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VOL. 41 ISSUE 21

17 Wing Winnipeg / 17e Escadre Winnipeg

DECEMBER 1, 1993 / FREE

## Baby Matthew and the Hercules

HALIFAX — The four turbine engines throttled back as the CC-130 Hercules rumbled down the runway to the terminal of Charlottetown Airport. The neonatal transport team unfastened their seatbelts and began the preparations to exit through the rear-load door. The ambulance sat waiting on the tarmac.

The loadmaster carefully attended the team until they were clear of the door. They swiftly rolled-out the incubator. Soon it would be occupied and returning for the flight back.

The Neonatal Intensive Care Unit, Transport Team of the Izaak Walton Killam Hospital (IWK), Halifax, N.S. were now inside the ambulance with the incubator. It steered away from the whirling props and briskly left the tarmac to pick up its precious cargo.

Three hours later, word came from Charlottetown tower to standby. The ambulance and its tiny payload was on its way.

The Hercules' engines re-fired. "One...four...two...three," instructed Capt. J.P. Whelan through the cockpit intercom system. The power of the engines' rotations were felt throughout the aircraft.

The flight crew from 413

Transport and Rescue Squadron, 14 Wing Greenwood, N.S. completed their pre-flight checks and obtained weather and flight data from the tower for Charlottetown, Shearwater and Greenwood. All they could do now was wait.

"Tower to MEDEVAC 413, your ambulance has just entered the gates of the airport." There was a moment of silence...then...it happened—it appeared from behind the terminal.

This would be Matthew MacLeod's first trip in an airplane. It was also his first time being away from his parents. Matthew was only 15-hours old. He was born premature in Charlottetown at 12:52 a.m. on October 21.

Suffering from respiratory distress syndrome, it was vital that he be immediately transported to the IWK for further medical attention.

The Canadian Forces Hercules had been tasked from CFB Greenwood early that morning for the flight to Charlottetown, P.E.I. The five-member flight crew, two aeromedical nurses and two search and rescue technicians were airborne within minutes.

Hercules are almost 30 metres long and have a



Master Cpl. Wayne Gatza and IWK nurse Claudette Landry, attend to Matthew MacLeod during the flight from Charlottetown to CFB Shearwater on a CF Hercules.

maximum payload capability of 13,608 kg of freight or 76 passengers.

Used regularly for aeromedical evacuations, disaster relief, tactical airlifts and airdrops, and search and rescue missions, the "Herc" is considered to be one of the most versatile aircraft in use today.

Its primary task that day was search and rescue (SAR). At any time, the aircraft could divert from the aeromedical evacuation (MEDEVAC) of Matthew, although once the

baby is on board, only a full-scale SAR emergency could cause the aircraft to divert back to the primary function.

The aeromedical flight nurses helped the transport team out of the ambulance. Next came Matthew. The crew and the team guided the glass incubator up the ramp of the rear-load door.

Claudette Landry, an IWK transport team nurse, was then strapped to a secured stretcher that supported one side of the incubator. Nurse Landry

supported the other side.

"Our main goal is to get the child stable," said Landry. "You try not to let your feeling take over but it's hard, you feel bad for the child."

The rest of the team sat in their seats while they were fitted with headphones. Landry and the team were in constant contact. Nothing was left to chance.

The rear-load door closed. The crew and the team worked

Continued on page 2

## CHANGE OF COMMAND HMCS CHIPPAWA

By WO Lloyd Harris

A "Sea of Blue" with a little bit of green and light blue thrown in, was the setting for Ship's Company as HMCS CHIPPAWA held its Change

of Command Parade on 28 Sep 93. CHIPPAWA was saying goodbye to outgoing CO, LCdr E.F. Smith and welcoming aboard the new CO, LCdr D.R. Schultz.

The presiding Officer was

MGen E.W. Linden, recently promoted to his present rank and appointed as the Chief of Reserves and Cadets at NDHQ, Ottawa. Also in attendance was the Honourary Captain of HMCS CHIPPAWA, Capt (N) The Hon George Johnson, former Lt MGen of Manitoba who represented the outgoing CO who was unable to attend due to health reasons.

LCdr Elliott Smith joined the Royal Canadian Navy Short Service Course and entered the Fleet in October 1966. He has held various positions including the appointment as Commanding Officer of Canadian Forces Station Shelburne, NS from 1983 to 1986. In 1986 he joined CHIPPAWA as Staff Officer and assumed command of HMCS CHIPPAWA on 1 August 1990. LCdr Smith was promoted to his present rank on 1 Jan 76

and is currently serving in NDHQ as a Staff Officer in Director General Recruiting, Education and Training. All members of the Ships' Company extend to LCdr Smith and his family "fair winds and following seas."

LCdr Schultz entered the Naval family as a member of J.R.K. Millen Navy Cadet Corps and then enrolled with RCSCC CRUSADER rising to Chief of Corps. He joined the Naval Reserve in 1971 under the ROTP Cadet plan and has served with CHIPPAWA since. LCdr Schultz has served in numerous positions in CHIPPAWA up to and including the position of Executive Officer. He was promoted to his present rank in 1981 and assumed command 1 July 1993 of HMCS CHIPPAWA.

During the ceremony a number of presentations were made. MS P. Robitaille, MS O.

Linton and LS T. Doyle were presented with Canadian Forces Decoration. The Coxn, CPO1 G. Wilson, on behalf of the Ships' Company, presented a gift of a stained glass crest of CHIPPAWA to LS T. Smith who accepted on behalf of her father.



LCdr Schultz signing official documentation assuming Command of HMCS CHIPPAWA. From left: Capt (N) The Hon G. Johnson, MGen E. Linden, and LCdr D.R. Schultz.

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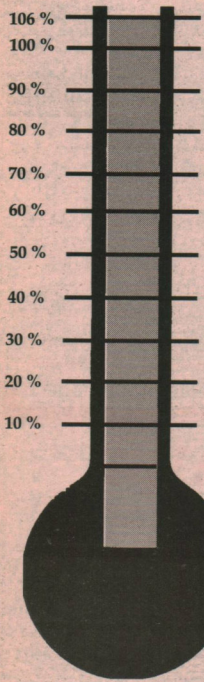
# UNITED WAY '93 a Huge Success

In 1993, 17 Wing again played a key role in a proud accomplishment for the City of Winnipeg.

Our support of the United Way campaign raised \$66,876 from the military and civilian employees of 17 Wing. This figure equates to 106 percent of our goal of \$63,000 and is remarkable given today's difficult economic climate. 17 Wing and its associated units have historically been the first government agency to meet the annual canvassing goal and has done so again this year. Our achievement is especially important to the United Way of Winnipeg because we rank among the top ten contributors for the City of Winnipeg.

On behalf of the thousands of people who will be helped by the funds raised I want to say thank you for your generosity.

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providing a lifeline of services to the people who need it most in Winnipeg. Every day over 60 agencies reach out to help victims of violence and abuse, strengthen families, promote self sufficiency, improve health, and help people with disabilities, kids at risk and vulnerable elderly. Experienced volunteers who are knowledgeable about local needs will monitor agencies and make sure your money is well spent.

Every cent from all dollars donate to the United Way will be distributed back into programs and services because all administration and fundraising costs are covered by lottery revenue from the Government of Manitoba.

You can certainly take great pride in knowing that you are helping to address some of the critical issues present in our community. Thank you for making a difference.

## OUR GOAL

**\$ 63,000.00**

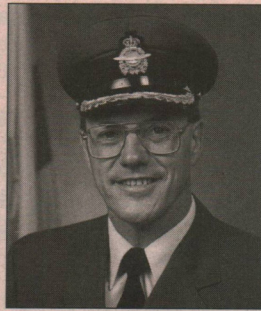


**United Way**

## CONTRIBUTIONS

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# WING COMMANDER'S HOLIDAY MESSAGE



WComd, Col Proulx

During the next few days we will all get more and more into the spirit of Christmas and start enjoying all the festivities that go with it. Every member of the base has certainly earned the coming break, and I encourage all to take time to relax and recharge the batteries for the New Year.

As usual, there will be plenty of occasions to celebrate, both on the Base and at other places of entertainment. I

*"the responsibility to drink sensibly rests with each of us"*

increased vigilance at the gates and around base. Everyone knows the rules in this respect.

We must remember, however, that the

would like to take the opportunity to impress on each of you, military and civilian, how important it is to exercise care as we celebrate so that we do not spoil Christmas for ourselves or our families by overindulging. Drink moderately, if at all, and "if you drink, don't drive!" The law on impaired driving in this province is harsh, not to mention the terrible consequences of having an accident while impaired.

The MPs will be helping us avoid these problems again this year by exercising

MPs can't check everyone; so, "the responsibility to drink sensibly rests with each of us."

And remember: anyone who gives the MPs a hard time about finding alternative transport, or who has to be stopped twice, will get no sympathy the next day.

This ought to be a happy time for all of us and for our families. I sincerely hope that your Christmas holiday will be a safe and joyous one, and that it will be the beginning of a happy and satisfying New Year.

**Baby Matthew**  
Continued from page 1  
together to ensure that Matthew's first airplane ride would not be his last.

After take-off, the Hercules climbed to 10,000 feet. The skies opened wide for MEDEVAC 413, now headed for CFB Shearwater and an awaiting ambulance.

Matthew was stabilized but his condition remained critical. The proper amount of natural protection within his lungs hadn't yet developed.

The transport team nurses and the aeromedical flight nurses stayed by his side. The task at hand was daunting and the need for their attention to detail relentless.

Communication between the team and the crew through their headphones was brief and to the point.

Conversation between the flight crew, however, became tense. They now expected rough weather at 10,000 feet.

They requested 8,000 feet, but it soon became apparent that it was still too rough.

Finally, the pilot and his flight commander, Maj. Jacques Robitaille decided that the most stable ride would be at 6,000 feet. The Hercules descended, but they still weren't in the clear.

Capt. Peter Fedora alerted the pilot that there was a heavy pocket of rain at 3 o'clock, off the aircraft's right side. The aircraft was now in visual sight of Shearwater. The rain held off just long enough to land. All 70,000 kg of Hercules touched down smoothly at Shearwater.

"Because it's a big plane its stable," said Landry after the flight, "You try not to think of your tummy. You're just too busy. Your eyes just go everywhere."

Landry, her team and the flight nurses transferred Matthew onto the awaiting ambulance. Even the two

search and rescue technicians lent a hand lifting the incubator off the aircraft.

"We couldn't believe such a huge airplane was coming to take Matthew to Halifax. All for our one child," said Paul MacLeod, Matthew's father, after the MEDEVAC was complete.

Now resting at the neonatal-intensive-care ward at the IWK hospital in Halifax, Matthew is in stable condition and his father says his son is doing very well.

"It's our first son," said MacLeod, "and it feels special to live in a country like Canada where someone would do all this for my son."

Article submitted by,  
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Assistant Public Affairs  
Officer  
Department of National  
Defence  
Public Affairs — Atlantic

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# STARWATCH

By Jim Bryce  
**THE PLEIADES**

This small dipper shaped open cluster of blue white stars is one of the most beautiful groups of stars in the sky. Pronounced Plee-ad-ees, it is not a constellation in its own right as it lies within the boundaries of the constellation Taurus. The stars in the group are named for Atlas, his wife Pleione and their seven daughters, and the cluster is sometimes called the Seven Sisters. In an astronomy book entitled, "The Call of the Stars", published in 1914, John Kippax writes:

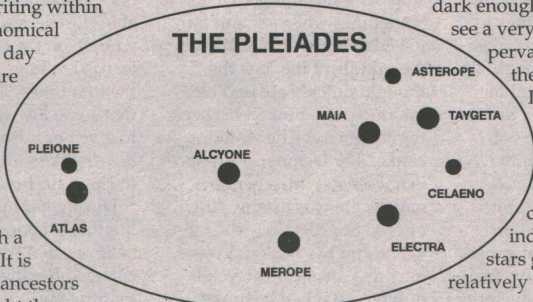
"The six which are plainly visible to the average eye are Alcyone, Maia, Electra, Atlas, Merope, and Taygeta, while Celaeno, Pleione and Asterope hang on the verge of visibility. While many people can see seven, and moderately keen eyes count nine Pleiades, exceptionally keen-sighted stargazers distinguish anywhere from eleven to

fourteen."

