

Caption: High over northern Alberta, near Cold Lake, a thirsty CF18 drinks from one of the CF's new CC-130T Hercules tankers while a second CF-5 looks on.

Herc tankers operational

by Lt(N) Dave Scanlon

After two years of research and modifications, Canada's new tactical refuelling and airlift aircraft, five CC-130T Hercules, are operational. After being brought into service late in the Gulf War for tactical airlift, the Hercs were sent back to be refitted with an air-to-air refuelling system, marking the first time in recent history a standard Hercules has been converted into a tanker after purchase.

In 1986, the Canadian Forces had identified a need for a tac-

tical refueller and were looking at buying several Hercules tankers, known as KC-130s, from Lockheed Aeronautical Systems Company in the United States. However, by the summer of 1990, with the Gulf War and a host of UN peacekeeping operations looming on the horizon, the CF was faced with an urgent need to boost its tactical airlift capability.

The solution was to kill two birds with one stone: Lockheed was able to meet the CF's immediate need for five

C-130 Hercules aircraft to handle tactical airlifts (three were delivered in time to see service in the Gulf War); and, in response to a proposal from the CF, Lockheed agreed to refit the five Hercs within two years with air-to-air refuelling systems.

Using the Hercules' existing "plumbing," Lockheed's Edmonton based sub-contractor, North West Industries (NWI), installed a removable refuelling pod under each wing — each pod contains a

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THE OLD AND THE NEW

A rare sight in 1993: a CF-18 posing with a CF-104 in 439 colours and a F-86 Sabre. The F-86 will be mounted on pedestal in the Air Force Heritage Park and the CF-104 is being donated to the Western Canada Aviation Museum. But what about the F-18? I am told that overzealous technicians were already measuring the aircraft and that CE is working on the design of its own pedestal!

**Happy Birthday
Colonel Proulx!!**

**FROM ALL
17 WING
PERSONNEL**

Last hurrah of the "wolf pack"

by Robert Fisher,

September 1993 marks the 50th anniversary of the last major German convoy battle in the North Atlantic. For much of the Second World War, groups of German U-boats, known as "wolf packs," were an unstoppable threat to Allied shipping, especially along the great circle route between Europe and North America. But Allied code-breaking and advances in radar, along with its growing numbers of escort ships and aircraft, finally turned the tide. In May 1943, the Allies destroyed 41 U-boats, forcing Germany to withdraw its wolf packs from the North Atlantic. Yet the German Navy's commander-in-chief, Grand Admiral Karl Doenitz, viewed the Allied successes as a temporary setback, soon to be avenged by technical advances and

improved weapons on Germany's part. In September 1943, the U-boats returned to the convoy lanes of the North Atlantic equipped with the "Zaunkoenig" acoustic torpedo, which homed in on the sound of a propeller, to spearhead an autumn offensive against Allied shipping. Early that month, Doenitz positioned a patrol line of 20 U-boats astride the great-circle route between Europe and North America. It did not have long to wait. In mid-September, two convoys, designated ONS-18 and ON-202, left Great Britain along routes leading into the jaws of the pack. Although an RCAF Liberator bomber en route from Iceland to Gander spotted and destroyed a member of the waiting pack, U-341, Allied intelligence was unable to warn the convoys in time of the danger ahead. A member of the patrol, U-270, sighted silhouettes of merchant vessels in the early hours of Sept. 20 and closed to attack. It fired one of the new "Zaunkoenig" torpedoes — designed especially to destroy warships — striking and disabling the frigate HMS Lagan. The destroyer HMCS Gatineau quickly pounced with an accurate depth-charge attack, but U-270 escaped. As dawn approached, U-238 infiltrated the convoy's protective "screen" of warships, sank two merchant ships with standard

continued on pg. 2

Every Drop Counts! Be A Red Cross Blood Donor

Every six seconds, a Canadian citizen requires a blood transfusion. Think about it. In the time it takes you to read this how many Canadians will receive a blood donation from the Red Cross? But, of course, that Canadian who requires blood every six seconds is only a statistic, right? He could never be you or someone in your family, right? Well, think about it. If you don't agree, or if you think that maybe it could be you who receives a blood transfusion, then do something about it. Be a Red Cross Blood Donor at the forthcoming Base Clinic. It will be held Wednesday, November 10, 1993 from 0900 hours to 1130 hours and 1300 hours to 1600 hours at the Drill Hall (Bldg 21) 17 Wing Winnipeg

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THE WINNIPEG BLUE BOMBERS VISIT THE OFFICERS' MESS

On 3 Sep 93, the Winnipeg Blue Bombers were invited to TGIF at the Offrs' Mess. Mr Cal Murphy, on behalf of the Big Blue, presented LCOL Mike Dolan, A/W Comd, with the Blue Bombers Air Patrol Poster. The poster depicts the Bombers Defensive line posing in front of the AFHP CF-5 located on Ness Avenue.

Hercs - continued from pg. 1

retractable hose connected to the aircraft's fuel system. The pods are made in Britain by Flight Refuelling Limited (FRL) and are the same as those used on the Royal Australian Air Force's Boeing 707 tankers.

The cargo space of each aircraft was modified to receive a removable 15,000 litre fuel tank with in-built high-speed pumps, all of which connects to the aircraft's fuel system. In addition, to help other aircraft find the tankers, the CF installed an air-to-air tactical navigation (TACAN) system — in effect a beacon for aircraft with TACAN receivers.

The tanker has two configurations: pods and fuel tank, for refuelling missions; and no pods or fuel tank (or, to save time, pods only), for tactical airlift, search and rescue, or other uses. Air Command will likely keep two of the tankers configured full-time for refuelling and the remaining three configured as needed.

After a few wrinkles were ironed out, the CF conditionally accepted the first modified Hercules in June 1992. Lockheed trained the first crews last year at CFB Cold Lake, Alta., and CFB Bagotville, Que. The CF took

over training in late 1992 and the first official CC-130T air-to-air course was completed in January.

All five tankers were accepted into service by June and are now based at 18 Wing (Edmonton), where they are operated by both 435 Squadron, which conducts air-to-air refuelling and tactical airlift, and 418 Reserve Squadron, for search and rescue. The new tankers could conceivably play an additional role for the CF as strategic, or long-range air-to-air refuellers. With the CF's fleet of CC-137 Boeing 707s close to retirement (likely by 1996), there is a need for a new strategic tanker.

Although the CC-130Ts could not be used as true strategic tankers due to their limited range, flying speed, and fuel capacity, they could act as prepositioned refuelling stations. The other option under consideration is to install refuelling systems in the CF's five new strategic aircraft, the CC-150 Polaris (known commercially as the A-310 Airbus).

In any event, the Hercules, in all its configurations, continues to be the "work horse" aircraft of Canada's Armed Forces.

"wolf packs"- continued from pg. 1

torpedoes, and slipped safely away. Shore authorities immediately ordered the two convoys to merge into a single convoy of 65 merchant ships and an escort of 12 warships, including HMCS Gatineau, and HMC corvettes Drumheller and Kamloops. A nearby support group, designated EG-9, which included HMC ships St. Croix, Chambly, Sackville, Morden, and HMS Itchen, was ordered to reinforce the escort. The large screen held the pack at bay during the daylight hours of the 20th, but that night, in a battle well astern of the convoy, U-305 sank HMCS St. Croix and U-952 sank HMS Polyanthus. HMS Itchen collected the 82 survivors. Meanwhile, HMCS Drumheller and an RAF Liberator attacked U-338, which was never heard from again. Next day, HMS Keppel rammed and sank U-229 and, despite a heavy fog, the escort kept the remainder of the pack well away from the convoy.

The fog lifted next afternoon, allowing RCAF Liberators from 10 Squadron to join the

battle from their base 800 miles west in Newfoundland. One of these, L-10, attacked U-270 on the surface, but had one engine shot out by flak and returned to base. Another Liberator, X-10, wounded U-377's captain with machine-gun fire.

Both U-boats withdrew from the battle, but 10 others remained in pursuit through the night. The escort warded off several feints by the pack before U-666 torpedoed and sank HMS Itchen — the ship that two days earlier had rescued the 82 survivors from St. Croix and Polyanthus. This time there were only three survivors: one from each of the three ships.

Although four escort ships were torpedoed, the pack hadn't menaced the merchant ships within the screen since the first night. Then, during the late hours of Sept. 23, U-238 penetrated the screen for the second time and sank three merchant ships. Later, U-952 slipped inside the screen and sank a fourth. Before daylight broke, both U-boats were safely away.

Daylight marked the end of the four-day battle as the warships and supporting

Liberators managed to frustrate the remaining stalkers, leading Doenitz to call off the hunt. The U-boats had sunk three frigates and damaged another, HMS Lagan, beyond repair. In turn, the escort and the Liberators had sunk three U-boats and damaged several others.

