

INSIDE

Congratulations to the 169th Tuxedo Cubs - Winners of LCol Hesketh First Aid Competition page 4

Go Green At Work page 2



HAPPY MOTHER'S DAY!
FROM THE VOXAIR STAFF
MAY 9

Quote of the Issue

Journalists do not live by words alone, although sometimes they have to eat them.

-Adlai E. Stevenson

17 WING SIGN UNVEILING



On 1 April 1993, LCol Meindl, the acting 17 Wing Commander presided over the unveiling ceremony of the new entrance signs. After the ceremony, all officers were invited to the WO's & Sgts' Mess for the cutting of the 69th RCAF Anniversary cake.

AIR COMMAND BAND'S GALA CONCERT TO AID RED CROSS

The Air Command Band hits the road again this month for a summer of touring, with performances at the Abbotsford Music Festival, the Nova Scotia Tattoo and a recording session in Ottawa. In between engagements, the band will travel back to Winnipeg for two very important fund-raisers.

On Wednesday, May 5, at 8 p.m., the 9th annual Air Force Pops Concert will take place at the Walker Theatre. Special guests are the Winnipeg Philharmonic Choir and Winnipeg musician Ron Paley.

Captain Terry O'Connor will direct a program of popular and classical music, the highlight of which will be the 1812 Overture. This concert will benefit the Winnipeg Red Cross.

Tickets are available for \$7 through Select-a-Seat at 780-SEAT.

On Saturday, May 15, the Commandairs, Air Command's dance band, will recreate a little history here at CFB Winnipeg. Recalling the great air force bands of the wartime era, the Commandairs will present an evening of big band dancing at building 21, to benefit the United Way.

The band will begin to play at 9 p.m. Tickets are \$30 per person and may be obtained from the United Way at 477-3360.

The band also has a tour of the Yukon planned and will make their 15th tour of Europe in the fall.

Proceeds to the

Winnipeg Red Cross

Annual AIR FORCE POPS Gala Concert

Wednesday, May 5, 1993
8:00 pm at the Walker Theatre

Featuring the
Air Command Band
with the Winnipeg
Philharmonic Choir



Under the patronage of the Honourable Yvon Dumont, Lieutenant-Governor, Province of Manitoba with the kind permission of Lieutenant-General D. Huddleston, Commander Air Command Manitoba

LIEUTENANT-GOVERNOR INVESTITURE

On 5 Mar 93, Mr Yvon Dumont was officially sworn in as the new Lieutenant-Governor of Manitoba. The installation ceremony started with a 15-Gun Salute while His Honour George Johnson was being escorted from Government House to the Legislature. After the swearing in Ceremony, His Honour Yvon Dumont inspected the Guard of Honour while another 15-Gun Salute was fired.



Lt Gen Huddleston, Comd AIRCOM, bids farewell to the departing Lt-Gov, His Honour George Johnson.



The 3 RCHA fires the 15-Gun Salute.



His Honour Yvon Dumont inspects the Guard of Honour.

Go Green at Work

Reducing our negative impact on the environment is one of the major priorities of the 1990s. Doing so will require an effort from all Canadians and will mean making changes in the way we live and work.

You can provide leadership by demonstrating your commitment to the environment and showing your fellow employees—and all other Canadians—what can be done. It's time to Go Green at Work!

Many groups and individuals have already taken steps to reduce the adverse effects their workplace has on the environment. This article (which will be printed regularly in the Voxair) brings together ideas on how to Go Green at Work.

There are many things that you, as an individual, can do to green your workplace. By taking a careful look at your office procedures and habits, identifying possible improvements, implementing these changes and sharing your ideas, you and your co-workers can significantly reduce the environmentally harmful consequences of your workplace activities.

Go Green Goals

In the workplace, like anywhere else, the general goals of environmental responsibility are:

- to make the most efficient possible use of resources (materials, energy and water); and
- to minimize contamination (chemical and

otherwise) and degradation of the environment.

These two goals can be applied to every aspect of operations within the workplace.

This article suggests ways of reducing waste, improving the management of resources and minimizing contamination. The suggestions provided here are just a starting point. By looking at your workplace operations and becoming more aware of waste management and environmental issues, you will be able to identify many other ways to practise the principles of environmental responsibility.

Many of the efforts may seem like small changes in attitude and habit, but they do add up. By taking action wherever you can and sharing your ideas about Go Green at Work with your colleagues, you can make a significant difference.

To achieve the goals of environmental responsibility, always remember the 3 Rs:

REDUCE, REUSE and RECYCLE.

The 3 Rs

The first step in changing our behaviour is to rethink. We must re-evaluate our workplace practices. To improve them, we shall see, we need to follow the 3 Rs.



**PITCH-IN
AND
RECYCLE**



Reduce

Wherever possible, it is best to reduce material, energy and water consumption in order to produce as little waste as possible.

Reuse

After a product or material has been used once, every effort should be made to reuse it. Favour products that can be reused.

Recycle

If waste cannot be reused, recycle it. Recycling helps to conserve resources and reduce waste, but it should be considered only for materials and products that cannot be reused. Remember, there are economic and environmental costs associated with waste collection and recycling processes.

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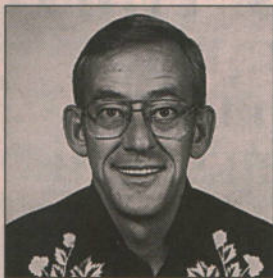
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Barry Sweeney



music reviews and syndicated columnist

THE SOUND OF POISON

Native Tongue (Capitol) is **Poison's** follow-up to their multi-platinum **Flesh & Blood** and marks the first album that guitarist **Richie Kotzen** has played on since replacing **C.C. DeVille**. **Kotzen**, along with **Bret Michaels**, **Bobby Dall** and **Rikki Rockett** along with producer **Richie Zito** have assembled an album incredible in its strength. Led by **Stand** and ably assisted by the power pop sounds of **Until You Suffer Some (Fire & Ice)** the band that launched such past hits as **Every Rose Has A Thorn** and **Unskinny Bop** is in line to carry on the tradition that has brought them 15 million sales worldwide.

Although **Stand** and **Fire & Ice** are in the power ballad

vein, the group offer unrestrained rock via **Body Talk**, **The Scream** and **Strike Up The Band**.

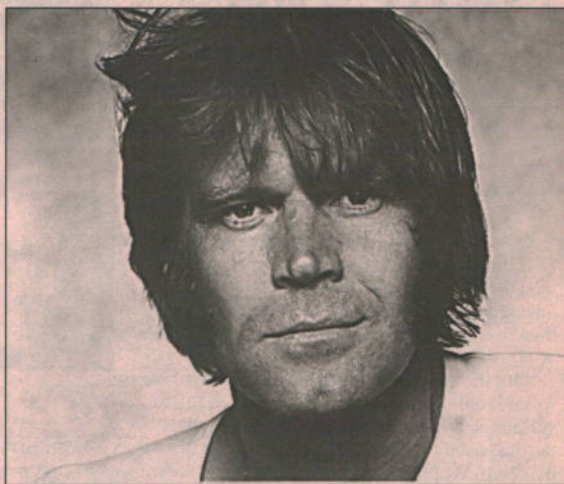
GLEN CAMPBELL

Glen Campbell is one of those rare entertainers that can lay claim to having accomplished just about everything in the music business. Stretching back to around 1960, **Glen** along with **Seals & Crofts** were members of the instrumental group **The Champs** and, in case you can't quite place them, remember the hit **Tequila**. He has been a session musician and has won a truckload of awards in both pop and country circles, hosted his own TV series and sold millions of records with a string of

chart topping hits that include **Gentle On My Mind**, **Wichita Lineman**, **By The Time I Get To Phoenix** and, more recently, **Still Within The Sound Of My Voice**.

