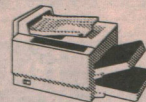


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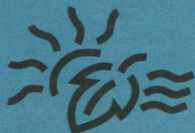
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17 Wing Winnipeg / 17e Escadre Winnipeg

JUNE 9, 1993 / FREE

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Quote of the Issue

Don't knock the weather, nine-tenths of the people couldn't start a conversation if it didn't change once in a while.

- Kin Hubbard

ALERT EYES ON SOMALIA



Trooper Allan Donovan, a member of Petawawa's Royal Canadian Dragoons, keeps an alert eye over Somalia's Mogadishu airport from the perimeter of the Canadian compound. (Photo by Sgt Chris Coulombe, DND Public Affairs photographer.)
 Le cavalier Allan Donovan, un membre des Canadian Royal Dragoons de Petawawa (Ontario), garde un oeil vigilant sur l'aéroport de Mogadishu, en Somalie, a partir du périmètre de l'enceinte canadienne. (Photo sergent Chris Coulombe, photographe des Affaires publiques du MDN)

FOR MOST CONSPICUOUS BRAVERY

Canada finally has its own family of medals for military bravery. A Canadianized version of the famed Victoria Cross and two new medals, the Star of Military Valour and the Medal of Military Valour, were approved by the Queen in February.

The VC and all other British decorations were excluded from the Canadian system of honours and awards in 1972 when the federal government created a purely Canadian family of bravery medals, topped by the Cross of Valour. But that new family did not include a distinct set of military bravery medals.

In response to those who argued that Canada needed to make a clean break from the British honours system, many supporters of the VC argued it was more than just a British medal.

"It is the most coveted and rare of all valour awards, anywhere," wrote columnist Peter Worthington. Others pointed out that the VC, awarded to 93 Canadians since it was created by Queen Victoria in 1856, was as much a part of Canadian heritage as British.

This was recognized by Britain when, in a 1961 Royal Warrant, it authorized all Commonwealth countries to



The Star of Military Valour
 L'Étoile de la Vaillance militaire

The Star of Military Valour, Canada's second highest military bravery medal, consists of a gold star and a silver laurel wreath suspended from a dark crimson ribbon. (CF Photo Unit: PMRC 93 028)

issue the VC in their own names, subject to the formal approval of the Queen.

The Canadian VC is identical to the British one except for the inscription, which has been translated into Latin and reads Pro Valore. The original

inscription, For Valour, was proposed by Queen Victoria herself.

Nor have the strict awarding criteria changed, requiring an act of "most conspicuous bravery, a daring or preeminent act of valour or self-sacrifice or extreme devotion to duty, in the presence of the enemy."

Canada's second highest military decoration, the Star of Military Valour, will be awarded for "distinguished and valiant service in the presence of the enemy." And the last, the Medal of Military Valour, "shall be awarded for an act of valour or devotion to duty in the presence of the enemy."

Canada does not have to be at war for someone to win any of the three medals. "Enemy" is broadly enough defined to include acts of bravery in the face of hostile forces encountered during international peacekeeping operations.

The VC has been awarded 1351 times, including one awarded to the United States'

unknown soldier, and only 11 times since the Second World War. The last two were awarded posthumously to British soldiers killed in the Falklands War.

(Edited from an article by Lt(N) J.D. Scanlon)



The Medal of Military Valour
 La Médaille de la Vaillance militaire

The Medal of Military Valour, the third of Canada's new family of military bravery awards, consists of a gold medallion, with the rank and name of the recipient engraved on the edge, suspended from a dark crimson ribbon. (CF Photo Unit: PMRC 93 030)



The Victoria Cross
 La Croix de Victoria

Canada's Victoria Cross consists of a bronze cross suspended from a dark crimson ribbon. The date of the heroic deed will be engraved on the back. (CF Photo Unit: PMRC 93029)

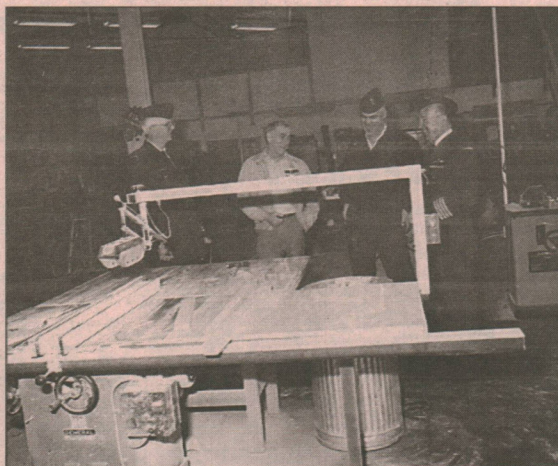
17 Wing Construction Engineering Squadron

CE Carpenter Shop South

Sign Unveiling



Shown unveiling the new 17 Wing Construction Engineering Squadron sign are CWO D. Neath, Util O/UCWO and Maj D.E. Thingvold, WCEO.



MGen Freeman (Ret'd), Col Comdt of the Military Engineers, during his recent visit to 17 Wing, CE Squadron. Shown with MGen Freeman at the CE Carpenter Shop South, from left to right, are Capt Tew, A/WCEO, Mr. Larry Lagace, Prod Supt South and CWO A. Nixon, Contract Supt.

Promotions



Capt Tim Whiting shown receiving his promotion to Maj from the W Log O, LCol Meindl. Congratulations Tim and good luck on your posting to the Golan Heights.



WO Garth Hickman shown receiving his promotion to that rank from the WCEO, Maj D. Thingvold. Congratulations Garth.

Go Green at Work



Go Green at Your Desk

Reduce

- If you use a computer or word processor, edit on-screen as much as possible to avoid printing multiple drafts.
- Wherever practical, modify the formats of standard documents, correspondence, etc. to use less paper. Margin widths can be reduced, smaller fonts can be used, and in many cases a "compress" feature can allow you to print large tables on standard-size paper.
- Regularly check the distribution lists for correspondence and publications, and remove the names of those who no longer need or want the information.

- Avoid memo mania. If your office has an electronic mail system (DOTS), wherever possible use it to send messages instead of written memos. Substitute telephone calls for memos where practical.
- Make a conscious effort not to waste office supplies. Take only what you can use.

Reuse

- Use the clean side of scrap paper. Some offices are already using scrap paper to make their own telephone message and note pads.
- Load a special tray with scrap paper for printing draft copies on your computer printer.
- Many laser-printer toner cartridges can be refilled instead of being used only

once. Find out if your printer can take refillable cartridges.

- Reuse envelopes and file folders. Use reusable envelopes for inter-office mail.
- Set up collection boxes for used envelopes and file folders in your supply area. Pens, pencils, scissors, markers and other office supplies that you no longer need should be returned to the supply cupboard for others to use.
- Reorganize office supply cupboards to provide a central deposit for used "old, but still good" supplies.
- Reuse cardboard boxes in the office or at home.
- Share telephone books with co-workers.
- Exchange your used paperbacks and magazines with colleagues.

Go Green at the Fax Machine

Reduce

- Design fax cover sheets to leave enough space for writing messages; then use that space rather than attaching a separate letter or covering note.
- Plain bond fax machines save paper by reducing the need for photocopying. They also eliminate chemicals from the waste stream since they do not require the chemically treated thermal paper used in other fax machines.

Reuse

- Print your fax cover sheets on the clean side of used paper. You will save both paper and money.

Recycle

- Paper from plain bond fax machines can be recycled. Thermal fax paper cannot be recycled.
- Pass on the value of the wise use of fax machines and print a Go Green at Work message on your fax cover sheets.

Recycle

- If you have a paper recycling bin at your desk, always remember to use it. If you don't have a bin at your desk, keep your paper to be recycled in a separate pile and

take it to the nearest recycling station every day.

- If you reuse paper, only sheets used on both sides will end up in the recycling bin.

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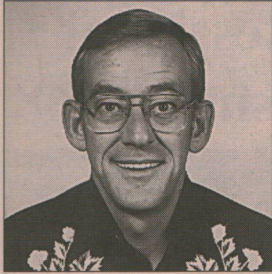
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NEXT ISSUE 23 JUN 93/PROCHAINE EDITION 23 JUIN 93



Barry Sweeney

Searing, blistering rock played with intensity, that's what **Coverdale Page** (Geffen) is all about. Take two of rock music's greatest exponents - **Jimmy Page** and **David Coverdale** and turn them loose in the studio and you are almost assured an album of dynamic proportions. **Page**, whose background includes the **Yardbirds** and **Led Zeppelin** and **Coverdale** whose musical credits include **Deep Purple** and **Whitesnake** have assembled a rock-solid outing of songs that, although they rock, are underscored by blues and R&B.

Shake My Tree and Waiting



music reviews and syndicated columnist

COVERDALE PAGE

On You are scorching work-outs while **Take Me For A Little While** is a slow-paced ballad with understated guitar pinnings and on-target vocals. Duo serve some hot licks and steady vocals on such gems as **Don't Leave Me This Way**, **Whisper A Prayer for the Dying** and **Easy Does It**. Count on enough sales to guarantee multi-platinum awards.

RAY STEVENS

Ray Stevens has been tickling the funny bones of listeners since he first hit the charts in 1961 with **Jeremiah Peabody** and has parlayed his zany lyrics and off-the-wall humour into an institution. His latest **Collection** (MCA) is a

14-song anthology of mayhem, madness and uproariously funny songs. Kicking it off with the solid gold **Streak** and continuing through the **Shriner's Convention**, **Mississippi Squirrel Revival** and the chart topping **Ahab The Arab**, **Stevens** pauses only long enough to tell about the **Ballad of the Blue Cyclone** and how he saw **Elvis** in a **U.F.O.**

Born **Ray Ragsdale** in Clarksdale, Georgia, **Stevens** has been the undisputed king of novelty songs for the past three decades. In his early years **Ray** actually studied music theory and composition at Georgia State University. He



Jimmy Page

David Coverdale

received a major boost from his appearances on the **Andy Williams** TV show and had his own series in the summer of '70.

