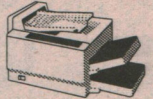


# THE VOX AIR

Graham Computer Services

A division of Graham Microsystems Ltd.  
132 Horace St. (at Tache), Winnipeg, Manitoba R2H 0W1  
Tel: 204-237-0465 Fax: 204-233-0084



Glenn Fraser  
Res: 224-1239

IBM Compatible Computer Hardware & Software  
Laser Printer Supplies & Service  
Computer Sales, Maintenance, Service & Leasing

VOL. 41 ISSUE 15

17 Wing Winnipeg / 17e Escadre Winnipeg

September 8, 1993 / FREE



No, this is not a CF-5 caught flying too low during a fly-past! CF-5 number 749, in the colours of 434 "Bluenose" Squadron, now stands proudly on a pedestal on Ness Avenue, at Conway Street. The aircraft joins those already on display in the Air Force Heritage Park at 17 Wing.

## CF-5 LANDS AT AIR FORCE HERITAGE PARK

by Capt Neil Kinley (WPAO)

A CF-5 Freedom Fighter has formed on those aircraft already on display at the Air Force Heritage Park. The jet fighter was dedicated in a ceremony at 17 Wing Winnipeg on July 29, 1993. LGen David Huddleston, the Commander of Air Command, and LGen G. Scott Clements, the Commander Designate, unveiled the aircraft at the invitation of the Wing Commander, Col Bert Proulx. In a nose-up, climbing position, the F-5 sits dramatically on a pedestal along Ness Avenue, at Conway Street. Painted in the colours of 434 "Bluenose" Squadron, it will help preserve the rich heritage of Canada's Air Force. Still in service with 419 Tactical

Fighter Squadron, based at 4 Wing Cold Lake, the CF-5 entered service in 1968 and is currently used as an advanced trainer for fighter pilots. The aircraft was beautifully restored by volunteers from 17 Wing, who worked many hours ensuring every detail was correct. Other airmen worked long hours to prepare the display site, and to solve the logistical problems involved in adding the CF-5 to the heritage park. Col Proulx said, "the park has been a labour of love for hundreds of 17 Wing personnel, military and civilian. For those involved, their commitment, spirit, and enthusiasm has been infectious, and I am extremely proud of them." "The incredible collective effort of our personnel is

clearly illustrated by this new aircraft," said Col Proulx. The ceremony included the Air Command Band performing the Air Force March-Past, and a fly-past of four Tutor jets from the Central Flying School, based at 17 Wing. The Air Force Heritage Park is the largest and best park of its type in Canada. It is also an important tourist attraction for Winnipeg, emphasizing the important relationship between the Air Force, 17 Wing and the city. However, the Air Force Heritage Park is not complete. Three more aircraft will be unveiled in a ceremony on September 17, 1993. These include a CF-100 Canuck, an F-86 Sabre, and a T-33 Silver Star. There are also plans to add two aircraft to the park each year.

## CF medical team saves Norwegian

by Capt Bruce Stock

A UN military observer (UNMO) from Norway is home recovering from two near-fatal bullet wounds thanks to a Canadian medical team. The emergency surgery that saved his life was performed under the canvas of a Canadian army surgical hospital with the 2nd Battalion of the Royal 22e Regiment Battle Group.

The battle group is stationed in Visoko, Bosnia-Herzegovina, about 35 km north-west of Sarajevo, as part of the United Nations Protection Force (UNPROFOR) in ex-Yugoslavia.

For the Norwegian, the arduous 15-hour adventure began in mid-June just before lunchtime. While on duty near the refugee-filled Muslim

were alerted to be on standby for a "severely wounded" UNMO scheduled to arrive as early as 5 p.m. But negotiations in Gorazde went slowly and the French team wasn't able to unload the Norwegian onto the on-call medevac chopper, a French Puma, until 6 p.m.

Then yet another delay. Only moments after takeoff, the helicopter was required to land to satisfy officials at a local checkpoint that it wasn't carrying anyone, or anything, not already on the aircraft's manifest, filed earlier — all this despite UN assurances it was an emergency medevac flight.

The Puma was finally cleared for takeoff by 7 p.m. and speedily headed west for Visoko. Just before 8 p.m., a concerned medical team, led

Without an immediate operation the Norwegian didn't have a chance

by Van Doos' medical officer Capt Pierre

enclave of Gorazde in eastern Bosnia, he was hit in the chest by four

bullets. His bullet-proof UN vest stopped two rounds, his chest and right shoulder stopped the other two.

Evacuated immediately to a crowded civilian hospital in Gorazde, he was treated by a French UN medical team. The team inserted a tube to drain his chest injury and temporarily patched up his shoulder. Meanwhile, the team tried to arrange an emergency helicopter medevac to Visoko, which required patient negotiations with wary local authorities.

In Visoko, the Canadians

Boucher, met the incoming chopper and whisked its patient by ambulance to the well-equipped canvas hospital nearby.

The preliminary examination told a sad story. The two wounds had seriously deteriorated during the needless delays and anesthesiologist Maj Paul Connelly was soon

Continued on page 3

### INSIDE

Starwatch .....	4
CFANS .....	5
Taekwondo champs .....	6
Lottery winners .....	10
Francophonie .....	14
Classifieds .....	15

## United Way- Sports day

17 Wing is kicking off it's 1993 United Way Campaign on Thurs 9 Sep with a fun filled sports day.

This is a chance to get together with your coworkers and challenge other sections in the Wing. All events are designed to be fun and not necessarily skill related. Everyone is welcome to attend whether it is as a participant or a cheerleader. (Participants are to pay a minimal entrance fee).

Watch for more details on timings and team composition from your section rep. Let's get together and help out those less fortunate in our community.



# Commissioning of HMCS Toronto

With Toronto's skyline fading in the distance, newly commissioned *HMCS Toronto* sails toward the Saint Lawrence River, ready to join the Atlantic fleet.

The commissioning ceremony, held in the ship's namesake city July 29, was surrounded by a week of activities, including tours of the

4,750 tonne ship, a traditional naval "gun run" demonstration at a Blue Jays' game, and a live, on-board broadcast of Much Music.

Toronto is the second Canadian Patrol Frigate to be commissioned. The third, Vancouver, will be commissioned in its namesake city Aug 23.



HMCS Toronto (Photo by Sgt Dave Snashall ISC-93-134.)



Sous le Fanion  
Col JRB Proulx  
Under the Pennant

## KICK OFF UNITED WAY CAMPAIGN 93 - 17 WING

The 17 Wing United Way Team has planned a special sports event to kick off this year's campaign. I am enthusiastic, and very supportive, of this initiative and ask that you too become involved and get on board to help us reach this year's goal.

On 9 Sep 93, the sports field behind Bldg 90 will be where the action begins at 1300 hrs. All events are designed with participation in mind, and are open to all genders. Details and registration will be the responsibility of your particular account coordinators.

The success of this event is dependent upon your positive leadership. I am looking forward to the comradeship and friendly competition, this kick off event promises to deliver. A good turnout of teams and cheering sections is a must. Again, I ask that you give your total support to this endeavour.

JRB Proulx  
W Comd

# GO GREEN AT LUNCH AND BREAKS

The way we spend our coffee and lunch breaks at the office also affects the environment. The 3 Rs of environmental responsibility can be applied whether you have a small coffee machine or kitchen facilities in your office, use a cafeteria in your building or eat out. (Most of these suggestions also apply to meetings where food and beverages are provided.)

### REDUCE

- If your office uses a coffee service or your building's cafeteria is operated under contract, inform suppliers of your office's desire to reduce packaging. Refuse individual coffee pouches, disposable dishes and utensils, single-serving containers of creamer and sweeteners, etc.

- If your office has its own coffee machine, get together with your colleagues to purchase milk and sweeteners in bulk. Again, you reduce the waste created by individual containers and packaging.

- If you bring your lunch to work, make it by packing it in a reusable container (e.g., a washable rigid plastic container, a milk bag washed and slit at one end, or a nylon or cloth lunch bag).

- Bring a drink in a thermos or other reusable container instead of buying one packaged in a single serving.

- Use a cloth napkin instead of a disposable paper towel or serviette.

- If you eat out, urge restaurant managers to eliminate the use of disposable dishes and single-serving containers.

Make your voice heard—and take your business to green establishments.

- Washing dishes by machine uses less water than hand-washing. If your workplace has a dishwasher, run it only when full. Use the air dry setting or shut off the unit before drying and open the door. If possible, operate the dishwasher at off-peak hours and use phosphate-free detergents.

### REUSE

- Use reusable coffee cups and keep extras on hand for visitors. If your work space is not close to the coffee machine or cafeteria, a mug with a lid will help to prevent spills and keep your beverage warm.

- Encourage your cafeteria or local coffee shop to sell travel

mugs.

- Use refillable soap containers. Encourage the purchase of liquid cleaning products in concentrated form.

- Use reusable tea towels in your office kitchen.

- If you have vending machines, ask the operator to offer soft drinks in refillable bottles (in provinces where these are sold).

### RECYCLE

- Although reusable containers are best, recyclable bottles or cans are better than non-recyclable containers such as foil-lined cardboard juice boxes.

- Where possible, make sure any used glass or cans are recycled.

- Volunteers could take turns bringing recyclables home to

place in their blue boxes.

- Where curb-side recycling is not available, consider setting up bins that could be taken to a recycling depot. Another possibility is arranging for a recycling company to make a regular pick-up at your building.

- If your office has a coffee room or kitchen, collect compostable food waste (e.g., coffee grounds, fruit and vegetable peelings, etc.) in a covered container for a volunteer to take home daily.

- Composting of restaurant and cafeteria food preparation wastes is not yet well established. You should, however, encourage the managers of places you frequent to investigate this option.

