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VOL. 42 ISSUE 9

17 Wing Winnipeg / 17e Escadre Winnipeg

MAY 11, 1994 / FREE

RE-OPENING BUILDING 90

The opening ceremonies of the renovated building 90 went off without a hitch. In attendance were, MGen Clements, BGen Slaughter, Col Proulx, LCol Bailey and various other dignitaries.

The group of invitees were given a tour of the new facilities, followed by the official ribbon cutting ceremony. Then it was time to take to the courts, MGen Clements and the Wing Commander displayed awesome technique as did the other tournament players. For those who are not quite adept at the game, there were calorie reduced dainties and coffee.

The renovations to building 90 have been quite extensive due to the hard work and cooperation of the WCEO and his staff. The gym floor is quite a work of art, with two basketball backboards in place. The hydrofitness room is quite airy

and is the proud owner of several new lifecycles. The walls have all been painted a bright new colour and it just enhances the effect. All of the handicap features have been put into place and will soon be in operating order.

Not to be outdone, there have been changes in Lipsett Hall, with the installation of a curtain which effectively separates the gym into two, thereby allowing for two groups simultaneous access. And finally, building 21 will be have a little bit of a face life, in that the weight room and hydrarooms will be switching places, with new floors and ceilings in place.

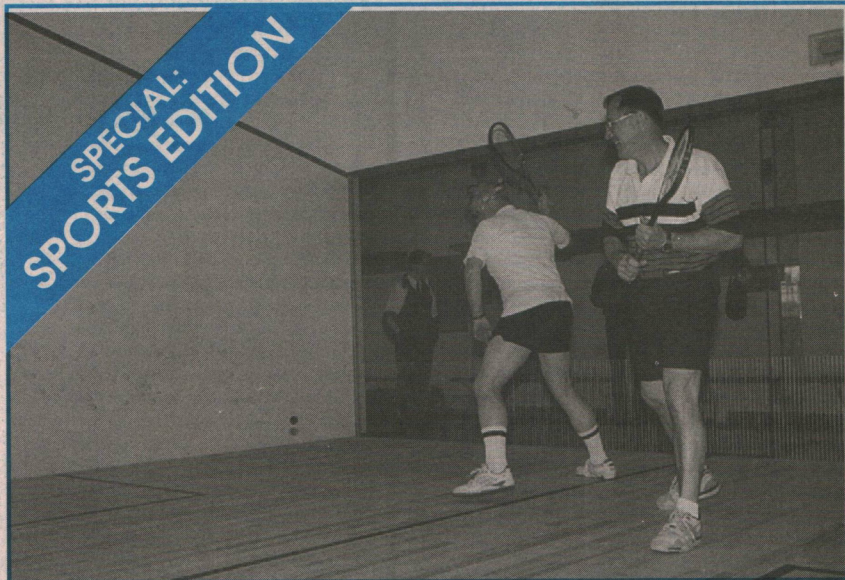
All in all, the changes have been great. We the peri staff, heartily invite you and your family to come out and see it for yourselves. (See additional photos page 4. Below photo by Cpl S Gervais.)



Then, old building 90 - Oct 93 WComd Proulx turning the sod.



LCol Bailey presents to the Blue Devils, 17 Wing's Team of the Year, their award and CF National Pennant at the Sports Banquet.



As part of the re-opening, a small tournament was held. Seen here is MGen Clements competing against Col Proulx. It is perhaps not in the best interest of this author, but rank did hold out! (Photo by Cpl K. Allan, 17 Wing.)

SPORTS AWARDS BANQUET • 1993-1994

Club 90 was the venue for the 1993/94 Sports Awards Banquet. Among the categories honoured were: Official, Team, Coach, and Female and Male Athletes of the Year.

The W Admin O, LCol Bailey, was on hand to make the presentations and expressed how proud 17 Wing Winnipeg was of the time and effort that all the coaches, athletes and officials had put into the program at the intersection, regional, national and civilian levels.

The WPerO, Capt Swarbrick then took the floor and announced this year's winners.

Our Official of the Year was CPOI Barefoot. CPOI Barefoot officiated at Provincial, Intersection, Regional and National Hockey Championships. He was the head referee of the Intersection Hockey League and provided invaluable support to the 17 Wing program.

This year's team of the year was the men's basketball team.

The "Blue Devils" won their second national championship in three years and also took the Provincial 'C' title.

Not surprisingly, the choice for Coach of the Year was Capt Chuck Walton. In addition to coaching the 17 Wing Ladies' Fastball Team, a civilian ladies basketball team, he was also at the helm of the "Blue Devils" as a player/coach and as such led them to their best season ever.

Female Athlete of the Year went to Captain Brenda Pilon. Capt Pilon led the ladies' broomball team to a silver at the Regionals and picked up an individual silver medal at the Prairie Region Squash Championships. In addition, she was active in a variety of intersection sports as a player and an organizer.

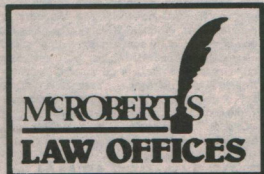
Cpl Rob Worthy best exemplified those attributes as the Male Athlete of the Year; dedication and an unparalleled range of skill. He was an integral part of three national

championships in three different sports: volleyball, soccer and basketball.

Capt Swarbrick expressed her personal thanks to everyone who had made 1993/94, 17 Wing Winnipeg's finest sporting year to date. One more time, a sincere thanks to all. Your efforts are to be lauded. Without each and everyone of you our sports program couldn't have been as exceptional as it most surely was. (See additional photos, pg. 2)

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COLIN J. CARSON, SSM, CD

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RECREATION NEWS

With the privilege card now in place, it is appropriate that some of those special areas of interest with respect to its entitlements be mentioned. The privilege card is available from the WCompt branch for pick up once a pay allotment has been established.

The privilege card will be the only type of card which will permit access to the facilities after duty hours, there are no exceptions to this, however, for those personnel who happen to be working shift work, cards are available from their shift office. Each building monitor has been briefed to deny access to the facilities if a person does not have in their possession a valid card, this also includes associate and ordinary membership card holders.