The submarine commanders, however, claimed to have sunk 12 escort vessels and seven merchant ships, leading Doenitz to conclude his wolf packs were still an effective weapon in the North Atlantic. But in truth, the day of the wolf packs was past. They had lost the element of surprise and the Allies now had the numbers, skills, and technology to keep them at bay.

Even the acoustic torpedo had been anticipated by the Allies and a towed noise-making decoy was soon in use. Allied air power, support groups of warships, and code-breaking continued to thwart the wolf packs. By November 1943, the offensive upon which Doenitz and the German Navy had pinned their hopes had collapsed.

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HAZARDOUS WASTES

The handling and disposal of hazardous materials are covered by provincial and federal regulations, and are generally supervised by occupational health and safety personnel and facilities managers. If you are involved in handling hazardous materials, you should have received training in proper procedures through the Workplace Hazardous Materials Information System (WHMIS). If you have any questions about how hazardous materials and wastes are handled in your office, contact your health and safety officer.

OFFICE PRODUCTS

Although a surprising number of the products we use every day in the office are not considered hazardous under existing legislation, they still contain chemicals that can be harmful to the environment if not handled and disposed of with care. For example, many

pens, markers, correction fluids and office equipment cleaning products contain minute quantities of toxic substances. Although the amounts involved are small, the cumulative effect of these substances on the environment can be significant.

In the long term, the best approach in dealing with hazardous and environmentally harmful materials is to reduce their use as much as possible. As an individual, there are a number of things you can do.

- Be aware of the types of products you use. Through WHMIS, product suppliers are obliged to provide Material Safety Data sheets listing any

harmful ingredients in a product to be used in a workplace. If concerned about a product, check whether less toxic alternatives are available.

- Wherever possible, use water-based correction fluids, pens and markers and less toxic inks, adhesives and cleaning products.

- Follow proper procedures for the collection of wastes and spent containers from products containing environmentally harmful materials. A health and safety officer can advise you on how to dispose of something.

Dry-Cell batteries contain minute quantities of heavy metals such as lithium and mercury. In a conventional landfill site, these heavy metals can leach out and contaminate groundwater, so batteries should be disposed of in secure hazardous waste facilities.

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VOXAIR, 17 Wing Winnipeg, Westwin, Manitoba R3J 0T0.

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VOXAIR, 17e Escadre Winnipeg, Westwin, Manitoba R3J 0T0

DEADLINE 22 OCT 93/DATE DE TOMBEE 22 OCT 93
NEXT ISSUE 3 NOV 93/PROCHAINE EDITION 3 NOV 93

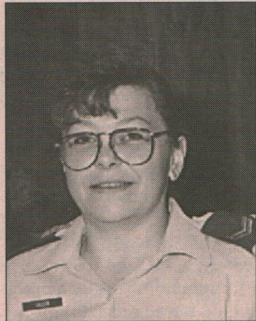
Promotion time in Wing Supply



Cpl Robin Farquhar (Above) is shown receiving her well-deserved promotion from Capt Tanya Schnare, A/W Sup O and Capt Dave Rotor, SCO.

Cpl Janet Gaudon (Left) also received her promotion to that rank.

Congratulations to you both.



UNITED WAY FUND RAISING BREAKFAST

A United Way Fund Raising Breakfast will be held at Bldg 87 Transport on the 22 Oct 93 from 0700 hrs to 1100 hrs.

The menu will consist of scrambled eggs, bacon, sausage, pancakes or toast, coffee and juice. The cost will be \$3.00/plate with all profits being donated to the United Way.

All 17 Wing military and civilian personnel are invited to come have breakfast to support this worthwhile event.

SEE YOU THERE!

Wing Imaging Promotion



Pte(T) Mischa Rothoeler, of Wing Imaging, was recently promoted from Pte(B). Shown presenting his new chevron is NCO i/c Sgt Lindsay Price and W Imaging O, Lt Pierre Theriault.

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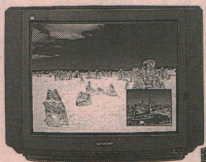
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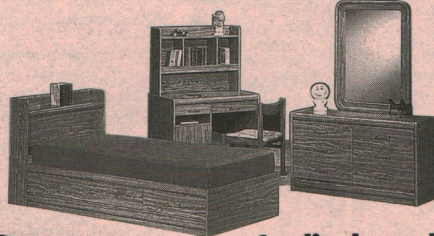
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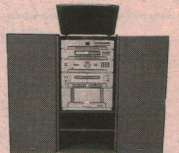


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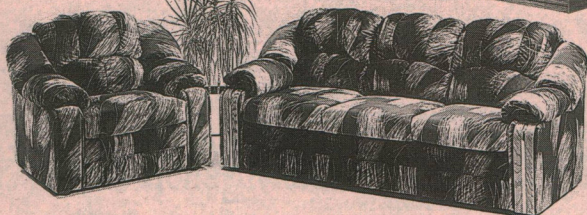


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DRUG AWARENESS WEEK

NOVEMBER 14 - 20

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.

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People From All Walks Of Life

- "black mark" on career a myth

by Rhonda Roy

reprinted from *The Lookout*

(This is the second of a six-part series on alcoholism in the military.)

You need a cigarette to relax your nerves, a coffee to get you going in the morning, a pill for your headache, a weight-loss program to lose 5 kg in 10 days without even trying. There is a product on the market for your every need. Satisfaction and happiness, beauty and self-esteem can be bought — just fill out this coupon, buy this book, attend this seminar. We lead artificial lives, convinced by the media that we are not meant to suffer or feel pain. But many of us do feel and suffer, masking emotions and pain in a haze of alcohol or drugs. According to the staff at the CF's west coast Addiction Rehabilitation Clinic (ARC), the disease of alcoholism is a disease of perception — what is normal anyway?

Capt Ray Mostowy, clinical chief of ARC, and his staff stress the important role Canadian Forces supervisors play in the successful treatment of addicted service members. Often supervisors don't react until the addiction has become very evident, thinking the service member is too young and has everything going for him, or that receiving treatment at ARC could be a negative experience and a black mark on the member's record.

A few supervisors have waited until the chargesheet is pages long before recommending a member for treatment. But consequences are always devastating if the addicted person remains untreated for too long. Success rates among patients improve dramatically when they enter the clinic with something left to lose — whether it be their family or their job. Success rates accelerate when patients have something in their life other than a pile of debts waiting at home for them to return to.

Bob was a high-ranking supervisor when he went into ARC. The younger patients were at first intimidated by his rank; but he now counts some of them among his good friends. Going into ARC was a "shocking" experience for Bob as he didn't believe he needed treatment. He was a binge drinker, going at it for four or five days until his money or his body gave out or an important meeting was pending. He now describes ARC treatment as "the most saving grace of my whole life."

During Bob's binge drinking, he lost touch with all the basics of life, his morals and his dreams. "The whole world opened up after treatment," he claims. His sons like him now, his wife is his friend, he does community work with young people, and he describes a personal transformation from that of an angry and hurt person, into an easy-going man of temperate character: "Everything's just roses," he says.

Bob doesn't know anyone who has not advanced in their career after ARC treatment. He describes the support of senior officers at his base as "outstanding" at every level: "Years ago, if something happened in the [military] family you tried to hide it," he says. "That's not so now, it's out in the open. ARC has been good for the military community ... a lot of well trained personnel would have been lost without treatment."

The black mark of ARC upon one's career is a myth. Career manager Lt(N) Dave O'Brian says that "from a career manager's point of view, there is nothing at all indicated on a member's record," in regards to ARC participation. When faced with 700 to 800 members' files, addiction treatment is simply not taken into consideration when making decisions regarding a member's career. He and other career managers are "not the least bit concerned."

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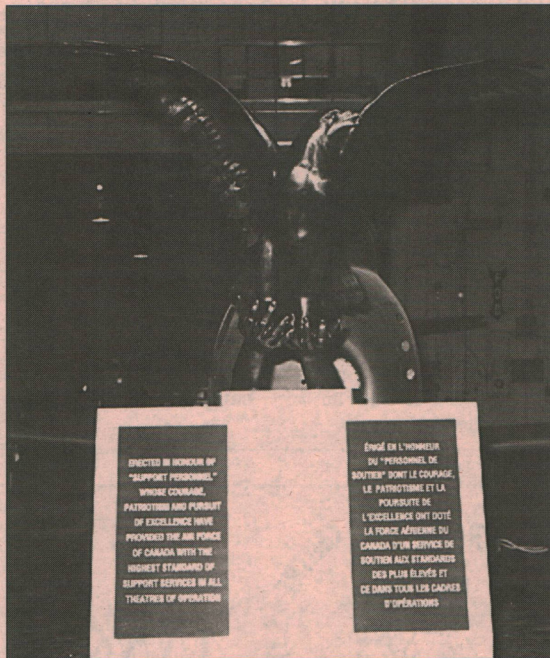
By Capt J.L.D. Lachance, WPAO

Phase I of the Air Force Heritage Park concluded on 14 October 1992 when the CF 101 Voodoo, the CF 104 Starfighter and the CT-134 Musketeer were unveiled.