This is a very interesting statement because today, a keen eyed observer in a dark sky location will see seven stars at best. Kippax was accurate in his writing within the state of astronomical knowledge in his day and nine names are hardly likely to have been assigned to a cluster where only seven stars at best are visible so we are left with a bit of a mystery. It is unlikely that our ancestors had keener eyesight than we do, and over the four thousand years of recorded observation of the Pleiades, it is unlikely that the stars have dimmed to such a degree. The answer must lie in the fact that our night sky suffers from light pollution over large areas of the globe and in addition has become less transparent due to other man made pollutants.

## FINDING THE PLEIADES

At ten PM in early December, an hour earlier by mid month, look due South about 30 degrees above the horizon. The bright star



Aldebaran will be the most prominent star in the area. The Pleiades lie less than one open hand span northwest of Aldebaran and cover an area scarcely larger than twice the diameter of the full moon. First see how many stars you can see with your unaided eye. Next, look at the cluster through a set of binoculars. If

you have never done this before you will be startled at the number of stars that become visible. Observers with telescopes will be able to see even more and if the sky is dark enough, may be able to see a very faint luminosity pervading the area of the bowl.

Photographs of the cluster reveal that the brighter stars are shrouded in glowing gas clouds, an indication that as stars go, they are relatively young.

## THE EVOLUTION OF STAR CLUSTERS

The Pleiades lie 500 light years from the Earth and the cluster has a diameter of approximately 15 light years. The obvious similarity of the stars, their proximity to one another, and the fact that they share, on average, the same proper motion clearly indicate

that they have formed very recently from one large cloud of interstellar gas. The stability of such groupings over long periods of time is an interesting field of study. When stars are so close together, from time to time close approaches between two of them must occur. In this situation if one picks up velocity through gravitational interaction it will be ejected from the cluster. A number of other effects come into play as well but compared to the loss from close approaches they are small in effect. It is calculated that a cluster like the Pleiades has a lifetime, as a cluster, of from one to three billion years. The finite lifetime of clusters explains why we do not see more of them in the sky, but on the other hand, a billion years is still a long time. If the weather is not good this December you can wait until January to see how many Pleiades you can see. The cluster will still be there.

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## “If He Does It Again, I’ll Leave.”

By Rhonda Roy reprinted with permission from *The Lookout*

This is the fifth of a six-part series on alcoholism in the military. The series appeared earlier this year in CFB Esquimalt's base newspaper, *The Lookout*. The writer, a co-op student from the University of Victoria, spent time at the CF's west coast Addiction Rehabilitation Clinic talking to patients, family members, and staff.

“If he does it again, I’ll leave.” This was Dianne’s motto, and the unofficial motto of every practising alcoholic’s spouse. The words echo bleakly through time and generations - empty words from the mouths of tired and resigned family members. “My serenity just went out the window,” continues Dianne, “it’s like jumping out of a plane, falling and hitting bottom.”

This is a bad day for Dianne. Her husband had a dual celebration the previous evening. He decided to celebrate six

months of sobriety and Valentine’s Day with a few drinks. That old, familiar twisted knot is back in Dianne’s stomach. It is a sickening feeling of lost trust and waning hopes. She clings to the hope that her husband is one of the ARC graduates whose relapse into drinking becomes therapeutic, a process by which the last stages of doubt and denial are removed.

The CF’s Addiction Rehabilitation Clinic differs from civilian treatment programs in that family members of the addict also receive treatment. These people have often lived silent lives of hell, denying their own needs and repressing their true feelings as they covered up the havoc wreaked in their homes and their lives by the alcoholic.

Dianne gets “goose bumps” when she talks about ARC. Before ARC, she was the kind of wife who was happy when the ship sailed; who was thankful that she and her husband had no children to suffer with them. There were times

when he came home that she ran through the house ahead of him, changing all the clocks hours ahead to convince her husband that it was time to stop drinking and go to bed. Sometimes when she put him to bed at night - or maybe in the middle of the day, the thought quickly crossed her mind to place him on his back, thinking maybe he would choke. For Dianne, a soft-spoken woman with a gentle nature, life was insane, ARC offered hope.

She and her husband were having a few beers at a club downtown when he broke the news to her that he was going into ARC’s west coast facility for treatment. He wasn’t very happy about this turn of events, but to Dianne there was finally “a light at the end of the tunnel” and the possibility for a better life. She believes her husband should have been “volunteered” for ARC a long time ago.

To Dianne and the other patients, ARC became “a safe house” that no one wanted to

leave. She was always tired and drained at the end of the hectic days, but she learned a lot about herself and why she was living with an alcoholic. She experienced an indescribable closeness with the other women on the course. She learned to hug. She cried for the first time. She believed that someday she could be able to give her husband a genuine heartfelt kiss, rather than a kiss to check his breath for alcohol.

During her husband’s six months of sobriety, Dianne believed that ARC had changed her life at home. Her marriage was 100 per cent better, she said. “I can go out with friends or to a movie, I don’t have to be scared to go home.” But the optimism was strained with caution as she studied her husband’s reaction every time a beer commercial came on television. She worried that he was stockpiling for a future drunk when he returned from every deployment with a duty-free bottle to add to his collection. And he was still tending bar on the ship. But regardless

of her concerns, fear, and anxiety, when asked what her and her husband’s future plans were after ARC treatment, Dianne summed it up neatly and confidently: “We are going to stay together.”

Life is not going as smoothly as Dianne had cautiously hoped. But she is different now. This time when she left work in tears to confirm that her husband was at home drunk, she didn’t stay around to yell at him. Instead, she and a friend attended an Al-Anon meeting. Dianne says that she has “learned detachment, to walkout ... to put my life in perspective.” There were three other women crying at the meeting that night.

Dianne is trying to understand that alcoholism is a disease, trying to quell her bitterness and grief. She knows her husband’s career is on the line, that life is always uncertain: “The circle is complete on the roller coaster now,” a tired and resigned Dianne says, “but having the group (Al-Anon) is unreal.”



Cpl Jerrett receives the trophy as the Top Overall student from Capt J. R. Godin, Acting Commandant of the Canadian Forces Junior Leadership School Penhold

### TOP STUDENT ON JLC

Cpl Janet Jerrett, a traffic tech with 17 Wing Transport, won honours as the Top Overall Student and received the Top Academic Award on Junior Leader Course 9304. Col J. D. Hunter, Deputy Chief of Staff Training Production, Air Command Headquarters, presents Cpl Jerrett with the Top Academic Award.



Well done Cpl Jerrett!

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# MILITARY POLICE TRAFFIC ENFORCEMENT

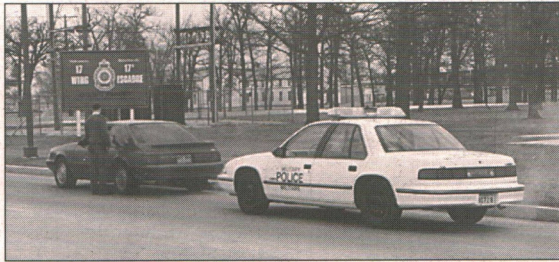
A predicament most people would want to avoid! But the Military Police have various duties to perform, one of which includes enforcing traffic regulations.

The MP's enforce traffic regulations under the Government Property Traffic Regulations (GPTR's), QR&O Appendix III, pursuant to the Manitoba Highway Traffic Act.

All persons found committing a traffic offence while operating a privately owned motor vehicle (POMV) within the jurisdiction of 17 Wing shall be served with an Appearance Notice issued by the Military Police. The recipient of the Appearance Notice must appear before a Magistrate at 373 Broadway Ave, Winnipeg at which time the accused can enter a plea of guilty or not guilty.

Convictions under the Highway Traffic Act result in points against the driver's licence, while convictions under the GPTR's have no such repercussions.

Speed limits at 17 Wing range from 30 km/hr to 50 km/hr, however, the



maximum speed limit is 50 kph unless otherwise posted.

As many people are perplexed about the jurisdiction of the Military Police, this should clarify the confusion. With respect to traffic violations and traffic violations only, jurisdiction begins North of the intersection of Silver Ave and Whytewold Rd and continues North to Saskatchewan Avenue. Winnipeg Police have primary jurisdiction on the roadways within the military housing area (PMQ's) around Braintree Cres, Cornwall Blvd, Jameswood St, Bourkewood Pl, etc.

On the East side of the Wing, jurisdiction begins on Sharp Blvd about 430 meters North of Ness Ave. The remainder of

Sharp Blvd belongs to the City of Winnipeg, thus Winnipeg Police have complete authority. It should be noted, however, that Moorgate St, Conway St, and Silver Ave are within our boundaries.

Plans are underway to extend the jurisdiction throughout the PMQ area, thereby enabling the Military Police to better serve and protect our military community.

Again, these jurisdictions apply only to traffic violations. It does not include jurisdiction in relation to criminal offences, as this is covered as a completely separate issue.

For further information or clarification, contact the Military Police Court Clerk, Pte Tighe at 833-5104.

## CFANS UPDATE

After spending several weeks as the Wing Commander's Executive Assistant, Capt Anil Mohan happily returned to the Nav school. According to the normally independently minded Mohan, it was a humbling experience always having to rely on the expertise and assistance of other people to get the job done. Said Anil, still shaken from his experience in the Wing Commander's office, "It sure is nice to be back at CFANS where I'm not constantly needing advice." Word of Mohan's self-effacing comments were met with understandable disbelief by co-workers at the school.

Commented a puzzled Capt Brad Coates, "I find it strange that Anil would take input so readily. He never listens to me and I've been trying to give him advice ever since I met him."

Hey Brad, did you ever think that's because he's looking for 'good' advice?

In the allegedly true but probably false department, 2Lt Kurt Lalonde of the 9306 'Biters' has apparently been using his sextant case as a lunch box on recent trips. "Geez! It looks really swell and you sure can get a lot of stuff in there," said a befuddled Lalonde when confronted on the matter.

Offered longtime acquaintance Greg "the snitch" Skotnicki, "Kurt always could make more use of a sandwich than a sextant."

On the sports front, some CFANS hockey players recently enjoyed the luxury of playing at the Winnipeg Arena. Not wanting to miss perhaps the

biggest moment of their hockey careers a video recorder was brought along to preserve the moment. The following day after watching the video, Capt Bert "Where did the puck go?" Fenton became disgruntled with his limited exposure. Said Fenton, "Watching that film you'd think I wasn't even in the game."


"I'm sorry that I offended the Fent, but they told me to stick with the play and he just never seemed to be in it," blurted an apologetic cameraman.

Following the recent Halloween Party at the Officer's Mess, Capt Dave "Kramer" Malinski was seen brushing up on his low level nav as he searched the premises for a misplaced flight suit. Rumor has it that Dave arrived at the Mess without a costume. However, he was so taken in by the atmosphere that he quickly improvised and stripped down to his long johns. The decision appeared to be a good one until it was time to go and the whereabouts of Dave's clothes came into question. "It's amazing how quickly the thought of a late night jaunt through town in your underwear clears your mind," said Dave.

Much deserved congratulations are in order for Course Director Capt Bert Troisfontaines and all nine graduating members of course 9209 for a job well done. Best of luck on your respective squadrons.

Overheard from Lt Andrew Skinner on his way to 407 Squadron, "Hey Stuckless just where in the heck is Pickle Lake anyway?"





## CHRISTMAS AND BLOCK PARENTS

### CHRISTMAS VERSE

Unlike the rooms in Bethlehem town  
 There are places for children here.  
 Block Parents who use their Red and White signs  
 Have room in their homes all year.  
 Little ones when they are hurt or lost.  
 Or frightened or bullied can go  
 To the house with the sign that's plainly displayed  
 Block Parents will help, they all know.  
 This is a "Thank You" to all Block Parents  
 For your love and Community Care.  
 May your holiday season be filled with joy  
 And happiness throughout the New Year.