Now with the squash courts available for use, some details concerning their use will be discussed. First, no black soled shoes will be allowed in the squash courts. Also, protective eye glasses must be worn at all times on the eyes, not on the forehead. Finally, children under the age of 12 will not be permitted access to the squash courts unless they are accompanied by an adult 18 years of age.

The gymnasium floors have both been redone in the past two years, and it will be extremely remote that they will be done again in our lifetime. In order to protect them to the best of our ability, we ask that filthy street shoes, tracking in mud, and water will not be permitted on the floor. You may be asked by the monitors to use another pair.

The age issue is a very difficult one to present, it should be pointed out at the beginning, the monitors are not a babysitting service. Therefore, the onus of the safety of one's child or children rests with the parent or guardian.

Unaccompanied children under the age of 12 will not be allowed into the facilities, they must be accompanied by an adult 18 years of age. Also, children under the age of 12 must be able to stand flat footed in the shallow end, in order to remain in the pool. The lifeguards are not babysitters, these rules are for the safety of your child, they are not meant to upset parents, but it reinforces the need for your involvement in their safety.

The lifeguard is also authorized to clear the pool at any time if he or she feels that lives are in jeopardy. They also, can deny access to those children who may be causing problems thereby jeopardizing the other users.

Finally, the weight room, sauna and squash courts are restricted to personnel of 16 years of age or older, again this is for their safety.

The monitors are the eyes and ears of the WComd, if you as a patron do not concur with what they have to say, please feel free to contact the WPERO who will gladly handle any of your concerns.

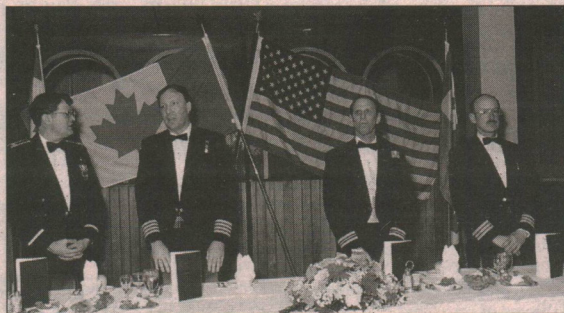
The intent of this letter is not to upset patrons, it is to encourage their participation with that of their children, and provide a safe environment.

If you have any questions, please feel free to direct them to the peri staff or the WPERO.

Hands across the Border

An event of goodwill and camaraderie was recently hosted by the members of 17 Wing Supply Squadron and area Supply Technicians. On Tuesday 24 March 1994, Wing Supply held their annual Mess Dinner. Invited were special guests from 319 Air Refuelling Wing Supply Squadron, Grand Forks AFB, North Dakota. This contingent of ten personnel was led by Colonel Rodger P Crozat, Commander 319 Logistics Group, and Major Phillip J Waring, 319 Supply Squadron CO. Honoured guest and speaker was Colonel RJ Pirson, Deputy Chief of Staff Logistics Air Command Headquarters.

The Mess Dinner featured excellent music compliments of the Air Command Band and followed the time-honoured traditions of an Air Force Mess Dinner. The event was tremendously well received by our American guests, especially the bands rendition of the United States Air Force march. The visit included a tour of



Pictured from L to R: Colonel RP Crozat, USAF; Colonel RJ Pirson, Deputy Chief of Staff Logistics Air Command; Major RF Stewart, Wing Supply Officer; and Lieutenant-Colonel AL Smith, Wing Log O.

17 Wing Supply facilities as well as a senior officers' luncheon hosted by Colonel JRB Proulx our Wing Commander. After lunch, Colonel Crozat was treated to a tour of our Canadian Forces Air Navigation School (CFANS) and a CT142 Dash-8 trainer. This was to his delight as in past tours of duty he was a navigator on B52s and FB11As.

The exchange of visits between 319 Supply Squadron and Wing Supply originated in 1990 and has continued to the

benefit of all involved. Fellowship and the warm friendships shared across international borders makes these exchange visits a highlight of our year. Whether it is a Canadian curling experience, a Mess Dinner or an American invitational golf tournament, members of both 319 Supply Squadron USAF and 17 Wing Supply Squadron Winnipeg continue to enjoy each others company and obviously share a common bond "Servitium Nulli Secundus".

SPORTS AWARDS BANQUET 1993 • 1994



LCol Bailey presents CPO1 P. Barefoot with his Official of the Year award, presented at the Annual Sports Awards afternoon.



Seen here accepting his award from LCol Bailey, Cpl R. Worthy was named Male Athlete of the Year, he had an impressive year competing in three Nationals - Basketball, Volleyball and Soccer.



LCol Bailey presents to Capt C. Walton his award as the Coach of the Year. Capt Walton coached three teams this year and will also be representing 17 Wing at the upcoming CISM Basketball Championships in Seoul, Korea.

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FOLLOWING THE CANADIAN FORCES

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ACES UPDATE: WG EME : WORKING SMARTER

By Col Bert Proulx
& LCol Lee Smith

The men and women of 17 Wing are leading the way to a more efficient Air Force. Every day individuals put forward ideas that can save money and make life better for our people.

Many of these initiatives are now in place and we are reaping the benefits through lower costs and increased efficiency. The Wing Electrical and Mechanical Engineering Squadron (WG EME) is one squadron that deserves a BZ for "working smarter."

The EME Sqn at 17 Wing has been on the leading edge of implementing new ways of doing business, following the guidelines of Defence 2000. First and foremost among

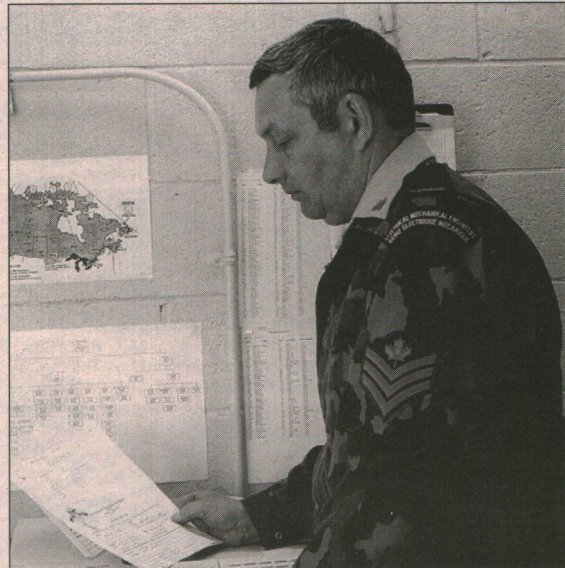
these initiatives has been the transfer of procurement responsibility for commercial vehicle spares to the EME Sqn from the Supply Sqn.