Stevens continues the craziness with what to do when **Santa Claus Is Watching You**, he parodies the **Beach Boys** via **Surfin' U.S.S.R.** and wraps it up with his serious ballad **Everything Is Beautiful**. Virtually impossible to listen to this album and not be in a good mood. Happy from start to finish. Add this one to your collection, it's timeless.

FAST FACTS

John Stewart replaced **Dave Guard** in the **Kingston Trio** and wrote **Daydream Believer**, which the **Monkees** turned gold in '67 and **Anne Murray** clicked with a few years later. When **John** went the solo route to record **Gold** and **Midnight Wind** it was **Fleetwood Mac** members **Stevie Nicks** and **Lindsey Buckingham** that supplied the backing vocals. That's the **Fast Facts on John Stewart**.

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17 WING JUDO UPDATE

By Sgt Steve Broughton

First I must thank everyone who responded to my Spring Advertisement Blitz. Over 60 people responded which means the Club is a go starting this September.

The Club has a good Military/Civilian percentage at this time 70/30 percent. A good portion of the adult Club membership is Female (more than 30%). The experienced to novice ratio is roughly 50/50 and the youth membership numbers at this time is over 20 and again roughly 50/50 split, both boys and girls, novice and experienced.

The tentative starting date is sometime this September. The first classes will be held after the annual recreation fair that is

held in Bldg 21 (North Side) early September. Tentative costs at this time per year is \$40 for adults (16 and over) and \$20 for children (8 to 15 years).

Tentative class times are:

Youth: Mon. 1900 hrs to 2030 hrs.
Adults: Mon. 2030 hrs to 2200 hrs & Thur. 1900 hrs to 2100 hrs.

The Yodansha or Black Belts are all very excited about the start-up of a new club. The interest and enthusiasm shown so far is very pleasing, especially to **Brian Jones** who will be the club's head sensei (instructor). **Brian** is a 3rd Black Belt and has almost 40 years experience. He will supervise the remaining Black Belts. There are four of them, two are civilian, one is an

RCMP Officer and one is a soldier in the PPCL. The Club also has about ten senior belts (Blue and Brown). Something very pleasing to **Brian** is the amount of interested new women students. Most are in their late 20's or early 30's. **Brian Jones** also holds a Black Belt in Ju-Jutsu. As the club's head Sensei most of the instruction will be Judo, however for everyone's personal defence **Brian** teaches some Ju-Jutsu to enhance Judo, Ju-Jutsu teaches very vicious ways to defeat an attacker.

So if you have any questions don't hesitate to call me at Local 5214 or home 897-0630. I will keep you up to date as to what is happening with the club throughout the summer. Remember the recreation fair is in early September. I hope to see many of you there.

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CFSAS

On Tuesday 11 May 1993 Major General L.W.F. Cuppens, the Deputy Commander of Air Command, graduated the 29 members of the first official serial of the Air Force Staff Course (AFSC). This occasion is a significant event in Air Force history since it marks the first time since 1968 that the Air Force has conducted a steady-state professional development course for its officers. Prior to Unification, the Air Force had operated a staff school in Toronto, which became the Canadian Forces Staff School in 1968; however since that time, there has been no common Air Force training specifically for the professional development of its officers.

The AIM of this new course is to provide training for selected Air Force officers that will broaden their knowledge of aerospace operations and support, thereby improving their effectiveness. Specifically, the course is for merit-listed regular and reserve Captains and newly promoted Majors from the spectrum of classifications who serve in the Air Force. It is a career course. Candidates are selected by a Board once a year from the merit lists for Captains. Each of the five serials held every year is then loaded by the career managers. Earlier plans included a junior Captain course, called the Air Force Staff Course, and a junior Major course, called the Air Force Command and Staff Course, both of which would be completed before attending the

year-long Canadian Forces Command and Staff College. It appears now, however, that there will be only one course and it is designed for the senior Captain level under the name of the AFSC.

The AFSC staff, led by the Flight Commander Major Bob Manson, attempts to do for the Air Force junior officer in six weeks, the equivalent of what the Canadian Land Forces Command and Staff College in Kingston does for the Army junior officer in five months. AFSC teaches Air Force officers about the Air Force—its organization, doctrine, missions, operations, support operations, command and control, and leadership and personnel administration. By broadening the knowledge and perspectives of selected officers, AFSC prepares them for the additional responsibilities for which they are being considered, whether they are at the squadron, wing, group, command or national level.

The course is heavily dependent on senior guest lecturers, particularly from Command and Group Headquarters, as well as demanding self-study packages. Much of a course member's education also comes from the other course members, as they exchange ideas, knowledge and experiences during formal and informal discussions. Each of the three ten-person syndicates is intentionally assigned a mix of classifications with different Air Group experiences for this reason.

First Air Force Professional Development Course since 1968



AIR FORCE STAFF COURSE 9301 29 MAR - 11 MAY 93

Front Row L/R: Capt Fortin, ANAV, 426 SQN Trenton; Capt Leclerc, BFC Bagotville; Maj Cooke, AERE, DS 3; Maj Reid, LOG, DS 2; Maj Manson, Plt, FC; Mr Mitchell, ANAV, C Dev O; Maj McKay, CELE, DS 1; Maj Furney, ANAV, CD; Capt MacLellan, AWC, Flt Adm; Capt Millar, LOG, DGPROCS Ottawa; Capt Day, Plt, AIRCOM Winnipeg; Capt Johnston, LOG, CFB Gagetown..

2nd Row L/R: Capt Larcheveque, Int O, CFSIS Borden; Capt Collins, LOG, 10TAG HQ St Hubert; Capt Leger, SEC, SIUS Ottawa; Capt MacGregor, CELE, CDLS Washington; Capt Amirault, MILE, CFB Greenwood; Capt Gaudreau, AERE, ASDU Greenwood; Capt Groen, ANAV, CFANS Winnipeg; Capt Laporte, AERE, WSSU Cold Lake; Maj Hewitt, ATC, CFB Winnipeg; Capt LeGrand, Plt, DGAD Ottawa; Capt Maris, Plt, AETE Cold Lake; Capt Pinard, SEC, DGSECUR Ottawa..

Back Row L/R: Capt Farmer, Plt, CFSAS Winnipeg; Capt Cottenden, ANAV, CFB Greenwood; Capt Williams, CELE, DGCED NDHQ; Capt Smith, Plt, 435 Sqn Edmonton; Capt Syme, AERE, AIRCOM Winnipeg; Capt Squires, CELE, DGCED NDHQ; Capt Deutsch, ANAV, 405 Sqn Greenwood; Capt Dabros, Plt, DGPCO Ottawa; Capt Lewis, Plt, CANSUP, Peterson AFB; Capt Rufiange, AERE, 412 Sqn Ottawa; Capt Hughes, Plt, 450 Sqn Ottawa; Capt Dooling, AWC, CANSUP Geilenkirchen..

The AFSC clearly addresses a professional development need within the Air Force. The lecture support for this course and the trial course provided by the senior officers of the Air Force has been outstanding. The list of senior guest lecturers for AFSC 9301 reads like a who's who of the Air Force: LGen Huddleston, MGen Cuppens, BGen Buckham, BGen Diamond, BGen Ranson,

BGen Slaughter, Col Bertram, Col Brennan, Col Cable, Wg Cdr Freeman (UK), Col Lee, Col Little, Col Litton, Col Noonan, Col Pennie, Col Pirson, Col Sharpe, and Col Wakin (USAF). In addition, numerous (too many to recognize individually) other key Headquarters staff officers, also addressed the course. Similarly the support from 17 Wing has been superb, not

only for the AFSC's day-to-day operations, but also for its participation in the "Wing Briefing and Symposium Day", led by the Acting Wing Commander, LCol Meindl. "Thank you" to all personnel involved in achieving this Air Force milestone. Congratulations to the graduates of AFSC 9301 who undoubtedly are on their way to becoming the future leaders of the Air Force!

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Front Row (L-R) WO M.L. Gauvreau, Mr. W. Hartman (Comdt), WO M.B. McGillivray (CC).
Back Row (L-R) WO R.J. Vivian, Sgt K.C. Richard, CWO M.F. Cousens (SCWO), Sgt R.J. McCarthy,
WO J.D. Beaudoin.

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CERTIFICATE OF SERVICE



Capt Giroux received his certificate of service from Col Proulx for 29 years of service.

**Happy
FATHER'S
DAY**

**June
20**

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CFANS Update

It came to light at the recent Governors of Grosvenor Barbecue that, in his previous civilian incarnation, 9208's 2Lt Darren Lines worked as a chef. When queried about this discovery Lines' Course Director Capt Rick "Sweat Pea" Hone confirmed "I'm not sure if flipping burgers at MacDonalds is being a chef, but yes he apparently was employed by a restaurant for a brief time."

To some in attendance, particularly those unfortunate few who had sampled some of Darren's delicacies (those old Cajun favorites: blackened hot dogs and hamburgers), this news came as a rather shocking revelation. Said fellow Governor 2Lt Rob Masutti as he bit into one of the aforementioned burgers "I guess this settles the career change question."

Congratulations are in order to Captains Bergsma, Brooks, Coates, Crosier, Heselgrave, Lawrie and Roy on their recent upgrade to "B" category instructors. Although the instructors appeared to accept the honor in a rather non-chalant manner, Chris Roy's exuberance was obvious in the ceremonies aftermath. "Wow! This is great! "B" cat in less than a year. Its taken some fellows a lot longer than that to receive theirs." said Chris.

Speaking of Capt Bert Fenton, he appears reinvigorated by his recent fishing/mountaineering trip in Northern Ontario. According to Bert, he proved the skeptics wrong again this year and was successful in "bagging" some big ones. Said a satisfied Fenton discussing his fishing prowess, "It's really not too difficult. Once you find the right spot it's a pretty simple matter to get your hands on a couple of nice ones."

