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Reservist takes helm of Naval Reserve

by Capt Lynne Chaloux

For the first time since the Second World War, the Naval Reserve has one of its own at the helm. Cmdre Jean-Claude Michaud assumed full-time operational command on Feb. 15, 1993.

He is also the first officer of flag rank to command the Naval Reserve since the 1960s.

Navy officials say the appointment reflects the Canadian Forces' commitment to Total Force, but also meets a real operational need to have an officer of flag rank in charge of a quickly expanding Naval Reserve.

In the 1987 federal white paper on defence, the Naval Reserve was assigned several significant wartime responsibilities, including coastal defence, control of shipping, and mine countermeasures.

As announced in the white paper, the CF is acquiring 12 maritime coastal defence vessels to help the Naval Reserve fulfil the above roles. In peacetime it will continue to support various operations, from search and rescue to fisheries patrols.

Since the Second World War operational command of the Naval Reserve has rested with a Regular Force officer, and Canada's top naval reservist has traditionally played an advisory role.

In fact, Michaud was appointed senior naval reserve advisor (SNRA) in 1992, a function which is now combined with his new appointment.

The current command structure originates with the creation of Commanding Officer Reserve Divisions in 1942, which was assigned to the late Ernest Brock, a naval captain and later commodore in the Royal Canadian Naval Volunteer Reserve.



Several Senior Executive Officers from local companies and institutions visited the base to learn more about the reserves and how they can better support them.

FRONT (From left) David Morgan (Workers compensation), Jack Palmer (James Richardson), Arnold Naimark (U of M), MGen Cuppens DComd AIRCOM, Lynn Raskin-Levine (Peat Marwick), Rod Thorfinnson (HSC).

MIDDLE (From left) Tony Knowles (Red River Community College), Keith Burrows (Bristol Aerospace), Larry Chornoboy (UGG), Edith Taylor (Grace Hospital), Al French (CIBC).

BACK (From left) LCol Symonds, Maj Cote, Capt Cosman, Ted Page (Air Canada), Ed Berry (Canada Post).

Local Senior Executive Officers support reserves

CF Liason Council Sponsors Visit for Air Reserves

A group of 12 Senior Executive Officers (CEOs) from major companies and institutions in the city of Winnipeg and the surrounding communities visited 17 Wing and the home of the Air Force, Air Command Headquarters, on the 16 April 1993.

Col Proulx, Wing Commander, first welcomed and briefed the visiting group on the activities conducted at 17 Wing. The CEOs then proceeded to tour Air Command headquarters starting with the daily morning briefing with the Deputy Commander AIRCOM, MGen Cuppens. The Commander of Air Reserve

Group followed with a briefing on the Air Reserve. The group then visited the Canadian Forces School of Aerospace Studies (CFSAS) and the Air Navigation School (CFANS). An informal luncheon was held in order for our special guests to interact with a group of 25 Primary Reservists from the 17 Air Reserve Augmentation Flight (ARAF) and 402 Squadron. In the afternoon, the VIP group boarded a CT-142 for a typical Air Navigation training flight with 402 Squadron and CFANS.

The day ended with a meet and greet at the Officers' mess where 402 Squadron pipes and drums band provided the entertainment.

The visit was sponsored by the Canadian Forces Liaison Council (CFLC) which was

represented by LCol Mel Symonds, provincial coordinator for the province of Manitoba. The visit was to promote the Air Force with particular focus on the Air Reserves and the importance of employer support. The national aim of the CFLC, headed by Mr. Leo Desmarreau, is to promote the Canadian Reserve Forces through trade associations with small and large businesses and institutions, government and municipal agencies, etc., in order to facilitate the hiring of reservists with special considerations for leave of absence for training and job protection.

The obvious success of this visit was measured by the great enthusiasm displayed by all the CEOs who participated. Those present acknowledged

the importance of supporting the Air Reserves and reaffirm their commitment to do so within their own specific organization.

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Letter To The Editor

Since WWII, most of the biographies, stories, and articles on the air war have featured the aircrew. The "Tribute to the Ground Crews", written in September 1945 by Sir Arthur Harris, the then Commander in Chief of Bomber Command echoed the sentiments of us the wartime aircrew.

Since that time ground staff have on numerous occasions continued to perform their many arduous task to keep the air force flying. Bless them all. Bert Cheffins Historian Wartime Pilots and Observers Assoc.



A Tribute to the Ground Crews

Few people realize that whereas some 50,000 air crew, before and during the period of my command, were killed in action against the enemy, some 8,000 men and women were killed at home in training, in handling vast quantities of bombs under the most dangerous conditions, in driving and dispatch riding in the black-out on urgent duty and by deaths from what were called natural causes. These deaths from natural causes included the death of many fit young people who to all intents and purposes died from the effects of extraordinary exposure, since many contracted illnesses by working all hours of the day and night in a state of exhaustion in the bitter wet, cold and miseries of six war winters. It may be imagined what it is like to work in the open, rain, blow, or snow, in daylight and through darkness, hour after hour, twenty feet up in the air on the aircraft engines and airframes, at all the intricate and multifarious tasks which have to be undertaken to keep a bomber serviceable. And this was on wartime aerodromes, where such accomodation as could be provided offered every kind of discomfort and where, at any rate during the first years of the war, it was often impossible even to get dry clothes to change into between shifts.

**MARSHAL OF THE ROYAL AIR FORCE
SIR ARTHUR T. HARRIS,
AIR OFFICER COMMANDER-IN-CHIEF,
BOMBER COMMAND,
FEBRUARY 1942 - SEPTEMBER -1945**

THE ABOVE EXTRACT HAS BEEN PRINTED WITH THE KIND PERMISSION OF WILLIAM COLLINS SONS & CO. LTD., LONDON ENGLAND.
PUBLISHERS OF THE LATE SIR ARTHUR'S BOOK "BOMBER OFFENSIVE, 1947".
THIS TRIBUTE IS DEDICATED TO THE OUTSTANDING EFFORTS BY THE MEN AND WOMEN WHO, DIRECTLY AND INDIRECTLY, SUPPORTED THE AIR CREWS OF ALL THE SQUADRONS OF THE ALLIED AIR FORCES DURING WORLD WAR II.

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- When subscribing to publications, include a note asking that your name not be traded to other mailing lists.

- You can reduce the amount of junk mail that your office receives by asking the Canadian Direct Marketing Association to remove your name(s) from some mailing lists.

Reuse

- Share copies of newspapers, newsletters and magazines with your colleagues.

- The mail room is a good spot to set up a collection box for magazines and paperbacks to be donated to hospitals and senior citizens' residences.

Recycle

- Write to the editors of

your favourite glossy magazine to encourage them to print on recyclable paper.

Go Green in the Supply Cabinet

Reduce

- Review products and supplies commonly ordered. Buying office supplies in bulk can reduce unnecessary packaging.

Reuse

- Use reusable products instead of disposable ones (e.g., rechargeable batteries instead of single-use batteries)

- Use lasting and durable supplies (e.g., paper clips instead of staples, refillable ballpoint and fountain pens, mechanical pencils, etc.).

- Where possible, return packaging to the product manufacturer for reuse. Alternatively, find uses for the packaging at work or at home. Share your ideas with others.

- Where possible, encourage

suppliers to ship goods in reusable containers.

Recycle

- Wherever possible, avoid non-recyclable paper products such as those containing adhesives or plastics (e.g., stick-on notes, envelopes with plastic windows, etc.).

- Encourage the purchase and use of recycled paper products. At the time of this publication, the use of the word "recycled" has not yet been regulated. Look for paper containing the maximum post-consumer and non-deinked recycled content, wherever possible.

- Look for Environmental Choice products for use both at home and at work.

- Several paper manufacturers have been licensed to use the Ecologo on their recycled paper and other recycled paper products. Some of these papers are available for you to use.

Reservist takes helm of Naval Reserve

Cont'd from front page

At that time the Royal Canadian Navy was growing in leaps and bounds due to the war and a separate Naval Reserve command was needed to relieve the congestion at Naval Services Headquarters (NSHQ) in Ottawa.

