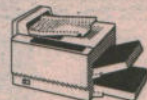


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VOL. 41 ISSUE 16

17 Wing Winnipeg / 17e Escadre Winnipeg

September 22, 1993 / FREE

POSTCARD FROM CANADA



MCpl Jacques Carrier is flanked by two Russian sailors with the well-known Nova Scotian landmark Peggy's Cove in the background.

Carrier, a communications researcher in Ottawa, was an interpreter during the six-day official visit to Halifax of three Russian ships, the *Marshal Ustinov* (a missile cruiser), the *Admiral Kharlamov* (a missile destroyer), and the *Dmestr* (a civilian replenishment ship).

The ships were repaying an official visit by the Canadian navy to Vladivostok in June 1990.

Wing Blood Donor Clinic best turnout ever

The Red Cross Blood Donor Clinic recently held here at 17 Wing on 17 Aug '93 resulted in a total of 225 wing personnel registering to donate blood. This is the best Wing turnout since the February '92 clinic. Of this 225, 50 were new donors, who hopefully will continue to donate at future clinics. I wish to personally thank the donors, the section canvassers, and

the many volunteers who contributed time, effort and blood to this most worthy of causes. The Wing Red Cross Blood Donor Clinic Coordinator would also like to acknowledge his appreciation to the various wing support agencies for the outstanding support he received during the day of the clinic.

Clearly, a job well done!

1 Construction Engineering Unit Hails 54% Donor Response

As the 1 Construction Engineering Unit (CEU) coordinator for the most recent Red Cross Blood Donor Clinic held 17 Aug 93 at the 17 Wing, Bldg 21 it is worth noting the many individuals from 1 Construction Engineering Unit who gave of their time and blood to make the 1 CEU donation a substantial one.

Of the Units 43 members available to donate at the clinic, 23 members actively supported the blood donation program by attending the clinic for more than coffee and donut consumption. This equates to a 54% turnout of Unit personnel.

Of the 23 members who did attend, 4 of those members were donating blood for the very first time which created a new 1 CEU phrase "If It Feels Good, Do it".

Though a 54% member turnout seems a dream for any unit co-ordinator, it is actually a normal response from 1 CEU personnel. The previous clinic held 24 Feb 93 also produced a member turnout in excess of 50%.

1 Construction Engineering Unit is dedicated to:

"Bleeding By Example"

Fire prevention week Oct 3 - 9, 1993



The Wing Fire Prevention Bureau will be holding a fire safety prevention presentation at the theatre in Building 90 on 6 Oct 93 from 1900 hrs to 2000 hrs. This would be a great opportunity for you and your family to learn how to make your home a safer place to live. The evening will be comprised of instructional videos, a short briefing as well as a question and answer period.

We look forward to seeing you and your family for a fun and informative evening.



Wing Commander, Col Proulx, presents the Fire Prevention Week Proclamation to the Base Fire Chief, WO R.G. Dane.

For
Fire Safety
Tips

See Page 8

When FIRE
strikes

Get Out
and

Stay Out!

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(Photo by Cpl P. Vaudry)

Fortunately, Wing Supply's mascot was the only mosquito able to withstand the winds during this United Way event.



United Way Sports Afternoon



(Photo by Cpl P. Vaudry)

While everyone else was having fun, OCdt Howard and Cpl McKay had the difficult task of keeping all team scores tallied up.

The United Way Sports afternoon, held on Thurs 9 Sep, was a big success.

Over 300 people attended this fun filled event, with 13 teams representing different sections on base.

The competitions began with a relay race which was won by 733 Sqn, then the Tabloid events began - this was an assortment of 13 high-skill related tasks such as Hula Hoop tossing and Volleyball bouncing. Points were added up and the team with the most points after all events was declared the winner.

DCOS/Maint was the winner with 378 pts followed closely by CE with a total of 375 points. The final event was the truck pull, 11 team members had to pull a transport truck 100 m as fast as they could. Wing Supply won this event even though they had a giant

mosquito plastered on the trucks windshield.

This event was a success due to the efforts of many people. The Peri staff used their wild imaginations to come up with all the unusual events. They also dedicated much of their time to organize and set up the whole event. In addition section reps did a fine job of getting so many of their personnel out to participate.

We must remember that the intent of this function was to make everyone aware that the United Way Campaign is underway and canvassers from your sections will be approaching you for support. Canvassers are trained to answer any questions you have about your donations, so don't be afraid to ask questions and be assured that every cent is going to help a very worthwhile cause.



(Photo by Cpl P. Vaudry)

The SAMEO Sameraiis seem to be anxiously awaiting their next Tabloid event.

GO GREEN IN TRANSIT

Pollution from motor vehicles is a significant contributor to acid rain, global warming (the green-house effect) and urban smog.

- If possible, walk to and from work, as well as when you go out to lunch.

- Bicycle to work. Post maps of bicycle routes on a central noticeboard. Ask for secure, covered bicycle parking areas. Where demand is sufficient and physical accommodation is possible, ask facilities management to investigate installing showers for employees who run or bicycle to work.

- Use public transit wherever possible. If bus service to your workplace is poor, meet with other transit users and plan to lobby the transit com-

pany - for route changes.

- If you must use a vehicle, don't let it idle for more than a minute. Idling uses more fuel than restarting and creates needless polluting emissions. Use a fuel-efficient vehicle and keep it well-maintained to run at maximum fuel efficiency.

- Learn how to drive in a fuel-efficient manner.

- Start a car pool and encourage others to do the same.

- Set up a Staff Transportation Efficiency map on a central noticeboard, colour-coded to indicate where employees live. This is an excellent way to match up car-pooling, walking and cycling partners.

- Use the telephone or fax instead of messengers whenever possible. Where they are available, encourage the use of bicycle messengers for short-distance deliveries.

- When possible, have teleconferences instead of travelling to meetings, even if it's only across town.

GO GREEN ON BUSINESS TRAVEL

- When travelling with colleagues, arrange to share taxis and car rentals whenever possible.

- Take the airport bus instead of a taxi.

- Where possible, select accommodation near the meeting site so that you can walk between the two locations.



(Photo by Cpl P. Vaudry)

Maj Stewart, Wing United Way Chairman, presented Air Reserve Group Headquarters (ARGHQ) with a plaque for being the team with the most spirit.

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STARWATCH

by Jim Bryce

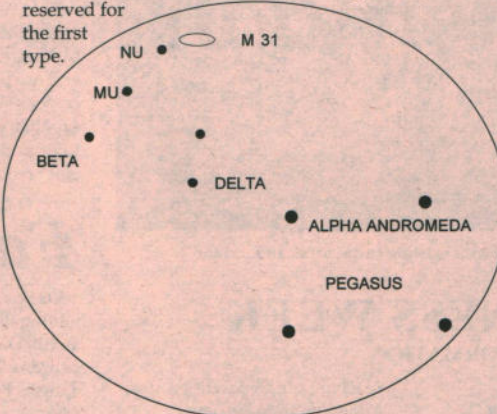
Charles Messier.