His latest musical offering **Somebody Like That** (Liberty) is a 10-song collection of gems that run from the uptempo title track and **Those Words** through the bluesy **I Will Be Here** and the swingtime **Love's Old Song** through the pure love strains of **The One Who Hung The Moon**.

In these days of **Garth Brooks**, **Alan Jackson** and **George Strait's** domination of the charts it's nice to remember that **Campbell** has been around the music scene for a



GLEN CAMPBELL

quarter-century and has been making hits all that time. This set has a number of potential hits and could easily bring the native of **Delight, Arkansas**, right back to the upper echelons of the hit listings.

FAST FACTS

Until recently **Elvis Presley** held the modern day rock record for longevity as his **Don't Be Cruel/Hound Dog** held the #1 spot for 11-consecutive weeks. That record was

never tied but was recently broken when **Boyz II Men** took **End of the Road** to the summit and held the top rung for 13-weeks. **Presley's** record held from 1956 to '92. No sooner had the **Boyz** set the record when along came **Whitney Houston** and **The Bodyguard** soundtrack. Her first single from the soundtrack was a **Dolly Parton** penned opus titled **I Will Always Love You** and it is now the reigning champion with a 14week run at the #1 position.

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Wild Space



Make a World of Difference for Wildlife

If you're like most people, you've probably started thinking about spring-cleaning outside as well as inside your home. At this time of year, it seems as if everyone is getting ready to clean up the yard and prepare the garden for planting. We're energized by the warmer weather, the longer days, and the new life all around us.

If you're ready to tackle an outdoor project, why not do something to help wildlife at the same time? There are all kinds of things you can do in your own backyard or in your community. For instance, you could plant a butterfly garden or grow shrubs and trees that provide food and shelter for wild animals. Better yet, you could get together with friends and neighbours to build some bird feeders, clean up a stream or river-bank, or turn a local park into a miniature wildlife refuge. All it takes is a little effort and a lot of enthusiasm. Just think what a world of difference it would make if everyone in your neighbourhood and in other communities all across Canada did one small thing to help wildlife!

For some suggestions on what you can do, contact your local nature club or the Canadian Wildlife Federation. We'll send you an information kit filled with project ideas such as how to plant a butterfly garden. Write to:



Canadian Wildlife Federation
Communications Department
2740 Queensview Drive
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17 WING HOSTS LCOL HESKETH FIRST AID COMPETITION

On March 13 at least 70 cub scouts descended on 17 Wing. The nine teams of cubs, who had already won their respective district competitions, each intended to take away the provincial title. However, there were some surprises reserved for them this year.

With the assistance of Wing support their visit was not only memorable but also packed full of various activities. Those who were taking their testing encountered, probably for the first time, actual victims who had been made up. MCpl Steve Hemeon, one of the volunteers, had prepared the casualties in such a realistic manner that initially the boys were frightened. At this point the St. John's Ambulance examiners effectively calmed the boys to a point that they were able to effectively apply the First Aid training they had received.

While the actual testing was going on, the other teams were visiting the Fire Hall, examining a Tutor and a Dash-8, and learning about weather phenomena. All of these activities helped the cubs work towards their stars and badges.

When all was said and done the Provincial Commissioner for Scouts Canada Mr Dave Jenkinson congratulated LCol St.Germain for everything he had done. All of the cubs enjoyed themselves immensely but only one team could win. The 169th Tuxedo were declared the 1993 Provincial First Aid Champions.

Congratulations to all participants and thank you 17 Wing. We couldn't have done it without you!



The 169th Tuxedo winners. (Photo by Bob Arnold)

LA COMPETITION DE PREMIERS SOINS DU LCOL HESKETH

La compétition s'est déroulé le 13 mars 1993 et au moins 70 louveteaux se sont rassemblés à la 171ème escadre.

Les neuf équipes de louveteaux avaient toutes gagné une compétition dans leur région et chacune d'entre elles avait l'intention de remporter le championnat provincial.

Par contre, on leur réservait quelques surprises cette année. Grâce au soutien de la base, les louveteaux ont passé une journée vraiment mémorable, pleine d'activités diverses. Ceux qui passaient leur épreuve ont fait face, probablement pour la première fois de leur vie, à des simulations de blessures. Le Cplc Steve Hemeon, un des volontaires de la base, avait préparé les "blessés" d'une façon tellement réaliste qu'au début, les garçons avaient peur.

Les examinateurs, aussi des bénévoles de l'Ambulance St-Jean ont réussi à les calmer et les louveteaux ont dispensé les premiers soins aux victimes. Pendant ce temps-là, les autres équipes ont eu l'occasion de visiter la caserne des pompiers, d'examiner le Tutor et le DASH-8 et d'entendre un exposé sur la météo. Ces présentations les ont aidés à obtenir leurs étoiles et brevets de capacité. A la fin, le Commissaire provincial des scouts a félicité le lcol St.Germain pour tout ce qu'il avait fait. Tous les Louveteaux se sont bien amusés et les membres de l'équipe du 169ième Tuxedo ont été déclarés les gagnants.

Félicitations à tous!



A CASSIM victim gets attended to. (Photo by Bob Arnold)



MCpl Hemeon demonstrates casualty simulation. (Photo by Bob Arnold)

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CFSAS

**BASIC SPACE INDOCTRINATION
COURSE - 9342 (22 Feb - 26 Feb 93)**



Front Row L/R: MCpl Poirier, Capt Crabb, Capt Hedderson, Capt Goshawk, Capt Leslie.
2nd Row L/R: MCpl Hynes, Capt Stecum, Lt Gendron, Cpl Benoit, Capt Cooper.
3rd Row L/R: Capt Cockell, Capt Maclellan, Lt Chalanchuck, Capt Brzezinski, Capt Caron,
Capt Rouette (Course Director). 4th Row L/R: Capt Fejes (Flight Commander), MCpl Demontmorency,
MCpl Broersma, Lt Carter, Capt Beerman. Back Row L/R: Lt Hawley, Capt Hale (Instructor)

Basic Space Indoctrination Course

The 1987 Defence White Paper foresaw an "increasing emphasis of space activities in support of national defence aims". Subsequently, a CDS space policy paper was published which prescribed the goals of the CF in space and called for "an adequate cadre of trained personnel to meet DND and CF space and space-related activity requirements". This led to the amendment of the Officer Air Environment Specification (OAES) which today identifies specific knowledge requirements for air element officers with regards to space operations.

The Basic Space Indoctrination Course (BSIC) was created at the CF School of Aerospace Studies (CFSAS) in January 1988 to address the Officer Air Environment Specification (OAES) knowledge requirements associated with space operations. Successful completion of the BSIC allows the graduates to recognize the impact of space systems on operations conducted by their applicable occupations. Pictured is the Basic Space Indoctrination Course (BSIC) 9342 and 9343.

BSIC 9342 was held from 22 February to 26 February 93; BSIC 9343 was conducted from 29 March to 2 April 93.