**BASE RECREATION LIBRARY**

**Hours**  
TUES., WED., THURS  
6:00-9:00 p.m.

WED. & SAT.  
1:00 - 4:00 pm

**3 Jameswood**

**THE VOXAIR**

**FOLLOWING THE CANADIAN FORCES**

<b>VOXAIR OFFICE HOURS</b>	<b>TELEPHONE</b>	<b>HEURES DE BUREAU - VOXAIR</b>
MON. and THURS. 1000 -1600 hrs	889-3963 / FAX 885-4176	LUNDI et JEUDI de 10h à 16h

Telephone-answering system operates remainder of week/Repondeur automatique pour le reste de la semaine

Produced by/Produit par GB GRAPHICS LTD

<b>Editor-in-Chief/Rédacteur-en-chef</b>	-LCol T.A. Bailey	-833-5281	VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col.J.R.B.Proulx, CD. Opinions and views expressed do not necessarily reflect those of the Editor, the Wing Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. Correspondence should be addressed to: <b>VOXAIR, 17 Wing Winnipeg, Westwin, Manitoba R3J 0T0.</b>	VOXAIR est le journal non officiel de la 17e Escadre Winnipeg et est publié avec la permission du Commandant de l'Escadre, le colonel J.R.B. Proulx, C.D. Les opinions et les points de vue qui y sont exprimés ne sont pas nécessairement ceux de l'éditeur, le Commandant ou le ministre de la Défense nationale. L'éditeur réserve le droit de modifier ou refuser la publication d'un article ou d'une annonce publicitaire. Toute correspondance doit être adressée à: <b>VOXAIR, 17e Escadre Winnipeg, Westwin, Manitoba R3J 0T0</b>
<b>Managing Editor/Directeur-Gérant</b>	-Capt Tom Walls	-833-5547		
<b>Production Editor/Production</b>	-Lt Ruth Home	-833-6334		
<b>Financial Co-ordinator</b>	-Capt Joe Fewer	-833-5401		
<b>Business Manager</b>	-WO C.I. Karpenic	-833-5230		
<b>Accountant/Comptable</b>	-Pte Wendy Chase	-833-5084		
<b>Office Manager/Chef de Bureau/ &amp; Production Assistant</b>	-Louise Guenet	-889-3963		
<b>Production Assistant</b>	-Tricia Sonne	-889-3963		
<b>Production Assistant</b>	-Jeff Cyr	-889-3963		
<b>Production Assistant</b>	-Nicole Whebell	-889-3963		
<b>Advertising/Publicité</b>	-Mr. Jim Holland	-832-0115		
	-Al Buckle/Nola Brelis	-832-6141		

**DEADLINE 10 SEP 93/DATE DE TOMBEE 10 SEP 93**  
**NEXT ISSUE 22 SEP 93/PROCHAINE EDITION 22 SEP 93**

Second Class Mail, Reg. No. 1725 ISSN 0300-3213

## Norwegian saved

- continued from page one

preparing the patient for what was clearly going to be a long and delicate operation.

The examination revealed that the first round had passed through the Norwegian's left lung before entering the pericardial sac — the pocket around the heart. It had then perforated the thymus — a small organ below the neck — before stopping in the right lung.

Shortly after arriving, the Norwegian went into shock — the chest injury had caused blood to collect around his heart, acutely restricting its pumping action. Without an immediate operation, the Norwegian didn't have a chance.

Boucher, Connelly, and the surgeon, Maj Reza Mehran, were joined in the canvas operating theatre by the rest of the team: Capt Cathy Jefferies, an operating room nurse; Cpl Craig Harvey, a medical assistant; and two operating room technicians, Sgts Michel Auclair and Daniel Swanson. The team had performed surgery together a dozen times since their tour began in May.

Mehran, a reservist from Montreal, was specializing in chest surgery at the University of Montreal. His first step was to open the chest cavity to remove a large blood-clot from the pericardial sac. This done, the Norwegian's blood pressure quickly rose to normal as the pressure on the heart eased.

Next Mehran turned to the damaged lungs. A bullet was removed from the right lung and a fragment of the same round was removed from the left one. Tubes were inserted to drain the chest cavity and wound were sutured closed.

The least life-threatening injury, the shoulder, was left to last. Surprisingly, there was no bone damage as the bullet had been stopped by two layers of shoulder muscle. The wound was opened, the bullet extracted, and a drain-tube inserted to reduce the chance of infection.

Following the four-hour operation, the patient was placed in intensive care under 24-hour supervision. Next morning, after giving the patient a thorough check-up, Mehran phoned the Norwegian's son and gave him a full report on his father's condition.

Less than a week later, the father was home with his son and on the road to a full recovery.

(The writer, Capt Bruce Stock, is a public affairs officer serving with the Van Doos in Visoko, Bosnia-Herzegovina.)

# Student's letters help Peacemakers morale

Before his 6 month deployment to Croatia WO Jerry Brooks visited Students and staff at 2 local Winnipeg Schools. He tried to explain what his job as a United Nations Peacemaker would be. He also presented students and staff with the now familiar blue ribbon. Based on the enthusiasm generated by his visit, the grade 2 and 3 classes of Dieppe School began sending letters and hand drawn pictures to Jerry's company (D Company) addressed "Dear Peacemakers". The children then decided they wanted to do more for "the poor kids in Croatia", they started a clothing and toy drive, which turned out to be a tremendous success and 7 large boxes were then mailed to Croatia for distribution to needy families.

Jerry has also received numerous letters from St. Louis school in Leamington, Ontario and well on his U.N. leave he took time to personally meet and thank the students for their letters and support for the Canadian U.N. Peacemakers. Brooks gave a presentation about what it was like to be over there to around 75 students. One of his comments to them was "You keep writing and we'll keep writing back, contact with home - even with school age strangers is good for morale." Before leaving he personally handed each student a Blue Ribbon.

The Blue Beret Support Group would like to thank Jerry for helping raise awareness of the U.N. Peacemaking troops. Hats off to you and all the "U.N. Buddies" who take time to answer all the letters, keep up the good work.



WO Jerry Brooks presenting student with Blue Ribbon

(Windsor Star Photo)

**ST. JAMES TV**  
SALES & SERVICE  
**ZENITH**

• COMPLETE SERVICE TO ALL MAKES  
• FREE IN-STORE ESTIMATES  
• TELEVISION  
• VCR

**888-1189** The quality goes in **837-9554**  
before the name goes on!

2727 PORTAGE AVENUE - COURTS OF ST. JAMES

**RINK RATZ**  
**Sporting Goods**

**Protective Equipment & Uniforms**

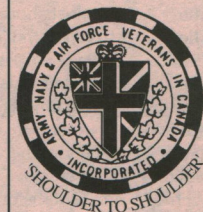
- Roller Blades
- Hockey • Ringette • Baseball
- Soccer • Curling • Skate Sharpening



**Hours:**  
Mon to Fri 10am - 8pm, Sat 9am - 5pm

**Summer Hours:**  
Mon - Fri 10am - 6pm, Sat 9am - 3pm

**105-1700 Corydon Ave.**  
**(In the Corydon Village Mall)**  
**Telephone 489-8490**



**BINGO - Every Mon. Wed. Fri.,**  
7:45 p.m. **Early Bird 7:30 p.m.**  
Crib night every Thursday at 2000 hrs  
Join us for six meat draws  
made each Saturday at 1500 hrs.  
**DANCING - Friday & Saturday Evening**  
CANADIAN FORCES PERSONNEL WELCOME  
Army, Navy & Air Force Veterans  
in Canada  
**ASSINIBOIA UNIT NO. 283**  
3584 Portage Avenue R3K 0Z8  
Phone 837-4795  
**THE FRIENDLY CLUB**

## How To MAKE MONEY IN PLACES YOU'VE NEVER HEARD OF.

The first rule of clever long-term investment is: Don't follow the herd.

You won't find a herd of investors in Brasilia, Brazil; Colombo, Sri Lanka or Ankara, Turkey. But you will find Templeton analysts there, assessing the local industries as potential investments for Templeton Emerging Markets Fund.

Jordan, India and Thailand are just a few more of the many countries where Templeton Emerging Markets Fund's analysts spend time probing and assessing future prospects. Whether it's Jordan's thriving fertilizer industry ... India's burgeoning textile plants ... Thailand's expanding rubber trade ... or any of a dozen other countries poised for massive growth ... nobody has a longer, more distinguished record in emerging market investment than Templeton.

If you're considering a long-term investment with substantial growth potential, learn more about Templeton Emerging Markets Fund. Because you don't have to know where an investment is to make money from it

TEMPLETON  
EMERGING  
MARKETS FUND



pro-fund Distributors Ltd.

OVER 20 YEARS OF SERVICE  
FINANCIAL PLANNING, MUTUAL FUNDS,  
G.I.C.S. RETIREMENT PLANNING,  
LIFE INSURANCE

**TOM MEHREL**  
FINANCIAL SERVICES CONSULTANT  
BUSINESS PHONE: 942-0629 HOME PHONE: 832-1768  
614-294 Portage Avenue, Winnipeg, Manitoba R3C 0B9

Important information about Templeton Emerging Markets Fund is contained in its simplified prospectus. Obtain a copy from your Investment Advisor or from Templeton Management Limited and read it carefully before investing. Unit values and investment rate of return will fluctuate.

# STARWATCH

by Jim Bryce.

I hope that last month's article will have helped a number of readers to locate the asteroid Vesta. Those who did catch a glimpse of it will have developed a heightened interest in these minor planets so this month I would like to write about them in greater detail.

## The Asteroid Belt.

It has been calculated that there are at least 44,000 minor planets detectable within the photographic ability of a 2.5 metre telescope and obviously there will be thousands more too small and faint to be detected. It is true that the mean orbit of asteroids in general is at a distance of 2.8 Astronomical Units (AU) from the Sun but specific asteroids have orbits that vary in distance and inclination. This creates a wide zone between the orbits of Mars and Jupiter that is referred to as the Asteroid Belt. The Belt is commonly assumed to be five hundred million kilometres in diameter and while this measurement includes the vast majority of asteroids, there are some that lie outside of it. One such group called the Apollo Asteroids have orbits that cut inside the Earth's path around the Sun.

## The Origin of the Asteroids.

Why do we find many small objects orbiting in the Belt rather than a single planet? One fanciful but often proposed theory is that such a planet did form and the asteroids are the debris left over from its destruction in some cataclysmic event. The truth is much less spectacular but more interesting. In 1918 the Japanese astronomer Hirayama noted that some of the asteroids could be grouped into three families based on similarities in their orbits. He believed that these families were formed when a large asteroid broke up, probably as a result of a collision with another asteroid. Subsequent work by other astronomers has confirmed the existence of families. The number of groupings is open to question but the Italian astronomer Zappala has identified twenty-one which are supported by good evidence. Kuiper, in 1958, determined that if the number of asteroids of different masses were compared, asteroids of sixty kilometres in diameter were very significant. He concluded that asteroids smaller than this were the result of collisions and ones greater than this diameter were original asteroids essentially unchanged from the period when the solar system was forming. Another clue lies in the existence of

Kirkwood's Gaps. These are gaps in the Belt discovered by Kirkwood in 1866. He determined that they were caused by the perturbing effects of Jupiter's gravity on asteroids which would originally have orbited in these locations. One of the gaps occurs where an asteroid which would have occupied it took six years to complete its orbit around the Sun. Jupiter takes twelve years for a complete orbit so twice in every twelve year period Jupiter would pull on the asteroid in the same direction changing its orbit. Other such resonance points related with gaps occur where the asteroids had periods of one third, two fifths and three fifths of Jupiter's year.