In the late 18th century, a French astronomer Charles Messier compiled a list of nebular objects. Nebula is the Latin word for cloud and through the telescopes of the day, astronomers had noted that there were many cloud-like objects visible in the night sky. For the most part they appeared as faintly luminous patches, a transparent milky white in colour. Messier was an avid comet hunter and during his searches he often found one of the nebulae, logged its location, then looked the following night to see if the object had changed its position. To his disappointment, the objects always appeared in the same place. Messier in a long and otherwise productive lifetime never found a comet. He compiled his list of the nebulae as objects to be avoided when looking for them and it is this list of 107 objects which is his legacy to us today. Later lists have been made with thousands of entries but Messier's, because it was the first, contains the more prominent nebulae visible in the northern hemisphere. Even on the most modern of star maps, Messier's objects are displayed with his catalogue number for identification. The Orion nebula for example, is shown as M42 and the Andromeda nebula as M31.

The Nature of Nebula.

It was known by 1800 that our galaxy is a vast disk of stars with a nucleus trailing long spiral arms behind it. Much discussion took place amongst astronomers about whether the nebulae were relatively close objects lying within our own galaxy or whether they were very distant extra galactic objects. Immanuel Kant and William Herschel both believed that they were other galaxies but even Herschel's great telescope could not resolve individual stars within the nebulae which would have proven their

hypothesis. In the early years of this century, astronomers using newer, more capable telescopes began to discover bright stars in some of the nebulae and realized they were seeing stars exploding and turning into novae. In 1924, cepheid variables were discovered in some of the nebulae and since these stars' brightness is related to their period of variability it was possible to use them as a standard candle and calculate their distance accurately. This was the final clue that many of the nebulae were indeed the island universes postulated by Kant and Herschel. Today we know that the nebulae are of two types, clouds of gas internal to our galaxy and the extra galactic nebula which in reality are galaxies like our own, made up of millions and millions of stars. In modern usage, the term nebula is now generally reserved for the first type.



The Andromeda Galaxy.

The nearest galaxies to the Earth are two small companions of ours that are only visible in the Southern Hemisphere. They are called the Magellanic Clouds. Only one other galaxy is visible to the naked eye and that is M31, the Andromeda Galaxy. Andromeda is of

great interest to us because, like our Milky Way it too is a large spiral galaxy. Next to the Magellanic Clouds, it is our galaxy's closest companion and yet it is so far away that it takes its light two and a half million years to travel to the Earth. To the naked eye it looks like a fuzzy fourth magnitude star. In binoculars it appears as a translucent milky patch with a diffuse bright central area surrounded by a fainter envelope. Through a telescope the image is brighter than that seen in binoculars. It is only through photography however that the full grandeur of the galaxy becomes apparent. On photographic plates or film the dim light from the outer reaches of the galaxy builds up, revealing its true extent. It covers an area of three and a half degrees, seven times the diameter of the full Moon. Dust lanes along the rim stand out in good relief and the spiral structure becomes apparent. Like our galaxy, Andromeda also has companion galaxies and two of them are readily visible in telescopes of 150 millimetre aperture. October is a good month to look for M31. Pick a night when the Moon is out of the way or not bright; the first twenty days in the month will be best from this point of view.

By ten P.M. Andromeda will be high in the sky. It is worth travelling out into the country if you live in an urban area with too much light pollution. Find Cassiopeia the W shaped constellation. Use the two stars forming the down stroke in the right half of the W as pointers. Two hand spans from the central point of the W brings you to the Great Square of Pegasus shown in the accompanying diagram. Alpha Andromeda is the star in the upper left hand corner of the square. Find your way in steps by using Delta, Beta, Mu and Nu Andromeda. The latter is a 4.5 magnitude star and the Galaxy is the fuzzy star beside it. Try finding it first with binoculars and then seeing if you can see it with your unaided eye. Remember that the light you see left Andromeda two and a half million years ago so you are actually looking back in time to see the Galaxy as it was then.

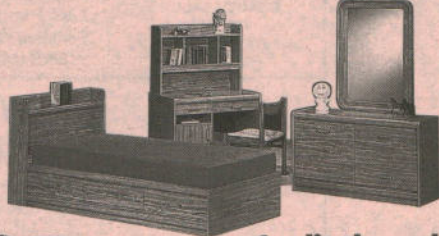


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RECENT SPILL RESPONSE TRAINING



First class show depth of control - 30,000+ gallons of water with existing curbs, sand, and plastic.

Between August 23 and 27, fifty members (in two groups) from various squadrons were instructed in chemical identification and spill response techniques.

The students braved mosquitoes and rain to learn how to control large spills with low-tech, readily available supplies such as plastic sheets, sand and shovels - and what a thirty thousand gallon spill really looks like!

The courses were hosted by Construction Engineering and are part of a series of courses slated to increase the capability of Wing personnel to respond to environmental emergencies.



M Cpl J.P. "Pepe" Pepiot signals success after plugging a large hole in the drum with a special clay mixture

DRUG AWARENESS WEEK HISTORY AND INFORMATION

Drug Awareness Week (DAW) and National Addictions Awareness Week are both celebrated in the same month each year. Both "Weeks" are working for the same goal "increased knowledge and sensitivity to factors associated with the prevention and treatment of chemical abuse".

DAW started as a Canada wide initiative of Health and Welfare, Canada. Most of the Provincial Addiction Service agencies also participate. Although there is cooperation amongst them, each one is responsible and independent in their initiatives.

In Manitoba, the Alcoholism Foundation of Manitoba



encourages and supports local communities in the consideration and delivery of various activities during DAW. Since 1985, there has evolved a core of concerned and interested groups wishing to take part in this worthwhile effort.

The Winnipeg Coordinating Committee for Drug Awareness Week is now

reaching out to parent groups, asking them to become involved in promoting Drug Awareness Week among their members. Because parents have such a great influence on the development of healthy attitudes towards substance use, their input into Drug Awareness activities is vital.

Any parent groups that are interested in becoming involved in Drug Awareness Week activities are encouraged to contact Pat Saunders of the Alcoholism Foundation of Manitoba. Her phone number is 944-6371.

**PARENTS!
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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.



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

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.

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CFANS Update

The last few weeks at CFANS have seen a significant turnover in both staff and students. The school is happy to welcome new instructors Capts Sean O'Reilly, Dave Cooper, Remi Landry, Dave Howes and Michel Chauvette. Having just arrived they are presently in the thick of the NIC (Navigation Instructor Course). Good luck and enjoy your stay in Winnipeg.

Welcome aboard also to the students of course 9306, and watch out for those new guys! Congratulations are in order for Course 9207 and their Course Director Capt J.J. Tremblay for successfully graduating all eight students plus one extra. Best of luck on your respective OTU's. We'll miss you, not!

According to fellow student 2Lt Hugh "the Champ" Higgins, Ocdt Kyle Rosenlund has matured significantly since his arrival at CFANS. Surprisingly though Kyle's more robust appearance has only served to enhance his popularity amongst fellow students. While overjoyed at being accepted so readily by his peers, Kyle is not as fond of being referred to as one of the buoys. Said Rosenlund "Maybe I'm a little too sensitive but I don't think being compared to a round squishy thing that floats real well is necessarily a compliment."

During their last flight on this summer's re-certification course Capts Andy Graham and Mike Latouche continued to sharpen their skills which had dulled during years of staff work. As part of a communications exercise Andy, a former Nav school instructor, appeared to suffer from a flashback as he repeatedly referred to the Gonzo as a Hercules. Said an embarrassed Graham "I knew I was going to be

a bit behind the aircraft, but I didn't think it was going to be a matter of years."