The BSIC is a five-day course conducted ten times per year. The BSIC curriculum includes lectures and briefings in space sciences, space studies, space support, space control and force enhancement. "Space Sciences" encompass the fields of space environment, astro dynamics, spacecraft design, rocket propulsion and space physiology. "Space Studies" cover the topics of law, policy, Canadian civil space, foreign civil space, U.S. military space, and Commonwealth of Independent States (C.I.S.) space. "Space Support" provides information on launch technology and satellite control. "Space Control" discusses spacecraft survivability and space weapons. "Force Enhancement" includes the topics of missile warning, space surveillance, space-based surveillance, communications, navigation and search and rescue, and remote sensing. Successful completion of the BSIC allows the graduates to recognize the impact of

space systems on operations conducted by their applicable occupations.

Guest lecturers from industrial and military programmes augment each serial with discussions on real-life space operations. BSIC 9342 had the opportunity to receive an excellent briefing from Mr James Faulkner, Canadian Space Agency, on the space station Freedom. BSIC 9343's course received a presentation from Mr David Cooke, SPAR Aerospace, on a variety of space related issues including the space debris population.

Space Flight would also like to thank the following for their excellent support to the space flight: Maj Ted Brook, Base Accommodations, Base Photo and Base Transport. The ongoing support provided helps the course administrative details appear minor to the course members and staff.

While the course is normally fully loaded by air operations and direct support officer career managers, last minute vacancies sometimes arise. These vacancies are filled locally by the Course Director who manages a "standby list" on a "first come first served" basis. The next serial will take place from 19 to 23 April, 1993. If you would like to be placed on this list, or would like more information on the BSIC, contact the Space Flight Commander, Capt Steven Fejes, or the Space Course Director, Capt Rene Rouette, at local 6755.

Commendation



17 Wing Commander, Col Proulx recently presented to CFSAS Comdt LCol Koch a commendation from the Deputy Commander in Chief of the North American Aerospace Defence Command for "outstanding contributions to the NORAD missions and Canada - United States relationships."

Kuwait Medal



Col Proulx presented the Kuwait Liberation Medal to Maj Furney for his work with ATG during the Gulf War.

Promotion



LCol Koch presented Capt Blain with his new rank insignia. Capt Blain will be promoted to major on 15 June, when he will take over the position of Space Flight Commander at CFSAS.

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In reaction to his recent move to standards Captain Bert Troisfontaines appears to have made a dedicated effort to further upgrade his appearance. Bert's recent close encounter with a barber has apparently been received by members of his course (9209) as an implied message, since several of them have followed his example and gone the extremely short route. "I don't mind following our Course Director's lead but, I wish he was into something other than old marine movies," muttered one disgruntled but closely cropped course member.

In an effort to change with the seasons Capt Doug "Elbows" Lawrie has been seen out on the basketball court of late. Doug's ability to make the transition from the hockey rink to the hardwood has literally made an

CFANS Update

impression on some of his co-workers. One of the players who was "impressed" Capt J.J. Tremblay was not entirely enthused about the process "The doctor said - It's only going to be a couple of stitches so the scar shouldn't be that noticeable."

Looking to upgrade from their 73rd place finish last year at the Snow to Surf competition, CFANS team coordinator Capt J.P. Latt has recently been scouring the school day and night looking for the best available talent. "Trying to find ringers around here is kinda like fishing in a swimming pool," he said commenting on the quality of this year's entry. Also in reference to the upcoming competition, but definitely in the what the heck were they thinking category, J.P. and fellow canoeist Capt Joe Dickie were observed by befuddled teammates attempting to place a 16 ft canoe in the Dash-8's 8 ft cargo compartment. "Hey!

maybe I'm no rocket scientist but I could've probably saved them a bit of time with that one." scoffed an amused Capt Ian Hesselgrave.

According to reliable source Mark "the stoolie" Cookson, Capt Brian Crosier's new tan is not the result of too much sun but rather from the flash of camera lights. As part of "A Day With Air Command" CFANS was tasked to provide a familiarization flight aboard the "Gonzo" for the participants. Said Mark attempting to explain Brian's love of the spotlight "I guess it must be a result of all those V.I.P. trips when he was with 437 Sqn." Capt Crosier was unavailable comment on Cookson's allegations that he was a glory hound, due to what his press secretary referred to as other more visible commitments.

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

Congratulations to CFANS, 1992-93 Intersection Floor Hockey Champions



(L-R) Top Row - OCdt Guillemette, 2Lt Roberge, Lt Blanchard, OCdt Krak, 2Lt Pamplin, Lt Chayer.
Middle Row - 2Lt Hord, 2 Lt Couet, 2Lt Alish, 2Lt Masutti, OCdt Duquette.
Front Row - OCdt Martel, Lt Roy, OCdt Lambert
Missing - 2 Lt Proteau

Canadian Standards Association HOUSEHOLD REFRIGERATOR WARNING

Toronto, Ontario, March 9, 1993: The Canadian Standards Association (CSA) and Inglis Limited are warning users of certain 13 and 15 cubic foot, 2-door, frost-free refrigerators, with the electric butter conditioner feature to be aware of a potential fire hazard. The models involved have the TYPE designation F.I.P.1 and F.I.P.2 on the serial plate and were sold under the brand names Inglis, Whirlpool and Kenmore.

An investigation by the CSA and Inglis Limited revealed the potential for the connection to

the electric butter conditioner to deteriorate over a period of years as a result of moisture entrapment. This condition may cause overheating and may ignite the plastic grille and door liner.

Approximately 199,000 of these units were produced between 1978 and 1986. About 155,000 are estimated to still be in use.

The serial number and TYPE designation are listed on a plate, located in one of two places:

- 1) Below the door, and behind the bottom grille or
- 2) Inside the refrigerator on the upper right interior wall.

Users of this type of refrigerator are asked to immediately contact the Inglis Limited 24-hour toll-free number, at 1-800-263-2938 or 255-3428 in the Toronto area. Users should have their serial and model numbers available when they call. The refrigerator modification will be provided free of charge, occur in the user's home, and take approximately 10 minutes to complete.



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New bars for Special Service Medal

by Lt(N) Dave Scanlon

The Government of Canada has added bars for Peacekeeping, NATO, and Alert to the Special Service Medal. Including the Pakistan Bar awarded in 1992, there are now four bars for this military honour.

The SSM was created in 1984 to recognize Canadian Forces members who performed a service "under exceptional circumstances, in a clearly defined locality for a specific duration, not necessarily in a theatre of active operations."

The medal is only awarded with a bar and bars can only be created to recognize service not otherwise recognized by a medal accepted by Canada — national honours policy forbids duplicate recognition for the exact same service. Previous recipients of the medal are simply given another bar, which is

sewn above previous ones.

The first bar was created to recognize those who spent a minimum of 90 days with the United Nations' Mine Awareness and Clearance Training Program in Pakistan, which ran from March 1989 to July 1990. As it was a special humanitarian mission, no UN medal was issued. The inscription reads: "Pakistan 1989-90."

Prime Minister Mulroney announced the intention to create the Peacekeeping Bar at the inauguration of the new national peacekeeping monument in Ottawa last Oct 8. Formal approval for the creation of the Peacekeeping, Alert, and NATO bars followed in November.

The Peacekeeping Bar, inscribed "Peace — Paix," will be awarded to CF members with "an aggregate of 180 days honourable service in peacekeeping operations" since

1948. They must have been deployed outside Canada "with an operational peacekeeping, truce supervision, observer force or similar missions"

The Alert Bar calls for "an aggregate of 180 days of honourable service on the posted strength of CFS Alert" or with a force deployed to Alert since it began operations on Sept. 1, 1958. The inscription reads: "Alert."