### BLOCK PARENT

**B**ecause you are very special  
**L**et us have this chance to say  
**O**ur thanks go out to all of you  
**C**hristmas and every day  
**K**ids in our town feel safer

**P**arents can feel it too  
**A**nd all of this we hope you know  
**R**eally happened because of you  
**E**ach of us is wishing you  
**N**ice times, good friends and good cheer  
**T**hanks again for making this.

## A MERRY CHRISTMAS AND A GREAT NEW YEAR

### A THIEF DOES NOT TAKE HOLIDAYS

During this time of year we all enjoy the visiting and travelling that goes hand in hand with the season.

'Tis the season to enjoy but consider that shoplifting and theft in general increase each holiday year. It seems that the busier we get, the busier thieves get and the happier they are.

The Security and Military Police Squadron wish to point out a number of their related reminders that may help keep you from becoming disappointed due to a theft over our holiday period:

1. When you leave your vehicle, ensure that it is locked;
2. Place parcels in your trunk or cover them if they are left inside your vehicle. (Out of sight... out of mind).
3. Before you go away, be sure that your home is locked and secure.
4. When you are at work, secure your valuables (ie: purse, wallet etc.).
5. Treat your credit cards like cash... that is how thieves treat them.

The Security and Military Police Squadron wishes you and your families a Merry Christmas and a Safe and Happy New 1994.

If during the season you require any assistance and or information, please feel free to contact this SAMP. 833-5204.

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MFRC Board Chairperson Rae Rankin and Discovery Toy Representative Joan Leppik checking out the toys.

## MFRC RESOURCE LIBRARY

A great big thank you to all Winnipeg military community members who came out to support the grand opening of the Resource Library. The Resource Library consists of a toy lending library and community resource materials.

With your purchases of Discovery Toys, the Toy Lending Library now has an additional \$100.00 worth of toys to loan out. The Resource Library is open Tuesdays 1:30 - 3:30 pm at Lipsett Hall Children's Centre. The membership fee is \$10.00 per year. You may borrow two toys for a two week period.

Come down next Tuesday afternoon, have a cup of coffee and check out the exciting new service offered to you by the MFRC. For more information, please call 833-6870.



## ANNOUNCEMENTS

### CHRISTMAS HAMPER PROGRAM

The Military Family Resource Centre is once again co-ordinating a Christmas Hamper program for military families who need a helping hand to get through the holidays. For more information about making donations, or to refer a family, call Val Hudson at 833-870. Any referrals will be held in strictest confidence.



L to R: Joan Neath and Ellen Locke are the teachers at the Lipsett Hall Nursery School. Wendy Richardson is the in-house child co-ordinator.

MILITARY FAMILY RESOURCE CENTRE

### LIPSETT HALL NURSERY SCHOOL

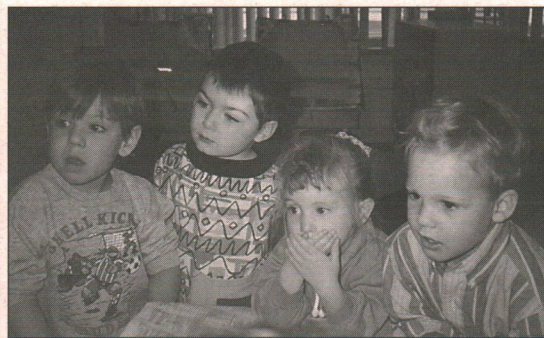
The Lipsett Hall Nursery School operates every morning of the week. We offer a program for four-year olds, three mornings a week and a program for three-year olds, two mornings a week.

Our program provides the preschooler a chance to develop socialization skills and enjoy a positive pre-school environment through music, crafts, games, activity centres and stories.

Joan Neath is our Nursery School teacher. She has worked in a nursery school setting for several years and has a teaching education background. Her special strengths lie in her artistic ability and her excellent organizational skills.

Ellen Locke is the co-teacher and like Joan has worked with nursery school children for several years. She also runs Creative Tot Shop, a program where moms and children can share crafts, stories and music on Wednesdays afternoons. Ellen brings lots of energy and ideas to our programs.

Both women are military spouses and bring an understanding of the issues that are special to children of military families. Ellen and Joan both demonstrate a genuine interest and affection towards the children and are dedicated child care professionals.



Nursery School is fascinating.



Our outdoor climbing structure provides lots of fun for the children.



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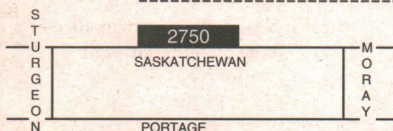


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## OPEN HOUSE

Military Family Resource Centre

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14 December 1993  
at 1:00 to 5:00 pm

Come down and visit us.

Children Welcome

# 17 Wing Judo Club News

By Steve Broughton, President

Well our first two months of operation are behind us. Believe me it has been a very busy time. The Club Executive, Instructors and all our Club members have made the Club a great success. We presently have 90 members both male and female. The club cannot take on any more

associate members at this time however any military members and their dependants, plus base workers are more than welcome. Classes are: Mondays 1900 - 2030 hrs (Youth), 2030 - 2200 hrs (Adult), Thursdays 1930 - 2200 hrs (Adult), plus Saturdays 1000 -1200 (Adult/ Youth combined) competitive training. All classes are held at Lipsett

Hall in the Hydra gym. Annual Club fees are \$40 plus GST Adult. \$20 plus GST Youth. All members are required to join Judo Manitoba, annual cost \$15 adult, \$10 youth.

On the 6 November, 18 of our members entered the Annual Brandon Tournament. Many were competing for their first time and all did very well. Clubs from Manitoba, Ontario and Saskatchewan all know we now exist. I had many compliments from other Club coaches regarding the excellence of our competitors. We brought back a total of 10 medals, demonstrating a big impact made by the Club. This is a list of medal winners and competitors. The clubs most outstanding Judoka (student) was Richard McArthur. Richard was defeating belts much higher than his own grading.

Elinor Marks BRONZE  
Girls novice -40 kg

All those who competed with distinction:

Ron Marks, Maren Marks, Jessica Delaney, Heather MacLagan, Michael MacLagan, Tania Larose, Przemek Gwozdz, Kenneth Kohinski, Doug Hoyle. Congratulations to all of you.

On behalf of all members, many thanks to Wing Transport for providing us with a bus and driver. A total of 40 people attended.

Our next tournament will be held at the University of Manitoba on 11 December 93, and all of our competitors are training very hard.

For those of you who have considered joining, no one is obliged to compete. Those who do, do it for fun. If you require further info please call Sgt Steve Broughton (home) 897-0630 (work) 5214 or drop in and watch the club in action on Mondays, Thursdays and Saturdays.



17 Wing Judo Club Adult Competitors  
Brandon Tournament 1993



17 Wing Judo Club Youth Competitors  
Brandon Tournament 1993

- Richard McArthur GOLD  
Mens novice -71 kg
- Richard McArthur SILVER  
Mens JFF -71 kg
- Serge Thibeault SILVER  
Mens novice -71 kg
- Tyler Hunt SILVER  
Boys novice -55 and -50 kg combined
- Steve Broughton BRONZE  
Mens senior +95 kg
- James Broughton BRONZE  
Boys novice -55 and -50 kg combined
- Brian Kohinski BRONZE  
Mens novice -95 kg
- Norbert Pachet BRONZE  
Mens novice -65 kg
- Joanie Larose BRONZE  
Girls novice -35 kg

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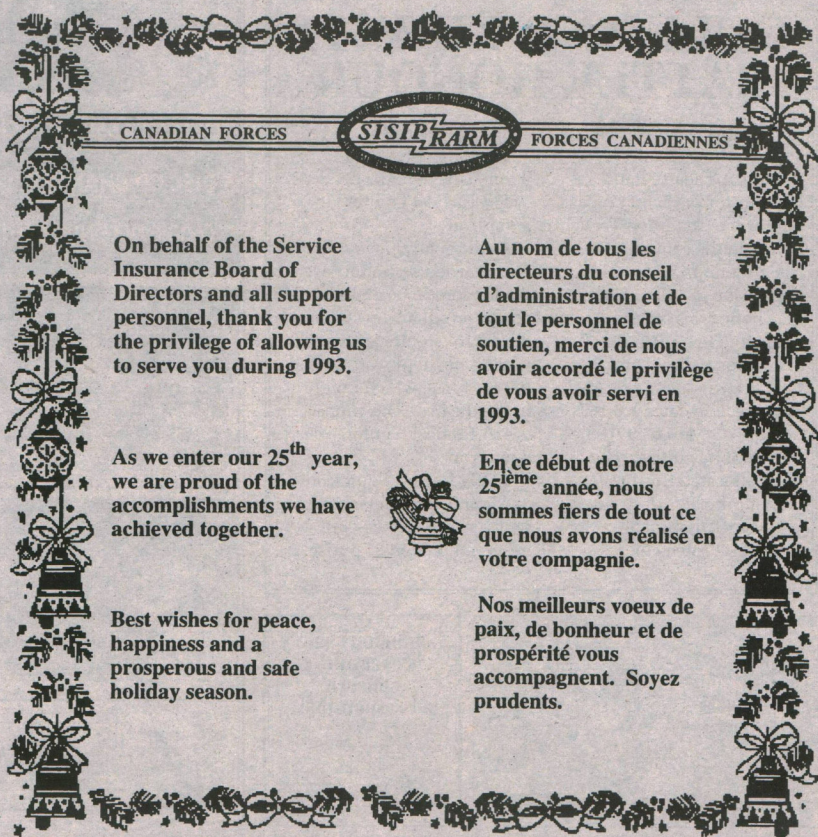
As we enter our 25<sup>th</sup> year, we are proud of the accomplishments we have achieved together.

Best wishes for peace, happiness and a prosperous and safe holiday season.

Au nom de tous les directeurs du conseil d'administration et de tout le personnel de soutien, merci de nous avoir accordé le privilège de vous avoir servi en 1993.

En ce début de notre 25<sup>ème</sup> année, nous sommes fiers de tout ce que nous avons réalisé en votre compagnie.

Nos meilleurs voeux de paix, de bonheur et de prospérité vous accompagnent. Soyez prudents.



# MANITOBA WINTER GAMES

By P. Armstrong

Another Manitoba winter is upon us. The snow, winds, subzero temperature, poor driving, poor walking, dangerous working conditions are all too familiar to us. Every year there are deaths or injuries attributed to our "famous" winters. At 17 Wing there are an average of twelve (12) injuries and fifty (50) days lost time due to injury on duty during the slippery season.

The following is an excerpt of an article written for "Roundel" by Mr. Jeff Helps, Command General Safety Officer:

"If the past foretells the future then a large number of us will have it reaffirmed this winter that humans were never meant to walk upright. The law of gravity is quite specific on this point. When you step (or get pushed) outside that narrow envelope called "balance" the law requires you to head directly and rapidly towards the centre of the earth. This headlong flight is only halted by contact with solid objects such as the ground. Although slips and falls occur all year round (did you clean up that small amount of coffee you spilled?) it is during the winter that injuries caused by falls is most predominant.

Friction (or more accurately the lack there of) plays a predominant role in producing an instant horizontal. Icy walkways, parking lots and steps tend to prove time and time again that service "Oxfords" and most high heels were not field tested in Inuvik. When

choosing footwear on a winter day a good question to ask is "would I wear these on a skating ring?" If the answer is "no", consider wearing something else to work and changing there. Footwear or over-shoes with a good tread can go a long way to preventing a fall. Now might be the time to replace, or have resoled, work boots which have the treads worn out. Supplies of salt or sand are usually prepositioned in areas where ice buildup is a problem. The buzz word here is "First on hand salt the land". Don't wait for someone else to throw a handful of traction down, do it yourself.