"Hey Graham! If you going tell people this is a Herc maybe you should change your call sign from Gonzo to Bozo." scoffed course mate Mike Latouche.

At the recent Air Command change of command none other than CFANS Commandant LCol Leclerc was seen on parade. In the ceremonies aftermath the Comdt allegedly remarked that school discipline would undoubtedly improve now that his prowess with a sword is general knowledge.

"I thought that the boss was only kidding with this discipline stuff until he came in the next week and ripped a student's name off my board and threw it in the trash." Said Sylvia (CFANS ProgO). "When I asked why, he said that the student didn't salute him in the hallway this morning and that's it! Wow!" Apparently though, the Comdt was just kidding, and there was logical explanation for the aforementioned student's removal.

In this week's episode of *The Education of A Young Officer*, Lt Jason Neale discovered that not all members of the CFANS staff are necessarily computer wizards. "Geez that Capt Fenton sure is a nice fellow," said Jason. "He took a half hour out of his busy schedule to help me format an address block, and we almost had it until he got called away." Rumor has it that Bert had some more pressing paperwork to finish up (a leave pass which he had been working on for the better part of the day).

Congratulations to J.J. Tremblay and his wife Deanna on the birth of their first child Jordyn on September 7th.



BLOCK PARENTS

The Military Police working with the local Block Parent Program wish to remind all Block Parents of the following:

- When displaying the Red & White sign, please ensure that you are available, as someone may need your help;
- when you go to bed or leave the residence or are unavailable, then please remove the sign;
- **DO NOT** display your Block Parent Sign when you display other signs. (eg: beware of dog) as the signs may conflict with each other;
- please ensure that if you are moving, return your sign to your street rep. The signs are the property of the local program and you are not allowed to use the same sign in another area.

When To Use A Block Parent Home

- if you are lost;
- if you or someone nearby is hurt.



The Block Parent home may be used by anyone that finds themselves in a frightening position. Seniors and people with disabilities are more than welcome to use a Block Parent home in time of need.

When To Not Use A Block Parent Home

- when you are hungry, thirsty or if you need washroom facilities.
- Anyone wishing more information may contact the Jameswood School, at 889-8890 or pick up an application form from the Military Police, 17 Wing Westin, or telephone Winnipeg Block Parent Associations at 943-8879.

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music reviews and syndicated columnist

URBAN & RURAL MIX ON OUTSKIRTS

Ten years, 11-albums, numerous top-10 hits and three chart topping singles in the past year-and-a-half have put the quintet of **Sawyer Brown** in the sales forefront. Their latest CD **Outskirts of Town** (Curb) is a perfect mix when urban and rural meet. Group's versatility is shown through the rousing opening of **Boys & Me** to the closing strains of that song with a dance remix. SB tell of the plight of those who till the land via **Farmer Tan** and again in the title track and then shift gears for a laidback ballad on **Thank God For You**.

Group's versatility is displayed via love songs like the midtempo **Listen' For You** and the shuffling **Eyes of Love** but are at their best on the uptempo songs like **Heartbreak Highway**. Among the top ten for concert grosses Sawyer Brown work the road 220+ days every year. This gives them high visibility and affords the opportunity to constantly promote their music, on of the reasons why they are always at, or near, the top.

TIM FINN

Founder of New Zealand's most popular band **Split Enz**, Tim Finn later worked in **Crowded House** before heading for the solo route. His **Before & After** (Capitol) centres on a rhythmic base and utilizes positive lyrics and sweet melodies. While the haunting **Persuasion** is the disc's debut single it is overshadowed by the magic of **Hit The Ground Running**, a track that should be considered for singles release. Finns lyrics are engaging stories that unravel with surprising results. His lyrics are like vignettes of life, a fact that is borne out via **Funny Way, Walk You Home** and perhaps the most insightful **I Found It**. Good rhythms and solid lyrics abound.

LONNIE GORDON

Dance diva Lonnie Gordon worked closely with the **Blackbox** (**Everybody, Everybody, Strike It Up**) team for **Bad Mood** (SBK) a dance laden outing that is flesh and blood rather than disco samples. Highlighted by her remake of Gloria Gaynor's classic **I Will Survive** and featuring a '93 remix of the European club hit **Happening All Over Again**, Ms Gordon hits full vocal stride in **Stay Together, Love Can Turn Around** and the emotional set closer **Don't Stop Lovin' Me Baby**, which runs over eight-minutes.

FAST FACTS

Barbara Mandrell has scored over a couple dozen country hits, hosted her own TV variety show and authored a book on her life. Her only pop hit was the 1979 **If Loving You Is Wrong I Don't Want to Be Right**.



Barbara Mandrell

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THUNDERBIRD CHALLENGE 93



Front row L-R: Cpl Bill Janes, Cpl Rod Flowers, Cpl Ray Prytuliak, Cpl Steve Maclean. Rear row L-R: Lt Ron Gribble, Sgt Greg Crowdis.

By Lt R.R. Gribble

On Wed, 18 Jul 1993 at 16 Wing St Jean, Air Command's inaugural Thunderbird Challenge for all Security and Military Police (SAMP) personnel commenced. The three day Challenge was conceived to test the physical endurance and mental prowess of Air Command's SAMP personnel, with the ultimate goal of selecting 12 of the best to represent Canada at the United States Airforce's Peacekeeper Challenge.

A field of 67 competitors representing 13 Wings competed in Thunderbird Challenge 93. 17 Wing was represented by six SAMP personnel with four actually competing in Thunderbird Challenge 93.

The first event, the Obstacle course and run, was held on

day one and was a gruelling test of physical endurance to say the least. 17 Wing performed very well, placing sixth overall by team score, while Cpl Rod Flowers of 17 Wing captured 3rd place individual honors. An outstanding personal effort on his part.

The next two events, handgun and Combat rifle were held over a two day period.

The handgun event required a steady hand and sharp eyes coupled with speed and quick thinking for target discrimination.

In contrast, the Combat rifle event was focused towards physical stamina and good marksmanship abilities, in that one had to run and shoot while the clock was running.

Both events tested SAMP personnel to their limits and were extremely challenging

and difficult events. 17 Wing placed 7th and 4th in each of these events respectively.

At the closing ceremonies it was evident that all participants had performed well, in that awards were well spread out over half the Wings represented with 17 Wing taking 3rd place individual honors in the physical challenge through Cpl Flower's efforts.

The final highlight of Thunderbird Challenge was selection of the Air Command team to represent Canada at Peacekeeper Challenge 93 to be held in September at Albuquerque, New Mexico. Twelve individuals were chosen from various Wings including Cpl Rod Flowers of 17 Wing SAMP Sqn. Well done Rod and good luck at Peacekeeper Challenge.



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Karate Kicks -17 WING GOJU KARATE CLUB



In Aug 93 the WPerO kindly gave the initial approval for the establishment of the 17 Wing Goju Karate Club to the Wing Recreation Council, CFB Winnipeg.

This School of Karate will follow the teachings of Master Chogun MIYAGI (1888 - 1953) the founder of this Okinawa system of Karate. Today, Okinawa Goju-Ryu Karate-do, renowned for its "hard/soft", style is recognized as one of the four founding systems in martial art we now identify as Karate.