This initiative has only been in place since 15 Jan 94, however experience to date has shown that there are considerable savings to be made. The EME purchaser, a technician, finds and deals with the supplier who sells the repair part at the lowest price, often as much as 45 percent below the retail price, and significantly below the standing offer price from a dealer. In addition, most suppliers deliver direct to the repair site, often within two hours from receipt of an order. As well, there is less chance of ordering the wrong

part due to greater technician involvement, and rebates for failed parts that are turned back are applied directly to purchase invoice for the new part. The flexibility of this approach has afforded the EME Sqn the opportunity to explore other related initiatives. EME Sqn has begun to purchase used or recycled parts from auto wreckers for vehicles that are approaching the end of their life cycle. This avenue is yielding substantial savings, from 50 to 75 percent below dealer prices. Furthermore, these auto wreckers offer the same delivery, warranty and billing services as do repair parts suppliers.

A similar approach is being taken for batteries. Reconditioned batteries are being purchased for older vehicles. The supplier of these batteries also provides a rebate for the scrap batteries that we turn in and he picks them up on site. This eliminates a significant hazardous waste and storage problem and saves numerous man-hours formerly spent in draining, neutralizing and otherwise preparing these batteries for disposal.

A like arrangement is being made with a tire dealer who has expressed a willingness to discount tire prices based on



Sgt J.D. Stewart of Wing EME Sqn uses a FAX machine to order spare vehicle parts from an automotive supplier. Wing EME has an initiative in place where they now order spare parts directly from suppliers, without going through the Supply Sqn. (Photo by Cpl D.E. Desrochers.)

the value of our old tires for used resale or retreading.

The final initiative involves contracting out for the stocking of the EME consumption points with nuts and bolts and other small piece parts. This will reduce warehousing requirements and eliminate the need for bulk purchase. The contractor will be responsible for replenishment and our costs will be based on actual usage.

These initiatives are yielding several benefits; substantial savings in parts expenditures, better manpower utilization,

increased vehicle availability, reduced need for rental of replacement vehicles, improved customer service and increased job satisfaction among the EME technicians.

The Wing EME Sqn provides an excellent example of what we can accomplish when our people are given the opportunity to use their experience and know how to improve the way we do business. A big BZ to the Wing EME Sqn for "working smarter."

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AN OUNCE OF PREVENTION

By Capt Neil Kinley

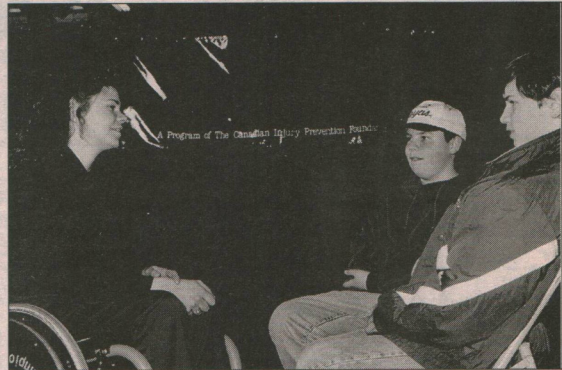
What can be done to help keep young Canadians from injuries and wheelchairs? Unfortunately, young people often take risks and make foolish choices resulting in serious injury. However, there is a program that aims to change this.

HEROES is a program of the Canadian Injury Prevention Foundation that is aimed at young people. The three person team travels across Canada giving presentations and talking to young Canadians about playing and working safe.

For the second consecutive year the HEROES team has set up and given their presentations in Winnipeg at 17 Wing. Again this year, approximately 7,500 young people, primarily from local schools, attended the presentations held from 18-22 April, 1994. There were also evening shows attended by employees of this year's sponsor, CN Rail, and shows open to the general public.

The students and adults who attended the shows saw a great presentation that should increase awareness of dangerous situations.

Shauna Whyte, of Hinton, Alta. is one of the presenters and herself an injured person. She is an attractive young woman, who is excited about



Shauna Whyte (left), one of the presenters with the HEROES injury prevention program talks to two students after one of the presentations at 17 Wing Winnipeg. (Photo by Sgt Bob Thompson, Air Comd)

the HEROES Program.

"I've been with HEROES for the past year and a half and it's super. I love it!" says Whyte. "We have an important message and have taken it to every province, except Newfoundland, and even done shows in Michigan."

She is also an avid athlete, hoping to compete in the Pan-American and Olympic Games in wheelchair racing.

The HEROES Program originated in Alberta, but is now based in Toronto. Although it aims at youth, they also have shows for adults, including one specifically for military personnel.

The coordinator of the Winnipeg show was Capt Vic

Holland, a pilot with the Central Flying School at 17 Wing. "This is a great show for young people, and we have received nothing but positive responses from the schools," says Holland.

"It is important for the military to stay involved with HEROES," says Holland. "The CF is now an official sponsor, and it's hoped that the Snowbirds will be involved and help carry the message across Canada."

The message of HEROES is important, as is its goal of helping to prevent young Canadians from being seriously injured.

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CFANS Update

CFANS participants at the annual Snow to Surf relay competition in Comox returned to 17 Wing with their third consecutive Manitoba Region championship (i.e. they were the only participants from Manitoba for the third year). This year's team, bolstered by some new additions and good weather, shaved nearly 40 minutes off of their previous time. Said Major Steff Kummel (who replaced Ian Heselgrave in the cross-country ski portion of the relay), "I think I made a better call on the wax than Ian and managed

to avoid the snow shoeing aspect of the race" "To put things in perspective," said race veteran Capt Bert "It's easier to keep my smoke going in the canoe than on the bike" Fenton. "We didn't set any records, but at least they weren't folding up the chairs when we arrived at the wrap-up party this year."

