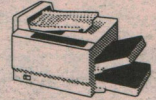


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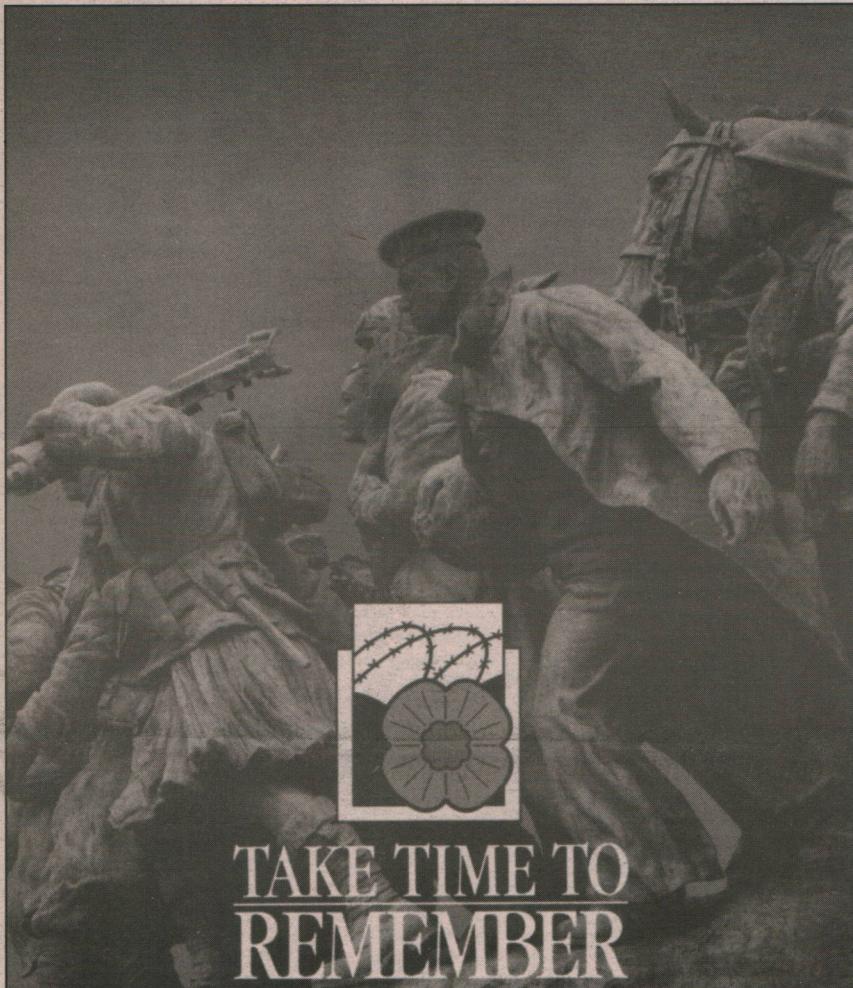


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VOL. 41 ISSUE 18

17 Wing Winnipeg / 17e Escadre Winnipeg

NOVEMBER 3, 1993 / FREE



TAKE TIME TO  
REMEMBER

## THE ROYAL CANADIAN LEGION VETERANS SERVICES "SERVICE IS OUR WAY OF LIFE"

Ottawa — Canada's war veterans are gradually disappearing. In fact, the average age of Second World War veterans is now 71 years and Korean veterans are in their early 60's.

The Royal Canadian Legion Service Bureau was founded after the First World War to help veterans get the Federal Government pensions to which they were entitled. Funded in part by donations made during the annual poppy campaign, the Bureau has been in existence ever since providing no-cost assistance to all exservice men and women with pension applications and appeals.

The decreasing numbers of veterans could mean the Service Bureau's days may soon be numbered, but the Legion says "no".

There are still more than 600,000 veterans. Their numbers are shrinking and their needs are changing due to their increasing age, but their demands, and those of their dependents, are actually increasing. In addition, as word of the Legion's facilities spreads to members of today's armed services, Bureau officers are seeing younger applicants every day - some who are still only in their 20's.

Regardless of whether or not they have war-time service, such as those who served in the Gulf War, all armed forces members are eligible for pensions for injuries or disabilities attributable to military service. Service Bureau officers help these men and women, as well as older veterans, find their way through the often daunting maze of government legis-

lation and regulations. They also represent ex-service members before pension boards and appeals tribunals.

Military service, even in peace-time, is by its very nature more dangerous than many other types of employment. Accidents are not uncommon occurrences. In recent years as many as 23 service personnel have been killed at home and abroad in one year and many more have been injured while on duty. The need to provide assistance to these victims of peace-time mishaps, and to their dependents, will provide challenges for the Legion's Service Bureau long after the last veteran has gone. In fact, the Bureau will eventually become one of the major legacies left by Canada's veterans to future generations of service members.

## FIVE MINUTES OF SILENCE

One minute of silence is what my elementary school principal said. I look down at my size twelve Racerbok sneakers. Tap left. Tap right. I tied my laces in a double knot this day. My teacher told me that today was a special day, so I prepared for a field trip. Now they ask me for silence and thought, so I think. They say there was a war. I think of the men walking with flags. I picture them with big guns instead of flags. I think of my hockey game after school. I look down at my sneakers. Tap left. Tap right.

Two minutes of silence my junior high vice principal asked for. I comply cooperatively. I look down at my Air Jordans. Tap left. Tap right. I didn't tie my sneakers today. Cooperative but impatient, my mind wanders to the horrors of Vimy Ridge, to veterans on stage. To their strength. To my date Friday night. To my new sneakers. Tap left. Tap right.

Two minutes of silence the senior high teacher said. I look down at my deck shoes. Tap left. Tap right. The bobbles are

coming loose. Patiently, I consider how much these men have done for us. How much they endured. How thankful I am. These are proud men. Even in their age, they hold their flags so straight and high, and never miss a drum beat in their march. My feet keep the beat of the march as well. Tap left. Tap right.

Three minutes of silence is what my Sergeant Major said. I look down at my buffed and shiny combat boots. My feet are planted firmly on the pavement of the square. My laces are tied tight and even. Respectfully, I am thankful for the men by the monument. They brought us peace, and there is peace now. Now, with my military education, I spend my time in a school, rather than in a trench, with rotten tattered boots mired in clay, unable to tap for the sake of stealth, patience, and our future.

The only beat they kept was the beat of gunfire and artillery. The only tapping of feet was accomplished by running towards death. Nothing was as it is now. The beat of the big bass drum, the ring of the glockenspiel, and the tapping of our feet in rhythmic succession until the inevitable "Ready... HALT!" We are at peace.

Nobody asked for silence in my group home, but I gave it anyway. Five minutes. The veterans are gone but we are still remembering. I look down at my plaid worn slippers. Tap left. Tap right. I was in the

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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## Women in History:

# THE ROYAL CANADIAN AIR FORCE (WOMEN'S DIVISION)

5 minutes  
con't from pg. 1

In January 1941 the Second World War entered its seventeenth month with the various branches of the Canadian military expanding at an unprecedented rate. The growth of the services resulted in a demand for young men that quickly began to alarm the policy makers in Ottawa. How, they pondered, could they find the necessary numbers of recruits to man the new ships, squadrons and divisions? Manning difficulties were also exacerbated by the requirement to build-up vital war industries at home. However, the civilian industries had decreased the impact of the lack of manpower by turning to a virtually untapped source woman power! The military planners began to actively consider recruiting women directly into the military and it was the Royal Canadian Air Force who took the first step.

Since the start of the war the RCAF had examined the possibility of enlisting women into the Air Force. The British Royal Air Force (RAF) had enlisted women from the beginning into an organization entitled the Women's Auxiliary Air Force (WAAF). Despite attempts by women to join the RCAF, including several female pilots with impressive experience, all requests were turned down. The Canadian Government was reluctant to enlist women and could see no reason to do so, but all of this changed in 1941. Until that time, Canadian women wishing to "do their bit" had to travel to foreign countries to enlist and many of them took this option.

By the summer of 1941, the RCAF informed the Government that it was facing a severe shortage of personnel due to its operational and training commitments. The requirement to provide trained air and ground crews for the

British Commonwealth Air Training Plan (BCATP), even with RAF assistance, was proving exceedingly taxing. The Government found itself faced with a situation where the recruitment of women was rapidly becoming the only option open to it short of conscription and that was one issue that MacKenzie King would not touch. To an extent the Government's hand was also forced by the very participation of the RAF in the BCATP. Part of the assistance that the RAF was willing to provide came in the form of members of the WAAF. Facing the possibility of an angry female

electorate demanding to know why their British counterparts could serve and yet they could not probably brought shivers to the toughest politician. Regardless of the reasons, the Government acted on the advice of the Chief of the Air Staff and on 2 July 1941, Order in Council 4798 authorized the formation of the Canadian Women's Auxiliary Air Force (CWAAF). It was the first women's military service to be formed during the war.