Although slips and falls are at top of the winter "hit" parade, exposure related injuries are up there too. When the weatherman says that the temperature is cold with a wind chill factor of darn cold, believe it and dress accordingly. There are a number of sources of information on identifying and treating frostbite, I'll not repeat them here - suffice to say that if you work outside, check yourself and your co-workers frequently for signs of frostbite and take appropriate action immediately.

Remember that your nice warm automobile can quickly turn into a deep freeze if the engine fails. Plan for the fact that your journey may be unexpectedly interrupted and keep a blanket, sleeping bag, some candles or other means of keeping warm, in your car throughout the winter months. Should you get stuck in the snow, only run the engine for

short periods and make sure that snow is cleared away from the exhaust pipe. Don't go to sleep with the engine running because at best you'll run out of gas and at worst you won't wake up.

Winter isn't all about bad news and winter sports abound. Make sure that you wear the proper gear for whatever sport you are participating in. Snowmobilers and cross country skiers should carry survival equipment and make sure that you tell someone where you are going and when you will be back so res-

cuers know where and when to look for you.

Your Wing General Safety Officer, Preventive Medicine Technician, and other safety and health professionals can provide you answers to most other winter related questions with the exception of explaining to me why I moved from Victoria to Winnipeg. Until next issue stay warm and remain unstanding (as opposed to falldowning)."

Mr. Helps has said it well. There are precautions that can be taken to ensure that we get through winter unscathed.

Proper winter clothing including footwear is available either as issue or for purchase.

Pamphlets for Emergency Preparedness Canada and Emergency Measures Manitoba have been distributed to sections and there are a couple of excellent VHS tapes concerning cold weather from the Wing General Safety Officer. Have a safe winter, its only five months or so until the golf courses open!

## GULF AND KUWAIT BATTLE HONOUR

The Governor General has approved the creation of a Canadian Theatre Battle Honour for participation as part of the Coalition Tactical Forces in the campaign to free Kuwait from Iraqi aggression in 1991. The area boundaries are the Arabian (Persian) Gulf (including Bahrain and Qatar), Kuwait and Iraq. The effective dates are 16 January - 3 March 1991, the period of hostilities. The units allocated this Battle Honour are:

- HMCS Athabaskan
- HMCS Protecteur

HMCS Terra Nova  
423 Helicopter Anti-Submarine Squadron  
439 Tactical Fighter Squadron

Additionally, Two units are awarded an honorary distinction (to be emblazoned on squadron standards) for significantly reinforcing the deployed tactical fighter force, which fought in the theatre. They are:

416 Tactical Fighter Squadron  
437 Transport Squadron  
All units and detachments which served in the Gulf deserve the highest praise.

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# SIGNALLERS IN BOSNIA KEEP PEACEKEEPERS CONNECTED

By Capt Bruce Stock,

The farther afield our peacekeepers are sent, the more vital their communications with Canada become - and the more difficult. But thanks to a small group of Canadian signallers and their expertise in satellite communications, Canada's 1,000-member contingent in Central Bosnia, CANBAT 2, is well connected.

The role of the National Rear Link (NRL), is straight forward but demanding: its five-person team oversees all communications links between Canada and CANBAT 2 - and they do it 24-hours-a-day, seven-days-

a-week. The link is tied to the CF's national command and control system that provides secure and unsecure voice, data, and fax communications around the world.

"Some of our equipment such as the Intelsat (international telephone satellite) is more or less the most sophisticated the Canadian Forces have," says Cpl Ray Gregory, from 702 Communications Squadron at CFB Petawawa. The Intelsat has two voice or facsimile links that carry all military messages by satellite to the CF's national automated data defence

network (ADDN).

As a primary backup, the NRL has an International Maritime Satellite (Inmarsat). Its one voice-line is used mainly for faxes. The secondary backup is an Interim Medium Range Communications Terminal (IMRCT) which transmits data at high speed over high frequency radio waves. All three of the above systems have "secure" capabilities.

The NRL's equipment also includes six telephones - five of which are known to ring simultaneously. The only low-tech item used daily is a



Cpl Chris Kipfer, a radio operator with the NRL, sends a message to Canada. He's working inside an IMRCT "pod", a transportable unit that can send and receive messages in almost any form anywhere in the world. (ISC93-10033-14)

briefcase attached to a 20-foot cord that is raised and lowered from the duty officer's window on the second floor to carry mail.

The NRL's workload is reflected in these six-month statistics: more than 1,200 outgoing and 1,500 incoming faxes; over 5,400 outgoing and 6,900 incoming messages; some 2,500 metres of fax paper; and an average 300 hours worked per month by each member of the team.

The workload skyrockets on occasion when the team is called upon to backup CANBAT 1, across the border in Croatia. CANBAT 1's communications system has been known to crash for up to five hours, keeping all members of the team in Bosnia going full throttle coping with the traffic levels of two battalion groups.

On normal days, three of the five personnel rotate through three shifts. The radio technician and the detachment commander are on call around the clock. Consequently, there is little freetime: while one person works, another sleeps;

when an off-duty person eats, they eat at the communications centre so the duty person can grab a bite too.

Time for letter-writing or relaxing always seems to melt away, and the only distraction is MTV playing 24-hours-a-day on a TV monitor. The demanding routine means the team has to get along well, says Sgt Chris Morrison, a teletype operator with 706 Communications Squadron at CFB Borden, Ont., who has now finished his six-month tour. "The walls are very thin," he says.

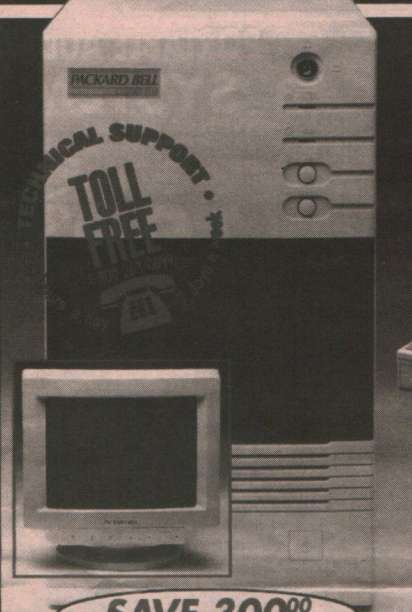
But the team's morale is high and they are especially proud of their maintenance record: "The only time the phones were down was when the satellites were down," says Cpl Chris Kipfer, a radio operator from 731 Comm Sqn.

By all accounts the team has lived up to their branch motto: "Velox, Versutus, Vigilans" (speed, accuracy, vigilance). And they are rightly proud of the words that adorn their NRL T-shirts: "Connecting CANBAT 2 and the world."

CANEX 1-11 DEC 1993 AUTHORIZED PATRONS ONLY

## MAGIC OF CHRISTMAS

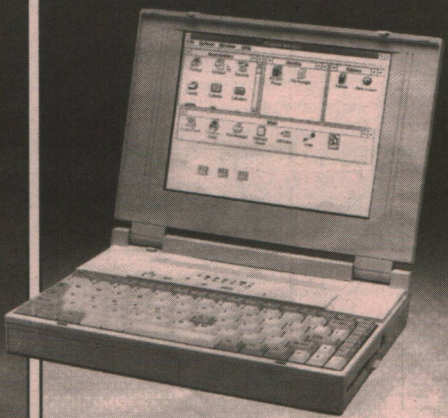
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## It Came Upon A Midnight Clear

IT CAME upon a midnight clear,  
that glorious song of old,  
From angels bending near the earth  
To touch their harps of gold:  
'Peace on earth, good will to men,  
From heaven's all-gracious King!'  
The world in solemn stillness lay  
To hear the angels sing.

Still through the cloven skies they come  
With peaceful wings unfurled;  
And still their heavenly music floats  
O'er all the weary world;  
Above its sad and lowly plains  
They bend on hovering wing,  
And ever o'er its Babel sounds  
The blessed angels sing.

And ye, beneath life's crushing load  
Whose forms are bending low,  
Who toil along the arduous way  
With painful steps and slow  
Look now! for glad and golden hours  
Come swiftly on the wing  
O rest beside the weary road,  
And hear the angels sing.

For, lo, the days are hastening on,  
By prophet bards foretold,  
When with the ever-circling years  
Comes around the Age of Gold,  
When peace shall over all the earth  
Its ancient splendors fling,  
And the whole world gives back the song  
Which now the angels sing.

## Frosty Snowman

Frosty the Snowman was a jolly, happy soul  
With a corn cob pipe and a button nose  
And two eyes made out of coal.  
Frosty the Snowman is a fairy tale they say,  
He was made of snow but the children know  
How he came to life one day.

There must have been some magic in that  
old silk hat they found.  
For when they placed it on his head,  
he began to dance around.

Frosty the Snowman was alive as he could be,  
And the children say he could laugh and play  
Just the same as you and me.

(Chorus)

Thumpity-thump-thump,  
Thumpity-thump-thump,  
Look at Frosty go!  
Thumpity-thump-thump,  
Thumpity-thump-thump,  
Over the hills of snow.

Frosty the Snowman knew the sun was hot  
that day,  
So he said let's run and we'll have some  
fun now before I melt away.  
Down to the village with a broomstick  
in his hand;  
Running here and there all around  
the square  
Saying "Catch me if you can."

He led them down the streets of town  
Right to the traffic cop.  
And he only paused a moment when he heard  
him holler "STOP!"

Frosty the Snowman had to hurry on his way,  
But he waved goodbye, saying  
"Don't you cry,  
I'll be back again some day."

Repeat chorus

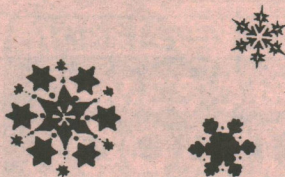


## Joy To The World

JOY TO the world! the Lord is come;  
Let earth receive her King;  
Let every heart prepare Him room,  
And heaven and nature sing  
And heaven and nature sing  
And heaven, and heaven and nature sing.

Joy to the earth the Saviour reigns;  
Let men their songs employ;  
While fields and floods, rocks, hills and plains,  
Repeat the sounding joy.  
Repeat the sounding joy.  
Repeat, repeat the sounding joy.

He rules the earth with truth and grace,  
And makes the nations prove  
The glories of His righteousness,  
And wonders of His Love.  
And wonders of His Love.  
And wonders, wonders of His Love.



## Let It Snow! Let It Snow! Let It Snow!

OH THE weather outside is frightful  
But the fire is so delightful,  
And since we've no place to go.  
Let it snow!  
Let it snow!  
Let it snow!

It doesn't show signs of stopping  
And I brought some corn for popping  
The lights are turned way down low  
Let it snow!  
Let it snow!  
Let it snow!

When we finally kiss good-night,  
How I'll hate going out in the storm!  
But if you'll really hold me tight,  
All the way home I'll be warm.

Repeat first verse

## The First Noel

THE FIRST Noel the angels did say  
Was to certain poor shepherds in fields  
as they lay:  
In fields where they lay a-keeping their sheep  
On a cold winter's night that was so deep.

Noel, Noel, Noel, Noel,  
Born is the King of Israel,

They looked up and saw a star  
Shining in the east, beyond them far;  
And to the earth it gave great light,  
And so it continued both day and night.

Chorus

And by the light of that same star  
Three wise men came from country far;  
To seek for a King was their intent,  
And to follow the star wherever it went.

Chorus

This star drew nigh to the north-west  
O'er Bethlehem it took its rest,  
And there it did both stop and stay,  
Right over the place where Jesus lay.

Chorus

Then entered in those wise men three,  
Full reverently upon their knee,  
And offered there in His presence  
Their gold and myrrh and frankincense.

Chorus

Then let us all with one accord  
Sing praises to our heavenly Lord,  
That hath made heaven and earth of nought,  
And with His blood mankind hath bought.