Brock hoisted his pennant at HMCS York in Toronto and his command was soon re-named Commanding Officer Naval Divisions (COND). With the end of the war COND was abolished and the Naval Reserve was again placed under a staff position at NSHQ.

In a move to revitalize the Naval Reserve, COND was

reestablished in 1953 at HMCS Star, in Hamilton, with then commodore Kenneth Adams taking the con. It was later moved to Halifax, N.S., and finally to its current site by the St. Lawrence River in Quebec City.

With the appointment of Michaud as commander of the Naval Reserve, the former COND position, filled by Capt(N) Pierre Yans, is now a two-hatted regular force position: deputy commander of the Naval Reserve, and deputy chief of staff reporting to a chief of staff at Maritime Command.

Fifty years after the appointment of Brock, things have therefore come a full circle with a reservist again in charge

of the Naval Reserve — and again at a time of transition and growth for the Naval Reserve.

Michaud spent nine years with the Royal Canadian Navy and three years with the merchant marine prior to joining the Naval Reserve in 1971. He has served in diverse positions, including commanding officer of HMCS Montcalm and of Quebec's Laurentian District.

As a civilian he has been Port of Montreal's pier supervisor and Port of Quebec's harbour master. He holds his master foreign sea going certificate and a diploma in port and shipping administration.

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Editor-in-Chief/Rédacteur-en-chef
Managing Editor/Directeur-Gérant
Production Editor/Production
Financial Co-ordinator
Business Manager
Accountant/Comptable
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Production Manager
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-L.Col J.R. St. Germain -833-5281
-Capt Tom Walls -833-5547
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-Louise Guenette -889-3963
-Tricia Sonne -889-3963
-Jeff Cyr -889-3963
-Nicole Whebell -889-3963
-Mr. Jim Holland -832-0115
-Al Buckle/Nola Brelis -832-6141

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A Message From the Prime Minister

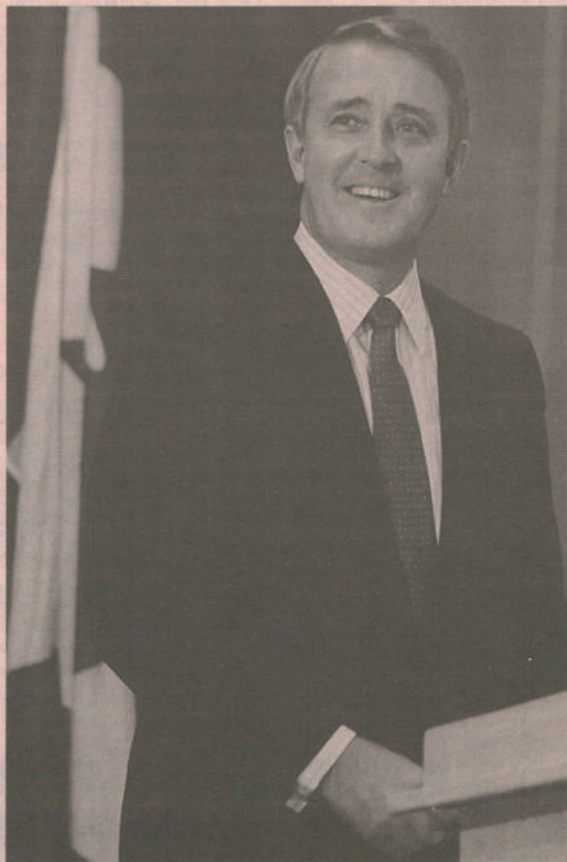
On Armed Forces Day:

On behalf of the Government of Canada, I am proud to extend my warmest greetings and sincere best wishes to the men and women of the Canadian Armed Forces as we mark Armed Forces Day.

Canada's record of service to the global community is well known. Throughout our history, the men and women of the Canadian Armed Forces have consistently shown their dedication to world peace and individual freedom. Canadian involvement in two World Wars, the Korean conflict, the Persian Gulf War and other actions has elicited the respect and gratitude of countless individuals who had been denied the safety and quality of life which we take for granted. Our peacekeepers have taken up the responsibility of working towards balance in the face of chaos and have been involved in every United Nations peacekeeping mission since 1947, a commitment unsurpassed by any other nation.

Our troops continue to confront the difficulties and dangers of endeavouring to keep the peace in the troubled regions of the world, a task which is worthy of both admiration and commendation. This year, some of these brave men and women are coming home, and we give thanks that they are to be safely returned to their families and friends. We must also take a moment to reflect on all those who, over the years, sacrificed so much in order that others might be free. In their memory, I join with Canadians everywhere in saluting you all on this day.

OTTAWA
May 1993



Prime Minister Brian Mulroney

Au nom du gouvernement du Canada, je suis heureux d'adresser mes plus cordiales salutations et mes vœux les plus sincères à tous les hommes et à toutes les femmes des Forces armées canadiennes en cette journée qui leur est dédiée.

Le Canada est réputé pour ses services insignes à la communauté internationale. Tout au long de notre histoire, les hommes et les femmes des Forces armées canadiennes ont manifesté leur attachement à la paix universelle et à la liberté individuelle. Par sa participation aux deux guerres mondiales, au conflit en Corée, à la guerre du Golfe et à d'autres actions, le Canada s'est attiré le respect et la gratitude de nombreuses personnes qui avaient été privées de cette sécurité et de cette qualité de vie que nous trouvons si normales. Nos gardiens de la paix ont œuvré à rétablir l'équilibre dans un monde en proie au chaos et ils ont pris part à toutes les missions des Nations Unies depuis 1947, ce qui constitue un record inégalé.

Nos troupes continuent de faire face aux dangers et aux difficultés que comportent les opérations de maintien de la paix dans les régions agitées du monde, une tâche digne d'éloges et d'admiration. Une partie de ces braves militaires rentreront au pays cette année, et nous nous réjouissons de savoir qu'ils seront rendus sains et saufs à leur famille et à leurs amis. Nous devons aussi nous arrêter un moment pour penser à tous ceux et celles qui se sont sacrifiés au fil des ans pour que d'autres puissent vivre libres. Je me joins aux Canadiens et Canadiennes des diverses régions du pays pour honorer leur mémoire et tous vous saluer en cette journée.

OTTAWA
Mai 1993



Golf Champions - Capt R. Murphy, CWO Wayne Cudmore, WComd J.R. Proulx, Katy Goetz, Bob Teakles

LA SEMAINE NATIONALE POUR L'INTEGRATION DES PERSONNES HANDICAPEES

A fin d'appuyer la Semaine Nationale pour l'intégration des personnes handicapées, la BFC Winnipeg a mis sur pied un tournoi de golfe le 3 juin 1993.

avoir été la joueuse la plus près du trou et par Major W. Learmond pour avoir frappé la balle de golfe la plus grande distance.

Six équipes ont participé au tournoi. Les équipes étaient de quatre joueurs, donc un joueur aveugle. L'équipe gagnante, présentée avec leurs trophées a un barbecue, était composée de:

CWO Wayne Cudmore, Bob Teakles, Capt. R. Murphy et Katy Goetz, un joueur aveugle qui fut assisté par Judy Roberts de WCPO.

D'autres prix furent reçu par Mcpl Donna Dunbar pour

NATIONAL ACCESS AWARENESS WEEK

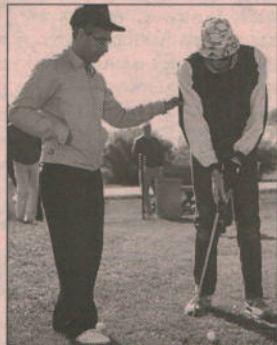
CFB Winnipeg held a golf tournament for visually impaired persons in support of National Access Awareness Week on 2 June 1993.

The golf tournament was composed of 6 teams, with each team including a visually impaired golfer.

Prizes were presented at a barbecue to the winning team,

which consisted of: CWO Wayne Cudmore, Bob Teakles, Capt. R. Murphy and Katy Goetz, a visually impaired golfer who was assisted by Judy Roberts from WCPO.