This School will stress the self defence and spiritual aspects of traditional martial arts as opposed to the "sport styles" that abound in North America. Sport karate will not be taught because in sports there are rules which become useless in real life situations. The focus of this School is on personal development utilizing traditional oriental philosophy in a noncompetitive, non-sport environment. Through the study of Karate-do (the way of

Karate), an individual learns self-discipline through the awareness of harmony of mind and body. Karate-do provides a student with intuitive understanding, which cannot be taught, but develops after years of study. Every student must recognize commitment is necessary in order to gain this understanding.

Everyone can learn Karate. Size and strength should not be primary considerations in your decision to make Karate a "way of life". The techniques utilized are designed for self-defence against bigger or stronger opponents. Karate is very good for children, building confidence, self-discipline and strength, both of character and body.

The 17 Wing Goju Karate Club is a chapter member of the Canada Goju Karate Association, with the Humbo Dojo (Head School) located in Toronto, Ontario. The head of Canada Goju is Sensei William (Bill) HIND, Renshei, 6th degree black belt, the highest

ranking Goju practitioner in Canada. He certifies and issues the Dan ranks to all black belts. Branches, both military and civilian, have been established throughout Canada, the United States and Germany.

17 Wing Goju Karate Club will offer coed classes for anyone eight years of age and older. Children under the age of eight will be considered to receive instruction, in consultation with the Head Instructor and the child's parent(s)/guardian. Classes will be held, year around, in the main gymnasium, 17 Wing Recreation Centre, Building 90, CFB Winnipeg. Children's class are held each Tuesday and Thursday from 1900 hrs to 2000 hrs. Adult classes are held each Tuesday and Thursday from 2000 hrs to 2145 hrs. There will be a mixed class (children and adults) held each Saturday, from 1100 hrs to 1300 hrs.

The cost per student is \$10.00 per month (plus applicable taxes). The majority of these funds will be returned to the student as there will be no fees charged for gradings, belts, or certificates. Additionally, these funds will be used to subsidize seminars with invited senior instructors and to off set the costs of social functions planned for the Club. Each student must also be a register member of the Rec Council.

Information respecting registration and those costs may be obtained through the Wing Peri staff.

The first formal karate class was held on 14 Sep 93. If you or your family is interested in becoming a member of the Club, please feel free to come out any evening to watch class or bring along suitable workout clothing and participate in a few classes before making up your mind. The Head Instructor is Sensei Kim Marshall. He may be contacted at Loc 6655 or 888-5476.

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What's Your Fire Safety IQ?

Take this NEW Quiz on Escaping Fire in your Home

The NFPA has just released this new fire safety quiz. The quiz, a cornerstone of the Association's free Fire Prevention Week (FPW) community awareness campaign kit, takes its lead from this year's FPW theme: "Get Out, Stay Out: Your Fire Safe Response." This year's FPW is October 3-9.

Please clip this quiz and give it to your family and friends, hang it on the office bulletin board, or give it to your child's teachers or school officials.

- A fire escape plan should include knowing two ways out of
 - the neighborhood
 - the kitchen
 - the basement
 - all of the above
- Who should participate in developing and practicing the plan?
 - parents only
 - children only
 - entire family
 - none of the above
- If fire breaks out, I should immediately
 - call an ambulance
 - call the fire department and then escape
 - turn off the electricity
 - escape and call the fire dept from a neighbor's telephone
- It's OK to use an elevator to escape from a fire in a multi-story building
 - true
 - false
- If someone is trapped inside a burning building, it is best to
 - send the strongest person back in to find them
 - inform fire fighters where you think the person is
 - go back inside yourself
 - assume they'll get out on their own
- Which of the following time segments accounts for the largest number of home fire deaths?
 - midnight to 4 AM
 - 6 AM to 10 AM
 - noon to 6 PM
 - 6 PM to midnight
- If you have to escape through an area with smoke in it, the best thing to do is
 - stop, drop and roll
 - wait to be rescued
 - retreat into a closet
 - crawl low, under the smoke
- If the smoke detector awakens you at night and you think there's a fire outside your bedroom, you should pull open the door and race out.
 - true
 - false
- In a fire, it's wise to take time to get dressed and gather valuables before escaping
 - true
 - false
- If your clothing ever catches on fire, you should
 - run to the bathtub or shower
 - sit still and yell for help
 - stop, drop and roll
 - put baking soda on it
- If trapped on the third floor of a house, it is best to
 - jump
 - break the window
 - wait to be rescued
 - throw pieces of furniture out to get attention
- You should know two ways out from every room
 - at home
 - at work
 - at friends' homes
 - all of the above

Show that you care...

Give a...Smoke Detector or Fire Extinguisher for... X-Mas, Birthdays or as a House Warming gift

ALWAYS HAVE AN ESCAPE PLAN

When a fire occurs, there's no time for planning. So sit down with your family today, and make a step-by-step plan for escaping a fire.

Know Two Ways Out

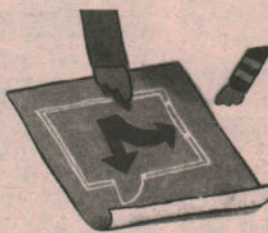
Draw a diagram of your home. Plan two ways out of every room, especially bedrooms.

In an Apartment

Be sure you can unlock all locks quickly, even in the dark. Use stairways to leave the building. Never use an elevator during a fire; it may stop between floors or even take you to the floor where the fire is burning!

In a Two-Story House

Make sure everyone can unlock all locks and open all windows and doors quickly. If you must escape from a second-story window, be sure you have a safe way to reach the ground. Make special arrangements for small children and people with disabilities.



Get Out Fast!

In case of a fire, don't stop for anything. Do not try to take possessions or pets. Just get out. Call the fire department from a neighbor's phone after you are out.

Choose a Meeting-Place

Everyone should gather at one meeting place outside, preferably at the front, where the fire department will arrive. Each family member should know how to call the fire department from a neighbor's home.

Don't Go Back, No Matter What

Make sure everyone in your family knows that once they

are out, they must not go back for any reason. If people are trapped, fire fighters have the best chance of rescuing them.

Make sure everyone in your family knows the home escape plan, the meeting place, and the Fire Department's phone number.

Workshops, Storage Areas & Outdoors

Your basement or garage may have flammable materials not found in other parts of your home. Exercise firesafety inside and out: Always store gasoline, paint and other flammable liquids outside in tight, labelled metal containers. Use and store flammable liquids well away from appliances, heaters, pilot lights and cigarettes or other flames. Have your furnace checked every year. Never use gasoline on a grill fire. Once the fire has started, use only dry kindling to revive the flame—not charcoal lighter fluid. Before starting your lawnmower, snowblower or motorcycle, move it away from gasoline fumes. Let the motor cool before you refuel.