Quote of the competition, "Holy cow! Will you look at that! Its a flock of geese and the lead's got them in a dive," blurted a disbelieving Capt Darach McDonnell. "Yeah! Look Darach their going so fast

they're even smoking" laughed Capt Bert "Kick a guy when he's down" Troisfontaines. "Actually, fellows, it's the Snowbirds who are out here practicing for the upcoming air show season," commented ex-Snowbird Capt "Speedy" Fast. Who knows? If it weren't so difficult to find qualified instructors, it might be worth teaching aircraft recognition at the Nav school.

The only thing that threatened to put a damper on the weekend was the status of co-pilot Jason Neale for the return flight. Jason had stated on several occasions that he wouldn't leave Comox until he defeated friend Vic Castelli in tennis. At first, this appeared to be only a formality, since Vic was new to the game. However, after numerous failed attempts, it took the coaxing of his teammates and the lack of short notice housing to get a disgruntled Neale back to Winnipeg. Said Castelli, "I hope nobody hitched their wagon up to Neale's horse, cause I think I just shot it."



CFANS Snow to Surf team.

On the last ground training day several CFANS staff members were recognized for their accomplishments. Congratulations to Major Andy Sawatzky, Capt Michel Chauvette and Capt Terry Smith on receiving medals for their work as part of Canada's contribution to NATO. Congrats also to Capt Troisfontaines for attaining his A-1 instructor category and Capt Coates, Lawrie and Heselgrave for their A-2s. Capt Fenton also became the first Navigator to reach the 1000 hr. plateau on the Dash-8. Bravo

Zulu Fent. Welcome back to Capt J.J. Tremblay and Capt Glenn Northrup after their arduous stay at Staff School in Toronto. "It couldn't have been that difficult," mumbled a disgruntled squash player, "Since it didn't take Glenn long to get back on top of the ladder." To the contrary, Northrup was overheard saying that the course was in fact much tougher than the squash players at CFANS. From the staff and students of the school, congratulations to Capt Sean O'Reilly and his wife on the birth of their son.

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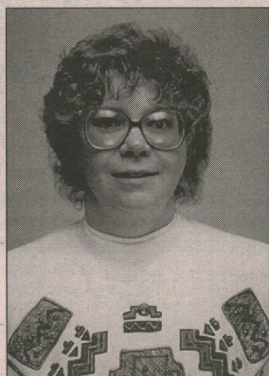
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Who's Who...

Judy Lister, Co-ordinator of Volunteers & Information



Management. She is married, with three children. She has been with the MFRC for over two and a half years.

Judy Lister is the MFRC Co-ordinator of Volunteers and Information. She oversees the Volunteer Program which means she recruits, orients and trains volunteers and maintains volunteer records. She organizes two Volunteer Appreciation Nights each year, in April and November. She also co-ordinates the publication and distribution of the MFRC newsletter Community Connections which is published every two months. Judy has a Bachelor of Interior Design, a Bachelor of Arts in Psychology and Women's Studies and a Certificate in Volunteer

At the Military Family Resource Centre

MFRC ANNOUNCEMENTS

350 Doncaster Winnipeg MB R3N 1W8 489-7003

ATTENTION: MILITARY SPOUSES AND PARTNERS

Many of you may already be aware of the exciting new program available through the Outreach Department of the MFRC. For those of you who aren't, please read on.

WARM LINE, having entered the implementation stage only one month ago, offers a compassionate, CONFIDENTIAL, TELEPHONE contact to spouses or significant others with military partners serving on extended TD's or deployments. Anything in excess of one month would qualify.

The primary objective of Warm Line is to ensure these people remain connected to MFRC and military resources

as well as those in greater Winnipeg. A secondary function is to foster a genuine sense of community to reduce feelings of isolation and loneliness. Warm Line offers the opportunity to talk to someone who really cares about what you are going through.

It is important to note, however, that Warm Line volunteers are not equipped to disseminate military specific information such as troop movements or names of casualties, nor are they able to account for how the military handles particular situations, be they at home or abroad.

If you are one of the people

we succeeded in reaching over the last month and would like to benefit from this service again in the future; or, someone we were unable to contact and think you might enjoy this service, here's what to do.

Because this program is still new, it may take a few months for everyone to become accustomed to filling out the requisite form so, ensure that your partner completes the Warm Line Info Form at the Orderly Room prior to departure. If you don't receive a CARE-RING within 10 days of your partner's departure, please give Rae or Beth a call at 489-7003.



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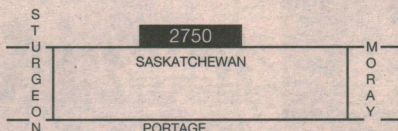
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17 WING WPG INTERSECTION SLO-PITCH LEAGUE



Official First Pitch will be 30 May 94 DON'T MISS IT!

For more information contact Cpl Morris (2056)

Annual General Meeting

25 May 1994 at 1900hrs Club 90

Open to all members of the Winnipeg Military Community. This is your opportunity to input into the programs and activities of the Military Family Resource Centre

Agenda

- | | |
|--------------------------------|-------------------------------|
| 1. Call to order | 5. Old Business |
| 2. Chairperson's Report | 6. New Business |
| 3. Treasurer's/Auditors Report | a. Elections of Board Members |
| 4. Executive Director's Report | 7. Open Discussion |
| | 8. Adjournment |

Military Family Resource Centre

17 WING GARDEN CLUB

The Wing Garden Club is located at the north end of Sharp Blvd just past the Sharp gate, the first road to the right. There are 33 garden plots available, average size is approx. 25 x 48 feet. A few of the members share a plot with a neighbour, as they find that a full size plot produces more vegetables than they can easily consume themselves.

Last year all 33 plots were in use. Due to the wet summer there were quite a few discouraged gardeners. Hopefully this year will be drier and the gardens will have a chance to grow and mature.

Use of the plots require a \$20.00 deposit refundable on transfer, etc; if the plot is cleared of all stakes, plant tops and foliage. In addition to the deposit a nominal (non-

refundable) annual fee is charged. This year members require a 17 Wing Privilege card to become garden club members. Cards are available through the Wing Recreation Council.

