the group are aiming for platinum. This time around best bets include **Talk Is Cheap**, **Slow Down**, **Truthful** and **Love Sexy**.

SHAI
With their slow, romantic songs and counterpoint harmonies **Shai** exploded out of the starting block with their single **If I Ever Fall In Love**.

The single, which has sold somewhere over a couple million copies, was held out of the top spot by the incredible strength of **Whitney Houston's I Will Always Love You**.

With the release of their **If I Ever Fall In Love** (Gasoline Alley) album, the quartet of **Shai** are almost guaranteed multi-platinum sales. The second single **Comforter** has already blasted into the top-20

and sounds destined to rise to the same heights as their previous single. Characterized by silken sax, fluid vocals and sparse instrumentation **Shai** have put together an album of romantic ballads. Led by the pair of singles and augmented by **Baby I'm Yours**, **Waiting For The Day**, **Together Forever** and **Changes** this group is in the process of carving their own niche in the international spotlight. Seriously beautiful!

CHANTE MOORE

In her MCA debut **Chante Moore's Precious** album is a vocal driven gem that should quickly take flight. Ms Moore has a fragile vocal timbre that is both haunting and on-target through the positive love messages she generates via **Love's Taken Over** and **Precious**. One of the many

highlights in the set is her duet with **Keith Washington on Candlelight** and **You** which deserves to be culled for immediate release.

The lark has put together a solid album that should help to establish her vocal credentials in short order.

FAST FACTS

Rick Moranis has starred in some of the biggest box-office hits of the past couple decades, including **Ghostbusters** and **Honey, I Shrunk The Kids**. I wonder how many people remember when Rick used to team with **Dave Thomas** as **Bob & Doug MacKenzie**? It was that duo who scored a top-10 hit in 1982, with **Take Off**. That's the **Fast Facts** on **Rick Moranis**.

Remember to support your local food bank.

TOP AIR CADET MUSICIANS IN CANADA FROM PRAIRIE REGION

Cadet Warrant Officers Second Class **Ian Wallace**, a Pipe Band Musician and **Greg Brookes**, a Military Band Musician have been selected for the Air Cadet League of Canada Music Awards for

Excellence. Cadet **Ian Wallace**, a member of 570 Squadron, Royal Canadian Air Cadets in Edmonton (sponsor: Army, Navy and Airforce Veterans in Canada Sir Winston Churchill

Unit 3) is a recipient of numerous awards including the 1992 International Air Cadet Exchange to Great Britain. As a piper he has performed at numerous events from community church services to the

Nova Scotia Tattoo.

Cadet **Wallace** is a student at the University of Alberta. In summer 1993, he will be employed as a music instructor at Penhold Air Cadet Camp.

Cadet **Gregory Brookes** of 604 (Moose) Squadron Royal Canadian Air Cadets in Calgary, has completed Royal Conservatory of Music (Toronto) grade nine clarinet and grade six piano. He is a recipient of the Royal Canadian Legion Cadet Medal of excellence and is close to completing the gold level of

the Duke of Edinburgh's awards. He has completed his secondary school education and is now training to become a pilot. In summer 1993, Cadet **Brookes** will be employed for his third year with Music Training at Penhold Air Cadet Camp.

During summer 1993 summer music training for one hundred and fifty cadets will be conducted at camps in Whitehorse, Cold Lake, Ipperwash and Penhold. Summer training provides music for ceremonial occasions and opportunity for individual development. The music program is implemented to meet the aims of the Canadian Cadet organizations.

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CF SCULPTOR



LCol **Bob Patrick** is well known around Air Command for his artistic skill as a sculptor. Patrick, right, SSO Cadets at Aircom HQ, presents his sculpture of a Snowbird pilot to LCol **Doug Gillanders**, Aircom Headquarters CO. The Snowbird is on display in the Aircom HQ atrium.



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Starwatch

by Jim Bryce

Lunar Seas

To an observer looking at the Moon with the unaided eye, it is easy to see why the dark areas on the surface were considered to be seas by early astronomers. Even the smallest telescope however, reveals that the generally smooth surfaces of the seas, are marked by craters, mountains, cliffs and rills. They are seas in a sense, but they are seas of lava that flowed during the era when the newly formed moon was being subjected to the impacts of the debris left over from the formation of the solar system. Some of the impacts were cataclysmic in their effect. The Mare Imbrium basin, the man in the Moon's right eye, is 1000 kilometres in diameter. About four billion years ago a huge asteroid slammed into this area fracturing the surface and throwing up a circular chain of mountains bordering the huge depression which it created. Lava seeping up through the fractures filled the depression and in places breached the mountain walls. Imbrium is the largest of the huge circular basins and it was also one of

the last to be formed judging by the relative lack of craters in its lava surface. The interesting thing about these basins is, that with the exception of two, Mare Moscoviense on the far side and Mare Orientale on the western limb, they are all located on the side facing the Earth. The reason for this must lie in the effect that the Earth's gravity had on the Moon while it still had a sizeable molten core.

The Moon's rotation is synchronized with its revolution about the Earth so that it maintains the same face towards us as it moves in its orbit. This synchronous state existed by the time of the great bombardment of asteroids and planetisms which created the seas and the difference in the strength of the Earth's gravity between the Moon's near side and its far side was likely enough to produce a thinner crust on the near side. On Earth we are familiar with the tidal effects that the Moon's gravity has on our seas. The Earth's gravity creates similar effects on the Moon's solid surface and the strain caused by these tides creates Moonquakes. Instruments placed on the surface by the

Apollo astronauts have recorded many Moonquakes and proven that their incidence is highest at the Moon's closest approach to Earth. These gravity strains acting on the near side crust created faulting and movement that slowed down its formation. The weakened and thinner crust contributed to the disruption caused by the impacts and allowed the transmission of large quantities of lava from the interior.

Moonquakes and TLPs

The lava flows stand silent witnesses to the time when the Moon was much more active geologically. For many years there was a lively debate as to whether or not the many craters which mark the surface were volcanic or impact in origin. The weight of the evidence today is that meteorite impacts were the primary cause of most of the craters but there are many other features which are clearly volcanic. There are rounded dome shaped hills; there are long rills which are collapsed lava tubes and there are chains of craters strung out to form valleys. The crater chains are hard to explain without assuming that they are volcanic in origin.

With the evidence of volcanic activity in the past and the knowledge that there are

frequent Moonquakes, is it likely that there is any volcanic activity evident today? The Moon still has a small molten core, perhaps 600 kilometres in diameter, but in geological terms it is quite cool. Lava flows are probably a thing of the past however reports of transient lunar phenomena, TLPs, are relatively common. The British astronomer Patrick Moore maintained a catalogue of such events and recorded 134 reports between 1967 and 1971. Many of the events were reported as haze or obscuration within craters and in some instances the haze is reddish in colour. The TLPs are probably caused by the outgassing of radon and perhaps carbon dioxide. There is spectroscopic confirmation of an event in the crater Alphonsus in 1958 and there have been many visual reports centred on this crater as well. Another active area is the crater Aristarchus. Apollo 15 measured particles associated with radon gas as it passed over this area. There seems to be a correlation between the incidence of the TLPs and periods of increased Moonquake activity so we are likely seeing gases released from inside the Moon when the crust is under tidal stress.