The NATO Bar, inscribed "NATO — OTAN," will be awarded to those members with "an aggregate of 180 days honourable service" with NATO since Jan. 1, 1951."

Since the prime minister's announcement in October, queries about the Peacekeeping Bar from former and serving members have started pouring in, says Maj Roger Courchesne, who oversees the honours and

awards section in NDHQ's personnel administration directorate.

"We've been averaging up to 50 letters and about six phone calls a day," Courchesne says. But he advises that most serving members should sit tight. For those who became eligible through a posting or attaching after 1972, awarding of the SSMs will, in most cases, be administered on their behalf by NDHQ.

Other serving members who meet the criteria in the revised version of CF Administrative Order 18-21, should follow the application procedure described in CFAO 18-4, Annex A.

Retired members can either obtain an application through local military associations, like the Legion, or they can write to NDHQ's Director Personnel Administration.



The SSM mounted with all four bars (not necessarily in the order worn). The ribbon is dark green, flanked with white, and edged with red. (Photo: Cpl Gabriel Leclerc, REC93 224.)

Although priority is currently being given to issuing the new bars to serving members, Courchesne says things are moving along smoothly and retired members shouldn't have too long a wait.

When pedestrians and two wheelers SPRING into action, be ready to BRAKE

If the only thing we had to look out for on the highway were other cars and trucks driving would be relatively simple. We share the road with many users and not all are as easy to see as an automobile. As spring approaches we will see an ever increasing number of pedestrians, bicycles and motorcycles. As sometimes pedestrians or even cyclists, we can appreciate the vulnerability of these road users. Remember that when you get behind the wheel.

Give pedestrians and two wheelers a break even if they are in the wrong. If you hit one of these road users, you will not be the one that gets hurt. Over 600 pedestrians are struck by vehicles each year in Manitoba...in 1990 14 died.

Crossing the street can be risky business.

The odds of surviving an accident with a car or truck are not much better for the bicycle or motorcycle driver. The fact is that in 1990 there were 521 Manitobans injured in bicycle and motorcycle accidents, 10 of them fatally.

The increasing popularity of bicycling means more people of all ages take to the road each year. Bicycles are hard to see, easily thrown out of control and often driven by young people who don't know or ignore traffic safety rules. Give bicycles a wide berth, at least one metre, when you pass. Your windstream can literally blow them off the road when you pass too close. A courteous warning "tap" of the horn, not a loud blast, will alert



them of your presence.

Motorcycles have some advantages over bicycles but in the long run they are just as vulnerable. In an accident the motorcycle is usually badly damaged and the rider is often hurt. These vehicles are small and hard to see but none the less deserve their full share of the road. Given them extra room when you pass.

When making right-hand turns check your blind spot to be sure a two wheeler or pedestrian hasn't squeezed between your vehicle and the curb. These road users may do foolish or careless things. Drive with awareness and caution.

SNOWBIRD LEADER LEADS PRAIRIE CADETS

Former Commander (1984-86) and solo pilot (1974-76) of 431 (AD) Snowbirds squadron, Lieutenant-Colonel D.F. (Yogi) Huyghebaert was appointed Senior Staff Officer Cadets, Air Command Headquarters August 1992.

As SSO Cds, Lieutenant-Colonel Huyghebaert is in Command of 214 Cadet Units (36 Sea, 71 Army, and 106 Air) with a membership of 8,000 Canadian youth and 1,200 adults. SSO Cds is responsible for Cadet Summer Camps in Gimli (Sea), Banff (Army) and Winnipeg (Air), Penhold (Air) and Cold Lake (Air).

Lieutenant-Colonel Huyghebaert has served as a pilot with 421 Squadron (Baden-Soellingen), 417 Squadron (CFB Moose Jaw). As a staff officer, he has served as executive assistant (Base Commander, CFB Edmonton), Liaison Officer (Canadian Embassy, Washington), Executive Officer (Deputy Chief of Staff Operations, Heidelberg), and Base Operations Officer (CFB Moose Jaw).

In partnership with the Navy, Army, and Air Cadet Leagues of Canada, the Department of National Defence operates and supports the Canadian Cadet organizations. The young Canadians who belong to these civilian youth groups adopt military customs and traditions to achieve the following aims: to develop in the youth of Canada the attributes of good citizenship and leadership; to promote physical fitness; and to stimulate the interest of youth in the Sea, Land and Air elements of the Canadian Armed Forces.

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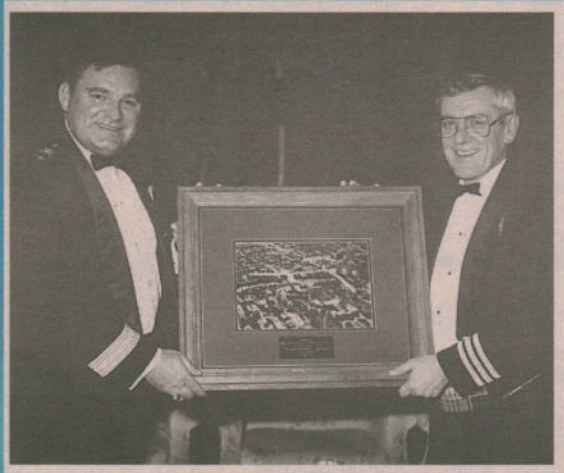
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69th RCAF ANNIVERSARY MESS DINNER 1 April 93



The A/Comd 17 Wing presented BGen Popowych, the Guest of Honour, with a framed CT-142 Print on behalf of all Mess Members.



LCol Meindl presenting Major Carpenter with his retirement gift.



Major McMullin receiving his retirement gift from LCol Meindl.

The 69th RCAF Anniversary Mess Dinner was hosted by the A/Comd 17 Wing, LCol Meindl on 1 Apr 93. The A/Comd 17 Wing also took this opportunity to present Maj Carpenter and Maj McMullin with a farewell gift in appreciation for their outstanding work as the B Ops O and the B Compt respectively.

ARAF Promotion



Pte (T) Lou Penney recently received his chevron for promotion from Pte (B). His promotion was presented by Maj Coté, ARAF CO. Present at the ceremony was MCpl Ed Dean of Base Imaging where Pte Penney has been employed since January. (DND Photo by Cpl Jeff Robichaud)

WARRIOR DAY



As part of the Warrior Day celebrations on 1 Apr 93, the A/Comd 17 Wing, LCol Meindl, presented Mike Piercy, the Canadian Forces Continuing Education Program Coordinator with a retirement gift on behalf of all Wing personnel for his outstanding support to the Wing.

AIR COMMAND SPRING BONSPIEL 19 MAR 93



MGen Cuppens throwing the first rock. Lucky for the camera man, it was a light throw.

Once again the Annual Air Command Spring Curling Bonspiel, held at the CFB Winnipeg Curling Club, was a great success.

The Bonspiel was officially opened when the first rock was thrown by the Deputy Commander

of Air Command, MGen Cuppens.

Overall the day ran smoothly. Several events kept the Bonspiel both interesting and entertaining; the visiting Russian team that never seemed to start a game on time; the rink "atmosphere"

after everyone had their bowl of "hearty" chili for lunch; and the third place finish of the Deputy Commander's team (obviously poor career planning on the Bonspiel Coordinator's part, they should have been first). The final standings were as follows:

First place was awarded to the DCOS TP; **Second place** to DCOS Sp Ops; and **Third place** to the DComd's team. **The Tail End Charlie Trophy** went to DCOS Ops 2 team for their valiant efforts and good sportsmanship. The

accompanying photos show details.