On the day that the CWAAF came into existence, Kathleen Oonah Walker from Montreal was enrolled as a Flight Officer (F/O) and was followed in mid-August by Section Officer (S/O) Jean Flatt Davey, a doctor. Her Royal Highness, the Princess Alice, Countess of Athlone and wife of the Governor-General was made the Air Commandant of the branch. Walker and Davey faced a daunting task for it fell to these two officers to select the first 150 members of this new organization. Walker had been married to Group Captain Walker, RCAF, and had followed her husband overseas, but with his death in

1941 she had returned to Canada. Her experiences with her husband made her familiar with the RCAF and her work with volunteer organizations stood her in good stead. Her managerial skills, combined with Davey's medical expertise, allowed for the selection of the 150 candidates in record time. From the start they set out to create an organization that would be both "useful and dignified, military yet feminine" and they succeeded well beyond their expectations.

The CWAAF women's

training depot, situated on the sight of

... in November 1944 there were 15000 Canadian women wearing air force blue.

Havergal College, a former girl's school in Toronto, opened its doors in October 1941. To assist in instructional duties four WAAF officers from the RAF were "lent" to Canada and arrived in early November. These four officers formed the backbone of the staff at the depot and spent many long hours turning the recruits into competent airwomen. The first intake of CWAAF personnel graduated on 1 December 1941 and 68 were immediately commissioned as officers and the remaining 92 were promoted to corporal. Many of the new graduates were retained as staff, however, the majority were dispatched to undertake their duties at many stations across the country.

Recruiting for the CWAAF continued apace. By July 1942 there were over 5000 women enrolled and this number grew rapidly until November 1944 when there were 15000 Canadian women wearing air force blue. With the large numbers of women entering the RCAF it was decided in January 1942 that they would no longer form an auxiliary

branch but would become a formal part of the Air Force. On 3 February, their name was changed to the RCAF (Women's Division) or "WDs" for short. From that date the WDs were subject to the same regulations, discipline and service as their male counterparts. Originally, there had been only seven trades open to WD's, however, this soon grew to over sixty and WD's began to do everything from preparing meals to operating heavy equipment. Although they did the same work and were subject to the same service conditions of the men, they were not paid the same. The RCAF had calculated that it took three women to do the equivalent amount of work as two men and therefore, the WD's were paid two-thirds of the equivalent male salary. Needless to say, this caused resentment and was a point of discussion in Parliament. Political pressure finally caused the WD's salary to be raised to eighty per cent of a male's and there it remained until the end of the war.

The end of the war brought rapid demobilization and a sharp reduction in RCAF personnel. The WD's were regarded as a successful, but strictly wartime, programme and as such was phased out. The RCAF(WD) ceased to exist on 31 December 1946, the last of the wartime women's services to be disbanded. During the five and one-half years that the Women's Division had existed, 17,038 women had been enrolled and 28 were killed or died on active service. At their peak, they accounted for approximately eight percent of total RCAF strength and although their work was not glamorous it certainly was important.

From beginning to end, the WDs were pioneers in an area of endeavour that had been

army but I am not a veteran. I turn on the T.V. and watch them march. I remember my youthful pride and the pride of the veterans as their small arms held their flags up high, and they never missed a beat. The bass drum resounded. The veterans in my memory march. The young soldiers on the T.V. march. And I march too, my worn slippers. Tap left. Tap right.

FIRST PLACE in a Royal Canadian Legion Essay Competition:

MARK BRAGG  
Mount Pearl,  
Newfoundland

restricted to women. They joined the RCAF for exactly the same reasons as did the young men: a job, adventure, a chance to travel and patriotism. Although they were paid less, there was no doubt as to their skill and ability. Initially, WD officers and senior NCO's were placed in charge of other females only, but this soon changed. In 1942, a newly promoted Squadron Officer Walker was assigned command of No. 7 Manning Depot at Rockcliffe, Ontario, with both men and women under her direction. The senior NCO at the RCAF records section in Ottawa was W02 Sylvia Simm with 500 men and women calling her "Sergeant Major" and in May 1945, M.E. Lawrence was promoted to WO1, the only woman to hold that rank in the wartime RCAF, and became the Unit Warrant Officer in the Personnel Administration Branch, AFHQ, Ottawa.

The motto of the Women's Division was "We Serve That Men May Fly" and given the social context of the time, the WDs lived up to that motto in fine fashion, however, they accomplished so much more. They stretched the boundaries of what was considered "acceptable" employment for women within Canada and the military services and commenced the long history of women in air force blue. They were pioneers in every sense of the word and are a proud part of our air force heritage.

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DEADLINE 5 NOV 93/DATE DE TOMBEE 5 NOV 93  
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# 17 Medical Squadron Winnipeg

Welcome to 17 Medical Squadron (formerly Base Hospital) the place where all personnel seem to end up at one point or another during their career or every Monday morning.

As with all organizations within Air Command, we too have had to adjust to the Wing Concept, and try to fit all these new handles into our daily way of doing things. Sometimes one starts to wonder by, "with all these wings what happen to all them there legs".

As for the personnel here, we had some major changes during the past APS starting with the Wing Surgeon Major E.A. Brook who comes to us all the way from across the field at AIRCOM HQ. It must be quite an adjustment as his posting messages indicates that the gaining unit is to

ensure that mbr is made aware of any special procedures that may be required in order to effect a smooth move to new place of duty.

Our new MSAO Capt C. Villeneuve arrived just in time from Borden to institute a few minor changes in the organization before heading back to Borden to pick up his family.

We would also like to say welcome to the following members who arrived this APS:

- Capt Tawar V.C. - MO,
- Capt Sigurdson K. H. - PHARMO,
- LT Cavanaugh L. T. - NUR,
- Sgt Sakalauski J. - Lab Tech,
- Cpl Worthy - Lab Tech,
- McpI Gurney -MA,
- Joyce Aquin - Med Appts,
- Cpl Groulx - MA and
- P02 Rigby - Admin Clk.



W Surg Maj Brook and all W Hosp staff congratulate Dr Renfree on his recent promotion to Captain.



W Surg Maj Brook and all W Hosp staff congratulate Dr Tawar on his recent promotion to Captain.

All members of 17 Med Squadron would like to extend our congratulations and Good Luck to both newly promoted doctor's who are attending their Basic Medical Training in CFB Borden.



Mr Strutt, Maj Thingbold, LCol Smith, Col Proulx, LCol Bailey, Capt Swarbrick.

## Sod Turning for 17 Wing Squash Courts

Well folks it's official. 17 Wing will soon be the proud parents of 4 bouncing new squash courts. Construction started the day after Thanksgiving and will proceed smoothly until the middle of February.

During the sod turning ceremonies, Colonel Proulx, the Wing Commander, stated

simply that construction like this will greatly enhance the quality of life for all service members.

Stay tuned for more information concerning the official re-opening of building 90. However, until that time, please "bare" with the minor inconveniences.

## The New Winnipeg Military Community Association

What is the Winnipeg Military Community Association (WMCA)? A recent review of the activities of the North and South Side community councils, the recreation council and the family resource centre, determined that efficiencies could be gained in the delivery of services to the Military Community by a restructuring initiative. As these organizations provide a valuable service to the military members of 17 Wing, the WComd has instituted several changes to ensure that they remain viable.

Specifically, the members of 17 Wing will be better served by the amalgamation of the two community councils and by the creation of an 'umbrella' organization, the WMCA, to oversee the activities of the various groups under review. Under the guidance of a 'Community Coordinator', the WMCA will ensure that the services of the above mentioned groups are delivered in an effective and efficient manner.

The WMCA will be responsible for the development, conduct and efficient management of all community and recreational activities for the military community.

The review also highlighted the inability of the community councils and recreation council to fund their activities. To date neither the community councils nor the recreation council have been able to generate sufficient revenues to cover expenditures. Given that reducing the activity levels of these groups is not beneficial it is necessary to source alternate funding. An analysis of the funding required to support the councils revealed that a two tiered approach is necessary. First, to offset the costs associated with community council activities a PMQ assessment will be levied. This will ensure the operation of the north and south site rinks, provide for winter carnival activities and summer meet and greets, guarantee playground upkeep

and fund other community council initiatives. Second, recreation costs will be passed on to the 'user' which will require that all club members pay recreation council fees and that there be an increase in these fees.