Good binoculars will help you see a surprising amount of

detail on the Moon. Get out your binoculars and have a look on the 13th of April when it is at its last quarter phase. The phase is important because the contrast is better than when the Moon is full. If it is cloudy you will still get a good view the next night but if you miss it on the 14th wait until the next last quarter Moon on 12 and 13 May. The line between the daylight side and the night side is called the terminator. At the top you will see a large circular sea bounded by bright mountain areas. This is Mare Imbrium. To the west and slightly to the south, out near the Moon's edge, you will see a very bright area. There are several bright areas near here but the brightest is Aristarchus. Now look along the terminator. Notice that it is not a regular line but that it has indentations. This is due to the mountain peaks and valleys creating irregularities. Alphonsus won't be visible in binoculars but it lies on the terminator, just south of the mid point. For those with telescopes it is the centre crater in a chain of three large ones. You won't see TLPs in binoculars or small telescopes but you will see enough to pique your interest and perhaps start you on the road to becoming more involved in astronomy.

Message from Dr Conn

Congratulations to Air Command and 17 Wing Winnipeg for their support in delivering the HEROES message to thousands of Manitobans. The enthusiasm shown in the organization of this event was overwhelming and will undoubtedly make a difference in both the military and civilian communities. I offer my personal thanks to MGen Huddleston, BGen Diamond, Col Proulx, LCol Tysiaczny, Maj Kimak, Program Coordinator, and all those who volunteered to work on this project.

On behalf of myself and the Injury Prevention Foundation Well done!

HEROES Injury Prevention Week 19-23 April

Continued from front page

which have proven to be risky without it. Seat belts, helmets, proper clothing, glasses and sporting and job safety gear are there to protect against injuries.

Get trained - Almost everything we do involves

some form of training, whether in the form of an organized course or an instruction manual. Ensure you get driver training, first aid training, motorcycle training, heavy equipment training, on the job safety training and other proper training.

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CADETS SALUTE OUR VETERANS CONCERT

Possible with Regular Force and Reserve Support

Cadet Instructor List officers assisted by other components of the Reserve Force and by various Regular Force units are producing a concert of pipe band and concert band music with young Canadians who are

members of the Canadian Cadet Organizations. The concert entitled CADETS SALUTE OUR VETERANS is an example of total cooperation in the Canadian Forces to support the cadet musicians.

Rations, quarters, transport, and training space will be provided by 17 Wing Winnipeg, HMCS Chippawa, 2 PPCLI, Royal Winnipeg Rifles and the Air Command Band will provide music instructors. The Canadian Forces School of Music in Borden, Special Service Force in Petawawa, Naval Reserve Headquarters in Quebec, Royal Canadian Artillery in Montreal and First Regiment Royal Canadian Horse Artillery in Shilo will also be providing music instructors.

The concert entitled CADETS SALUTE OUR VETERANS is a presentation of sixty-five young Canadians chosen from units of the sea, army and air cadets located in Alberta, Saskatchewan, Manitoba and Northwest Ontario. Cadet units are co-sponsored by community groups, the Navy League, the Army Cadet League, the Air Cadet League, and the Department of National Defence to offer to interested youth a challenging program to develop leadership skills and an understanding of citizenship following military traditions and customs.

Tickets for CADETS SALUTE OUR VETERANS can be purchased from Ticketmaster (telephone 780-3333) or at the door priced at ten dollars for adults and five dollars for youth.



CADETS SALUTE OUR VETERANS

Pantages Playhouse Theatre
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Tickets: \$10.00 - Adult
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Pipe and Concert Bands with Prairie Region Sea, Army, and Air Cadets assisted by Canadian Forces Musicians play the music of Gustav Holst and Hoagy Carmichael as well as the Regimental Marches of Winnipeg Units.

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To identify an affected detector, examine the label on the back of the unit for the model and date codes listed above. If these codes match call the following numbers;

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All consumers with affected smoke detectors call even if the smoke detector sounds when tested and appears to be working properly.

Sir John Franklin

Community Club Preschool

have a few openings in this year's program and are taking registrations for the September school year. We have programs for 3 year olds and 4 year olds. For more information please call Terry Hancock.
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Last week in an attempt to avoid the last dregs of winter several members of CFANS staff headed south to San Diego on a nav proficiency trainer. Although in general the trip presented an excellent opportunity for the instructors to polish up their navigation skills while taking in a little sun and surf, it was not totally without consequence. Questions have arisen in the

CFANS Update

trip's aftermath regarding Capt Bert Fenton's impending move to standards. It seems that some of his fellow instructors who were (un)fortunate enough to witness his map reading skills (they were in the car) were somewhat less than overwhelmed. Said one despondent member of the impromptu sight seeing trip "Fenton's directions gave new meaning to that old question, are we going direct or are we taking the Nav?"

During an F-7 last week 2Lt Kurt Luneburg from course

9209 received a real life introduction to Search and Rescue (SAR). In response to a request from RCC his scheduled flight was cut short in order to help locate a Cessna 140 which had gotten lost and landed on Lake Winnipeg. Under the capable guidance of his instructor, Capt Anil Mohan, Kurt quickly came to the assistance of the distressed aviator by locating his aircraft and notifying the appropriate authorities. When asked about the experience Luneburg said "It was kind of a good news bad news

scenario, the good news was that we found the A/C, the bad news, however was that I was doing airplot at the time and wasn't quite sure where we were."

With the arrival of the warmer weather Spring is definitely in the air, and in some of the instructors cases on the cars, so to speak. Overheard from the student lounge "Geez Andre do you think Capt McDonnell is ever going to wash his car?" "No" replied OCdt Martel "I think he's planning on keeping it that way until next hunting season and using it for a salt lick." Also in the strange but allegedly true department, rumor has it that the Flight

Commanders Major Sawatzky and Major Purdy have actually been seen sporting smiles as of late. Coincidentally, this rather bizarre sighting has occurred simultaneously with the completion of PER season; interesting how that works. Of note from Standards, Capt Rich Mackinnon has been licking his wounds after a recent ski trip. According to Rich he injured his wrist attempting to make a daring jump off a huge cliff. According to eye witness Capt Mark Cookson, however Rich's description of the "bump" as huge may have been a slight embellishment of the truth.

Until next time, "keep your stick on the ice."

SO YOU'RE GOING ON YOUR JLC (PART 3)

Submitted by Sgt Ken Prescott, A/B Trg O

If you'll remember, I have already discussed the pre-JLC selection, screening and the study package which assist a member going on his or her JLC. This time I would like to give you an idea of what to expect while you're there.

Your day will probably start nice and early, you need to eat breakfast and then get the barracks ready for morning inspection. It won't be like Recruit Training, but you will have to get used to inspecting your fellow course members as part of the training. Now you are off to your first lesson of the day, drill for instance. After about an hour of that you may end up in a classroom learning how you can effectively and efficiently teach a class. There is more to it than just standing up in front looking cool. It takes almost three or four times (at least) as long to prepare a lesson as to give one. Then you'll look cool!

memorandum or messages. By now you might be getting hungry, but there is one more class left before lunch. It could be Leadership Skills or a lesson in weapons drill.