Answers to Quiz

- D. All the answers are right! Every escape plan should include knowing two ways out of every room, in case your primary exit is blocked by smoke or fire.
 - C. Everyone in the household should participate in developing the home escape plan, including little ones.
 - D. If fire breaks out, leave the building immediately and be sure everyone else inside does the same. Once safely outside, call the fire department from a neighbor's home or use a call box.
 - B. False. Never use an elevator during a fire. Elevators could be trapped in between floors or even take you to the floor where the fire is and stall.
 - B. Never go back inside a burning building. If you think someone is trapped inside, immediately inform the fire department.
 - A. Roughly three out of every ten home fire deaths occur between 12 - 4 a.m.
 - D. In a fire, smoke fills the room from the ceiling down. If you encounter smoke or flames on your way out, use your alternate exit. If you must escape through smoke, crouch or crawl under the smoke.
 - B. This is false. Before you open the door, kneel or crouch and put the back of your hand up high against the door, the knob, and the crack between the door and the door frame. If the it's hot,
- there is fire on the other side and you should use your alternate exit. If the door feels cool, slowly open it with your shoulder braced in case you have to slam it shut. If all is clear, escape carefully, closing doors behind you.
9. B. False! There is no time to do anything but get out of the burning building and yell for others to do the same.
10. C. Stop, drop and roll is the phrase to remember if your clothing should catch on fire.
11. C. Ideally, you should have a safe escape means from rooms on the second or third stories. Call the fire department and tell them your location, or signal at the window with a light-colored cloth. If the window opens, crack it at the top and bottom to let fresh air in and smoke out. Be prepared to shut the window quickly if smoke is drawn in. Try to stay calm and breath normally while you await rescue.
12. D. You should know two ways out of every room wherever you are. Always be aware of your surroundings and know how you would get out in an emergency. Look for exit signs when you are in restaurants, cinemas, etc., and make a mental note how you would escape. When staying with friends, ask them what their escape plan is and familiarize yourself with exits.

1 CEU



Major Denise Filteau of the DCOS Log Division in Aircom HQ receiving her new rank from Brigadier-General R.A. Dziver, Chief of Staff Support.



Lieutenant-Colonel J.A.S. René, CO 1 CEU, presents Captain C.J. Kingsland (above) and Captain A.R. Wisniouwski (below) with their CDs.



On 30th July 1993, Colonel A.S. Taylor (left), Chief of Staff, Canadian Forces Communication Command and Major B.A. Deutscher, Chief of Staff, 73 Communication Group Headquarters presented Warrant Officer Henry Bonde with his promotion to that rank. Congratulations Henry and good luck on your posting to Wing Supply.



Cpl Tiffany Lemaire is shown receiving her new rank from A/WSupO Capt Tanya Schnare and Sgt Kevin Shearer.



Sgt Shearer is presented with his Hazardous Goods Certification. Well done Kevin.

Wing Supply



WO J.P. Worrall, an instructor at the Canadian Forces School of Meteorology was congratulated on his recent promotion to that rank by Mr. Bill Hartman (Comdt CFS Met), while CWO M.F. Cousins looked on.

Computer Hints

- from The Information Technology Resource Centre

This article is coming to you from within the confines of the Information Technology Resource Centre (more commonly referred to as the ITRC). For those of you who are new to 17 Wing that's the place where you can go to get the training required for you to use those pesky computers that are cropping up on your desks. The ITRC is a section of Wing Telecom/733 Communication Squadron, and our mandate is to provide computer application software training and software support to 17 Wing and Base lodger units. The ITRC is a cell within the ADP Section, which provides Computer Hardware maintenance, and installs your Networks. These are the guys we get to answer all the really tough questions that are thrown our way.

Those of you who are newcomers to the Wing may not be familiar with the ITRC, so I would like to take this opportunity to introduce ourselves;

**Manager: Mr Dave Evitt,
2 i/c Sgt Bob Carswell,
Instructors:
Sgt Linda Deane-Freeman
Cpl Bruce Chymboryk
Clerk: Cpl Ed Fournier**

If you're interested in signing out some of our software on loan or a Laptop computer, Ed is the man you want to know. If you're interested in the ITRC and what we have to offer, feel free to drop in at any time. Our staff is always prepared to show you around, discuss your needs, and strut our stuff for you, or just give us a call at loc 5373.

When I was first asked to do this submission, I immediately thought that there must be someone better qualified to prepare an article than me. After all, what could I tell the readers that they did not already know. Then, after I had given it a little thought, I realized that we really had some news to report.

Now that the posting season

is over and the rain will soon be turning to snow, we at the ITRC are eagerly preparing for a new season of courses. At present our scheduled courses have not changed, but they will. New courses will include a Network course, Word Perfect for Windows, and Lotus 1-2-3. This is in addition to our old staples MS-DOS, Word Perfect 5.1 and Introduction to Computers.

My second question concerning this assignment was: what should I write about. You wouldn't believe the suggestions I got. (Well, maybe you would.) One I did find quite interesting was to put in some helpful hints. So, here goes.

HELPFUL HINT:

"When you create a document and you assign it a filename, you should use a name that you will recognize in the future. There is nothing more frustrating than searching a disk or your hard drive for a document you have forgotten.

If you become familiar enough to begin dabbling in DOS and you happen to get into the 'Root Directory', Please do not feel you have to RENAME those pesky files that you do not recognize. A good example is the AUTOEXEC.BAT file. If it is renamed to, Oh let's say — your first name, forget it...your computer is just going to sit there like a pile of expensive plastic.

The AUTOEXEC.BAT file is a file that DOS reads whenever you boot or reboot your computer. This file contains a series of commands that DOS automatically reads and Quoting from 'DOS for Dummies'

"There is a certain level of fear required when using a computer. Don't worry, even the DOS gurus have it. It must come from watching all those Irwin Allen TV shows of the 1960s. They were kind of science fiction and they all had sparks whenever they didn't like something. Today's

computers are much more powerful and produce much better explosions. Seriously, computers don't explode. But they will do some unfriendly things that will make your heart drop a few flights. Some of this stuff isn't serious at all, but there are time when it pays to call in an expert."

Not wanting to take up a great deal of your time, as I know it is valuable, I will close out this article now. We hope to see many of you take as much use of our facilities as possible, we are not staffed by a bunch of computer wienies, (okay, we do have one), we can answer your questions, help you learn an application or get you started using that special equipment that we have, but you don't have in your office.

Until next time.
VVV

signed: 'The Wienie'

New Wing Logistics Officer

LCol Smith was born in Stettler, Alberta, the eldest of four children in the family of Mr & Mrs E.A. Smith. He joined the CF in 1971 under the auspices of the ROTP and attended Royal Roads and RMC, graduating in 1975 with a Bachelor of Science degree in Honours Mathematics and Physics and a commission into the Aerospace Engineering occupation.

LCol Smith served at CFB Cold Lake from 1976 to 1978 as an aircraft maintenance officer with 419 Tactical Fighter Training Squadron. Following promotion to the rank of Captain in May 1978, he was posted to NDHQ in July of that year to an augmentation position within the Directorate of



Lieutenant Colonel A.L. Smith, CD

Aircraft Combat Systems in support of the New Fighter Aircraft Program. During this time he participated in the detailed contract negotiations with the two short list con-

tenders, the General Dynamics F-16 and the McDonnell-Douglas F-18, specializing in the aircraft armament systems.

The eventual selection of the CF-18 led to LCol Smith being posted to St Louis, Missouri in July 1980 as a member of the CF-18 Detachment in the engineering coordination section, monitoring engineering change activities for the aircraft armament and avionics systems and Automatic Test Equipment.