Additional prizes were awarded to Mcpl Donna Dunbar for ball closest to the hole and Major W. Learmond for longest drive.



Nolan Major assists visually impaired golfer, Marcel Renaud

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STARWATCH

by Jim Bryce

The next time you are driving along Ontario's Highway 17 between North Bay and Ottawa you should plan on leaving yourself four hours for a visit to Brent Crater. The village of Brent is a small railway town and its only road link is an unpaved, rough and winding one that meets Highway 17 just west of Deux Rivieres. It will take you about forty-five minutes to travel from the intersection to the crater site and since the crater lies within the borders of Algonquin Park, you have to pay a fee of six dollars per vehicle when you arrive at the park boundary. What you are going to see is well worth the price. This impact crater was created 450 million years ago in a cataclysmic explosion caused by a collision between the Earth and a large meteorite. From the crater size it is estimated that the meteor was about 150 metres in diameter and was travelling at about 20 kilometres a second. An observation tower beside the road marks the start of a very interesting trail that takes you down into the crater and visits points of interest connected with its formation and history.

The circular shape of the crater is readily evident from the vantage point of the observation tower. Looking north west across the expanse of the depression, the far rim, four kilometres away, frames a lovely view that includes a gently rounded central hill and one of the two lakes held within the crater's confines. I walked into the area from the south and noted the predominance of

glacial till in the banks along the roadside. This area was covered with ice sheets two miles thick in the recent geologic past and the fact that the crater is still identifiable as such is a tribute to the hardness of the bedrock in the Canadian Shield. Today the crater walls are still 100 metres above the floor of the crater and originally would have been much higher.

Due in part to its accessibility, the Brent Crater is one of the most thoroughly studied impact sites in the world. Drilling has revealed that the central hill is composed of sedimentary rock formed when the crater was submerged in the seas that covered the area between glacial epochs. This rock layer is 260 metres in thickness. Below it there is a 600 metre layer of rock fragments. These fragments are rock that was shattered and thrown out of the crater during the impact. Some of it must have been blown straight up and fell back into the hole immediately, the remainder was gradually moved back into the depression by erosion carrying it down from the crater walls. At a depth of 850 metres there is a forty metre belt of melted rock, the remains of the vaporized meteor and the indigenous rock it struck. Beneath this lies a belt a further 80 metres in thickness where the bedrock is cracked and fissured from the impact. To put the explosion into context, it must have felled every tree within a radius of 50 kilometres and the tremor caused by the impact was bigger than any earthquake we have ever measured.

During the last glacial age, the ice sheet moving into the crater gouged out the sedimentary rock more deeply in some

areas of the crater floor than in others. Today these deeper depressions are filled by Lakes Tecumseh and Gilmour whose crescent shaped outer margins help to delineate the crater floor on air photographs and topographical maps. It was an

aerial survey that led to the discovery of the crater in 1951 and its subsequent confirmation as an impact site.

If you are planning on visiting the site take some insect repellent and wear a good pair of walking shoes. The Ontario

Ministry of Natural Resources publishes a small guidebook which can be purchased at the observation tower for thirty-five cents plus two cents tax. This book is very informative and will add greatly to the enjoyment of your visit.

Keeping your room clean: A scientific process

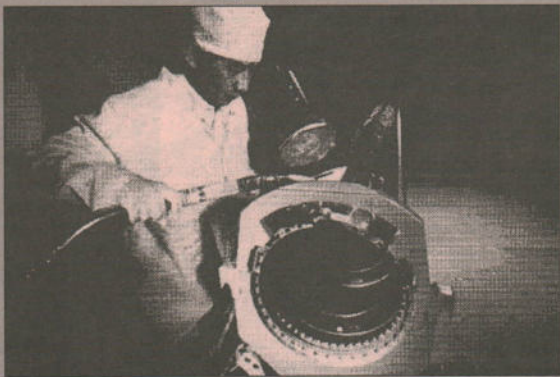
(NC)—"Take off those dirty boots young lady or you won't watch TV for a week!"

A sharp scolding may be all you get from your mom if you step on her clean hardwood floor without wiping your feet, but the consequences are a lot more severe if you make this mistake before entering the clean rooms at Spar Aerospace Limited, Canada's leading space company.

A clean room is a special laboratory where satellites, robotic systems, and sensitive space instruments are assembled to protect the space hardware from dirt, dust, and dandruff. If any pollutants contaminate the equipment, it may affect the operation of the instrument in space.

This laboratory is called a clean room because of the stringent requirements for controlling the atmosphere within the room. For example, temperature, humidity and pressure are carefully controlled to ensure that a particular process is successfully performed. Air is also filtered to reduce dust particles. Special equipment is used to monitor and record the atmospheric conditions in the clean room 24 hours a day. If the environment changes, work may be suspended until the atmosphere is brought back into specification.

There are also controls on people. Spar staff and visitors are required to wear a hair covering and special laboratory coats that do not shed dust or material particles. People must



Engineering technician Chen Huang cleans Canadarm with a vacuum.

also clean their shoes in a special vacuum/brush machine and walk over a sticky mat that pulls any dirt off the soles of their shoes. Certain clean rooms require Spar staff to wear overshoes or full body suits. In some cases the equipment is so sensitive that face masks are worn to avoid contaminating delicate sensors and surfaces.

Any equipment that enters the clean room is examined with a "black light" that makes dirt and dust particles glow in the dark. All instruments or parts are carefully cleaned by dusting or vacuuming to ensure that the equipment being assembled in the clean room is not contaminated.

To ensure the precision and operation of space hardware, the engineers and technicians at Spar facilities always try to remember mom's voice when they open a door to a clean room.

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Managing Your Money

Investment options

By Harry L. Mardon

Canadians have a formidable array of choices when it comes to investing hard earned savings dollars. The trick is to select investments that match personal objectives and financial circumstances.

The range of alternatives is so extensive that many people are fearful of making a decision, in case it may be the wrong one. Instead, they dump their savings into a bank savings account, where the money will languish. In fact, the value of your bank savings won't keep up with the combined effects of inflation and taxation.

That's too bad, as you work hard to earn those investment dollars, and you should put those dollars to work for you in a productive manner.

When it comes to making a choice between investment alternatives, you should assess each option's strength or weakness according to seven key factors:

1. *Safety of principal.* In other words, the degree of risk your investment is exposed to.

2. *Capital growth potential.* Does your principal have an opportunity to grow in value, or is it vulnerable to depreciation?

3. *Income.* This can mean interest income or dividend income. Interest income is fully taxable, whereas dividend income receives more favorable tax treatment.

4. *Liquidity.* How accessible is your money? You won't want all your money locked into an investment which has a poor liquidity rating, such as collectibles or first mortgages.

5. *Management time.* If your job or your business is very time-consuming, you won't have much spare time to devote to managing your investments. That should affect your choice of investments.

6. *Cost.* It won't cost you anything to buy a \$100 Canada Savings Bond or to put \$100 of your net income into a bank account. Your money will retain its full face value. But that's not the case if you invest in common stocks or commodities.

7. *Tax treatment.* This will vary according to the type of investment you have. Until you use up your lifetime

capital gains tax exemption (of \$100,000), capital gains are tax-free. The tax concession makes investments which offer capital gains very attractive.

The above list is not an exhaustive one, of course. But is an excellent guideline of what you should consider when selecting an investment. Each of these factors has to be weighed, keeping in mind that you probably will have to compromise in order to achieve an investment portfolio which suits your personal objectives and your risk comfort zone.

If you find that assessment task too demanding, use the services of a professional financial planner. There are a number of financial services companies which have built up teams of knowledgeable financial planners who are skilled in helping their clients to articulate their personal objectives. Once these objectives are determined, it's a matter of selecting an appropriate investment portfolio.