It seems evident that Jupiter's gravitational attraction was the reason for the failure of a single large planet to form. Perturbations caused by Jupiter created collisions between asteroids that reduced many of them to the small fragments that we observe today. The larger asteroids such as Ceres, Pallas and Vesta must have formed early and attained a size where their own gravity helped them to accrete other planetisms and so were able to grow beyond the point where they could be broken up, but the continual churning by Jupiter distributed material across the Belt preventing further significant development.

## The Apollo Asteroids.

The asteroids which cross the Earth's orbit are worth further mention. We have fairly good orbital data for about one hundred such objects although more have been seen and estimates of how many there might be range as high as 1,500 object one kilometre and greater in diameter. Some of these objects are the remains of comets but most show characteristics similar to Belt asteroids. In December of 1992 the asteroid Toutatis passed within 3.6 million kilometres of Earth and radar images showed it to be a binary, two objects, one four kilometres in diameter the other two and a half. They appear to be fused together and are probably re-combined fragments of a larger asteroid which had broken up. Toutatis may have been launched into its Earth crossing orbit by the collision that broke up its parent body.

While such collisions have occurred and I have written about large meteoric impacts in previous articles, the likelihood of such an event is low. With today's technology it is probable that we would be able to identify the imminence of such a collision and, given enough time, could avert it by deflecting the object from our path with nuclear explosions.

# Family Day at 402

402 Sqn will be holding its Annual Family Day on Saturday 25 Sep at 16 Hangar. Festivities begin at noon and all wing personnel, their families and friends are invited for a fun filled day of activities.

Family Day will include:

- Air tour of the city in a Dash-8 - a jail cell (for your friends!) - pie throwing - dunk tank - 16 Hangar shop tours - Nintendo (arcade) games - Games - Much Music (at night)

BBQ Hamburgers and hot dogs will be on sale all day.

In the evening there will be a BBQ with Baron of Beef, roasted Pigs and salads, followed by an outdoor dance with MUCH MUSIC.



Tickets for the BBQ and dance will be on sale for advanced purchase or may be purchased at the dance. Cost is \$15.00 a couple. All profits from family day will go to charity.

For more information call: Lt Andersen - 833-5363 Sgt Scott - 833-6772 M Cpl Rivest - 833-5175 Cpl (Super Dave) Williams - 833-5766

## UNITED WAY FUND RAISING CAR WASH



A United Way Fund Raising "Car Wash" will be held at Cargo Section C-1 South side from 1000-1500 hrs on 11 Sep 93.

A donation of \$5.00 per vehicle.

While waiting for your vehicle to be cleaned, you may enjoy a juice beverage at no extra cost. For a small cost you can also enjoy BBQ hot dogs.

# Professional & Business Directory

## CHAPMAN GODDARD KAGAN BARRISTERS & SOLICITORS

George E. Chapman, Q.C. Donna G. Kagan, LL.B.  
George A. Derwin, B.A., LL.B. Kelly P. Land, B.A., LL.B.  
Alan R. Goddard, B.A., LL.B. J. David Schioler, B.A.(Hons), B. Ed., LL.B.  
Almer N. Jacksteit, B. Comm., LL. B. Michael J. Law, B.A., LL.B.  
Ph: 888-7973 1864 Portage Avenue, Winnipeg, Manitoba, R3J 0H2

## RUTLEDGE & DYKER

R.F. RUTLEDGE, B.A., LL.B. --- A.L. DYKER, B.A., LL.B.  
COUNSEL -- A.I. UNGER, B.A., LL.B.  
COUNTRY CLUB PLAZA  
310-3025 Portage Ave. 888-3204 Fax: 837-3638

## BALDWINSON AGENCIES

Rec Centre (Whytefold Rd.)

Autopac 889-2204

## NEXT VOXAIR DEADLINE 10 SEP 93

### SILVER HEIGHTS DRY CLEANING CENTRE

837-7209  
Professional Cleaning & Pressing  
Special Rates on Uniforms  
2249 Ness Avenue

## VOXAIR NEEDS VOLUNTEERS

## TUXEDO PARK HAIRSTYLING & BARBERING

146-2025 Corydon Avenue, Winnipeg, Man. R3P 0N5

BEAUTY SALON 489-9079 Cuts - Perms - Colours - Shaping  
For Men, Women and Children  
MONDAY - SATURDAY HOURS: 9-5 MEN'S HAIRPIECES FITTED

## Roxroy O. O. West, B.A., M.A., LL.B.

202, boulevard Provencher, bureau 200  
Saint-Boniface (Manitoba) R2H 0G3

Téléphone: 235-1378 Télécopieur: 233-9762 Cellulaire: 981-7778

Rabais de 20% sur nos honoraires professionnels pour les militaires de la base et les membres de leur famille immédiate. Première consultation de 30 minutes gratuite.

## The ARGUS Hobby Shop

(Overlooking Runway 36)

- Decals
- Vacu-forms
- Magazines
- Miniatures



- Model Kits
- Books
- Games
- Paints

Telephone: (204) 837-7677 5-2082 Ness Avenue, Winnipeg, Manitoba R3J 0Z3

## NEMY, BROWN & CO.

Barristers Solicitors Notaries  
John C. Brown, B.A., LL.B. Jack M. Rabkin, B.A., LL.B.  
200-2727 Portage Avenue (Courts of St. James Shopping Centre)  
Phone: 888-8890

# CFANS Update

This week features the initial installment of what promises to become a regular feature in the CFANS Update, Lt Jason Neale, The Education of a Young Officer. Several weeks ago in an attempt to address Jason's deficiencies in the field of Canadian cultural history he was sent to Nova Scotia on a fact finding trip. Along with other notable accomplishments while on Canada's eastern shores, our hero discovered that the "Bluenose" was indeed a famous piece of Canada's heritage and not merely an aristocratic version of the Gonzo.

"Hey! Come on. You just don't see that kind of stuff when you live on the prairies," said a somewhat embarrassed Jason.

According to his traveling companion, sometimes CFANS OpsO Major Bill Learmond, Jason brings special meaning to the term "not having a dime!" On their return to Winnipeg from their eastern excursion, Major "Taxi" Learmond and Jason were slightly irritated to find that they were being met by a "Follow Me" truck (a service sometimes required by visitors at a unfamiliar airport).

Apparently impatient crew member Capt Bert "T-13" Troisfontaines requested the vehicle in order to expedite aircraft parking. According to T-13, it seems of late that Learmond and Neale have



been logging extra hours by doing some "Major" taxiing. Said Bert, "I've probably taken more wrong turns with these guys in the last week than you'll ever take with a cabby."

The abrupt move of Capt Anil (I need a nickname) Mohan from Celestial to A&ES (Aircraft and Electronic Systems) has been a source of speculation and rumor throughout the school.

According to former co-worker Capt Chris Roy however, the answer is quite simple. Apparently Mohan, a die-hard trekkie, became disillusioned with the continued prospect of teaching celestial navigation after watching the season finale of Star Trek. A dejected Mohan was alleged to have been overheard saying, "Think about it, if Data has a difficult time doing a cel fix, what hope do these chumps have?"

Speaking of staff changes, I was unable to reach Capt Mike Colpitts for comment on his recent posting to the Nav career manager office in Ottawa. It seems that prior to leaving town Mike and Connie

have been extremely busy getting together with all their new friends. Good luck Mike, and, oh yeah, about those hair jokes: I was just kidding - Fenton put me up to it.

In order to assist students in adapting to the rigorous and dynamic demands of the CFANS training syllabus, Capt Al Bergsma has introduced the new "MIF" (Multi Instructor Factor) acronym. According to Al, MIF(ed) was exactly how transport student 2Lt Rich (Elvis) Pamplin felt on a recent trip when he was the beneficiary of simultaneous advice from several instructors.

The two members of this summer's recertification course Capts Mike Latouche and Andy Graham have quickly made a name, or more aptly nicknames for themselves at CFANS: "Ren and Stimpy". According to Capt Rich Hone, Andy (Stimpy) Graham has been taking a rather innovative approach to communications. "Just the other day," said Hone commenting on the ease with which Andy has made the change from desk jockey to Maritime Navigator, "he talked on the radio for several hours with little difficulty, or success, for that matter since he neglected to turn his equipment on." Although some cynics could argue with Graham's approach to communications MACS (Military Aeronautical Communications System), the normal recipients of his traffic apparently were quite satisfied with the result.

On a very positive closing note congratulations to Capt Glen Northrup and his wife Janice on the birth of their first child Sarah on 23 June.



music reviews and syndicated columnist



## BETTE'S GREATEST; NEIL UNPLUGGED

Bette Midler is one of the most successful entertainers in history. She has appeared in some of the biggest box-office hits (*Down & Out in Beverly Hills*, *Ruthless People*, *Outrageous Fortune*, *Beaches*); she has won a quartet of Grammy Awards; starred on stage and TV; authored a pair of books (*View From A Broad*, *Saga of Baby Divine*); she has recorded over a dozen albums, most of which have been certified gold and platinum; and, on September 14th, she will embark on her first major concert tour in a decade. This tour kicks off with a three-week stint at New York City's Radio City Music Hall. This will mark the longest run for any solo artist in Radio City's history. Against this background comes *Experience The Divine*

(Atlantic) her long awaited greatest hits package. And what a package it is. The 14-song compilation chronicles Bette's recorded works and runs the musical gamut from her platinumplus tunes like *From A Distance*, *The Rose and Wind Beneath My Wings* to her lesser known, but equally potent revivals of Bobby Freeman's *Do You Wanna Dance*; the Dixie Cups' mid-60s *Chapel of Love* and the salsa-flavored *Only In Miami*. Whether she is revisiting the magic of such past evergreens as *When A Man Loves A Woman*, Cole Porter's *Miss Otis Regrets* or her remake of the Andrew Sisters' *Boogie Woogie Bugle Boy* or, for that matter, even her cover of Lennon/McCartney's *In My Life*, this Hawaiian-born entertainer is one of the best ever and this album, digitally remastered, reflects her greatest musical performances.

### NEIL YOUNG

Toronto-born Neil Young started in the music business when he formed the now legendary Mynah Birds. He later moved to the burgeoning L.A. music scene and formed Buffalo Springfield. When he went the solo route it was with the musical backing of Crazy Horse and when he joined Crosby, Stills & Nash it was magic. On his latest album *Unplugged* (Reprise) Neil, backed by a bevy of solid musical side-kicks that range from Nils Lofgren and Ben Keith to Spooner Oldham and vocalist Nicolette Larson.