These changes are effective immediately. The community councils have been amalgamated and the WMCA formed. Community council funding will be achieved in the near term as all north and south side PMQ residents complete a pay allotment form for \$3 per month. These forms will be sent to individual members for signature and will be returned by 15 Nov 93. Recreation council fee increases will be announced as they are finalized.

These changes are endorsed at all levels and the WComd expects that these changes will provide the level of service that members of 17 Wing deserve.

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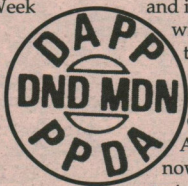
# DRUG AWARENESS WEEK

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.

**PARENTS!  
THEIR INFLUENCE  
LASTS A LIFETIME**

# ARC: People From All Walks Of Life

## ARC: the safe road back

By Rhonda Roy  
(reprinted from *The Lookout*)

The CF's west coast Addiction Rehabilitation Clinic (ARC) sometimes gets people entering the program that don't believe they suffer from addiction. These people are described as speeders with the radar on — all of their defence mechanisms are in place as they cruise at break neck speed down a dangerous highway about to kill themselves or others. Staff at ARC don't care how or why service members suffering from addiction enter the program, or whether these people think they are there for the right or wrong reasons.

Scott went into the program just to keep one step ahead of the sheriff, and to avoid facing his shipmates and "the old man" after a particularly

embarrassing drinking incident. He believed ARC participation would "minimize the shit I was in." Bankrupt emotionally, spiritually, and mentally, Scott felt there was nothing left for him in life but an indescribable pain. Booze did something for him every time, but the price-tag was getting higher as the binges got closer together.

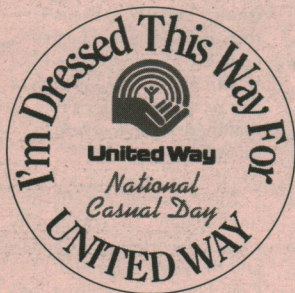
Scott lost whole periods of his life waiting for the next drink and the next foreign port, borrowing money to drink until he was \$40,000 in debt. His wife and kids left him as the charges, the abuse, and the binges grew closer together. He felt he was ready for "something" — he just didn't know what.

A self-described suicidal binge drinker, Scott spent many nights at the side of the ship staring into the cold, black waters, tormented by despair, fear, self-loathing, and thoughts of throwing himself over board. He described his

drinking style as "suicide on the installment plan" — killing himself a little bit each day. And he was ready to take someone with him. (He recalls one angry night in a truck, a gun in the back, ammunition in his pocket, looking for some guy.) Unknown to him at the time, there were two recovering alcoholics among his ship mates who recognized his destructive behavior. They were gently "twelve stepping" him into recovery.

Scott claims to live in an unnatural state now — sobriety. In his natural condition, he has a drink in his hand. Sobriety has brought many rewards — he now has a good relationship with his exwife and kids — but for Scott "life has not changed, it's not a bed of roses. I've changed. I have the same problems as everyone else, but I don't run away now. And I'm not scared to answer the phone anymore."

# United Way National Casual Day 5 November 1993



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For further details see your section United Way rep.

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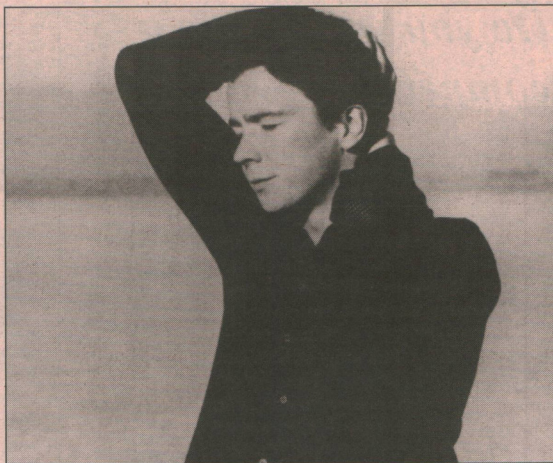
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# Rick in Body & Soul

By Barry Sweeney

Rick Astley came to prominence with a series of dance oriented songs that ranged from Never Give You Up, a #1 song in 15 countries, Together Forever and Never Gonna Give You Up. The Grammy nominee got out of the dance only groove with his 1991 million selling Free and now stretches to the limits with Body & Soul (RCA/BMG).

Astley wrote, or co-wrote, all 10 songs and has already begun to reap the rewards of his new direction via Hopelessly, a shimmering pop ballad that has broken top-40. He has not totally vacated the dance scene as witnessed by the jazz/funk Waiting For The Bell To Ring. But, the overall mood here is one of bright, upbeat pop tunes that move effortlessly from the self-searching of Enough Love and Nature's Gift to the gospelized



Rick Astley

One You Love to the haunting lost love of Remember The Days. Set closes on the happy-go-lucky, handclapping When You Love Someone.

### BIG STAR

Front man Alex Chilton was a founding member of Big Star over 20-years ago. Matter of fact, he joined the group

following his departure from the Box Tops, a group that hit with such classics as The Letter and Cry Like A Baby. Unfortunately, Big Star's albums were largely relegated to cut-out bins but Columbia: Live at Missouri University (Zoo) may just take the group from cult status to hit-makers.

## MSE SAFETY PRESENTS...

### Two for the price of one

Each accident involving a DND vehicle is fully investigated to determine the cause factors contributing to the collision. By understanding why the accident happened, the accident investigator is able to recommend to those responsible how to prevent similar occurrences in the future. Occasionally MSE Safety publishes the details of accidents, including cause factors and appropriate preventive measures. This is not done to embarrass anyone, but to prevent similar accidents by DND or private vehicle operators from reoccurring. The names and other specific information of those involved in these accidents will be withheld.

The following is a factual account of one of the two, preventable collisions this year involving DND vehicles at 17 Wing Winnipeg. This accident happened at an intersection, an area where many drivers often under-estimate the danger and potential for accidents.

The driver of a DND vehicle was proceeding along a main street when he stopped for a red light at a major intersection. The light turned from red, to a "left turn only" arrow and then to amber. Anticipating a full green light after the amber he proceeded through the intersection as the light changed. Our driver collided with an oncoming privately owned motor vehicle (POMV) making a left turn across his path. The POMV had a left turn arrow while our driver had a red light. The DND driver tried to clear the busy intersection immediately by backing away from the accident scene. At this point he

backed into another POMV attempting to go around the accident. The total cost of these accidents was estimated at over \$2500. What was our driver thinking about?

The accident occurred near the end of a very hot work day with the temperature above 30° C. The DND driver had been very busy during the past few days including the day of the accident. He was an experienced driver who was familiar with the area he was driving. He was sure he had a green light before he moved ahead and was surprised to see the red light after entering the intersection and colliding with the first vehicle.

Defensive Driving is defined as driving to prevent accidents in spite of the actions of others and the conditions around you. The Defensive Driving Course teaches drivers to stay out of accidents by adjusting

to six conditions: road, traffic, weather, light, vehicle, and driver. Which of these conditions do you think our driver failed to adjust to?

Have you ever been so preoccupied while driving that you couldn't remember anything about the trip? This happens when we fail to recognize and adjust to our own condition as the driver.

Few other activities require as much concentration as driving. When our physical or mental condition becomes less than what it should be, our driving is affected and we risk having an accident. Each time you get behind the wheel of your vehicle, take a minute to make a mental inventory of adverse conditions you may encounter. Take particular note of the driver condition because it is the one you have the most control over.

by W. R. Temple

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U of M organizers contacted original member Jody Stephens to ask if the band would get back together for a live gig. To everyone's surprise they did and the cassette reflects a band having a good time.

Production is low-key and the band's sound is spontaneous. Top tracks include In The Street, Ballad of El Goodo, WayOut West and For You. Group could have major impact.

### PLAN B

Cyber Chords & Sushi Stories (Imago) is Plan B's fifth album and this 14-track outing is loaded with hi-tech sounds,

cutting edge dance technology and electro-assaults. From the opening strains of Telecom Communication Cripples through Life's A Beat, and Skip The Instructions group offer a solid dance groove with techno-pop overtones.

### FAST FACTS

After his departure from the Commodores, Lionel Richie's first chart single was a duet with Diana Ross. The song, Endless Love, from the movie of the same name, sold well into the millions and topped the charts for over two consecutive months. Every one of his next dozen singles broke into the top10.



