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VOL. 41 ISSUE 22

17 Wing Winnipeg / 17e Escadre Winnipeg

DECEMBER 15, 1993 / FREE

AIR FORCE HERITAGE PARK COMPLETED

By Capt Neil Kinley

With the addition of a CF-100 Canuck, an F-86 Sabre and a T-33 Silver Star, the Air Force Heritage Park at 17 Wing Winnipeg is complete.

The three jet aircraft were dedicated in a ceremony at 17 Wing on 28 October, 1993. The Commander of Air Command, LGen G. Scott Clements, unveiled the aircraft at the invitation of the Wing Commander, Col Bert Proulx.

The ceremony also included the dedication of the Support Personnel Monument, which recognizes the indispensable work of all support trades and classifications of the Air Force, past and present. The monument was donated by 500 (City of Winnipeg) Wing of the Royal Canadian Air Force Association, and is located in front of the three new aircraft.

Resting in formation directly in front of Air Command Headquarters, and the Sharpe

Avenue Gate to 17 Wing, the CF-100, F-86 and T-33 are important additions to the park, which preserves the rich history of Canada's Air Force.

Painted in the colours of 419 "Moose" Squadron, the CF100 all-weather fighter-interceptor was the first jet fighter to be completely designed and built in Canada. The A. V. Roe built Canuck served Canada's Air Force from 1951 to 1981.

At the centre of the formation is the F-86 Sabre



LGen G. Scott Clements, the Commander of Air Command, dedicates the latest three aircraft added to the Air Force Heritage Park at 17 Wing Winnipeg, during a ceremony held on October 28, 1993. In the background, one of the new aircraft, CF-100 number 784, rests dramatically on its new pedestal. (Photo by: Cpl Doug Desrochers, 17 Wing)



The best jet fighter of the 1950's has landed at the Air Force Heritage Park. F-86 number 605, painted in the colours of 410 "Cougar" Squadron, sits facing Air Command Headquarters. A large crowd braved the bitter cold and strong winds for the dedication on October 28, 1993. (Photo by: Cpl Doug Desrochers, 17 Wing)

resting in the colours of 410 "Cougar" Squadron. The Canadair built Sabre, with the Iroquois engine, was the finest fighter aircraft of the 1950's. The Royal Canadian Air Force maintained air superiority over Europe flying the Sabre during this period.

The T-33 entered service in 1951 as an advanced jet trainer, and is still used for electronic warfare training and fleet support with Canada's Navy.

The aircraft were beautifully restored by volunteers from 17 Wing, who worked long hours to ensure the excellent standard set on previous aircraft restorations was once again met. Other airmen overcame tremendous logistical problems, resulting from the record rainfall in Winnipeg this summer, to

prepare the site and mount the aircraft on pedestals.

"The work involved in preparing these planes for the park is overwhelming," said Col Proulx. "Most of the work was completed by hundreds of volunteers and I am very proud of their spirit and invaluable contributions."

With the three new aircraft, the Air Force Heritage Park has 13 aircraft on display, including the three displayed at Stevenson Field, behind 17 Wing Headquarters. They represent aircraft flown by Canada's Air Force from the 1940's to today.

"This is the largest park of its kind in Canada," said Col Proulx. "It really is a World Class display."

THE SUN NEVER SETS

By: Capt Neil Kinley (WPAO)

The sun can never set on the flags at 17 Wing, or any Canadian military bases. So each morning duty personnel raise the flags, and each evening they take them down.

However, at 17 Wing the sun will never set on the flags at Stevenson Field again. Lights have been installed on the flag poles, ensuring that the Canada, Canadian Forces, and Air Command flags are never in darkness.

The flags were raised for the

last time at 0615 hrs on 24 November, 1993. The Wing Commander, Col Proulx, and the Wing Chief, CWO Scott, braved the bitterly cold morning to assist the duty personnel with the flag raising.

"The lights are a nice addition to Stevenson Field," said Col Proulx. "As well, I believe our duty personnel will be pleased that they no longer have to get up this early to raise the flags."

Lt Caya of Wing CE, WO LeBlanc of 402 Sqn, and MCpl Roy of Aircom, were the last

duty personnel required to rise at 0530 hrs and raise the flags.

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(Photo by Cpl Lou Penney, 17 Wing)

WO LeBlanc, Wing Duty WO, CWO Scott, Wing CWO, and MCpl Roy, Wing Duty NCM, raise the 17 Wing flags for the last time at 0615 hrs on 24 November 1993, as the Wing Commander,

Col Proulx, and the Wing Duty Officer, Lt Caya, salute. Lights were added to the flag poles to enable the Wing to keep flying the flags, day and night.

MERRY CHRISTMAS & HAPPY NEW YEAR!

From all the staff at Voxair

PRINCE ANDREW'S FIRST OFFICIAL VISIT



His Royal Highness, Prince Andrew, listens to a speech by Col Fraser Eadie, honorary colonel of the Canadian Airborne Regiment, at a welcoming parade held in the Prince's honour. The Duke of York was paying his first official visit as the Regiment's colonel-in-chief. His visit to CFB Petawawa, ON, in September coincided with activities marking the Regiment's 25th anniversary. (Photos by Sgt Dave Snashall.)



The Duke of York, Prince Andrew, inspects HMCS Toronto's petty officer's guard during his courtesy visit in September to the recently commissioned patrol frigate. The Prince was en route to England after paying his first official visit to the Canadian Airborne Regiment as its colonel-in-chief. His Royal Highness is the skipper of a Royal Navy minesweeper.

WING COMMANDER'S HOLIDAY MESSAGE



WComd, Col Proulx

1993 draws to a close and we celebrate the holiday season, we should pause and reflect on our accomplishments, and look ahead to 1994.

This year has been very challenging for 17 Wing. Once again, we have successfully

supported a multitude of taskings and we have excelled in our daily responsibilities. The continuation of the Air Force Heritage Park, the return of the Wing Concept, the introduction of Sociotech, the hosting of HEROES, and numerous VIP visits, are all concrete evidence of our tremendous success as a team.

1994, no doubt, will be just as challenging and even more turbulent than 1993. We may be faced with yet another round of belt tightening and budget cuts, but I am very confident that through these challenges, we, as a team, will find tremendous opportunity as we develop new ways of doing business. Keep the spirit up and the positive "Can-do"

attitude that has become the mark of 17 Wing.

To all personnel of 17 Wing, and to your supportive families, I extend my sincere thanks for your efforts, dedication and perseverance which have allowed us to meet all of our commitments for 1993. Let us not forget those Base personnel who will be unable to share Christmas with their families because of duties or taskings far from home.

So, my family and I wish all of you the best for 1994, and an enjoyable and safe holiday season.

Merry Christmas
and a
Happy New Year!

MESSAGE DE NOEL DU COMDT ERE

Comme l'année 1993 arrive à sa fin et que nous célébrons le temps des fêtes, prenons un moment pour faire le bilan de nos activités et pour jeter un regard vers l'année 1994.

Cette année a été remplie de défis pour la 17e Escadre. Encore une fois, nous avons accompli avec succès une quantité impressionnante de tâches et nous avons excellé dans l'exécution de notre travail quotidien. La continuation du Parc du patrimoine de la Force aérienne, le retour du Concept d'escadre, l'introduction de Sociotech, le programme HEROES, et les nombreuses visites de dignitaires témoignent de façon concrète du succès qu'a connu l'équipe que nous formons.

1994 sera, sans aucun doute, une année remplie de défis et encore plus mouvementée que 1993. Nous serons peut-être encore soumis à une nouvelle ronde de coupures budgétaires; je reste toutefois convaincu que ces défis nous fourniront l'occasion de trouver de nouvelles méthodes de travail plus efficaces. Gardez le moral ainsi que

vos attitudes positives, deux valeurs qui caractérisent bien la 17e Escadre.

À vous tous, le personnel de la 17e Escadre et vos familles, je vous remercie sincèrement pour vos efforts, votre dévouement et votre persévérance qui nous ont permis de remplir tous nos mandats pour l'année 1993. Pensons aussi aux membres de

la Base qui sont en service à l'étranger et qui ne pourront pas célébrer Noël avec leur famille.

Alors, je me joins à ma famille pour vous souhaiter nos meilleurs voeux pour l'année 1994 et un temps des fêtes des plus agréables et des plus sécuritaires.

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Home Safe Home: For The Holidays

If there isn't already enough to lose sleep over, what with unemployment, taxes and the world's trouble spots, now that the icy breath of winter is nearly upon us, we get to worry about our pipes freezing and our Christmas trees and lights starting house fires.

Here are some tips on playing it safe for the holiday season.

FIRE PREVENTION

If you put up a tree at Christmas, be sure it's not blocking an exit and be sure it's fresh; put it in wet sand and add water regularly. Keep candles well away from anything that can burn, that includes evergreen cuttings, curtains and furniture. Use only fire resistant ornaments on your tree; make sure lights are in working order. Don't overuse extension cords or overload circuits and use lights only as designated. Never use outdoor lights indoors. Don't leave lights on all night or when you are out. And never burn gift wrappings in your fireplace. More fire deaths happen at home in winter than during any other season and most are caused by heating equipment. The largest number occur when people are asleep.

COMBINED PROTECTION

If you have an alarm system or if you have been considering having one installed, be aware that you can often integrate smoke and fire alarms, as well as freeze and moisture alarms, with security system.

FLOOD AND FREEZING

Many people think of flooding as one of the hazards of spring, but winter flooding is a risk when frozen pipes burst. Make sure your pipes are insulated and the building they're in is heated properly. Don't set the thermostat too low; whatever savings you

might be looking for may be more than offset by the expense and headache of dealing with a flood. If you're going to be leaving a place empty for a time, make sure the maintenance on the furnace, is kept up. If you heat with oil, make sure there is enough oil in the tank. If you are going to be away for a time and the structure is not well-insulated, like some country cottages, look into having the pipes drained. If water pipes do freeze and by some miracle you manage to detect the problem before the frozen pipes burst, take a blow dryer to the pipes to try to thaw the ice inside. Start up the furnace if it has shut down.