The club has a limited amount of equipment; garden shed, 2 wheel barrows, and a small roto-tiller. Hopefully we will be able to replace the large roto-tiller that was removed from the garden site during last gardening season. Hopefully this season the club will be able to start a proper compost pile and return the garden foliage to the gardens to reduce the requirement to use commercial fertilizers.

If interested contact the Garden Club secretary, MCpl Craig Comack at 831-7512.



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17 WING HOCKEY TEAM

This year's hockey team were late bloomers awaiting the majority of the talent from 2 PPCLI to return from their UN tour. The training camp began in late Oct with a few conditioning sessions under the watchful eye of Gerry Brooks and Chris Byrne.

The hockey team played in the Northern Lights Hockey

League. The team played very successfully throughout the season using the league as conditioning and skill development to prepare for the Regionals.

This year's team was comprised of 16 players from 2 PPCLI and three from 17 Wing. The week prior to the regionals in Cold Lake, the PPCLI Hockey team were off the Strong Contender in Calgary. The Patricia's played well winning the battle and the war. The players had a few days of rest to celebrate and to nurse the flu and injuries prior to travelling to Cold Lake. The remainder of the team were already there, and it was time to plan strategy for the big week.

17 Wing ended up with the toughest draw out of all the

teams. The first game ended with a tie against Edmonton. The next game was against Moose Jaw, where Winnipeg was victorious. Knowing Wednesday's game would be a big battle against the defending champions from Cold Lake, the team played aggressively and defeated 4 Wing.

At the semi-finals, we were hard pressed after having lost a player to a suspension, another to the flu, and several to injuries. When we met 4 Wing again, we came up on the losing end.

A special thanks to those who represented the Wing. In particular Sgt Chris Byrne and Pte Vern Payne for their hard work and support. And finally a special thanks to CPO Pete Barefoot and WO Glen Negrich for their technical expertise.

GERIATRIC JETS OLD TIMERS HOCKEY

The 1993-94 season was quite an exciting one, in Oct 93, the Oldtimers won the B Division in a Winnipeg Oldtimers Tournament.

This was all in preparation for the regional play, where the team placed third in Edmonton. The season was not over, the team once again laced up their skates and headed south. It was on to the 9th Annual Deputy Commander NORAD tournament in Colorado Springs. The team played extremely well and captured the gold medal by a 1-0 score over the host base, Colorado Springs.

After a long and exhaustive season, it finally came to an end with a third place finish in the City of Winnipeg Old Timers Hockey League.

Many thanks are extended to MWO Barnes who was able to put a rag tag group of hockey players on the ice. Good Luck next season!

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Preparatory class 2: 9-12 years of age. This class is the same as Preparatory class 1, but for older students.

Classes are offered in two sessions of 12 classes - Sep to Dec, and Jan to Apr.

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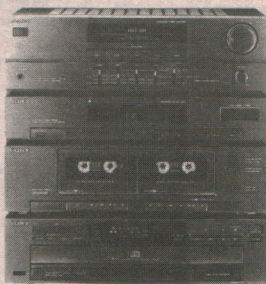
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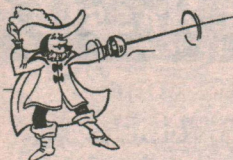
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17 WINGS'

THE LIGHTNING FENCING CLUB

The 17 Wing 'Lightning Fencing Club' made its debut here in Winnipeg in September 1993, and currently has 25 members. Club president Capt David Howes, and head coach Patricia Howes, formed the club after starting and successfully running the Greenwood Fencing Club in Nova Scotia the past four years.

Fencing is a sport that many people have always wanted to try but have never had the opportunity. It is a safe sport, and all equipment is provided for any beginners wishing to learn. The club offers three ten-week beginner foil courses — one each in September, January, and April. Adult classes are run Friday evenings from 1900 - 2100h, and junior classes (age 9 - 14) are held Tuesday afternoons from 1630 - 1730h in Lipssett Hall. Once someone has completed the beginner foil course, they can continue to come out and train with the other two weapons — epee and sabre.

Club members have the choice of fencing either recreationally or if they wish pursuing competitive fencing. The City of Winnipeg currently hosts three annual tournaments, with others being held in Saskatchewan and throughout the rest of Canada. At the present time, four of the club's junior members are in training with the provincial Canada Winter Games training squad. David, Jason, and Cassandra Lozie, and Andrew Courtenage are

all working very hard trying to make the team that will travel to Grande Prairie next February. Club president David Howes actively competes as well, winning a gold, silver and bronze medal in provincial level competitions this season. He has also competed in four Nationals and one World Cup where he finished 28th and defeated the World Cup champion from Italy.

The head coach of the Lightning Fencing Club, Patricia Howes is currently certified by the NCCP at Level Two in both foil and epee, Level One in sabre, and has completed Level Three Technical and Theory in foil and epee. While the main focus of the club is the beginner program, Patricia also offers advanced training in foil and epee, and is currently working with the provincial team for the Canada Winter Games.

If the sport of fencing interests you, come out and give it a try. The cost is low and the equipment provided, you get as much exercise out of it as you want, you can meet new people, and can try one of the most intriguing of the Olympic sports. For more information contact Capt David Howes at local 5809 or Patricia Howes at 489-3404, or simply come out to a practice and watch. We will be delighted to answer any questions and show you the equipment.

ALL ABOUT FENCING

Fencing, the art of swordsmanship, has been practiced for centuries, first in training for the deadly combat of the "duel", and now an Olympic Sport, since the Athen's Games of 1896.

As duels were out-lawed, fencers refined their skills into a uniquely individual physical activity where speed, co-ordination, balance and agility win out over sheer strength. True fencing emerged from the elegance of the court of Louis XIV and you will still hear the shouts of "En guard", "Pret" and "Allez" echo through the arena.

At first fencing can be bewildering so a knowledge of the rules and weapons is important.

THE WEAPONS

There are three weapons in fencing. Each has its own style and set of rules. The goal is the same for all weapons: to hit one's opponent without being hit in turn.