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Front (L-R) Rob Collins, Marty Majore, Bill Lucas, Eric Parks, Rick Sweeny, Ron Elson, Rick McIvor, Dave Rotor, Vince Gilson Back (L-R) Ron Stewart, Nestor Sawka, Lloyd Jaster, Pat Mastrangelo, Bob Tuck.

## INTERSECTION SLO PITCH FINALS 1993

After a double elimination playoff format, the finals came down to two teams, W Sup O and WCEO.

Mon, 13 Sep 93 turned out to be a cold day, but things got hot when W Sup O and WCEO took to the field for the playoff final. The winner was W Sup O with WCEO as runner up.

I also would like to thank the Slo Pitch league for their participation.

## Do you want to be a competitive swimmer?

### 17 Wing Winnipeg is looking to form a competitive swim club

- Ages six & older, Pre-Competitive: 3.25 hrs/week - \$10.00 per month plus \$15.00 provincial registration.
- Level I Competitive: 6.5 hrs/week - \$15.00 per month plus \$60.00 provincial registration and meet entry fees.
- Level II Competitive: 10.0 hrs/week plus 1.5 hrs dryland training - \$20.00 per month plus \$60.00 provincial registration and meet entry fees.
- Practice times: 4:30 to 6:00 PM Monday through Friday plus Saturday morning.

\*\*\* If you are interested, please leave your name, phone number and child age with Aquatic Supervisor Cpl Tena Mackay, Local 6183. No Later Than 19 Nov 93.

## 1993-1994 NOON HOCKEY LEAGUE

The Intersection Hockey season officially opened on the 14 Oct 93 with the ceremonial dropping of the puck by the league president P02 McKenzie.

The season opener saw 733 Comm Sqn hand SAMEO Sarges their first loss.

This year's league has 12 teams and by the calibre of the first game it should prove to be a fast and exciting hockey season.

With the help of CPOI Barefoot and his officiating crew, you can be sure that gooning will not be stood for. A new twist this season will see the addition of the TOP 5 BAD BOYS in the league which will be included in the stats along side the top ten scoring race. So if you are not a goal scorer you still could make the sports page.

Anyone interested in supporting their section team can contact the Rec Centre for game times.

Good Luck to all teams in the NHL.



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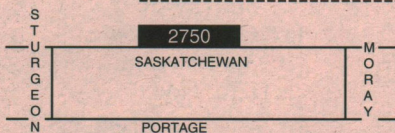


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## Military Family Resource Centre Info

### WANTED!!

Winnipeg military community members to serve on the Board of Directors for the Military Family Resource Centre.

Prerequisites for the Board include an interest in the military community, enthusiasm and the ability to volunteer 3 to 6 hours per month.

If you are interested, please drop by the Centre, located at C-1 on the south site, or contact Judy Lister at 833-6868.

### 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 Eve's) 7:00 - 9:00 p.m.

**Place:** 54 Bourkewood Place

**Cost:** NONE

**PLEASE PREREGISTER FOR THIS PROGRAM BY CALLING 833-6870.**

### NOW TAKING REGISTRATIONS!

Early Enrichment Program  
Lipsett Hall Nursery School

**4 yr olds** - Mon. Wed. Fri.  
9:00 - 11:15 am  
\$67 / month  
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9:00 - 11:15 am  
\$50 / month

Our program follows a progressive philosophy emphasizing social, emotional, intellectual and physical development. We offer structured learning segments such as numbers, colours, beginning sounds, etc. as well as activities such as gym, crafts, music, drama, weekly themes and occasional outings.

For more information or to register, please call the Military Family Resource Centre at 833-6870.

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### 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.

# Tis the Season to Go WILD

By S. White

Looking forward to a little comfort and joy during the holiday season but dread the thought of having to trudge through shopping malls in search of the perfect gift for that special someone? Well, you're not alone.

But did you know that now there's a simple and stress-free way to do all your Christmas shopping without even having to leave your home or office? That's right. It's catalogue shopping and according to the Canadian Wildlife Federation (CWF), whose Christmas catalogue is now being sent to homes and businesses across Canada, it's becoming an extremely popular way for people to do their shopping before the holiday rush.

Generally, an order takes about two to three weeks to process and there's several options to choose from as far as delivery is concerned. Regular deliveries within Canada are sent by mail. Courier deliveries are also available. Foreign parcels are sent via air only and the shipping fees will be charged to

your credit card. If you're paying by cheque, you can find out the charges simply by calling CWF's toll-free number.

You'll also be pleased to know that every time you order from CWF's catalogue the proceeds go directly towards helping Canada's precious wildlife and environment through programs such as endangered and threatened species recovery efforts, habitat restoration, conservation education, and vital wildlife research.

CWF's 1993 Christmas catalogue is filled with all sorts of exciting gift ideas guaranteed to please everyone on your Christmas list. The items, which are of premium quality, range from the cosy and comfortable to the educational and entertaining. And there's so much to choose from. There's Christmas cards, clocks, and candle holders to bird feeders, books and blankets. And every item is uniquely chosen to reflect a love and appreciation of wildlife. Other gift selections include porcelain mugs, calendars, festive wrapping paper, silk-screened sweat-shirts, collector plates, games,



CD's and cassettes, just to name a few.

So whether you want to brighten someone's Christmas with an elegant sun catcher that illuminates the painting of a cardinal, challenge a youngster to a game of Dino checkers, or snuggle up with someone in a comfy loon blanket, you'll find everything you need and more in this year's catalogue. And for those of you with an eye for value, CWF also features a good selection of gifts under \$10.

Remember—every time you purchase something from CWF's Christmas catalogue, you're giving wildlife a helping hand and that in itself is a gift like no other. Happy Holidays!

If you would like a copy of CWF's 1993 Christmas catalogue, please call 1-800-563-9453 and ask for operator #0382.

Or you can write to:  
**Christmas Catalogue**  
**Canadian Wildlife Federation**  
 2740 Queensview Drive  
 Ottawa, Ontario,  
 K2B 1A2

## CFS

### CD Presentation



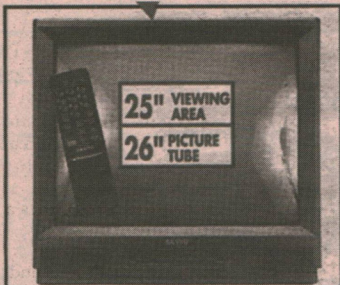
LCol M.J. Dolan, Comdt CFS, presented Capt G. Graham of CFS Standards with his CD1 On 28 September 1993. Congratulations, Geoff, from all your co-workers.

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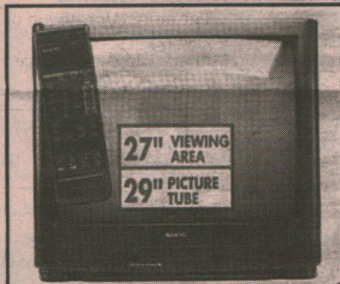


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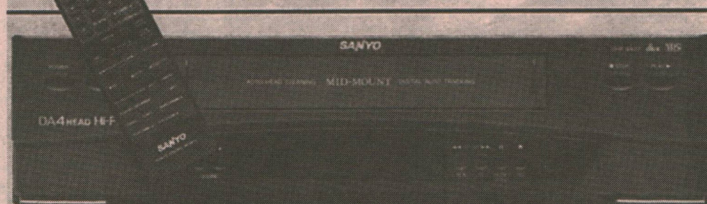
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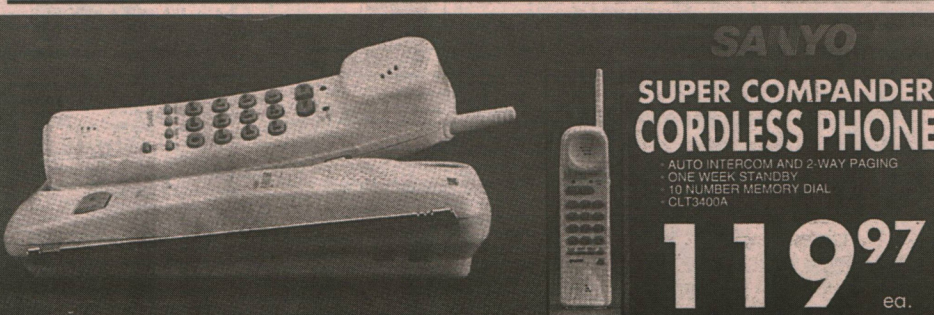
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**OF OUR FALLEN COMRADES  
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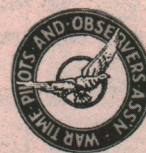
**THEIR MEMORY LIVES  
IN FOND REMEMBRANCE OF OUR  
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**In Remembrance**