On 29 April 1993, the first part of phase II of the Park was also unveiled. This chapter included three new aircraft, each with their own significance in the Canadian Air Force history: the CH-136 Kiowa, the Grumman CP-121 Tracker Maritime Surveillance aircraft and the CX-144 Canadair Challenger prototype aircraft.

For the second part of phase II, the CF-5, erected along Ness Avenue, was unveiled on 29 July 1993. The tail mounted aircraft is perhaps the most striking aircraft in the Air Force Heritage Park to date and has certainly proven to be an eye catcher to the many passers-by.

The last part of phase II was scheduled for 17 September 1993, but inclement weather



The Support Personnel Memorial.

forced the construction schedule to fall behind. Therefore, it was decided that the next three aircraft: the Sabre, the Canuk and the T-33, would be unveiled on 28 October 1993. The Support Personnel Memorial was, nevertheless, unveiled on that date in conjunction with the 1993 RCAFA Reunion in Winnipeg. The Acting Wing Commander, LCol Lee Smith invited LGen Scott Clements, Commander of Air Command to do the honours during a ceremony held in Hangar 16.

The sculpture, sponsored by the 500 "City of Winnipeg" RCAFA Wing, depicts an eagle, fleeing from two open hands and is the fine work of

Winnipeg artist, Mr Dave Laliberte. The memorial represents the contribution of all support trade personnel to the Air Force.

Eventually, this statue will proudly be displayed in the Air Force Heritage Park amongst the aircraft already on display.



The sculptor, Mr Dave Laliberte, and his wife.

CFANS Update

"The Biters" of 9306, attempting to assume the CFANS social mantle vacated by 9207's departed "Governors of Grosvenor", recently threw a house warming party. To help ensure the event's success the boys relentlessly promoted the party day and night inviting even the most casual acquaintance. Yet despite all of their efforts, even at the party's peak there were still plenty of extra chairs to go around. When asked to compare this very quiet "get together" with previous Nav school extravaganzas a buoyant Ocdt Kyle Rosenlund remarked "This was a difficult one to call normally I try to be fashionable and arrive once the place is hopping. However, if I'd tried that approach with a party that really bites like this one, I'd still be home."

Rumours have been circulating throughout the school regarding Capt Brian Crosier's abrupt move out of the section and into the Transport office. Inquisitive staff members have speculated that the move was instituted by management in an effort to reduce friction between Brian and his co-workers. "In a way that's true," said Crosier, "The six of us were jammed in there so tight that there literally was friction." When asked about losing a man of Crosier's stature, Acting Section Commander Capt Brad Coates remarked, "Brian is irreplaceable! We hope." Echoed new arrival Capt Remi Landry "It's not that I don't like Brian, it's just that I'm glad that I won't have to sit on his knee at section meetings anymore."

In this week's episode of The Education of a Young Officer, Jason discusses some invaluable lessons he has recently learned about operating in and around uncontrolled airports. "Wow! Said an astounded Lt Neale, "I saw some stuff the other day with Capt Aubin that they just don't cover in Training Systems." "In the Jaw when you brief an approach to runway 14 you don't expect to land on the end with the big 32 painted on it. Geez what a surprise!"

In late breaking Intersection sports news, the CFANS curling team trounced the Wing Commander's squad in their season opener. Said jubilant Nav school skip Capt Dave Coop, "I don't want to say that it was a rout but we ran out of numbers before the game was over." Well Coop maybe that next posting will be coming a little quicker than you thought. Congratulations to graduating members of course 9268 on a job well done and best of luck on your respective OTU's. Speaking of congratulations or maybe in this case it should be condolences, Capt Anil Mohan has been selected to fill in as the Wing Commander's Executive Assistant during an upcoming period. Said Mohan when queried about the assignment "Don't get me wrong. I always thought that being the best dressed instructor at CFANS would have it's rewards. It's just that I was hoping that those rewards would be a little more enjoyable."

CANADIAN FORCES



FORCES CANADIENNES

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La dernière phase consistant à l'implantation de représentants du RARM à plein temps d'un océan à l'autre est maintenant terminée. Ils sont disponibles pour discuter de vos besoins en assurance sur une base individuelle ou collective selon votre disponibilité.

C'est donc avec grand plaisir que nous vous annonçons la nomination des représentants suivants:

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Care at Home: It Works & Costs Less!

Nurses in acute home care programs are providing high quality patient care in the home setting. The goal is to give care that focuses on the patient's needs, while saving money.

Not so long ago, patients remained in hospital until they no longer needed nursing care. Hospital stays were longer and more expensive than necessary. Some acute nursing care still takes place in hospital when it could safely and effectively occur at home. But innovative programs across Canada are showing how these services can be delivered in the home, at lower cost and with greater patient satisfaction.

Nurses are pivotal in

managing and delivering these home care programs. In hospital they assess and prepare the patient. At home they manage and provide the care, while monitoring the patient's progress.

People Prefer Care at Home

People prefer care at home because it allows more independence in familiar surroundings. Response to care and treatment is as good as or better than in hospital. Giving this care at home also makes acute care beds available for those who require the extensive or complex care provided only in hospital. So waiting lists shrink, and the hospital's scarce resources are used more appropriately. The

programs not only allow early discharge from hospital, but they can be alternatives to periodic hospitalization for chronic or recurring conditions.

Intravenous Therapy at Home

One good example of nursing care at home is intravenous (IV) therapy. Cancer chemotherapy and the administration of antibiotics or drugs for pain control are some of the IV therapies being delivered at home.

Thousands of people all across Canada routinely receive IV therapy in hospital. Not all could appropriately receive this care at home. But there is potential to realize

savings, while enhancing the satisfaction and quality of life of the people receiving the care.

Studies of different kinds of IV therapy at home report savings of between 40% and 85% compared to hospital care. And they all confirm that patients prefer being treated at home.

People with cancer who receive IV chemotherapy at home think one of the main benefits is the increased sense of control they get from overseeing their own care, at a time when they tend to feel overpowered by their illness.

Surgery Patients Back on Their Feet Early

Another example of acute home care is early discharge from hospital following surgery. Patients benefit from leaving hospital and resuming a more normal life as soon as possible after surgery. In these programs, nursing care traditionally provided in the last few days of the hospital stay takes place in the patient's home. Nurses identify suitable patients, manage the transition from hospital to home, provide patient education at home and monitor progress.

These programs illustrate nursing's contribution to ensuring that people receive the right service in the right setting at a cost our health care system can afford.



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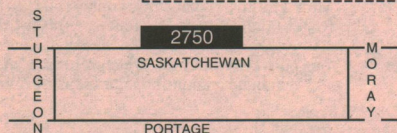
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ANNOUNCEMENTS

The Military Family Resource Centre is pleased to announce the addition of two staff members:

Our new **Crisis/Counselling Coordinator** is Beth Rogers. Beth has her Bachelor of Social Work from the University of Manitoba, as well as several years experience in crisis intervention and counselling with Child and Family Services and the Child Guidance Clinic. Beth married into a military family, so she is familiar with the special strengths and challenges of military life.

Our new **Inhouse Children's Program Coordinator** is Wendy Richardson. Wendy is a CCW III with a Bachelor of Education and a Certificate in Human Resources Management. She has several years experience as a director of a nursery school plus extensive experience with school-age children and teens. Wendy has over twenty years' experience as a military spouse, so she is well equipped to deal with the special issues facing military families.

Both Beth and Wendy are looking forward to working with the Winnipeg military community. Anyone wishing to contact them or any MFRC staff may do so by calling 833-6870.

COFFEE BREAK

Everyone is invited to drop in for coffee at 54 Bourkewood any Monday or Tuesday morning between 9:00 a.m. and noon (children welcome). Our resource library has information pamphlets on a variety of topics, and our staff and volunteers will be happy to answer any questions you may have, or listen to suggestions for programs and services. The telephone number at 54 Bourkewood is 831-7122.

LOGO CONTEST WINNER

Congratulations to Eileen Meister of Sabre Crescent who submitted the winning entry in the **MFRC Logo Contest**. Eileen's design will be featured on all MFRC material. Many thanks to all those who participated in our contest.

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AFS Interculture Canada is an international, not-for-profit organization that promotes cross-cultural learning through worldwide exchange programs.