Chorus

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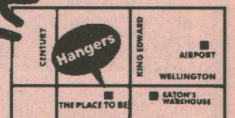


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# LEARN TO SWIM

## Red Cross Swim Lessons

Where: Westwin Pool  
 When: 24 Jan 94 - 23 Feb 94  
 Days: Mon & Wed  
 Time: 1800-2000 hrs  
 Cost: \$21.40

## Parents and Tots

Where: Westwin Pool  
 When: 29 Jan 94 - 27 Feb 94  
 Days: Sat & Sun  
 Time: 1100-1200 hrs.  
 Cost: \$16.10

## Registration:

Registration will be held Mon, 17 Jan 94 at Westwin Pool from 1800-2000 hrs. Personnel who are unable to register at this time can register by reporting to the recreation council clerk located at the Westwin Recreation Centre monitor's office on the 18th or 20th Jan 94. between the hours of 0900-1100 hrs only. These will be the only times you can register.

**Note:** All personnel registering for swim classes have to obtain a recreation association pass.

In order to obtain a pass you can register with the recreation council clerk on Tuesdays or Thursdays between the hours of 0900-1100 hrs.



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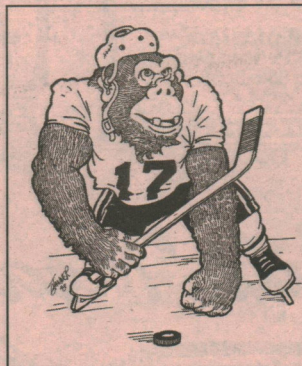
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WE NOW HAVE NEWLY EXPANDED  
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## THE BEHEMOTH HATH RETURNETH

That's right folks, the beast we call Base Hockey has resurfaced ... with a vengeance I might add. After an abbreviated 92-93 campaign, 17 Wing Flyers are determined to silence their opponents at this year's regional championship. The highly coveted title of 'CF Champions' rightly belongs to a base of this dimension and the boyz are out to prove it.



To date, offensive production has offset the occasional defensive lapses.

Despite the fact the league is non-contact, a quick glance is enough to reassure that this

outfit will fare well in a full contact 'regional' setting. In fact, allusions to the Broad Street Bullies comes to mind.

At present, the team is practicing twice weekly along with roughly two games per

week. Those who have yet to commit are encouraged to try-out. Practice times are scheduled Monday and Thursdays from 0730-0830 hrs at the Bodley Arena. Sgt Brook's can be reached at Loc.6134 to handle further queries.

Most athletes would agree that fan support inspires performance; so why not take in home games every Wednesday 2015 hrs also at the Bodley Arena. Go..FLYERS..Go!

Sgt Gerry Brooks, with the assistance of Sgt Chris Byrne, has once again assumed the coaching duties. The unenviable task of moulding a dedicated group of individuals into a cohesive unit lies ahead. Off-ice coordinator, Capt Dan Drew welcomes the challenge of carrying out the exhaustive managerial responsibilities. Akin to this job is the handling of persistent kit requirements from trainer Pte Vern Payne.

The team's team boasts an impressive lineup from an unusually wide range of units. The team is characterized by depth and speed up the mid-

## 1993 - 1994 NOON HOCKEY LEAGUE

With the league well underway things are beginning to happen. The Hawks seem to have a handle on a first place, with the rest of the league vying for second. With teams only playing once or twice a week, players are definitely rested and come to the rink ready to play hard.

missing games for dropping the stick, and if you do drop your stick keep your gloves on top of the suspension. Play hard but keep it clean because the officials have a job to do and so far they are doing it.

Proof of this came on the 16th of Nov with games between 1 CEU and Transport; and 2PPCLI and the Hawks. There were a few suspensions handed out in both games, and players knew they were coming.

The final game of the first round will be played 16 Dec 93, following the Christmas break the second round will begin 4 Jan 94. The league will be split into two divisions: the top 6 teams in "A" and the bottom 6 teams in "B" division.

There is nothing wrong with the good competitive hockey we're playing this year.

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

Just remember, the season's short enough this year without

GOOD LUCK to all teams in the NHL.



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# KARATE KICKS 17 WING GOJU KARATE CLUB

I am pleased to announce the 17 Wing Goju Karate Club is in full operation with approximately 65 students, both children and adults, training. It has been my pleasure to introduce Okinawa Goju-ryu Karate-do to our military community.

Over the next months I will be submitting a number of articles concerning Karate and the Goju-ryu style for your interest and enjoyment.

Hopefully the information will answer questions you may have about this aspect of martial arts and to dispel misinformation respecting the study of martial arts, in particular Karate.

## THE FOUNDING OF OKINAWA GOJU-RYU KARATE DO

Chojun Miyagi Sensei was born on Apr 25, 1888, in Naha, Okinawa. Miyagi Sensei's family belonged to the Island gentry. Having two trading ships, the family was engaged in the importing of medicine from China, supplying both the government and private merchants. The family was one of the wealthiest in Naha. Miyagi Sensei's father was named Chosho Miyagi. He was the third son of the Miyagi family. When Miyagi Chojun Sensei was five years old, the successor to the main family passed away. Chujun Miyagi Sensei was adopted as the heir by the main family even though he was his father's first son.

Master Miyagi began his training in Naha-te under

Master Higashionna Sensei at the age of fourteen and became one of his most skilful students. Being independently wealthy, Miyagi was able to devote much of his time to the study of Naha-te. Shortly after the death of his instructor, Higashionna; Miyagi Sensei left Okinawa to study in China just as his Master had done. Miyagi spent two years in China devoting much time to the study of the Chinese arts. When he returned to Okinawa he began formulating from Naha-te, incorporating the soft aspects of the Chinese arts, what was to become known as "Goju-ryu".

Miyagi's instruction in Naha-te centred around training in Kata "Sanchin". The tightening of the muscles expected by Higashionna Sensei was so difficult that he would sometimes pass out during the exercise. After the death of Higashionna, Master Miyagi continued to focus his training on Sanchin Kata, sometimes up to his neck in ocean water and on other occasions on the top of mountains. To this day "Sanchin" remains the foundation of which Goju-ryu Karate-do is based upon; it is the first Kata taught to all new students.

In 1921, Miyagi was able to perform Naha-te before Crown Prince Hirohito at Nakagusuku Bay, in Okinawa. Again in 1925, Miyagi Sensei, at age 37, demonstrated the art of Naha-te in front of Prince Chichibu. Already at this time Miyagi Sensei foresaw the development of Karate in Japan and the World. In 1926,

with these thoughts in mind, Miyagi Sensei established an organization called the Karate Research Club located in Wakasa-cho, Naha-shi. In 1927, Miyagi gave a karate demonstration for the founder of Judo, Kano Jigoro, to honour his visit to Okinawa.

It was in the year 1930 that Naha-te became known as "Goju-ryu", for the style was at one time known as the "Hankoryu" (half hard style). Hankoryu was a name coined by Join Shinzato, a student of Master Miyagi's, while attending a martial arts convention in Kyoto, Japan, in 1929. Shinzato, when asked for the name of his style of Karate for the competition could not provide one. Miyagi Sensei had never formally given a name to the style of karate which he instructed. Not wishing to undermine the teachings of Miyagi, Shinzato drew upon his interpretation of Naha-te hard and soft techniques calling it "Hankroyu." On his return to Naha he told Miyagi Sensei what had happened and of the name he chose. Miyagi Sensei was please with his choice and later refined the name to "Goju-Ryu"

In 1932, Miyagi journeyed to Hawaii where he taught Goju-ryu for approximately six months to Okinawans living there at the time. In 1933, Goju-ryu was formally registered as a style with the Butoku-kai, the Japanese



Martial Arts Association. In 1934, Miyagi was made head of the Okinawan branch of the Butoku-kai. In 1936 he returned to China for two months of further study of the Chinese arts. Chojun Miyagi passed away on October 8, 1955 at the age of 65. He was a true "Bushu", a Gentleman Warrior of great humility and respect.

## THE 17 WING GOJU KARATE CLUB

The 17 Wing Goju Karate Club is dedicated to continuing the traditional teaches of Master Miyagi. Anyone interested in joining may come to the dojo to watch or participate in a few weeks of classes before deciding to join.

Classes are held at the main gymnasium, Recreation Center, Building 90, CFB Winnipeg.

Children's classes (ages 8 to 14) are held each Tues and Thurs 1900 hrs to 2000 hrs and Sat 1100 hrs to 1300. Adult classes (ages 14 and up) are held each Tues and Thurs from 2000 hrs to 2145 hrs and Sat from 1100 hrs to 1300 hrs.

For more information please contact Sgt Kim Marshall, 17 Wing SAMP Sqn at local 6655.

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## 17 Wing Presents its ANNUAL CHRISTMAS CONCERT

Air Command Band • La Musique de Commandement aérien



The 17 Wing Winnipeg tradition continues on Sunday December 12 at 1900 hrs with the Air Command Band featured in the Annual Family Christmas Concert. Capt. Gaeton Bouchard will conduct the program of traditional Christmas favourites at Building 21 inside the Sharp Gate.

The band will be joined by the Winnipeg Philharmonic Choir. Highlights of the concert include a musical rendition of "T'was the Night Before Christmas" as well as a visit from Santa Claus.

The concert is being produced by the Winnipeg Military Community Council.

Attendance at the concert is open to both the military and civilian communities. Entrance to the concert is free; however, donations of non-perishable food stuffs, for the Military Food Bank, are encouraged and will be greatly appreciated at this time of the year.

The public should enter the Wing through the Sharpe Street entrance as they can be directed to Building 21 by the commissionaire at the gate. Come early.

The Winnipeg Military Community Council will be operating a canteen, offering refreshments at a nominal fee.

## 17 Wing Christmas Light Contest

Sponsored by The Winnipeg Military Community Council

The contest is open to all 17 Wing North/South site family residences.

Homes will be judged in the following areas:

- Lighting
- Ornamentation
- Overall Effect

Win Cash!

Preliminary judging will take place between 1900hrs and 2200hrs on the evenings of Dec 13, 14 and 15. Final judging of the top 10 homes will occur on the evening of 17 Dec 93.

Read Wing routine orders for more details concerning prize money and eligibility.

## DOG CLUB NEWS

The next session of classes will begin on Jan. 16 and will offer the following classes:

**PUPPY** (kindergarten) for puppies 2-4 months for socialization and to hammer out the little problems before they become large problems.

**BEGINNERS** for basic household obedience. You may not be able to go into competition but you will have a dog you can live with.

Family members are encouraged to participate.

**NOVICE** to fine tune the obedience from beginners and to start competitive obedience CD level.

**GRADUATE NOVICE** to ready you and your dog for competitive obedience.

Please note that you do not have to compete in obedience trials. The higher the level, the more control you will have with your dog.

**OPEN** the next level of the obedience chain, CDX.

**UTILITY** this is for the highest level of competitive obedience. This class is not available.

**CONFORMATION** to prepare both dog and handler for the show ring. Crossbreeds are allowed in class for those who wish to learn how to handle a dog in the show ring.

All classes are designed to teach you how to humanely train your dog. Food and/or praise.

**DURATION:** 8 one hour classes.

**PLACE:** Registration and classes will be held at Bldg 21, at the Sharp entrance.

**COST:** \$45.00 (includes GST)

**CONTACT:** Mrs. Margaret Steingart, 885-2962.

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## HOLIDAY ART & CRAFT SHOW

80 TABLES OF...  
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SANTA WILL BE THERE 10AM - 1PM  
SATURDAY DEC 4TH 9 AM TO 5 PM  
BUILDING 21 SHARP BLVD ENTRANCE  
OPEN TO THE PUBLIC

EVERYONE WELCOME

Air Command Headquarters  
DCOS Maint

## 7th Annual Christmas Golf Classic

14 December 1993 at 1300hrs  
Bldg 25, 4th floor west end

Everybody Welcome; Fun & Prizes;  
All proceeds to the Christmas Cheer Board;  
Green fees \$2.00

## WO & Sgts Mess MCpl's Night

Date: 19 November 93

Time: 16:00 Hrs.

Cost: FREE

Music: DJ - DKL Starts 19:00 Hrs

Dress: Relaxed

Food: Chicken and Fries, Coleslaw and buns

Served at 17:00 Hrs

Note: Enter into the WO's & Sgt's Decathlon Games

1st PRIZE - \$25.00

2nd PRIZE - \$15.00

3rd PRIZE - \$10.00

Games start at 17:30 Hrs sharp Games are open to all. You'll receive a surprise when you enter.