PERSONAL SECURITY

Remember that even though we are all rushed around holiday time and thinking about a thousand things, it's important to stay alert to your surroundings. Shop before dark if possible or co-ordinate shopping trips with a friend if you're going to be out late. Park in a well-lighted area, even if you are planning to be gone only a few minutes. Lock packages in the trunk and have your key on hand when you return. Teach your children to go to a store clerk and ask for help should you become separated from each other. Don't carry large amounts of cash and don't carry all your money in one place or use cheques or credit cards. Never leave your purse or wallet unattended. Be wary of strangers who come to the door asking for charitable donations. Don't display gifts before you go away on a holiday trip. Remember these safety tips and have a safe, healthy and joyous holiday season.

CHIEF OF DEFENCE STAFF NEW YEAR'S MESSAGE

Each year at this time we pause to reflect and to enjoy the festive season: we share with our friends and loved ones, we count our blessings, and we look forward with hope to the New Year.

As Chief of the Defence Staff, I am pleased to be sending you - the men and women of the Canadian Forces - my warmest greetings and best wishes of the season.

The past year has been marked by continual change and remarkable achievement. Thousands of you, for example, have been involved in one or more of the 14 peacekeeping and humanitarian relief missions that Canada has participated in this year. Your service in these difficult and often dangerous missions has given new hope for peace and stability in many of the world's trouble spots.



Admiral J.R. Anderson

Many others among you have contributed to the cause of peace through our traditional commitments to the Atlantic Alliance and to the defence of North America. Others on the home front have been safeguarding our sovereignty and carrying out national roles such as search and rescue, fisheries and environmental protection, and

anti-smuggling patrols. Still others have served in a variety of postings in foreign lands.

Whether you are Regular Force or Reserve, all of your tasks and missions are important to the Canadian Forces and to Canada. I thank you for your continuing dedication and sacrifice, and I express my sincere appreciation to your families for their support. For those of you who cannot be with your friends during this festive period, my hope is that you will soon be reunited.

My wife, Anne, joins me in wishing you a happy holiday and hope that you and your families will experience all the joy, fellowship and goodwill of the season.

May all of you enjoy a safe and prosperous New Year.

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ARC: ONE SHIP'S PERSPECTIVE

By Rhonda Roy

This is the sixth and final part of a 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.

Ordinary Seaman Boggins was in the "main cave" of the ship telling his buddies about the great course he just finished, the neat things he learned, the wonderful friends he made. Finally, one observer couldn't resist - he was dying to know what-the-heck course

young Boggins was talking about because he wanted to get in on it too! "I was on ARC," Boggins yelled back at him across the room, "it was fantastic!"

WO Chris Galvin, physician's assistant in HMCS Annapolis, often refers patients to the CF's west coast Addiction Rehabilitation Clinic (ARC) and respects the confidentiality and sensitivity involved in the process. But he notes that the old stigma of ARC participation appears to be gone: "We try to keep it confidential," he says, "but they come back and spout off about it. Most people referred to ARC by Galvin are there through the grace of

people who care: "Often wingers and supervisors come to us ... they really look after each other ... people do not have time to get set in their mould before others intervene."

Galvin says there is "zero per cent tolerance for alcohol related incidents," on this "pretty dynamic ship ... you've got to be on top of it ... you can't afford to be gibbled. If you don't perform you're gone ... the old days of hiding people are over ... people are more aware of the jobs we are doing and safety ... we can't afford to carry any dead wood ... none at all." Galvin doesn't want to see untreated drug or alcohol problems among his shipmates because he "doesn't wanna' be swimming."

Galvin feels the stigma of ARC no longer exists because "it's finally sunk in that no one is out to get you, but to help." He says he has seen nothing but "good results from the people we sent (to ARC) and a lot of support from this boat." In fact, there's a standing joke now that if you want to get promoted, you've got to get that ARC course under your belt. Promotions seem to

follow ARC graduates as they turn their life around, become more productive, and move to the front of the line.


Annapolis' executive officer, LCdr Ray Stacey, has referred personnel to ARC on eight occasions, and with the exception of one individual, all candidates came back "reborn." Stacey, who abstains from alcohol himself - not by choice but because of an allergy - remembers one petty officer he recommended for the ARC program after he was confronted by his wife - she "rebelled." The man returned a year later to give Stacey a hug and tell him: "Sir, you're the only SOB in 16 years who cared!"

Stacey says "I don't know what goes on in that program, but I'm absolutely amazed how individuals can be changed in such a short period of time ... ARC is a hidden gem ... these changed individuals make me realize how important the program is ... saving families, children, generation ... a century's worth of effect ... and they bring this to others on the ship."

"People need to be cared for, it's called leadership," says

Stacey. "It takes a hell of a lot of courage to come back and to change one's lifestyle ... but the reality is not as hard as the perception ... when a graduate returns to the family here, he assists others with their problems ... people who work for the returned alcoholic have a lot of respect for him ... a person who might have once been an object of derision before becomes a valued asset." According to Stacey the only stigma associated with ARC is attached by people unwilling or too afraid to deal with their own problems of addiction.

Stacey is aware that AA meetings are held throughout the ship, but he never sees them. They tend to remain "invisible" - just a friendly group of shipmates sitting about the cafeteria having a cup of coffee or tea and chatting. Galvin laughs that when the ship is in a foreign port now, some sailors get in the van to go shopping, others go to AA meetings. The AA members get priority service, of course. The shoppers don't mind.



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Top Row from Left to Right: Lt Wilson, Lt Ross, Lt Hickey, Lt Koester, Lt Couture, Lt Riou, Lt Poirier, Lt Smith, Lt Neri, Lt Campbell, Lt Alexander, Lt Laroche. Bottom Row Left to Right: Maj Gottfried, Maj Young, LCol Milani, BGen Brace, Col Proulx, Maj Norris.

WINGS GRADUATION 3 CANADIAN FORCES FLYING TRAINING SCHOOL

By Captain Marcel Viel

On November 12, 1993, 12 students from the Basic Helicopter School and the Multi-Engine School were the recipients. Lieutenant Poirier received the Wing Commander's trophy for Officer Development, presented by Colonel Proulx, Commander 17 Wing.

From the Basic Helicopter School, Lieutenant Mark Koester is posted to 12 Wing, Shearwater, where he will fly the Sea King Helicopter. Lieutenant Jacques Poirier is posted to 4 Wing, Cold Lake, where he will fly the Iroquois Helicopter. Lieutenant Keith Wilson is posted to 14 Wing, Greenwood, where he will fly the Labrador Helicopter. Lieutenant John Alexander is posted to 7 Wing, Ottawa, to

fly the Twin Huey Helicopter. Of the Multi-Engine graduates, Lieutenants Martin Couture and Tim Ross are now posted to 8 Wing, Trenton, where they will fly the Hercules aircraft. Lieutenants Marc Laroche and Illo Neri are posted to 14 Wing, Greenwood, to fly the Hercules. Lieutenants Corey Smith and Martin Hickey will fly the Hercules aircraft with 18 Wing, Edmonton. Lieutenant Marcel Riou is posted to 17 Wing, Winnipeg, where he will fly the Dash 8 Aircraft. Lieutenant Brian Campbell from the Jamaican Defence Force, will be returning home to fly the King Air and the "Britten Norman Islanders".

Basic Helicopter School and Lieutenant Neri from the Multi-Engine School were the recipients. Lieutenant Poirier received the Wing Commander's trophy for Officer Development, presented by Colonel Proulx, Commander 17 Wing.

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CFANS UPDATE

The last several weeks at CFANS have marked not only the end of this year's social calendar, but have also seen some of its highlights. In an attempt to adequately honor Capt Bert "Was that stop on the left or right foot?" Fenton for attaining his A-1 instructor category he was selected as the celebrity 'parader' for course 9209's graduation ceremony. The event proved to be a "standing room only" occasion as friends and co-workers alike turned out to see Bert in what may very well have been his last parade. Said an appreciative Fenton afterwards, "If it weren't for the parade, it would have been just another award."

"You've got to appreciate a man who truly marches to his own beat," beamed one impressed spectator. "He certainly stands out in a crowd," echoed fellow participant Lt Mark McGahey. "Watching him in action really brings a tear to your eye."

The festivities following the graduation were also quite a success according to 9209's Course Director (CD) Capt Bert Troisfontaines. "Overall it was a big hit, although I heard that there was a little too much 'monkey business' for Coates."

"Yeah! Yeah! Funny bunch of guys," muttered a disgruntled Capt Brad Coates.

Speaking of celebrations, the school's Christmas Party was once again a success thanks to the hard work of all involved. Special thanks are in order to Capt Dave

Cooper, Al Bergsma and Darach McDonnell for their efforts in organizing and orchestrating the evening's events. After dinner, members of CFANS were treated to an early visit from Santa Claus, who brought some timely gifts for both staff and students alike. Capt Coates received some duct tape which could prove critical to his hopes of 'holding' his car together for another year, while some members of 9307 were fortunate enough to receive some shoe polish.

"Geez! I was hoping those guys would be able to make it for next week's card night, but I guess they'll be busy," mumbled a disappointed Capt Dave Malinski.

Despite Saint Nick's appearance, the various student performances, which ranged from songs to skits, highlighted the evenings events. "I was so drained by the show that I was a write-off for the remainder of the party," confessed headline dancer 2Lt Chris Voyer. "It was a toss-up between Greg and Eric Johnsrude." said a course mate when asked to comment on the choice of 2Lt Greg Skotnicki as their narrator. "As much as we wanted Eric, we only had 10 minutes and that, coupled with Greg's difficulty on his recent fitness test made the choice obvious."

On a more serious note we wish a Merry Christmas and a Happy New Year to all from LCol Leclerc and his staff at CFANS.

MANITOBA CHILDREN'S MUSEUM - DECEMBER ACTIVITIES

The Manitoba Children's Museum at 109 Pacific Avenue has a delightful dose of activities planned this December.

HOT FUN IN THE WINTER. DEC 20, 1993 TO JAN 2, 1994

It may be cold and blustery outside, but this winter, you can have a tropical vacation without even leaving Winnipeg!