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**Lest we forget**

**in memory of  
our fallen comrades in  
two World Wars**

**1914-18 and 1939-45 and 1950-53 KOREA  
MANITOBA AND NORTHWESTERN ONTARIO COMMAND**

**THE ROYAL CANADIAN LEGION**

**-- We will remember them --**



**In Memory Of  
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**500 Wing**

**RCAF ASSOCIATION  
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**In Remembrance Of Our  
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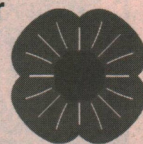
**1914-1918**

**1939-1945**

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**In Memory Of Our Fallen Comrades  
In Two World Wars**

**1914-18 and 1939-45 and Korea**

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# s: Lest We Forget

Ottawa — The Royal Canadian Legion heartily endorses the government program announced Friday, 1 October, to commemorate the 50th anniversary of the end of World War II. Although schools, veterans groups and individual citizens will no doubt be involved, the Legion has consistently maintained that the federal government has the primary responsibility to ensure there is an appropriate level of Canadian recognition and visibility during the 50th anniversary. "This program is a tangible indication of the government's acknowledgement of that responsibility," said Dominion President, Jack Jolleys. "No matter which political party is in power at the time anniversary activities are scheduled to take place, this program is considered by the Legion to be a firm commitment, by Canada, to acknowledge and commemorate the deeds of all those who helped bring this country to nationhood through their service and sacrifice during that terrible conflict. " Some 200,000 of the estimated 550,000 World War II veterans are members of The Royal Canadian Legion.

For more information about The Royal Canadian Legion please call Greg Hoganat 613-235-4391.



We will remember them  
**Veteran's Manor**

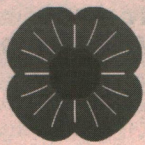


**TRANSCONA BRANCH #7**  
**Remembrance of Our Fallen Comrades**



**In Memory Of Our Fallen Comrades**  
**In Two World Wars**  
**1914-18 and 1939-45 and Korea**

**Warrant Officers' and Sergeants' Mess**  
**CANADIAN FORCES BASE WINNIPEG**  
**WESTWIN, MANITOBA R3J 0T0**



**In Memory of Our Fallen Comrades**

**CHARLESWOOD BRANCH 100**  
**6003 ROBLIN BLVD.**



1914-1918



1950-1953

**Their memory lives forever**  
**1939-1945**  
**THE WAR AMPUTATIONS OF CANADA**  
**MANITOBA BRANCH**



**To the memory of our departed comrades ever remembered**

**IMPERIAL VETERANS IN CANADA**  
**BRANCH NO. 84**  
**ROYAL CANADIAN LEGION**  
**280 St. Mary Avenue**  
**Winnipeg, Manitoba**

**IN MEMORIAM**  
In memory of all who fought and those who fell  
In defence of our nation;  
In thanksgiving for the freedom  
They so valiantly maintained  
For us to enjoy.

**From the members of 402**  
**"City of Winnipeg" Squadron**



**ARMY, NAVY & AIR FORCE VETERANS IN CANADA**

**MANITOBA and N.W. ONTARIO COMMAND**

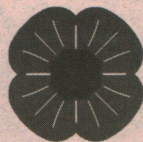
**We Will Remember Them**

**In Remembrance Of our fallen comrades of past wars**

**ST JAMES BRANCH NO. 4**  
**THE ROYAL CANADIAN LEGION**  
**1755 Portage Ave., St. James**



**Lest We Forget In Remembrance Of Our Fallen Comrades**  
**1914-1918**  
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**and Korea**



**FORT GARRY BRANCH #90**  
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**Lest we forget In Memory of our fallen comrades**

**GENERAL SIR SAM STEELE**  
**Memorial Branch No. 117**  
**Royal Canadian Legion**

# 17 ARAF Update

## - 17 ARAF Supports CFE Fly-Over Program

Since the announcement of closing CFB Lahr and Baden was made some two years ago, 17 ARAF has given first hand support to the CFE fly-over program. To this date, 7 Primary Reservists from 17 ARAF have spent between 6 to 12 months of duty in Europe to enable the timely repatriation of all Regular Force members.

Such a program has provided excellent trade exposure to the Primary Reservists who incidentally all volunteered for further active service. The assistance that was provided proved to be invaluable. For example, Cpl Ted Steinke, a cook with 17 ARAF, provided much needed support the various messes of CFB Baden during its final year of operation while the repatriation of Regular Force members and their families took place. Also of great assistance, were MCpl Doug Smuland and Cpl Christine McGillivray who respectively augmented the Transport section and the Comptroller section of

CFB Baden, both sections being overwhelmed by the additional workload related to the closure of the base.

Still serving overseas are Cpl Russell and Goodwin, both as augmentees to the administrative section of CFB Lahr and Baden respectively, as well as Cpl Wright a Finance Clerk who is currently serving in Lahr. All three are expected to return to Canada by the end of 1993.

In the recent years, Air Reservists from all units across Canada have taken an active role in various Air Force operations. From the Gulf War to Search and Rescue, the men and women of the Air Reserves are proud contributors to the Defence Activities of our Armed Forces. The contribution by the members of 17 ARAF to the CFE base closure program is a one example amongst many others of the genuine commitment to serve given by all Air Reservists.

# Studying Abroad In Latin America

## The Experience of a lifetime for Canadian students

**Montreal** — Over the years, many Canadian teenagers have gone on AFS programs to Latin American Countries, have lived with and become part of families for either a semester or a full year. Says Carol Arjoon, President of AFS Interculture Canada (Manitoba), "After their time in Latin America, students have commented that not only do they become fluent in Spanish, they also have the opportunity to understand this area of the world that is becoming so important as ties between North and South America grow." As a result of the experience, many students gain more confidence, learn to appreciate a new family lifestyle, and become much more aware of, and concerned about, the world around them."

be in danger due to political or economic difficulties. Host families are carefully interviewed and selected."

Students who return from the experience in Latin America have an in depth and practical knowledge of the Hispanic people as well as the Spanish language. Many who went abroad to Latin America are now in positions where they make use of this understanding in higher education and employment.

prides itself on fostering friendships that last for a lifetime. "I can't even begin to explain what I have gained from my experience. I definitely gained new independence and many new insights on my life. I made many close friends from around the world not to mention a wonderful welcoming family and the beautiful language, Spanish." said Karina a student from Simcoe, Ontario who just came back from a year in Venezuela.

*"I can't even begin to explain what I have gained from my experience."*

Some parents are hesitant to send their teens to Latin America because of security questions. "These are serious concerns," says, Carol Arjoon, "but the wonderful thing about AFS is that it provides a tremendous support for the students and host families. In fact, the hallmark of AFS Interculture Canada is the caring and support it provides to all its participants when it comes to living with a host family or adjusting to differences in culture and language. Students are never sent to areas where they will

Each year, AFS Interculture Canada sends about 300 students to more than 30 countries around the world. Says Carol Arjoon, "The students are generally 15 to 18 years old and are carefully screened by AFS Interculture Canada. There are no language requirements. AFS Interculture Canada looks for young people who are flexible and adaptable, with good academic records and a genuine interest in sharing their own culture and learning about a new one."

Students can go to study abroad to Latin America or a myriad of other countries worldwide on the Year Program, the Semester program or the Summer Program. Year and Semester Programs in all thirty countries provide homestay experience while the students attend the local high school.

AFS Interculture Canada is a not-for-profit educational movement that promote cross-cultural learning through worldwide exchange programs for students and families. As a member of AFS Intercultural Programs, it is part of the largest network of exchange organizations in the world.

For more information on these programs call, toll free, 1-800-361-7248.

AFS Interculture Canada

OFFICE HOURS  
Mon. THRU Fri.  
8:30 a.m. - 6:30 p.m.  
Sat. 8:30 a.m. - 1:00 p.m.

Please Call For Appointment

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718 Osborne Street - 474-2401  
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To All Military Personnel & Families

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1st time ever!!

# Wing Lotto

For only \$1.00 per week you can win 50 percent of all monies collected for that week in the Wing Lottery. Two draws are made every second Thursday around the Wing and the following lottery members have already won:

CWO Scott	\$135	MWO Fraser	\$135
Col Proulx	\$135	Capt Quick	\$135
Cpl Bray	\$115	Capt Walls	\$115
WO St Louis	\$115	MCpl Dean	\$115
Capt Talbot	\$110	Capt Murphy	\$110



Upcoming draws will be made 10 and 24 November and 1, 15 and 29 December.