In July 1984, LCol Smith was posted to Air Command Headquarters to the Management Consulting Services section. Promotion to Major in May 1985 resulted in a move to the Deputy Chief of Staff Maintenance division as the CF-18 aircraft maintenance staff officer. Four years in that capacity was followed by two years as the Senior Staff Officer Aircraft Maintenance Support.

LCol Smith was posted to the continuous French course at CFB Winnipeg in July 1991 and graduated in June 1992, achieving functional capability. He was promoted to LCol in June 1992 and transferred back to Air Command Headquarters as the Senior Staff Officer Aircraft Maintenance Fighters/Trainers. In July 1993 he was appointed to the position of Wing Logistics Officer at 17 Wing Winnipeg.

LCol Smith is married to the former Patricia Kelly of Victoria, B.C. and they have two sons, Tim and Greg.



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 29 September, 13 and 27 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.

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COPING WITH SEPARATION

(Part III) TIPS WITH CHILDREN AND DEPLOYMENT

Children need the stability of a regular routine, particularly during a separation. Maintain the same rules for your children on bedtime hours, household chores, homework, etc. If discipline is relaxed while your spouse is away, children may tend to resent your spouse's return because it signals a return to "law and order" in the house. Do not fall into the trap of using "just you wait until your father/mother gets home" as a discipline technique.

Encourage children to communicate directly with the absent parent. They can write their own letters and send

school papers and drawings. Let them address their own envelope, if they can write, and help you mail it.

Just as all service families are not alike, all children are not alike. Expect your children to handle the separation in their own way and to respond to their needs accordingly. While some children become extremely helpful and independent, others might return to "babylike" behaviour such as bed wetting, clinging, or baby talk for a period of time. Expect some changes in behaviour, especially "testing the limits" in different situations. This is the child's way of finding out if other parts of their world will change now that one parent is absent. Be patient, reassure the child that some things do not change.

SELF DEFENCE/ASSERTIVENESS TRAINING - ASSAULT PREVENTION FOR WOMEN

Wen-Do is an assault prevention program for all women regardless of age, fitness level or physical ability. The basic 14 hour program teaches awareness, avoidance and action to assaults ranging from embarrassing to dangerous. Each session includes discussion, lecture and physical activity. The program has been designed for smaller women against larger attackers. Safety is important, women will not be thrown or hit.

The instructor, Jhesekeh Wood, has been actively teaching Wen-Do since April of 1978 and has obtained her first level of Gold, Wen-Do's highest belt.

Time: November 15 - December 13
(Monday Evenings)
7:00 - 9:00 p.m.
Place: Lipsett Hall
Cost: \$40.00

***PLEASE PRE-REGISTER FOR THIS PROGRAM.

PART 3-GO!

O.K., they're back, but it's not over yet. Feel pressured to drop your new life and chain yourself to your partner now they're home? Missing some of that independence you've found on your own even though you're glad they're back? Join us to help bring it all together.

Facilitator:

Leslie Malcolmson, M.S.W.

Date: Tuesday, October 19, 1993. 7-9 p.m.

Location: Bldg. B-5, U.N. Drop-In Centre

PRE-REGISTRATION IS NECESSARY.

You may register either by calling the Military Family Resource Centre at 833-6870 or by using the sign-up sheets at the Drop-In Centre in Building B-5. The seminars are subject to cancellation if sufficient registration (minimum 8 participants) is not reached by 4:00 p.m. the Friday before each seminar.

OFFICE HOURS
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OCT 1 DJ 7 PM - 1 AM
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PRIZES FOR THE BEST COSTUME
KARAOKE
MUMMY WRAP

CFB LAHR CLOSURE TSHIRTS, SWEATS, RUGBY SHIRTS

Did you leave Lahr without getting a closure Tshirt? Did the guy in the line up in front of you get the last rugby shirt? Did you serve in Lahr years ago and want to have the shirt that tells the world you were part of 75,000 Canadians who served here over the 27 years? Well here is your chance to get that keepsake direct from the supplier in St Albert, Alberta.



The logo shown below does not show up well in black and white but is very sharp on both the white or light grey background of a Tshirt or sweatshirt. The word Lahr actually is two tone, a darker tone in the lower half of the word showing the outline of the Shutterlindenberg. The rugby shirt is white with a 6 inch purple stripe (matching the logo purple) across the middle and sleeves. The logo is embroidered on the Tshirts, rugby shirts, and ballcaps, and is silk screened on the sweats.

Specs:

Tshirt: heavy weight 50/50 cotton/polyester, sizes XXL, XL, L, M, S, white or light grey, embroidered 3 1/2"x3 1/2" logo on upper left breast. M

and S sizes are really for children 7-13. Cost for all sizes except XXL, \$12.84 ea, XXL \$14.15 ea, GST incl.

Sweats: Fruit of the Loom 50/50 cotton/polyester, sizes XXL, XL, L, M, S, white or light grey, 12"x12" silk screen logo on front. M and S sizes are really for children 7-13. Cost for all sizes except XXL, \$21.40 ea; for XXL, \$23.54 ea, GST incl.

Rugby: Barbarian trademark, 100% cotton, made for rugby with reinforced stress points, rubber buttons, etc, sizes XL, L, M, all white with 6" purple stripe through middle, 3 1/2"x3 1/2" embroidered logo over left breast. They are made with generous proportions but shrink 13% in width

and 5% in length. Cost for XL is \$55.00 ea, for L & M \$49.75 ea GST incl.

Golf shirts: white with 3 1/2"x3 1/2" embroidered logo. \$23.54 ea for size XXL, \$21.40 for XL, L, M, and S, GST incl.

Ballcaps: One size fits all, white nylon mesh and sponge, embroidered logo. Cost \$6.50 ea GST incl.

Lapel Pins: Die cast logo, 3/4". Cost \$4.00 ea, GST incl.

NOTE: All orders are subject to shipping and handling charges. Goods will be shipped by parcel post unless otherwise instructed. Group orders are strongly recommended to save shipping costs.

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17 WING WINNIPEG MILITARY FAMILY RESOURCE CENTRE SATELLITE HOME CHILD CARE PROGRAM

The Satellite Home Child Care Program offers quality care for children, 12 weeks-12 years, in a licensed home environment. Child Care is available for days, evenings and nights with a family that understands the military lifestyle.

Your child will benefit from daily creative art activities, music, drama, outdoor games with a trained family day care provider.

Child Minders are available to care for children in your home on an occasional basis.

For more information, please call 833-6870.

Parent & Baby Quality Time

Do you ever wonder if you are doing the right thing with your baby? Come to this group and meet other parents faced with the same concerns you have. This group will have fun together; learn to make toys for babies; learn infant massage, share your ideas with the group. Bring along your under 2 year old.

Dates: Nov 3, 1993-Dec 8, 1993
Time: 1:30 - 3:00 p.m.
Location: 54 Bourkewood Place
Facilitator: Mavis Lewis-Webber

Mavis Lewis-Webber is the Community Child Care Co-ordinator for the MFRC. Mavis has 12 years of experience in the child care field and two young children of her own.

Dates: Sep 22, 1993 - Oct 27, 1993
Time: 9:30 - 11:00 a.m.
Location: Building C1
Facilitator: Mavis Lewis-Webber

FAMILY DAY CARE AS A BUSINESS

Did you know that if you provide receipts for child care you can claim all child care related workshops as a deduction? In this seminar you will learn how to run a child care program as a business.