LIFE'S A BEACH - DEC 20

Working together, children set the scene for a tropical paradise by creating a wall mural which will hang in the MultiPurpose Room until the end of winter break.

SUN HATS - DEC 21

Create a sun hat to keep the sun off your face.

A DAY AT THE BEACH - DEC 22

Spend a day at the beach, and don't forget to take a beach towel along that you make yourself.

FAN-TASTIC - DEC 23

If its getting too hot for you, you can decorate and fold a wonderful fan to cool you off.

WAVE MAKERS - DEC 24

Please bring an empty 1-litre plastic soft drink bottle and a lid, with you to this workshop.

SAT, DEC 25 - CLOSED.

SLICK SHADES - DEC 26

Make a pair of hand-made sunglasses.

EXOTIC INSECTS - DEC 27

How many different types of bugs can you make?

SIGHTS TO SEE - DEC 28

Make a pair of binoculars, to help you see it all.

SHIPS AHOY - DEC 29

Today, you can make a boat and head out on a sailing expedition.

GONE FISHING - DEC 30

Create a beautiful tropical fish out of paper and take it home.

SAND CASTLES - DEC 31

Make sand castles then cast them to keep as souvenirs.

SAND PAINTING - JAN 1

Use different colours of sand to create uniquely textured pictures.

ALOHA! - JAN 2

Make a Hawaiian lei to wear home as a souvenir.

The Manitoba Children's Museum offers you a great gift idea and a special way to be a part of the new Museum at The Forks. For details call 957-0005.

SECOND CAREER!!

The Commissionaires

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Left to right; Malina Roos, Monika Maxwell, Don Brennan, Colonel Lee, Val Hudson and MWO Yvonne Boisclair.

ARGHQ SUPPORTS NEEDY MILITARY FAMILY

This year ARGHQ's have decided to support the Military Family Resource Centre (MFRC) Christmas Hamper Program by donating a generous hamper of presents and food to a needy military family. A portion of the hamper to be given is shown above. The MFRC greatly appreciates the support given by ARGHQ's. Other sections may wish to do the same in future.

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Satellite Home Child Care Program

Hi! The MFRC has a Satellite Home Child Care Program where licensed family day care providers care for children in their own home.

Are you interested in becoming one of these providers?

Providers are licensed by the Provincial Child Day Care Office. The MFRC offers support in the form of parent referrals, training seminars, monthly newsletters, toy lending library and resource centre.

Provide a great service to your community; join the SHCC Program as a family day care provider.

For more information, please call Mavis at 833-6870.



NEW MFRC ADMINISTRATION

Left to Right; Monika Maxwell, Chairperson, Board of Directors, Don Brennan, Executive Director, Malina Roos, Vice-Chairperson, Board of Directors.

ANNOUNCEMENT

MFRC Resource and Toy Lending Library

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To all, a Very Merry Christmas and a Happy New Year.

17 ARAF: A MEMORABLE YEAR

Once again, as we are approaching the Christmas Season, we realize that the year has gone by at a tremendous pace. In 1993, the members of ARAF Winnipeg have fulfilled their augmentation role in a remarkable fashion. While acquiring valuable training in preparation for their wartime role, the men and women of 17 ARAF have contributed in a very concrete and unique way to the every day activities of their individual employing section.

Truly integrated in every facet of the Air Force operation, our Reservists have also served on temporary duty

in many other locations. From Baden, Lahr, Greenwood, Borden and Penhold, 17 ARAF has supported various military activities is support of both Regular and Reserve Forces. Benefiting from having identical qualifications, some of our Reservists have also fulfilled Regular Force positions from within 17 Wing, by taking short term Class C contract backfilling behind individuals away on maternity and parental leave.

Of special mention in 1993 was: the very successful employer appreciation day co-sponsored by the Canadian Forces Liaison Council, the participation of 6 ARAF

members to the closure of CFE, the support to OP harmony, the implementation of the Wing concept, and the integration of Class A Reservists at Air Command under the hospices of Air Reserve Group.

As we turn our eyes to the future and embrace a new area of fiscal constraint, the support of our Reservists will take a new dimension as equal partner in a new and improved Defence team. With a positive and innovative attitude, the challenges of the future will provide exciting opportunities for all Reservists of 17 ARAF.

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PLAY IT SAFE DURING CHRISTMAS TIME



Barry Sweeney

By Barry Sweeney

During the decade of the Eagles the group sold over 80 million albums worldwide, had four #1 albums, 5-#1 singles, four Grammy Awards and their music today, is seeing a new resurgence.

Common Thread (Giant) a 13-song collection of Eagles music, recorded by some of the hottest country artists, has catapulted into the upper reaches of the charts and is a sure bet to generate at least a million dollars in royalties which will be donated to the non-profit Walden Woods Project to preserve the historic forestland located near Henry David Thoreau's famed retreat at Walden Pond. Anyone who knows the music of the Eagles will quickly recognize every song here and, for those that are unfamiliar, you too will enjoy from start to finish.

Travis Tritt opens with the jangling Take It Easy an uptempo paean with its guitar/drum interplay is a natural for airplay and in-person concerts. Little Texas add the smoothly flowing Peaceful Easy Feeling and comeback sensation John Anderson rocks his way through Heartache Tonight while Clint Black updates Desperado and Alan Jackson performs Tequila Sunrise. Relative newcomer Suzy Bogguss clicks with her on-target vocals to revive the haunting Take It To The Limit.

With Vince Gill, Trisha Yearwood and the red-hot duo of Brooks & Dunn along with the award winning Diamond Rio all adding their unique talents, this set is destined to become the recording event of the year. Sounds remain faithful to the originals. It's great.

10,000 MANIACS.

Natalie Merchant has one of the most beautiful voices in

modern pop music and as leader of 10,000 Maniacs this voice pulls like a magnet to draw listeners to their MTV Unplugged (Elektra).

The 14-song outing runs the musical gamut from These Are Days and Candy Everybody Wants through the folksy I'm Not The Man and the exquisite Don't Talk. The infectious Hey Jack Kerouac and the from-the-heart Gold Rush Brides are highlights. Solid effort.

EMMYLOU HARRIS

With an all-star supporting cast to back her Emmylou Harris renders 11 songs under the banner Cowgirl's Prayer (Asylum). The native of Birmingham, Alabama clicks with the inspired love song The Light and picks up the tempo for High Powered Love but it is her revival of the Eddy Arnold classic You Don't Know Me that sends this album into overdrive. This song, like Prayed In Open D, is drenched with emotion.

She interprets Leonard Cohen's Ballad of a Runaway Horse and will totally melt your heart with Lovin' You Again a shuffling take-you-back again song. Jerusalem Tomorrow and I Hear A Call round out the musical proceedings. Though provoking, meaningful, well produced and delivered to perfection.

FAST FACTS

Alias, which was formed by former Sheriff members Freddy Curci (vocals) and Steve DeMarchi (guitar) and along with ex Heart guitarist Roger Fisher went top-5 with their debut single More Than Words Can Say and followed with the top-20 Waiting For Love.

Remember to support your local food bank.

COMMON THREAD A GIANT ALBUM



Common Thread: The Songs Of The Eagles

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2 PRINCESS PATRICIA'S CANADIAN LIGHT INFANTRY

BASIC ASSAULT PIONEER COURSE 9301

By Lt JM Jasper

The Assault Pioneer Platoon of the second battalion PPCLI are running the basic Assault Pioneer course for the fall PCF cycle at Kapyong barracks. The basic pioneer course qualification is one of the most useful PCF courses to the average infantryman as it teaches him skills he can use in virtually any organization he works with in the field.

The Assault Pioneers are an organization within the battalion with an important job and many unique traditions. Pioneer platoon consists of two sections of pioneers whose role is to carry out minor engineering tasks for the battalion and another section who is also tasked as the trade pioneers to carry out many carpentry and construction tasks. The pioneers are equipped with M-113A2 APC dozers and have many manly powerful hydraulic tools to complete various engineer tasks. The pioneers are also easy to spot on a battalion parade. They wear white leather work aprons, carry huge double bladed axes, and sport the traditional bushy pioneer beard. Two lesser known traditions of the 2nd Bn pioneers is that the platoon has the best dart players and the platoon commander does not sport the traditional bushy beard.

The candidates of course 9301 are hard at work learning about the many things that even basic qualified pioneers are expected to master. Building bridges and then

learning to blow them up again. Building field defences, bunkers, roads, more bridges, or booby traps to name a few things. Due to Manitoba's hospitable climate the watersmanship training is mostly theory lessons and for some reason CFB Shilo had a problem with us blowing up a lake to train on our assault boats. The explosives and mine warfare are two of the most interesting parts of the course. The course tries to do everything they learn on the ground rather than create, "paper pioneers," so the students have been turned loose onto the pioneer offices to do practical booby traps, mine the obstacle course and then learned to find and neutralize the same (2nd Bn watch where you step and open doors and drawers nice and slowly). When we have decided Shilo is good and cold enough (about 6-10 Dec), we will deploy there to blow up steel, concrete, roads, and anything else people leave lying around the PWC. I still do not understand why the platoon 2IC wants me to take my POMV on the deployment.

The students are working hard and they are sure to reward themselves with a good course smoker: after all every screw-up in training that could have caused death or injury if done for real is cause for the unfortunate future pioneer to contribute, "beverages in multiples of twelve," for the end of play get-together. See you on the demolition range.

FIRING! FIRING! FIRING!!!

MACHINE GUN COURSE

The 2PPCLI Basic Machine Gun Course started on the 8th of November and is scheduled to end on the 10th of December. The course has been fast and furious, with the added incentive of the 13km and 16km Battle Efficiency Test and the annual Personal Weapon Test to be completed at the same time.

The soldiers have learned all they wish to know for right now on the characteristics and names of the parts of the C-6 and .50 calibre machine gun and now wish to get on to the real reason for taking this course; firing the guns.

This course is the first in the battalion to use the new Q.C.B. (Quick Change Barrel) on the .50 calibre. This modification is designed to make it easier and faster to change barrels when firing the

.50 cal. The new modification of the gun and the knowledge of the new machine gunners will be tested when the course goes to CFB Shilo to fire the machine guns in all applications. Hopefully the weather will cooperate and the troops will spend more time firing and less time digging through the snow for a place to put the guns.