Regular Force and Class C personnel can complete a pay allotment form or pay by cheque six months or more at a time. Class A and B personnel and civilians can pay by cheque six months or more at a time. To join, just fill out the form below and forward it to the Family Support Centre, Building Cl, 17 Wing, Westwin, Manitoba R3J 0T0.

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.



(L-R) Peter Armstrong - W Safety Officer, Maj Augustson - W EMEO, LCol Smith - W Log O, Col Proulx - W Comd, Russ Strutt - CE AirCom rep, Maj Thingvold - WCEO.

**WING EME'S NEW PAINT AND WELDING SHOP**

The Electrical and Mechanical Engineering workshop at bldg P-6 has a new building addition. A new wing consisting of a paint booth, paint preparation shop and a welding shop was added to the existing building. The paint booth has a "state of the art" down draft ventilation system that enables the workshop to operate well above safety and environmental standards. The quality of painting will be greatly increased because the paint booth environment can be controlled; i.e. pressure, temperature and humidity will remain at a desired level despite surrounding conditions. The layout of the

shop is such that the vehicle can be prepared for painting and driven directly into the next shop for painting without being exposed to outdoor conditions. The welding shop is a big improvement in that the shop is large enough to accommodate vehicles that require welding so that valuable floor space in the main workshop is not being used. This project was initiated in 1983 and after numerous studies, construction began in Nov 1992. The construction was completed in Sept 1993. The new paint/welding shop will enable painting, preparation and welding to be performed with increased efficiency and quality.

**Horsing  
around  
in the  
Officers'  
mess**



BGen Dziver, COS Support and the W Comd, Col Proulx show off their mounts during the Annual Wing Officers' Mess Dinner that was held on Thursday, 7 Oct 1993.

**IT'S HERE IN NOVEMBER !!**

**EVERY WEDNESDAY**

**IS**

**BUCK - A - BURGER**

**A JUICY 1/4 LB BURGER**

**FOR ONLY 1 BUCK**

**ADDITIONAL TOPPINGS**

**A REAL DEAL AT .30 EACH**

**MUSHROOMS, BACON, CHEESE**

**AND**

**A SPECIAL DEAL, EXCLUSIVELY WITH**

**THE BUCK A BURGER MEAL**

**FRENCH FRIES FOR ONLY**

**.89**

**DON'T FORGET TO ENTER  
THE DRAW FOR THE WEEKLY  
BUCK A BURGER PRIZES  
AND THE GRAND PRIZE**

**OF**

**"A GOLF BAG & COOLER"**

**PARTICIPATING FOOD SERVICE OUTLETS  
AIR COMMAND CAFETERIA  
LOCATED IN AIR COMMAND HQ BLDG**

**SNACK BAR 16  
LOCATED IN HANGER #16**

**CLUB 90 GRILL  
LOCATED IN BLDG #90**

**RINK RATZ  
Sporting Goods**

**Protective Equipment & Uniforms**

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



**Hours:**

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

**Summer Hours:**

Mon - Fri 10am - 6pm, Sat 9am - 3pm

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Telephone 489-8490**

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Saturday 8-4  
Closed Sun & Mon

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Winnipeg, Manitoba  
(204) 783-6288**



RAISING AWARENESS  
PROMOTING UNDERSTANDING  
**A GIFT OF HOPE**  
**Infertility & Adoption**  
**Conference**

November 19 & 20, 1993 - International Inn  
Info: 66 Ravine Dr. Winnipeg, Mb R2M 5M4 - 254-0301  
33 presentations cover many topics...

Infertility Treatment  
Agency, International & Private Adoption  
Parenting  
Supporting Pregnant Women  
Answering Childrens' Questions  
Open Contact in Adoption  
Inter-Cultural Families  
Adult Adoptee Issues

of interest to social workers, health professionals, lawyers  
educators, counsellors, as well as those touched by infertility or  
adoption.

More than 15 speakers  
featuring Patricia Irwin Johnston, M.S.

Internationally known infertility and adoption educator,  
author and publisher at "Perspectives Press" Indianapolis, IN  
Sponsored by several Non-Profit Organizations in Manitoba.

**AMARYLLIS CAMPAIGN**  
**NOW UNDER WAY!**

Volunteers of The Huntington Society of Canada, Manitoba  
Chapter have begun to sell the Amaryllis kits to raise public  
awareness of Huntington's Disease and to help fund services to  
families.

Colourful and exotic, they make lovely Christmas gifts. Each  
bulb comes unplanted in a gift box, including the soil, pot, and  
care instructions and sells for \$8.95.

Support us in our fight against Huntington's Disease! Call the  
Huntington's Disease Resource Centre at 772-4617 to order  
yours.

Thank you in advance for your support which is, as always,  
appreciated.

**17 Wing Curling Club**

18 Wing Penhold will host the 1994 curling championships  
24-27 Jan 94.

Personnel interested in entering a team for 17 Wing  
Winnipeg's curling playdowns are asked to contact Cpl Mackay  
local 6183 NLT 18 Nov 93.

Playdowns will be held:

21 Nov 1300-1500
22 Nov 1300-1500
02 Dec 0800-1600

Personnel entering a team must be able to attend on all  
specific dates and times.

**Deer Lodge Centre Auxiliary**  
**Christmas Craft Fair!**

Saturday November 6, 10am to 3pm  
at Deer Lodge Centre 2109 Portage Ave  
(parking off Woodlawn)

Handicrafts, home baking, refreshments,  
stained glass, silk flowers, wooden gifts, raffle,  
cookie grams, jewelry, toys, ceramics.

Crafts? Small Business? Baked Goods?  
Silent Auction? Woodworking? Leather Goods?  
**Giant Christmas Bazaar**

The 2PPCLI Junior Ranks Ladies Association is  
hosting a Giant Christmas Bazaar  
November 21, 1-4 pm, at  
Lipsett Hall, Kenaston Blvd.

Anyone interested in renting a table, the cost is \$15 per table.  
Please phone Marylou Delvasto at 889-3481.  
Reserve early, there are limited tables available.

Start thinking Christmas  
and come see what we will have to offer  
Everyone welcome!

**WESTWIN**  
**BADMINTON**  
**CLUB**

All military members, DND  
employees and the members  
of the recreation council are  
invited to join the club

**When:** every Sunday and  
Tuesday  
2000 hrs - 2230 hrs

**Where:** Lipsett hall  
gymnasium

**Cost:** free for above  
members

For more information  
contact:

Brian Wong - 5700  
Gilles Desjardins - 6713

**WOS' & SGTS' MESS**  
**CURLING BONSPIEL**

**Date:** 20 Nov 93

**Place:** CFB Winnipeg  
Curling Club

**Time:** 12.00 -18:00 hrs

**Cost:** \$13.00 per curler

Entry fee includes ice time,  
broom, food, and prizes

Bonspiel is open to all mess  
members and spouses

Only the first 64 paid curlers  
will be accepted, so please  
register early through the  
mess to avoid being a  
spectator.

**Registration cut off date is**  
**1500 hrs on 15 Nov 93**

**GARDEN**  
**CLUB**

Club members are  
reminded that the annual  
inspection of garden plots  
will take place on the  
**13 Nov 93** as required by the  
Club Constitution.

Garden plots are to have all  
vegetable tops, corn stalks,  
stakes and refuse removed  
from their designated plots.  
Failure to do so will result in  
the club maintenance  
committee cleaning the plots  
and member forfeiting their  
deposit.

**VOLKSMARCH**  
**GENERAL MEETING**

Held by the Windy City  
Wanderers Volkssport Club of  
Winnipeg

**Who:**  
All newcomers  
are welcome

**When:**  
09 Nov 93 at 7:30 pm

**Where:**  
RC Chapel  
CFB Winnipeg (N)

For more information  
please call 888-5307 any time  
after 5:00 pm

**Walk for Health,**  
**Fitness and**  
**Fun.**

**Support your Base Bowling Alley**

Located in Bldg 90  
Casual Hours - **Mon.** 7-9 pm,  
**Fri.** 6-8 pm,  
**Sun** 1-3 pm  
Costs - Adults \$1.25/game,  
Children \$1.00/game.

**17 Wing Ceramics Club**

presents an open house, crystal demonstration and sale  
on Sunday November 7, 1993

at 586 Whytefold Road  
from 1.300 - 3.300 pm.

Crystal from Princess House of Canada Ltd.

Great Christmas gift ideas. Raffle of a beautiful gold  
rimmed platter.

Coffee, tea, and pastries on us.