A well-trained financial planner will give you, at minimum, an annual financial check-up. That's necessary, as your personal circumstances may change - anything from marriage to loss of your job will have a major impact on how you should manage your money. Also, economic and stock market conditions are forever changing, which has to be taken into account and investment adjustments made, if deemed necessary. As well, governments change tax laws and taxation rates, which may affect you - for better or worse.



BASE COMMANDERS REUNION?

It was a unique occasion when, on 29 April 1993, six previous Base Commanders and our current Wing Commander met here at 17 Wing Winnipeg for the unveiling of the Air Force Heritage Park. We tried to take a picture of all of them together, but one escaped just before the photographer said cheeeese!

Nonetheless, we are left with (from left to right): Col Proulx, Col (Ret) Reynolds,

BGen McGowan, LGen Smith, LGen (Ret) McNaughton and MGen (Ret) Lafrance.

Missing from the picture is BGen Armstrong who was too busy reacquainting himself

with other friends.

P.S. for Col Proulx: Sir, did you notice that almost all of them became a General? Sure, but none were ever a Wing Commander. There is still some hope for you!

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CFSAS Update

Grid wars

Well the highlight of ten months of gruelling academic mayhem has come and gone for ASC 45. No the ASC Symposium has not wrapped up, and no, the course members have not signed their course reports. I am speaking of round two in "grid wars", where for the second time this year the instructor team proved that you can indeed be over prepared for a game, and the student side demonstrated the value of the basic skill of catching a ball on the fly. Without belabouring the point, despite holding a practice and having a "play book" to help, ASC 45 trounced (crushed and/or mangled) the CFSAS Instructors 6 to 2.

On a less serious note, the end of the academic year for ASC 45 is fast approaching (20 big sleeps by my count) and the Course members are all scurrying about to complete that "iterative process" a.k.a. Individual and Syndicate Symposium Presentations. After the June 30 Mess Dinner, these "new and improved" Officers will be packaged off to new assignments at project offices or test establishments throughout the land, using the skills developed over the course. Obviously, the wheel never stops turning at CFSAS where over the summer, staff will work to prepare for the August arrival of ASC 46. Hopefully they'll find a "play book" that works better!

CHEERS, ASC 45



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402 Squadron Promotions



Congratulations to Cpl Dunwoody, IE Tech on his new rank, effective 24 Feb. Well done Dave... from the gang of ASO #1.

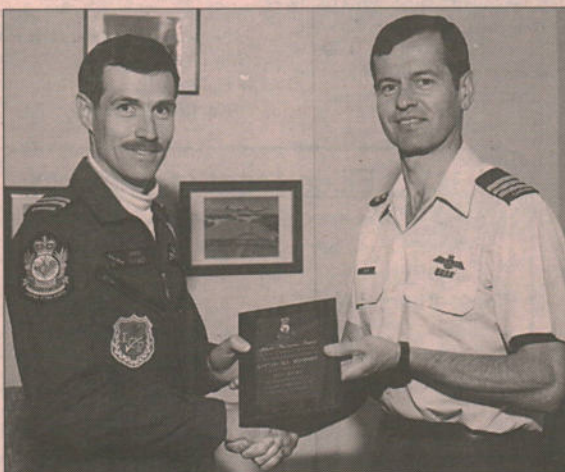


Congratulations to MCpl Gerry Boutin of AMCRO for his promotion to Sgt, effective 18 June 1993.



LCol MacIntyre, CO 402 Sqn, congratulates Sgt Scott Quinn on his promotion to the rank of Warrant Officer, effective 1 July 1993. All the best in the future and hope you enjoy cold lake... from the AMCRO gang.

CFS Presentations



LCol M.J. Dolan, Comdt CFS, recently presented Capt Gerry Bohemier of the unit B-206 Standards Cell, the Air Command Flight Safety Master Instructor Award. This award is given in recognition of achieving 2,000 hours of accident-free instruction in the Jet Ranger aircraft. Well done Gerry.



Capt Dan O'Grady, a new arrival in the CFS Navigation Standards Cell, was presented with his A-1 Instructors Award on 27 May. Congratulations Dan on achieving this elite category and welcome to the unit.



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17 ARAF UPDATE -

Reserve MPs get regular force qualifications

Two very special events took place during the months of April and May, events that were a first for the unit. On 16 April 1993, 12 CEOs from the major industries and institutions in the local area visited 17 Wing and Air Command Headquarters. This visit was sponsored by the Canadian Forces Liaison Council and was to promote the Air Force with particular focus on the Air Reserves and the impor-

ance of employer support. Our guests were very enthusiastic about the Reserves and most impressed with the quality of personnel we employed.

A second first for the unit was the graduation of our 3 MPs, Pte King, Pte Marshall and Pte Bone, who received their MP badges and credentials on 25 May 93. It was the first time that Reserves MPs received their full credentials having taken the Regular Force QL3 course.

With the summer approaching, 17 ARAF is preparing for another heavy training period.

Over 20 percent of our personnel will be away on courses as student or staff. The unit will also have a record number of personnel away on special taskings overseas, namely in Europe to support the closure of CFE. In addition, the unit Orderly Room will undergo a complete rotation of

personnel, with the exception of the Orderly Room clerk, and 8 others will either transfer or release during the course of the summer.

Here are the details: on course are Capt Godfrey and Purdy on STAR I in Toronto, Lt Leach on the AOBC in Borden, OCDT Clink on the BOTC in Chilliwack, Cpl Battad and Bolton on the QL5 Med A course, Cpl Plourde on QL5 Sup Tech course, Cpl

Steinke on QL5 Cook course, all in Borden. Also as new recruits

we welcome Pte Lee as Fin Clerk and Cpl Cameron as Cook, both will be on course in Borden during the months of July and August.

On special taskings are MCpl Smuland, Cpl Wright, Cpl McGillivray, Cpl Goodwin and Cpl Russell, all on a 6 month assignment to Europe in Lahr and Baden. Also away are Cpl Cote and Pte Handley to Greenwood as support staff to the Air Cadet camp, as well as Cpl Moore on general duty

at ARTC Penhold. Upon their return from QL5 training, Cpl Battad and Bolton will support the Ravens court cadet camp during the month of August. Finally WO (yes WO not Sgt) Patterson is out to Penhold to instruct on the JLC course till mid July. On the departure front, the

A record number of personnel will be away on special taskings overseas, namely in Europe to support the closure of CFE.



WO Patterson received her promotion to that rank



3 primary reservists from 17 ARAF, Pte King, Pte Bone and Pte Marshall received their MP badge and credentials from the WSecurO, Capt Farmer. On the same occasion Maj Cote, 17 ARAF Flight Commander presented them with their first chevron.

unit will be sad to lose some very dedicated and loyal Reservists to bigger and better things. First is Major Guy Trudeau who is leaving us for a full time position at the University of Manitoba, Capt Grasley is moving to Shearwater on a new posting, and finally is Capt Ed Moore who is approaching CRA elected to depart early at the peak of his glory. OCDT Armstrong has also elected to release from the Air Reserves and has taken a full time summer employment teaching Karate. WO Patterson is on to a new challenge at the Air Reserve Group Headquarters as well as Pte McGillivray who will also move to ARGHQ for a full time position. Pte Crawford

has released from the unit being unable to meet his Reserve commitment. Finally, MCpl Leclerc our SRR clerk extraordinaire will leave us for greener pasture with the Navy Reserve at HMCS Salaberry Valleyfield along with her husband Denis who has been transferred to the same unit.

On the social front, the B-B-Q held on the 21 may was very well received and all involved seemed to enjoy the event. Our next gathering will be held in early fall at which time we will welcome the new comers.

That's it folks. Until next time, enjoy the summer wherever you are and keep on ARAFin'g.



20-22 Aug 93

**For more info contact
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Chairman
50th Anniversary
Committee
434 Combat
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12 Wing,
Shearwater N.S.
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Wing Commanders Parade - 20 May 93



Capt Cookson received his A-1 instructor certificate.