After the field portion of this course is finished the battalion will have thirty more trained and skilled machine gunners ready to fire up the "guns" whenever they are given the word to go out and shoot something. After all, isn't that what a machine gunner is for?

VP.

HAVE COMPASS WILL RECCE

By Pte Gagnon, P.P.

Reconnaissance (n): the process of obtaining information about the position, strength and movements of an enemy.

It all started on 8 of November, 25 men all gathered to begin and participate in 2 VP's Reconnaissance patrolman Course 9301. Right from the "Go" things were pretty hectic and schedule tight. With 'binos' and compasses in hand we were off and navigating. After several days of classroom work, it was off to the field.

Our first experience was in Minaki, Ontario. Broken down into dets we wandered around this geographical nightmare from one contour line to the next. The constant reminder to

"trust your compass" helped some, but my det ended up orientationally confused when our map didn't show newly formed lakes. We also had a chance to let our hair down with some rappelling and rock climbing. But like all things, this exercise too came to an end and the heated bus was a welcome sight.

After our return back to Kapyong Barracks, we had one more classroom instruction and a trip to St. Charles range for a night stalking exercise. The NODLR worked well and sneaking and peeping proved to be difficult.

We loaded up once more and this time out headed forth to Milner Ridge for a 24 hour patrol exercise to put our reconnaissance stuff to the test.

The area was a pain. It wasn't bog, it was bush so thick you wished you'd had a chain saw. In teams of two we recce'd four positions and stalked up to a fifth. Being caught meant a loss of 2km and that meant less time to compete the tasks. Believe me that hurt, and I'm writing from experience here. Before you know it, 24 hours are up and its back to Winnipeg. Once again, the bus was a welcome relief.

There's still two weeks left in this course with the final exercise looming ahead. Four days in Shilo honing our skills of reconnaissance to a sharp edge and completion of the Recce Patrolman's course. We'll really know it's over when we get on that bus - that warm bus home. II VP Recce

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2 PRINCESS PATRICIA'S CANADIAN LIGHT INFANTRY

DAYS OF MY LIFE

By Pte Lovlin, Dedicated to Cpl Bechard & Capt DeCoste

Thirty-seven
Gone to heaven
Served his country well
Too high a cost
Too much a loss
A summer spent in hell

Another time
Another crime
Puts family on the phone
Too much the pain
Too much again
A father who's never known

An unknown land
Who'll understand
The suffering we have seen
Or will they care
Deaths everywhere
The heroes we have been

Shots get fired
And men get tired
Just push through another
day
Look at us now
And wonder how
We carry on this way

Buddies we had
Through good and bad
Didn't think of any others
Drink or fight stay up all
night
Called these men my brothers

The tour ends
We're less two friends
And words don't seem
enough
The pain we hide
Sorrow Inside
Holding on can be so tough

Back to a life
Girlfriend or wife
Try to shut out the death
We lie in sleep
The dreams we keep
Wake up to catch some breath

These were the days of my life
And I don't forget them
These were the days of my life
Please don't forget them
Remember the days
of my life.

Tales from the Tow Zone

By Cpl R.K. Moran

No, not the tow away zone, but that dark place in building C-4 where TOW Pl lives.

For those of you who are not in the know, TOW stands for "Tube Launched Optically Tracked Wire Guided Missile System." word for word! That we know from Sgt Sundquist, the man who marks the tests!

Presently the 12 man course is broken down into two six man detachments. The candidates are learning the ground mounted drills first, and then will carry on to the TUA (TOW Under Armour). The TUA is a dual launcher turret, mounted on the infamous and ever flexible M113 (god-like) APC.

One of the instructors charged with creating new TOW gunners is Sgt McIndoe and through his teaching, the drills seem to be coming along fine, that is, of course, when we don't disassemble on the command "LOAD".

Instructing on the boresighting, misfire and hangfire drills is

MCpl Frederiksen. Woah is the man who cannot get his "Chubby little sandwich clamps" around an electrical connector or control knob, for he will surly suffer the fate of a quick one-liner from said instructor.

When not engaged with drills the course finds itself in one of Sgt Campbell's or MCpl Aitchison's TOW theory classes. 'Nuff said!!

Another major part of the course is AFV or Armoured Fighting Vehicle Recognition. This is so that a potential TOW god can distinguish friend from foe. This is handled by MCpl Thom who can thank his lucky stars every time we get a friendly vehicle right. (Hmm, and I thought the T54/54 was one of ours...it's old enough to be!)

Finally we come to the man who is the TOW course (admin) officer, WO (not another O Group) Bonin. Many a time has the course wandered aimlessly only to be put in a state of disarray. But such is the army. Until next time...

...STRIVE TO BE A TOW GOD!!!!

Season's Greetings



May the Spirit of Christmas Bless you and yours and bring you all the joys of the season and throughout the year.

The friendship of those we serve is the foundation of our success. We thank you and extend our appreciation for another prosperous year.

Merry Christmas and best wishes for Health and Happiness in the coming year

Grant and Mary Clements

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The holiday season is a time of get-togethers - dinners with family, company Christmas parties and small gatherings with friends. If you're planning a party, CAA Manitoba recommends putting friendship above being an accommodating host.

When you invite your guests, ask how they plan to get to the party. You might suggest they take a cab or assign a designated driver if they plan to drink alcohol. You could give a small gift to all the designated drivers at the party. Caring about your guests and their safe return home

is part of being a friend.

As you prepare, plan to serve food and to offer drink alternatives without alcohol. Eating first helps to slow the absorption of alcohol into the bloodstream. When there is food to nibble on, people often drink less. If you're serving alcoholic punch, use a non-carbonated base such as juice or tea (alcohol is absorbed faster when mixed with ginger ale or club soda).

When your guests arrive, give them a choice of drinks; don't assume they want alcohol.

Be prepared to get tough if a guest who has had too much to drink insists on driving home. Take control of the situation and don't let them drive. You may lose a friend that night, but you'll have a better one in the morning.

Try some of these non-alcoholic drink recipes at your next party or family gathering. The recipes are from the Manitoba Public Insurance Corporation brochure called "Punch Back at Drinking and Driving," and from AAA's "First a Friend, Then a Host" pamphlet.

SAFETY SMOOTHIE

In a pitcher, combine in the following order:

Raspberry Kool-aid or cocktail
 Layer of crushed ice
 Unsweetened pineapple juice
 Layer of crushed ice
 Peach juice or crystals
 Layer of crushed ice
 Fill to within 1 or 2 inches from top with ginger ale

Carefully pour grenadine syrup combined with fresh lemon juice over ginger ale in pitcher. Using a long straw, poke holes into layers of juices and ice so that grenadine flows into the holes.

Let contents of pitcher sit 5 to 10 minutes in refrigerator. Pour into glasses garnished with a slice of orange or lemon.

COLLISION COOLER

375 mL (1 1/2 cups) sugar
 375 mL (1 1/2 cups) water
 1 litre (1 quart) orange juice
 1 litre (1 quart) grapefruit juice
 200 mL (3/4 Cup) lemon juice
 1.4 litres (48 ounces) pineapple juice

Boil sugar and water for 5 minutes. Cool, then add juices. Chill thoroughly. Serve in punch bowl with an ice ring made by freezing water in ring mold. Ginger ale or 7 Up can be used in place of water.

Makes 30-32 servings.



MERIT MIX

500 mL (2 cups) Water
 60 mL (1/4 Cup) sugar
 3 Cinnamon sticks
 500 mL (2 cups) pineapple juice
 250 mL (1 cup) orange juice
 60 mL (1/4 cup) lemon juice
 400 mL (28 ounces) 7-Up
 2 trays of ice cubes

Simmer cinnamon sticks and sugar in water for 10 minutes. Cool, then discard sticks. Chill remaining ingredients. Combine sugar with fruit juices in a large bowl. Slowly pour in 7-Up. Makes 2 litres (2 quarts). Garnish the bowl with lemon and orange slices and top with maraschino cherries and mint leaves.

MOCK PINK CHAMPAGNE

125 mL (1/2 Cup) sugar
 250 mL (1 Cup) water
 170 mL (1 six-ounce can) frozen orange juice concentrate
 170 mL (1 six-ounce can) frozen grapefruit juice concentrate
 800 mL (1 two-ounce bottle) cold ginger ale
 80 mL (1/3 Cup) grenadine syrup

Early in the day, mix sugar and water in pan and boil for 5 minutes. Cool. Add frozen concentrates. Refrigerate. At serving time, add ginger ale and grenadine syrup and let sit. Garnish with fresh fruit slices. Yield: 10 servings.

ROAD WISE SURPRISE

1.4 litres (1.5 quarts) Cranberry juice
 1 litre (1 quart) unsweetened orange juice
 15 to 30 mL (1 to 2 Tbsp.) almond extract
 2 litres (2 quarts) ginger ale

Chill all ingredients for at least 3 days. Combine the juices in mixing container and add almond extract to taste.

Refrigerate at least 3 hours before serving.