"Yea! Yeah!" grumbled his exasperated companion Capt Dan O'Grady "It's not a particular challenge to snag a few at the Safeway fish department, Bert!" Apparently Capt Fenton fared equally well in the socializing department, as he had a rather "intimate" encounter with several members of the opposite sex. Again, although you can't argue with his results, questions can be raised about his methods. According to Dan, his anxious traveling companion failed to notice the "Ladies" sign at the Kenora Husky station and as a result this oversight had a somewhat startling encounter.

On the sports front, the CFANS students experienced little difficulty in whipping the current Staff Air Navigator Course (SANC) 16-7 in a ball hockey match last week. Said OCdt Andre "The Rocket" Martel commenting on the ease with which they defeated



LCol Leclerc presenting "B" category certificates to Capt Heselgrave, Lawrie and Roy.

the SANC squad, "Geez! Looking at the way these fellows play ball hockey, it's hard to imagine that they were ever students at the Nav school."

Congratulations to Capt Ken Craig and his wife Sheila on

their recent marriage in Barrie, Ontario. Best of luck from the staff and students at CFANS."



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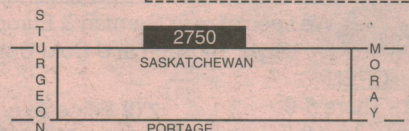


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Racism in the CF

By the Chief of the Defence Staff

As most of you are well aware, recent events have raised the spectre of racism in the CF. I am concerned that you may feel that the whole of the CF is being judged on the basis of the behaviour of a few. Members of our families have also been affected. In dealing with this issue, I offer you the following:

First of all, I want to assure you that the CF does not tolerate the promotion of

hatred or racist behaviour. In fact, we have a policy of zero tolerance towards any form of personal harassment, including that involving racism. My CANFORGEN 31/93 spoke to you about my expectations on working toward eliminating harassment in the CF and DND workplace.

Secondly, it is the duty of all of us to both protect and reflect the values held by our fellow Canadians. This duty takes

many members of the CF into dangerous circumstances. At this moment, some 4500 soldiers, sailors, and airmen and airwomen are deployed globally preserving peace, delivering humanitarian aid, and helping to organize democratic elections.

Thirdly, my contact with Canadians from all walks of life has assured me that the majority of our fellow Canadians do not judge the

CF on the basis of the reported actions and attitudes of a few individuals. On a daily basis I receive reassurances of the respect with which you are held. That respect is earned by your actions here in Canada and abroad. At a recent order of military merit installation ceremony, His Excellency The Right Honourable Ramon Hnatyshyn, Governor General Of Canada reinforced this view when he said "It is this combination—this sense of mission on behalf of Canada, this sense of civilization on behalf of the world—that makes the Canadian Armed Forces an institution to be cherished. Our forces are regarded with

respect and affection by those they have aided abroad. Canadians owe them the same regard, and thoughtful Canadians know that."

You and your families have every reason to be proud of your dedications, the sacrifices you make, your professionalism and the values you uphold. Canadians recognize and appreciate these qualities and the contributions that you are making to the betterment of Canada and the world. Keep up the good work. I am proud of you and your accomplishments.

Racisme au sein des FC

Par le chef de l'Etat-Major de la Défense

Comme la plupart d'entre vous le savez probablement, certains événements récents ont amenés le spectre du racisme au sein des FC. Je veux vous exprimer mes préoccupations à ce sujet puisque je sens que bon nombre d'entre vous pensez sans doute que l'on a tendance à vous juger d'après le comportement de quelques individus. Nos familles ont également été touchées par cette question, et j'aimerais profiter de l'occasion pour vous offrir les conseils suivants.

En premier lieu, je tiens à vous affirmer que les FC n'encouragent pas la haine ni le comportement raciste. De

fait, nous avons une politique de tolérance zéro à l'égard de toute forme de harcèlement, y compris le racisme. Dans le CANFORGEN 31/93, je vous ai fait part de mes attentes, lesquelles visent à éliminer le harcèlement au sein des FC et du MDN.

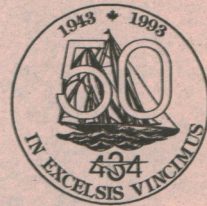
En deuxième lieu, il est du devoir de tous membres des FC de protéger et de refléter les valeurs auxquelles nos concitoyens attachent une grande importance. En raison de ce devoir, de nombreux militaires se retrouvent dans des situations dangereuses. A ce moment-ci quelques 4,500 membres de l'armée de terre, de l'armée de l'air et de la

marine sont déployés à l'échelle du globe afin d'y maintenir la paix, d'apporter de l'aide et de contribuer à la tenue d'élections démocratiques.

En troisième lieu, mes contacts avec des canadiens de toutes provenances m'ont permis de découvrir que nos concitoyens ne jugent pas les FC à partir d'actes et d'attitudes attribués à quelques individus. On me confirme quotidiennement le respect que vous inspirez, respect que vous vous êtes attirés en raison de vos interventions tant au Canada qu'à l'étranger. Au cours d'une récente cérémonie de l'ordre du mérite militaire, son excellence, le Gouverneur Général, vous a rendu hommage. Voici les paroles qu'il a prononcées. "Le sentiment d'accomplir une mission au

nom du Canada et de servir l'humanité au nom de la communauté internationale fait des forces canadiennes une institution digne d'admiration. Nos forces sont considérées avec respect et affection par les peuples qu'elles ont aidés. Les canadiens leur doivent les mêmes égards, et les plus avisés le savent."

Vous pouvez être fiers à juste titre, vous et les membres de votre famille, de votre dévouement, de vos sacrifices, de votre professionnalisme, des valeurs que vous défendez. Les canadiens reconnaissent et estiment ces qualités ainsi que la contribution que vous apportez au mieux-être du Canada et des autres pays. Continuez votre excellent travail. Je suis fier de vous et de vos réalisations.



20-22 Aug 93

For more info contact
Major Dave Dares
Chairman
50th Anniversary
Committee
434 Combat
Support Squadron
12 Wing,
Shearwater N.S.
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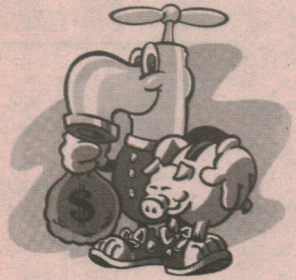
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ENVIRONMENT WEEK

JUNE 5 - 12

SAVING MONEY ON YOUR WATER BILL IS EASIER THAN YOU THINK!



Use these water saving suggestions to lower your water bills and benefit the environment. We've included 8 simple, tried and true water saving tips you can put to good use around your home. But water conservation doesn't end there. **Conserve water, because the meter's running... and you pay the bills.**

MONEY SAVING TIPS:

- 1. Brush Off!**
Turn off the water while brushing your teeth or while shaving - never let the tap run continuously.
- 2. Food Colour For Thought!**
Check your toilet for leaks. Put a little food colouring in your tank. If colour appears in your bowl, you have a leak that should be repaired immediately.

- 3. Chill Out!**
Running the tap continuously, waiting for the water to run cold is very wasteful. Instead, fill a bottle with drinking water and keep it in the refrigerator to save yourself water and time.
- 4. Fill'er Up!**
Wash only full loads of laundry or full loads of dishes.
- 5. Nighttime Is The Right Time!**
Water your lawn during the coolest parts of the day - early morning or at night - to reduce water lost to evaporation. Position the sprinkler so the water lands on the lawn, not on paved driveways or sidewalks.

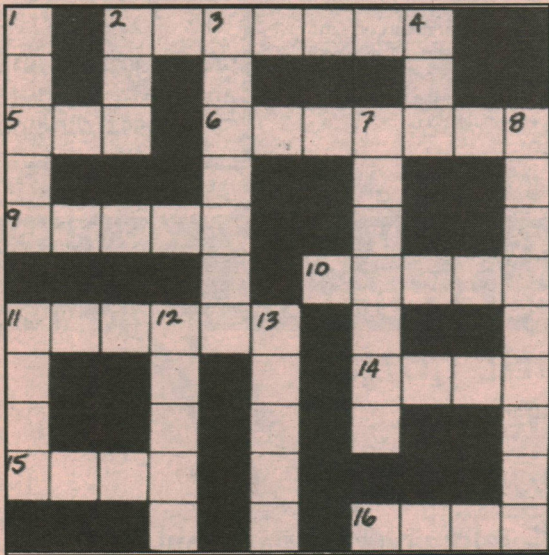
- 6. Clean Sweep!**
Sweep leaves and gravel off driveways rather than hosing them off with water.
- 7. Light Showers Forecast!**
Take shorter showers, or install a water-saving shower head. Long showers can waste 5 to 10 gallons of water per minute, and waste the energy required to heat the water.
- 8. Space Saver!**
Put an accepted water displacing device in your toilet tank (eg. a gravel filled bottle). By taking up space in the tank, it will help reduce the amount of water wasted with every flush.

CONSERVE WATER.
The Meter's Running!

How can you cool your house and save money too? Keep your home well insulated, lower the blinds, and close the curtains to keep the heat out during summer days. The idea is to cut down on your use of air conditioning and conserve energy. It doesn't take much to help slow global warming.

An environmental citizenship message from Environment Canada.

ENVIRONMENTAL PUZZLE



Across

- we dispose of this in landfill sites
- atmospheric Environment Service (abbreviation)
- recyclable garbage used as natural fertilizer
- another name for poison
- antonym for dirty
- "every _____ bit hurts"
- water molecules take a journey or _____ down Eco River
- wilderness land set aside by government
- it takes in carbon dioxide.

Down

- a tree is a _____
- methane is a natural _____
- if we reuse something we _____ it
- the name of our river
- to contaminate the environment
- humans breathe out, plants _____
- a jump by a deer
- leaky septic _____ can pollute the groundwater
- one method of travel for our water molecules

Answer on page 9

EVERY DROP COUNTS



CHAQUE GOUTTE EST PRÉCIEUSE

Diane Sacher (Winnipeg).

A review of water use patterns in Winnipeg indicates that 87-97% of annual water use occurs indoors, and 65% of annual use occurs in the residential sector. While overall per capita consumption in Winnipeg is increasing by 1% per year, data indicate that per capita consumption for the residential sector is increasing at an average of 2% per year.