After lunch you might have another drill lesson; or a lesson in administration, perhaps dealing with Unit Employment Records (UERs) and how they are maintained. Finally, at last you only have one more class to go. This one might be a case study in discipline, where you'll learn the techniques of counselling. Now, off to a well earned supper. But your day is not over yet. After supper comes study and cleaning time. Uniforms and boots have to be ready for tomorrow's inspection. So does your room. You might have to prepare a lesson plan for a drill lesson that you are to give, or maybe it is on administration, the procedures and entitlements on Leave, or maybe on GSMIP. Finally, your station jobs are

done, your uniforms are ready and your lesson plan; if not already completed, is at least almost there, and it is time for bed. Sleep well because tomorrow it starts all over again.

Now don't get me wrong, it is not as hard as it may (or may not) sound. With a little preparation before you go, and some pre-course studying, you will find little or no problem in successfully completing your JLC.

New information from Air Command Headquarters indicates that "the AIRCOM JLC program is currently undergoing some significant changes, with a greater emphasis placed on academic studies. Accommodations have changed from the large Barrack Block style to a setting suitable for greater academic study."

That's all for now. However, just think, the next time you'll have to do this is for your SLC.

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Next you are off to a class in military writing. It may be a class on how to write a

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of ministry centered around aviation has taken missionary Kathy Willems through many dramatic changes in each of these places. Kathy's miraculous survival during the first few months of her life gave her a sense of purpose as she grew older. This led to her commitment to full time missionary service and she joined forces with her husband as they embarked on a journey with Mission Aviation Fellowship that carried them to Irian Jaya, Indonesia.

MAF is a ministry reaching out with the love and compassion of Christ through a worldwide team of specialists in aviation and radio communications.

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Come ... join us for an evening of fellowship with Kathy telling of the opportunities for ministry her service with MAF presented. The evening will also include special music, an informative audiovisual presentation on the work of MAF and an opportunity for you to become a partner with MAF's Wings of Love ministry.

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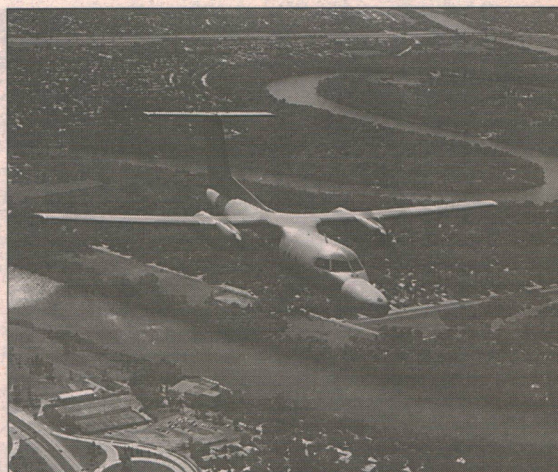
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GONZO CREW RESCUES DOWNED PILOT

A cold fog swirls about the gray form of the aircraft on the tarmac and drips off the large nose. This is the Dash-8 Nav Trainer, affectionately known as GONZO; and no, this is not great flying weather. In the hangar, the crew prepares for a navigation training mission, waiting for the fog to lift. It is Saturday, March 27th, a day which the crew will remember for a long time. Four hundred miles to the north, a small aircraft takes off...in marginal weather...against the advice of the flight service station...



In Winnipeg the fog thins enough to give it a try and GONZO launches. This is a make-up trip for the student, 2Lt Kurt Luneburg, in the basic phase of his navigation course and ably supervised by his instructor, Capt Anil Mohan. The pilots, Cpts A.Y. Krawchuk and Sonny Lefort level off the aircraft from the climb and settle in for a routine flight, keeping a wary eye on the weather reports. Also along for the training is LCol Rick St Germain, the Base Administration Officer and a Search and Rescue navigator.

Approaching the north end of Lake Winnipeg, the telltale warble of an emergency locator transmitter (ELT) fades in on the headset and gets the immediate attention of the crew. A quick call to Edmonton Rescue Coordination Centre (RCC) confirms that the ELT is real

and the crew is tasked to locate the source. News comes of an overdue Cessna who has been in touch with the RCMP via cellular phone indicating they are lost over Lake Winnipeg. Training ceases and the search begins...

The Colonel and A.Y. discuss search patterns and settle on an electronic homing procedure which brings them the length of Lake Winnipeg with a careful descent through the thick cloud. GONZO breaks out at four thousand feet over the wind-swept ice homing the ELT near the north end of the lake — not at all where the Cessna pilot thought he was. Kurt and Anil plot the bearings called by the pilot and other aircraft while the Colonel calls the pattern turns on radar. The Cessna is down on the ice, safe for now but at risk come

nightfall. As advertised, the procedure rapidly reduces the search area to a few miles until, suddenly, Sonny spots him on the ice, aircraft and two occupants intact and waving a large red blanket. With spotters at the windows, the position is accurately reported to RCC and it's time to head home. The training trip will have to wait for another day.

This whole adventure underscores two truths in air training which are fundamental: the special role that teamwork plays in the success of a mission, and the fact that any flight can turn into a search and rescue mission at any time. For the crew of GONZO 3 who worked so well together towards this happy ending, those truths will forever remain etched in their memories. Well done!



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CFB Winnipeg Takes Top Award!



On 26 February 1993, the Commander of Air Command, LGen D. Huddleston, CMM, MSC, CD, awarded the Commander's Commendation to CFB Winnipeg in recognition of outstanding service and exemplary support to the diverse requirements of Air Command Headquarters. Col Proulx received the award on behalf of all Base personnel during a ceremony held at the Air Command Headquarters. The Commendation reads as follows: "All military and civilian personnel of CFB Winnipeg, under the leadership of Colonel J.R.B. Proulx, CD are commended for their outstanding performance, exemplified by the recent opening of the Air Force Heritage Park, the dedication of the Lieutenant-General Lewis Memorial Library and the provision of support to the Combined Commander's Training Session, all within the same week. The efforts of CFB Winnipeg personnel are sincerely appreciated, having brought credit to the Base and to Air Command." To all Base personnel, Congratulations!

B Ops CERTIFICATE OF SERVICE



Maj Carpenter, the B Ops O, received his certificate of service from the B Comd after 36 years of dedicated service. Good luck, Maj!

BAMEO 27 Years of Dedicated Service



WO Jerry (Tietris) Lauzon is presented with his BAMEO Plaque by Maj Davies after completing 27 years of dedicated service. Best of Luck Jerry from the AMCRO Section.

CERTIFICAT DE MERITE



Le col Proulx présente un certificat de mérite au capt Morissette des affaires publiques du département de la Défense nationale pour avoir pris en charge un projet de cartes de Noël géante qu'il a par la suite fait parvenir à tout les militaires de la Base en service avec les Nations Unies. (Jean, tu devras m'expliquer encore pourquoi l'éloge était si bien écrite... hein?)

CFS CD



Capt Michel Tardif, a Navigation Standards Officer at Central Flying School, received his CD from the Comdt CFS, LCol M. Dolan on 12 Mar 93.

Base Commander's Parade

The Base Commander's parade was held on 18 March 1993. The Base Commander, Col Proulx, presented decorations and awards to the following members:

First clasp to the Canadian Forces decoration:

LCol Playford, Capt Andre, Sgt Hodgkins.

Canadian Forces Decoration:

Ocdt Sloan, Sgt Sketlon, MCpl Corley, MCpl Lafave, Mcpl Ridgway, Ms Zimmerman, Cpl Bigos, Cpl Dutcher, Cpl English, Cpl Fortin, Cpl Lepine, Cpl Lewis, Cpl MacDonald.