Good luck to DCOS TP in planning the Fall '93 Bonspiel and thanks to all those who participated in the Spring '93 Bonspiel.

Good curling next year!



First Place DCOS TP: (L-R) Maj Bazylewski, Capt Berg, PO2 Scott, Capt Houlahan.



Second Place DCOS SP OPS: (L-R) Maj Juriet, Mrs. Groves, Ms. King, MWO Humphreys.



Third Place DComd: (L-R) MGen Cuppens, Col Pestell, LCol Lowdon, Col Jones.



Tail End Trophy Winners DCOS Ops 2: (L-R) Capt Coull, Maj Chmara, and Maj Lumley with MGen Cuppens presenting.



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92 GREENSBORO SQ.
\$84,900

An exceptional 1125 sq ft 15 year old cozy in "move-in" condition 2+br home w/attached garage. Newer carpet thruout, oak kit cabinets, built-in dishwasher, gas fireplace in good-sized LR, cozy dining rm, large master br w/wall-to-wall closet, walk-in closet in 2nd br. Nice rec rm/br downstairs. Central air, gazebo. Quiet area.



LINDEN WOODS

A POPULAR & FUNCTIONAL PLAN
35 FAIRHAVEN RD.
\$164,900

A gorgeous 3 yr old 1890 sq ft 4 br energy efficient home near Grade 1-9 school. Spacious kitchen, oak cabinets, patio doors to deck, one br on main level w/3-pce bath, 3 on upper, large master w/full bath, walk-in closet. Main floor laundry, neutral tasteful decor. Central air, sundeck off kitchen. Landscaped front & back yard.



CHARLESWOOD

STYLED TO PLEASE
66 CIVIC ST.
\$162,900

An attractive neutral decor 1950 sq ft energy efficient, 3+ brm, 2 storey, 2 min from elem. school. Formal DR. main floor family rm w/tp, good-sized LR, main floor laundry. Great kitchen, oak cabinets. Huge master brm w/4 pc bath. Nice rec rm & guest rm downstairs. Central air, landscaped, fenced yard. Great neighborhood



WHYTE RIDGE

A VERY FUNCTIONAL PLAN
15 WITTENBERG RD.
\$143,900

A bright open concept 1564 sq ft 2 yr old 3 rm energy eff. bungalow. Offering a main floor family rm w/gas FP, good-size kitchen, main floor laundry. Full ensuite bath, walk-in closet, sundeck off family rm. Insulated, wired & studded basement. Fully landscaped front & back yd. Central air. Close to elem. school.



CRESTVIEW

WHERE YOUNG FAMILIES LIVE
98 NEMY CRES.
\$112,900

An excellent 1387 sq ft 3+ br bungalow w/dbl garage in an area of young growing families. Spacious living area, fireplace, LR, good-sized kitchen w/tp & walk-in closet off mbr. Super rec rm, br, den & workshop rm, plus bath downstairs. Workshop in garage. Central air, many built-ins. Near bus route and school.



WESTWOOD

UPDATED CARPET- DBL GARAGE
162 BARRON DR.
\$93,900

Great value here - A cozy 3 brm bungalow w/L - shaped LR & DR, good-size kitchen. Great rec rm 2/brick FP, wet bar, BRM & 3-pce bath downstairs. Conveniently located to all schools comm. club, rinks, library, as well as bus route. Neutral carpet just recently replaced.



CHARLESWOOD

23 LISMER
\$92,900

Ideal home for young growing family starting out in this neat 3 br 2 storey w/good-size LR, cozy DR w/patio doors to back yard, working kitchen, built-in dishwasher, large master br, nice rec rm & br/den downstairs, 1 1/2 baths, central air, landscaped and fenced. Conveniently located to schools & bus route.



CRESTVIEW

JUST LISTED-
78 INCH BAY - 94,900

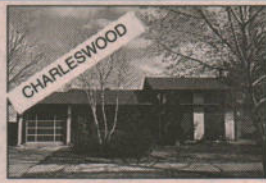
A well maintained 3+ brm bungalow on a quiet block near school. The bath off master bedroom w/tp w/tp fireplace, extra large 3 pc bath. Situated on an irregular lot w/above-ground pool. Central air. Neutral decor.



CHARLESWOOD

LOADED W/UPGRADES
47 BRITTANY DR
154,900

A "move in" condition well appointed in neutral decor, 9 yr old energy eff. 1550 Sq ft 3 brm bungalow in serviced area of fine homes. Newer carpet thruout, main floor family rm w/fireplace, good size LR & DR, eat-in kitchen w/ample cabinets, 3-pce ensuite, sundeck, security sprinkler system. Central air.



CHARLESWOOD

15 SINNOTT STREET
\$116,900

In River West Pk. - A gorgeous upgraded 3 brm 3 level split w/att garage. Modern kitch w/centre island, bilt-in dishwasher, oak cabinets. Quality carpets in LR, DR & family rm. 2-pce ensuite. 3-pce bath on lower level. Fireplace in family rm. Central air. Desirable location to gr. K-9 school & french Imm. Near shopping mall.



LINDEN WOODS

35 AVON GATE
\$159,900

A well kept comfortable 7 year old 1950 sq ft energy efficient 4 br home on a gorgeous poolsize landscaped & fenced yard. Main floor family rm & laundry. Oak kitchen cabinets. 4-pce bath off master br. Super rec rm, den & storage rm downstairs. Central air. Sundeck off family rm.



CRESTVIEW

23 HAMILTON AVE.
\$81,900

A very functional & spacious 3 br 4-level split sxs w/ 1300 sq ft of living space. Main floor family rm, patio doors to back yard. Large LR w/fireplace, 2-pce bath on main level, 4-pce on upper. Central air & central vac. Neutral decor & immaculate thruout.



CHARLESWOOD

TRADITIONAL SUPERIOR
BUNGALOW - DBL GARAGE
62 UPLANDS - \$114,900

An updated immaculate 1280 sq ft. 3 br bungalow on a large fenced lot. Newer carpet in LR, DR, bath, new work cabinets & built-in dishwasher, large kitchen. 2-pce bath off master bedroom. Wood-burning stove, extra br/den & 3-pce bath downstairs. Central air. Excellent neighbourhood, community club & elementary school.



CRESTVIEW

26 ACHESON DR.
\$116,900

A well maintained 6 rm 3 brm bungalow w/dbl att garage offering a bright large kitch w/bilt-in dishwasher, 2-pce ensuite. An attractive cool LR w/walk-in FP & large play area. Central air & central vac. Large patio. Good neighbourhood.



CHARLESWOOD

296 BARKER BLVD
\$123,900

A superior (approx) 1200 sq ft 3 brm bungalow w/garage in a prestigious location of fine properties. Large good kitchen, newer quality rug, wood-burning stove, ensuite. Great rec rm, brm, den & bathroom downstairs. Central air. Near grade K-9 school (Fr. Imm.) & shopping mall.



BIRCHWOOD HEIGHTS

OUTSTANDING VALUE
2535 ASSIGNIBOINE CRES-
\$119,900

A spacious 9 rm 4 brm custom built 2400 Sq ft (Both levels) Bi-level in a quiet area. Large family kitch w/ample oak cabinets, main fir laundry. L-shaped LR & DR, Fireplace. Great family rm w/FP. Den & full bathroom in lower level. Central air, central vac. O/dbl garage w/separate workshop. Home built on piles.