Long known for his ability to write poignant lyrics and deliver them in a haunting, almost mystical fashion, the multi-talented Young offers the bitter-sweet *Old Laughing Lady*, and continues through such stellar outings as *The Needle & The Damage Done*, his current smash *Harvest Moon* to the chestnut *Long May You Run* and closes with the heartfelt *From Hank To Hendrix*. It just doesn't get much better than this.

## Mortgage Securities or GICs? You Compare.

### Industrial Mortgage Securities Fund

1 year	3 year	5 year	10 year	since inception
13.8%	13.6%	10.9%	13.0%	13.9%

GICs are a secure investment.

But they've traditionally offered low comparative returns. Which is why many Canadians looking to build returns and preserve capital are choosing **Industrial Mortgage Securities Fund**.

The Mortgage-Backed Securities which form the backbone of the Fund's portfolio are government guaranteed. Yet your investment is both cashable and transferrable at any time into other types of mutual funds managed by Mackenzie should your objectives change.

For information on Industrial Mortgage Securities Fund and the full range of Mackenzie-managed income opportunities, call us today at the number below.

## Mackenzie

The Industrial Group of Funds

pro-fund distributors ltd.

OVER 20 YEARS OF SERVICE  
FINANCIAL PLANNING  
MUTUAL FUNDS, GIC'S,  
RETIREMENT PLANNING  
LIFE INSURANCE

Bryan C. Hall

Bus: (204) 942-0629

*Important information about this offering is contained in the Fund's simplified prospectus. Obtain a copy from us and read it carefully before investing. GICs, unit value and investment return for mutual funds will fluctuate. The indicated rates of return to July 31, 1993 are the historical annual compounded total returns, including changes in unit value and reinvestment of all distributions, and do not take into account sales redemption, or optional charges payable by an investor which would have reduced returns. Past performance is not necessarily indicative of future returns. From March 1, 1993 at least 50% of the Fund's portfolio will be mortgage-backed securities; before that date government bonds comprised the major portion of the portfolio.*

## EX-SERVICE MEMBER GERRY ZINCK'S SERVICES

Automotive servicing & repair  
Very reasonable rates

In association with

**Salter Collision Repair**  
200 Salter Street

Bus: 586-1202 Cellular: 955-1328



## Ellice Meat Market Ltd.

We specialize in German & European  
Style Sausage and Cold Cuts.

### OPEN

Tues - Thurs 8-6  
Friday 8-7  
Saturday 8-4  
Closed Sun & Mon

712 Ellice Ave.

Winnipeg, Manitoba

(204) 783-6288

## SECOND CAREER!!

### the Commissioners

EX-Service personnel are invited to apply  
for membership with

Manitoba Division

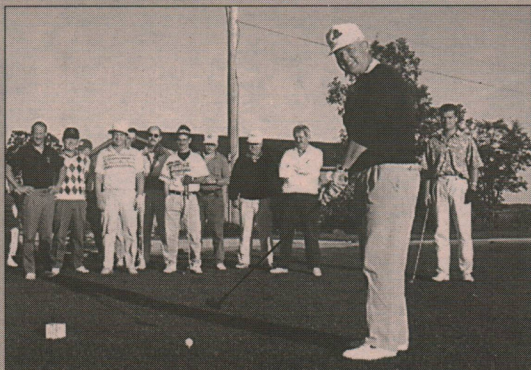
Canadian Corps of Commissioners

942-5993

301- ONE Wesley Avenue R3C 4C6

Over 12,000 members in Canada

# AIRCOM HQ ANNUAL GOLF TOURNAMENT



The Commander of Air Command, Lt Gen GS Clements, leads off the 1993 AIRCOM HQ golf tournament.

40 of AIRCOM HQ's most hardy, led by the Commander of Air Command, Lt Gen GS Clements, vied for honours in the 1993 AIRCOM HQ Golf Tournament held at the River Oaks Golf Club on 13 August. Despite a last minute change of venue (the scheduled course was a washout, literally), hordes of mosquitoes and a river that came uncomfortably close to some fairways, all the entrants soldiered "air-personned" through to the welcomed 19th.



BGen RS Dziver presents the AIRCOM HQ golf trophy to Lt(N) WC (Wayne) Graves.

### The day's honours went to:

- |                                |                                |
|--------------------------------|--------------------------------|
| Lt (N) Wayne Graves, low gross | CWO Jean Cote, 3d low gross    |
| Capt Darrell James, low net    | WO Doug MacQueen, 3d low net   |
| WO Kevin Stark, 2nd low gross  | MWO Al Cade, 4th low gross and |
| Mr Don Mitchell, 2nd low net   | MWO Mike Belanger, 4th low net |

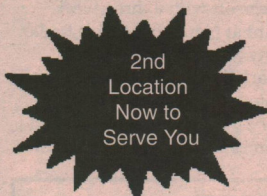


*Doing it Right The First Time, Every time*

Accredited



Repair Centre



■ **FREE Pick-Up & Delivery** of all vehicles with collision repairs anywhere in Winnipeg

■ **Written LIFETIME guarantee** on all Autopac repairs

■ **GUARANTEED on time delivery** less than 3 days with most claims

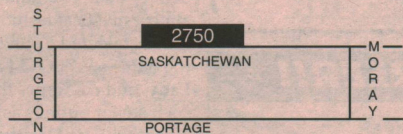
■ **FREE Courtesy Cars** available

Bring in this coupon for a free SCW T-Shirt with any Autopac claim

**Sovereign Coach Works**

*"Doing it right the first time, every time"*

See 'Dan Jonsson'



2750 Saskatchewan Ave.  
**837-2399**  
 OR  
 3166 Portage Ave.  
**837-7450**

## Canadian Forces women top taekwondo tournament

The women's division of the Canadian Forces' taekwondo team won an unprecedented three gold medals at the fifth annual Conseil international du Sport militaire (CISM) taekwondo championships, held June 9 to 13 at the Royal Military College (RMC) in Kingston, Ont. Never before have individual CF members won gold in a CISM competition. Canada finished second overall in the 12-country, black belt only tournament — the first CISM taekwondo championship to include a women's division. The first Canadian gold went to Pte Lisa Lopez of 709 Communication Regiment in Toronto. Normally a fly weight, Lopez fought up a weight class in bantam, defeat-

ing SSgt In Ja Choi of Korea 5-3. Lopez, who as a member of the Canadian national team will compete in the world championships in New York in August, hesitated about fighting up a class. But after considering the size of her opponent she decided she could compete fairly. "It's the only way to get experience at this level," she says. The second gold came in the light-weight division, with RMC's OCdt Nathalie Birgentzen defeating SSgt Mi Sun Lee of Korea 5-1. And Pte Jamie Kitchell, also of the Toronto Regiment, took

Canada's third gold on the final day of the competition in a tough match against Germany's Pte Susanne Heinrich, winning 4-2. "We were looking for this to be our best tournament showing," says the team's

**"...this has exceeded even our highest expectations."**

chief of mission, LCol Tony Brown, "but this has exceeded even our highest expectations." The men's team finished with their best-ever results, taking two silver and two bronze medals. With seven medals, Canada finished second only to Korea's five golds, two silvers, and one bronze. Iran placed third overall, Germany fourth, and the United States fifth. Taekwondo is the official combat sport of the CF and is sponsored by Communication Command (CFCC). BGen Robert Martineau, commander of CFCC and himself a 3rd degree black belt, is taekwondo's official CF patron. "Without question, success breeds success," says Martineau. "We've won medals in every Canadian national tournament we've competed in and that gives everyone a boost." Roughly half of CISM's 90 member-countries run taekwondo programs. CISM sponsors more than 30 sports and conducts some 20 world championships every year. Canada is currently involved in seven CISM sports: biathlon, shooting, soccer, sailing, volleyball, basketball, and taekwondo.

(The writer, Bob Russ, is CFCC's command public affairs officer.)

### PROBLEMS? NEED TO TALK?

EVERGREEN COUNSELLING CENTRE, inc.  
 2151 PORTAGE AVENUE  
 WINNIPEG, MANITOBA  
 R3J 0L4

**837-6396**

20MINUTES FREE  
 CONFIDENTIAL CONSULTATION  
 WITH 1ST VISIT

### NESS VACUUM

1840 Ness (at Roseberry)

PARTS & REPAIRS FOR ALL MAKES & MODELS  
 PICK-UP & DELIVERY AVAILABLE

ASK ABOUT OUR SHAMPOOER & OUR CENTRAL VACUUM SYSTEM

- |                   |              |
|-------------------|--------------|
| • Eureka          | • Panasonic  |
| • Dometic         | • Shopvac    |
| • Beaumont        | • Electrolux |
| • GE              | • Hoover     |
| • Watermatic      | • Kirby      |
| • Filter Queen    | • Baycrest   |
| • Royal           | • Viking     |
| • Electric Brooms |              |

ALL REPAIRS GUARANTEED

AUTHORIZED DEALER & SERVICE CENTER FOR EUREKA, TRISTAR & COMPACT



BAGS FOR ALL MAKES



**831-1157**





## GENERAL SAFETY AWARD



### CERTIFICATE OF ACHIEVEMENT

Col Proulx presents a Certificate of Achievement to MCpl SA Hemeon upon completion of the Practical Loss Control Leadership Course. MCpl Hemeon is the first member of 17 Wing to complete this correspondence course developed by the International Loss Control Institute.

The course is an independent study programme on modern loss control management that discusses occupational health and safety, environmental issues and economic constraints. Anyone interested in undertaking this programme can contact the Wing General Safety Officer, Mr. Peter Armstrong at local 5950.



SLt Cramer receives his Helping Hand Award from LCdr Naldrett for his contribution to the United Way Campaign.



HQ Air Command Construction Engineering division; Maj Bruno Simard receives his promotion from LCol Brian King SSO and LCol Ron Barnes A/DCOS CE



Shown receiving the Commanders Commendation from Major General L.W.F. Cuppens is WO Garth Hickman. WO Hickman was presented with the commendation for his outstanding performance during Operation Tempest.



BGen R.W. Slaughter, Air Command COS Training and Reserves presents MWO O.H.J. "Hank" Fortin with a certificate of service. After 33 years of service, Hank and Gloria will be retiring to the Comox area.