Commissioning Scrolls:

2Lt Fletcher, 2Lt Kropelin, 2Lt McMaster, 2Lt Netterfield.

Boieng Rescue Citation:

WO Kelly.

Well done to all recipient! Félicitations à tous ceux qui se sont mérités une décoration!



Col Proulx paused to speak with a parade member.

Base Commander's Commendation



Col Proulx presented Cpl Trinder of the Military Police with a Base Commander commendation for his excellent work that resulted in the solving of a long standing theft investigation. Congratulations!

BHOSP Promotion



Pte Martin receives her accelerated promotion to the rank of Cpl at BHosp. Presenting is Maj Philips and Capt Basta. Her promotion was effective 1 Jan 93.

DCOS Log Curling Funspiel



On February 11 th 1993, a DCOS Log curling funspiel was held at the Lipsett Hall curling rink. A total of 30 curlers (Logisticians) took part in the event and once again everyone enjoyed a fulfilled day. The winners showing here are from left to right; Dave Patterson, Ron Robillard, Myra Kamp and Scott Dann. Thank you all for your participation.

ANNUAL JAMESPORT TROPHY CHALLENGE

On 13 March 1993, CFB Winnipeg hosted the annual Jamesport Curling Trophy Challenge. The event consisted of a modified curling bonspiel and a social evening for officials from the St James Community Council and CFB Winnipeg personnel.

The objective of the evening was simply to have a good time, as well as to foster the excellent relationship that exists between CFB Winnipeg and the St James Community. The evening was very successful, and after an exhausting competition, the St James Community Council team took the honours and won the Jamesport Trophy.



Col Proulx presents Her Worship, Mayor Susan Thompson with the Jamesport Trophy.

Public Service Merit Award

Phyllis Edwards is a Medical Invoice Clerk in the Command Surgeon Division of Air Command Headquarters. During her five years in this position she has been counsellor to base medical finance personnel and staff in this headquarters, teacher to many new members of the staff, auditor of invoices received from bases and helper to all who came to her for help. She has struck a fine balance between her dedication to her job and being a wife and mother. For all of this she has, very deservedly, received the Public Service Merit Award.



Phyllis Edwards Presented with her By Capt(N) Chris Brooks Air Command Surgeon.

DCOS Retirement



Col G.B. Bartley, DCOS Training Plans and Development, received his certificate from LGen Huddleston, Commander Air Command, on the occasion of his retirement from the Canadian Forces after 38 years of service.

THE U OF M INVADE HANGAR 10!



Students from the University of Manitoba of the faculty of Arts visited the Base on 9 March 1993. The students gathered in Hangar 10 to get a look at large and unusual mechanical pieces and sketched these pieces for their drawing class.



CHIEF OF THE AIR STAFF — RAAF TOURS AIRCOM HQ



Air Marshal I. B. Gration, AO, AFC, Chief of the Air Staff of the Royal Australian Air Force, signs the guest book in the atrium at Aircom Headquarters. He visited Aircom on March 11, as part of a tour of Air Command bases.



MISSION STATEMENT

The CFB Winnipeg Family Support Centre has been established to respond to the individual, family and military community's special needs. This is accomplished by providing a family-focused infrastructure that:

- a. ensures military family participation in community decision-making; and
- b. provides specialized programs focused on:
 - 1) the promotion of health and social well-being;
 - 2) the prevention of individual, family and community breakdown; as well as
 - 3) assisting individuals and families in distress.

HISTORY OF THE FAMILY SUPPORT CENTRE

The CFB Winnipeg Family Support Centre was established in September 1989, with two married quarters (one on the Northsite and one on the Southsite) designated as FSC program facilities. The staff consisted of one half-time director, who offered a drop-in program, children's crafts, a referral service, a resource centre and a babysitter referral service. Over the next few months more programs for children and newcomers were added.

Between January and March 1991 the FSC received Public Funds to hire four temporary full-time staff to offer expanded programs and services in response to the Gulf War. Pre-teen programs and the Thrift Shop began operations in March 1991. The first Board of Directors was elected in June 1991, and the Constitution and the By-laws were developed shortly thereafter.

In September 1991 the FSC came under the auspices of the Directorate of Military Family Support in Ottawa. DMFS funding was provided for four full-time staff positions. The children's programs moved to a new location at

34 Bourkewood Place. In December 1991, an additional part-time position was created to develop a home-based child care program in the military community.

During 1992 the FSC continued to expand its programs and services. More programs for children and pre-teens were offered. A bi-weekly food bank began operation in January. Adult programming expanded to include first aid, CPR, parenting classes, self-esteem workshops, and pre-natal classes. A new Executive Director was hired in June, a new Board of Directors was elected in July, and three new staff positions were added in August and September. In the fall of 1992 several advisory committees to the Board were formed to facilitate community input into the FSC's programs. The FSC's Administrative Centre relocated to Building C1 on the Southsite in October 1992.

The Family Support Centre continues to offer a wide range of programs and services to the military community.

CURRENT PROGRAMS AND SERVICES OF THE FSC

Administrative Office:

Building C1
Taylor and Kenaston
833-6870

Children's Programs:

Lipsett Hall
Kenaston and Grant

Northsite Program Facility:

54 Bourkewood Place

Information & Referral Services

- Resource and Information Centres
- Community Connections (bimonthly community newsletter)
- Community Referral Service
- Newcomer Welcoming Program
- Odd Jobs Registry

For more information about these services, please contact Judy Lister at 833-6870.

Quality of Life Programs

- Parenting Discussion Groups
- First Aid/CPR
- Employment Preparation
- Prenatal Classes
- Stress Management
- Food Bank (biweekly)
- Family Budgeting
- Nutrition

- Self-Defence for Women
For more information about these services, please contact Val Hudson at 833-6870.

Support and Discussion Groups

- Spousal Support Programs
- Marriage Preparation
- Loss and Bereavement
- Coping with Separation/Deployment Seminars

Counselling Services

- Individual
 - Couple
 - Family
 - Crisis/Intervention
- For more information about the above programs and services, please contact Leslie Malcolmson at 833-6870.

Children's Programs

- Kids' Club (nursery school for 3-5 yrs old)
 - Babysitting Course
 - Youth Sports (12-16 yrs)
 - After School Club (10-15 yrs)
 - Parent and Tot Time
- For more information about these services, please contact Rachel Eni at 833-6870.

Child Care Programs

The Satellite Home-based Child Care Program (SHCCP)

links up trained, provincially-licensed home child care providers with families requiring full/part-time or extended care for their children.

The Child Minders' Program provides respite, emergency and off-hour care in the child's environment.

For more information about these services, please contact Mavis Lewis-Webber at 833-6870.

Volunteer Program

The FSC has an active volunteer program, enlisting community members to fill the following volunteer positions:

- Group Co-facilitators
- Resource Centre Assistants
- Food Bank Assistants
- Toy Lending Library Assistants
- Office Assistants
- Advisory Committee Members
- Newsletter Volunteers
- Volunteer Program Assistants
- Child Care Volunteers
- Newcomer Program Volunteers
- Delivery Volunteers
- Telephone Fan-out

Volunteers

- Video Program Volunteers
 - Special Event Volunteers
- For more information about the Volunteer Program, please contact Judy Lister at 833-6870.