For a year, a semester, or a summer, AFS Interculture Canada will send you to any one of 35 different countries. You will stay with a host family and attend high school. While living with your host family, you will see the country in a completely new light. Rather than visiting as a tourist, being an exchange student will enable you to really become part of the community and country.

The possibilities are endless. As an AFS student you might explore volcanoes in New Zealand, ski the Swiss Alps or venture into a Brazilian rainforest. With access to 35 countries around the globe, chances are there's an AFS Program to fit your taste. From shopping at a street market in Bangkok to eating your favorite pasta in Italy, you can be sure that it's an unforgettable experience!

AFS Interculture Canada brings students together with host families around the world in a way that encourages the sharing of ideas, attitudes, cultural heritage, languages, and ways of life — a personal involvement that can help us understand one another better. When people think of countries in terms of other people, instead of just politics, both our differences and similarities become easier to understand. This is another step towards world harmony.

If you are a high school student who would like a taste of the extraordinary, contact AFS Interculture Canada toll free at 1-800-361-7248 as soon as possible. It will open up a whole new world.

AFS Interculture Canada
1231 St. Catherine West, Suite 505,
Montreal, Quebec H3G 1P5.

VOLUNTEER (S) WANTED!!!

Someone to demonstrate Christmas craft-making such as, making inexpensive gifts, Christmas decorations or gifts a child can make.

If you are interested, please contact Val Hudson at the MFRC 833-6870

PARENT AND CHILD RELATIONSHIPS

Do you sometimes feel like you're reaching your breaking point? Do you wonder why your children are acting like this? Join us for discussion and presentation of helpful ideas and coping strategies.

Facilitator:
Afzal Mohammed

Afzal has over 15 years of experience in Child Development, Family Systems and Family Counselling.

Time:
November 16-December 7
(Tue Evenings) 7:00 - 9:00 p.m.

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SUN	0900-2000		

Honorary Colonel Appointed

COLD LAKE, AB—

The Commander of Air Command, Lieutenant General G. S. Clements, has announced the appointment of Major General (retired) David P. Wightman CMM CD, as Honorary Colonel of 441 Tactical Fighter Squadron. The Air Force is very fortunate to be able to benefit in this way from his distinguished military career. The selection of a distinguished civilian to this prestigious position provides a focus for unit pride and will serve to strengthen ties with other components of Canadian society.

Major General Wightman has enjoyed a long and distinguished career in the aviation environment. He served in various operational and staff capacities with the Canadian Forces for over thirty years. These included: Deputy Commander, 1 Canadian Air Group, Germany; Commanding Officer, Aerospace Engineering Test Establishment, Cold Lake, Alberta; and Chief of the Military Factors Division, NATO Airborne Early Warning Program at Brunssum, The Netherlands. He spent two years with the Privy Council office as Deputy to the Secretary of the Cabinet Committee on Foreign and Defence Policy, after which he became Commander of Canadian Forces Europe in Lahr, Germany.

Following his retirement from the Canadian Forces, Mr. Wightman joined the National Transportation Agency in 1987 to advise the Chairman on the reorganization of the Canadian Transport Commission into the new Agency. He subsequently assumed the role of Director General, Transportation Subsidies. In 1988, Mr. Wightman became the Senior Vice-President of European Helicopter Industries (Canada) Inc. during the definition phase of the EH 101 shipborne helicopter project. On July 4, 1989, Mr. Wightman assumed the position of Assistant Deputy Minister, Aviation, at Transport Canada. He is responsible for the operation and regulation of the civil aviation system in Canada.

MANITOBA / LAKEHEAD

DONATIONS TO CHILDRENS HOSPITAL OVER \$100,000



When this project was initiated in 1987 the Manitoba Militia District raised over \$12,000 for the Childrens hospital.

Manitoba Lakehead District members have reached a milestone this year with the 1993 pledges pushing their seven year pledges to \$105,000. A \$13,250 cheque was presented by Colonel James Jeffries, Commander of the district, onstage during the CBC "Make A Miracle" telethon at the Highlander Curling Club. This cheque represents a long term commitment to the Childrens Hospital Research Foundation and helped reach a milestone for the District.

In 1987 the District, then known as the Manitoba Militia District, initiated an ambitious project by pledging to the Hospital all donations they

could raise with a run from Thunder Bay to Winnipeg. This 770 kilometer run took 30 volunteers four days to complete the trip. Over \$12,000 was raised.

Now the run has evolved into one of the largest fund-raising tools for the hospital and promotes an awareness to the rural community. Over 65 townships in southern Manitoba have been involved with the runners.

Although Manitoba Lakehead District supports the run there are other units and commands which assist. Intelligence Unit, from Land Forces Western Area (LFWA), lodged in Winnipeg, have

been a great part of the team. Communications (735 Comm Squad) have supplied a team of runners for the past few years. The regular forces have come through, as well, with runners from the 2PPCLI and 3RCR.

Another sponsor for the past few years has been Manitoba Pool Elevators. Including their corporate pledge to the hospital, they have supplemented costs by supplying uniforms to the running team. For the second year in a row their Dauphin area had been the larger contributing elevator area for the pledges.

There are many other events that the district puts on during the year to raise money for the pledges. Flea markets are held in winter at Minto Armories. Known as the "Gigantic" flea market it has raised thousands of dollars and financially helps prepare for the spring run.

In the spring of 1994 the runners will be going into the communities to meet with the children of the townships. They will put the "Children" into the Childrens Hospital Research Foundation.



Colonel James Jeffries, Commander of the district, made the presentation of a cheque for \$13,250 for the Childrens Hospital Research Foundation at the CBC "Make A Miracle" telethon.

CD Presentations



WO Gerry Chabot (second from right), an administration clerk, is presented his CD2 and congratulated by LCol Ted Steele, Chief of Staff of Manitoba/Lakehead District Headquarters, while Col James Jeffries (second from left), Commander of the District, and Major Brian Batter (left- Gerry's boss) look on. Warrant Chabot received his award for 32 years of faithful service last September.



Sgt Keith Zaroneck, from the Intelligence Section, LFWA, received his CD on the 15th of September. Keith, a reservist, is a new constable with the Winnipeg Police and undergoing recruit training at the Winnipeg Police Academy.

HEAD DISTRICT

MANITOBA LAKEHEAD MEMBERS PISTOL HOT!



Photo Caption Colonel James Jeffries, (second from left) Commander of Manitoba Lakehead District, presented the winning pistol team their trophy for the LFWA combat pistol championship. Six team members from Manitoba Lakehead District units competed in Calgary last June and beat out the other Western Provinces. They earned a shot at the Canadian Championships in Ottawa. Members presented were: WO Dan Haslip (left), Lt. R.M. Chapman, Cpl. Albert Skiba. Missing: M/Cpl Doug Woodman, W.O. Clint McKechnie, Pte. V.T. Laudy.

Last June six members of the District were in Calgary to compete in the first ever Land Forces Western Area (LFWA) small arms competition. These shooters won the 9 mm combat pistol match which qualified them to compete in Ottawa at Connaught Ranges.

Competitors came from all western provinces, except Saskatchewan, which also included one team representing ICMBG (regular force

members).

Successful for the District were Warrant Officer Dan Haslip (team captain), Cpl. Albert Skiba, both from Intelligence Sec, Lt. R.M. Chapman, M/Cpl Doug Woodman, both of the Queens Own Cameron Highlanders, Warrant Officer Clint McKechnie, formerly of the 17th Svc Bn, and Pte. V.T. Laudy of the Royal Winnipeg Rifles.

Competition got tougher in Ottawa and although they shot well they came a little short for the Canadian Championships.

The pistol team is open to any members of the Manitoba Lakehead District. The club shoots at Minto Armoury Tuesday nights and their season is expected to be starting up in November. Anyone interested can contact W.O. Dan Haslip at local 5984.



Sgt Lynn Paquette, a finance clerk, was presented her CD on the 15th of September by the Commander of Manitoba/Lakehead District, Colonel James Jeffries. Lynn has left the District and followed her heart to Montreal. Everyone from Headquarters wishes Lynn the best.



Special Events Fall 1993

WIN A CARIBBEAN CRUISE!

Just \$2 gives you a chance to win a seven day cruise package for two aboard the Crown or Regal Princess including economy round trip airfare from Winnipeg to Miami, valued at \$5,040. Tickets available at all branches of the Bank of Montreal and at the Foundation office. Draw date: Friday, December 17.

NEARLY NEW SHOP RE-OPENS

The McKinnon Guild's Nearly New Shop at 961 Portage Avenue is open for another busy year. Shop hours are 10 am to 4 pm Monday thru Saturday. Donations of good clothing and household items are always welcome.