# W Foods Presentations



**Congratulations to MCpl Evens upon his recent promotion. MCpl Evens is pictured receiving his new rank from Capt Letain and WO Borden.**

I would like to welcome back A/B Cowan and Pte Protosavage from their TQ5 course in CFB Borden. Pte Protosavage walked away with top student honors for the course. Congratulations on a job well done.  
BRAVO ZULU



**Congratulations to Clarence Rydberg who has just retired after 36 years in the public service. Clarence was in the military for 16 years and has 20 years with food services. Clarence is shown receiving his medallion for 36 years in the public service. He also received his Certificate of Retirement from Col Proulx on behalf of the Prime Minister of Canada. Clarence also received a silver platter from Wing Foods for his 20 years service with them. Enjoy your retirement Clarence.**



## WING COMMANDER'S SAFETY AWARD

Col Proulx presents the Wing Commander's Safety Award to Mr. Brian Richardson, Co-Chair of the WG EME Joint Occupational Safety and Health Committee.

The award recognizes the best safe work performance on the Wing and is presented semiannually.

Also pictured are (Front row from L) - Cpl Belbin, Sgt Beatty, Mr. Archie Gibson, Mr. Peter Armstrong WGSO, MCpl Edwards

Back Row - LCol Smith W Log O, Mr. Gary Isfeld, Mr. Brian Monteith, Capt Welton UGSO and JOSH Co-Chair, and Maj Auguston WG EMEO.

## 402 Sqn SAMEO Promotions



**Capt Caplain congratulates Cpl Hudson, Instrument-Electrical Technician, #3 Servicing Crew, on his recent promotion to Cpl.**



**Cpl D.M. Fifield recently received his accelerated promotion to that rank. Congratulations Dennis!**

# CFSMET GRADUATES FIRST SHORT RANGE FORECASTING COURSE

On June 24/93, The Canadian Forces School of Meteorology (CFSMET) at 17 Wing Winnipeg graduated the first group of trainees from a first time ever short range forecasting (SRF) course. The five graduates are Sgt. Yves Cinq-Mars from Valcartier, Sgt Martin Cote of Bagotville, Sgt Henri Dagenais from Valcartier, Sgt Al Lefort of Montreal, and WO Wilson from Lahr. The aim of the SRF course is to train meteorological technicians to become proficient at providing operational

commanders with short range aviation weather forecasts and warnings produced on site. The course spans 89 training days with extensive use of a training simulator so that the students can get hands on practise with live weather situations. Subjects include advanced theoretical and applied meteorology, satellite photo and radar interpretation, assessment of computer products, climatology, and forecast techniques. This has been a very demanding and challenging course during which both

students and staff worked very hard, meeting new challenges, breaking new ground, while managing to have some fun on the side! This is only the first stage towards the qualification of occupational specialty qualification 121.11 Short Range Forecaster. Trainees will be posted to 3e Escadre Bagotville where they will undergo a period of certification/accreditation that will last a minimum of six months. Following a satisfactory proficiency check, the SRF Qualification will then be awarded. Although plans are not finalized, another course will likely be held at CFSMET during 1994 or 1995 to graduate short range forecasters in order to staff the Cold Lake weather office. The concept of the short range forecaster sets a new tone for weather services at the wing level. Firstly, the forecaster will be on site. For 15 years, a handful of forecast centers have produced weather forecasts for all military sites. This meant that the civilian meteorologist had a number of air fields to contend with, and he was remote from most of them. Secondly, military technicians will have the opportunity for the first time to produce aviation weather forecasts at a Wing. Previously, only 6B qualified technicians could produce forecasts, and only at sea.



(L-R) Sgt Y. Cinq-Mars, Sgt A. Lefort, WO M. Wilson, Sgt H. Dagenais, and Sgt M. Côté.

*Just working out...*

*...active living makes a healthy difference.*

**PARTICIPATION**

*Moving Your Way - Every Day*

## MARIGOLD

CHINESE AND AMERICAN DISHES, FINE DINING & COCKTAILS,

**BANQUET FACILITIES AVAILABLE  
8 LOCATIONS TO SERVE YOU AT:**

245 King st. (Chinatown) - 944-9400	718 Osborne Street - 474-2401
1245 Inkster Blvd. - 697-1245	885 Henderson - 661-6135
2591 Portage Avenue - 888-5665	1755 Pembina - 261-9241
487 St. Mary's Road - 233-1453	1380 Ellice - 783-1067

## ZIMMY DIAMONDS

Engagement, Wedding & Anniversary Rings  
Gold Jewellery, Repairs & Appraisals

**10% Off**

*1st time ever!!*

To All Military Personnel & Families

- Free layaway up to 12 months

**Zimmy Diamonds - 1891 Grant Ave. 488-3770**



## Wing Lotto: Here are the Winners!!

Congratulations to the following Wing Lottery winners:

Maj McInnis \$165	MCpl Meunier \$165
Capt Dumoulin \$165	WO Bradley \$165
Maj Reiser \$145	Pte Walker \$145
MWO Ring \$145	MCpl Kingston \$145
P02 Scott \$135	WO Shaw \$135

The next draws will be held 15 and 29 September, 13 and 27 October, 10 and 24 October, 10 and 24 November and 1, 15 and 29 December. You can join the list of winners for only \$1.00 per week.

Regular Force and Class C personnel can complete a pay allotment form or pay by cheque six months at a time. Class A and B personnel and civilian employees can pay by cheque six months at a time. Just fill out the form below and forward it to the Family Support Centre, Building C1.\*

All proceeds from the Wing Lottery are used exclusively for community projects and your support is greatly appreciated.

### Wing Lottery Application Form

NAME	RANK/MR/MRS/MS
SECTION	LOCAL
DATE	SIGNATURE

I WOULD LIKE TO COMPLETE A PAY ALLOTMENT FORM.

MY CHEQUE FOR \$26.00 OR MORE PAYABLE TO WING FUND IS ENCLOSED.

## Sales/ Merchandiser Representative

Part Time

Our Fortune 500 clients seek detail oriented people who are enthusiastic about high-end, branded products. Our clients represent a wide range of products in areas such as fashion, computers, cosmetics and home furnishings.

This is a Part Time opportunity - perfect for those with family commitments who wish to work 10 to 30 hours per week. We presently have several openings for top quality people in the city area for:

- Direct Sales Reps (Hourly Rate + Commission) File #222
- Computer Field Marketing Support (Hourly Rate) File #223
- Product & Replacement Demonstrators (Hourly Rate) File #224

Successful candidates should possess excellent communication and people skills. Sales/ Merchandising experience an asset.

Hourly Wage

Full Training Provided

Please fax your resume to (416)730-1813 att. S. Moodie or mail to:

**TMG, Inc., 4211 Yonge Street, Suite 202, North York, Ontario, M2P 2A9.**

Please indicate File # in all correspondence.

# COPING WITH SEPARATION

## (Part II)

### PRE-DEPLOYMENT

It is normal for increased conflict to occur between couples during this stage. Anger and resentment are normal - it is easier to leave someone if you are angry with them. The amount of conflict may be minimal, however, we must remember the emotional concerns can be handled more easily when couples can communicate. Better communication can be achieved when:

- feelings are expressed as openly as possible. It is important to offer your love and reassurance while discussing doubts or fears you may have about future events;
- encourage your spouse to express his or her feelings; and
- activities are planned

around the departure to create warm and lasting memories.

Once deployment begins, the partner left behind may experience a variety of reactions. After days or weeks of dreading your mate's departure, you may feel relieved that he/she is gone and that you can now "get on with things". There are usually some depressive symptoms such as sleep and appetite disturbances and somatic (bodily) complaints. Many spouses experience magical thinking, blaming everything that goes wrong on the absent partner. A feeling of being overburdened as a single parent may also occur. Some spouses may, on the other hand, increase their activity and become very busy. This may cause positive effects, as they become pleased with their new-found indepen-

dence and ability to cope, but may cause problems later on. To lessen the impact of deployment itself, it is useful to:

- keep in touch;
- be aware of your emotions;
- try to understand and admit your doubts and fears;
- talk about your feelings to



- someone you trust;
- participate in the unit support group and use them for support;
  - seek professional help if you feel overwhelmed by your emotions; -be sensitive to the emotions of your children;
  - take good care of yourself;
  - take good care of your children; and
  - think safety and security.



ANG Pouring the floor at P-16.

# AMERICAN INVASION

For the last two weeks 153 Civil Engineering Sqn from Cheyenne, Wyoming has been here at 17 Wing participating on their annual two weeks training. During this period they have been employed in three projects for 17 Wing which consist of the completion of P 16, installing a washroom at St. Charles Range and construction of an extension to the pavilion at St. Charles Range. The time was well spent on training and other recreational activities which included a fishing trip

sponsored by SAR, many a nights spent at Folklorama and other establishments which we will not mention in this article. The deployment was topped off by a barbecue sponsored by WCE and held at St. Charles Range. The event was a huge success which included pukkasapper, tug-a-war and other weird and wonderful things. The high lite of the event was dynamically engineered punch bowl which have all in attendance wondering about the sanity of the Engineers.

## DOMENCIA FLORAL DESIGNS

2225-G NESS AVENUE  
PHONE: 885-3665 OR 832-6978



Drop in and see our Flowers and Giftware. Specialist in wedding and all special occasions.

Recieve free Pew Bows & Throwaway with this ad. with your wedding flowers. 15% Wedding invitations.

## DOMENCIA HAIRSTYLING DESIGNS

2225-G NESS AVENUE  
PHONE: 885-3665 OR 832-6978

Welcome all New Military Personel and their Families.

We have 5 experienced stylists.

Military Cuts	7.00
Cut & Perm	32.00
Color & Cut	26.00
Frost & Cut	32.00
Haricuts	11.00

# FAMILIES & ADDICTIONS

There are many ways to be "family" today. Across this wide diversity, there is also a striking sameness in being family. Families hurt in remarkably similar ways.

One source of family pain can be the addiction of a family member to alcohol or other drugs. This pain is compounded by a mode of silence that generally emerges around addictions, so that the family members become isolated in their suffering. The addict denies that alcohol or drugs are a problem, and family members deny their own feelings of anger, hurt, betrayal, and loneliness. The family unit increasingly orbits around the user and their drug, faithfully obeying the "rules" for being an alcoholic family:

1. Don't talk.
2. Don't trust.
3. Don't feel.

Family members generally recognize the truth of the situation before the chemically addicted person. When any family member steps out of the vicious cycle of addiction, possibilities for newness and recovery are born. This initial stepping out is often tentative and needs to be supported in the company of other persons who are making positive choices in their own lives. Al-Anon groups throughout the province are peer support groups that are very helpful for family members beginning this new life. The Alcoholism Foundation of Manitoba (AFM) has professionally-led programs for family members in Winnipeg (944 6229) - or contact your local AFM office for services.

Additional information on this topic will be highlighted at an upcoming conference called "Realities, Challenges, Choices", which will be jointly sponsored by the AFM and the Manitoba School Counsellors Association (MSCA) with some financial support from Health and Welfare Canada. This conference is aimed at "reclaiming the strenghts of families, adults, youth, and children in a chemical abusing society. Sessions will be held at the Westin Hotel from September 23-25, 1993. For further information, call the AFM Conference Office at 944-6260.