It is anticipated that the WO's and Sgts will have a clean sweep of the games and that they'll wax the visiting MCpls. We hope they don't take it too hard!!!

More information will be given at the opening of the games on 19 November 1993.

ALL MCPLs ARE WELCOME!

## WINNIPEG CHAPTER/SUPPORT GROUP (WISG) INFERTILITY AWARENESS ASSOCIATION OF CANADA (IAAC)

The Winnipeg Infertility Support Group is expanding its operation to include 8 week sessions for those people starting their crisis with infertility. We will offer 3-8 week sessions to accommodate as many people as possible.

In addition to the weekly meetings, we will offer monthly open meetings that will look at a variety of topics. Everyone is welcome to these sessions. All sessions are held Wednesday evenings from 7:30 to 9:00 in the Radio Board Room at CKY-TV Polo Park.

For more information, please call:

Candace Propp 669-4913, Melissa Sikora 582-9418 \ or Kim LeBlanc 837-2495

### CRISIS SESSIONS:

1st session: January 5 to March 9

2nd session: April 6 to June 8

### OPEN SESSIONS:

December 15 "Family & Friends: Coping With the Holiday Blues"

January 19 "Resolution: How to Get Off the Emotional Roller Coaster"

February 16 "Resolution and Alternative Life Styles"

March 16 "Let's Talk: Male & Female Viewpoints"

April 20 "Why Can't I Get Pregnant Again?"

May 18 Open

June 15 Open

## For Better Listening, Thinking and Speaking!

A Toastmasters Club on Base  
Regular meetings Wednesdays 1200-1300  
in the W Comd Conference Room Bldg. 86

No experience necessary!

All members of the military community are welcome  
Dues \$5.00/month plus Initiation fee (\$25)

Manuals and monthly Toastmasters International magazine included

For more information call:

Capt Steve Fejes ACHQ SSO Maint 6362

Maj Ted Brook W Surg 5542

Capt Adeline Rozak W Log O Coord 5120

Joyce Aquin W Hosp 5786

Bev Parker SSO PI 6291

MCpl Ralph Worgul CFANS 6757

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WEST WINNERS TOASTMASTERS CLUB

## GIGANTIC ART & CRAFTS SHOW

Saturday,  
December 4th  
CFB Winnipeg,  
Bldg 21, 9am to 5pm

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# ACES: A WINNING CARD

By Col Bert Proulx

How many of you have already heard of TQM, TQL, QWL, DELEGATT, and now ACES. In effect, they are all some form of modern management techniques aimed at improving efficiency, cost savings, and customer satisfaction.

Here at 17 Wing, you might have already heard of ACES, and Socio-Tech, but you will hear a great deal more about them in the future as we embark on the implementation of these new management techniques. In this article I will attempt to introduce them to you in general terms, and I will follow on with more details as we progress with our implementation plan.

ACES is not a trump card, but certainly a winner. Short for AIR COMMAND EXCELLENCE SYSTEM, it combines the best of all the contemporary management concepts, and incorporates them under one umbrella. It focuses primarily on total customer satisfaction, full partnership of all military and civilian personnel, greater efficiency, a business planning approach, innovation, and improved communication.

With the current economic

situation, deficit reduction, and downsizing of the military and civilian work force within the Department of National Defence and the Canadian Forces, more efficient management of our resources is imperative.

ACES aims to reduce the bureaucracy common to large organizations, like NDHQ and Air Command, and decentralize authority and responsibility to the lowest practical level. ACES will do this by involving workers in the decision making process, and by emphasizing total customer satisfaction.

Included under ACES are any initiatives designed to improve the quality of work and services. The initiatives may involve changes to organizations or management styles, but will always stress "total customer satisfaction and continuous improvement".

For example, the Wing Headquarters will soon see the implementation of a major innovative change based on the ACES program. In association with Air Command Management Consulting Services, Comm and Automation Information Services and the Wing HQ staff, a core personnel data base has been developed. It

will initially be housed and serviced by a Local Area Network (LAN) within Building 86.

Added to this data base will be a number of "modules," which will essentially automate Wing HQ, commencing with Wing Orderly Room activities. The first phase of the project, LAN installation and Records automation, is expected to be trialed in December. The follow-on phase involving Rations, R & D, and Release Sections will hopefully be ready for APS 94.

While only a modest beginning, this project is a positive step toward a "one stop shopping" capability for the WOR and WHQ, and total automation for the Wing.

How is that for achieving greater efficiency and improving total customer satisfaction. I look forward to seeing similar initiatives spread out to more sections.

In fact, ACES is here at 17 Wing already. The organizational changes within Wing Construction Engineering, referred to as the Socio-Technical Systems method, are part of the ACES program.

Socio-Tech will result in a fundamental change in the way the section operates. As a

part of the ACES program, management will be based on a team concept, where employees are involved in the decision making process that affects most activities of the section. This change will result in drastically improved customer satisfaction, service quality, productivity, and enhanced job contentment.

The program has the support of the union, which is actively involved in the implementation with representatives on all committees. With ACES and Socio-Tech we will see the beginning of a new era in labour-management relations.

The Socio-Tech method has been successfully trialed and maintained in the CE sections at 18 Wing Edmonton and 12 Wing Shearwater. Winnipeg is the first base to implement the program after the trials, with Comox and Moose Jaw set to follow.

There has already been considerable training given concerning Socio-Tech, with all CE workers receiving at least one day of training. Training on ACES will be given in early December to all sections of 17 Wing.

Our aim is to break down as much of the inefficient bureaucracy as possible. Effective

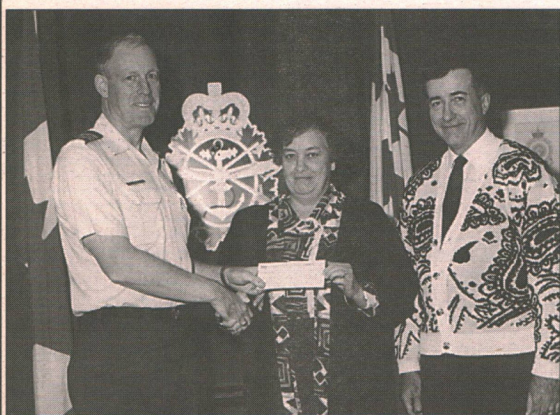
immediately, the VCDS has directed that a DND 404 will no longer be required by temporary users to drive a normal staff car. The long process for Material Authorization Requests (MACR) will be streamlined and greater spending authority will be pushed down to lower levels.

Locally, we will set up a mechanism to encourage innovative ideas. No one in the chain will be able to say no to ideas until the suggestions have been examined by an innovation screening committee, which I am about to form. We will formally recognize all the accepted initiatives. As well, I will seek funding to provide more timely rewards. So, put your thinking cap on and let's improve our efficiency together.

The ACES program will probably result in some initial fear among military and civilian personnel, as people are normally wary of changes. However, these changes should improve the way the Wing operates.

Let's look forward to the opportunities yet unexplored. They will improve our operations and make 17 Wing an even better place to work.

## 17 WING YARD & LANDSCAPING CONTEST WINNERS



"Yard and Landscaping Contest First place winners (South Site) Master Warrant-Officer and Mrs J.R.R. Laferriere."

Congratulations are extended to this year's winners of the 17 Wing Yard and Landscaping contest. On the North site, first place honours went to Petty-Officer Second Class and Mrs E.R. Scott, while second place was taken by Master Warrant Officer and Mrs S. Small. South Site first place honours went to Master Warrant Officer and Mrs J.R.R. Laferriere. Second place was awarded to Warrant Officer and Mrs J.E.R. Demers.

Runner-up prizes were also awarded including North Site PMQ residents Warrant-Officer and Mrs P.J. Batchelor, Corporal and Mrs R.K. Poole, Chief Warrant-Officer and



"Petty-Officer and Mrs E.R. Scott receive their award as Yard and Landscaping Contest first place winners (North Site) from LCol Bailey."

Mrs R.J. Scott and, Chief Warrant-Officer and Mrs P.R.L. Whitley. On the South Site, runners-up included Warrant Officer and Mrs A.J. Barnhardt, Master Corporal P.A. Kay and Ms M. Harten, Master Warrant-Officer and Mrs R.A. Northrup and,

Sergeant and Mrs A.J. Roy. Congratulations and thanks are extended to all contest winners, and all other residents for their contributions in enhancing the quality of life in the 17 Wing Married Quarters area.

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## WINNIPEG RESIDENT RECEIVES AWARD

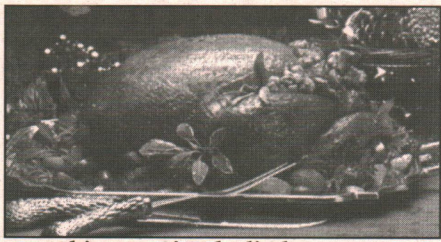
Christine Patricia Lohr of Civic Street, Winnipeg, has been granted an undergraduate scholarship by the University of New Brunswick for study in the 1993-94 academic year.

Ms Lohr is enrolled in her fourth year of study in the forestry program on the

Fredencton campus. She will be assisted in her studies by an H. G. and M. L. Pond Scholarship valued at \$1,075.

Current costs for a student at UNB are estimated at \$8,500 a year for tuition, books and living expenses. Students cover these expenses through employment in

the summer and during the academic year, student aid from the government, and scholarships provided by the university and donors.



NC

### Comment bien apprêter la dinde

(NC)—Avec une dinde de 15 lb (6,75 kg), vous pourrez servir 8 à 10 personnes. Et vous aurez même après le repas de délicieux restes.

Si vous utilisez une dinde congelée, faites-la décongeler dans son emballage original de plastique selon l'une des façons suivantes:

Au réfrigérateur: Mettez-la sur un plateau et comptez 5 heures par livre (10 heures par kilo).

Dans l'eau froide: Couvrez la dinde d'eau froide, en changeant l'eau de temps à autre, et comptez 1 heure par livre (2 heures par kilo).

### —LA FARCE—

La dinde ne doit jamais être farcie à l'avance, mais la farce peut être préparée à l'avance et congelée pendant 1 semaine. Faites décongeler la farce au réfrigérateur 24 heures avant de farcir la dinde.

Une dinde de 12 à 16 lb (5,5 à 7 kg) pourra contenir environ 5 tasses (1,25 L) de farce dans la grande cavité et 2 tasses (500 ml) dans la cavité du cou. Faites cuire le surplus de farce dans une cocotte couverte avec la dinde durant les 40 dernières minutes de cuisson. Arrosez avec le jus de la dinde pour lui donner plus de saveur et de moelleux.

Préparez les cubes de pain en tranchant du pain de la veille et en coupant les croûtes. Coupez ensuite en lanières, puis en cubes. Étendez sur des plaques et, si désiré, laissez sécher pendant au plus 8 heures.

### —LE ROTISSAGE—

Faites rôtir la dinde à 325°F (160°C).

Faites rôtir la dinde en une seule fois; ne la faites pas cuire en plusieurs étapes.

Plusieurs facteurs, tels que la température initiale de la volaille (fraîche ou décongelée) et sa taille par rapport à celle du four, peuvent faire varier le temps de cuisson. Il faut donc vérifier la cuisson de la volaille environ 45 minutes avant l'heure prévue pour éviter de trop la faire cuire.

L'utilisation d'un thermomètre à viande assure une cuisson parfaite. Faites rôtir la dinde pendant 20 minutes par livre (500 g), jusqu'à ce que le jus qui s'écoule de la viande lorsqu'on la pique soit clair ou que le thermomètre indique 185°F (85°C) dans la partie la plus charnue de la cuisse et 165°F (75°C) dans la farce.