The Wing Commander's parade was held on 20 May 93. The following personnel received awards and medals:

CF DECORATIONS

- OCdt RG Sloan
- Sgt MJ MacDonald
- Sgt TL Skelton
- MCpl MR April

- MCpl RT Field
- MCpl DM Lefave
- Cpl TF Brown
- Cpl TH England
- Cpl AJ English
- Cpl DH Huber
- Cpl TEE Lamothe
- Cpl R Lewis
- Cpl LD Nesbitt
- Cpl JPM Sills

**AI INSTRUCTOR
CERTIFICATE**

Capt Cookson

**COMMISSIONING
SCRIPTS**

- 2Lt JN Fletcher
- 2Lt LA Francis
- 2Lt BW Kropelin
- 2Lt JJ McMaster
- 2Lt CA Netterfield
- 2Lt DD Voivot
- 2Lt PY Yao

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17 Wing makes a splash at the Regionals

The 17 Wing Swim team departed for 18 Wing Edmonton and the Prairie Region Swimming Championship 28-29 Apr 93.

After six weeks of early morning training, we were in Edmonton preparing for the first day of competition. Our team was the smallest group in number participating in this event. Nevertheless, we put the best flippers forward and finished in fifth place ahead of 15 Wing Moose Jaw with a whopping 109 points.

This was a special event, as it was the first time in many years swimming had been brought to a regional level. It is hoped this will be a stepping

stone to other competitions in all regions and possibly a national championship.

Representing 17 Wing were Cpl Walter Kendall (Coach/swimmer), Pte Leigh Gowie, Pte Brigitte Lafleur, Cpl Sabina Hey Cpl Sean Hubbard, Cpl Sonia Renaud and Lt Ruth Horne. Lt Horne, 402 Squadron, was one of three women who won top female swimmer for the competition.

Congratulations go out to all team members of 17 Wing for their enthusiasm, dedication and team work during the training and competition.

Well done.

Old Warbirds swear vengeance

The annual "Warbirds" Golf Tournament between 17Wing and the Wartime Pilots and Observers Assoc. (WPOA) has now been entered into the log book. Alas, it is my sad duty to report that the team captained by BGen Bill Slaughter proved victorious and that the Warbirds Trophy remains for the second year in a row in the possession of 17Wing. The "Old Warbirds" have sworn vengeance and WPOA president Bob Jamieson has ordered a complete review of the Association fitness program. He will implement a tough retraining schedule in the hopes that trophy will be recaptured in 1994.



BGen Bill Slaughter CD(left) wins the Warbirds Trophy, being presented by WPOA team captain Pat McNamara DFC DFM



Tobie Mangione and Hank Verwey sell paraphernalia at Oktoberfest Volksmarch Sep 92, Winnipeg.

A MAGNIFICENT TRAIL IS ABOUT TO BE BORN

Have you ever wandered along a trail, dreaming of far-off places and long-ago times? Did you stop to watch the eagles soar, take in the sweet smell of the pine trees, or become entranced by the rushing river rapids? Perhaps you imagined bicycling or walking and in the winter, skiing or snowmobiling from town to town along the trail, pausing for refreshments at the local eatery. Think of how exciting it would be to actually cross the country from coast to coast on a network of trails.

WHAT IS THE TRANS CANADA TRAIL (TCT)?

The Trans Canada Trail will be a continuous trail from coast to coast to coast (15,000 km) consisting of many types of trails, including the following:

- hiking trails;
- urban pathways for bicycling/walking/the physically challenged;
- historic canoe routes; and
- many more

Essentially the route is as follows: starting in St John's, Nfld, taking the ferry across from Port-aux-Basque to North

Sydney, NS and then from there eventually reaching Victoria. The hiking trail will not need more than one metre of width and in areas relatively close to population centres it will have 3 metres of hard surface to accommodate cyclists, walkers, joggers, baby strollers and roller blades. Rest centres and formal access points, or trail heads will include some, if not all, of the following: drinking water; toilets; picnic tables; an open shelter;

camping facilities; and phones.

The Trans Canada Trail Foundation was established in December, 1992. It is an independent, registered charity organization with its own Corporate Charter, operating by-law, permanent staff and office and Board of Directors. Wherever possible, the Trail will be owned and operated by provincial authorities (through Provincial Parks and Crown lands), national agencies (National Parks) and local groups and organizations.

It may take up to twenty years before the trail and all its alternate routes are completed. However, the main trunk of the trail should be ready for official opening on the 1st July 2000.

Trails promote health and fitness by providing an enjoyable and safe place for bicycling, walking and jogging, removed from the hazards of

... a continuous trail from coast to coast (15,000 km)

motor vehicles. Given the number of Canadians, who walk, cycle, jog and cross-country

ski, there is clearly a need for trails.

Trails educate young and old Canadian alike about the value and importance of the natural environment.

Trails and the corridors through which they pass will help preserve natural, historical and cultural sites throughout Canada. What better way to link the country than through its natural grandeur and endless changing beauty. A natural way to celebrate Canada forever!

ANNUAL AIR COMMAND SLO PITCH TOURNAMENT

The annual Aircommand slow pitch tournament took place on May the 20th 1993 at the 17 Wing ball field.

This year as in every year, the tournament was a success and all who participated had a great time.

The following section teams took part in the tournament:

DCOS CE, DCOS Pers, DCOS Maint, DCOS Tis, SSO Secur, C Compt and, Plans and Requirements.

The top three teams won in the following order:

DCOS CE, DCOS Maint and, DCOS Tis (A).

The organizer MWO Lemire SO Food Svcs 2-3 wishes to thank BGen C.G. Diamond COS OPS for doing the honours at the opening and closing ceremonies on behalf of the Commander.

Congratulations to the winners and to the other participants, good show.

See you next year.



The winning team included Front row from left: Hoss Egdell, Mike Moore, Sylvain Carrier, Bruce Baxter, Gisele Bourrier. Back row from left: Andre Corriveau, Bob Gilbey, Al Morris, Russ Strutt, Greg Hill, Brian Raindahl, Laurie Brown, Steve Alford

Top athletes of 1992



Capt Cathy Cutland

Female athlete of the year

Over the past year, Capt Cutland has displayed her dedication towards the CF sports program. Her knowledge and skill enabled her to excel in various competitions, whether it be Regional, National or CISM. As well, her involvement in civilian competition continues to bring credit not only to herself but also to 17 Wing and the military in general.

Record of Achievement

- participated in Wing Intersection Golf, Volleyball and Softball programs;
- participated at the Prairie Region Golf Championships;
- participated at the Prairie Region Volleyball Championships;
- as augmentee, participated with CFB Edmonton at the CF National Volleyball Championships; and
- selected to the CISM Volleyball program.

Without question, Capt Cutland displays those important qualities that set her apart from other athletes as 17 Wings Female Athlete of the Year. Congratulations Cathy and good luck with your sporting endeavors.



Major Yamashita

Coach of the year

Major Yamashita has spent countless hours coaching both the mens and womens volleyball teams at 17 Wing. With both teams participating in the Winnipeg senior volleyball league, Kevin spent numerous hours preparing and coaching game strategies.

While with the mens team, Kevin coached them to both the Prairie Region Championship as well as the CF National Volleyball Champs.

Record of Achievement

- coached both the mens and womens volleyball teams in the Wpg senior volleyball league;
- 1st place finish - Prairie Region Champions - Men
- 1st place finish - CF National Champs - Men

As a result of Major Yamashita's dedication towards the sport of volleyball, the program at 17 Wing has prospered greatly.

Thank you Kevin for all you've done for both the mens and womens volleyball teams and congratulations for being named 17 Wings Coach of the Year.

Outstanding Sportsmanship

17 Wing paid tribute to four individuals who, through their tireless efforts, were instrumental in the overall success of the Wing Sports Program this past year. An awards luncheon held in their honour at Mucky Ducks lounge on 15 April.

The Wing Commander, Col Proulx, presented plaques to Female and Male Athlete of the Year, Team of the Year, Coach of the Year and Official of the Year.