VISA, MASTERCARD, Post-dated cheques, money  
orders, cash and C.O.D.'s accepted.

**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.

**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 Cl

**Cost:** \$49.00

**PRE-REGISTRATION AND PREPAYMENT ARE  
REQUIRED FOR THE FIRST AID COURSES.**

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

# Un mot de l'Aumônier

Par l'Aumônier Roy

Ca vous est déjà arrivé de vous dépêcher pour vous rendre au magasin pour découvrir qu'à votre insu il est fermé depuis une heure; ou d'être pris pour faire la queue au comptoir ou dans une ligne de trafic, ou encore que la voiture soit en panne parce que vous avez oublié d'éteindre les phares.

Ces incidents ou d'autres semblables nous mettent en colère. La question est de savoir comment nous disposons de cette colère. Certains saisiront la première occasion qui leur est offerte pour s'en prendre à la personne qui est devant eux; d'autres ne se contenteront pas de paroles mais passeront à l'action et deviendront physiques, ayant la conviction que coûte que coûte ils ont à exprimer leur colère. Il faut reconnaître que la colère est quelque chose de dangereux car elle peut directement ou

indirectement nous détruire selon qu'elle s'attaque à nous ou à nos relations.

Pourtant, nous lisons au 3ème chapitre de l'évangile de Saint Marc que Jésus fut en colère: "Promenant alors sur eux un regard de colère, navré de l'endurcissement de leur coeur..." Il semblerait que cette colère de Jésus était plutôt une douleur face à une situation malheureuse.

Une colère légitime et saine est celle qui s'en prend à une situation plutôt qu'à une personne: se mettre en colère contre quelqu'un n'accomplit jamais rien car la personne qui est devant nous est probablement, quoique différemment, affectée par la même situation et notre colère contre elle ne ferait qu'aggraver la situation. Nous en tenir à la situation nous permet de canaliser nos efforts vers une solution.

Notre colère est au dedans de nous et c'est là qu'il faut y apporter un remède. Deux remèdes sont recommandés pour la colère: le premier c'est l'humour. Lorsque nous sommes en colère, la plus grande faveur que nous puissions obtenir est que quelqu'un nous fasse rire, car par le rire nous dissipons la Colère et rire c'est mieux pour la santé. L'autre remède à la colère c'est la prière et je ne fais aucune excuse de suggérer ce moyen même si peu de gens y croient; la vérité est que ça marche la prière; nous pouvons confier et même crier notre colère au Seigneur car il peut en prendre avant que ça lui fasse mal; il peut en prendre plus que L'on puisse lui donner. De prier notre colère nous force à nous interpellier en présence du Seigneur et c'est peut-être notre plus grand besoin.

Souriez, Dieu vous aime!!

## Annual Army Cadet Appreciation/Sports Tabloid

The 11th Annual Army Cadet Appreciation/Sports Tabloid was successfully held at Minto Armoury October 8 to 10. This special weekend, sponsored by the Manitoba Army Cadet League, was organized to recognize the contribution to Cadet Corps by sponsors, affiliated units, corporate sponsors and individuals, plus gave Cadets a chance to display their acquired abilities and be recognized for their training efforts.

Winners of the various awards were: the Strathcona Trust Shield for Physical Fitness (Winner Sports Tabloid) was Queens' Own Cameron Highlanders Cadet Corps; Runner-up in the Tabloid - Royal Winnipeg Rifles Cadet Corps; the Thompson Memorial Award for general efficiency to the best major cadet corps in Manitoba/Northwest Ontario - 71 Battery RCA Brandon; Strathcona Trust Challenge Cup for the best aggregate score in several competitions - PPCLI; Strathcona Trust Shield for General Efficiency to the best minor cadet corps - Sioux Hudson; Commander (Prairie Region) Certificate of Achievement to the top corps for training year 1993 - Sioux Hudson; Maj Stewart Trophy for most efficient NW Ontario Cadet Corps - Sioux Hudson; the IODE Flag for Rifle Comp to the best 5-person team, small bore rifle competition - PPCLI; Lt Charles French trophy, to the best 8-person team, small bore rifle shooting - PPCLI.

Individual awards went to Cadet WO Brohm, Sioux Hudson, as the Top Student Gold Star winner; and the Cadet Maj S.A. Magnacca Award to the best artillery cadet corp CO - Sioux Hudson.

Gold, silver, and bronze medals were presented to cadets who held senior positions on the Appreciation Parade held on Sunday, 10 Oct. The recipients were: Gold (Parade Commander) Cadet MWO S.A. Flett, Fort Garry Horse; Silver (Deputy Parade Commander) Cadet MWO Marr, Queen's Own Cameron Highlanders; and Bronze (Regimental Sergeant-Major Position) WO Parks, Queen's Own Cameron Highlanders.

Commissioning Scrolls were presented to 2Lt Eleanor Cadotte, Queen's Own Cameron Highlanders; 2Lt Stephen Hanley, Sioux Hudson and 2Lt Philomene Bushie, Hollow Water, MB.

Certificates of Appropriation for Outstanding Services were awarded to Maj Howard Mar, Prairie Region Director of Music; Norwood/St. Boniface Branch #43 Royal Canadian Legion and Fraternal Order of Highlanders of Canada Cadet Corps; and the Kiwanis Club of St. James, sponsor of PPCLI Cadet Corps.

## 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 IN OUR PAST		FAITH IN OUR FUTURE
----------------------------	--	------------------------------

Welcome...

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

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

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

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

**Meat Draws**  
Every Sat. 2 pm - 5 pm



### COUNTRY CLUB APARTMENTS

ARE A VACATION EVERY DAY!

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

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

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

## NEW ARRIVALS



Puzzled about Manitoba License Plates?

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

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



Call us or drop in to:  
Baldwinson Agency

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

## LA LEGION ROYALE CANADIENNE

### MESSAGE DU SOUVENIR DU PRESIDENT NATIONAL

Chaque jour du Souvenir est important pour les membres de la Légion royale canadienne, mais cette année, particulièrement, le jour du Souvenir assume une importance tout à fait spéciale car le 11 novembre, 1993, marque le 75<sup>ème</sup> anniversaire de la fin de la Première Guerre Mondiale.

Connue de temps à autre comme la "Grande Guerre", ou "la guerre qui mettrait fin à toutes les guerres", la Première Guerre Mondiale fut en effet une période de destruction terrible et de carnage inimaginable. Mais cette période fut aussi une période d'énorme sacrifice personnel. Il est à espérer que ce sera ce sacrifice qui sera commémoré le 11 novembre prochain.

Plus de 114 000 Canadiens et Canadiennes sont morts durant la Première ainsi que durant la Deuxième Guerre Mondiale et celle de la Corée, lesquelles suivirent beaucoup



trop rapidement. Ces Canadiens et Canadiennes sont morts afin de préserver la liberté et les valeurs que nous chérissons tellement.

Les générations courante et futures doivent prendre un moment pour se rappeler de leur sacrifice et rendre hommage à leur mémoire. De cette façon, nous nous assurerons que leurs pertes ne

furent pas en vain. Seulement en "gardant la foi avec ceux et celles qui ont donné leur vie", pourrons-nous le 11 novembre apprécier le prix qu'ils ont payé.

Le 11 novembre prochain, prenez le temps de vous souvenir.

J.W. Jolleys,  
PRESIDENT NATIONAL

## ACTIVITES FRANCOPHONES DE LA 17<sup>e</sup> ESCADRE.

Soirée sociale Francophone: Souper Rencontre, Anne Marie Cloutier au 832-2183, le prochain souper aura lieu le 16 novembre au Colosseo Restaurant Italiano 670 Corydon ave.

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 Grégorie au 489-7807.

Tous les vendredis matins venez rejoindre les Mini Franco Fun au 54 Bourwood

Les Mini Franco Fun iront au Village du Père Noël, le 7 décembre de 9h30 à 10h30. Pour plus d'infos contactez Mance au 885-1378.

Indépendant du Mini Franco Fun contactez le Lutin en chef au 233-8972.

### FETE DE NOEL DES ENFANTS,

pour les membres du Mess des soldats, caporaux et caporaux- chefs.

Le 12 décembre à 12h30, au Mess des soldats. Dîner: pizza, crème glacée et boissons seront servis.

Activités: Visages peints, spectacle de magicien et bien sur, la visite du Père Noël. 6\$ par enfants sera requis. Pour plus d'info contacter: CPL Marc Sills 833-6595.