WING FOOD SVCS Promotion



Congratulations to A/Cpl Aube. A/Cpl Aube received an accelerated promotion to her present rank on the 25th of Feb 93. For doing such a good job they decided to send her on a vacation. She will now be spending the next six months in Alert. Enjoy your vacation and hurry back.

Welcome back to Cpl Evens who just returned from his tour up in Alert.

FAREWELL

Wing Food Svcs would like to say a fond farewell to MWO LaFerriere. He has been sent to the former Yugoslavia for six months. MWO LaFerriere left us just after Easter and will be returning in October. Good luck and keep your head down.

BASE BADMINTON NEWS

Well, we did it. For the third straight year, CFB Winnipeg's Base badminton team has won the Prairie Region Championship. The tournament, conducted at CFB Moose Jaw from 1 - 5 Mar 93, saw our players dominate most of the categories.

Although short (1) female player, the remainder picked up the slack and managed to gain valuable points by winning key matches against our closest rival, CFB Cold Lake.

Even with the "masterful" style of LCol Brennan, the "out of category" play of Capt Andre and the "rusty Arctic/Alert" skills of Sgt Best, it was apparent that it would have to be a team effort.

Capt Simard "served" wonderfully throughout the tourney, while Pte Young and MCpl Power maintained their "style" and "balance" respectfully. PO Scott's "illegal" racket assisted his play, as WO Gibson did practically everything on her "own". Although not finding out just how fast a shuttle can travel, Cpl Lemay did realize how fragile a cab 21 really is.

As well as winning the team championship, our players were also victors in the

Prairie Region Badminton Champs



(L - R) Front - LCol Don Brennan, Capt Cliff Andre, WO Carol Gibson, P02 Ted Scott. Rear - Capt Bruno Simard, Sgt Paul Best, Cpl Bob Lemay, Pte Bob Young, MCpl Mike Power.

following individual events:

- Open Singles - Sgt Best
- Open Doubles - Sgt Best/Capt Andre
- Master Singles - LCol Brennan
- Master Doubles - LCol Brennan/MCpl Power

Capt Simard was runner-up in Senior Singles as well as runner-up in Senior Doubles teaming with P02 Scott. Cpl Lemay also had a strong individual showing losing in a close quarter final match.

As participants of the Prairie Region team - LCol Brennan, MCpl Power, Capt Andre, Capt Simard and Sgt Best will now compete at the CF National Badminton Championships to be held at CFB Halifax from 16 - 22 May 1993.

Best of Luck to our individuals at the Nationals and thanks to all for an excellent "team" effort at the regionals.

ATTENTION
ALL FORMER TI - PICS
433 ETAC
50th Anniversary
24-26 Sep 93

"Help us to contact all former "TI-PICS"

For further information & registration contact:
Maj J. Cloutier - AVN 621-9473 or (418) 693-2473
FAX: AVN 621-9965 or (418) 693-2965 or write:
433 ETAC, BFC Bagotville
50th Anniversary
Alouette, QC
GOV 1A0



An invitation to all family members to learn more about the many feelings as well as issues known as common to separations you face in your lifestyle. Participants will be provided information as well as strategies to help in preparing for all stages of prolonged separations. Participants are welcome to attend any one or all of the seminars.

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FAMILY SUPPORT CENTRE

Coping with Separations and Deployment - a 3-Part Seminar Series

Part I - Preparing for Departure

Is it normal to feel a need to distance yourself from your partner even before the separation takes place? Find out more in a supportive atmosphere to better deal with this stressful period.

Part II - Mid-Separation

An exploration of both feelings and issues common to this stage of separation. Is it possible for the remaining partner to feel more independent and in control during

this period despite the circumstances? Join us to find out more.

Part III - Preparing for Reunion

Would you believe this final stage can be one of the most stressful of the entire period of separation? Find out why and explore ways to better prepare for your family member's return home.

Please contact Leslie Malcolmson at 833-6870 should you or your group wish to participate in any of the above seminars. Upcoming dates will be announced as each are planned.



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BOTTLE DRIVE

The next pick-up will be 16 May 93 at 2:00 pm (Sunday). If you are leaving your bottles on the step, please leave them on the front step. The next pick-up will be 19 Jun 93 at 10:00 am (Saturday). The Cubs and Beavers thank you for your continued support. Contact John Murphy (833-5740-work, 888-6778-home) for pick-up if these dates are inconvenient.

U.N. SUPPORT GROUP DROP-IN CENTER

The United Nations Support Group (in conjunction with CFB Winnipeg 2PPCLI Rear Party) would like to invite those families with loved ones on U.N. missions to our newly opened Drop-in Center. Located in building B-5, classroom #4 on the South base. Our facilities offers something for everyone, a play area for the children, information on upcoming events, updates on the situation in Croatia, parcel wrapping and most important a cozy atmosphere where you can share a coffee and enjoy warm conversation with people just like yourself. So don't sit at home come in and see us, we'll be expecting you!

OPERATING HOURS

Monday - Friday - 0900-1100 hrs & 1300- 1500 hrs
Monday - Wednesday 1900-2100 hrs

If you live on the North Side and would like to visit us or if you're planning on visiting and can offer a ride, please give us a call.

Co-ordinators
Sandra Brennan 488-0206
Dawn Lalonde 488-6104

WING COMMANDERS GOLF TOURNEYS

The following is the list of Wing Commanders Golf Tournaments for the upcoming 1993 season:

Date	Course	Tee Off / Cost
Wed 12 May 93	Kingswood	1000 / \$28.00
Wed 09 Jun 93	Carman	1000 / \$24.00
Wed 07 Jul 93	River Oaks	0900 / \$23.00
Wed 04 Aug 93	Larters	1000 / \$33.00
Wed 01 Sep 93	Teulon	1000 / \$24.00

COST INCLUDES GREEN FEES & \$5.00 FOR PRIZES.

Fyers/information will be published in respect to each tournament.

CFB WOMEN'S SOCCER TEAM

Want to get in shape and have fun this summer? Any women interested in soccer call Capt Schnare (before 1 May) at local 6103 or Home 837-3456. No experience necessary.

South Side Community Council

Take Pride, South Side - the Community Council is being revived. Ward Councillor positions for Wards 2-6 have been filled by volunteers. They are: Ward 2, Yvan Rodrigue; Ward 3, Linda Belisle; Ward 4, Diane Brine and Leslie Sneyd; Ward 5, Del Badiuk; and, Ward 6, Rod and Alison McDonald. Ward 1 position remains vacant, and we are looking for someone who lives in this Ward (the area east of Kenaston). Anyone interested in this or another position, or with input towards helping our community, is welcome to attend any of the meetings. The next meetings are scheduled on 20 April, 18 May, and 22 June, at 1830 hours in the rink hut on Doncaster. We are planning clean-up programs for our common areas and playgrounds.

Remember, please pick up after yourselves and your dogs! Thank you.

WING COMMANDERS GOLF TOURNEY

12 MAY 93
KINGSWOOD

Tee off (first group) 1000 hrs
Cost: \$28.00 (\$23.00 for green fee, \$5.00 for prizes)
Monies to be paid NLT Monday, 10 May 93
To register please contact MCpl Bruce Muir, PERI Staff Bldg 90 Loc 2056



17 WING JUDO CLUB

Planning is presently underway to establish a Base Judo Club.

Beginning this Fall, Co-ed classes will be offered for both youth and adults, if enough interest is shown.