These awards were given to those members whose performance both

on and off the playing surfaces, typifies the qualities of professionalism and sportsmanship. Whether it be through individual achievements or a concentrated team effort, each recipient clearly displayed outstanding talents in each of their respective fields.

Congratulations to all award winners and hope that you will continue to strive for personal excellence within yourselves. As well, we look forward to your continued involvement within the sports program, here at 17 Wing. Bravo Zulu.



Team of the year

Top team of the year - 17 Wing mens basketball
 From left: Pte Micheal Jackson, Col Proulx, Pte Rohan Wilson, Lt Charles Walton, Cpl Mike Thibodeau, Pte Steve Bucket.
 Missing: MCpl Roy Field, Cpl Scott Benjamin, Cpl Bram Courchesne, Cpl Dwight Campbell.
 The team had several accomplishments: they participated in Greater Winnipeg Mens Basketball League; made it to the semi-finals in league play-offs; made it to the semi-finals in the Provincial Championships; captured the Prairie Region Basketball Championship; and were the CF National Basketball Champions.

Male athlete of the year

Lieutenant Chuck Walton is a highly motivated athlete whose devotion towards the Wing basketball program finally paid dividends in 1992 as he led his team to the CF National title. In doing so, Chuck was also named the tournaments Most Valuable Player.

Lt. Waltons involvement within the city of Winnipeg's basketball program, continues to bring credit to 17 Wing, as he serves on the executive committee.

In addition to his sporting endeavors, Chuck is actively involved in both the recreation and community councils at 17 Wing. He is currently the president of the wood hobby club.

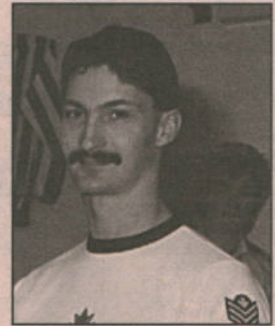
Record of Achievement

- participated in Wing Intersection Hockey, Volleyball and Softball programs;
- member of the Prairie Region Basketball Championship team;
- member of the CF National Basketball Championship team, of which he was named tournament M.V.P.;
- participated with the Wing basketball team within the Winnipeg City League;
- selected to the CISM Basketball Program.

Congratulations Chuck on you being chosen 17 Wings Male Athlete of the Year. Good luck in the future and hope you had a successful CISM tournament in Italy.



Lt Chuck Walton



Petty Officer Fred Williams

Official of the year

Petty Officer Fred Williams is a highly motivated and dedicated official, who over the course of the last year, has officiated at the intersection, regional, national and civilian levels of play, in a wide variety of sports.

Fred is a very diversified and unique official, who continually strives to improve his performance and upgrade his qualifications. He eagerly provides assistance to new officials and often conducts mini-refresher clinics, prior to the start of league play.

Record of Achievement

- officiated the the Wing Intersection Softball, Ice Hockey and Floor Hockey leagues;
- official for city of Winnipeg's Ball Hockey; Mens and Womens Broomball and Ice Hockey Leagues;
- official for Winnipeg High School Hockey League;
- officiated at Provincial Intermediate A&B Championships and the Elite A Mens and Ladies Championship;
- selected to officiate at the Western Canadian Hockey Champs;
- hockey and broomball official for Exercise Strong Contender; and
- officiated at both the Prairie Region and CF National Hockey Champs.

P02 Williams is a definite asset to the 17 Wing sports program and to the city of Winnipeg, and therefore, certainly deserves the award for top Official of the Year for 17 Wing, Winnipeg.

PREE-TEEN SUMMER CAMP

Back by Popular Demand!

Due to popular demand, the family support centre is pleased to introduce the return of our exciting summer camps for pre-teens. Each camp is specialized and runs for 2 weeks. Sign up and join in on all the fun. Please ensure that your child is the appropriate age at the start of the camp.

Sports camp: a non competitive program that exposes children to a variety of sports as they devel-

op some basic physical skills and an appreciation of physical fitness. Aquatic time includes swimming and watergames. Activities include: basketball, volleyball, baseball, team activities, track and field, football, swimming horseback riding and more.

July 19-29
Monday to Thursday
1:00 to 3:30 pm
cost is \$55.00

Creative arts camp: This program is a favorite for children who love to create. Activities include painting, drawing, sculpting,

carving, tie-dying, print-making, multi-media etc. An art show will be held at the end of the session for family and friends.

August 9-19
Monday to Thursday
1:00 to 3:30pm
cost is \$55.00

*Children must bring a snack, bathing suit, hat and sun screen to the program daily.

*Due to low leader/child ratio, enrolment is limited.

*Spaces are provided on a first come first serve basis.

**Children must be registered in advance.

PRESCHOOL SUMMER CAMP

- Children ages 3-5 years
- Fee per program session: \$22.50 per 4 day week
- Sessions run Mon-Thurs 9:30 - 12:00 noon
- Must bring snack, bathing suit, hat & sunscreen daily
- Due to low leader/child ratio enrollment is limited
- 1st come 1st serve basis
- Children must register in Advance

Week 1: July 12-15	Week 4: Aug 3-5
Week 2: July 19-22	Week 5: Aug 9-12
Week 3: July 26-29	Week 6: Aug 16-19

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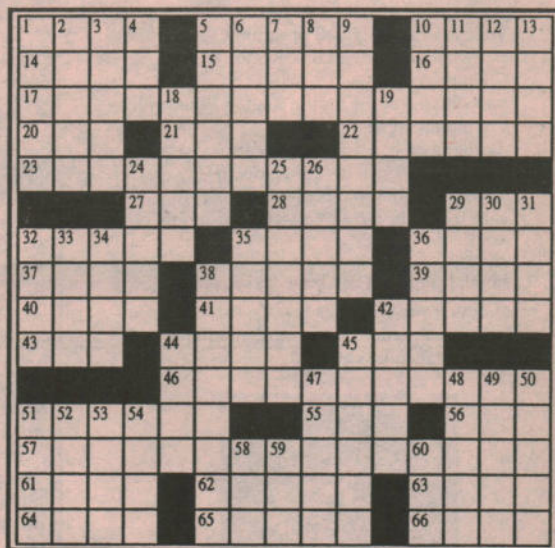
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- Prolific author
- French intensive
- Author of "Out of Mulberry Street"
- Site of a famous zoo
- "Apologia pro Vita": Newman
- Shingle



- Thai language
- Brooklyn's answer to the Riviera
- "Render therefore unto — ..."
- Time zone abbr.
- Batman and Robin
- Hangout for Kong
- Astronaut Armstrong
- What ogres d-
- Abound
- Opposite of incl.
- Everett — "ashcan realist"
- Major

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- Candied
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- Icy and rainy
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- Part of speech: abbr.
- Unit of electricity
- Public defenders
- Fourth person
- Rival of Connors
- Poker stake
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- Take — the lam
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- Acad.
- Asian people
- Quant. of heat

Solution on page 15



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PHYL'S BISTRO



How's it going EH? I hope you enjoyed your poached salmon and egg salad sandwich Ha! Ha!

One of my favourite seafood dishes is **SHRIMP COSTA BRAVA**, a very popular dish served at the "V" restaurant where I worked in Montreal. That place still brings back some fond memories. We had a great team. First of all, there was Panayoti on the grill and pizza oven, Felipe (you know him), was pans, garnishes and sauces, and Les was on salads, sandwiches and fries.

Les was a real wildcard, he was maybe 5'4" (if he was standing on two cases of beer)

and looked just like Willie Nelson, bandanna and all. He spoke a little more Greek than I and he also made a lot of gestures with his hands, (they looked like palm trees swaying in the wind). One of his favourite expressions was "TEE-LAY", which means "tell me about it!".

One afternoon, we were having a problem with omelets sticking to the pan. Panayoti in his infinite wisdom, grabbed the pan and said with confidence "NO TO WORRY MY BOY, I FIX". He put some oil in the pan, then a handful of salt, swilled it around and dumped it out. He then

proceeded to make the omelette without wiping the pan out. We watched in disbelief, Les started to tell Panayoti it would be too salty but he wouldn't listen, saying "NO PROBLEMA RAY DEY NEVER TO KNOW DA DIFFERENCE". A few minutes later the waitress returned to complain that the omelette was too salty. Les raised his palm trees up into the air, then brought them to his hips, leaned back looked at Panayoti with disgust and said "TEEEE-LAY". We all burst out laughing, what a sight.