Il faut faire cuire les volailles plus petites quelques minutes de plus par livre, et les volailles plus grosses, quelques minutes de moins. Les dindes congelées préarrosées rôtissent un peu plus vite que les dindes fraîches. Voici quelques exemples de temps de cuisson pour une dinde farcie: 10 lb (4,5 kg)—3 heures 20 minutes; 12 lb (5,5 kg)—4 heures; 16 lb (7 kg)—5 heures 20 minutes; 18 lb (8 kg)—5 heures 45 minutes.

Lorsque la dinde est cuite, mettez-la dans un plat chaud. Couvrez lâchement de papier d'aluminium et laissez reposer pendant 20 minutes. Ceci permet au jus qui se trouve à la surface de se répartir également dans toute la viande.

### Des cadeaux d'amour

Les cadeaux de Noël ne sont pas qu'une affaire de sous. Il y a aussi les cadeaux qui viennent du cœur. Donnez à vos enfants la chance de connaître la joie que l'on éprouve à donner sans rien dépenser.

Donnez à chaque enfant des crayons et du papier de couleur et laissez-les fabriquer un livret de "coupons" pur un être cher chaque coupon étant un "cadeau" à encaisser plus tard. Une fois le livret terminé (coupons et couverture), percez les pages de deux trous et assemblez-les avec un ruban

une étiquette-cadeau.

Voici quelques bonnes idées de services que peuvent rendre les enfants. Leur générosité vous surprendra.

- Essuyer la vaisselle pendant deux semaines.
- Mettre la table pendant trois semaines.
- Déblayer la neige devant l'entrée pendant tout l'hiver.
- Faire dix gentilles à un frère ou une sœur.
- Faire dix commissions.
- Donner vingt caresses (au moment où l'on s'y attend le moins).

Extrait du livre de la campagne de charité de Sears Canada: Le livre de Noël Coup de pouce.

## ACTIVITES FRANCOPHONE DE LA 17e ESCADRE

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

FETE DE NOEL DES ENFANTS,

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

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

Le 12 décembre à 12h30,

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

au Mess des soldats.

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

Diner: pizza, crème glacée et boissons seront servis.

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

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

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.

6\$ par enfants sera requis.

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

Pour plus d'info contacter: CPL Marc Sills 833-6595.

(NC)—Dans un rapport récemment publié, le "American Council on Science and Health" affirme que le lait de vache fait partie des aliments sûrs et sains d'un régime alimentaire équilibré. Cette affirmation vient à l'encontre des accusations de divers groupes d'intervention qui, au cours de l'année passée, ont maintenu auprès des consommateurs que le lait est un produit dangereux pour la santé et qu'il devrait être exclu des directives nutritionnelles ainsi que des recommandations alimentaires gouvernementales.

L'organisme "Physicians Committee for Responsible Medicine (PCRM)" forme le principal groupe qui défend ce point de vue et recommande l'exclusion ou la quasi exclusion du lait de vache du régime alimentaire des Nordaméricains. L'organisme proclame que le lait demeure, sur le plan nutritif, un produit inutile, et que sa consommation comporte de nombreux risques.

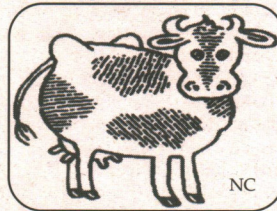
En revanche le docteur

## Nutrition

ÉGALE SANTÉ

Elizabeth Whelan, présidente du "American Council on Science and Health" a répliqué en alléguant que, contrairement aux affirmations du PCRM, "le lait et les autres produits laitiers fournissent des protéines de haute qualité et plusieurs vitamines. Ce sont en outre les meilleurs sources de calcium, un minéral indispensable qui contribue à fortifier les os et les dents. En fait, il serait bien difficile de prendre la ration de calcium recommandée sans consommer de produits laitiers"

Le rapport poursuit en pré-



NC

cisant que "à l'exception des cas d'allergie au lait (un problème d'ailleurs peu commun), le lait de vache et ses produits constituent des aliments acceptables et nutritifs pour les personnes d'un an et plus. L'obtention d'une ration suffisante de calcium à partir de produits non laitiers reste, d'autre part, une forte consommation d'aliments qui n'ont pas la faveur populaire de la plupart des Nord-américains".

Dans le cas des personnes qui doivent réduire leur rapport en lactose, le rapport recommande de choisir des fromages à pâte ferme (qui ne contiennent que des quantités infimes de lactose), du yogourt ou du lait à teneur réduite en lactose.

Le "American Council on Science and Health" est une institution à but non lucratif, exonérée d'impôt dont les efforts sont axés sur l'information auprès des consommateurs et la santé publique. Cette organisation est dirigée et conseillée par plus de 200 médecins et scientifiques

## EXPOSITIONS à ST Boniface

En montre à la galerie du CCFM, La ménagerie de Philippe Béha, artiste illustrateur canadien. Jusqu'au 6 décembre.

BELLE BROCHETTE DE LIVRES EN 1993, AUX EDITIONS DES PLAINE.

L'Alliance Française présente une exposition de photographies d'André Martin intitulée **Terroirs, Versailles**. À la galerie de l'Alliance Française, 934, ave Corydon, jusqu'au 15 décembre.

Le Musée des Beaux Arts de Winnipeg propose entre autres une exposition des oeuvres de l'artiste canadienne **Emily Carr**. Jusqu'au 2 janvier.

L'Heure du conte pour les enfants de 3 à 5 ans a lieu tous les mercredis et vendredis à 10h30 à la bibliothèque de ST Boniface. Pour s'inscrire composer le 986-4332.

Le zoo du parc Assiniboine a réduit son prix d'entrée à 1\$ par personne pour l'automne et l'hiver.

Les enfants de moins de 2 ans sont admis gratuitement.

- Le cycle Manitobain de Gabrielle Roy. Carole Harvey. Essai 22,95\$.
- Amour, Médecine et vie de Rosario Morin. Récit 19,95\$.
- Poèmes pour l'univers de Christine Dumitri. Poésie 12,95\$
- Le cri du loon de Monique Genuist. Roman 12,95\$.
- Pigou, Fifiard et compagnie de Pierre Léon. Conte 6,95\$.

### Réimpression.

- Bonjour pour les étoiles par le bureau de l'Éducation Française au Manitoba. Saynètes 10,95\$.
- Les trois pommes d'or d'Yvonne et Roger Lagassé. Conte 5,95\$.

# A WORD FROM THE CHAPLAIN

By Padre Roy

Can you believe it? The Christmas season is once again upon us! How time flies!

Christmas Time! A time of Hope, of Anticipation and excitement for the child in and around us! But for the adult who has to go to work and pay the bills, it can also be a time of great stress and of worry.

So many of us are working extra hard these days, because, over and above our usual work, we are told by the higher-ups to look at our budgets and adopt measures to save, and this in anticipation of cuts that are bound to be announced very soon. In this context, how can we cope Christmas be an event filled with Good News?

What really gets us down is the shopping and the extra pressure on the pocket-book

and for what?

For so many, this is Christmas: the headache which comes with the Christmas Shopping?

But let us stop for a moment and ask ourselves: "Is it possible that gift-shopping for the spouse, the child has become more important than the spouse and the child?"

Dad may be very happy with his new golf-set, but if his passion for Golf takes him away from his home and his children, what have we accomplished and what has Christmas-shopping contributed to our family life?

The same can be said about the young lad's Nintendo? It may bring him great pleasure. But if the best of his day at home are spent up in his room in such a way that we do not see him any more, what we accomplished?

Are we building walls within our homes and within our society? If our forthcoming Christmas celebration is contributing to our isolation, no small wonder that the happiness at this time of the year can pass us by.

This is the time when we celebrate God's great gift to us: the gift of himself. Is not this saying to us that we need time for each other. Is this not the real gift that we should be giving to each other, the gift of ourselves so that for the rest of the year we will have more of each other? It is probably the gift that we are all striving for without realizing it.

Let us take the time to celebrate the fact that we have each other.

Keep smiling, God loves you!!

# UN MOT DE L'AUMONIER

Par Padre Roy

Ce n'est pas possible! Nous sommes déjà presque dans la période des Fêtes. Comme le temps passe!

Noël! Un temps pour espérer et anticiper. Noël! Un temps qui apporte beaucoup de joie à l'enfant au-dedans et autour de nous. Mais pour l'adulte qui doit aller travailler et payer les comptes, Noël peut devenir aussi un temps de tension et d'inquiétude.

Beaucoup d'entre nous ont un surcroît de travail ces temps-ci du fait qu'en plus de notre travail habituel, nous recevons d'en haut des consignes nous invitant fortement à prendre des mesures pour économiser en prévision de l'annonce éventuelle d'importantes coupures budgétaires. Et au milieu de ce monde tendu, il y a Noël.

La grande source de toutes

nos tensions est l'exigence physique et économique des cadeaux. La course aux cadeaux! Pour beaucoup, Noël n'est que ça. Cette course aux cadeaux, regardons-la de plus près. Serait-il possible que le cadeau pour la personne aimée prenne plus d'importance que la personne elle-même.

Papa est peut-être bien heureux de son nouvel ensemble de Golf. Mais s'il passe tout son temps sur le terrain de Golf au point de négliger sa famille, qu'avons-nous accompli?

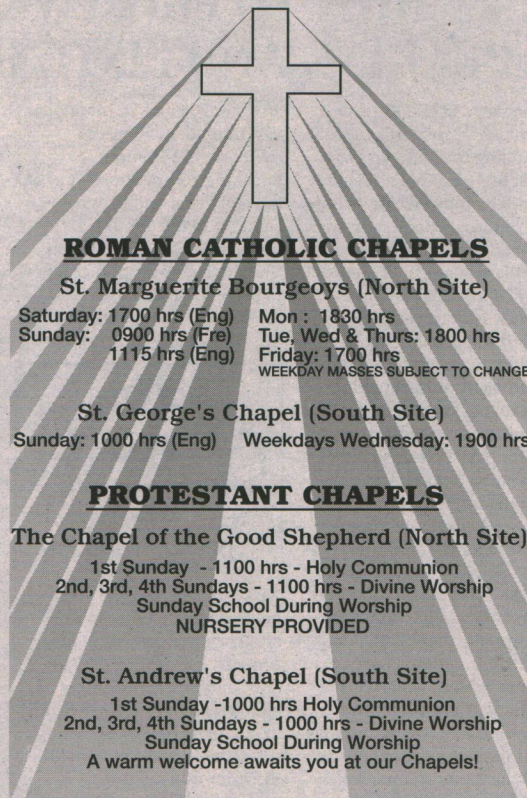
Il en est de même du jeu de Nintendo du jeune. Si ça lui fait passer tout son temps dans sa chambre, qu'est-ce que ça donne? Je crains que, sans que nous en apercevions, nous bâtissons des murs autour de nous dans nos foyers et dans notre société. Si la fête prochaine de Noël contribue à cet état de choses, il ne faut pas nous surprendre qu'elle nous

apporte plus d'inquiétude que de joie.

Pourtant Noël est la fête d'un Dieu qui nous fait le plus grand cadeau: le don de Lui-même. Est-ce qu'on ne devrait pas en tirer la leçon que nous avons besoin les uns des autres et que notre présence et notre attention les uns aux autres est le plus beau cadeau que l'on pourrait se faire. Peut-être que sans nous en apercevoir que nous sommes à la recherche de ce cadeau.

Prenons le temps de célébrer notre présence les uns aux autres.

Souriez, Dieu vous aime!!



**ROMAN CATHOLIC CHAPELS**

**St. Marguerite Bourgeoys (North Site)**  
 Saturday: 1700 hrs (Eng) Mon: 1830 hrs  
 Sunday: 0900 hrs (Fre) Tue, Wed & Thurs: 1800 hrs  
 1115 hrs (Eng) Friday: 1700 hrs  
 WEEKDAY MASSES SUBJECT TO CHANGE

**St. George's Chapel (South Site)**  
 Sunday: 1000 hrs (Eng) Weekdays Wednesday: 1900 hrs

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 Sunday School During Worship  
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# HOW TO IMPROVE YOUR SPEAKING AND LISTENING SKILLS

What is your greatest fear, next to death? I bet it's the fear of speaking in front of a group of people — that naked feeling accompanied by sweaty palms and dry throat. Sooner or later almost all of us have to give a toast, thank a guest, or speak on very short notice. Have you ever listened to speakers who didn't prepare their speeches, were not attuned to the audience, or infringed on the next speaker's time slot? The audience was lost from the beginning of their speech. They rambled about topics which meant nothing to you (or anyone else in the room) and turned a 40 minute speech into a two hour diatribe about their life. Well, now you have a chance to prevent any of this happening to you. How, you ask? By joining the West Winners Toastmasters Club right here on the base.