## CATERING DILEMMA???

### DO YOU SUDDENLY FIND YOURSELF IN THE POSITION OF HAVING TO PLAN A PARTY FOR YOUR SECTION?

**WE'LL HAVE NO FEAR, CANEX CATERING IS HERE! WE PLAN FUNCTIONS FROM START TO FINISH. ALL YOU NEED TO DO IS PICK UP THE PHONE AND BOOK YOUR PARTY TODAY. WE'LL WORRY ABOUT ALL THE DETAILS, YOU JUST SIT BACK AND RELAX. WE CATER TO GROUPS OF 10 TO 170, FOR BBQ'S, LUNCHEONS, MEET & GREETs, AND FULL SERVICE MEALS. DON'T HESITATE, CALL TODAY.**

**WE STILL HAVE A FEW PRIME OPENINGS FOR CHRISTMAS PARTIES.**

**CALL 833-6700  
JULIE MCPHAIL  
CATERING SUPERVISOR**

## 17 WING REGISTRATION FAIR

11 Sep 93 0900 - 1700 hrs  
Bldg 21 North Side

ONE STOP SHOPPING FOR ALL  
ALL BASE CLUBS & ORGANIZATIONS

Videos & Demonstrations  
Winnipeg Community &  
Recreation Centres on location

A chance to sign up for everything and find out what your  
community is doing for you.

For additional info call Alison at 488-4640.

## 17 Wing *Lightning Fencing Club*

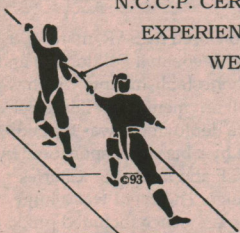
BEGINNER CLASSES - CHILDREN OR ADULT

EQUIPMENT PROVIDED - FOIL & EPEE

N.C.C.P. CERTIFIED COACHES

EXPERIENCED FENCERS

WELCOME!



?? INFORMATION  
**489-3404**

## 17 WING JUDO CLUB

*Annual registration will be held at the  
Recreation Fair, September 11, 0900-1700 hrs  
in Bldg 21 next to Air Command.  
For information call Sgt Steve Broughton  
at local 5214 or home 897-0630.*

## 17 WING WINNIPEG DOG OBEDIENCE CLUB

Will be offering classes again

**Date:** To register - 11 Sep 93 - Registration Fair  
Classes begin 19 Sep 93  
**Place:** Bldg 21  
**Duration:** 8-one hour classes  
**Cost:** \$45.00 (GST included)

Contact for information - Margaret Steingart 885-2962

## QUEENS' OWN CAMERON HIGHLANDERS OF CANADA

### 407 ROYAL CANADIAN ARMY CADET CORPS

Winnipeg's only highland cadet corps will begin actively recruiting for new members beginning 8 September 1993. Army cadets centres on developing leadership skills and outdoor adventure training. Areas of interest at our corps include band (pipes and drums), recreational target shooting, sports, and drill teams among other activities. Summer camp is also available for cadets free of charge. If you are between the ages of 12 to 18 and would like a challenge, join the Cameron Army Cadet Corps located in Room 44 at the Minto Armouries, 969 St Matthews Avenue. Parade nights are every Wednesday between 6:30 PM and 9:30 PM.

## WANTED

*Military  
Community Ward  
Councillors*

A plan is in the works to amalgamate the North and South site community councils and to revitalize the new organization so that it has the means to better respond to the needs of the military community.

Currently a number of ward councillor positions are vacant. To be eligible as ward councillor an individual must be at least 18 years of age and a military member/civilian living in the applicable ward.

The term of office for a ward councillor is normally one year. Each ward councillor is responsible for voicing the concerns of his/her ward, attending all community council meetings and organizing and/or participating in various council-sponsored community events.

The council is seeking volunteers for ward councillor and other positions at this time.

Individuals interested in these positions are asked to contact Capt Truant at local 6674 or Cpl Schneider at local 5119.

## GIRLS!!!

Did you know that over 4400 girls play ringette. Manitoba has the second largest number of ringette players in the country.

How about you?

The Silver Heights Community Club is the local club for the North side military community. Come out to register at our community club's fall registration dates - Sep 8, 11 and 15. Ages range from 4 to 64 years old!

For more information call Penny Flock, the Ringette Convenor, at 832-5554.

## EMPLOYMENT OPPORTUNITIES

### Winnipeg Military Family Resource Centre

#### Adult Program and Crisis Counselling Co-ordinator

- B.S.W. or acceptable combination of education, training and experience
- proficiency in both English and French a definite asset
- Minimum of five years experience in family counselling and crisis intervention
- Ability to develop programs and facilitate adult groups dealing with military issues
- Security Check
- Closing date: September 17, 1993

#### In-House Child Care Program Co-ordinator

- Child Care Worker Level III
- Certificate in Day Care Management preferred
- Three years experience in day care administration and management; including formulating policy, hiring staff and preparing funding proposals
- Security Check required
- Closing date: September 17, 1993

Please submit resumes to:

Acting Director  
Military Family Resource Centre  
Building C-1  
17 Wing Winnipeg  
Westwin, Manitoba  
R3R 0T0



## INTERSECTION HOCKEY LEAGUES

With softball wrapping up, hockey is on the minds of everyone. On Wednesday, 15 September 1993 there will be an organizational meeting for the 17 Wing Intersection Hockey League. Interested team representatives are requested to attend the meeting which will be held at the Recreation Centre, Bldg 90 in the Base Theatre at 1000 hrs.

For further information contact MCpl Phillips or Cpl Ted Bonello, local 2056.

## 104th Group Southsite - Lipsett Hall

**Scouts:** Tuesdays 1900-2100 Hrs  
**Cubs:** Wednesdays 1900-2030 hrs  
**Beavers:** Thursdays 1800-1915 hrs  
**Registration:** Thursday, 9 Sep 93, 1900-2030 hrs, Lipsett Hall  
Saturday, 11 Sep 93, 1000-1600 hrs,  
Registration Fair, Bldg 21 (North)

**Group Committee Meeting:** Thursday, 2 Sep 93, 1900 hrs Lipsett Hall. Group needs Leaders & Parents - call Dennis Becker 488-7290.

## TERRY FOX RUN

To encourage people to make donations for the 13th annual Terry Fox Run on Sunday, September 19th the Terry Fox Run has developed a donation opportunity.

**"People who are unable to participate in the Run, but who still want to donate money to cancer research in Terry's memory can now simply pick up a pledge sheet and use it to send in a donation."** explained Colleen Plumton provincial director of the Terry Fox Run.

One of the most notable changes on the sheet is the addition of the box 'For Individual Donation' which can be checked off. The donation is attached to the sheet and submitted to any Chartered Bank between September 1 and October 20, 1993. Cheques should be made payable to the Terry Fox Run. After October 20th, donations should be mailed to the Provincial Terry Fox Foundation office. These instructions are outlined at the bottom of the pledge/donation sheet.

Terry Fox continues to be a symbol of pride and joy for everyone. The Manitoba office of the Terry Fox Foundation looks forward to hearing all the innovative methods of transportation used in the 13th annual event. The limits are your imagination.

For more information contact, Colleen Plumton, Provincial Director, The Terry Fox Foundation,  
942-6885 or 1-800-TFOX (8369)

## RED CROSS SWIM LESSONS

**Where:** Lipsett Hall Pool  
**When:** 21 Sep 93 -  
21 Oct 93  
**Days:** Tue & Thu  
**Time:** 1800-2000 hrs  
**Cost:** \$21.40

## LEARN TO SWIM

## PARENTS & TOTS

**Where:** Lipsett Hall Pool  
**When:** 25 Sep 93 -  
24 Oct 93  
**Days:** Sat & Sun  
**Time:** 1100-1200 hrs  
**Cost:** \$16.10

Registration will be held Sat., 11 Sep 93 at Bldg 21 from 0900-1700 hrs. Personnel who are unable to register at this time can register by reporting to Lipsett Hall office on the 13th or 14th Sep 93, between the hours of 0900-1100 hrs 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 Tuesday or Thursday between the hours of 0900-1100 hrs.

# LOB BUT NOT FORGOTTEN

A luncheon was held at Kapyong Barracks on 11 June 1993 by Rear Party personnel to honour those officers and NCOs of the Second Battalion Princess Patricia's Canadian Light Infantry about to be posted this summer. Major J.G. O'Brien and Master Warrant Officers R.F.A. Bonds and N.S. Pryce acted as Master of Ceremonies.

Leaving the battalion this summer are:

Major WT Moxley for National Defence Headquarters, Ottawa;  
 Captain KPK Barker for One Brigade Headquarters, Calgary;  
 Captain HG Wiegand for PPCLI Battle School, Wainwright;  
 Chief Warrant Officer PK Ballam for 3 PPCLI, Victoria;  
 Warrant Officer JJ Corriveau for Combat Training Centre, Gaagetown;

Warrant Officer KI Crone for Combat Training Centre, Gaagetown;  
 Sergeant CW Crosley for Range Control, Wainwright;  
 Sergeant PI Reedman for Land Forces Western Area Headquarters, Edmonton; and

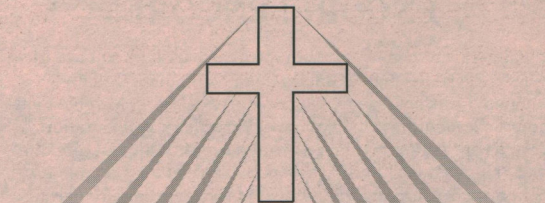


Maj JG O'Brien(Right) presents CWO P Ballam with a posting gift.

Sergeant PC Scott for Recruiting Centre, Kitchner.  
 We wish you all good luck and God speed on your postings.  
 Until next time.  
 VP



MWO NS Pryce, Maj WT Moxley, Capt HG Wiegand



## 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!

PRIDE		FAITH
IN		IN
OUR		OUR
PAST		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



## COUNTRY CLUB APARTMENTS

ARE A VACATION EVERY DAY!

Enjoy a vacation at home as part of your normal monthly housing cost in a spacious affordable apartment with FREE Country Club privileges:

- Picnic and Bar-B-Q Area
- Tennis Courts • Racquetball
- Saunas • Billiards
- Lounge/Fireplace/Patio Doors to a Deck overlooking the Outdoor Pool

UNDER NEW MANAGEMENT

THE CLUBHOUSE  
 110 Quail Ridge Rd.  
 987-7600

## 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.

Please, we need 24 hours notice.