SHRIMPS COSTA BRAVA

(For 2)

12 lge Tiger prawns (16-20 per lb size)
2 eggs
1/4 cup White wine
1/3 cup Garlic butter

2 1/2 Tbsp Cooking oil
to taste Salt & pepper
Favourite veggies
Rice of your choice

To begin peel and devein the shrimp. Then butterfly them from the back (don't cut them in half). Put the flour on a plate and coat the butterflied shrimp on both sides. Start cooking your veggies and rice because the shrimp only takes a few minutes to cook. When you are ready to cook the shrimp, beat the eggs in a bowl. Put the oil in a large frying pan, while it heats up over medium high heat, dip the

floured shrimp in the egg and lay them in the hot oil (you have to be quick). When they start to brown turn them over, when they are almost cooked drain off the oil and replace on the heat, add the wine and let it reduce a bit, then add the garlic butter. Stir it gently sprinkle with chopped parsley salt and pepper to taste when the garlic butter starts to bubble, serve with your rice and veggies. ENJOY!

Cinema Theatre

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Without a map...
Without a clue...
Without a pizza.

Thur-Fri
June 24-25

Parental Guidance All May Attend
Not suitable for children. Violence Warning

INDECENT PROPOSAL

A husband. A wife. A billionaire. A proposal.

Sat-Sun-Mon
June 26-27-28

Parental Accompaniment
(Req'd for those under 15)

C • O • M • I • N • G

Sidekicks
Dragon
Dave
Lost in Yonkers

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Planning A Dinner, Social, or Meet & Greet?

Canex Catering will meet your every need with our full service Catering facilities.

Lipsett Hall located at Grant and Kenaston

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For More Information call:

833-6700

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Julie has been with Canex Catering for the last 2 years and possesses several years catering experience in B.C.

Julie is a graduate of the University of Manitoba with a major in food service. Julie and her staff will ensure all your special catering requirements will be taken care of, and are able to handle groups ranging from 20 to 170.

For any further information just call Julie.

833-6700

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 Anniversary
Alouette, QC
GOV 1A0

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.

PRIVATE USE OF FIREWORKS

With the upcoming Canada Day Celebrations, there is concern that private use of fireworks could lead to injury, particularly to small children, or cause property damage by fire.

Fireworks are very attractive to young children and in this regard parents must be particularly vigilant. An example of fireworks that appear harmless but which are quite the opposite are sparklers which reach temperatures in excess of 650 ° C and injure many small children annually.

The use of fireworks is prohibited on DND property including the married quarters.

FEU D'ARTIFICE

A l'approche des célébrations de la fête du Canada. Votre service de prévention des incendies est soucieux des blessures et des dégâts que peuvent occasionner l'utilisation de feux d'artifice.

Les parents doivent être vigilants en présence de feux d'artifice car ceux-ci sont attrayants pour les enfants. Un exemple d'un qui paraît inoffensif mais qui cause beaucoup de blessures annuellement est la bougie d'anniversaire scintillante (sparkler) qui peut atteindre une chaleur allant jusqu'à 650° C. L'usage des feux d'artifice est strictement interdite dans tous les lieux du département de la défense nationale y compris les logements familiaux.

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

COMPUTER SKILLS Are required in Today's Business Office

FREE
To Residents of the Metropolitan Area & D. & Non-Residents Free Admin. 1250/00
Cost: 000 (includes Registration Fee)



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Using Microsoft
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2. Lotus 1-2-3
Ver. 2.3 with
Windows
3. WordPerfect
4. Wordperfect 6.2
for Windows

AFTERNOONS Sept. - Jan.

All Classes are 110 hours & run Monday and Wednesday or Tuesday & Thursday 2:45 - 5:00pm Certificate upon completion.
To enroll for Sept. call
Mrs. Loma Lockhart, Wayne Rae
or Lynn Allan.

STURGEON CREEK COLLEGIATE
2665 Ness Avenue 888-0684

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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.



FROM THE CHAPELS



"AU REVOIR, NOT GOODBYE"

by Padre Shields

When I shared the posting message to Shilo with my family, my young son said, "Do we have to go?" That cry comes from hundreds of mouths across the Forces as we all prepare to pick up and allemande left to a new position. Moving is hard on everyone, there is no denying that fact, yet it is something we have come to accept as part of the package. One military member I spoke with recently said that her first year in her new location was rough; because she was still mourning for her friends at her previous base. With time the pain lessens but the memories remain to warm us on cold winter nights.

The time has come for me now to thank this community for their support of my ministry this past four years. My family and I have made good friends and have enjoyed being part of the PMQ patch. The support I have received from all levels has been of a consistently high calibre and, for me at least, this has been one of the best bases I have ever worked on. Thank you to all of you; more than colleagues you have also been friends. I shall miss you. Au revoir, not goodbye, because I expect we will see each other again down the road, and when we do we can say "Remember what happened in Winnipeg —?"

Summer Safety for Children

by M.H. Parnu

Now that everything in your garden is planted and growing, you need to pay special attention to those plants that might be toxic to young children.

Plants are high on the list of accidental poisonings. By keeping plants out of children's reach and teaching them, at an early age, not to nibble on any plant, lawn mushroom or berry not commonly used as food, you can reduce the chance of poisoning.

In your vegetable garden, here are some plants that are toxic:

- tomato (leaves and vine) - can cause headache, abdominal pain, vomiting and diarrhea.
- potato (green tubers, vines, leaves, new sprouts) - eating may cause severe vomiting and diarrhea. Do not eat green or spoiled potatoes.
- rhubarb (leaves) - small, sharp crystals may cause intense burning and irritation of mouth, tongue and lips.

What should you do if your child has eaten what you think is a poisonous plant?

1. Call a physician or Poison Control Centre immediately (most communities have an emergency number for poison information). You'll be asked for:

- the name of the plant
- how much and what parts were eaten
- how long ago it was eaten
- the age of the individual
- symptoms observed - dizziness, drowsiness, etc.

2. Keep one ounce of syrup of ipecac (not fluid extract of ipecac) in your medicine chest, which can be bought at most pharmacies without a prescription. Use it to induce vomiting only on the advice of a doctor or poison control centre.

3. If advised, take the person to the nearest hospital emergency room. Be sure to take the plant along for identification. House plants should be labelled with their common names so that, in the event of an emergency, you can save time.

Plants in the house and garden are not the only source of danger for young children. Here are some other ways children are injured, especially in the summer months:

1) Every year children are treated for cuts to their feet from glass and other sharp objects - don't let them go outdoors with bare feet!

2) Accidents with bicycles and tricycles are very common.

Make sure your children

wear helmets and shoes so that their feet are protected from spokes when riding in a "baby seat".

3) More than 10% of all injuries to children involve playground equipment, including private equipment installed in The Co-operators backyards. Falling from heights Your Guide to Poisonous Plants (eg slides) on non-protective Offer

• sbrfaces is the most common of Priory Square, SE this type of injury. Don't let Guelph, Ontario NIH 6P8 your child use slides, swings or climbing bars on a cement base.

4) Children can drown by falling into a swimming pool, off a dock, or riding a tricycle into the pool. Never leave a small child alone on a beach, dock or near a pool.

Private pools should be fenced in and locked, and your child should be taught to swim at the youngest possible age.

5) Teach your child not to poke into insect nests and use an insect repellent or give some protection with clothing while on a picnic or out in the country.

6) Don't let your child pet any strange animals. Teach them never to tease an animal even a friendly one may bite to protect itself.

Did you know that a high proportion of accidents involving children and cars occur right in the child's own driveway? It's an alarming fact that often the driver of the car is the child's own parent!

While the summer should be a fun relaxing time, it can also be full of danger and extra precaution needs to be taken, especially when young children are involved.