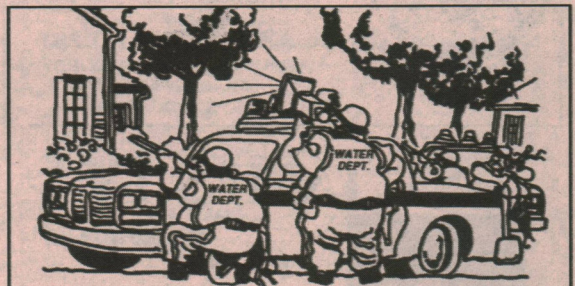
The benefits of a successful water conservation program to the water utility and the City of Winnipeg include: positive community relations, environmental stewardship, and reduced energy consumption for pumping (leading to reduced operating costs). The program will also demonstrate responsible resource use to regulatory authorities, provide valuable planning time, and defer the requirement for water supply system expansion and associated capital expenditure.

The short-term goal is to achieve a 5% reduction by 1996. This will defer the need for a supplementary supply from 1997 to 2010. Initiatives planned for the first year program include:

- * public relations and advertising
- * consultation with commerce and industry
- * employee education
- * pilot retrofit program
- * water rate structure review
- * unaccounted-for water study
- * review of city water use.

Here's a good energy saving tip: plant trees around your house. It's a natural way to insulate. Trees act as windbreaks in winter and provide shade in summer. And consider this: A tree can absorb up to 4.5 kilograms of carbon dioxide from the air every year, so they clean the atmosphere too!

An environmental citizenship message from Environment Canada.



"We know you're in there lady - we've got your petunias surrounded! ...give up the water sprinkler and nobody gets hurt!"

Scientists tell us that we could double the amount of carbon dioxide in the atmosphere during the next century if we don't become more energy efficient. Carbon dioxide is the largest contributor to global warming. Be energy smart!

An environmental citizenship message from Environment Canada.

Code of Environmental Stewardship



The Canadian Forces and the Department of National Defence commit to:

Integrate environmental concerns with operational, financial, safety, health, economic development and other relevant concerns in decision-making;

Meet or exceed the letter and spirit of all applicable federal environmental laws and, where appropriate, to be compatible with provincial and international standards;

Improve the level of awareness throughout the Canadian Forces and the Department of National Defence of the environmental and health benefits and risks of operational decisions, and to encourage and recognize the actions of personnel;

Apply environmentally responsible management practices to hazardous substances used in operations, including biological products, specifically with regard to the acquisition, handling, storage, safety in use, transportation and disposal of such substances;

Ensure that environmental considerations are integrated into procurement policies and practices;

Week cost-effective ways of reducing the consumption of raw materials, toxic substances, energy, water and other resources, and of reducing the generation of waste and noise associated with day-to-day operations; and

Acquire, manage and dispose of lands in a manner that is environmentally sound, including the protection of ecologically significant areas.



Environmental Citizenship

DID YOU KNOW?

SUCCESS STORIES - WILDLIFE

Thanks to the work of wildlife conservation groups and governments, efforts have been made to help endangered wildlife.

Here are some examples of "good news" stories:

- The White Pelican was taken off the endangered species list in 1987

- The wood bison was downgraded from endangered to threatened in 1988.

- Over the next 5 years, 20 Peregrine Falcons a year are being re-introduced to the Bay of Fundy region.

- Environmental and governmental groups are helping to conserve wetlands and waterfowl habitats.

- Canada and other countries are banning the import of ivory to help protect the African elephant from being killed for its tusks.

WETLANDS

Wetlands are also known as fens, swamps, marshes or bogs - grassy areas periodically covered with shallow waters. They provide a home and breeding ground for many plants and animals that are unable to survive anywhere else in the world. However, many people see them only as breeding grounds for pesky mosquitoes and would like to see them drained or filled.

Wetlands are facing threats from many directions. They are being drained for the development of housing and industry and for valuable farmland. The wetlands also become contaminated by absorbing pollutants from sources such as industry, settlement and farmers' pesticides.

The wetlands are a habitat for many animals. It provides all that the animal needs for survival - food, water, shelter and space. An animal's habitat is its neighbourhood.

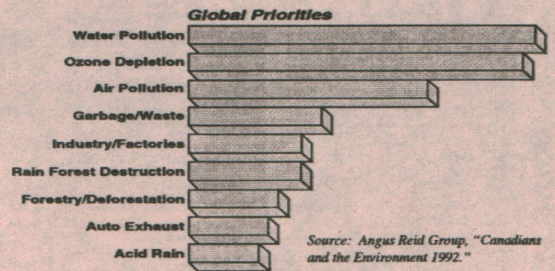
Plants and trees help clean the atmosphere and keep things in balance. Did you know that by not replanting our forests and letting them regenerate, we upset this balance and increase the amount of carbon dioxide in the atmosphere?

An environmental citizenship message from Environment Canada.

For Canadians, water pollution tops the list of global environmental concerns.

Interest in the environment in Canada is high and is staying there.

Water is part of the Canadian identity. Canadians are recognized by the international community as strong advocates of water. The environmental issue is one where the public feels empowered to do something. Water conservation requires individual action, creating a potential for participation.



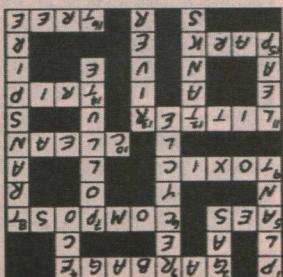
Global warming can be a two sided issue. For instance, it may decrease the length and severity of our winters. On the other hand, we may also experience an increase in drought conditions in the warmer months.

An environmental citizenship message from Environment Canada.

Global warming may extend your golfing season. However, it could also seriously affect agriculture, fisheries, and forestry in Canada.

An environmental citizenship message from Environment Canada.

PUZZLE SOLUTION



Why use a dryer when the outdoor sun and air can dry your clothes?

When possible, hang your clothes on your clothes line. Simple steps can help slow global warming.

An environmental citizenship message from Environment Canada.

HAZARDOUS MATERIAL AND RECYCLING DROP OFF

Hazardous material drop off and recycling will take place at 17 Wing Winnipeg.

Time: 0730 - 1900
Date: 25 and 26 June
Place: Northsite - skating rink
 Southsite - skating rink



Base personnel wishing to dispose of solvents, paints, oil, chemicals, old batteries, household cleaners etc. can drop them off for disposal or recycling.

Help yourself to usable material.

Watch for signs and flyers.

OPI: CWO Neath, WCE Loc 5130.

WING TRANSPORTATION

Safe Driving Award Recipients



Front row left to right: Cpl T.J. Gaudet (10 yr), LCol B.J. Meindl, A/W Comd, Cpl D.J. Fraser (5 yr).
Rear row left to right: Cpl J.A. Crossley (10 yr), Mr. A. Chilton (15 yr), MCpl F. Godmaire (10 yr), MCpl J.D. Matkowski (10 yr), MCpl M.C. Guay (10 yr), Cpl J.A. Vanderlinden (5 yr).

Safe Driving Awards

DND policy is to recognize outstanding effort and achievement in the prevention of MSE Accidents. To this end the Safe Driving Award program rewards individual MSE OP and MDO personnel on 5, 10, 15 and 20 years of accident free driving.

The achievement by these recent award recipients, attests to each individuals commitment to accident free driving. With a total of over 75 years of collision free driving, these professionals have not only contributed through their safe driving but by the example they have set for other drivers to follow. For the rest of us, both professional and non-professional drivers, the challenge is in and accident free driving is the goal. You can do it!

Retirement



Mr. G. Irwin happily receives his retirement certificate, for 13 years of dedicated service, from LCol B.J. Meindl, A/W Comd

As The Wheel Turns

In this installment of As the Wheel Turns we find Wing Transportation holding their Annual Professional Drivers Competition, on 16 & 17 April. The competition started on Friday by testing the competitors knowledge on their chosen vehicles, namely 3 Ton stake truck, 40 passenger bus, and tractor trailer. While the written and defect tests were being administered the Road Rally, a privates only event, was being run.

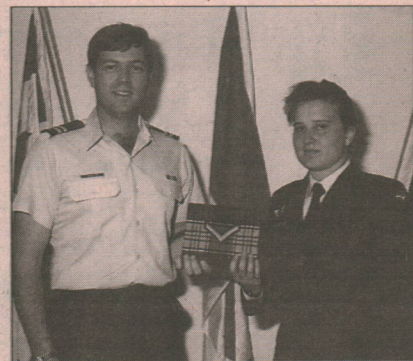
Saturday morning marked the start of the main event. In the early morning light Kapyong Parade Square looked like the parking lot at a highway truck stop. Many local truck dealers, trucking companies and bus lines had supplied vehicles for our competition. The generosity of these companies was appreciated as it added much to the atmosphere of the event. After a few formalities the competition got under way. Soon drivers were winding their way between traffic cones, each one vying for a chance to represent Winnipeg in the Regional Competition in Edmonton. After a day of fierce competition, with Cpls Dan Roach and Dan Begin running first and second respectively in the tractor trailer event, the winners were declared. Cpls Rocky Rempel and Dan Roach placed first and second respectively in the bus category. The 3 ton event had Cpl Dan Begin taking top honors with Dan Roach finishing off a great day in second. A strong third went to Mr. Jack Campbell. Last but not least the road rally team of Ptes Bob Lemesurier and Jeff Graham captured the gold while Ptes Denise Ross and Pete Remillard came in a close second.

All participants agreed the day went extremely well, even the weather man co-operated. Congratulations to the organizing committee under the direction of Sgt Rick Forrest for a job well done. So till next time folks, "keep the shiny side up" and "keep on trucking".

Promotions



Maj Senechal, WTnO, presents Cpl Keith Armstrong with his new rank, effective 19 May 93. Well done "Beetle".



Capt Johnson, A/WTNO presents Pte Cara Blenkhorn with her new rank, effective 18 Apr. 93.