Date: Oct 2, 1993
Time: 9:00-11:30 a.m.
Facilitator: Norm Dalke

Norm is an accountant and is the Director of his own accounting firm.

Find out about what deductions are allowable under the Income Tax Act for your small business.

NEW HOURS AT 54 BOURKEWOOD

Beginning 14 Sep 93, the Military Family Resource Centre at 54 Bourkewood will be open on Monday and Tuesday mornings from 9:00 - 12 noon.

BASIC SCUBA COURSE

Interested in learning to scuba dive? Then have we got the course for you!! The CFB Winnipeg Goldeyes Scuba Club is one of the most active scuba clubs in the province of Manitoba and we are about to start our "fall" 1993 training program with a BASIC SCUBA COURSE. The following information will put you on the right track to becoming a qualified scuba diver and enjoying all the fun and excitement of the underwater world:

WHAT: Basic Scuba Course
WHERE: Westwin Pool, Bldg 90
WHEN: Tuesday nights, starting 19 Oct 93
REGISTRATION: Tuesday, 19 Oct 93 at 1900 hrs.
COST: Reg. Members \$225.00 GST included.

Ordinary & Associate Members \$250.00 GST included. Cost includes all course materials, certification, use of tank, regulator, and buoyancy compensator, air fills, Goldeyes and Manitoba Underwater Council memberships.

AGE: You must be 15 years of age or older by course completion date in May 94.

EQUIPMENT: You will require your bathing suit, a towel, a notebook and a pen for registration night.

INFORMATION: For additional information contact Major Ronn Cooper at 833-5357 (days) or 831-1458 (evenings).

17 Wing Intersection Volleyball Meeting

Where: Bldg 90 Base
Theatre
When: Thurs, 23 Sep 93,
1030 hrs
All interested team reps
must attend! Contact MCpl
Phillips/Cpl Hopkins local
2056 for more info.

436 TRANSPORT SQUADRON 50TH ANNIVERSARY

436 Transport Squadron will commemorate 50 years of service during the period 23 to 25 September 1994. The celebrations will take place over the three day period at 8 Wing Trenton, Ontario. All former serving members of the Squadron and Burma Star members as well as families and guests are invited to share with us in these celebrations. Further details of events will be made available as the Anniversary draws closer. Queries should be directed to 436 Transport Squadron, 8 Wing Trenton, Astra Ontario, K0K 1B0. Telephone 613-965-2602. Fax 613-965-7275.

ONUS PORTAMUS

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.

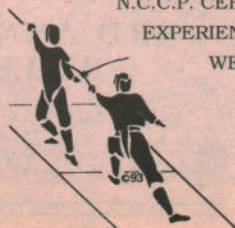
The term of office for a ward councillor is normally one year. Each ward councillor is responsible for voicing the concerns of his/her ward, attending all community council meetings and organizing and/or participating in various council-sponsored community events.

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 Schnaider at local 5119.

17 Wing Lightning Fencing Club

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??INFORMATION
489-3404

EFFLUENT AND WATER MONITORING PROGRAM

- A PROVEN SUCCESS

Initiated and developed in 1991, by Air Command, the Effluent and Water Monitoring Program was unique and one of the first in the Federal Government. Today, with proven success, the Water Monitoring Program serves as an example for other government agencies. Noted by the Minister of Defence as Air Command's most important initiative in protecting the environment. This Program is realistic, achievable and saves money.

The Program was developed by the Air Command Environmental Section and is designed to monitor surface waters discharged from Air Command bases and highlight significant problems. Additionally, the initiative will avert environmental hazards by minimizing or stopping pollution at the source.

As technology changes, different environmentally sensitive areas become apparent. Storm sewers, in particular, are subject to a variety of pollutants, which could cause considerable damage to the environment and human health if left untreated. In view of this threat, Air Command took a proactive approach to explore the situation on all bases, determine a plan of action and provide funding.

The Water Monitoring program was developed by Lewis Cocks, Staff Officer Environment at Air Command, from an idea put forth by Lt Micheal MacLean. The Program began with Mr. Cocks and Lt MacLean visiting each base to inspect problem areas and determine the activities and precautions that must be taken to minimize environmental impacts. Common problem areas identified were storm water discharges, airfield drainage and storm and sanitary collection systems.

Driven by the high cost of treatment facilities Air Command HQ explored the most economical way to approach the problem. The plan was to give the bases time to assess their needs and carry out the program with the most efficient use of resources.

Air Command HQ issued preliminary directives on

procedures for water sampling and lab testing at biweekly frequencies. They also provided information on standard methods for examining wastewater, and guidelines for effluent quality and wastewater treatment. The intent was for each base to become more knowledgeable about their activities and the associated environmental impacts. The bases would then be able to decide on a plan of action including how frequently they would need to sample, and whether activities required modification to keep within legislative guidelines. The idea was to give bases the leeway to make the program site-specific.

Most of the analysis is done



Ross Erickson, Lab Tech. preparing a sample for testing.

with the Construction Engineering Section by Water Fuel Environment (WFE) technicians. Many of these technicians received environmental training at the Northern Alberta Institute of Technology (NAIT). The analysis process is to collect samples within the system and at the discharge points. Then, trace any activity that may be contributing to high contaminate concentrations. Potential sources of contamination include:

- urea for de-icing of runways;
- glycol for de-icing aircraft;

- detergents for washing of aircraft;
- array of solvents, oil, grease, and fuel used in the maintenance of aircraft and support equipment; and
- silt from erosion.

Studies of the above key areas have proven to be an effective diagnostic tool. After analysis, the WFE tech, in conjunction with the Wing Environmental Officer will formulate a plan of action on a "worst first" approach to eliminate the source, modify or stagger the contributing activity responsible for the higher concentration or initiate appropriate treatment. Periodically, outside expertise or facilities may be required. However, at no time do the Wings lose sight of the operational imperative.

The Water Monitoring Program has numerous benefits. The process brings environmental issues into focus as each base takes a hard look at the impact of their activities.

Staff Officer Lewis Cocks credits the bases for the success of the program. He notes that bases are diligent and enthusiastic in their commitment to environmental protection and resource conservation. They are carrying out the monitoring and sampling with integrity and quality control. Outside contractors are periodically called upon to verify samples and sampling techniques.

The Monitoring program is an informative proactive measure that allows bases to continually assess their activities and highlight areas where improvements are required. As an ongoing long range program, it is an effective process to control the effluent process and prevent the occurrence of contaminants.

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

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 2nd, 3rd, 4th Sundays - 1100 hrs - Divine Worship
 Sunday School During Worship
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Cher lecteur.

La page de la Francophonie à absolument besoin de votre aide, vos suggestions seront grandement appréciées (articles, annonces, publicité etc...).

Nos dates de tombée sont en page 2 du voxair.

Conséquence de non participation. La page la Francophonie sera retirée de notre journal "le voxair" ..

JOURNÉES PORTES-OUVERTES AU CRÉE

6, 7 et 9 octobre 1993

Nous réservons quelques journées et soirées pour faire connaître d'une façon spéciale les services offerts au Centre de ressources éducatives à l'enfance.