So, send your child, or come out yourself and let our registered Black Belts teach you about a sport that utilizes throws, armlocks and grappling techniques.

For information contact Sgt Steve Broughton, local 5214 or home 897-0630.

CERAMIC CLUB WILL BE HOLDING A BEGINNERS COURSE. FOR MORE INFO CALL EADIE AT 489-7807.

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

FAMILY SUPPORT CENTRE ANNOUNCEMENTS

Thinking of Getting Married?

The Family Support Centre will host a 3-evening Marriage Preparation Program for interested couples.

Topics include:
- Communication Skills
- Conflict Management
- Myths vs. Reality

Thursdays,
20, 27 May & 3 June
7-10 p.m.
To register call 833-6870.

Operation Harmony Telephone Fan-Out System

The Family Support Centre in conjunction with the PPCLI Welfare Officer is organizing a fan-out system with the help of trained volunteers who will transmit messages during the current tour of duty in Croatia.

Should you wish your name to be placed on our list for messages or become a volunteer yourself, please contact Leslie Malcolmson at 833-6870

Attention Military Families !!

You are invited to the Family Support Centre Annual General Meeting To be held at Club 90 on Tuesday, 25 May 1993 at 1830 hrs All adult family members are welcome.

Breakopen Lic #67480

Bingo Lic #67481

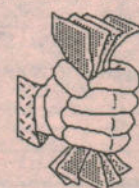
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BLDG 21 (DRILL HALL)

BESIDE AIR COMMAND HEADQUARTERS

Watch upcoming issues of the Voxair for further details

GREETINGS FROM THE CHAPELS



COLD AS HADES

Hot weather makes us all theologians. How often have you said, "It's as hot as Hades" or, on another occasion, "I won't do such and such until Hell freezes over." So whether you acknowledge the Christian faith or not, certain theological ('Language used to speak about God') concepts are very much a part of our everyday language.

Hell, and its contrast Heaven, have been part of the religious experience from the beginning. Early man, when he wasn't striving to survive in

his alien environment, and had a few moments to think about it, probably wondered about the meaning of life. The Greek philosophers, Plato and Aristotle, strived to interpret their universe and make sense of it. It is said that Philip of Macedon had a slave whose chief function was to wake him in the morning with the words, "Philip, remember that thou must die".

Death comes to everyone, and the Christian religion is the result of this yearning in man to make sense of things. Through God's own Revelation we are relieved to learn that we do not, like candles, flame for awhile and are then snuffed out. Somehow, somewhere, a spark remains.

Because we look forward to the coming together with God, our life in this world is merely transitory. Death is the stepping stone to Heaven. But arriving there is not certain for some people, the barriers they have erected through sin will have to be breached. To not arrive at our destination, to be separated from God, is the meaning of Hell, - a working

out of sin. In certain respects, hell can be experienced here and now, as anything which prevents a person from realizing his full potential as a human being, is a form of Hell. As St. Paul says "Work out your own salvation with fear and trembling; for God is at work in you, both to will and to work for this good pleasure" (Phils 2:12-13).

Should you be so unfortunate as to land in Hell, though, what would you find? Probably not red creatures with horns and pitchforks, and blast furnaces. Such images were quite vivid to people who lived in the desert areas of the world, such as the Mediterranean Basin, who thought that ultimate heat would be a hard punishment. For me, ice and snow, together with the frigid wind that blows down Winnipeg's Portage and Main, is a Hell I can believe in. That's a Hell that will give me pause to think - a Hell of which I want no part.

So how about, "It's as cold as Hades," or, "...until Hell heats up"!

Become stronger with this simple exercise.

Your body may be in great shape, but what about your soul? Join us this Sunday as we worship in the fellowship of Jesus Christ. And get the kind of workout that leaves you feeling good all over.



Padre Gordon Shields
Wing Chaplain (P)



ROMAN CATHOLIC CHAPELS

St. Marguerite Bourgeoys (North Site)

Saturday: 1700 hrs (Eng) Mon: 1830 hrs
Sunday: 0900 hrs (Fre) Tue, Wed & Thurs: 1800 hrs
1115 hrs (Eng) Friday: 1700 hrs
WEEKDAY MASSES SUBJECT TO CHANGE

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!

New Wing Addictions Counsellor

17 Wing Winnipeg has recently created a new position for a Wing Addictions Counsellor (WAC). This position is staffed by Mr Robert (Bob) Murphy.

The function of this office is to assist supervisors in the assessment of those members having an addiction problem; to arrange treatment for those suffering an addiction who voluntarily seek help; to conduct group and individual counselling, and to refer those in need to the various self-help groups available in this city.

Mr Murphy can be contacted at local 6790 and is located in room 230, Wing Hospital. Inquiries are welcome and will be treated in confidence.



Mr Robert (Bob) Murphy

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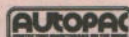
NEW ARRIVALS



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TOASTMASTERS FRANCS-PARLEURS



Désirez-vous développer vos talents d'orateur ou parler en public?

Vous voulez surmonter votre nervosité face à un groupe?

Le club Toastmasters "Francs-Parleurs," est un milieu idéal pour vous permettre de développer ces talents... dans un esprit de camaraderie.

Le club Francs-Parleurs est le seul club bilingue (français/anglais) au Manitoba. Les réunions se tiennent les mercredi à 17h30 au Centre Culturel franco-Manitobain, 340, blvd. Provencher. Bienvenue à tous.

Contactez Monique Mulaire au 237-1803 ou Yvette Lecuire au 233-7496.

Promotion de l'école avant tout grâce à un centre de ressources communautaire

WINNIPEG (NC)- Un centre de ressources communautaire dont l'objectif est de promouvoir l'école avant tout, a été mis sur pied dans la section d'Ilmwood-Kildonan du YM-YWCA. Le centre prévoit d'offrir des services à environ 200 personnes par année. Le centre d'accueil est ouvert le jour et le soir afin d'être facilement accessible aux jeunes de 12 à 19 ans qui sont susceptibles d'abandonner l'école ou qui ont déjà décroché. Ce sont habituellement les conseillères et conseillers scolaires, les responsables de l'assiduité, les travailleuses et travailleurs sociaux ou les parents qui dirigent les jeunes vers le centre. Ils ont accès à des services de

counselling, des ateliers, des sorties éducatives, des services de placement, des services d'assistance judiciaire, des conseils concernant l'organisation personnelle et la planification financière, ainsi qu'à de l'encadrement. Le YM-YWCA a établi un partenariat avec le ministère d'État à la Jeunesse, ainsi qu'avec des organismes de justice pénale et des écoles. Selon les responsables du projet au « Y », les objectifs sont de « susciter la participation volontaire d'un grand nombre d'organisations de la collectivité » et « d'établir un conseil permanent qui sera chargé d'appuyer les projets réalisés dans le cadre de l'école avant tout ».

Calendrier des Activités

LE MUSEE DES ENFANTS

Pour la première fois de son histoire, le musée des enfants animera des ateliers qui se dérouleront exclusivement en français.

Dès le 21 mars, sera offert un atelier entièrement consacré aux visiteurs de langue française tous les dimanches à 15 h 00.

Pendant ces ateliers, nous puiserons au plus profond de notre imagination et de la vôtre pour créer des jeux, faire du théâtre, de l'artisanat ou des chansons. Voici les titres des ateliers qui seront présentés ce printemps:

À LA BELLE ÉTOILE

le 2 mai

Monte à bord de mon vaisseau spatial et voyageons jusqu'au étoiles! Qui sait ce qui nous attends au fin fond de l'espace... Du plaisir, bien sûr!