## Supreme Appliance

453-3545 • 453-3555

529 Osborne St.  
 Winnipeg  
 R3L 2B2

## 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



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

Just walking to the Video Store...



### Pre Scholars Nursery School

699 Haney St. Charleswood

Now Accepting registration for Classes starting Sept. 15/93

For 3 & 4 year olds

For Information  
 Phone Helen  
 586-4180



LORNA STEVENS  
 (204) 989-5000

- Captains Club Travel Cash Bonus
- ERS Roster Member
- W.R.E.B. Medallion Club
- Recipient of the 1992, 125th Canada 125 Anniversary Medal
- 18th Year Selling Winnipeg Real Estate



1450 Corydon Avenue  
 Winnipeg, Manitoba, R3N 0J3  
 Fax: (204) 989-7911

**ENCORE! ENCORE!**

J'aimerais remercier mon équipe de professeurs soit Maurice Auger, Pierre Bélanger, Ginette Cadieux, Pauline Dallain-Kennedy, Vincent Isabey, Magali Journé-Klass, et Mireille Piette pour l'excellent travail d'équipe et l'excellente collaboration dont ils ont fait montre en ce début de cours. On peut dire que tout "baigne dans l'huile" dans notre école et c'est ce qui ne peut que survenir quand on fait appel à des professionnels tels qu'eux et à des gens comme Francine Douville et le Cplc Girard, notre personnel de soutien et au Major Marc Simard notre Officier Commandant.

Micheline Saint-Onge  
Professeur Doyen

**CENTRE CULTUREL  
FRANCO-MANITOBAIN**

340, Blvd Provencher, St. Boniface

**Le Mardi Jazz**

7 sept Brian R & Beni D. Jazz Ensemble  
14 sept Clayton Ripley  
21 sept The R & B Jazz Band  
28 sept Travis Hreno

5 oct Stefan Bauer Trio  
12 oct Jazz Train & June "Pepper" Harris  
19 oct Jennifer Hanson  
26 oct Lianne Fournier

**Le foyer présente**

10 sept La Compagnie Parisien- Carrière  
Gaudry  
17 sept Little Sister  
18 sept Société de guitare classique  
24 sept Christian Perron  
1 et 2 oct Stefane Bauer / Laurent Roy  
8 et 9 oct Riff-Raff  
15 oct Pauline Durant  
22 et 23 oct Billy Joe & The green Machine  
29 oct Christian Perron

**En Écllosion**

Une série qui met en vedette de nouveaux talents, le dernier samedi du mois. Le coût d'entrée est de \$3. Spectacles à 21h15.

25 sept Artistes invités.  
30 oct Artistes invités.

**Le Festin du Vignoble**

Le Festin du Vignoble, une occasion de se rencontrer entre amis le vendredi 19 novembre 1993. Une soirée enchanteresse où la bonne chère, le bon vin et la détente son maître! Le coût du billet est de \$65, incluant la TPS, et comprend un repas gastronomique, des vins sélectionnés, un reçu pour fin d'impôt de \$20. une soirée dansante et un écran. Réservez vos billets dès maintenant en appelant Silvie Ross au 233-8972.

**Exposition/Exhibition**

Variation, du 16 sept au 3 nov 1993.

Cette exposition de peinture ayant pour thème le Manitoba, présente les plus récentes oeuvres de Guy St. Godart, J. Doris Hunt, Léon Kiva Katty Long et Valérie Reed. de par les divers médiums utilisés par ces artistes, cette exposition promet d'être riche en couleur.

**BONJOUR!**

Nous apprécions vos commentaires et suggestions concernant notre page d'information. Vous pouvez nous communiquer vos idées en appelant au 889-3963 ou au 488-3668 et demandez Nicole.

Au plaisir de vous entendre.

**CHERS FRANCOPHONES.**

Nous sommes à la recherche de plusieurs personnes qui voudraient nous aider à l'évolution de la page "la Francophonie" pour le journal "le Voxair" de la 17<sup>ème</sup> Escadre de la base de Winnipeg.

Pour plus d'information contacter: Nicole Whebell au 889-3963 ou au 488-3668.

**Activités francophones de la  
17<sup>ème</sup> Escadre de Winnipeg**

Si vous restez à la maison et vous vous demandez ce que vous pourriez faire avec vos enfants qui n'arrêtent pas de crier, venez nous rejoindre dans une ambiance apaisante tous les vendredis de 9h30 à 11h30 au 54 Bourkwood. Tous les nouveaux arrivants seront les bienvenus. De nombreuses activités pour les enfants. Cafés et snacks seront servis.

**Le Mini Franco Fun** Reprendra ses activités le 10 sept à 9h30-11h00 à 54 Bourkwood. Pour tout renseignement contacter Mance au 885-1378. Le Mini Franco Fun est subventionné par FrancoFonds.

**Soirée sociale Francophone souper rencontre.**

Si vous voulez rencontrer de nouvelles amies et déguster différent art culinaire venez nous rencontrer à chaque mi-mois. Pour plus de renseignement veuillez appeler Anne Marie Cloutier au 832-2183, qui se fera un plaisir d'ajouter votre nom à notre liste d'appel.

Nos prochains souper seront les:

Mardi 21 sep à 19h00 au restaurant Grappes à King Edward et Ellice.

Mercredi 20 oct à 19h00 au restaurant japonais Hi-Chi-Ban à 189 rue Carlton.

**Petit déjeuner Francophone**

Tous les vendredis matin, pour un petit déjeuner agréable venez nous rejoindre. Info Linda Pelletier au 489-7260.

**Club de Judo**

Les classes commenceront à partir du mois de septembre et se termineront au mois de mai. Les heures proposées sont: 19h00-20h30 tous les mardis pour les plus jeunes. de 20h30-22h00 les lundis et 19h00-21h00 tous les jeudis pour adultes.

Les classes de judo seront à Lipsett Hall

Pour plus de renseignement contactez: sgt Steve Broughton au 833-5214 ou bien au 897-0630.

**LEÇON DE NATATION**

Donner à Lipsett Hall, le 21 sep et 21 oct 93 à 18h00-20h00. le coût sera de \$21,40. Les leçons de natation seront données par la Croix Rouge.

**Parents et enfants**

à Lipsett Hall les 25 sep - 24 oct 93 à 11h00-12h00. Le coût sera de \$16,10.

Pour plus de renseignement contactez le Centre de Ressource aux Familles.

**Saviez-vous que...?**

(NC) Croyez-le ou pas, le radar peut se dénoncer. Le radar détecte des objets en générant et en émettant un signal qui rebondit sur l'objet cible et retourne au radar. Ces signaux peuvent aussi être interceptés par détection électronique, exposant les personnes qui utilisent le radar au risque d'être détectées elles-mêmes. D'un autre côté, les dispositifs infrarouges, tels que ceux utilisés à bord de navires pour détecter des cibles comme des missiles, des avions ou d'autres navires, sont << passifs >>. Mis au point par Spar Aérospatiale Limitée, ces dispositifs fonctionnent non pas en émettant leurs

**LE CANADA  
DANS**

propres signaux mais simplement en détectant la chaleur dégagée naturellement par l'objet cible.

Pour un dispositif infrarouge, tout dégage de la << chaleur >> même les icebergs, les rochers et les avions. Le système détecte les faibles différences de

température entre un objet et son environnement. En détectant la température d'un avion légèrement plus élevée que celle du ciel, par exemple, le dispositif peut créer une image de l'avion. De plus haute résolution que les spots générés par le radar, les images en résultant ressemblent à celles produites par une caméra. Finalement, la technologie infrarouge donne plus de temps à l'équipe d'un navire pour décider si l'objet se rapprochant d'eux est quelque chose d'inquiétant ou s'il s'agit tout simplement d'une volée de goélands inoffensifs.

## MANITOBA COACHING CERTIFICATION PROGRAM

### Theory Courses

#### Level 1

Oct 16, 17 - Portage la Prairie, Rhoda 239-8324  
Oct 16, 17 - 200 Main Street, Bob 985-4029  
Oct 18, 25, Nov 1, 8 - Beausejour, Bruce 268-2949

#### Level 1

Oct 5, 12, 19, 26 - Rugby 200 Main Street, Fred 985-4136  
Oct 12, 14, 19, 21 - Ringette 200 Main Street, Liz 985-4195

#### Level 2

Oct 1, 2, 3 - St. James S.D., Brian 832-9637  
Oct 4, 25 - Transcona/Springfield S.D.,  
Sharon/Morley 224-1271

For further info contact Sgt Rowat, Lipsett Hall local 6185.

### Apple Meadows - St. James-Assiniboia

#### AFFORDABLE FAMILY LIVING

- \* Peaceful park-like seclusion
- \* Breezy, tree-lined winding pathways
- \* Children's playground
- \* Private entrance
- \* Insite washer & dryer
- \* Balcony or patio



#### Townhome Apartments

3 BDR from \$567  
2 BDR from \$518  
1 BDR from \$467

Please call 837-8948

Professionally Managed by Owner



### Gerry's Pastry & Bakeshop

5% Off all Special assorted Cakes  
for Base Personnel

2253 NESS AVE.  
AT WHYTEWOLD RD.

889-6996

ALL ROADS LEAD TO STADIUM FORD



### STADIUM FORD BODY SHOP

Winnipeg's newest and most modern  
body shop with highly trained  
professional bodymen are eagerly  
waiting to repair your automobile

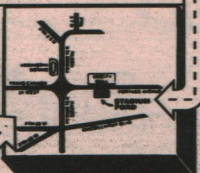
#### We offer:

- European Paint Booth (most modern in Canada for that factory paint finish)
- All Makes and Models Repaired
- Free air conditioned courtesy car with Autopac. By appointment.
- All Work Fully Guaranteed
- New Up-To-Date Premises
- Specialist in solving insurance write-off problems
- Data Liner 80 Laser Frame Straightener

**STADIUM**  
FORD SALES (1993) LIMITED

3636 PORTAGE AVE. W.

WPG. MAN. PH. 837-3636  
TOLL FREE # 1-800-782-0079



ALL ROADS LEAD TO STADIUM FORD

### MILLENIUM COMPU-TECH

TEL / FAX 489-1816

- IBM Compatible Sales & Service
- Experienced Technical Staff
- 286 to 486DX2 Computer Systems
- Complete Hardware support



**SPECIAL MILITARY PRICING ON ALL SYSTEMS**  
Call Now for the best price  
Free System Consultations! \*System Upgrade  
Specialist\*  
**Watch for Monthly System Sales**



## PERSONAL CLASSIFIEDS

### EVERYBODY'S MARKETPLACE

#### ACCOMMODATIONS

DOWNES VILLAGE - 14 x 68 older 2 bdrm mobile home, fenced in with deck, metal shed & 4 appl., needs minor repairs & TLC, asking \$13,900.00. Call 261-4047 between 9 am & 1 pm.