Future Programs and Services

- Before and After School Programs for the Northsite and Southsite

The Executive Director of the Family Support Centre, CFB Winnipeg is Judith Fijal. The Administrative Assistant is Diane Byrne. For more information on the organization, please contact them at 833-6870.

CHILD CARE Infant, Preschool, School Age

The Satellite Home Based Child Care Program (SHCCP) offers care for your child in a licensed environment. Child Care is available for days, evenings and nights. Care is also available in your home for short term periods. Please call 833-6870 between 0830 - 1630 hrs Monday to Friday.

Family Support Centre Mailing List

The Family Support Centre publishes a community newsletter six times a year and program pamphlets three times a year. Military families living in base housing receive these automatically. Families living off the base may get on our mailing list by calling 833-6870.

Mavis Lewis-Webber

The Family Support Centre welcomes Mavis Lewis-Webber who is now supervising the Satellite Home Based Child Care Program (SHCCP) and the Child Minders' Program.

Mavis comes to the FSC with an extensive background and experience in the child care field and holds a Child Care III license in the Province of Manitoba.

If any one has enquiries regarding these programs, please call Mavis at 833-6870.



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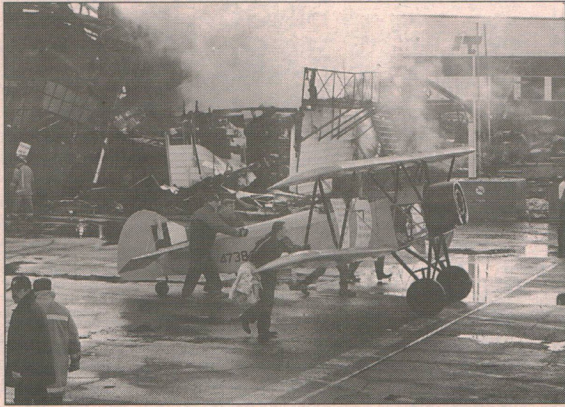
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FIRE!



A Fleet Finch one of the three aircraft that were saved from the fire at the Canadian Warplane Heritage Museum on the 15th of February. Also saved were the Mynarski Memorial Lancaster and parts of a Bolingbroke which was in the process of being restored.

It looked like a scene from World War II, the majestic Avro Lancaster with debris and a burning inferno around her. Other operators on the base supplied tugs and the aircraft was pulled safely into Hangar #4. Monday, February the 15th just before 7:00 a.m. the monitored alarm system activated at the Hamilton airport CANADIAN WARPLANE HERITAGE MUSEUM in #3 hangar and fire fighters were dispatched.

Airport fire equipment and men responded immediately, followed by the Volunteers from the Township's two fire stations. Within minutes, the building was a raging inferno. The fire fighters recognized the need for help and additional fire fighting equipment was called in.

The volunteer fire fighters set themselves to the task of containing and extinguishing the blaze. Lost were the administration offices, the maintenance area along with ground equipment and shop tools. Also lost were the engineering offices housing all technical logs, aircraft logs, all maintenance notes, all parachutes and pilot helmets, flight

suits, etc.

From the extent of the damage listed above, we knew there was no hope for the Hawker Hurricane, Supermarine Spitfire, TBM Avenger, Auster and Stinson 105.

We did hope however that these brave men darting in and out of the dark smoky hangar, in temperatures hovering around freezing would help us save the Avro Lancaster, and the restoration projects of Fleet Finch and Bristol Bolingbroke. Until better containment was achieved, these aircraft could not be removed.

The former control tower collapsed as well as a portion of the roof. The wind which was in our favour was blowing northeast, taking with it the smoke and flame. We came to realize and hope, that a cinder block wall, erected years ago as a divider in a paint shop, never intended to be a load bearing wall, would act as the fire barrier and roof support needed to save the Lancaster and others.

The fire started to creep across the roof, and the fire department took the chance

and sent men inside. They fought the blaze from the inside, outside and above. The cinder block wall held and the remaining three closed hangar doors looked as though they might still open (nine door panels had been opened previously).

Around mid-day, the Lancaster, Finch and a nose of the Bolingbroke were brought out to cheers by the volunteers in attendance. The Lancaster crew had arrived earlier ready to remove the jacks that were under the aircraft.

General Manager John P. "Jack" Evans, on the scene from the beginning declared the devastation through his eyes, as "a blow to Canadian heritage". The building erected in the early nineteen forties had wood that had dried with age and intense heat causing fire fighters to continually fight flare-ups throughout the day.

Dennis J. Bradley, founding President of Canadian Warplane Heritage was returning from a vacation in Florida when this tragedy began. When he arrived at 6:00 p.m., he said "this is even worse then I dared imagine".

Both men vowed to immediately set out on a program of rebuilding and replacing whatever and whenever possible.

By the next morning, calls were coming in not just offering condolences but offers of office trailers, ground equipment, tools and the list goes on. The telephone number has remained the same 416-679-4183 and the Fax

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On the 5th of March LGen David Huddleston, Commander Air Command, presented to Mr Brock Mason, a member of the Board of Directors and Treasurer of the Canadian Warplane Heritage Museum, a cheque for \$5000. The cheque represents the launch of a fund raising effort by Air Command in support of the restoration of the Museums buildings and aircraft lost in a devastating fire on the 15th of February 1993.

416-679-4186. Funds have been set up at any branch of the Royal Bank of Canada or in southern Ontario the Canadian Imperial Bank of Commerce. Donations may also be made directly to the Canadian Warplane Heritage Museum, PO Box 35, Mount Hope, Ontario, LOR IW0.

It is said that "every cloud has a silver lining..." Only one fire fighter was injured and no lives were lost. The Lancaster, Finch and Bolingbroke were spared, as were the engines of the Hurricane and Spitfire off premise for major overhauls together with miscellaneous parts.

In the meantime, the fire is behind us and we move forward



National Vice President Peter De Smedt (centre) smiles as two new "recruits" fill out application forms to join the Association. They are LGen David Huddleston, Commander Air Command and Command Chief Warrant Officer Guy Parent. The occasion in Winnipeg reflected the increasing affinity between Air Command and the Association and is hoped to spark interest in all members of today's Air Force to "come aboard". A co-operative venture between the Canadian Forces Director of Pay Services and the Association now enables military members to pay their dues by pay allotment. (Airforce Magazine Photo by Vic Johnson)

ward by continuing to accept tours, and intend to follow our season of special events and activities.

Our first major activity is to be on Saturday, May the 15th "RISING FROM THE ASHES", and flown as a tribute to all fire fighters who daily risk their lives to save and protect us. They are all heroes.

The Canadian Warplane Heritage Museum is a designated charitable organization therefore tax receipts will be sent to individual donors of amounts over \$20.

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Richard & Clara Mitchell

**CLASS C EMPLOYMENT OPPORTUNITY -
CFRC VANCOUVER**

Class C employment opportunity exists at CFRC Vancouver for one SGT (any trade). The position is for employment as a recruiter from 1 Sep 93 to 31 Aug 94 with further extension probable. Interested personnel should submit intentions by letter or message and forward resume prior to interview date to 757 West Hasting St., Suite R125, Sinclair Centre, Vancouver, B.C. V6R 1A1

For further information contact:

Capt. D Ihaksi (604)666-4006 or WO G Gallant (604)666-4003.
Fax (604)666-4011.

Are you posted to CFB Shearwater!

We are looking forward to your arrival. The CFB Shearwater Community Resource Centre will help you get settled in your new community.