FOIL

The weapon is the modern version of the duelling rapier. About 35" long, the foil has an electric wire which runs from the tip of the foil and then is attached to a scoring box.

The target is the torso, front and back only; not the head, arms or legs.

Scoring: To score in foil you must hit the opponent in the torso with the tip of the weapon. A colored light and buzzer goes on indicating a valid hit. Hit outside the target area, such as the head or floor

and a white light and buzzer goes on. The main official (President-de-Jury) stops the bout each time there is any kind of hit. A ruling is made to award a hit and the match restarted. The attacker has the right of way or priority in scoring until the defender parries (blocks) the attack. The defender can now riposte (return thrust). Attacks, parries and ripostes continue until a hit is made. A match is five minutes long and one is victorious if one scores five hits or is leading when time expires. If still tied, fencing continues until the next valid hit.

EPÉE

The weapon, pronounced (epp - pay), is the descendent of the duelling sword. Heavier than the foil with a larger guard (to protect the hand from a valid hit), it has a much stiffer blade. Like the foil, an electric wire runs from the tip to the scoring box.

The target, unlike the foil the whole body is a valid target and there is no need for a special vest.

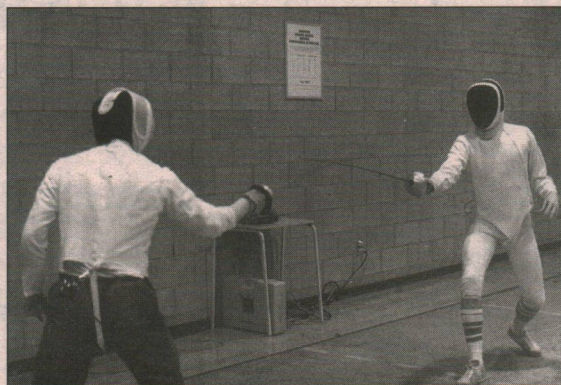
Scoring: In epee, he who hits first with the tip of the blade scores a touch and if both hit at the same time or with in 1/25 of a second, both fencers score a hit. In foil, neither fencer scores with simultaneous hits. Time regulations are the same as foil.

SABRE

The weapon is the modern version of the slashing cavalry sword. Its difference lies in that hits can be scored with the edges as well as the point of the blade.

The target is the entire body above the bend of the hips as though one was still astride a horse in the cavalry.

Scoring: Like foil, the attacker has the right of way until parried, then the defender can attack. Again the time limit is five minutes to record five hits.



Testing the guard of the opponent.



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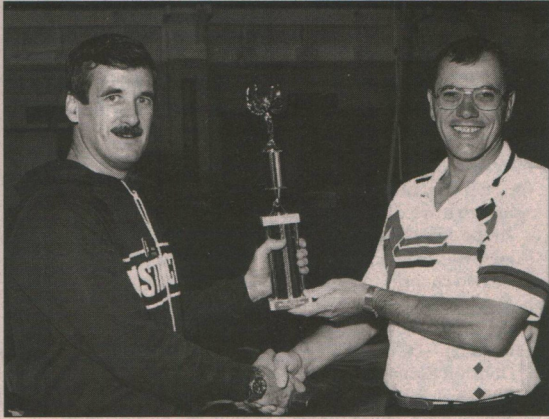
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REGISTRATION FAIR



Registration Fair - September 1993. Best Display - Scuba Club award presented to Maj Cooper by Col Proulx, WComd. (Photo by Cpl S Gervais)

REUNION 94

The Air Force Telecom Association (AFTA) will celebrate the anniversary of Air Force Telecom at REUNION 94 to be held at Clinton, Ontario on 26, 27 and 28 August 1994.

All ranks and civilian associates of all RCAF, CF, RAF and WAAF telecom trades, operators and technicians, air and ground, serving and retired, spouses, friends and widows are cordially invited to attend.

Personnel who served before and during World

War II will be honoured at this event.

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Westwin Badminton Club

Actually, badminton is one of the fastest games in the world and can be enjoyed by young and old alike while participating at all levels of the sport, from recreational to competitive. The Westwin Badminton Club offers the military community the opportunity to play the sport at whatever level they feel comfortable.

The Club enjoyed a long and successful history dating back to the 50's before suspending operation in the late 80's. The club was resurrected in 1992 by a couple of weather services personnel who had previously belonged to the club and had returned to Winnipeg disappointed to find that it no longer existed.

Club membership has a good blend of military personnel, their dependants and the civilian community. There is not a large enough military following at present and requires participation from the civilian community. On the other hand, civilian members appreciate the access to excellent facilities at reasonable rates and provide military members of the club with a variety of partners or opponents of all skill levels.

This year the Club operated on Sunday and Tuesday evenings from 8:00-10:30pm at Lipsett Hall starting in mid-September and ran to the end of April. There were approximately 60 members, only half of whom showed up on any given night. There was seldom a wait for a court and everyone

was able to get as good a work out as he or she desired. A fun tournament and social gathering was held prior to Christmas.

The Westwin Badminton Club offered recreational badminton all season, but through

who organized this league, is available to run clinics at our club upon request. Anil is a national calibre player who has represented Canada at the 1992 Summer Olympic Games in Barcelona, where badminton premiered as a demonstration sport.

On April 9-10, the club hosted the Manitoba-BC tournament at Lipsett Hall. Approximately 40 players from across the province participated, including several from our club.

Next year, it is hoped that the Westwin Badminton Club will continue operations starting in mid-September.

Watch for dates and details in the Voxair.

Come on out and enjoy this great sport...

Definition: Bad-minton

What the nanny called young Master Minton after he put superglue in her dentures.

its affiliation with the Manitoba Badminton Association (MBA), and participation in the Victor League offered the competition level players the opportunity to play against other clubs in Winnipeg. Mr Anil Kaul, the Technical Director of the MBA

PRAIRIE REGION BADMINTON

The Prairie Regional Badminton was held in Moose Jaw last month between the 14 - 16 March. The team from Winnipeg managed very well by placing second overall even though two of its players got injured on the first day of the competition. Cold Lake was the overall winner by placing seven of its players on the National team which will represent the Prairie Region at

the National this year in Halifax to be held between the 16 - 20 May. From Winnipeg in the "Open" category Cpl Bob Lemay finished 4th overall, in the "Senior" category WO Gilles Desjardins won the final in single and will represent 17 Wing in the National and finally Capt Tom Walls in the "Master" category finished third overall.