SOUTH SIDE COMMUNITY COUNCIL

We would like to send out a huge thank-you to all those who participated in our Spring clean-up. We had a great turn-out to tidy the common areas. The Wing Commander, Col Proulx, also expressed his pleasure with the effort. We were happy to see everyone out in their own yards that day, cleaning up.

Every bit helps, keep up the good work, that Winnipeg wind blows garbage all over!

SSCC will hold their next meeting on June 22nd at the rink building at 1830 hrs. All those who are curious may attend.

We are looking into many issues of concern to the Southside, such as our rink and painting the playgrounds. But, one item that applies to everyone is the speed limit on our back lanes.

PLEASE SLOW DOWN BEFORE ONE OF OUR CHILDREN ARE HURT.

Thank-you.

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1755 Pembina - 261-9241
1380 Ellice - 783-1067

ATTENTION! REMARRIAGE FAMILIES

Remarriage can be rewarding and offer a loving and satisfying lifestyle to its members. To assist remarriage couples and families to more effectively attain their goal of healthy family functioning and growth, Capt Paul Rosebush, Social Worker, will be offering specialized confidential counselling for remarriage couples/families beginning in Jul 1993. For a consultation or more information, please contact the Regional Social Work Office at 833-5479. Don't miss this opportunity to build a better foundation for successful family life!

Remarriage families are formed by the joining in marriage of at least one previously married person with children to someone who may or may not hold the same status. Remarriage families can be further characterized by the addition of a step-mother, step-father, or both into a pre-existing family system. In the past, remarriage typically occurred following the death of a spouse. Today, approximately 90 percent of remarriages follow divorce.

Statistics Canada refers to this specific population as "reconstituted" or "blended." As a percentage of all marriages in Canada in 1986, 22 percent involved the remarriage of at least one spouse. It has been estimated that 76 percent of divorced men and 44 percent of divorced women will remarry. These

statistics increase considerably for the widowed and divorced population under 35 years of age. The number of divorces skyrocketed from approximately 30,000 in 1971 to approximately 78,000 in 1986. Concurrently, remarriage numbers increased almost proportionally from 22,000 in 1971 to 38,000 in 1986. Exact statistics on the number of children in blended families are unavailable, but Statistics Canada is of the opinion that their numbers are also rapidly rising. Some researchers have even gone so far as to suggest that 50 percent of the children born in the 70's and 80's will reside with a divorced or widowed parent. Further, it has been predicted that by the year 2000 remarriage families will actually outnumber first marriage families.

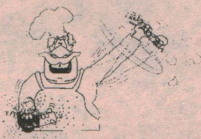
While the numbers of people who are part of a remarried family have increased dramatically, society (while more accepting of this practice) has not yet developed appropriate language terms, laws or customs to legitimize remarriage. Further, normal adjustment problems develop for remarriage families as a result of their complicated family organization. The consequences of living in a society that frowns on remarriage and that does not offer suitable direction to assist remarriage families is a high rate of marital breakdown for remarriages. In fact, a remarriage is twice as likely to fail over a first marriage.

Clearly, no one enters into a remarriage relationship with the goal of seeing it dissolve. However, people are entering remarriages in large numbers with unrealistic expectations and without a clue as to some of the implications of their decision. Society will evolve to someday legitimize and support the practice of remarriage but that does not solve any of the difficulties of living in a remarriage family today.

PHYL'S BISTRO

Hello! How are you all doing? Some of you that know me, are aware that, I was working at the Round Table restaurant last year. I really enjoyed the time I spent there, the staff was the best. I have a lot of fond memories of them all.

Moe, the manager of sanitary engineering (the dishwasher), played a key role. He had a nickname for everyone, it all depended on your character. The expression around the kitchen was "MOE KNOWS". Here are some of the nicknames of the staff at the restaurant. Pigeon, Bakla-guy, Turn and burn, Poofier, My king, Durendabob, Sparky, Kenny tetai, Mo malakia, Haywire and Short circuit. It got so bad at one point, that we even put their nicknames on the computer so that it would be printed on the bills that went to the kitchen.



The assistant manager Barb (Mama), was a hard person to figure out, you would never know how to take her. It took me about 3 months, but I finally got through the facade of the hard line *@#*@!

I had to make a dinner special one night, I decided that I would make "POACHED SALMON WITH EGG SAUCE". Mama tasted the sauce and was not too pleased. "I DON'T LIKE EATING AN EGG SALAD SANDWICH WITH MY SALMON", she said in disgust with a stern voice. I argued that you have to have the salmon with the sauce to appreciate it. But there was no convincing her, so I cooked up a piece of salmon, slapped it on a plate, dumped some sauce on it and put it in front of her.

THAT NIGHT'S SPECIAL WAS.....This week's tasty treat for two!

POACHED SALMON WITH EGG SAUCE

2 6oz Pieces of salmon (either steaks or darnes)

Court bouillon (poaching juice)

- 1/2 an onion cut in 4
- 1 sm sliced carrot
- 1 sliced celery stalk
- 2 bay leaves
- salt and pepper
- 1/2 a lemon cut in 2
- water

Egg Sauce

- 3 Tbsp margarine
- 3 Tbsp flour
- 1 Tbsp chicken base
- 2 cups milk
- 2 Tbsp Parmesan cheese
- Salt & Pepper to taste
- 1 tsp garlic powder
- 2 eggs (hard boiled)
- 1 tsp chopped parsley

In a large sauce pan, put all the ingredients of the court bouillon and water until there

is about 3 inches of mix. Bring to a boil, then simmer for about 10 minutes. While it is simmering put the 2 eggs in to cook.

In a medium sauce pan melt the margarine, when it starts to bubble add the chicken base and flour, make sure that you use a medium heat so it doesn't burn. Let it cook for a minute then add the milk, parmesan cheese and garlic powder. Don't let the sauce stick on the bottom, as it starts to heat up it will also thicken. Add the salt and pepper to taste, when the eggs are hard boiled peel and then chop

them (not too fine) and add the eggs and the parsley to the sauce. If the sauce needs thickening use a little corn starch and water mix. Place the salmon in the court bouillon and cook for about 10 minutes (or until done). To check if it is done break it open and see that it nice and pink all the way through. When it is cooked put it on a plate and cover with sauce. All that is left is to add your favourite rice and veggies.

ENJOY !!!!

FREE - TO ALL MILITARY & CIVILIAN EMPLOYEES AT CFB WINNIPEG. YOU AND YOUR SPOUSE ARE ENCOURAGED TO ATTEND THIS FREE LECTURE ON 17 JUNE 93 AND...

TAKE CONTROL OF YOUR FINANCIAL DESTINY! WITHOUT CHANGING JOBS OR TAKING UNNECESSARY RISKS



Charles J. Givens has dedicated his life to teaching others throughout his life using easy to understand financial strategies. His books, *Wealth Without Risk*, and *Financial Self Defense*, have become the biggest selling financial books in history with over two million copies sold. They have remained at the top of *The New York Times* best sellers list for over two years, and Canada's *Wealth Without Risk* for Canadians is still topping our national best sellers list for the past 60 weeks.

Now in Canada, Charles J. Givens has researched every ruling made by Revenue Canada, as well as every official interpretation bulletin, circular and court decision to help you on the way to your own wealth without risk.

FRP APPROVED PROGRAM

MEMBERS' COMMENTS

"The Givens material is very detailed and presented in such a way that the average person can make excellent use of the information. I was the Base Financial Counsellor at CFB Summerside for two years. This package makes excellent sense and should be made available to all members of the CF through SCAN."
Chief Warrant Officer K. Edgett (Ret'd) - Trenton

"Aside from the financial bonuses granted under the Forces Reduction Program, I sincerely feel that the Givens Wealth Master package is by far the best benefit military members can take advantage of. It is a comprehensive and personally tailored Canadian financial management and small business program affording six months of unlimited consultation from the best organization of its kind in the world. Those who choose it and use it will be more than satisfied and I have the testimony of several fellow servicemen to support my sentiments."
Master Warrant Officer Don Huxi (Ret'd) - Ottawa

Attend our free lecture for all military and DND employees. Special emphasis on benefits for Forces Reduction members.

Learn strategies to take advantage of cash out, severance pay, RRSPs, pensions, SISIP, and many more financial concerns.

Free Job Search package to each person in attendance, especially written for DND members.

To ensure your DND and FRP discounts please call Jim Norman at (613)736-5997

FREE LECTURE LOCATION
THURSDAY, JUNE 17, 1993
3:00 PM & 7:30 PM
RADISSON SUITE HOTEL
1800 WELLINGTON AVE
WINNIPEG

IN THIS LECTURE LEARN TO:

- Slash all insurance premiums up to 50%
- Reduce your mortgage cost by 33%
- Earn over 15% a year, every year, in a low risk investment program
- Save up to 60% on the next car you buy

Cinema Theatre

Your Community Theatre Everyone Welcome

Whyteford & Ness 888-6290 (Recording)
*Admission: Adult \$3.50 Youth \$3.00 Child \$2.00
Wheelchair Accessible
*Thurs - Mon 8:00pm (Closed Tues - Wed)
*Matinees (When Scheduled) 2:00pm

THE CRUSH

Cary Elwes

Thur-Fri
June 10-11

Parental Accompaniment
Not suitable for children

SPLITTING HEIRS

Rick Moranis
Eric Idle

Sat-Sun-Mon
June 12-13-14

Parental Accompaniment (Req'd for those under 15)

BENNY & JOON

Johnny Depp
Mary Stuart
Masterson

Thur-Fri
June 17-18

Parental Guidance
All May Attend
Not suitable for children

THIS BOY'S LIFE

Robert DeNiro
Ellen Barkin

Sat-Sun-Mon
June 19-20-21

Parental Accompaniment (Req'd for those under 15)
Language Warning8

C O M I N G

Teenage Mutant Ninja Turtles - June 24-25
Indecent Proposal - June 26-27-28

Sidekicks
Dragon Dave
Lost in Yonkers

17 WING WINNIPEG COMPUTER CLUB

We are soliciting interest in starting a Base Computer Club. All DND members, military and civilian, and dependants in the Winnipeg area are eligible for membership.