We invite you and your family to contact or visit our Centre. We have many programs, some of which are highlighted below, which can help you find information you may need to get settled in, meet other members in your new community and more! Give us a call or drop-in to:

CFB Shearwater Community Resource Centre
Hampton Gray Memorial Centre, Bldg. 14
CFB Shearwater, N.S.
BOJ 3AO

Direct Telephone: (902) 466-1885

Autovon: 479-1885

Office Hours: 8:00 a.m. to 4:00 p.m.

Monday to Friday

Programs & Services

Child Care Registry
Welcome to Shearwater Program
Parents & Tots
Parents & Tots - Francophone
Career Network
Youth Program
Francophone Program
Information & Referral
Partner Support Network

733 COMMUNICATION SQUADRON

Presents An Evening at

RUMORS RESTAURANT & "COMEDY CLUB"
250 CORYDON

Thursday 6 May 1993

Time: 8:00 p.m.

Ticket Price: \$7.00 inc taxes

Come out & enjoy an evening of
LAUGHS

For Tickets call: 5791, 5007, 5655, or 5373

**CANADIAN AIRBORNE
REGIMENT****25th ANNIVERSARY
CELEBRATIONS****24-26 SEPTEMBER 1993**

The Canadian Airborne Regiment will be holding its 25th anniversary celebrations at CFB Petawawa 24-26 September 1993. All former members of the Regiment and the extended Airborne Parachute family are invited to participate. Activities will include a mass drop, the Skyhawks, a Trooping of the Colours, the opening of the Hall of Remembrance in the Airborne Forces Museum (TBC) and other social events. For more information perspective participants should contact Capt R.B. Ewing, Cdn AB Regt, CFB Petawawa, ON K8H 2X3 or phone (613) 588-5851 or (Autovon) 677-5851.

**Strathmillan
School**

40th Anniversary

Tea

April 15, 1993

6:30-9:30pm

In The School Gym

All Former Staff and

Students Welcome

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Tues/mardi 6pm - 8pm

Thur/jeudi 1pm - 3pm

Sat/samedi 10am - 3pm

Marché aux Puces

ouvert:

Bourkewood, 34

**435 Transport
Squadron****50th Anniversary**

Attention Chinthes!

Grand Reunion

6 - 8 May 1994

in Edmonton

Former Squadron members wishing more info are asked to contact:

Major K.T. Oreziak
435 Transport Squadron
CFB Edmonton
P.O. Box 10500
Edmonton, Alberta
T5J 4J5
Tel: (403) 973-4172
Fax: (403) 973-4241

Certi Provehendli!

430**TACTICAL HELICOPTER
SQUADRON
50TH ANNIVERSARY**

430 Squadron will celebrate its 50th Anniversary in June 1993. A number of events are planned for the week-end 4-6 June 1993 to commemorate this event.

All former members of 430 Squadron are invited for the celebration. For reservation and for more details please contact the organizing committee at the following address before 5 May 93.

430 Tactical Helicopter Squadron
Canadian Forces Base Valcartier
Courcelette (Quebec)
GOA 1 R0

Breakopen Lic #674BO

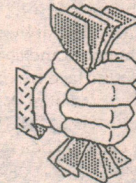
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BESIDE AIR COMMAND HEADQUARTERS

Watch upcoming issues of the Voxair for further details

**PRAIRIE REGION
SWIMMING CHAMPIONSHIP
CFB EDMONTON**

28 - 29 APR 93

Any members interested in competing are to contact Cpl Kendall at Local 2056 no later than 26 APR 93

742 Montgomery Legion

Royal Canadian Air Cadet Squadron
30th Anniversary Reunion Celebrations
Thursday November 4, 1993 to
Saturday November 6, 1993

If you were a member of 742 Squadron and would like more information

contact:

742 Alumni Association
c/o Mr. Lewis Jenkins
13-409 Sidney St.
Trenton, Ontario
K8V 6N6

430**ESCADRON TACTIQUE
D'HELICOPTERES
50è ANNIVERSAIRE**

L'Escadron 430 célébrera son 50è anniversaire en juin 1993. Pour commémorer cet événement, une fin de semaine de célébrations est prévue pour les 4-6 juin 1993.

Tous les anciens membres de l'Escadron 430 sont cordialement invités à assister aux festivités. Pour réservation et pour plus amples détails veuillez contacter le comité organisateur à l'adresse suivante avant le 5 mai 93.

430è Escadron tactique d'hélicoptères
Base des Forces canadiennes
Valcartier Courcelette (Québec)
GOA 1R0

A lot of you don't know me from a hole in the ground so a brief introduction is in order. My name is Phyl Durdey, I am currently employed as an airframe instructor for the Dash-8 at the 402 TTU. Prior to entering the forces I spent ten years working my way through life (and towards an ulcer) in various hot greasy kitchens in Montreal.

I really enjoyed the restaurant life. It was fun (well at least back when you were 20 or so, it was). What was not to enjoy? Imagine if you will, rushing around a 130 degree kitchen, coated in grease and getting yelled at by a waitress because she forgot to order a filet mignon, and she needs it right away. Then you start going red in the face while trying to explain that the darn thing takes 15 minutes to cook. That's not good enough. The customer is ready for it now. Then the arguing starts "WELL IF YOU HAD OF ORDERED THE *&?@*@\ \ ETC...". It usually ends up with the immortal words "I'm a cook not a magician". Needless to say, she ends up getting the order in record time. Thank god for old Mr Microwave. The unsuspecting patron gleefully chows into the radio-active beef. Later the waitress comes into the kitchen to relays the customer's comments "BEST DURN FILET DE MIG-NON I EVER ET" (little does he know)!!!.

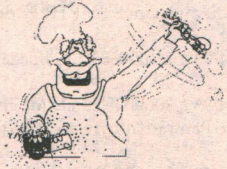
In all seriousness, and honesty, I take great pride in the product that leaves my kitchen. Sometimes you have to compromise a little to get the orders out.

These are just a few things that go on behind the scenes in the kitchen. The one great thing about it all was, that when the rush was all over we all get to enjoy a good laugh at all the shenanigans that went on throughout the evening. When it was all said and done there were no grudges held, nobody leaving mad just a bunch of happy staff members with a roll of cash in their pocket, sore feet and a cold beer in their hand, WHAT A LIFE!

The thing I treasured most were my customers. It was so gratifying when someone comes into the kitchen, shakes my hand and thanks me for a great meal. That makes the aggravation worthwhile.

One day while I was up to my elbows in mayo, mixing cole slaw, I had a brain wave! I think I'll join the military to be a cook. NOT!!! Well here I am in WPG fixing airplanes, (go figure!). The only oil I was used to changing was the oil in the deep fryer.

PHYL'S BISTRO



I decided to write this column just to share some of the fun I've had over the years, and to show you how easy it is to cook a restaurant style meal in your kitchen and save big bucks.

I'll have exciting recipes each issue. I welcome your comments and questions, if you'd like a certain dish prepared just ask, if I don't know how to make it I'll justFAKE IT.