POSTING SEASON IS HERE!

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

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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!

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IN		IN
OUR		OUR
PAST		FUTURE

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 Royal Canadian Legion
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 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

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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

AUTOPAC
 Call us or drop in to:
 Baldwinson Agency

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

VIVRE EN FORME

La natation - l'une de nos activités physiques préférées - convient parfaitement à la plupart des gens. En plus de ses effets aérobiques, elle renforce et assouplit les muscles des épaules, des bras, du cou et des jambes. Les piscines sont accessibles toute l'année et les risques de blessure sont presque nuls.

La flottabilité et le fait qu'on soit soutenu par l'eau aident plus particulièrement les personnes souffrant d'obésité ou de problèmes osseux ou articulaires qui risqueraient d'être aggravés par d'autres formes d'exercices. Et pour beaucoup d'asthmatiques, la natation représente la plus agréable de toutes les activités aérobiques.

La natation convient très bien à un «mode de vie sain et actif»; elle peut se pratiquer en famille et est très populaire parmi les adolescents. Selon l'enquête Campbell sur la bonne forme physique au Canada (1988), elle arrive au troisième rang des activités physiques les plus appréciées (après la marche et le jardinage). Chez les jeunes âgés de 10 à 14 ans, elle arrive même au deuxième rang.

TÊTE PREMIÈRE dans la bonne forme physique
Une façon rafraîchissante d'y arriver

Si vous envisagez la natation comme un moyen de rester en forme, essayez le programme aéro-aquatique. Tenez-vous en au type de nage qui correspond à votre condition physique ou marchez sur l'eau pendant le temps indiqué. Les débutants devraient alterner les formes de nage organisées (nœuds à la brasse, le nage indienne ou le nage sur le dos) et celles qui sont plus difficiles. Plus tard, vous pourrez tenter davantage afin que votre activité demeure à la fois intéressante et agréable.

CALENDRIER AQUATIQUE
Choisissez le rythme qui vous convient le mieux.

SEMAINE	DURÉE	RYTHME
1	10 min	lent
2	11 min	lent
3	12 min	lent-moyen-à-lent
4	13 min	lent-moyen-à-lent
5	14 min	modéré
6	15 min	modéré
7	16 min	modéré-rapide-moyen
8	17 min	modéré-rapide-moyen
9	18 min	modéré-rapide-moyen
10	19 min	modéré-rapide-moyen
11	20 min	modéré-rapide-moyen

CONNAISSEZ-VOUS LE CRÉE ?

Qu'est ce que 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 dont ils 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 de 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

sont offerts par le Créé?

- Le prêt de livres de ressources, de jeux, de jouets, de livres d'images, de cassettes sonores, de marionnettes, de 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.

Chers nouveaux-arrivants,

Le personnel du centre de ressources des familles militaires ainsi que ses nombreux bénévoles tiennent à vous souhaiter la bienvenue à Winnipeg et veulent vous inviter à vous joindre à eux pour discuter autour d'un bon café. Les pauses-café sont une excellente opportunité pour nous de vous rencontrer et de discuter avec vous des différents services et programmes existants. Nous aimerions connaître également quelles ressources ou services vous aimeriez avoir sur la base.

Les pauses-café sont des rencontres amicales en toute simplicité et nous en avons cédulées à différentes périodes de la journée afin que tous et chacune de vous puissiez y assister. Des personnes-ressources de la communauté seront disponibles pour vous communiquer de l'information en français et en anglais.

Bienvenue à tous A bientôt!

PAUSES-CAFÉ AU 54 PLACE BOURKEWOOD

Mercredi 21 juillet 10h00 (10:00 a.m.)
 Mercredi 28 juillet 13h00 (1:00 p.m.)
 Jeudi 12 août 19h00 (7:00 p.m.)

PAUSES-CAFÉ AU LIPSETT HALL (Coin de Kenaston et Grant)

Lundi 19 juillet 19h00 (7:00 p.m.)
 Mardi 27 juillet 10h00 (10:00 a.m.)
 Lundi 9 août 13h00 (1:00 p.m.)

VISITE DU CENTRE DES RESSOURCES DES FAMILLES MILITAIRES:

Mercredi 15 Septembre 10h00 (10:00 a.m.)

Venez visiter le Centre des ressources des familles militaires (CRFM) et rencontrer le personnel. Si vous désirez de plus amples informations ou des directives pour vous rendre au CRFM, S.V.P. appelez Val Hudson au 833-6870.

Aimeriez-vous travailler au Marché aux Puces?

Nous sommes à la recherche de volontaires pour travailler un ou deux jours 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
6:00p.m. - 8:00p.m.

jeudi
1:00p.m. - 3:00p.m.

samedi
10:00a.m. - 3:00p.m.

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

LES T-SHIRTS DU CREE SONT ARRIVÉS!!

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.

PAUSE-CAFÉ FRANCOPHONIE

Pause-café pour les nouveaux arrivants Français et la participation du centre du soutien.

Le 06 juillet 93 à 10:00 am à 10:00 am. Côté nord.
 Le 21 juillet 93 à 19:00 à 19:00. Côté sud.
 Le 24 Août 93 à 19:00 à 19:00. Côté nord.

Pour plus d'information contacter:
 Val Hudson 833-0446
 ou Val Hudson 489-7260



MINI-FRANCO-FUN DU SACRE COEUR.

Heure, 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 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 INDEPENDABLE CENTRE DE SUPPORT DES FAMILLES DE LA 17ème ESCADRE DE WINNIPEG.

Pour de plus amples renseignements, s.v.p. rejoindre la présidente, Mance Legault, au 885-1378.

Subventionné par Franco Fonds et organisé par des bénévoles Francophone.

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!

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.

Crossword solutions from pg 10

1	B	A	G	S	5	S	K	I	R	T	10	A	B	A	B
14	A	I	L	S	15	L	I	N	E	R	16	B	O	N	A
17	S	T	A	T	18	U	E	O	F	L	19	B	E	R	T
20	I	C	C	21	N	E	W	22	B	U	L	G	E	S	
23	S	H	E	A	24	A	S	T	A	D	I	U	M		
27	C	A	Y	28	E	R	N	S	29	N	I	L			
32	F	E	R	R	33	Y	35	F	L	O	E	36	C	O	T
37	A	C	H	E	38	P	E	A	N	S	39	A	N	O	N
40	T	R	E	S	41	R	I	I	S	42	B	R	O	N	X
43	S	U	A	44	S	I	G	N	45	L	A	O			
46	C	O	N	E	47	Y	I	S	48	L	A	N	D		
51	C	A	E	S	52	A	R	55	E	S	56	D	U	O	
57	E	M	P	I	R	E	S	58	S	T	A	T	E	60	B
61	N	E	I	L	62	S	C	A	R	E	63	T	E	E	M
64	E	X	C	L	65	S	H	I	N	N	66	U	R	S	A



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STADIUM FORD BODY SHOP

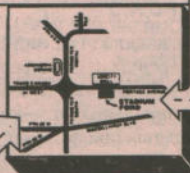
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ACCOMMODATIONS

COTTAGE FOR SALE, 3 bdrm, winterized, own well & septic holding tank. Lake Winnipeg, Belair Properties - Hwy 59N. Asking \$40,000. Ph: 831-0535.

ROOM FOR RENT near Grace Hospital in St. James. Female preferred. Ph: 831-7096.

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.

FOR RENT- Spacious 2 bed apartment to sublet in Maples area August 1. \$579. inc. utilities, cable, a/c, 1 parking, balcony. 632-7718 Karen/Brian

PRIVATE SALE Heritage Park 4 bedrooms 2 storey, quiet street, 1529 sq. ft. .115X79.5 ft. lot. French doors to Diningroom, RI central vac. Electric air filter, feature wall in livingroom, 2 baths, garberator, dish washer, hardwood floors, attached garage, double driveway, whirlpool tub. Phone 832-2006.

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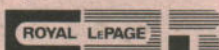
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