If you are interested in being a member or working as part of the executive (excellent experience and PER/resume material), take a few minutes to call or write a note. Please include your name, phone number, mailing address, interests and experience. Note that ADP experience is not a prerequisite to membership.

Once there is sufficient interest we will hold the first meeting to elect the executive and proceed from there.

Send replies or inquiries to Base Telecommunications, Attention: Cpl Ben Sorsdahl or phone 833-5048. Additional information can also be had by contacting any member of the Base Telecommunications ADP Section.

CLUB D'ORDINATEUR 17e ESCADRE WINNIPEG

Nous sollicitons votre intérêt pour commencer un club d'ordinateur pour la base. Tous les membres du MDN (militaire & civil) et vos dépendants qui sont dans la région de Winnipeg sont éligibles pour être membre.

Si vous êtes intéressés à devenir membre ou travailler dans l'exécutif (donne une bonne expérience et es bon sur un "PER"), vous pouvez appeler ou écrire. Nous aimerions avoir vos noms, numéros de téléphone, adresses, intérêts et expériences. Vous n'êtes pas obligés d'avoir d'expérience pour être membres.

Lorsque nous aurons suffisamment de personnes intéressées nous aurons la première réunion pour élire l'exécutif et planifier le reste.

Envoyez vos réponses ou questions à Base Telecommunications, au soin de: Cpl Ben Sorsdahl ou appelez 833-5048. Pour plus d'information appelez la section ADP au même numéro.

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 Anniversay
Alouette, QC.
GOV 1A0

BOTTLE DRIVE 104 SCOUTS

Place: 17 Wing Winnipeg (South Side)
Date: 19 Jun 93
Time: 1000-1400

The following items to be collected:

Cans - Pop, beer, beverage ONLY
Bottles - Beer, liquor, juice

These are the only items that are recyclable. Please place items by the back door or by your garage as the boys will not be ringing doorbells.

Support your environment and your Boy Scouts at the same time. If there are any questions please contact WO Buell AMS 5-2 local 5999.

Thrift Shop open at 34 Bourkewood Place

Tues/mardi 6pm - 8pm
Thur/jeudi 1pm - 3pm
Sat/samedi 10am - 3pm

**Marché aux Puces
ouvert:
Bourkewood, 34**

SILVER ANNIVERSARY CFS ST JOHNS

Canadian Forces Station
St. Johns will be celebrating
its 25th anniversary on
Friday, 25 June 1993.

The celebration will take
the form of a parade,
a BBQ and a dance.
All serving and former
members of
CFS St. Johns and lodger
units are welcome to attend.

Contact Capt Kelly or
Roy Haynes, telephone
(709) 570-4745 or
(AV) 568-4745
for more information.



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.

NEW HOURS AT 54 BOURKEWOOD

Beginning 14 June 1993 the Family Support Centre program facility at 54 Bourkewood Place will be open on Monday, Tuesday and Wednesday mornings from 9:00 am until 12:00 noon (except holidays). Northside residents are invited to drop in for coffee and to check out the new Resource Centre. Staff members and volunteers from the military community will be available to welcome you, handle enquiries and make referrals.

The telephone number at 54 Bourkewood is 831-7122. We will keep these hours for a three month trial period, at which time we will re-evaluate this program. We would appreciate hearing from you about this project. Please call the above number or the FSC Administrative Centre at 833-6870 if you have any suggestions or enquiries.

Dear Newcomers:

The Family Support Centre staff and volunteers extend a hearty welcome and an invitation to join us for coffee and conversation. The coffee breaks are an opportunity for us to meet and talk about existing programs and services as well as hear what kinds of resources and services you might find valuable.

The coffee breaks are informal and we have scheduled different times so that everyone has an opportunity to attend. Volunteer resource people from the community will be available to provide information in both French and English.

EVERYONE IS WELCOME — SEE YOU THERE !!!!!

COFFEE BREAKS AT 54 BOURKEWOOD PLACE

Wed. July 21 10:00 a.m.
Wed. July 28 1:00 p.m.
Thurs. Aug. 12 7:00 p.m.

COFFEE BREAKS AT LIPSETT HALL

Mon. July 19 7:00 p.m.
Tues. July 27 10:00 a.m.
Mon. Aug. 9 1:00 p.m.

STAY TUNED FOR MORE INFORMATION ON FAMILY OUTINGS AND A TOUR OF THE FAMILY RESOURCE CENTRE.



LEARN TO SWIM



RED CROSS SWIM LESSONS

Where: Lipsett Hall Pool
When: 22 Jun 93 - 22 Jul 93
Days: Tue & Thu
Time: 1800-2000 hrs
Cost: \$21.40

PARENTS & TOTS

Where: Lipsett Hall Pool
When: 26 Jun 93 - 25 Jul 93
Days: Sat & Sun
Time: 1100 - 1200 hrs
Cost: \$16.10

REGISTRATION

Registration will be held Tuesday, 15 Jun 93 at Lipsett Hall from 1800-2000 hrs. Personnel who are unable to register at this time can register by reporting to Lipsett Hall Cpl MacKay on 16 or 17 Jun 93, between the hours of 0900-1100 hours only. These will be the only times you can register.

NOTE: All personnel registering for swim classes have to obtain a Recreation Association Pass. In order to obtain a pass you can register with the Recreation Council Clerk on Tuesdays and Thursdays between the hours of 0900-1100 hrs.



Padre Jacques Hamel,
Chaplain (RC) South Site

GREETINGS FROM THE CHAPELS

**C:> WORDPERFECT 5.1/
WINDOWS. WIN VERSUS
C:>PERFECTWORD/GOSPEL/J.C.**

Most of us enter WP5.1 every day. Every day we use a computer. We have one at work and even have one at home and maybe for the most fortunate a "NOTEBOOK". If the power was off one day, we would barely be able to work. People of every age use a computer when they go to Automatic Tellers. We push on numbers and letters and it works.

Since when I tried C:> PERFECTWORD/GOSPEL/J. CHRIST? We have realized

that our life is so simplified since the advent of COMPUTERS, why not try to switch to DOC 2 (ALT-F3) + ENTER in order to give a new understanding to our Spiritual Life?

The PERFECTWORD is the Main KEY to all our questions about life, all the answers to all problems and questions of our time. It is just like any software, we have to dedicate quite some time to it in order to become good at it.

Would you be willing to give it a try? What about taking five minutes of your time to read the DOCUMENTS:

- C:>PERFECTWORD/
GOSPEL/MARK
- C:>PERFECTWORD/
GOSPEL/JOHN
- C:>PERFECTWORD/
GOSPEL/MATTHEW
- C:>PERFECTWORD/
GOSPEL/LUKE
- PRESS: ENTER.

Good luck in becoming a PERFECTWORD Wiz.

**C:>WORDPERFECT 5.1/
WINDOWS.WIN VERSUS
C:>PERFECTWORD/
EVANGILE/J.C.**

La plupart d'entre nous utilisons le WP51 quotidiennement. On se sert de notre ordinateur à tous les jours. Nous en avons un au travail, et un même chez nous et peut-être pour les plus chanceux un portatif. Si un jour le courant venait à manquer, nous pourrions à peine faire notre travail. Les personnes de tout âge se servent d'un ordinateur lorsqu'ils vont à la banque pour faire des transactions au guichet automatique. On appuie sur des chiffres et des lettres et ça marche.

Depuis quand ai-je essayé C:>PERFECTWORD/ EVANGILE/JESUS CHRIST? Nous réalisons que notre vie s'est simplifiée depuis l'avènement des ordinateurs. Pourquoi pas essayer de transférer au DOC 2 (ALT F3) + ENTER pour avoir une nouvelle compréhension de notre vie spirituelle?

Le PERFECTWORD est la clef principale pour toutes les questions de notre vie, pour les réponses à tous nos problèmes et aux problèmes de tous les temps. C'est comme un logiciel, nous devons prendre du temps pour l'étudier afin d'en devenir compétent.

Aimeriez-vous essayer? Pourquoi pas prendre quelques minutes de votre temps pour lire les DOCUMENTS:

- C:>PERFECTWORD/EVANGILE/MARC
- C:>PERFECTWORD/EVANGILE/JEAN
- C:>PERFECTWORD/EVANGILE/MATHIEU
- C:>PERFECTWORD/EVANGILE/LUC
- APPUYEZ: ENTER.

Bonne chance en devenant un wiz en PERFECTWORD.

ROMAN CATHOLIC CHAPELS

St. Marguerite Bourgeoys (North Site)
 Saturday: 1700 hrs (Eng) Mon: 1830 hrs
 Sunday: 0900 hrs (Fr) 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!

BECOME A BLUE BELIEVER

The Winnipeg Football Club kick off their 1993 season with a pre season game on Thursday, 17 June. This challenge will pit our experienced veterans against the untried new American addition to the CFL, the Sacramento Gold Miners. We, as members of 17 Wing and Lodger Units, have been offered the opportunity to witness this extraordinary contest of brawn and brains at a greatly reduced rate.

Tickets will also be available for all the regular season games. The exhibition game will dictate price as well as location of our seats. If we can show great support for our team we will not be stuck in the end zones and could get some really great seats.

These tickets are not part of a chance draw, so if your money is received by the due date you will receive a ticket to the game. This will ensure that everyone is a winner under this system. So lets get together and help support professional sports in our community by assisting the Winnipeg Blue Bombers in obtaining a full house for their season opener.

Tickets will be available through all North Side Messes. All tickets are regularly valued at \$25.00 but will be available only if purchased in advance prior to 8 Jun at an extra special rate of \$10.00.

POSTING SEASON IS HERE!

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Please, we need 24 hours notice.

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UNDER NEW MANAGEMENT
 THE CLUBHOUSE
 110 Quail Ridge Rd.
 987-7600

PRIDE IN OUR PAST



FAITH IN OUR FUTURE

Welcome...