This issue's tasty treat for two, "VEAL PARMESAN WITH FETTUCINI ALFREDO"

- 2 x 4 oz Pieces of veal inside round (tenderized)
- 1 Egg + 1/4 cup Milk = egg wash
- Flour
- Bread crumbs
- 1 sm can Pizza sauce
- 4oz Grated cheese mix (mozzarella, cheddar and parmesan)
- Cooked fettucini noodles for 2

ALFREDO SAUCE

- 1 cup Grated cheese (cheddar and mozzarella)
- 3 Tbsp Margarine
- 3 Tbsp Flour
- 1 Tbsp Chicken base
- 2 cups Milk
- 2 Tbsp Parmesan cheese
- To taste Salt & pepper
- 1 Tsp Garlic powder
- 1/4 cup Green onions

Begin by breading the veal (flour, egg wash and then bread crumbs) and set aside. In a medium sauce pan melt the butter, when melted add the flour and the chicken base. Mix well, don't let the mixture brown, after about 2 minutes add the

Continued on page 15



EAP Profile

By: Jonathan Coté

"To be concerned for the best interests of all employees, to respect the dignity of their varied roles in serving the common purpose, to consider their representations and to accept the legitimacy of their desire for meaningful and rewarding working lives."

- E.A.P. Operating Principle

Jean Harris signed on as a Referral Agent (RA) for the Employee Assistance Program (E.A.P.) back in 1985 while working at CFS Dana, a radar site in Saskatchewan. There were two male RAs at the site at the time - both doing a bangup job - but she thought there ought to be a female helping out as well.

It's now Jean's 15th year in DND (she started as a clerk in Gypsumville in 1978) and she says clients can't stump her with a problem or request: she's heard them all! People just naturally find Jean easy to

talk to and, fortunately, she loves to listen.

"I'm a good sounding board," she explains, and that's an important attribute for an RA. Just as critical, however, is her ability to help clients find the root cause of their problem and refer them to helping agencies in the local community.

That's where RA training comes in. Jean, like all RAs, is constantly upgrading her knowledge and communication skills in order to meet the demands of her clients. Whether it's a problem with drugs or alcohol, financial troubles or family strife, Jean knows where to find the professional or group that can help.

Has she ever had a client she couldn't refer? "Never," she says firmly.

When CFS Dana was closed in 1987, Jean spent a short time in CFB Kingston, and ended up in CFB Winnipeg's Base Supply later that same year. After five years as a verifications clerk, she moved over to her present position as a records clerk with Cadet Detachment Winnipeg.

Jean is married, with four children, and has four grandchildren. Her hobbies include golfing, crafts and cross-country skiing. She can often be seen on the trails at Birds Hill Park, but her tip to fellow skibuffs is the set of 5 km trails at Baudry Park, near Headingly. "If you string a couple of those together you can have a really nice time," she notes. A voracious but not overly discerning reader, Jean admits "I'll read almost anything ... even the back of a cornflakes box" if she can't find her book.

Employees or employers



Referral Agent Jean Harris is a great sounding board.

who want to get in touch with Jean are invited to call her at 6214.

The names of other RAs and their phone numbers should be posted on your unit's bulletin board. As always, the content of your conversation with Jean or any other RA remains strictly confidential.

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Cyclisme et sécurité

Ambulance Saint-Jean



(NC) La pratique de la bicyclette procure un plaisir certain à tous les membres de la famille. La popularité grandissante que connaît le cyclisme depuis quelques années s'est traduite par une augmentation du nombre de bicyclettes sur les pistes et les voies publiques et des risques de blessures associées à cette activité.

Les experts de l'Ambulance Saint-Jean prônent le bon sens et la prudence comme moyens de réduire les risques de blessures en bicyclette. Les blessures à la tête étant les plus courantes, il est donc important de porter un casque protecteur bien ajusté qui a reçu le sceau d'approbation du ANSI, du SNELL ou de l'ACN. Et rappelez-vous, si un casque subit un dur coup, vous devez le faire vérifier pour vous assurer qu'il est en bon état.

Avant d'enfourcher votre bicyclette, assurez vous qu'elle est en bon état. Chaque printemps, vérifiez si vous devez réparer votre vélo et veillez à le nettoyer et à le graisser. Vérifiez si les pneus sont usés, si le guidon est bien fixé, si les rayons sont tous en place ou desserrés et si les freins fonctionnent bien. La loi dans certaines provinces et municipalités prévoit que toutes les bicyclettes doivent être munies d'un feu blanc ou orange à l'avant et d'un feu rouge ou d'un réflecteur à l'arrière. Même s'il n'y a pas de loi en ce sens là où vous vivez, ce serait une bonne idée de faire installer ces feux pour votre sécurité. Souvent les automo-

bilistes ne peuvent apercevoir les cyclistes, surtout le soir, ou ignorent tout simplement leur présence. Une bonne lumière et une pièce de vêtement réfléchissant sont nécessaires à votre sécurité. Vous devez pouvoir manœuvrer le guidon, rejoindre les pédales et actionner les freins sans difficulté sur toute bicyclette. Lorsqu'assis sur la bicyclette, le dos droit, vous devez être en mesure de poser la plante des pieds sur le sol. Faites bien attention lorsque vous choisissez une bicyclette pour un enfant afin de vous assurer qu'il est à l'aise avec le vélo et qu'il peut freiner facilement.

Les jeunes enfants ne devraient pas aller à bicyclette seuls dans la circulation et tous devraient connaître les règles de la circulation et de la sécurité et y obéir. Cela veut dire circuler dans la même direction que les véhicules et signaler tout virage ou arrêt. Gardez les deux mains libres pour tenir le guidon et signaler en dotant votre bicyclette d'un porte-bagages. Vous devez toujours voyager seul sur votre bicyclette. Si toutefois vous devez utiliser un fauteuil porte-bébé, assurez vous que le modèle a été approuvé et que l'enfant est bien attaché et porte un casque de sécurité ayant reçu le sceau d'approbation d'un des organismes mentionnés ci-contre. Les bicyclettes doivent toujours circuler en file indienne.

Si vous entreprenez une longue randonnée, habillez vous convenablement afin de (Voir à la page 15)

CALENDRIER DES ACTIVITES

Le 15/04/93 à la salle d'exposition de ST Boniface, le CCFM présentera une Exposition, qui aura lieu jusqu'au 26 mai. "METRO" de Robert Sauvé.

Le 15/04/93 à 21h15 à ST Boniface, le foyer du CCFM présente les 15 et 16 avril. Marcel Souloudre.

Le 16/04/93 à 20h00 le cercle Molière de ST Boniface à la salle Pauline Boutel présente "quand on a que l'amour" du 16 au 26 avril billets: 233-8972

Le 17/04/93 à 20h00 à ST Léon le comité de danses du centre récréatif présente "danses du bon vieux temps".

Le 18/04/93 à 13h30 au gymnase secondaire Cuse de ST Boniface. l'Alliance chorale présente une répétition générale en vue du Festival de la chanson. Info: 233-7423.

Le 18/04/93 à 11h00 à ST Claude, un bazar aura lieu dans la Salle communale d'Haywood.

Le 18/04/93 à 15h00 au 109, avenue Pacific, le musée des enfants de Winnipeg, présente un atelier sur le "nouveau-nez". UNIQUEMENT EN FRANÇAIS.

Le 20/04/93 à 21h00 à ST Boniface, le Foyer du CCFM, présente "mardi jazz" avec Rodrigo.

Le 21/04/93 à 19h00, la base militaire de Winnipeg donnera son souper mensuel, qui aura lieu au restaurant Halley's- 222 Osborne pour les femmes de la base et des alentours.