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TEAM STATISTICS

AS OF 1 DECEMBER 1993

NOON HOCKEY LEAGUE

TEAM	GP	W	L	T	Pts	Pos
Hawks	9	8	0	1	17	1
733 Comm Sqn	8	6	1	1	13	2
1 CEU/CE	8	6	2	0	12	3
DCOS/CE	8	6	2	0	12	4
2PPCLI	8	5	2	1	11	5
Transport	9	5	4	0	10	6
CFANS	8	5	3	0	10	7
AirCom HQ	9	2	6	1	5	8
Supply	9	2	7	0	4	9
MP's	8	2	6	0	4	10
Sarges	9	1	7	1	3	11
Oldtimers	9	0	8	1	1	12

TOP 15 GOAL SCORERS

NAME	TEAM	GP	G	A	Pts
Sliviert	PPCLI	6	12	9	21
Fairfax	733 Comm Sqn	7	11	8	19
Hodges	1 CEU	8	9	10	19
Brykaliuk	1 CEU	7	7	11	18
Antal	Hawks	7	8	7	15
McKenna	1 CEU	7	8	7	15
Sharp	PPCLI	8	7	8	15
King	PPCLI	5	3	12	15
Scott	PPCLI	5	7	7	14
Adams	1 CEU	7	6	8	14
Durette	WG TN	6	8	5	13
Oversby	1 CEU	6	7	6	13
O'Leary	Hawks	7	7	5	12
Hodgkins	PPCLI	8	4	8	12

3 others tied at 11 points



"Roll Out for the Record" by John Rutherford. Prints available from Comox Heritage Aircraft Society, Argus Committee, Box 485, Lazo BC, V0R 2K0

ROLL OUT FOR THE RECORD

Starting with its first flight on 28 March 1957 and ending with a farewell flight on 10 February 1982, the CP-107 ARGUS was destined to become a significant part of Canadian Military history. Its name appropriately derived from Greek Mythology's hundred-eyed "all-seeing" creature, the ARGUS was to fulfill the need for a new long range maritime ASW patrol aircraft. Canadair Limited, Project 28 (or CL-28) was based on Bristol Britannia models 100 and 300, however, the airframe was modified until the required electronics would fit. Using 18 cylinder super/turbocharged piston engines instead of the Bristol's turboprops, each of the 33 ARGUS could whisper, or wreak terror on anyone below, depending on the propeller synchronization and power settings. With its 142ft wingspan, 132ft fuselage, and a 41ft tail height, it remains a larger aircraft than the P2H (P2V-7) NEPTUNE it replaced, or the CP-140 AURORA which eventually took over from the ARGUS. The size and design of this aircraft provided extended in-flight performance; with a galley and 4-6 bunk spaces, a crew of 18 or more worked in shifts for flights that averaged over 15 hours at a time. In September 1959, ARGUS 725 set a Canadian non-stop record by flying a distance of 4,570 statute miles from Hawaii to North Bay, Ontario in 20 hours and 10 minutes. Two years later, another ARGUS shattered that record.

407 Sqn ARGUS 711 (piloted by Major Stan Froehler and his crew of 12) took off from from CFB Comox on 31 May 1974 to challenge the latest endurance

record. To maximize fuel economy, the entire flight would have to be flown at less than 500 feet of altitude. Shortly after takeoff, the aircraft was called to assist with a Search and Rescue mission south of Victoria. The test of endurance continued afterwards. To take advantage of the ground phenomenon called "T effect", ARGUS 711 was flown at 100 feet for approximately 24 hours in total. The cushioning effect caused by flying that close to the ground stretched the fuel reserves, but demanded constant vigilance of the aircraft instruments while the power settings were carefully reduced as much as possible.

We are most proud to have commissioned "Roll Out for the Record" by John Rutherford. This is the latest painting from the former ARGUS Radio Operator whose fame from his artistic talents spans the entire globe. We sincerely hope that you thoroughly enjoy this scene of ARGUS 711 about to depart for what was to become (and still stands today) the Canadian endurance flight record of 31.1 hours non-stop without air-to-air refuelling. Proceeds from the sales of these autographed Limited Edition prints are entirely dedicated towards the restoration and preservation of ARGUS 712 in honour of all of those who worked and flew with ARGUS everywhere.

Comox Heritage Aircraft Society
Argus Committee
Box 485
Lazo B.C. Canada
V0R 2K0

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IN THE SPIRIT OF CHRISTMAS; POLICE & AIR FORCE ENTERTAIN POLIO PATIENTS

By Capt. Neil Kinley

Martha Smith, a distinguished looking woman with greying hair and a bright purple suit, smiles as a Winnipeg Police officer pours some liqueur into her coffee. She sits, strapped into an electric wheelchair with its own oxygen supply, at a table in the Warrant Officer's and Sergeant's Mess at 17 Wing Winnipeg, attending the 36th annual Polio Patient Christmas Tree party.

As the Winnipeg Police Choir sings Christmas carols, Smith, originally from Prince Albert, Sask. and stricken with polio since 1953, says, "I have been in the King George Hospital for 40 years, and have been at this Christmas party almost every year. I've only missed a few due to illness."

"There's a lot of history here," says Sgt. Jack Haasbeek, President of the Winnipeg Police Association. "This all started with a few policemen contracting polio in 1952 and 1953."

The police made an annual Christmas visit to the polio ward to visit their friends who were stricken with polio and confined to hospital. Their annual visit to the ward

became very popular with all the patients, not just the constables with polio, so they decided to host a party for the polio patients.

The first Polio Patient Christmas Tree party was held in 1958. The next year the Police Association began receiving assistance from the military, who hosted the Christmas party at Lipsett Hall, or the former Royal Canadian Horse Artillery Sergeant's Mess at Fort Osborne Barracks. In 1964 the Warrant Officer's and Sergeant's Mess at 17 Wing Winnipeg, formerly Canadian Forces Base Winnipeg, became co-sponsors of the event, and it has been held in their Mess ever since. This year's party was held on the afternoon of December 2, 1993.

As the polio patients and their assistants arrived by bus and van from the King George Hospital, or from their homes, they were met by a sea of air force blue tunics, and blue Police Association blazers. The Wing Commander, Col. Bert Proulx, and the Winnipeg Police Chief, Dale Henry, were there as honoured guests, and helped greet the party goers.

"This is excellent for them,"



Const. Don Delorme of the Winnipeg Police Association presents a cap to a polio patient as Santa Claus (police Sgt Bob Melnyk) and CWO Terry Smith look on.

says Jackie Petit, a Registered Nurse from A2B2 Ward at the King George. "Our patients tend to stay in, and the party gives them a chance to get out. In fact, they talk about this all year, and really look forward to coming to the party."

Approximately 20 patients and 20 nurses, aids, house keeping staff, and other hospital support persons enjoyed carols by the Winnipeg Police Choir, line dancing, skits, a visit by Santa Claus, a beautiful turkey dinner, and the odd cup of Christmas cheer.

The chairman of the event for the past nine years is police Constable Don Delorme, a strong, stocky man with black hair and moustache. "We notify and invite all the polio patients we know of to the party, and each year we learn of others and we notify them as well," says Delorme. "This includes out-patients, as well as those in hospitals. We even supplement the transport costs for in-patients."

The Police Association believes strongly in this event and group. Part of the proceeds from their charity ball go to Club 53, the official charity of the polio victims. They have also assisted Club 53 with their recent purchase of a new specially designed and equipped bus.

"This party is important. The nurses may get a little annoyed with us for offering drinks to our guests, but they enjoy it. This is the only time some of these people get out," says Haasbeek.

"As police, we deal with people on a daily basis, and it's not always pleasant," says Haasbeek. "This helps things fall back into place. It's an example of Christmas spirit,

and Christmas is a time where we can do something for others."

The members of the Warrant Officer's and Sergeant's Mess are also strong supporters of this party. The Mess President, Master Warrant Officer Ron Anderson says, "We enjoy putting it on, and the Mess looks forward to it every year. We have no problem getting our people to come out, as everyone feels good about entertaining and hosting this party."

"We cover half of the cost and the police cover the other half," says Anderson, a meteorology technician with 33 years of service in the Canadian Forces. "Our entertainment committee puts in a lot of time planning for the party and decorating the Mess."

There are red and green bells hanging from the roof of the Mess, connected with red, green and white streamers. There are stockings hung carefully on the fireplace, and garland and holly in strategic loca-

tions. The jolly red fellow finally appears and hands out gifts to the appreciative guests.

Sitting in a wheelchair at a table with hospital staff, is a red haired woman wearing a bright red hair band. Helen "Red" Davis, the Winnipeg fortune teller also known as Madame Red, requires oxygen from a respirator, but is enjoying the party. "This is my first Christmas party here, and it really is beautiful," says Davis.

"If it makes one person happier for one more day of their life, then the party is a success," says Warrant Officer John Kelly, a search and rescue technician who has parachuted out of airplanes, and been hoisted out of helicopters in order to save people's lives.

Martha Smith was one person who the party helped make a little happier. "I enjoy this," says Smith. "I think it's really great!"



Sgt. Gail Miller, Sgt. Andre Ouellet, and Sgt. Rose Viens serve Christmas turkey dinner at the 36th annual Polio Patients Christmas Tree party held at the Warrant Officer's and Sergeant's Mess at 17 Wing Winnipeg on December 2, 1993.



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Left to right are MWO Ron Anderson, PMC of the Mess, CWO Bob Scott, Wing CWO, Col Bert Proulx, Wing Comd, Chief Dale Henry, Chief of the Winnipeg Police Department, Sgt Jack Haasbeek, President of the Winnipeg Police Association, and Const. Don Delorme, Chairman of the Christmas party.
(Photos by Sgt. Lindsay Price, 17 Wing Winnipeg)



**Seasons Greetings From All of Us
17 WING DOG OBEDIENCE CLUB**

**WING RED CROSS
BLOOD DONOR CLINIC**

The Red Cross Blood Donor Clinic recently held at 17 Wing on 10 Nov 93 resulted in a total of 181 wing personnel registering to donate blood. This was an excellent turnout as this was the first time 17 Wing conducted a November Clinic. Of this 181, 47 were new donors, who hopefully will continue to donate at future clinics. I wish to personally thank the donors, the section canvassers, and the many volunteers who contributed time, effort and blood to this most worthy of causes. The Wing Red Cross Blood Donor Clinic Co-ordinator would also like to acknowledge his appreciation to the various wing support agencies for the outstanding support he received during the day of the clinic.
Clearly, a job well done!

**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:

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

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WEST WINNERS TOASTMASTERS CLUB

**17 WING
SWIM TEAM**

We meet at Lipset Hall 0600 to 0700 hrs Tues and Thurs and 1800 to 2000 hrs Fri. There is no cost to join and the coaching is First Class!! For more information, contact Sgt Lila Duffy 6052 or 489-4103 or Sgt Ted Hidson 775-8331 or 488-1345.

JOIN NOW!

**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.

**Nine extra chances
to win \$1 Million.**

December is designated Millionaires' Month and WCLC is offering LOTTO 6/49 players nine extra chances at \$1 Million in December.