ST. JAMES LEGION
 Branch No. 4
 Royal Canadian Legion
 1755 Portage Avenue
 Winnipeg, Manitoba


Bingo
 Every Wed.- Fri. & Sat.
 8:00 pm

Line Dancing
 every Tues.
 8:00 - 10:00 pm

Dancing To Live Bands
 Thurs. Fri. & Sat.
 9:00 pm - 1:00 am

Meat Draws
 Every Sat. 2 pm - 5 pm


NEW ARRIVALS



Puzzled about Manitoba License Plates?

- Fire insurance?
- Contents?
- Pleasure items?
- Life Insurance?

Obtain them at your Base Insurance Office in the Main Rec Centre



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

Call us or drop in to:
Baldwinson Agency

CHER LECTEUR ET LECTRICE

Comme vous avez pu vous en apercevoir, jusqu'à présent, les francophones de la base de Winnipeg n'avez droit qu'à une seule page du Voxair. Et maintenant à ma plus grande surprise, une deuxième page nous a été accordée. Avec tous les Francophones de la base, je voudrais remercier le LCol St-Germain (Rédacteur-en-chef) et le Capt Tom Walls de l'escadron 402 qui est notre (Managing éditeur) pour leur grande collaboration.

par Nicole Whebell

Médé! Médé!

J'aimerais attirer votre plus grande attention chers Lecteurs. Les pages de la Francophonie ont besoin de votre support. Etes vous prêt !! Allez vous assoir sur votre terrasse et n'oubliez pas de prendre une bonne tasse de café, un stylo et une feuille de papier.

Ecrivez tout ce que vous aimeriez voir apparaître sur vos pages de la Francophonie, tout ce qui vous passes par la tête.

Envoyez vos lettres à la :

17ème Escadre de Winnipeg

"le Voxair"

Westwin MB.

R3J OTO

Attn: Nicole Whebell.

J'attends avec grande impatience de vos nouvelles. MERCI.

PAUSE-CAFE FRANCOPHONE

Pause-café pour les nouveaux arrivants Francophones, avec la participation du centre du soutien des familles.

Le 06 juillet 93 à 10:00 am à 54 Bourkewood. Côté nord.

Le 21 juillet 93 à 19:00 à Lipset Hall. Côté sud.

Le 24 Août 93 à 19:00 à 54 Bourkewood. Côté nord.

Pour plus d'information contacter:

Lorraine Gouin 831-0446

Linda Pelletier 489-7260



CONNAISSEZ-VOUS LE CREE ?

Qu'est ce que le Créé ?

sont offerts par le Créé?

Le centre de ressources éducatives à l'enfance est un centre de documentation et d'animation pour les regroupements de langue Française et les individus soucieux d'offrir des soins de qualité aux enfants dontils ont la responsabilité.

Le Créé est parrainé et fait partie de la Fédération provinciale des comités de parents.

Qu'elle est la mission du Créé ?

D'enrichir la qualité de l'éducation dans le domaine de la petite et jeune enfance par des ressources éducatives et humaines.

Quels sont les objectifs du Créé ?

Fournir des ressources éducatives aux éducateurs, aux parents et aux enfants afin d'améliorer la programmation des garderie et des groupes préscolaires.

Fournir des services de soutien et d'information aux parents et intervenants afin de les tenir au courant de tout nouveau développement dans le domaine de la petite et jeune enfance.

Quels services et ressources

- Le prêt de livres de ressources, de jeux, de jouets, de livres d'images, de cassettes sonores, de marionettes, diapositives de vidéo-cassettes, de photos, d'ensembles pédagogiques, de disques, et de livres-cassettes.
- Un abonnement gratuit d'un an au mini-journal.
- Des bulletins de nouveautés.
- Des ateliers et des rencontres-échanges.
- Un fichier de personnes ressources.
- Un système informatisé afin de faciliter la recherche de documents.
- Une salle de jeux pour les enfants lorsque les parents visitent le centre.
- Un catalogue de ressources.
- Un service de consultation.
- Une banque de données concernant les services préscolaires.
- Des périodiques et des articles variés.
- Des documents et des périodiques destinés surtout aux parents siégeant aux comités de parents.

ACTIVITES FRANCOPHONES

Le souper rencontre Francophone a lieu toutes les 2 semaines, pour plus d'information contacter Anne-Marie Cloutier au 832-2183.

Le prochain souper aura lieu le 16 juin 93, au restaurant le Bombay "bicycle club" sur Grant à 19h00.

Vous trouvez le temps long ! Fatiguées de faire du ménage !

Voici la solution à vos problèmes. Venez nous rejoindre tous les vendredis matins au Petit déjeuner Francophones, afin de rencontrer d'autres personnes et de vous faire des amies. Contacter: Linda Pelletier au 489-7260.

MINI-FRANCO-FUN DU SACRE-COEUR

Hé, les francophones avec de jeunes enfants! Vous cherchez des amis? Venez nous rejoindre et partager avec nous, vos idées et le dialogue dans une atmosphère relaxe avec nos enfants.

Le Mini-Franco-Fun est un mouvement qui consiste de rencontres de petits enfants d'âge préscolaire avec leur maman ou leur papa. Ces rencontres se passent une fois par semaine, au 54 Bourkewood. Les vendredis matins de 9h30 à 11h30 et ont deux buts principaux:

a) Encourager nos enfants à parler Français.

b) Leur permettre de rencontrer et socialiser avec d'autres enfants.

CETTE ORGANISATION EST INDEPENDANTE DU CENTRE DE SOUTIEN
DES FAMILLES DE LA 17ème ESCADRE DE WINNIPEG

Pour de plus amples renseignements, joindre la présidente des Mini-Franco-Fun. Mance Legault, au 885-1378.

Tous ces programmes mentionnés sont organisés et présentés grâce à des bénévoles Francophones. Croyant à l'importance de socialiser dans leur langue maternelle, ou de maintenir leur connaissance de la langue Française. Ces programmes sont subventionnés par Franco Fonds. Un grand merci à tous les bénévoles Francophones

Chers Francophones,

J'aimerais encourager votre participation dans ces activités et j'apprécierais toute aide fournie parmi vous afin de contribuer à ces activités. S.V.P. contacter Lorraine Gouin au 831-0446.

MANITOBA CHILDREN'S MUSEUM

109 Pacific Ave 949-0109
Winnipeg MB R3B 0M1

ACTIVITES DU MOIS DE JUIN

et musique. Tout le monde chantera "encore".

Venez explorer!

3 D papier

Samedi et dimanche
5,6 juin

Avec beaucoup d'imagination, les enfants peuvent tourner une feuille de papier en une sculpture de trois dimension.

Explorons en Français

Ne manquez pas notre dernier programme en Français à la fin du mois de juin. Tous les dimanches à partir de 15:00, nous aurons beaucoup d'activités "jeux, théâtre

LES T-SHIRTS DU CREE SONT ARRIVES!!

Des chemises d'enfants identifiant le CREE en tissu 50% coton et 50% polyester se vendent pour 8,75\$. L'argent recueilli de la vente serviront à assurer la continuité du CREE. Les chemises sont de taille 6/8, 10/12, 14/16 et sont disponibles en rose, jaune, bleu et gris.
Contactez ???????????



Côte que coûte!

Le 06 juin 93

Qu'est-ce que l'argent?. Les enfants feront des voyages imaginaires au super-marché, au restaurant et au musée pour leur faire mieux comprendre le concept de l'argent.

Quel travail!

Le 13 juin 93

Les enfants discuteront des différentes carrières qui les intéressent.

Le jardin d'enfants

Le 20 juin 93

L'été arrive et il est temps de planter le jardin. Ce jardin ne sera pas ordinaire. Venez le découvrir!

De bouche à oreille!

Le 27 juin 93

Il y a beaucoup de façons de communiquer. A l'aide de jeux et d'amusement vos enfants pourront découvrir les différentes méthodes de communication.

Le musée des enfants du Manitoba est ouvert du lundi au vendredi de 9h30 à 17h00. Pendant le week-end et les jours de vacances, le musée est ouvert de 11h00 à 17h00.

L'admission est gratuite pour les membres. \$2.50 pour les enfants/étudiants et les personnes âgées et \$2.95 pour les adultes.

Pour plus d'information, contactez: Line au 957-0005.

LA LIBERTÉ

Le seul hebdomadaire
publié en français
au Manitoba

Vous n'êtes pas encore abonné?
Vous avez des jeunes enfants?

Profitez du tarif suivant offert en collaboration avec Francofonds, la fondation francophone du Manitoba:

15 \$ + taxes pour deux ans (au lieu de 45 \$)

Envoyez votre chèque, mandat-poste ou n° carte de crédit au montant de 17, 10 \$ dès aujourd'hui!

C.P. 190, Saint-Boniface R2H 3B4 Tél: 237-4823 Fax: 231-1998

LA PAUSE - LIBERTE POUR PARENTS



Vos enfants peuvent jouer dans notre garderie supervisée pendant que vous prenez une pause de liberté pour faire vos courses, tenir vos rendez-vous ou simplement pour prendre un café. Nous vous prions de nous donner un coup de fil afin de réserver les places pour vos enfants à la garderie. Nous acceptons gracieusement vos dons.

Les jeudis, de 9h30 à 11h30 au centre de ressources de St Boniface-Norwood, au 944-4268. Gisèle.

Les mercredis de 9h30 à 11h15 au centre de ressources du Parc Windsor-Southdale au 944-4267. Louanne.

Aimeriez-vous travailler au Marché aux Puces?

Nous sommes à la recherche de volontaires pour travailler un ou deux jours de travail par mois. Pour plus d'information, appelez Monique au 489-1571.

Le Marché aux Puces est situé à 34 Bourkewood. Les heures d'ouverture sont les suivantes:

mardi 6:00 pm - 8:00 pm
jeudi 1:00 pm - 3:00 pm
samedi 10:00 am - 3:00 pm

Tous les profits du Marché aux Puces sont versés au Conseil communautaire.