PARTONS À L'AVENTURE

le 9 mai

Qui est-ce qu'on trouve au fond de l'océan ou au milieu du désert? Mais c'est toi, Manitoba Jones! Te voilà encore, toujours en quête d'aventures.

À LA MODE

le 16 mai

Ce qui est à la mode aujourd'hui ne le sera peut-être pas demain. N'essayons pas de suivre la mode, créons notre propre mode et laissons les autres nous suivre!

QU'EST-CE QUE C'EST?

le 23 mai

Nous voilà pris dans un monde bizarre ou tous les objets sont étranges... Peux-tu nous aider à comprendre ce monde mystérieux? Peux-tu nous aider aussi à nous en sortir?

À LA FERME

le 30 mai

Je vais à l'étable pour traire ma vache... Que font les fermiers et les fermières? Allons à la campagne y découvrir tous ces mystères.

Fédération des Aînés Franco Manitobains

Tournoi provincial de jeux de la FAFM

Mercredi 5 mai 1993, au Centre Prendergast 906, Chemin Cottonwood

On soulignera le 25e anniversaire de la société Franco-Manitobaine

"Fier d'hier et là pour demain"

Pour plus de renseignements composer le 235-0670

coût d'entrée: \$3. repas: \$3,75.

LA PLUME DORT

par

le capitaine Daniel Lachance

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:

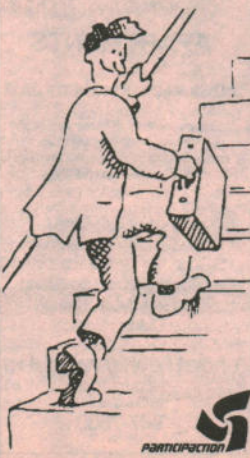
L'APPEL TÉLÉPHONIQUE (3ième partie)
(La solution se trouve à la page 15)

1. Le bottin.
2. Un moment.
3. Ouvrir la ligne.
4. Qui est-ce qui parle?
5. Sur semaine.
6. Signaler le O.
7. Code régional.
8. La ligne est engagée.
9. Numéro privé.
10. Numéro non listé.
11. Taux

LE SAVIEZ-VOUS...?

À pied... vers la santé

Prenez l'escalier! C'est le chemin le plus court pour se mettre en meilleure forme, diminuer son stress, muscler ses jambes et régulariser son poids, et c'est l'une des activités les plus énergétiques. L'escalier vous prend 10 calories par minute.



PARTICIPATION

BIOSPHERE



ÉCHO

Concertation, naturelle action!

Maintenant que l'hiver a tiré sa révérence, vous projetez sans doute de faire votre ménage du printemps, n'est-ce pas? À ce temps-ci de l'année, on dirait que tout le monde se prépare à nettoyer leur terrain, à laver les vitres, à peindre la clôture ou à préparer leur jardin pour l'ensemencement. En fait, le printemps a cette magnifique façon de communiquer un souffle de renouveau et de nous revigorer à la fois. Les jours commencent à s'allonger, le paysage revêt de riches nuances de vert et les espèces sauvages, oiseaux, lièvres, écureuils, tamias, suisses et cerfs commencent à faire leur apparition. Tout s'imprègne d'un regain de vie.

Vous êtes prêts à vous attaquer à un nouveau projet printanier? Alors pourquoi ne pas venir en aide aux espèces sauvages par la même occasion. Vous pouvez entreprendre diverses choses, et ce, dans votre propre cour, votre voisinage ou votre communauté. Par exemple, pourquoi ne pas planter des buissons et des arbres où les espèces sauvages peuvent trouver abri et nourriture. Ou cultiver un jardin à l'intention des papillons. Vous voudrez peut-être même tenter de construire une mangeoire pour les oiseaux. Mieux encore, assemblez amis et voisins dans le but de construire toute une série de mangeoires, de nettoyer un ruisseau ou les rives d'un cours d'eau, ou convertir un parc local en une réserve faunique en miniature. Il suffit, ni plus ni moins, d'un brin d'effort ou d'enthousiasme.

Rien ne limite ce que vous pouvez accomplir en faveur des espèces sauvages. Et songez à toute la différence que vous pouvez faire pour la faune et la flore, si toutes les membres de votre communauté et des communautés avoisinantes à l'échelle du pays posaient un simple geste dans l'intérêt des espèces sauvages.



BIOSPHERE
Fédération canadienne de la faune
2740, promenade Queensview
Ottawa (Ontario) K2B 1A2

PHYL'S BISTRO



Hi again! I hope that you enjoyed last issues' tasty treat. For this issue I thought you might enjoy a Greek style lamb dish. Although lamb may not be all that popular at your home, it is a popular dish in Eastern Mediterranean countries. Montreal has a fairly large Greek population, a lot of whom work in the restaurant business. I learned early in my cooking career, that the French language is a must in Montreal, a little Greek goes a long way too.

A friend of mine named Panayotti, (Greek for Peter) taught me quite a lot. Being from the Old Country, his English wasn't the best but with a little help from his hands often made his point. I recall an occasion I asked Panayotti if I could borrow his car to run an errand. After a

bout of hysterical laughter he turned to me and uttered "Felipo! To hava ma waf no problema, but no to tucha ma car". This old boy was quite the family man. When I left Montreal in 1987, he was pushing 60 years old and still going strong despite a disintegrating hip joint. He was well worth respecting. With very little formal education he worked his way to being a good businessman. He managed to put his son through medical school, and his daughter through college etc...!

By the time this hits the presses, Greek Easter will have come and gone. Easter is the time when the Greek community gets together, goes to the farm and picks up a lamb or two for the feast.

One thing that Greeks do

well is to put on a feast that will blow you away. I hope you enjoy the following tasty treat, and as the Greeks say "YASOO"

GREEK STYLE ROAST LAMB WITH MASHED POTATOES AND FROZEN GREEN PEAS

- Cost for 2 - \$6.25
- 1.5 lb Roast boneless shoulder of lamb
- 2 oz Extra old cheddar cheese
- 1 pkg French's brown gravy mix
- 3 Tbsp Dry mint leaves

- 3 Tbsp white wine to taste
- Salt & pepper
- 1 clove Garlic Sliced in 6 slivers

Remove lamb from cooking sock, lay open and season liberally with salt, pepper and mint. Place the cheese (cut in rectangles) on the lamb and roll, make sure that the cheese is not exposed. Replace the lamb in the sock and season the outside with salt, pepper and mint, then make 6 small incisions in different places and insert the garlic slivers. Roast in the oven for approx. 1 hr 20 minutes or until

medium to medium well. You will notice that the cheese will start to ooze out. While the lamb is roasting prepare the gravy as per the instructions and add the wine, remaining mint, salt and pepper to taste. A touch of cream adds a nice silky touch. For a real hint of mint add fresh mint to your potatoes and frozen peas during the cooking. When the lamb is done to perfection slice (being careful not to squeeze too hard as you will lose the cheese). and serve covering in gravy. A sprig of fresh mint makes a beautiful garnish ENJOY.

SOLUTION L'APPEL TÉLÉPHONIQUE

1. L'annuaire.
2. Un instant.
3. Décrocher le combiné.
4. De la part de qui?
5. En semaine.
6. Faire le O.
7. L'indicatif de région.
8. La ligne est occupé.
9. Numéro confidentiel.
10. Numéro non inscrit.
11. Tarif.

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