MIRACLES MADE HERE

Goliger's Travel at 125 Garry Street will donate a portion from each booking sold on their "Miracle Cruise Extravaganza". Enjoy a seven day western Caribbean cruise on Holland America's luxury liner "Nieuw Amsterdam" departing February 12. For more info, call Bob Franklin at 943-6224.

Heinz is donating six cents for every label from Heinz jarred baby foods, Junior and toddler foods, juices or infant and toddler cereals collected as part of a year-round program.

Norm 'n Nate's Delicatessen will donate 25 cents from each bottle of Everfresh juice sold. \$1 will also be donated from each Dr. Goodbear sandwich sold year-round.

Sears are donating \$2 from sales of the Canadian Living Christmas Book which features recipes, crafts and decorating ideas. The book costs \$14.99 and are available at Sears stores in Winnipeg.

The **Sheraton Hotel** will donate a percentage from each Romance Celebration room package booking year-round.

Compuclean is donating \$1 from each recycled laser toner cartridge collected from offices in the Winnipeg area. Call Troy or Alan at 955-3692 to recycle your cartridges.

HAVE A SAFE HALLOWEEN MESSAGE TO PARENTS AND TEACHERS

Although Halloween is a fun time for young people, many cruel tricks have been played on them. For this reason, the Military Police and your Local Safety Council/Association, asks parents and teachers to teach children safety habits at Halloween time.

We have listed a few important rules that should be followed:

- If you're wearing a costume, make sure it's light coloured and flame resistant. Tell your parents to use retro-reflective tape so car drivers can see you better.
- Make-up is better and safer than a mask. A mask with small holes makes it very hard

The Military Police wish all the ghosts and goblins a safe and Happy Halloween.

to see.

- Wear a short costume so you do not trip. Bikes and costumes do not mix.
- Be safe, carry a flashlight so you can see and be seen.
- When Tricking and Treating, do one side of a street at a time.
- Go out with a parent or older brother/sister.
- If you are old enough to be on your own, ensure that your parents know when you will be home.
- Go to houses where there are lights on. Do not go into houses or apartments. If you have a bad feeling about a certain house, then do not go near it.
- Have a good meal prior to going out. Save your goodies

for later. Ensure that an adult checks your candy prior to you eating it.

- Remember, Block Parents are Safe Strangers, please watch for their signs.
- If the weather is stormy or very bad, we suggest that you either stay home, or have a small house party with nearby friends.

A Note to parents and all drivers.

Please use extra care, as many little children who are not normally out after dark, are, on this evening travelling up and down our dark streets trying to receive that Halloween treat.



PUBLIC POLICING TO BE HIT BY BUDGET CUTS

In 1992, the Solicitor General of Canada released a discussion paper entitled A Vision of the Future of Policing in Canada:

Police Challenge 2000.

The paper documents the shrinkage of some major municipal police forces and predicts no overall growth in public policing over the next ten years due to budgetary constraints.

Because of the changing environment of policing by the year 2000, the conclusion is reached that "private industry and other less expensive alternatives to public policing will be in greater demand." Private policing services and volunteer community programs will play a very important role.

Increasingly, police forces will require the involvement of volunteers to act as their eyes and ears, and will provide back-up when "real" crime or emergencies occur.

Mobile Watch, a program headquartered at the Canada Safety Council, is well positioned to take up this challenge.

Anyone equipped with a cellular telephone can call 9-1-1 or their local star (*) or applicable emergency number if they witness a life-threatening situation, crime in progress or suspicious activity such as:

- assault or robbery
- gun shot or person with a weapon
- person signalling urgent need of help
- medical emergency, serious injury
- motor vehicle crash
- fire or explosion
- dangerous driving behaviour
- major road obstruction

HALLOWEEN HUNT

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s a r w p q r x t m j p o l i c e u i l
a m e j c x s e a p p l e n i k p m u p
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e r t y u r b i r d t y o i n m l y z a
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Can you find these words in the block above?

- | | | | | |
|---------------|----------------|------------|---------|----------|
| block parents | boy | flashlight | moon | witches |
| safety | girl | enroute | hour | goblins |
| ghosts | bike | parent | home | military |
| makeup | trick | candy | dog | cove |
| costume | commissionaire | street | pumpkin | bird |
| treats | our | cats | apple | party |
| police | rcmp | force | mouse | october |
| air | owl | mill | rat | dinosaur |



Wing Lotto

The next draws will be held 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.

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

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2591 Portage Avenue - 888-5665	1755 Pembina - 261-9241
487 St. Mary's Road - 233-1453	1380 Ellice - 783-1067

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WINGS GRADUATION - 3 Canadian Forces Flying Training School

On September 10th, 1993, 13 students from the Basic Helicopter School and the Multi-Engine School received their Canadian Forces pilot wings from Brigadier-General Horseman, Commander Maritime Air Group.

The presentation of Wings was held at the Mess of the 3 Canadian Forces Flying Training School at the Southport Aerospace Centre. Families and friends of the graduates were present for the occasion.

Mayor Carlson presented the

City of Portage la Prairie trophy awarded to the student with the highest overall flying results. Lieutenant Greg Steele was the recipient. Colonel Proulx, Commander 17 Wing, presented the Wing Commander's trophy for Officer Development to Lieutenant Blake Morrison.

From the Basic Helicopter School, Lieutenant Barry Tolmie is posted to 8 Wing Trenton where he will fly the Labrador Helicopter. Lieutenant Blake Morrison and Captain Brad Shadlock will fly

the Sea King Helicopter at CFB Esquimalt and 12 Wing Halifax respectively.

Lieutenant Jeff Hawkins is posted to 4 Wing Cold Lake where he will fly the Iroquois Helicopter. Lieutenant Mike Duclos is posted to 18 Wing Edmonton to fly the Twin Huey Helicopter. Lieutenant Daniel Caron is posted to CFB Valcartier to fly the Kiowa Helicopter.

Of the Multi-Engine graduates, Lieutenant Christopher Bard and Lieutenant Russell Ackland are posted to 19 Wing

Comox where they will fly the Aurora and Buffalo aircraft respectively. Lieutenant Mark Chan-Shing-Kwong and Lieutenant Denis Bolduc are posted to 8 Wing Trenton to fly the Hercules airplane. Lieutenant Gregg Steele and

Lieutenant Steven Rundle are posted to 18 Wing Edmonton to fly the Twin Otter and Hercules airplane respectively. Lieutenant Alan Arbuckle is posted to 14 Wing Greenwood where he will fly the Aurora aircraft.



Top Row L to R: Lt Blake Morrison, Lt Christopher Bard, Capt Brad Shadlock, Lt Barry Tolmie, Lt Russell Ackland.
Middle Row From Left: Lt Steven Rundle, Lt Dan Caron, Lt Mike Duclos, Lt Alan Arbuckle, Lt Jeff Hawkins, Lt Gregg Steele.
Bottom Row L to R: Lt Mark Chan-Sing-Kwong, LCol Milani, Col Proulx, BGen Horseman, Mr Carlson, Lt Denis Bolduc.

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 - 3 pm

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

MEET THE SUPERVISORS OF THE CANEX FOOD SERVICE TEAM

AIR COMMAND CAFETERIA



CONNIE BORGES

CONNIE HAS BEEN WITH CANEX FOR 2 YEARS. SHE COMES TO US WITH 17 YEARS EXPERIENCE IN THE FOOD INDUSTRY AND IS A FOUNDING MEMBER OF THE HEART SMART COUNCIL OF MANITOBA. CONNIE PROVIDES DAILY, A WIDE VARIETY OF HOT AND COLD ITEMS AS WELL AS AN ASSORTMENT OF FRESH BAKED PASTRIES.

LOCATED ON THE MAIN FLOOR

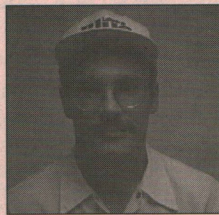
AIR COMMAND HEADQUARTERS

7:00 AM - 3:00 PM

MONDAY TO FRIDAY

837-2753

CLUB 90 GRILL & CATERING



FERNANDO SOUSA

FERNANDO HAS BEEN WITH CANEX FOR 2 YEARS AND COMES TO US WITH 8 YEARS FOOD SERVICE EXPERIENCE. IN ADDITION TO CLUB 90, FERNANDO IS ALSO RESPONSIBLE FOR PROVIDING CULINARY SKILLS IN OUR CATERING DIVISION. CLUB 90 GRILL PROVIDES BREAKFAST SPECIALS, PIZZA BY THE SLICE, BURGERS, SALADS AND MORE.