Starting with the December 1, 1993, LOTTO 6/49 draw and coinciding with each of the next eight LOTTO 6/49 draws in December a Bonus six number selection is being drawn. Players who buy their LOTTO 6/49 ticket from a retailer in the provinces of Alberta, Saskatchewan Manitoba or in the Yukon or Northwest Territories and match all six numbers of this Bonus selection win or share a \$1 Million prize. No subsidiary prizes are available on the Millionaires' Month Bonus number.

These nine extra chances at \$1 Million gives Albertans the chance to join the 15 other 1993 LOTTO 6/49 Alberta Millionaires.

The biggest LOTTO 6/49 Jackpot prize won in Alberta is the \$5.6 Million June 5, 1993, Jackpot won by Craig and Gail Sandford of Edmonton.

You are invited to Junior Rank for
**NEW YEAR'S EVE
PARTY**

Date: Dec. 31/93

Time: 6:30 PM to 3:00 AM

Place: Junior Rank (N)

Music "Heart Breaker" -Comedians -DJ -Buffet
Transportation available

To reserve your tickets see: Lori
(Junior Rank Secretary)
Between December 1 to 23 1993.

MEMBER: \$10.00

NON-MEMBER: \$15.00

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Westville NS 100th Birthday

1994 will be a Banner year for Westville, N.S. when it will celebrate its 100th Birthday.

In conjunction with celebrations, the Westville Homecoming Society has a full schedule of events planned during June 30- July 7, 1993, including a full reunion of all former students and teachers, a dance, variety concert, family picnic, church service, Town/County tour, etc. The Town's annual Canada Day celebrations will be on going during this time as well.

The Committee is hoping to reach as many former Westville persons who

attended or taught ANY grade-in the Westville school system so they may send their name and address and in turn we will forward our Newsletter outlining our itinerary. We want to make this information available early to assist those who are able to plan their summer vacation "to come see the old gang".

Please send your name and address to Mrs. Dorothy (Hunter) Boehk PO Box 411 Westville, N.S. BOK 2A0 and hope you "Come Home in '94".

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CHRISTMAS SYMBOLS

A Christmas tree is an evergreen tree, symbol of everlasting life—living forever with God.

A Bishop named Nicholas who lived around AD 325 secretly gave a gift of money to a needy family. When he tossed the gold coins in the window, late one night, some of them landed in the stockings that had been hung to dry in front of the fireplace. So people hang stockings and hope Saint Nicholas or the Spirit of Saint Nicholas will visit them too. (Saint Nicholas Day is December 6)

Isaiah and John talked about the Messiah as one coming to be light in the darkness. Jesus called himself the light of the world.

The candy cane reminds us of the staff that shepherds used, and the shepherds were the first to visit the new baby.

A creche scene was first made by St. Francis of Assisi around the year AD 1200 when he realized that the people had lost sight of the real meaning of Christmas in his little village in Italy. Christmas balls are

round—a circle shape to remind us God's love has no end. God loved the world and sent the gift of Jesus. The balls could also represent the world.

Presents symbolize the gifts brought by the Magi, and God's gift to us: Jesus.

Mincemeat spices remind us of the gift of spices brought by the Magi. Pies were first made in loaf pans to be the shape of the manger. The top crust was cut to look like the baby wrapped in cloths and the suet looked like straw.

For centuries bells hung high in churches. They were used to announce special occasions and good news. Christmas bells symbolize the good news of Jesus' birth.

The star helped the Magi to find the Christ child.

Holly reminds us of the crown of thorns with drops of blood. This is an Easter symbol used at Christmas because if Jesus hadn't risen from the dead we would never have celebrated his birth.

CHRISTMAS CELEBRATIONS CHAPEL OF THE GOOD SHEPARD

Dec 19 - 1100 hrs - 4th Sunday of Advent.

Our fourth Advent Candle will be lit on this Sunday. If you have followed the Advent suggestions than you have this week to rest. Enjoy the true meaning of Christmas because you are ready as a family to receive the Christ Child.

Dec 19 - 1800 hrs - Carolling at the Chapel.

Old fashion carolling evening with a Christmas story, Pot Luck supper and fun for all. Do you remember years ago when we used to sit on floor and the whole family sung Christmas Carols. We will even have a fireplace to lounge around and enjoy while we watch skits and enjoy carolling. The only requirement to join us is that you are looking for the true Christmas spirit of fun, fellowship and sharing. A great time will be had all!!!!

Dec 22 - 1900 hrs - Outdoor Carolling.

Carolling outdoors in the PMQ patch. Everyone in the surrounding community is invited. We will con-

clude our carolling with hot wassail and hot chocolate.

Dec 24 - 1900 hrs - Candlelight and Family Carol Service.

Dec 24 - 2300 hrs - Holy Communion and Candlelight Service.

Dec 26 - 1100 hrs - Regular Divine Worship

Allowing us our last opportunity to sing Christmas Carols.

Jan 02 - 1100 hrs - Inter-generational Epiphany Service.

Bring the children to hear about the gifts brought by the wise men and receive the gift of Christ.

Dec 19-Jan 02 No Sunday School classes

Till after the New Year as our services over the Christmas season will be inter-generational. The services will be appropriate for all ages. A nursery will be provided.

A Journey Just Begun

By G.L.D. Kling, Li(N), A/WCHAP (P)

We have entitled this time of Advent "A Journey Just Begun" in recognition of the beginning of a new Christian Year. Jesus' birth is described by John as light coming into the world. Our logo for this time attempts to show a group of believers journeying through Advent to the light of Christmas and on into the Season of Epiphany, which means "to shine" or "to show forth." This time includes the four Sundays of Advent, one Sunday of the Christmas Season which we celebrate as Epiphany Day, and the first two Sundays of the Season. After Epiphany (or Epiphany Season). Each of these seasons has its own mood and focus that is different from the

others, and it is important to experience that difference.

Advent is a time of promise, preparation, hope and anticipation. It is like a time of pregnancy—a time of waiting and preparing, of watching for new growth, of expecting new life and change.

Christmas, on the other hand, is a celebration of arrival and fulfillment. It is a birthing time and for feeling the warm embrace of God's freely given love. "Having" is quite different from "hoping" and it moves us down the road of reflection asking, "What's next?"

Then comes Epiphany, the celebration of the manifestation of Christ to all nations an peoples. Advent's whisper in the streets of Bethlehem is now being proclaimed to the whole

world, and we are called to be a part of it all.

My prayer for all of us is that we will answer that call and that God will bless you and yours through your journey. May the true meaning of Christmas be felt in your heart so that when the Christmas angel looks in on you and yours he does not say, "Lord what fools these mortals be." LEARN the true meaning of the Christmas symbols and the Christmas angel will surely see God's love in your heart. Remember some see only Christmas Humbug while a loving heart sees the Son of God. May this Son of Wisdom and Light inspire and dominate the season of Christmas and all the days of "94" for each and everyone of you - and show you true peace this and every year.

It was Christmas Eve.

An angel looked out upon the world expecting to find peace on earth, goodwill toward men.

Instead, the angel saw nations at each other's throats, countries eyeing other countries with mistrust, fear and suspicion. He saw men killing other men, both sides claiming they fought in the cause of freedom.

The angel turned away and saw an inebriated man driving his car. The car skidded, turned over twice and all was still except for a trickle of

blood mingled with a pool of spilled gasoline.

The angel watched a collector approach a house asking for alms for the poor. The lady of the house refused and went back to preparing her oversized turkey.

The angel saw a woman on her way to church, primping and strutting in the manner of a model at a fashion show. The man beside her silently cursed as they ascended the steps of the church.

The angel heard the

complaints of those who had sent greeting cards to friends and had not received one in return.

The angel noticed the lights of counting houses burning late in the night, adding up the profits of Christmas.

The angel surveyed the scene, sadly shook his head and murmured, "Lord, what fools these mortals be."

The Onlooker

BEST WISHES TO ALL FOR A BLESSED CHRISTMAS!

INITIATION AUX SACRAMENTS DE LA RECONCILIATION ET DE L'EUCCHARISTE

L'Inscription à la catéchèse d'initiation aux sacrements de Réconciliation et de Eucharistie est en cours et se poursuivre jusqu'au 9 janvier 1994, date du début de cette catéchèse qui ce donnera à la chapelle Ste-Marguerite-Bourgeoys le dimanche matin à 10h.

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To the members of 17 Wing Winnipeg from

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MLA Sturgeon Creek

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Calendrier des activités Communautaires(préparé et distribué par le Centre d'information / 233 ALLÔ)
Société franco-manitobaine**16/12/93 jeudi**

• 21h15, Saint-Boniface, CCFM, Foyer, CLR- Big Band
Info: 233-8972. Les 16 et 17 décembre 1993.
• 14h00, Somerset, Coordonnatrice d'activités, Manoir, Polkadots Band

18/12/93 samedi

• 19h00, Saint-Pierre-Jolys, Comité culturel, Guignolée,
Info: Gerard 433-7177 ou 433-7823.
• 20h30, St-Léon, Club de danse, Centre récréatif, Danse du bon vieux temps, Info: Raymond au 744-2529 ou 744-2646.

19/12/93 dimanche

• 13h30, Saint-Léon, Comité culturel, Club Simon-Nivon, Guignolée, Info: Lucille 744-2208.
Suivie d'un souper "pot-luck"

21/12/93 mardi

• 21h15 Saint-Boniface, CCFM, Foyer, Ron Paley,
Info: 233-8972.

24/12/93 vendredi

• 20h30, Saint-Pierre-Jolys, Paroisse, Église,
Masse pour enfants

La Société franco-manitobaine vous souhaite un
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**233 ALLÔ, Centre d'information,
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communauté au calendrier?
— Oui — Non
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calendrier sont gratuites ainsi que la distribution du calendrier?
— Oui — Non
6. Avez-vous des suggestions au sujet du calendrier d'activités
communautaires? Pourrait-on améliorer ce calendrier
communautaire ainsi que sa distribution? Donnez-nous vos
idées.