COTTAGE FOR SALE, 3 bdrm, winterized, own well & septic holding tank. Lake Winnipeg, Belair Properties - Hwy 59N. Asking \$40,000. Ph: 831-0553.

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

#### BABYSITTING

J'AI DE LA PLACE POUR UN ENFANT DE 3 MOIS À 12 ANS, 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.

SPACE AVAILABLE FOR 2 SCHOOL AGE CHILDREN, or full/part time children. For more info phone 488-6029.

EXPERIENCED MOTHER OF 3 will babysit in my home full time or part-time, bilingual. Ph: Helen 837-5418.

MOTHER OF 2 WILL BABYSIT IN OWN HOME Mon-Fri., full-time or part-time, ref. & rec. provided. Call Tracey 831-5606.

MOTHER OF ONE WILL BABYSIT small child in her home, fenced yard, Southside. Ph: 488-1741.

CHILD CARE AVAILABLE IN MY HOME full-time or part-time. Ph: 889-6567.

#### MISC FOR SALE

LAPTOP COMPUTER IBM, mouse, printer, DOS, word processor ROM, 640K, great for word processing, \$500.00 OBO. Ph: 275-6581.

MEN'S 3 PCE SUIT, navy, pin-stripe, Shipleysuit, excellent condition, jacket-44, waist-34, inseam-32, \$150.00 firm. Call 889-4442.

RIVER LOT 60 x 120 ft in Rainy River, Ontario. Perfect location to build your retirement home. Just across the bridge from Baudette, Minn. Asking \$10,000.00. Ph: 832-5353.

QUEEN SIZE FUTON BED (does not convert to a sofa) \$250.00. Papisan chair (round ratan) \$100.00. CB radio \$100.00. Ph: 885-5423.

JACUZZI 3 PERSON HOT TUB with cover. Ph: 237-4202.

CHINA CABINET \$225.00. Antique buffet \$250.00. Ph: 832-1755.

KITCHEN DINETTE SET, 6 pce, grey with a little dusty rose, like new, \$250.00. Two table lamps, beige, glass & brass, \$50.00. Child's wooden bed & mattress, \$75.00. Ph: 889-2964.

SEARS VITAMASTER 850 TREADMILL. Auto gas elevation, 0-10 mph, LED readout for speed, distance, calories, pulse, 2 yrs old, like new, paid \$1,300.00, asking \$550.00. Call 888-0178.

SURPLUS FURNITURE - maple desk, dressers, night tables, chairs, also complete pecan bedroom suite, GE dishwasher, reasonable prices. Ph: 895-4806.

#### MISC FOR SALE

3 PIECE SECTIONAL, tan colored velour, Simmons double hide a bed with two end pieces, elegant, sturdy, excellent condition, \$300.00 OBO. Ph: 864-2024.

BROWNING 9mm highpower, blued finish, adjustable rear sights, Pachmayr grips, like new. \$500.00 OBO. Ph: 889-1618.

#### VEHICLES

1989 HONDA CIVIC Si. Mint condition. Includes sunroof, AC, AM/FM cassette, new tires, new battery, PB, rear wiper, tilt, low mileage. Call 895-3313.

1992 GEO STORM - teal with tinted windows, driver's side air bag, PS, PB, Cruise, AM/FM cassette, like new, \$10,000.00. Call 478-7882 or 833-2165.

#### WANTED

FOR AN UPHOLSTERY CLASS - a mid-size Bergere chair with a good solid frame. Ph: 889-4442.

1 Ladies and 1 mens 5 or 12 speed mountain bikes. Call Peter 983-7381 or home 334-7274.

**PERSONAL  
CLASSIFIEDS  
ARE  
FREE**

## BUSINESS CLASSIFIEDS

#### BEAUTY CONSULTATION

NEED A NEW LOOK?  
OR  
A LITTLE PAMPERING?  
Aloette Cosmetics of Man.  
Introduces  
Beauty Consultant  
Denise McLean  
Specializing in Skin Care  
consultations & make overs  
Interested in receiving free  
product or free facial?  
Call 888-5150

Fundraising shows also available

AVEZ VOUS BESOIN D'UNE  
NOUVELLE APPARENCE?  
Aloette Cosmetics de Mb  
vous introduit  
la Conseillère de beauté  
Denise McLean

Spécialisée en consultation pour  
soin de peau et maquillage.  
Si vous êtes intéressées à  
recevoir des produits gratuits  
ou faciale gratuit,  
appelez 888-5150  
Présentation pour procurer des  
fonds pour votre club aussi  
disponible.

LADIES ! LADIES ! LADIES !

MARY KAY COSMETICS  
has much to offer you.  
FREE FACIALS, MANICURES  
and much more.  
Call me today to book your  
FREE MARY KAY FACIAL.  
DEBORAH KENNEDY  
INDEPENDENT BEAUTY C  
CONSULTANT  
888-5909

#### BUSINESS OPPORTUNITY

EARN  
WHAT YOU'RE WORTH!  
Aloette Cosmetics of Man.  
Requires beauty consultants  
Free training, kit provided,  
No inventory invest.,  
Flexible hrs, PT or FT, No exp req  
For more info call  
DENISE 888-5150

Aloette Cosmetics de Mb  
est à la recherche de Conseillère  
en Beauté. Entraînement gratuit,  
sac d'équipement fourni,  
pas d'invest. inventaire,  
heures flexible, temps partiel  
ou plein temps,  
pas d'exp. requise.  
Pour plus d'info appelez  
DENISE 888-5150

#### MASSAGE THERAPY

Tracey Krahn  
Licenced Massage Therapist  
Autopac, Relaxation,  
Sports Injuries  
NESS MESSAGE  
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

THE LOOK  
SPORTS MASSAGE  
THERAPY CENTRE  
Located at  
The Look Hair Design  
Tues - Fri 11:00 am  
1547 Grant Avenue  
Member of Athletic Massage  
Practitioners (Manitoba Inc.)  
By Appointment  
Ph: 489-5302 or 885-1468

#### SOCIAL CLUB

CLUB 66 INC.  
Founded in 1966  
A social club for unattached  
adults of all ages  
• Activities • Dancing • Bridge  
• Golf • Bowling • X Country  
Skiing • Curling • Cribbage  
• Special Events •  
Contact 942-2616 for particulars

#### TAROT CARDS

TAROT CARD READINGS  
by JANE call 885-5569  
or catch me at Club 90  
Thurs & Sat 7-10 pm

#### WOMEN UNDER STRESS

This study of special  
stresses for women will look at  
how to cope with stress,  
emotions, time management,  
etc.  
Through study and group  
discussions see how God can  
use stress to strengthen  
and teach you.  
13 Tuesdays beginning Sept. 14  
9.30-11.00am Ness Baptist Church  
Child care provided  
for cost and info: 888-4338

**LONG RANGE  
PLANNING DOES  
NOT DEAL WITH  
FUTURE DECISIONS  
BUT WITH THE  
FUTURE OF  
PRESENT DECISIONS**

## CHAPMAN ~ GODDARD ~ KAGAN LAWYERS AND NOTARIES

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2  
PH: 888-7973

George E. Chapman  
George A. Derwin  
Alan R. Goddard  
Almer N. Jacksteit

Donna G. Kagan  
Kelly P. Land  
J. David Schioler  
Michael J. Law

"Our fees conform to the ERS guideline"  
Representing Buyers and Sellers of Real Estate in the  
St. James Area for Over 60 Years



## Patrick Realty Limited

2003 Portage Avenue, Winnipeg, Manitoba  
R3J 0K3 PH: (204)837-1366

- Homes
- Farms
- Commercial

- Suburban Properties
- Fire Insurance
- Autopac

To Buy or Sell call your local Realtor  
Serving Satisfied Customers for over 37 Years

Patrick Realty Ltd.

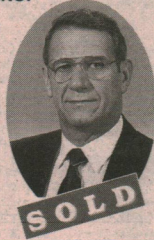


## RE/MAX<sup>®</sup> REAL ESTATE INC.

If You WANT  
Understanding, Service, Results,  
You NEED

Orv Malcomson, CD  
(204) 837-7000  
Toll Free 1-800-361-6789

"ERS Roster Member"



## Professional Real Estate Service

Coast to Coast  
Pearl Langen

ERS Approved

REMAX REAL ESTATE INC.

300-3025 Portage Ave.

Winnipeg, Manitoba R3K 2E2

Bus: (204) 837-7000 - 24 hrs

Res: (204) 837-6397

Fax: (204) 837-7070



Service Is The Secret Of Our Success.

"Top Remax  
Realtor  
in  
Winnipeg"



"ERS Roster  
Members"



Call Mary or Grant Clements CD, FRI, R.R.S.

RCAF/CAF RETIRED

RE/MAX REAL ESTATE INC.

300-3025 Portage Avenue., Wpg., Man. R3K 2E2

Bus: (204) 837-7000

Fax: (204) 837-7070

Res: (204) 895-9036

Toll Free: 1-800-361-6789



Aactive Realty

Military Relocation Specialists

- 14+ Years Service to the Military
- House Hunting Relocation Package
- Home Marketing Services



Richard  
& Clara  
Mitchell

Phone: (204) 452-5252

Fax (204) 254-2656

Toll Free 1-800-667-6699



200 Bonus Air Miles

Limited time offer



PUT MY SALES  
**FORCES**  
BEHIND YOU!

Cathy  
Mauro  
488-9000  
(24 HOURS)



Guaranteed 10 minute call back

Bus: 832-8322

Fax: 832-3906

RONALD M. HABING, B.A., LL.B.

Lawyer & Notary

2643 Portage Avenue

Winnipeg, Manitoba R3J 0P9

Preferred practice areas:  
Real Estate, Wills & Estates

Res: 889-0056



EWA BESSAS



ERS ROSTER MEMBERS

Realty World - Landex

PH - 204-885-9284

FAX - 204-832-4812



RENE ARNAL

"THE RESULTS PEOPLE."™



Aactive Realty

1777 Portage Avenue

Winnipeg, Manitoba

R3J 0E8

EACH OFFICE INDEPENDENTLY OWNED AND OPERATED

(Fax)204-888-2128 (PH) 204-888-2121

- 5 minutes to North and South bases
- House Hunting Relocation Package
- Home Marketing Services
- Finance, Legal and Insurance Resource persons on standby
- Quality service pledge
- Military Relocation Specialists
- National and International Relocation Network