LOCATED IN BUILDING #90

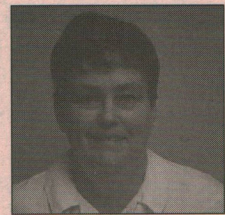
WHYTEWOLD ROAD

8:00 AM - 1:30 PM

MONDAY TO FRIDAY

837-4525

SNACK BAR 16



GERI SMITH

GERI HAS BEEN WITH CANEX FOR 4 YEARS AND COMES TO US WITH 15 YEARS EXPERIENCE IN THE FOOD SERVICE INDUSTRY. GERI IS ALSO A VERY COMMUNITY MINDED INDIVIDUAL AND HAS SERVED IT FOR MANY YEARS. SNACK BAR 16 PROVIDES BREAKFASTS DAILY, AS WELL AS SANDWICHES, BURGERS, SALADS AND MORE.

LOCATED IN HANGAR #16

MAIN FLOOR

7:00 AM - 1:00 PM

MONDAY TO FRIDAY

837-5980

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.

402 Sqn

Bingo Bowl

Where: Academy Bowling Lanes

When: 22 Oct 93
1300-1600 Hrs

Cost: \$5.00
(Includes prizes and shoes)

See your entertainment committee rep for details.

NEW HOURS

AT

54 BOURKEWOOD

The Resource Centre is open
on Monday and Tuesday
mornings from 9:00 - 12:00

THE KIDNEY FOUNDATION IS GOING NUTS
AND WANTS YOU TO JOIN THEM

It's been happening in Manitoba every fall since 1976. Kidney Foundation volunteers and staff go nuts. Nuts over the Foundation's annual Peanut Campaign, that is.

Throughout September and October, local businesses, schools, hospitals, shopping malls and other organizations volunteer to help The Kidney Foundation of Canada raise money by selling peanuts. Proceeds from this year's peanut sales will help distribute more than 4,000 manuals to kidney patients, will help families discuss organ donation, and will support research into kidney disease across Canada, including Manitoba's Dr. Paul

Grimm's work in transplant injection in very young children.

The Manitoba Branch hopes to raise \$30,000 by "shelling out" 800 cases this fall. Each case contains 25 bags of 16 snackpacks.

"The peanuts are lightly salted and a nutritious snack that's ideal for Halloween trick-or-treaters," says Merle MacAuley, Manitoba Branch Executive Director. "The important thing to remember about the campaign is that it's not just peanuts, it's people helping people."

This year the peanuts are being sold throughout Manitoba by individual volun-

teers. Anyone wishing to buy or sell the peanuts can simply contact Manitoba Campaign Co-ordinator Don McIntosh at the Foundation office at 949-1858 in Winnipeg or 726-0031 in Brandon.

The Kidney Foundation is the only national volunteer health organization committed to serving kidney patients and their . Since 1964, the Foundation has raised more than \$30 000 000 for research into kidney disease and related disorders.

For additional information contact:

Don McIntosh, Manitoba Campaign Co-ordinator
949-1858.

FIRST MINUTES:
CPR EMERGENCY
FIRST AID FOR
DAY CARE PROVIDERS

Instructional time: Approx. 8 hours

Course Content:

- What is a Heart Attack?
- Risk factors of Heart Disease
- Signs of Heart Attack
- Activating the EMS System
- One-Rescuer CPR
- (Day Care Provider Course Includes Pediatric CPR modalities)
- Choking Victim (Heimlich) Manoeuvre ;
- Care of Unconscious Patients
- Scene Assessment
- Control of Bleeding, Wound Care
- Shock Injuries to the Chest, Abdomen & Face
- Burns
- Heat/Cold Injuries & Illnesses
- Diabetic emergencies,
- Seizure Disorders and other common medical emergencies

A practical and written exam is administered at the end of the course, with successful participants receiving a First Aid and Canadian Heart and Stroke Foundation CPR certificate.

Recertification classes are also available.

Time: Saturday October 30th, 9:00 - 5:00 (one hour lunch)

Place: Building C1

Cost: \$49.00

ADULT CPR/FIRST AID

The adult CPR will incorporate the same topics as above without the Day Care Provider component

Time: Saturday November 6th, 9:00 a.m. - 5:00 p.m. (one hour lunch)

Place: Building C1

Cost: \$49.00

PRE-REGISTRATION AND PREPAYMENT ARE
REQUIRED FOR THE FIRST AID COURSES.RECENT PURCHASES NOW
AT THE BASE LIBRARY

AUTHOR	TITLE
Archer, Jeffrey	Honor Among Thieves
Clancy, Tom	Without Remorse
Disney	Beauty And The Beast
Disney	Aladdin
Garwood, Julie	Saving Grace
Cornwell, Patricia	Cruel & Unusual
Higgins, Jack	Thunder Point
MacKenzie, Lewis	Peacekeeper, The Road To Sarajevo
Mallalieu, Huon	The Illustrated History of Antiques
Mandell, Muriel	Simple Weather Experiments With Everyday Materials
Michael, Judith	Pot Of Gold
NHL	The NHL Official Guide & Record Bookfor 1993-94
Reiman, Rose	Bring Home Light Cooking
Saul, John	Guardian
Steele, Danielle	Vanished
Watterson, Bill	The Days Are Just Packed

JUNIOR RANKS
HALLOWEEN PARTY

Time: 21:00 hrs
Date: 30 Oct 93
Place: Junior Ranks (N)
"DJ" and costume contest
Adm: \$2.00 Members
\$3.00 Non-members
Subs will also be served.

Deer Lodge Centre
- Show You Care

A LITTLE OF YOUR TIME
CAN MAKE A WORLD OF
DIFFERENCE TO THE
ELDERLY RESIDENTS OF DEER
LODGE CENTRE IN ST.JAMES.
A FRIENDLY VISIT, HELPING
TO FEED SOMEONE, WORKING
IN THE GIFT SHOP, ASSISTING
IN RECREATION, OR DAY
CARE ARE JUST SOME OF
THE INTERESTING VOLUN-
TEER JOBS AVAILABLE AT
DEER LODGE CENTRE. FOR
FURTHER INFORMATION,
CALL: WAYNE ELLIOTT AT
831-2500.

Junior Ranks Members
CHILDREN'S CHRISTMAS PARTY

Time: 12:30hrs
Date: 12 Dec 93
Place: Junior Ranks (N)
Lower Lounge

Lunch: Pizza, Ice Cream & Drinks will be provided...
There will be "FACE PAINTING", "MAGIC SHOW" and a visit from SANTA .

NOTE: To ensure that each child receives a gift from SANTA, a fee of \$6.00/child to help us in purchasing their gifts. Registration will be held at JRC Lower Lounge on

OCT. 24th 19:00-21:00hrs
OCT. 28th 19:00-21:00hrs
NOV. 1st 19:00-21:00hrs
NOV. 4th 19:00-21:00hrs

* Also fees can be paid to the Junior Ranks Mess Secretary, between 9:30hrs and 15:00hrs weekdays, prior to NOV 15th...

* Registrations will not be accepted after NOV 15th...

Aged limits for gifts is 12 years and under...For more information, contact: Pte Mastrangelo(MII), Loc 833-6636.

THE CHAPEL OF THE GOOD SHEPHERD(P)

Beginners, Primary, Junior Nursery: Every Sunday during regular worship hour. Nursery is worked on a volunteer roster system.

Sunday School Teachers: If you are interested in helping Sunday School please give us a call or drop by on Sunday. We have teacher but are in need of two teacher who would be willing to teach a unit (5 or 6 Sundays). NO ONE PERSON IS THEN HAVING TO TEACH ALL YEAR BUT IS ABLE ON A REGULAR BASIS TO BE IN CHURCH.

Remember our children are our future.

Youth Group: Young people who wish to join the youth group for fun and fellowship must be between the ages of 12-14 years. They meet on Sunday afternoons from 2.30 - 4.00pm. Depending on items or events planned the meeting time will vary for special events. We are a NON-DENOMINATIONAL GROUP.

Young Adult Group: 15 years and upward meets Sunday evenings at 7.00pm. Come and join us for fun and fellowship.

Study Group: There will be an Adult group getting together to look at "PREPARE YE THE WAY OF ADVENT." Registration will be Thurs. Oct. 14th at 1900 hrs. If you want to put that Special feeling back into Christmas join us for this 5 week study. This group will meet in the evening at the Chapel. Day and time will be decided when we see who is interested and when would be a good time for you. If you cannot register on that day then call our office and give the secretary the information over the phone 833-5087 as we will be starting the week of Oct 24th.

If interested in a NOON HOUR group then come to the base hospital and register at the Chaplains office on Thurs. Oct. 14th or on Thurs. Oct. 21st during regular working hours or call 833-5087.