Veillez retourner ce sondage au bureau de
la Société franco-manitobaine
Bureau 212,
383 boulevard Provencher
C.P. 145
Saint-Boniface, Manitoba
R2H 3B4
Télécopieur: 233-1017
ou appeler nous au 233-ALLÔ
(233-2556, sans frais 1-800-665-443)



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17e Escadre, Winnipeg,
De La Part Du

**Gerry
McAlpine**
MLA Sturgeon Creek

Conté Électorale:
10-2082 Ness Ave.
PH: 889-5555



**ACTIVITES FRANCOPHONE
DE LA 17e ESCADRE**

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

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

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

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

Venez nous rejoindre le 17 décembre de
9h30 à 11h30 au Mini Franco Fun du
54 Bourwood, pour 2h00 d'amusement.

Venez rejoindre notre équipe de nageurs,
Lipsett hall de 6h00 à 7h00 le mardi et jeudi,
de 18h00 à 20h00 le vendredi.
Pour plus de renseignements appeler
SGT Lila Duffy au 833-6052 ou au 489-4103
ou SGT Ted Hidson au 775-8331 Ext 3830 ou
le 488-1345.

La librairie de la base fermera du
19 décembre au 3 janvier 94 inclus.

Le choix du bon jouet

(NC) De nos jours, avec les
nombreuses imitations de
jouets que l'on trouve sur le
marché, les parents se sentent
parfois débordés et ne savent
plus quel jouet choisir pour leur
enfant.

Quels seront vos critères au
moment de choisir un jouet
pour votre enfant en cette
période de vacances? Qualité,
sécurité et valeur récréative,
répondent les experts.

"Faites confiance à votre
intuition", affirme Julie
Creighton, ancienne prési-
dente du Conseil canadien
d'évaluation des jouets. "Vous
en savez plus que vous ne le
croyez vous connaissez votre
enfant."

Autrement dit, ce jouet
devra grandir avec votre
enfant au lieu que ce soit
l'enfant qui dépasse son jouet.
De même, la sécurité doit
demeurer une préoccupation
principale.

N'achetez un jouet à un
enfant s'il présente des bords

tranchants ou s'il peut causer
des blessures.

Tom Lawlor, directeur du
marketing de Jouets
Découverte Canada Inc.
prévoit que les parents
rechercheront des jouets de
qualité cette saison.
"Les parents ne veulent pas
gaspiller inutilement leur
argent. Ils se rendent compte
qu'il vaut mieux investir 15 \$
pour un jouet avec lequel leur
enfant pourra jouer
longtemps, sans se briser
avant une dizaine d'années,
que d'acheter une imitation
bon marché à 7 \$ qui sera
cassée dès les premiers jours."

Cette société de jouets édu-
catifs est l'une des rares com-
pagnies de jouets, actuelle-
ment sur le marché à offrir une
garantie complète d'un an
contre les défauts de fabrica-
tion et de main-d'oeuvre.

Voici quelques autres
éléments à considérer lors de
l'achat d'un jouet:

- Le jouet est-il amusant?

- Est-il sécuritaire?
- Représente-t-il un défi
pour l'imagination et les
habiletés de votre enfant, sans
être toutefois une source de
frustration?

- Est-il polyvalent?
- Pourra-t-il accompagner
votre enfant au cours des
différentes étapes de son
développement?

- Est-il attrayant et bien
conçu?
- Aidera-t-il votre enfant à
se connaître lui-même ainsi
que les autres?

- Présente-t-il un intérêt
nouveau pour votre enfant ou
favorise-t-il une de ses
activités préférées?

"Peu importe le jouet que
vous choisirez, souvenez-vous
que l'essentiel est de partager
les rires de votre enfant et
d'être prêt à vous amuser et à
jouer", ajoute
Mme Creighton.

Pourtoute information sur
les produits et les occasions
de, carrières
JOUETS DÉCOUVERTE^{MC},
appelez le 1-800-267-0477.

EXPOSITIONS à ST Boniface

Les Fouilles archéologiques
à la fourche se déroulent entre
9h et 16 h du jeudi au lundi.
Pour plus d'infos appeler le
942-6393.

Le musée de l'homme et de
la nature propose une prome-
nade dans les rues de win-
nipeg à l'époque des années
20 pour vivre un noel à
l'ancienne. Du 27 novembre
au 9 janvier. Renseignement:
956-2830.

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 com-
poser 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.

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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\$.

Vous êtes cordialement invités à vous joindre au
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MEMBRE: \$10.00 NON-MEMBRE: \$15.00

A WORD FROM THE CHAPLAIN

Christmas! The Birth of Christ! What can we say about this event that has not already been said? But yet, there is a kind of magic in this event. It has always struck me that warring countries and communities lay down their arms, if only for a moment, declare a truce and pause to observe the birth of the Prince of Peace. I am always amazed when I learn of hardened criminals doing something to make this day brighter for someone.

What is special about this day is that this great, powerful God who made heaven and earth, has come to dwell in our midst; he has become, in the birth of Jesus, a brother to each one of us.

Whenever an important person pays a visit, security becomes a major concern; we would not want anything to happen to him; in order to protect him, we erect a wall of security around him, mak-

ing him less accessible to the public; security demands that we protect him from the public.

When he came among us, Jesus did not want this: he took the risk of Love and Service, ready to pay the price of Love and Service with his life.

How great is God's Love for us! As a child, let us let ourselves be overwhelmed with the wonder of this day.

A television commercial for a major firm has a child asking: "Is it true that our wishes can come true?" The truth of the matter is that, by coming to live among us, Jesus is telling us that God is on our side and, because of this, no dream is beyond our reach.

In Michael Brown's name and my own, I would express my sincere that every member of our community be blessed with the wonder of this event and may Peace fill your lives today and

every day of the New Year. To help prepare ourselves to celebrate Christ's birth, the following celebrations will take place:

Celebrations will be held in the evening at 7:30 on the following days, in the following Parishes:

Sunday, December 19 at St. Charles - on St. Charles St., south of Portage Avenue;

Monday, December 20 at St. Mary's Cathedral (Corner of Hargrave and St. Mary);

Tuesday, December 21 at John XXIII, in the Assiniboia Christian Centre on Portage Avenue, across from K-Mart.

On Christmas Eve, between the hours of 3 and 5 in the afternoon, Father Roy will be at St. Marguerite-Bourgeoys and he will be available for Private Reconciliation.

UN MOT DE L'AUMONIER

Noël! La Naissance de Jésus! Qu'est-ce qu'on peut dire qui n'a pas déjà été dit? Pourtant, il y a quelque chose d'extraordinaire à cette fête. Sur les champs de bataille, les pays et les communautés en guerre laissent tomber leurs armes, même si ce n'est que pour un moment, et déclare une trêve pour souligner la naissance du Prince de la Paix. Même des criminels endurcis font quelque chose pour rendre cette journée plus agréable pour des personnes dans le besoin.

La grandeur de cette fête vient du fait que ce grand Dieu tout-puissant, qui a fait le ciel et la terre, est venu demeurer parmi nous: en naissant, Jésus est devenu un frère pour chacun d'entre nous.

Lorsqu'une personne importante fait une visite officielle dans notre pays, la sécurité prend des proportions importantes; il ne faudrait pas mettre le bien-être et la vie de notre visiteur en danger; alors toutes sortes de mesures sont adoptées, même au risque que le mur de sécurité rende le visiteur inaccessible au public.

En venant parmi nous, Jésus a pris ce risque: le risque de l'Amour, le risque du Service; ces valeurs, il les a assumées au risque de sa vie.

Qu'il est grand l'Amour de Dieu pour nous! En chacun de nous, il y a un enfant qui ne demande qu'à être submergé par la merveille de ce jour.

Ces jours-ci, il y a une annonce à la télévision qui nous présente un enfant qui demande: "Est-ce que c'est bien vrai? Nos rêves peuvent se réaliser? En venant vivre parmi, Jésus vient nous assurer que Dieu est bien de notre côté et, à cause de cela, nos rêves de vie et d'amour ne sont plus au-delà de notre portée.

Au nom de Michael Brown et en mon nom personnel, je voudrais exprimer ce voeu que tous et chacun des membres de cette communauté soient touchés par la merveille de Noël et que la Paix règne dans vos coeurs et autour de vous tous les jours de la Nouvelle Année.

En guise de préparation pour célébrer la naissance du Sauveur,

nous avons des Célébrations du Pardon: elles auront lieu en soirée à 7h30 les jours suivants et aux endroits suivants:

Dimanche, le 19 Décembre à l'Eglise St Charles (sur la rue St Charles, au sud de l'avenue Portage);

Lundi, le 20 Décembre à la Cathédrale St. Mary (au Coin de Hargrave et St Mary);

Mardi, le 21 Décembre à la Paroisse John XXIII situé au 'Assiniboia Christian Centre' (sur l'avenue Portage, en face du 'KMart').

A chacune de célébrations, il y aura des Prêtres parlant le français qui seront disponibles pour les Confessions.

Dans l'après-midi de la veille de Noël (Vendredi après-midi), entre 3h et 5h de l'après-midi, un prêtre sera disponible pour entendre les Confessions.

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ROMAN CATHOLIC CHAPELS

Mass for Christmas and other holy days of the season will be as follows:

At St. Marguerite-Bourgeoys: Christmas Eve, Friday evening:

7:00: Celebration of the Eucharist with Christmas Pageant with the children;

Midnight: Midnight Mass (Carolling begins at 11:30)

Christmas Day: Celebration of the Eucharist at 11:15

Sunday, December 26 11:15 Feast of the Holy Family;

New Years': Solemnity of Mary, Mother of God and World Day of Peace:

Friday evening, December 31: Celebration of the Eucharist at 5:

Saturday morning 11:15 New Years' Day

Sunday, January 2 Epiphany of the Lord:

Celebrations of the Eucharist at 11:15

St. George Chapel Christmas Eve

Christmas Celebration at 7:30;

Christmas Day Christmas Celebration at 10;

Sunday, December 26 Celebration of the Word at 10;

New Years' Eve Celebration of the Eucharist at 6:30;

Sunday, January 2 Celebration of the Eucharist at 10.