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THE BLUE DEVILS

This season has proven to be our most exciting! The return of Cpl Mike Jackson from a UN tasking and Pte Rohan Wilson from a severe knee injury has bolstered our solid team nucleus from last year. A couple of new recruits Lt(N) Tony Lopes, MCpl Bram Courchesne and Cpl Rob Worthy have provided the necessary bench strength to become national champions.

The regular season in the Greater Men's Basketball League was a mixture of some lopsided wins in our favour and some close defeats. We finished the regular season with a 10-3 win/loss record using the last couple of games to polish our game plan for the Prairie Regionals. We were ready for whatever our adversaries had to offer. We marched through the Regionals without a loss. Playing what sometimes we thought was more like Australian rules football than basketball. With just a week to prepare for the national championship we quickly arranged

for our two augmentees; Capt Mike Minicola from Calgary and Sgt Jim Mackenzie from Shilo, to join us a little early, even getting the chance for them to play with the team in a league game before heading off to CFB Gagetown to vie for the title.

The competition in Gagetown was replete with hard fought battles, although it was clear from game one that we were the team to beat. Holding true to expectations we finished first through the round robin. Finishing first gave us a bye to the final game. The outcome of the semifinal game put CFB Halifax in the final game against us. Our previous meeting was a clear cut victory for us with a margin of 27 pts. However the final game would not be the same. Like true competitors Halifax came out hard and fought the good fight right up to the end. If it hadn't been for the excellent foul shooting ability of MCpl Bram Courchesne we might not have prevailed. Our two

augmentees provided invaluable contributions to our national title.

Back home to Winnipeg we came with our chest puffed out, full of pride. We still had two more mountains to climb. The league championship and the provincial championship! Our first and sadly to say our only playoff game had us playing without two of our players Lt(N) Lopes and Cpl Worthy lost to the national volleyball championships. Needless to explain, we did not play to our potential and lost a close game. We took two weeks to lick our wounds and prepare for the provincial championships. Finally March 11th rolled around and we were off to Portage La Prairie with a hunger for redemption at the expense of all who showed. The play was intense throughout the tournament with the final game, without a doubt, being the best game of the tournament. Of course the best game for us as well. End result: 17 Wing Winnipeg Blue Devils were the 1994 Manitoba Senior "C" Provincial Champions.

Success is not built on the backs of athletes alone. It requires the support of branch heads and section heads and senior supervisors. Without your support we could not have had the extremely successful season that we have had. Capt Swarbrick, MWO Brazeau and their staff have provided the kind of support and guidance that makes national and provincial champions out of teams from 17 Wing.



1993/94 Men's Basketball Team (Photo by Cpl DE Desrochers)

17 WING SOCCER TEAM

The 17 Wing Soccer Team was originally formed in 1985 at CFB Baden-Soellingen. Although the team was part of the 4CMBG League, the ultimate goal was to achieve higher standards. In the spring of 1985, the team was accepted into the local German League making it the only Canadian team in 33 years to be part of a German League.

The team was successful and competitive during the next 4 years winning the 4CMBG title four times and the National Championships in CFB Cornwallis in 1985. The team also placed 11th, 11th, and 5th (out of 96 teams) consecutively at the annual Amateur World Cup in Holland and the "Friendship Trophy", awarded to the team on two occasions for sportsmanship.

During the four years in Europe the Team did much to promote public relations for Canada, while taking part in many international tournaments.

In 1988, 2PPCLI arrived in Winnipeg and immediately amalgamated with 17 Wing players. This produced a very

strong team which went undefeated during exhibition games for the whole year. In 1989 the team was accepted into the First Division in the Winnipeg Soccer League where it still competes, winning the indoor soccer championship on 29 March 94.

Each team in the city league must have a name, and the "Kanadische Kickers" was approved in 1992 as the team

played under this name in Europe. Six of the original players are still with the team. The team plays year-round with practices every Tuesday and Thursday, and games at least once a week. The present team is very strong and optimistic about a National Championship this year. Above all, the team plays for the love of the game and the camaraderie it brings.

LADIES BOWLING

The 17 Wing Ladies Bowling League 1993-1994 season got under way Sept 14/93. The first two weeks are bowled for averages in order to get handicaps established.

We have a membership of 36 bowlers who come out for an evening of fun and a wee bit of exercise.

We have two nights of fun bowling. This includes a bingo bowl game, novelty bowl and regular game. These are held on Halloween and the last night before the Christmas break. One and all get a laugh over these events.

The ladies have two invita-

tional tournaments a year against the Ladies League from Shilo. There is one held in the fall and the other in the spring. We travel to Shilo for one and we host the other.

Our wind-up banquet is scheduled for May 10 where everyone receives their awards and pins for games bowled and perfect attendance.

We always welcome new people being posted in to come out and join us on Tuesday evenings. Our 1994-95 season will get underway Sept 13, 1994. For more information you can contact Diane Couzens at 889-7737 after 6 p.m.

AIR COMD INTERSECTION VOLLEYBALL

After a long schedule of volleyball, each team had to use their own unique strategy to earn a place in a division where they felt they might have a chance to win. Fifteen teams were split into three divisions according to their standings.

At the completion of a double round robin in their own division, it was then onto the final stretch for the gold. Each team have two chances to make it, but only one team could take the honours in each division.

Congratulations to each of the following teams. A Division Champions -DCOS PERS B Division Champions -DCOS LOG C Division Champions -CSAMP

The awards were presented by Col Pirson at the conclusion of the league. Congratulations to all of the participants.



Presented to Team Captain, Capt B Schofield



Presented by the Peri Staff to WO Cox



Presented to Team Captain, WO Tattersall

WESTWIN BOWLING LANES

Westwin Bowling Lanes is a six lane 5-pin Bowling Alley housed in Bldg 90. It operates from Sept to Apr, and is closed during the summer for any required renovations and machine maintenance.