Nous vous invitons à venir prendre un café et un petit goûter tout en prenant connaissance des ressources disponibles. De plus amples renseignements à ce sujet vous seront diffusés.

SEMAINE NATIONALE DE LA FAMILLE

4 au 10 octobre 1993

Services à la famille de Winnipeg Inc. qui a l'honneur d'être, encore cette année, le commanditaire pour la neuvième Semaine nationale de la famille au Manitoba vous invite à le joindre pour célébrer et apprécier "la famille". C'est la troisième année d'une campagne stratégique de quatre ans organisée par Services à la famille-Canada qui nous préparera à l'Année Internationale de la famille en 1994. L'année 1991 était axée sur l'environnement familial et l'année 1992 sur l'environnement communautaire, en y ajoutant le lieu de travail, l'école, les loisirs, la religion et la culture. L'année 1993 mettra en vedette l'environnement familial national où nous porterons notre regard, en plus, sur les politiques et programmes mis au service de la famille par les gouvernements à tout palier. L'année 1994, l'Année internationale de la famille, s'adressera aux familles à l'échelle planétaire.

Le slogan de cette année, "LA FAMILLE ÇA MARCHE", fait appel aux individus de prendre la responsabilité d'appuyer les familles, puisque c'est sûre elles qu'est bâtie notre nation. Prenez le temps de réfléchir à la qualité de votre relation familiale et de vous engager à passer plus de temps avec votre famille.

Le Centre de ressources de Saint-Boniface-Norwood

Le Centre de ressources de Saint-Boniface-Norwood recherche une personne enthousiaste et motivé(e) pour le poste de coordonnateur/trice de bénévoles. Si vous avez 2 demi-journées par semaine à donner de votre temps, ce poste bénévole vous offre une expérience riche et des plus satisfaisantes. Parent bilingue de la communauté est préféré.

On recherche aussi une animatrice préscolaire pour s'occuper de 2 à 5 enfants d'âge préscolaire pour 2 ou 4 heures par semaine dans la salle de jeux. 5,50\$ de l'heure.

Pour de plus amples renseignements, veuillez communiquer avec Gisèle Roch au 944-4268.

Faites-vous de nouveaux amis...



Devenez bénévole!

Activités francophones de la 17ième Escadre de Winnipeg

Le Mini Franco Fun , tous les vendredis matins: info: Mance au 885-1378

Soirée sociale Francophone : Souper Rencontre. Anne Marie Cloutier au: 832-2183.

Petit déjeuner Francophone tous les vendredis matins: info Linda Pelletier au 489-7260.

Club de Judo : info, sgt Steve Broughton au 833-5214 ou 897-0630.

Club de Céramiques, info Edie Grégoire au 489-7807.

CALENDRIER D'ACTIVITÉS du centre d'information 233-Allô.

Le 23 sept 93 à 15h00, portes ouvertes de 15h00 à 20h00.

L'organisme Pluri-elles présente "journée nat'l crts de femmes".

Le 24 sept 93 à 10h30 la bibliothèque de ST Boniface présente "l'heure du conte", pour les enfants de 3 à 5 ans. Information au 986-4332.

Le 24 sept à 21h15 le foyer de la CCFM présente Christian Perron.

Le 24 sept 93 à 18h30 à la salle du CCFM "J-Paul Aubry" le cercle Molière présente le Gala du Homard. 18h30 Cocktail. 19h30 souper. Pour plus d'info 233-8053.

Le 25 sept à 21h15 le foyer de la CCFM présente "en éclosion" avec des artistes invités.

Le 26 sept à 19h00, Partie de cartes au club des aînés par le club des blé d'or. Bienvenue à Mme Simard.

Le 28 sept à 21h00 le Foyer de la CCFM présente Mardi Jazz avec Travis Hreno.

Le 29 sept à 18h30, l'heure du conte à la bibliothèque de ST Boniface.

Pour les enfants de 3 à 5 ans. Info au 986-4332.

RÔLE DES PARENTS

Votre rôle comme parents est de fournir à votre enfant un environnement stimulant pour le développement du langage, de la lecture et de l'écriture. Il est primordial que votre enfant puisse jouir de moments passés en votre compagnie pour lire. Il verra que vous attachez de l'importance à la lecture et que vous aimez lire; vous deviendrez donc un modèle à imiter.

Les suggestions d'activités suivantes vous permettront de passer d'agréables moments avec votre enfant:

- Parlez à votre enfant en utilisant des phrases complètes. Vos phrases complètes lui serviront de modèle pour s'exprimer.

- Identifiez les objets par leur nom: "Apporte-moi les ciseaux" plutôt que "Apporte-moi donc ça".

- Servez-vous des travaux de tous les jours pour augmenter son vocabulaire; par exemple: en mettant la table, lui demander de nommer toutes les choses dont on a besoin.

- Allez en excursion avec votre enfant. Discutez de ce que vous voyez. Jouez avec votre enfant. (cartes, échelles et serpents...)

- Aidez votre enfant à faire des classifications. Demandez-lui de nommer tous les fruits

ou les légumes qui sont dans le réfrigérateur.

- Écoutez votre enfant. Soulignez de manière positive ses efforts, afin de développer chez lui son estime de soi.

- Lisez souvent devant et avec votre enfant. Devenez des modèles de lecteur.

- Lisez à votre enfant en français chaque jour.

- Amenez votre enfant à une bibliothèque municipale afin de choisir des livres.

- Trouvez des livres à la bibliothèque sur des sujets qui l'intéressent.

- Offrez-lui des livres français en cadeau.

- Regardez les images d'un livre et discutez-en. Racontez-lui une histoire en discutant du début, du milieu et de la fin.

- Montrez à votre enfant à lire les images d'un livre et à observer les détails.

- Discutez des histoires lues avec votre enfant.

- Demandez à votre enfant de vous montrer des mots qu'elle ou il reconnaît dans un livre.

- Aidez votre enfant à remarquer les situations d'écrit autour de lui: panneaux de



route, annonces publicitaires, noms de restaurants, autres...

- Montrez à votre enfant qu'il vous fait plaisir de l'entendre raconter son histoire à partir d'un livre.

- Réservez un coin spécial pour les livres de votre enfant. Commencez une bibliothèque pour votre enfant.

- Regardez des émissions en français avec votre enfant.

- Discutez avec votre enfant des émissions vues à la télévision.

- Lisez le téléguide avec votre enfant.

- Encouragez votre enfant à écrire des messages. Affichez les écrits et les dessins de votre enfant.

- Encouragez votre enfant à participer aux activités françaises de la communauté.

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Level 1

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

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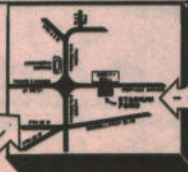
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303 RIFLE & 22 RIFLE, \$200.00 for both or will sell separately. Ph: 897-0936 (H) or 833-6086 (W) ask for Bob.

THE JUNIOR RANKS CLUB NORTH HAS A COLUMBIA 12 FOOT SATELLITE DISH and a Cheyenne IR/D integrated satellite receiver/descrambler up for sealed bid. The minimum amount is \$500.00 and the cut off date is 15 Nov '93. Inquiries may be made to the Mess Manager at Local 5427. Sealed bids may be dropped off to the Mess Manager's Office during normal working hours.

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