## Centre culturel franco-manitobain

Des activités pour toute la famille

### MUSIQUE

Le Mardi Jazz \* Le Foyer presente \* En éclosion

### ARTS VISUELS

La Galerie \* Programmation scolaire \* Ateliers

### SPECTACLES ET FÊTES COMMUNAUTAIRES

Le Village du Père Noël \* Le Foyer du Père Noël Théâtre en Valise \* Salon du livre du Manitoba La Fête du Canada \* Le Festin du Vignoble

### AUTRES SERVICES

Le Café Jardin - restaurant \* Le Foyer - bar Terrasse Daniel - Lavoie \* La Boutique d'artisanat \* Salles de rencontres \* Salles de spectacles \* Salles de banquet \* Service de pourvoyeur \* Services techniques \* Ample stationnement gratuit

Appelez-nous au **233-8972**

Nous avons les ressources pour répondre à vos besoins!

Ccfm, 340, boulevard Provencher  
Saint-Boniface (manitoba) R2H 0G7

prix **Riel**



## 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

25<sup>ème</sup> 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 ballet Royal de Winnipeg entame sa saison 1993-1994 avec la gradiose production de la Belle au bois dormant. Le directeur artistique sortant, John Meehan s'est chargé de la mise en scène du ballet classique, collaboration de Tchaikovsky et du chorégraphe Marius Pétipa. Du 3 au 7 novembre. Billets: 956-2792, ou au guichet du BRW 380, av, Graham.

### EXPOSITION

Deux expositions bilingues et interactives, créées par la Cité des Sciences et de l'industrie (Paris), sont au Musée de l'homme et de la nature (190, av, Rupert) jusqu'au 30 janvier. Horizons mathématiques propose de faire des maths

avec plaisir tandis que L'esprit informatique cherche à faire comprendre les liens entre les personnes, les maths et l'informatique. Entrée:1\$

### EN FAMILLE.

L'heure du conte pour les enfants de 3 à 5 ans a repris à la Bibliothèque publique de ST Boniface, le mercredi à 18h30 et le vendredi à 10h30. Pour s'inscrire: 986-4332.

### A NE PAS OUBLIER

Le samedi 6 novembre à la salle Jean Paul-Aubry, la SFM présente le spectacle: Toasté des deux bords: de Janine Tougas. Pour acheter vos billets composez le 233-4915, ou le 1-800-665-4443.

Participez à la soirée gala et vous pourrez gagner deux billets aller-retour entre Winnipeg et Montréal.

### A LA RADIO

Le festival du voyageur lance la 5<sup>e</sup> saison de la ligue d'improvisation du Manitoba, chaque mercredi soir à 20h au Canot, 768, av Taché

### CATHEDRALE DE ST BONIFACE

Réunion de Message à la salle adio-visuelle, de 19h00 à 22h00

Pour plus d'info contacter la Cathédrale de ST Boniface.

**WORLD WAR II - A SONG OF FREEDOM!**

I sang a song of freedom for my lass and my ladd,  
 The fight to keep this country for Mother and Dad!  
 I grew up on a dairy farm that started at dawn,  
 The West coast and East coast - the salmon with spawn!  
 We don't want the enemy to think that we've been taken,  
 As we're camouflaged with the scenery, all is not forsaken!  
 I'm thinking hard and fast as I'm loading up the cannon,  
 I could come home in a box as I envision my dear wife Lana!  
 The sky is ablaze from warplanes, ships and ground troops,  
 Six years I've been here - once being free and footloose!  
 As the allies work together side by side,  
 There's a beautiful country called Canada back home that  
 we say with pride!  
 We're winning the war as I lay in this field hospital,  
 I thanked the army doctor who saved me - he was such a pal!  
 I won't quite make it home in a wooden box,  
 But I'll look forward to seeing my wife in her  
 Spring bonnet and curly locks!

by Carolyn Gibson

**Legion War Stats**

**WORLD WAR I**

1. 628,736 Canadians served.
2. 66,573 died and 138,166 were wounded
3. 2,818 were taken prisoner of war.
4. 175 merchant seamen died by enemy action.

**WORLD WAR II**

1. 1,031,902 male Canadians and 49,963 female Canadians served.
2. 44,927 died and 53,145 were wounded .
3. 8,271 were taken prisoner of war.
4. 1,146 merchant seamen died by enemy action.

**KOREA**

1. 26,791 Canadians served.
2. 516 died and 1,558 were wounded.
3. 33 were taken prisoner of war.

**THE GULF WAR**

1. 3,837 male Canadians and 237 female Canadians served.
2. There were no Canadian casualties during the Gulf War.
3. No Canadians were taken prisoner during the Gulf War

Sources: Department of National Defence; Veterans Affairs Canada. Queries regarding these statistics should be referred to these departments. March 1992.

*Remembrance Day  
 November 11*

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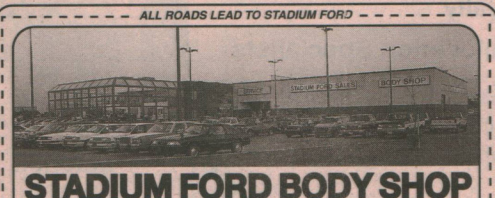


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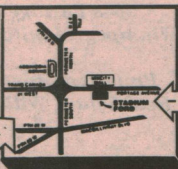
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Solid Maple table & 4 chairs \$150.00. Microwave and stand \$50.00. Ph: 889-0715.

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Complete waterbed package (super single size) with bookcase headboard, asking \$100.00. 50cc Yamaha youth dirt bike, asking \$200.00 Ph:896-6111 anytime before 8:00 pm or leave message.

Kitchen Aid Portable dishwasher. Ex cond. \$100.00. Ph: 832-9611, evenings.

**MISC FOR SALE**

Fisher Price Swing/Dorel infant car seat, infant seat, crib rest, "Even-flo 7 year" car seat, Brother Correct Ronic 50 Typewriter, and black office chair. For details Ph: 488-1362.

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# MANAGING YOUR MONEY - (Home mortgage)

By Harry L. Mardon

The cost of borrowing money is now at a 30-year low, which makes it mighty attractive to take out a residential mortgage loan.

Strangely enough, however, despite the widespread availability of mortgage funds at very reasonable cost, Canada's housing industry is only having a mild resurgence so far this year. The only exception to this disappointing picture is British Columbia, which is enjoying strong population growth and a good demand for housing.

In most other provinces Canadians are generally showing a reluctance to take advantage of the current low mortgage interest rates. The one-year rate now is down to

as low as seven per cent or so; some lenders even are offering mortgage money at below seven per cent. Three year rates are now slightly more than eight per cent while five-year rates are somewhat higher but still below nine per cent.

In other words, the cost of a mortgage loan is now about half what it was a few years ago.

Individuals, and families, appear to be well aware that buying a home is the biggest financial commitment they'll ever undertake. In boom times, when there's a general attitude of optimism, Canadians will barely hesitate before they take on a big mortgage commitment. So, until public confidence fully recovers from the business recession that plagued most parts of Canada

at the start of this decade, the demand for mortgages may continue to be lack-lustre.

That's too bad as right now is an ideal time to buy a home — whether you are merely wanting to up-grade your accommodation, in existing housing or planning to move into a newly built one. It's unlikely that interest rates will drop much below their current levels, and those rates are expected to start heading up late this year.

Most of the lending institutions are falling over each other in offering special incentives to would-be borrowers of mortgage funds.

But you should approach these offers with considerable caution. Don't be overly impressed by come-ons. What you should be looking for is a

mortgage lender who has a sound reputation for prompt, courteous and business-like behavior.

Remember, during the past few years one Canadian-owned bank and several big trust companies have collapsed. Several other major trust companies are under a cloud, because of a lack of confidence by the investment community in their top management.

Another challenge you have to face when you shop around for mortgage money is sorting out the various options you'll be offered by mortgage lenders.

You can't go wrong by sticking to the traditional basics. After you have selected a trust-worthy lender, negotiate the interest rate

you'll have to pay on the principal of the loan. That rate will be linked to the term of the loan — that is, the length of time you'll pay that interest rate, as well as the schedule of your payments.

The term of a loan can range anywhere from six months to five years. However, some leading companies offer terms as long as 10 years. The term shouldn't be confused with the amortization period of a loan. The latter, which is generally up to 25 years, is the total time it takes to pay off the loan completely. Of course, you can save a great amount of money if you have a reduced amortization period.

The sooner you clear off the mortgage, the more interest money you'll not have to pay to the lender.

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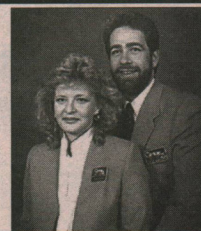


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