LES CERCLES D'AMITIE POUR MAMANS

Rencontrez d'autres jeunes mamans avec qui parler, partager et sortir pendant que vos tous-petits s'amusez allègrement dans notre garderie avec notre animatrice.

Evidemment les jeunes bébés sont les bienvenus!

- **Au centre de ressources de St Boniface - Norwood, Gisèle Roch.
- **Au centre de ressources du Parc Windsor-Southdale, Louanne Beaucage.



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ACCOMMODATIONS	MISC FOR SALE	MISC FOR SALE
<p>APT. FOR RENT. 1 large bdrm. All utilities. Sauna, parking, close to base. \$520/m. Avail June 1. Ph. Claire 257-3635.</p> <p>HOUSE FOR RENT - OTTAWA/ORLEANS single, 3 bdrm + 2 family rms, 2 1/2 baths, fireplace, air conditioning, garage, close to schools, buses & shopping. \$875/month-2 year lease. Avail July 1. 613-824-3499.</p> <p>HOUSE FOR SALE Charleswood 183 Carlotta Cres, 3 bdrm bung, 1-1/2 bath, large living rm, dining rm & kitchen, Hwd flr, finished rec rm w/wet bar, OFF, workshop, patio, att single garage, large pie shape lot. Private sale. \$97,500. Ph: 895-8170.</p> <p>PRIVATE SALE Heritage Park 4 bdrm, 2 story, quiet street, 1529 sq. ft., 115/29.5 ft. lot. French doors to dining rm, RI central vac., elec air filter, feature wall in livingrm, 2 baths, garbageator, dishwasher, hwd floors, attached garage, dble driveway, whirlpool tub. Phone 832-2006.</p> <p>377 PARKVIEW STREET 3 bdrm bi-level- \$84,500.00, 3 yrs old, over 1500 sq. ft., alarm system. European kitchen with double sink, neutral colors throughout, 2 full baths with pine trim, cathedral ceiling, skylight over the dining area, basement completely developed with large bedroom & rec room, wetbar, laundryroom, tripane windows, plenty of storage space. Energy efficient home is immaculate. Close to schools, shopping and bus service. For more info call 888-9786 or 888-2389.</p>	<p>NORSMAN APOLLO AWNING for Westfali or Van American Camper. Brand new worth over \$400. Asking \$250 OBO. No reasonable offer refused. Call 864-2024 after 6.</p> <p>DRUMS: Ludwig 4 pc., white pearl. Zildjian cymbals. Exceptional condition. \$925 or OBO Call 864-2024 after 6.</p> <p>SWING SET for sale with monkey bars, two swings, glider and slide. One year old - \$95 Call 488-7695.</p> <p>GARDEN SHED 8x11 ft. barn style wooden. 273 Ublique Cres. \$400 OBO Call 488-1323.</p> <p>LASER sailboat c/w galvanized trailer \$1750 for both or sold separately. Ph. 837-7589.</p> <p>STEREO-tuner, amplifier, speakers, CD player, cassette, deck, turntable, speaker and stereo stands. \$1100.00. Call 489-1696</p> <p>HEAVY DUTY UTILITY TRAILER - brand new, home made, box size 4'x6', hitch, lights & 13" tires. Ready to be used. \$600.00 Phone 334-0120</p> <p>AIR FORCE MESS KIT- never worn. will fit man 5'10" to 6'0". 170 to 185 lbs, 40" chest, 34" waist. \$300.00. call Capt. Wagner 833-6243 or 831-5766. eve.</p> <p>WOODEN BARN SHED 10' X 10', Excellent shape \$300.00. Can be seen at 441 Carpathia Rd. Ph. 489-1814.</p>	<p>VERTICAL BLINDS - beige 88" X 84" long with valance. \$100.00. Like new. Call 832-1755</p> <p>MEN'S 12 SPEED BIKE - 25" wheels with pump, water bottle, kickstand, saddlebag, \$100.00. 889-1003</p> <p>12 FOOT STARCRAFT ALUMINUM BOAT \$650. B Flat Clarinet \$250. King size waterbed with bookcase headboard, exc cond \$425. Ph. Rose Gulay 833-5255.</p> <p>"DOGLOO" - Durable, igloo-shaped dog shelter \$40.00. Call Capt Lachance 833-6297.</p> <p>ELECTRONIC TYPEWRITER - Panasonic KX-R335, 86,000 word dictionary, like new. \$100.00. Call Capt Lachance 833-6297.</p> <p>PROFESSIONAL TRAYMORE PM 100 SOUND SYSTEM 4 Superior speakers, strobe lights, records & tapes. Asking \$350.00 OBO. Call Edna 475-5852</p> <p>MOVING MUST SELL - CHEST FREEZER - Energy eff. 15.5 cu.ft. control knob inside light, drainage. Excellent cond. inside and out \$335.00. 889-1003.</p> <p>CAR/TRUCK POLISHER - Sears/Craftsman, used exc, 9" orbital. New \$100, giving it away at \$60 Call 889-1003</p>
<h3 style="text-align: center;">BABYSITTING</h3> <p>J'ai de la place pour un enfant de 3 mois à 12ans, à temps partiel ou à plein temps. Du lundi au vendredi, dans une ambiance Franco-Anglophone. Pour plus d'info contacter Manon au 488-6029.</p> <p>Mother of one school aged child will provide excellent care for your child, nutritious snacks & lunch, crafts, playroom, playhouse and sandbox outdoors. Call 889-7652.</p> <p>Mother of one will babysit in her home weekdays. Large fenced yard. South Side PMQ's. Call 488-1741</p>	<h3 style="text-align: center;">MISC FOR SALE</h3> <p>METAL SHED 5' X 10'. Spacemaker. \$70.00. Phone 489-2849</p> <p>SONY STEREO SYSTEM (6 pcs) Turntable, tuner, tape deck, amplifier, 2 solid wood speakers, excellent condition. Hardly used. New \$1700.00 will sell for \$1000.00 complete or turntable or tuner separate. Call 889-1003</p> <p>DO YOU WISH TO UPGRADE YOUR OLD PC? For Sale 386 SX 16 Motherboard with 4 Meg of Ram. \$225. Ph. 488-9915.</p> <p>4 BDRM SLAB/PMQ - white blinds for all windows \$500 & wall to wall / neutral colors carpet and flooring \$500.00. Call 833-6988 (W) or 889-7007 (H).</p> <p>CHILD'S 2 WHEELER BICYCLE- \$30.00. Gas lawn mower-offers. Call Emily after 5:00 pm 488-6733</p> <p>MEN'S SHAPLEY 3 PCE SUIT- Navy, small pin stripe, excellent condition, worn twice, size 44", inseam 32", \$150.00. Gold pleated drapes (from Sardinia Bed Spreads) in good condition, approximately 43" wide x 83" long \$50.00 Ph. 889-4442</p>	<h3 style="text-align: center;">VEHICLES</h3> <p>1986 MAZDA B 2000 CAB PLUS SPORT, Matching glass-like cap. 5 speed AM/FM radio. 102,000 km, excellent condition. \$5700.00 Call 885-3516</p> <p>72 PONTIAC GTO 455/400 AT, 4 barrel, Hooker headers, perf./cam, new 2 1/4 dual exhaust, red ext/black int, buckets, console, factory rear spoiler & rally wheels, car cover incl, winter stored, beautiful condition, \$6000.00 OBO. Must sell before posting 25 Jun 93. 211 Krupa, Portage AV 257-8011 or barracks 428-4328 or AV 257-8328.</p>
		<h3 style="text-align: center;">WANTED</h3> <p>METAL GARDEN SHED - 1 Ladies and 1 Men's 5 or 12 speed mountain bikes, Call Peter work - 983-7381, home 334-7274.</p>
		<h3 style="text-align: center;">YARD SALE</h3> <p>YARD SALE June 12, 10 am to 12 noon. 46 Braintree Cres. Cancelled if rain.</p>

BUSINESS CLASSIFIEDS

<h3 style="text-align: center;">ACCOUNTING SERVICES</h3> <p>Reliable Bookkeeping, Accounting and Tax Services for personal or small business. 489-2016</p>	<h3 style="text-align: center;">BUSINESS OPPORTUNITY</h3> <p>Attention! Lady Remington Fashion Jewellery Co. is expanding in Canada. Management and sales positions available immediately. Call (204) 832-6141.</p>	<h3 style="text-align: center;">MASSAGE THERAPY</h3> <p>Tracey Krahn Licensed Massage Therapist Autopac, Relaxation, Sports Injuries NESS MASSAGE THERAPY CLINIC 1700 NESS AVE. Ph: 837-4115 or 837-4663 Sat 9:30 am - 6:00 pm and Mon 12:00 - 5:00 pm</p>
<h3 style="text-align: center;">UP TO 24 CARS A DAY ARE BEING STOLEN IN WINNIPEG</h3> <p>Don't let your vehicle become another statistic VEHICLE ALARM SYSTEMS FROM \$205 - \$279</p> <ul style="list-style-type: none"> • Simple to install and virtually exempt from false alarming • Responds to shock waves from a forced door, window or trunk opening • Requires no special wiring • Compact, high-tech design, visible from outside • Full one year warranty <p>Systems also available for your home, person and other possessions</p> <p style="text-align: center;">Call Sgt Diane Kuran at 669-3996 for further info</p>	<h3 style="text-align: center;">ELECTROLYSIS</h3> <p>ELECTROLYSIS BY LINDA Opening Specials - 15 minutes free. Six years experience. Phone: 955-7366 ANYTIME.</p>	<h3 style="text-align: center;">THE LOOK SPORTS MASSAGE THERAPY CENTRE</h3> <p>Located at The Look Hair Design Tues - Fri 11:00 am 1547 Grant Avenue Member of Athletic Massage Practitioners (Manitoba Inc.) By Appointment</p>
	<h3 style="text-align: center;">PROFESSIONAL INVESTIGATOR</h3> <p>Domestic family criminal licensed bonded private investigator. Free consultations. Ph: 981-4498</p>	<h3 style="text-align: center;">PERSONAL CLASSIFIEDS ARE FREE</h3>

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