Choir: Available to both Junior and Senior members of the congregation. Must be 13 years and up. Only requirement is that you enjoy fellowship and music. If interested speak to Padre Kling or Marguerite Massicote. If you can play an instrument you are also invited to join us. Choir meets on Wed. evenings at 1930 hrs.

YOUTH CHOIR The youth choir will establish a time as soon as enough youth show interest. WHY NOT LET PADRE KLING KNOW YOU ARE INTERESTED. ALL YOUTH AGE 7-12 YRS ARE ENCOURAGED TO JOIN.

Religion and Life Classes: If interested please speak to Padre Kling. Youth must be attending Sunday School for level 2 upwards and start

THOUGHT

*Somebody said that it couldn't be done,
But he with a chuckle replied.
"That maybe it couldn't, but he would be one
Who wouldn't say no till he tried.
So he buckled right in with a trace of a grin
On his face. If he worried he hid it.
He started to sing as he tackled the thing
That couldn't be done, and he did it.
Somebody scoffed: "Oh, you'll never do that;
Or at least no one has ever done it";
But he took off his coat and he took off his hat,
And the first thing we knew, he'd begun it.
With a lift of his chin and a bit of a grin,
Without any doubting or quiddit,
He started to sing as he tackled the thing
That couldn't be done and he did it.
There are thousands to tell you it couldn't be done
There are thousands to prophesy failure;
There are thousands to point out to you, one by one,
The dangers that wait to assail you.
But just buckle in with a bit of a grin
Just take off your coat and go to it;
Just start to sing as you tackle the thing
That cannot be done, and you'll do it.*

-Edgar A. Guest

respect for the dead person.

Although this is no longer the custom today, we still need to grieve, adjust, receive sympathy, and know that our loved one was valued. The seeming finality of death is a paralyzing shock for all of us.

Jesus understood this and, long before his own death, he was reassuring us that we need not mourn forever and that eternal life was offered to all. He assures us over and over that love is not destroyed or ended in death and that those who die with him will live with him. That is his firm "to know all is to forgive all," and no one knows us better

attending for level 1. To register speak to your Scout leaders or call the office at 833-5087.

Remembrance Sunday:

Remembrance Sunday Commemorative Service will take place Sunday Nov. 7th in the Chapel. ALL SERVICE PERSONNEL ENCOURAGED TO WEAR THEIR UNIFORMS.

Many years ago it was customary to wear black for many weeks following the death of someone close. You were "in mourning" and the black dothes, black tie, or black armband announced it to everyone who saw you. This had its advantages. It meant that people were given time to grieve and time to adjust. It also gave promise. Our mourning, then, as Christians, is always tempered with our hope and firm belief in the living proof of Christ's Resurrection. We are comforted still further by Christ's promise of forgiveness, understanding, and healing love for our loved ones. It is said that others a chance to show their sympathy to the family and their

than God who created us.

How happy we can be then, throughout our lives, knowing that death has no lasting hold over us and those we love.

We suffer many other losses through life. The loss of a job, a relationship, health, or a dream we held dear can be just as devastating. We need time to grieve over and heal from these losses as well. Talking to friends, crying, finding support groups, and helping others are all aids to healing.

It is important, however, to remember to go to Jesus—Jesus who was always moved to compassion by suffering and who healed those who came to him. Jesus didn't just promise fulfillment in eternal life. He promised, "I came that they might have life and have it to the full" (Jn 10:10). When we turn to Jesus we find not only comfort, but fullness of love and joy.

POSTING SEASON IS HERE!

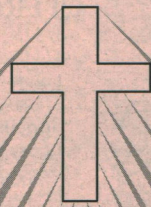
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ROMAN CATHOLIC CHAPELS

St. Marguerite Bourgeoys (North Site)

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

St. George's Chapel (South Site)

Sunday: 1000 hrs (Eng) Weekdays Wednesday: 1900 hrs

PROTESTANT CHAPELS

The Chapel of the Good Shepherd (North Site)

1st Sunday - 1100 hrs - Holy Communion
2nd, 3rd, 4th Sundays - 1100 hrs - Divine Worship
Sunday School During Worship
NURSERY PROVIDED

St. Andrew's Chapel (South Site)

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:

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NEW ARRIVALS



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POUR LES MAMANS DU MFF ET NOUVEAUX ARRIVANTS

Rendez-vous le **vendredi 29 octobre au 54 Bourwood.**

Déguisement, maquillage, recettes de citrouille, visite de la sorcière, potion magique, jeux et chants d'halloween tous les enfants pourront aller ramasser des bonbons en simulant le soir d'Halloween.

Pour plus d'info contacter Mance au 885-1378.

BISCUITS A LA CITROUILLE.

3/4 tasse de graisse
3/4 tasse de sucre
1 œuf
1 tasse de compote de citrouille
1 tasse de farine tot usage
1tassa de farine de blé entier
1 c. à thé de soda à pâte
1 c. à thé de sel
1/2 c à thé de cannelle
1/4 c. à thé de muscade

Bien mélanger la graisse avec le sucre, ajouter l'œuf et la citrouille, continuer de battre.

Ajouter les ingrédients secs. Bien mélanger le tout.

Déposer par cuillerées sur une plaque à biscuits légèrement graissée.

Cuire au four à 350 degrés 15 minutes environ.

WESTWIN BADMINTON CLUB

Pour tous les militaires, Employés de la D.D.N et les Membres du conseil récréatif sont invités à se joindre au club de Badminton

QUAND: TOUS LES DIMANCHES ET MARDI
DE 20H00 à 22H30

AU GYMNASSE DU LIPSETT HALL

Coût: Gratuit pour les personnes mentionnées

POUR PLUS D'INFORMATION CONTACTEZ

BRIAN WONG - 833-5700

GILLES DESJARDIN - 833-6713

LES PETITES OREILLES

Pour tous les enfants de 4 à 8 ans
à 9h15 du lundi au vendredi
à CKSB

En collaboration avec éducation et formation professionnelle

SRC CKSB Manitoba



Fièr.e d'hier et là pour demain

Participez à l'assemblée annuelle de la SFM
le 6 novembre 1993

et gagnez 2 billets gratuits, (de Winnipeg à Montréal / aller- retour)

Gracieuseté d'Air Canada en collaboration avec l'agence Intra
d'Eschambault

Pour être admissible, il s'agit de participer à une ou plusieurs des activités suivantes:

- 1) à la réunion d'affaire
- 2) au dîner anniversaire
- 3) au Gala du prix Riel

25ème année d'évolution de la communauté Francophone au
Manitoba!

Ça vaut la peine de célébrer!!

La Société Franco-manitobaine présente.....

La soirée Gala du prix Riel

Esprit ouvert, innovateur
Force d'aujourd'hui et de demain
Venez célébrer avec nous la remise des Prix Riel
à la soirée gala de la SFM

LE SAMEDI 6 NOVEMBRE 1993
Salle Jean-Paul Aubry, Centre Culturel Franco-manitobain
340, blvd Provencher à 20h00

La Société Franco-manitobaine
présente le spectacle
"Toasté des deux bords" de Janine Tougas. Mise en scène . Elaine
Tougas

* Billets; 20\$ adultes . 15\$ étudiants
disponibles à la Société Franco-manitobaine
233-4915 ou 1-800-665-4443 pour réservation.

CALENDRIER D'ACTIVITES DE ST BONIFACE

Le 21/10/93 à Notre Dame de Lourdes à 21h00 le comité de la salle du Centenaire présente la danse d'Halloween'en. info 248-2276.

Le 21/10/93 à St Boniface CUSB/div éducation permanente, présente une conférence "les services disponible aux aînés" Pour tous le coût est de 3\$

Le 21/10/93 à Winnipeg pour la base militaire & alentour, souper rencontre, pour plus d'infos Anne-Marie Cloutier au 832-2183.

Le 22/10/93 le foyer de la CCFM présente. Billy Joe & The green machine. Les 22 et 23 octobre.

Le 27/10/93 à 20h00 à ST Boniface, le festival du voyageur avec Gisèle Ritchot.

Le 29/10/93 à la bibliothèque de St Boniface, rencontre avec l'illustrateur Michel le Blanc de 10h00 à 17h00.

Le 30/10/93 à 10h00, le musée de St Léon présente l'heure du conte, pour les enfants de 3 ans à la 3ème année. Info: Lucille 744-2208

A ne pas oublier La réunion annuelle de la Société Franco-manitobaine . Les 6 et 7 novembre 1993

Programme des activités:
Réunion d'affaires
Dîner du 25ème anniversaire
Groupes de discussion
Plenièr
Soirée Gala du Prix Riel
"Toasté des deux bords"
Messe du 25ème
Brunch du 25ème.