Toastmasters International is a non-profit organization that spans the globe. It sponsors a well-organized, structured method of public speaking with learning manuals and recognition at several levels. Leadership positions are available starting from the local club up to the international executive. There

are over 70 clubs in Manitoba and more than 50 meet regularly in Winnipeg. Speaking competitions start at the club level and progress right up to the annual International Convention. There are ample opportunities to become involved.

But most of all, Toastmasters is a helping organization. It



helps people to organize speeches, conform to their timings, use gestures, visual aids, and voice inflections effectively. It also teaches how to evaluate, be a master of ceremonies, use Robert's Rules of Order and follow parliamentary procedures. One can learn to organize and run a meeting effectively. In other words, Toastmasters teaches the fundamental leadership and communication skills that military members, public servants, NPF

employees, and community volunteers use and need every day of their professional lives.

On 30 April 1993 the West Winners Toastmasters Club received its official charter from the International President of Toastmasters. In October 1993 we held our first speech contest. It was a valuable learning experience for both spectators and participants and the winner, Joyce Aquin, went on to compete at the Area competition.

Our club provides an opportunity to practice impromptu and prepared speeches, evaluations, and leadership in a friendly environment. Toastmasters includes speakers of all abilities who share a desire to improve their communication skills. If you are interested in finding out what Toastmasters is about and how it can help you, please contact the West Winners president, Capt Steven Fejes, at local 6362. Better yet, come as a guest (without obligation) to a meeting, held Wednesdays in the W Comd Conference Room from 1200 to 1300 hours. We'll be glad to entertain you!!!



Wing Commander Col. Proulx (Left) with Lt-Gov Yves Dumont congratulating the honourees of the first annual Deer Lodge Centre for Geriatrics Charity Golf Tournament.

## 17 WING SUPPORTS THE DEER LODGE CENTRE FOR GERIATRICS

Wednesday the 29th of September turned out to be a fine day for golf and with the support of 17 Wing a charity golf tournament was held at Bel Acres Golf Club to raise funds for the Deer Lodge Centre for Geriatrics. The Deer Lodge Centre has had a long association with the CF in its capacity as a veterans hospital and still maintains one-third of their beds for veterans care. 17 Wing was therefore approached by the Deer Lodge Centre for assistance in staging this tournament which is planned to become an annual event.

with support being provided in the form of personnel, transportation for the golfers and the setting of the Officer's Mess (N) for the wind-up banquet and awards ceremony. The military flavour of the event was further enhanced by the Air Command Band and 402 Sqn piper who entertained during the evening.

Overall, the function was a great success and showcased the professionalism of 17 Wing to all who took part in the tournament including the Lieutenant-Governor of Manitoba, the Honorable Yves Dumont.

The Wing took on a prominent and visible role in aiding this charitable cause

## Green Shopping Tips

About one third of all our waste comes from empty packaging. Do you want to help reduce waste? Here are a few tips from ParticipACTION

- Buy your staples in the bulk food section and bring them home in a reusable bag

or container.

- Buy fresh fruit "loose" rather than on plastic-covered trays.
- Avoid individual-serving-size products. They are usually not recyclable (and they cost more!)
- Bring your own plastic

bags to the store or try those handy string or cloth bags. Keep them in your purse or car trunk so you don't forget them when you go to the store.

- Avoid disposable products like paper plates and polystyrene cups.
- Buy soft drinks in returnable bottles.

Look for the EcoLogo. It applies to consumer goods that can be recycled, are made from recycled materials, have lower hazardous byproducts or are energy efficient. Only products that meet stringent federal criteria in the environmental choice guidelines can carry this logo.

## Nation-Wide Search for Innovators

CALGARY, Alberta, November 12, 1993 - The Ernest C. Manning Awards Foundation will continue in 1994 its program of Saluting Canadian Innovation through presentation of cash awards to Canada's outstanding innovators. Nominations of innovative Canadians for the 1994 competition are being sought from coast to coast. The \$100,000 Principal Award, the \$25,000 Award of Distinction and two \$5,000

Innovation Awards will be presented to Canadians who have conceived and developed new concepts, procedures, processes or products of benefit to Canada. Some winners of the 1993 Awards were Dusanka Filipovic of Toronto, Ontario for her work in developing a process to prevent emissions of CFCs to the atmosphere from refrigeration and air conditioning equipment being repaired or abandoned; and Yves Potvin of Vancouver, British Columbia who developed a very successful line of meatless hot dogs and burgers which contain no cholesterol, are low in saturated fat and have no preservatives.

Nominees for the Awards must be Canadian citizens resident in Canada. Nominations for the 1994 competition close on February 11, 1994.

Nomination Pamphlets may be obtained from: The Manning Awards 3900, 421-7 Avenue S. W. Calgary, Alberta T2P 4K9

Merry Christmas and Best Wishes for '94



Pearl Langen



Terie Langen

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# SUPPORT PERSONNEL MEMORIAL SCULPTURE

By Bert Page (Capt Ret'd)

The hands and the eagle - what do they represent?

The hands represent all the dedicated men and women of the support branches, both military and civilian, whose efforts have contributed to safe and efficient flight from the first Militia Flight at Petawawa in 1909 to many diverse tasks and roles of today's Airforce. These hands hopefully will inspire the same pursuit of excellence and

dedication with future members of the support branches.

The eagle, posed in the same position as the emblem of Air Command - Today's Airforce - represents not only safe and efficient flight but also the link to the past Airforces of Canada, as the eagle has been the emblem associated with Military Aviation for many generations.

Having served as a Radio Officer and Long Range Navigator with the RCAF and

Canadian Forces for 32 years, I am honoured to have my design commissioned by the members of No. 500 "City of Winnipeg" Wing of the Royal Canadian Air Force Association, which, effective 1 July 1994 will be renamed The Air Force Association of Canada.

I would like to commend David Laliberté for creating what is truly a "Majestic and Dynamic" sculpture dedicated to all support personnel.



Left; David Laliberté, and right; Bert Page.

## PERSONAL CLASSIFIEDS

EVERYBODY'S MARKETPLACE

### BABYSITTERS

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### CAR POOLS

Car Pool wanted from Waverly Heights to North Base. Willing to alternate vehicle use. Contact Carl 275-0716 or local 5263.

Looking to car pool with anyone driving from the Fort Rouge or Kenaston area to North Base. Phone 475-1653.

### FOR RENT

Storage space for rent, size 10'x10', not heated, private and secure compound. Call Dan 888-9463 or Loc 5287.

### MISC. FOR SALE

TV stand - \$30.00 or OBO. Call Louise 832-5613.

High Chair (Cosco) very good condition - \$30.00; Car seat (Dorel) v. g. c. - \$25.00; Musical.

### MISC FOR SALE

Fisher Price Lamp with Nightlight v. g. c. - \$20.00; Fisher Price Radio with Microphone v. g. c. - \$15.00; Child's twin-size comforter with matching pillow sham and drapes v. g. c. - \$50.00 complete. Phone 895-1588.

A Brother Correctronic typewriter; office chair; Fisher Price Swing and Jolly Jumper; Infant car seat; Infant chair; and crib nest. 489-1362.

Fisher Price kitchen in good condition \$45.00. Phone 889-0715.

Mac Plus Computer with 20 megabyte drive - \$650.00; 2 Page monitor for the Mac - \$600.00; Quicken 3.0 - \$20.00; Typewriter - \$25.00; 2 Vacuum cleaners - \$25.00 each. 885-5423.

For sale: Fireplace/Bar - \$50.00; Rattan 4 pc furniture set with cushions - \$500.00; 81 Mazda GLC Sport - \$150.00; Square table and side table - \$75.00. Call 489-7246.

### MISC FOR SALE

Inglis 3-cycle, 2-speed washer. Working condition asking \$75.00. Call Cpl Barnbrook Loc 6818.

Wall Unit 5 yrs old, excellent condition, bottom half 20" wide x 21" high x 6' long; top 4'2" high x 12" wide x 6' long. Asking \$300 OBO, call Bev at 586-0882.

For sale: Washer - Inglis Sterling, heavy duty; Dryer - Westinghouse, heavy duty. Both are in excellent condition - rarely used. Will let go for a steal @ \$250.00 - delivered OBO. Call 832-3363 anytime.

To sublet a studio apartment, Courts of St. James on Portage Ave. \$456.00 per month, all utilities paid. Willing to leave deposit. Call Maureen - 832-5172 evenings.

### WANTED

Artificial Christmas tree, call Loc 5021 or 774-9180 evenings, Gail.

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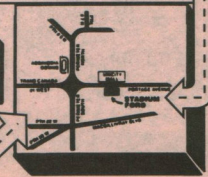
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# MANAGING YOUR MONEY - Reverse Mortgages

By Harry L. Mardon

There are a great many Canadians who are house rich and cash poor. Most of them are seniors who own their own home outright, having paid off any mortgage they may have had on the property.

The dilemma these individuals or couples face is that their retirement income may be insufficient to meet all their needs, yet they are living in a house that may have a market value of \$100,000, or much more.

About 25 years ago somebody in Britain came up with a bright idea. Why not sell a homeowner something called a reverse mortgage. Actually, it's best described as a form of home equity conversion plan. Under the program a portion of the equity built up in an individual's home is used to provide a

lifetime income.

The dollar amount the homeowner receives from mortgage lender is based on the property value of the house or condominium, the individual's life expectancy and current mortgage rates. The individual can receive up to 25 per cent of the principal amount of the mortgage as a lump sum and the remainder will be paid out in the form of annuity payments.

The individual continues to live in the house and continues to hold the title, similar to a regular mortgage. However, if the homeowner sells the property before death or when the individual dies, the mortgage lender has first claim on the property. The company is entitled to recover all of the income it paid out to the individual along with accrued

interest. The company is repaid from the sale of the house or the estate.

Reverse mortgages started to appear in North America about 15 years ago, but have so far received a lukewarm reception. Only a few thousand of these plans have been sold, mostly in the Toronto and Vancouver areas where housing prices have risen dramatically over the past decade or so.

The big attraction of a reverse mortgage is that you don't have to make any payments on the mortgage loan during the term of the plan. The interest is accumulated each month and added to the mortgage loan value.

However, there are some significant drawbacks to the concept of reverse mortgages. For this reason most major

Canadian mortgage lenders have deliberately avoided offering these plans. First of all, the concept isn't quite as simple as it sounds and the amount of lifetime income provided under the program may be surprisingly less than the individual expected. Another drawback is the danger the value of the property may plummet while the value of the loan increases year by year.

For many seniors, the family home represents the largest bulk of the estate they will be leaving. But with a reverse mortgage loan, the value of the estate for an individual's heirs is greatly diminished.

A further disadvantage is that although the annuity income under most programs is paid on a tax-free basis, there's a day of reckoning with Revenue

Canada. When the individual dies and the home is sold, capital gains may be triggered. And the amount of the lifetime income accrued with interest and the capital gains tax must be paid from the proceeds of the sale of the home or the estate.

Many professional financial planners are not in favour of reverse mortgages. Instead, they suggest, seniors should seriously consider selling the family home, which in many cases may be "too much house" for them or difficult to maintain.

Proceeds from sale of the house can then be invested in a diversified portfolio of low-risk investment vehicles. The portfolio should generate enough income to supplement state and other pensions which seniors receive.

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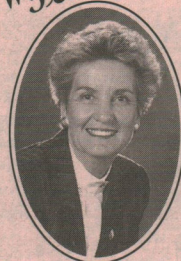
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