Le 21/04/93 à 18h35, la bibliothèque de ST Boniface donnera une séance d'information sur le système de vaccination du Manitoba. ouvert à tous. info: 986-4334

Le 22/04/93 à 21h15 à ST Boniface, le foyer du CCFM présente les 22 et 23 avril, la compagnie.

Le 24/04/93 à 20h00 l'ensemble Folklorique de la Rivière rouge de ST Boniface présente "casino". \$15 le billets info: 233-7440.

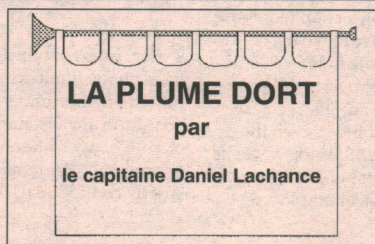
Le 24/04/93 à 20h00, Festival de la chanson Française au théâtre Pantages par le groupe de l'Alliance Chorale de Winnipeg. Info: 233-7423.

Le 25/04/93 à 15h00 au musée des enfants 109, avenue Pacific, aura lieu un Atelier "à la une". UNIQUEMENT EN FRANÇAIS. Info: 949-8109

Le 26/04/93 à 14h00 à Somerset. Bingo et fêtes du mois, par le coord.activités du manoir au manoir.

Le 27/04/93 à 19h00 à la caisse populaire de ST Boniface. une réunion annuelle aura lieu au CCFM. Prix de présence un billet d'avion pour le Québec. Prenez vos enfants par la main et venez passer un bon moment avec les Mini-Franco-Fun à 54 Bourkewood sur le côté nord de la base de Winnipeg. Un café qui vous réchauffera le coeur vous sera servi. Vous venez nombreux tous les vendredi de 9h30 à 11h30. Pour plus d'info: 885-1378 Mance.

Le 01/05/93 de 14h00 jusqu'en soirée au Lilac Resort, un pique-nique donné par la société France-Canada. Apportez votre boisson et nourriture, vous trouverez à votre disposition: Terrain de jeu: mini golfe, volleyball etc.... Barbecues et possibilité de feu de camp, table de pique-nique, de l'eau. Pour confirmer votre venue appelez une semaine à l'avance au: 1-422-8119 ou au 1-422-5760. VENEZ NOMBREUX.



Bienvenue à cette nouvelle colonne du Voxair!

Cette colonne a pour but de nous aider à améliorer notre français. Par l'intermédiaire de quelques exercices, j'essaierai d'attirer votre attention sur des erreurs de grammaire courantes, des anglicismes pas toujours facile à dépister et des tournures de phrases incorrectes.

Dans l'exercice suivant, il faut remplacer l'expression fautive par l'expression juste:

L'APPEL TÉLÉPHONIQUE (2ième partie)

(La solution se trouve à la page 15)

1. L'intercom.
2. Fermer la ligne.
3. Garder la ligne.
4. Tenez la ligne.
5. L'opératrice.
6. Un téléphone payant.
7. Le directeur.v.
8. La ligne est mauvaise.
9. Quel est votre local?

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C'est la famille qui nous transmet les valeurs les plus importantes. En plus, l'école contribue beaucoup au développement de nos jeunes. Les écoles françaises sont les seules institutions qui peuvent leur enseigner notre histoire, notre langue et notre culture.



Photo: Rosanne Bourgoïn



D'accord? Dites-nous ce que vous en pensez. 233 ALLO ou 1-800-665-4443





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 Sunday: 0900 hrs (Fr) Tue, Wed & Thurs: 1800 hrs
 1115 hrs (Eng) Friday: 1700 hrs
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St. George's Chapel (South Site)

Sunday: 1000 hrs (Eng) Weekdays Wednesday: 1900 hrs

PROTESTANT CHAPELS

The Chapel of the Good Shepherd (North Site)

1st Sunday - 1100 hrs - Holy Communion
 2nd, 3rd, 4th Sundays - 1100 hrs - Divine Worship
 Sunday School During Worship

St. Andrew's Chapel (South Site)

Every Sunday - 0900 hrs - Eucharist (ACC)
 1st Sunday - 1000 hrs Holy Communion
 2nd, 3rd, 4th Sundays - 1000 hrs - Divine Worship
 Sunday School During Worship
 A warm welcome awaits you at our Chapels!

SOLUTION L'APPEL TÉLÉPHONIQUE

1. L'interphone.
2. Raccrocher.
3. Ne quittez pas.
4. Un instant je vous prie.
5. La téléphoniste.
6. Un téléphone public.
7. L'annuaire téléphonique.
8. La ligne est en dérangement.
9. Quel est votre poste?

Cyclisme et sécurité

Suite de la page 14

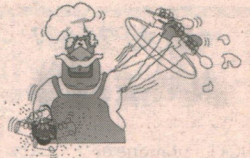
protéger votre tête, vos mains et vos pieds. Apportez une bouteille d'eau et buvez souvent; vous pourrez parcourir une plus grande distance si vous n'êtes pas déshydraté. Ne partez jamais aussi sans une trousse de secourisme, quelques outils et une chambre à air de rechange.

La bicyclette est un moyen agréable de visiter des lieux intéressants ou encore de faire de l'exercice mais assurez-vous de toujours prendre des précautions et de faire preuve de bon sens.

L'Ambulance Saint-Jean offre une formation en secourisme, en RCR et en promotion de la santé axée sur la sécurité et la prévention des traumatismes. Pour obtenir de plus amples renseignements, communiquez avec le bureau de l'Ambulance Saint-Jean le plus près de chez vous.

Phyl's Bistro

(Continued from page 13)



milk and heat the mixture until it starts to thicken, stirring frequently not allowing it to stick. Once it starts to bubble add the grated cheese, parmesan, garlic powder, salt & pepper and allow it to slowly simmer for 5 minutes. Then add the green onions. Keep it warm and stir it once in a while. Pre-heat the oven to 375. While that's warming up pan fry the breaded veal to a golden brown. Taste the pizza sauce, if you find it a little bland maybe try adding some oregano, chicken base, garlic powder, salt & pepper ETC... make it to your liking. When you have browned the veal place it on a cookie sheet and spread some pizza sauce on top(not too much, just enough to cover the top). Then cover each piece of veal with 2oz of grated cheese, place in the oven for 7 minutes or until the cheese is bubbling. To get a nice golden colour broil it slightly until the desired texture is achieved. Mix the cooked noodles with the sauce and when you are sure that the noodles are hot put them on the plate along with the veal. Add the veggies of your choice, garnish with chopped parsley, a sprinkle of paprika and a nice fresh sprig of parsley.

ALL THAT IS LEFT IS TO ENJOY.
 (don't forget your favourite bottle of white wine)

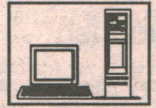
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APARTMENT FOR RENT- Large, modern, 3 bdrm, in St. Boniface, available for Jun or Jul, Air Cond, Fridge & Stove, \$648.00 utilities incl. laundry & locker. Large Balcony & patio doors. Ph: 833-6500 or (237-1998 after working hours).

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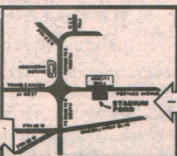
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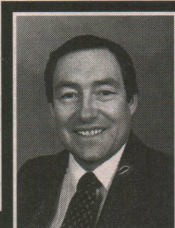
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