ATTENTION

Membres du Mess des Soldats, Caporaux et Caporaux-Chefs
FETE DE NOEL DES ENFANTS

HEURE: 12h30

DATE: 12 Déc 93

ENDROIT: Mess des Soldats, Caporaux et Caporaux-Chefs

Diner: Pizza, crème glacée, et boissons seront servis

Activités: visages peints, spectacle de magicien et bien sur la visite du Père Noël.

À noter: Pour vous assurer que chaque enfant reçoive le cadeau du Père Noël, \$6,00 par enfant sera requis. Cette somme nous aidera à défrayer les coûts des présents. Les inscriptions pourront se faire au Mess des Soldats, Caporaux et Caporaux-Chefs aux dates et aux heures suivantes:

24 oct de 19h00 à 21h00
28 oct de 19h00 à 21h00
1 nov de 19h00 à 21h00
4 nov de 19h00 à 21h00

*Les inscriptions pourront aussi être payées à la secrétaire du Mess du lundi au vendredi de 9h30 à 15h00 avant le 15 novembre.

*Aucune inscription ne sera acceptée après le 15 novembre

Pour les enfants de 0 à 12 ans seulement. Pour plus d'information contacter: Cpl Marc Sills, W Supply, Loc 833-6595



Membres du Mess des Soldats, Caporaux et Caporaux-Chef
HALLOWEEN

HEURE: 21h00

DATE: 30 oct 93

Endroit: Mess des Soldats, Caporaux et Caporaux-Chefs
Venez partager cette soirée avec nous.

Un "DJ" vous fera danser et un prix sera remis pour le meilleur costume

ADM: \$2,00 Membres

\$3,00 Non- Membres

Des sous-marins vous seront servis en soirée.

Activités francophones de la 17ième Escadre

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

Petit déjeuner
Francophone tous les
vendredi matin: info
Linda pelletier au 489-
7260.

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

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

A Word From The Catholic Chaplain

By Chaplain Roy

There are incidents that aggravate us, and even make us angry. A few examples:

you rush to the store on your way home, only to find that closing has changed and you did not know; or it seems that they have everything but what you need;

you hurry up only to wait in line at the cashier;

the car will not start because you left the lights on and the battery is dead.

All these incidents make us angry. How do we handle this anger? We often believe that the best way to deal with anger is to discharge it on someone and that we will feel better after; some people will even get physical: they will hit and

throw things. This, of course, is not a healthy way of disposing of anger.

Actually, we should know that anger is very dangerous in that it can destroy us by injuring emotionally, and even physically at times, persons that we love.

There is, however, a form of anger that is helpful. The Gospel of Mark at Chapter 3, verse 5, we read that Jesus was angry: "He had looked round about on them with anger, being grieved at the hardness of their heart." This anger of Jesus' is actually grief in the presence of an unfortunate or unhappy situation. This is a legitimate anger: this anger is directed at its cause; people do not make us angry, but situations and events. Directing our anger at persons, therefore, does not solve

anything. This anger is illegitimate and unhealthy, whether this person is ourselves or someone else. This anger is illegitimate and unhealthy because it focuses on the wrong issue. It is furthermore hurtful and aggravates the situation in that we could be contributing to the pain of someone who is negatively affected by the same situation; waiting is no harder on me than it is on the cashier trying to provide with the best service possible.

A legitimate and healthy anger is focused on the

situation and this can become a source of energy aimed at changing a situation. Thus removing a cause of our anger; such an anger will have produced something positive.

Anger is not something we can live very long before it begins destroying us. We have to get rid of it by solving the problem which makes us angry or by simply getting rid of the anger which is inside us. Events make us angry but we are the ones who prolong the anger. There are two ways of getting rid of anger: one is humour. The best that can

happen to us when we are angry is for someone to come along and crack a joke that will make us laugh. We are never angry when we are laughing. The two cannot live together, and laughing is better for us. Another way is prayer: we will never hurt God by being angry at Him and telling Him what makes us angry. This may even help us come to terms with our anger.

**Keep smiling,
He loves you!!**

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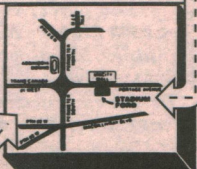
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BABYSITTING

Maman de deux enfants aimerait prendre soin de vos ou votre enfants à sa maison dans le quartier de Charleswood à 5 minutes de l'école de Westgrove, à temps complet ou partiel. Pour plus d'infos, appeler au 895 3913. Beaucoup d'expérience en garde d'enfants.

Experienced mom of 2 will babysit in my home in Charleswood. Full time or part time. 5 minutes from Westgrove school. 895 3913. French and English children.

BABYSITTER WANTED for 2 yr old & 5 yr old, South side PMQs, 10 hrs per week to start. Ph: 489-8863.

BABYSITTER WANTED- Caring and experienced babysitter needed to come into my home on south side for 5 1/2 month boy. Full time starting 1 Dec 93. Will get Christmas leave off. References required Ph. 488-7941.

MISC FOR SALE

CCM BICYCLE (very good condition) \$50. OBO. Also 3 Drawer single captain bed with mattress (white very good condition) \$150 OBO. Lorna at 5351 or 889-6714.

CONTENTS FOR SALE- Maple table & 4 chairs, hide-a-bed, coffee table, chesterfield and chair, bedroom suite, entertainment unit, 19" colour TV. PLUS MORE. 261-9780 or 833-5429.

DRUMS - LUDWIG, 4 pce white pearl, chrome snare. Zildjian cymbals, superb condition, replacement \$2,500.00 asking \$1,100.00 OBO. Ph: 864-2024 after 6 pm.

HO SCALE TRAIN SET, engine plus cars, power converter plus lots of tracks (incl decoder & switchers). Great set to start hobby. We need space so must sell. \$170.00 OBO. Ph: 452-1915.

McINTOSH PLUS COMPUTER with 2.5 MB memory and 20MB harddrive. Star writer inkjet printer. Extended Keyboard and software. \$1000. (Mr. King) 885-5423.

PC SOUND SYSTEM. Sound blaster board, speakers, microphone and interconnecting wiring. Asking \$100. Dennis at 488-7290.

TIRES! One pair of Yokahama winter tires, 185/70R/14, reg \$180.00 but will sell for \$95. Only used for one winter season. Call Tony 833-6797 or 477-9218.

MISC FOR SALE

VERTICAL BLINDS, (beige) good quality, living-room window size, (78"x80") retail value \$400, will sell for \$100. Ph: 831-7394.

VEHICLES

1987 JEEP YJ, black ext & int, 5-spd, hard & soft tops, Bikini & Bra, excell. cond., low miles, needs paint. No body work. \$2800. Pirelli tires, must be seen, \$8,900.OBO. Ph: 475-8913.

1985 BUICK SKYLARK Custom 4 door, 6 cyl., AT Air, Cruise, tilt. Excell. cond., low miles, needs paint. No body work. \$2800. OBO Ph. 6316 or 885-3870.

71 FORD 1/2 TON. Excellent winter vehicle \$900 OBO. For more info call 837-5976. Answering machine available.

WANTED

CAR POOL WANTED from River Park South area (St. Mary's Rd at the Perimeter) to Air Command HQ, weekly or occasionally. Call Pete at 5876 or 256-4039.

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MANAGING YOUR MONEY (First-time Buyers Bonanza)

By Harry L. Mardon

A bright spot in Canada's economy can be found in the housing field, especially for first-time home buyers.

And it's not just because mortgage interest rates are now at their lowest point in 30 years or so, although that's a big boon for anybody taking out a mortgage for the first time (or renewing an existing mortgage).

The real bonanza for the first-time buyer this year is Ottawa's First Home Loan Insurance program. It already has proved so popular that the federal government has extended it for a further five years. What the program does is offer that category of buyer the opportunity to put as little as five per cent down of the purchase price of a home. Within certain limits, of course.

This makes home ownership far more accessible for many

Canadians, particularly younger ones who may be having difficulty in meeting the 10 per cent down-payment requirement under the regular loan insurance program of Canada Mortgage and Housing Corporation (CMHC).

The maximum CMHC-insured mortgage loan under the regular program is 90 per cent of the first \$180,000 of lending value of the house, plus 80 per cent of the balance. The minimum down-payment

is 10 per cent.


To encourage greater home ownership, and thus stimulate the house-building industry, the maximum mortgage loan under the new program is 95 per cent of the lending value of the house. However, there is a set of loan ceilings. For Greater Toronto and Greater Vancouver the maximum house price under the program is \$250,000.

That's a realistic recognition that housing prices in those two metropolitan areas are inflated ones. In 22 other Canadian centres as well as northern areas of Canada, where house prices have reached a fairly high average level, the maximum is \$175,000. Elsewhere across Canada — including Winnipeg and the rest of Manitoba — the maximum is \$125,000.

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