Les célébrations eucharistiques pour la saison de Noël seront comme suit:

A la Chapelle Ste Marguerite-Bourgeoys:

La Veille de Noël (Vendredi soir): 9h: Célébration de l'Eucharistie (Messe de Noël)

Dimanche, le 26 Décembre Fête de la Sainte Famille:

10h (matin) Célébration de l'Eucharistie (en français)

Messes du Jour 10h Célébration de l'Eucharistie

Dimanche, le 2 Janvier Epiphanie du Seigneur

9h Célébration de l'Eucharistie (en français);

A la Chapelle St George La Veille de Noël

7h30 Célébration de la Parole

Le Jour de Noël 10h Célébration de la Parole

Dimanche, le 26 Décembre, Fete de la Sainte Famille

10h Célébration de la Parole Jour de l'An Sainte Marie, Mère de Dieu

Journée mondiale de la Paix

6h30 (la Veille - Vendredi soir)

Célébration de l'Eucharistie

Dimanche, le 2 Janvier 10h Célébration de l'Eucharistie

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IN		IN
OUR		OUR
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Air Commanders Christmas Message

As 1993 draws to a close, it is perhaps appropriate to reflect on events of the past year.

The air force has deployed around the globe in support of the many humanitarian and peacekeeping missions to which Canada actively contributes. During 1993 we have seen the successful conclusion of missions as diverse as the UN operations in Cambodia and Somalia, and the extensive support to the Canadian Red Cross for the airlift of critically needed medical supplies into remote locations in Russia. In all of these missions and in all of the many others, the women and men of the air force have performed their duties with pride and professionalism and have earned the honour and respect of the international community for themselves and Canada.

The air force is in a state of dramatic change in these times of change, but I am sure that you will lead the air force and the country through this difficult transition period. As we struggle at home with these potential changes, we must take time to reflect on the sacrifices that our fellow personnel are making overseas and at home. During this festive season of Christmas, Hanukkah and New year, let us all think of those of us who will be away from their families and friends. Let us think of their loved ones and their need for support during the weeks ahead. Even though this is a season of celebration and joy, it can be a lonely one for those who are not with the people who are an integral and vital part of their lives.

As commander of Air Command I wish you the happiest of safe celebrations.

Merry Christmas, Happy Hanukkah and a Joyous New Year.

From Lgen and Mrs G. Scott Clements



Sgt R.J. McKenzie receives a Grey Cup Weekend for two in Calgary from Canex Regional Manager, Mr. R. Curran and the Canex Service Manager, POI G. Mercier.

CANEX 25TH ANNIVERSARY CELEBRATION WINNERS

Congratulations are extended to Sgt McKenzie an x-ray technician at Wing Hospital and Cpl Shannon from SAMEO who were the big

winners for the Canex 25th Anniversary Celebration from all across Canada.



Cpl R.C. Shannon receives a Coca Cola Cooler from Canex Service Manager, POI G. Mercier.

Merry Christmas and Best Wishes for '94



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INTERNATIONAL YEAR OF THE FAMILY - 1994

The United Nations has designated 1994 as the international Year of the Family.

Plans for Family Year - 1994, Manitoban's involvement in this very special year, are well underway and all Manitobans are invited to get involved.

For further information please call the Family Year - 1994 Secretariat at 945-2532 or outside of Winnipeg at 1-800-282-8069.

WESTWIN MILITARY COMMUNITY ASSOCIATION AND MILITARY COMMUNITY COUNCIL AMALGAMATION

A recent review of services to the Winnipeg Military Community has seen the approval by the WComd and the subsequent creation of the Westwin Military Community Association (WMCA). The WMCA is an umbrella organization of advisors whose mandate is to oversee the operation of the three 17 Wing Winnipeg programmes aimed at serving the community. Specifically the Winnipeg Military Community Council

(WMCC), the Recreation Council (RC) and the Military Family Resource Centre (MFRCC). This review has also seen the amalgamation of the two Community Councils into one streamlined organization aimed at serving all 17 Wing.

One of the major responsibilities of the WMCA is to ensure that the wants and the needs of the Military Community are looked after. With current reductions in spending and tight fiscal restraint it meant that a complete review of how we fund and operate these organizations was in order. The review indicated that a coordinated effort from the three organizations through the WMCA would best serve the community while ensuring the best dollar value. It was also determined that sources of revenue needed to be

restructured and better controlled. As a result a user pay system has been implemented within the RC so that the people who take advantage of the recreation facilities pay the bulk of the expense. More on this will be published by the President of the RC. Second a PMQ levy of \$3.00 per month has been initiated to help fund the Community related activities. This levy will assist in funding such events as the successful first annual Children's Fair and Street Dance, Registration Fair, Craft Fair and other functions. The Councils will be responsible for submitting detailed budgets projecting all sources of revenue and expenditure and it will be the responsibility of the WMCA to ensure that your contributions are working for the good of the community.

TROUBLE WITH YOUR TEENAGER?

Environmental support and guidance for parents whose teenagers are involved with drugs, alcohol or exhibit related behavioural problems.

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Christmas Shop Without Kids: Mom of two will do drop in and part-time sitting for a reasonable rate. Will be in town and available for the holidays and school vacation. Plenty of computer stimulation, snacks provided. St. James area near Ness Safeway. Refs available. Cathy 888-1707.

2 girls available for babysitting on Southside. Ages 12 & 14, have babysitter's course. Call 489-2169.

CAR POOLS

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

FOR RENT

Storage Space For Rent: Approximately 100 sq ft indoor space for rent. Controlled access. Phone 256-4039 or local 5876 ask for Pete.

Large 1 Bedroom apartment, corner suite, top (5th) floor in quiet area; across from

FOR RENT

Assiniboine Park, (5 min. from base). Rent \$418.00 with heat and water. Laundry & parking available; 694-0724.

4 Bedroom family home \$650.00 per month. Fridge and stove included, fenced backyard, single garage. St. James area, 885-1752.

HOUSE FOR SALE

Private Sale in St. James, lovely 2 bedroom character home. Features hardwood floors, Oak kitchen, sunroom, rec room, 2 baths, newer windows, has deck, garden and large fenced yard. Priced to sell \$68,500; 885-1043.

MISC FOR SALE

Baby furniture - white crib, toddler car seat (century), potty, baby tub, back pack carrier, high chair, diaper pails, booster car seat, clothes and more. Cathy 888-1707.

54 inch brass bed. Very good condition - \$300.00; Everest Gennings wheel chair, v.g.c. - \$125.00. 837-7390.

MISC FOR SALE

Fridge and stove, less than 3 years old in v.g. cond. Asking \$750.00; #488-2716.

1 year old Kenmore dryer, multi-function model \$400. OBO; excellent condition; 889-1027.

Large Dog Carrier, used only once in excellent condition - \$100. OBO; Large Dog Basket in excellent condition - \$110.00. 837-3962.

TO SUBLET

2 Bedroom apartment, large balcony, dishwasher, air conditioning. \$760.00 per month including underground parking, will leave damage deposit. 477-5309.

VEHICLE FOR SALE

1991 Toyota Corolla, 4 door, 5 speed; red / grey interior; 67000km in excellent condition; \$9400.00 OBO. Phone 253-6097.

1985 Chev Citation II, excellent condition, good second car. Call 831-7732 evenings or 833-5364 days, Capt Granger.



MGen L.W.F. Cuppens, DComd Air Command signs, authorizing his pay deduction of \$3.00 per month as a PMQ resident. Major R.R. McDonald Winnipeg Military Community Association Co-ordinator looks on.

If you haven't already seen one, a payroll deduction slip for the \$3.00 per month levy will be mailed to all PMQ residents. Prompt completion and return is requested. Any

new residents to PMQ's will be signed up during their in-routine and their PLCC card will be annotated to ensure the levy is ceased on departure from 17 Wing.

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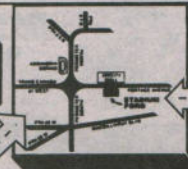
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MANAGING YOUR MONEY - *Mutual Funds Milestone*

By Harry L. Mardon

The growth of Canada's 61-year-old mutual funds industry has hit a spectacular pace during the past year. By the beginning of November mutual fund assets totaled \$102.5 billion, an increase of 52 per cent over the past 12 months.

The popularity of mutual funds is a fairly recent phenomenon, although the first Canadian fund was established in 1932. The Depression era and then the Second World War didn't provide a very good environment for growth of the industry, both in Canada and the United States. The industry had its ups and downs during the post-war era, particularly in Canada,

until the late 1980s.

Mutual fund companies dominated the industry until government deregulation allowed Canada's chartered banks to become major players. This has greatly enhanced the credibility and availability of mutual funds.

Meanwhile, the U.S. mutual fund industry has experienced explosive growth, to the point that fund assets in that country now total more than \$1.9 trillion. On a per-capita basis, funds in the U.S. are nearly twice as popular as in Canada, in terms of total assets.

There are more than 5,000 different mutual funds in the U.S. compared with 615 in Canada.

It's difficult to understand

why it took so long for mutual funds to get the public recognition they deserve as a sound way to invest. They provide a convenient means for small and medium investors to invest. A mutual fund company pools the savings of thousands of investors and invests the money in a portfolio of holdings. The portfolio is managed on a fulltime basis by a professional investment manager or panel of managers.

The investor enjoys two significant benefits from this investment approach: skilled management and diversification of investment.

The shares (sometimes called units) of a mutual fund may be purchased from a financial institution that offers it's own mutual funds or from brokers

who represent a number of mutual fund firms. When the time comes that you want to sell some or all of your mutual fund holdings, the issuing company will redeem the shares at their current net asset value. Or, if you want to add to your holdings, you may do so at any time by purchasing additional shares.

At the time you make your initial purchase the seller must provide you with a simplified prospectus. It will set out the fund's investment objectives, fees, and other important data.

One thing a beginner should check carefully is the credentials of the mutual fund company. Has it a quality board of directors? Has it been around for a good many years and developed a good

reputation?

With the new funds appearing almost weekly, it is prudent to be very cautious of doing business with any company that can't show a good track record.

It's also wise to be wary about mutual funds that advertise their investment performance over a given period of time. Past performance is no guarantee of what the fund may do in the future. This caution applies with particular force to newly established mutual funds.

Keep in mind that mutual funds were designed to provide the public with a method of investing for the long term at moderate cost. It's not an investment medium for speculators.

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