Most of the use of these lanes is by a Ladies League on Tuesday night, Mixed League on Wednesday and Thursday nights, and YBC on Saturday. Monday nights, Friday nights, and Sunday afternoons are for casual use.

These lanes are available for reservations by groups looking for a small alley to hold an evening of fun.

For further information, please call Frank at 837-6729



THE HORNETS

It has been another long season, but again the 17 Wing Hornets have had another good year. It started at 18 Wing Edmonton, who held the Prairie Region Playoffs. When we arrived we were not favoured to win by the other teams, many thought Calgary and Cold Lake were the teams to beat so we had something to prove. After going 15 wins and 0 losses in the round robin, I think we proved our point. In the semi-finals we played Moose Jaw, and Calgary played Cold Lake. We beat Moose Jaw and Cold Lake beat Calgary, so we were to play our long time rivals in the final. We beat Cold Lake 3-0 in the best of five games. Victory is sweet and even sweeter when you beat Cold Lake.

So on we went to Chilliwack for the CF Nationals. The Ontario Region (Toronto) and Quebec Region (Bagotville) seemed to be the teams to beat. At the

end of the round robin, Bagotville received a bye and we were to play Toronto in the semi-final. It was a great match and the guys played hard and it paid off as we beat Toronto 3-1 in the best of five games. So we played Bagotville in the final. All the games were close and a couple of them could have gone either way, but it seemed to be Bagotville's day. In the end they won the gold, beating us 3-1. We had to settle for the silver this year.

Like I said it was a long season and we are proud of what we accomplished this year, we surprised a few, but not ourselves. We knew if we played our game we could go far.

On a final note, the Hornets would like to thank the Peri staff for all their help and support they gave us over the course of a long season.

LADIES' BROOMBALL

This was our second year of operation and what a year it was! This year's squad had 15 enthusiastic players ranging from "old" vets like Brenda Pilon and Bobbi Howard, young whippersnappers like Cathy MacDonald and Dee Foster. This blend of talent and personality provided for a most interesting and fun-filled season.

We began the year a little tentative but willing to listen and worked hard towards a common goal; the prairie regionals. When all was said and done 17 Wing came within one goal of advancing to the Nationals, losing to Cold Lake in the finals. Upon returning home, the ladies captured their second straight "b" division championship in civilian



17 Wing Ladies Broombal Team

league play.

Coaches Gerry Barron and Bruce Muir would like to thank all the players who contributed to this year's great season but special cudos go once again to

our team manager, Marie Fortier. Without you Marie, everything would have been that much more difficult. Thank you from everyone!!

MEN'S BROOMBALL

After a long season of broomball, its time to hang up the shoes and bring out the ball gloves or golf clubs, whichever is appropriate for you.

The 17 Wing team started season back in Oct 93, and after numerous practices and a few games, the team geared themselves towards the Regionals which were held in Shilo. We finished fifth in the tournament. The team consisted mostly of members of 2 PPCLI, with the exception of two wing personnel, Cpl P. Beaudin and Cpl B. Locas.

The team also played well at Strong Contender where we finished first overall.

Congratulations to team captain Shawn Bowe, who was the top scorer on the team this



17 Wing Mens Broombal Team

season. Special thanks to WO Perry Bachelor for the coaching and support that he gave us all season long. 17 Wing members interested in

playing in the 94-95 season contact Cpl Paul Beaudin at local 5068.

YOUTH BOWLING (YBC)

By Jackie Gallagher, YBC Director

YBC is a Bowling league for youth 5-18 years of age. This league consists of different divisions according to age as of 31 Dec: PEE WEES - 5-7; BANTAMS - 8-10; JUNIORS 11-13; SENIORS - 14-18. Bowling takes place on Sat at the Westwin Lanes in Bldg 90 from Sep to Apr.

All YBC leagues are affiliated with the National YBC in Toronto. This entitles us to receive all badges and also to

partake in tournaments, one of which leads to a National Champion.

There are many different scoring awards that can be obtained during the course of a bowling year. Also, special tournaments bowled during a regular bowling day can lead to awards. Three tournaments a year are bowled against other alleys in the city with two leading to Provincial Champions and one leading to a National Champion. In two tournaments this year, we had a

Bantam Hi-Low Double Team - Jasmine Ardagh and David Hudson; and a three player team (1 Bantam, 1 Junior, and 1 Senior) - Dawn Williams, Ken MacDonald, and Steven Scott, competed and won against other alleys in the city. They are now off to Portage to compete for the Provincial Championship. Good luck to all.

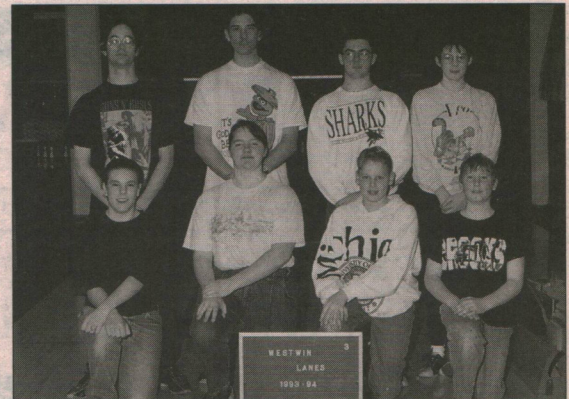
A small banquet is held at the end of the year with presentations to all bowlers, and a meal provided to all bowlers.

This activity could not operate without the volunteers who show up every week to help out, especially to keep score. Thanks to everyone. We could always use coaches, so if there are any bowling coaches who would like to get involved for a couple of hours a week, we could use your help.

The league will start again around the middle of Sep so keep an eye open for announcements. As you can see by the pictures, there is quite an age spread. The bowling shirts worn by the younger bowlers are obtained through the league at a small fee.



Bantams



Juniors/Seniors



PeeWees

17 WING FLYING TIGERS SWIM TEAM

The 17 Wing Flying Tigers Swim Team, Winnipeg's first new competitive swim club in a decade, is growing.

The Flying Tigers Swim Team started their life in mid-December of 1993 with seven swimmers. The Team now has 18 members. This swim team was designed for service families and permanent DND employee dependents. With no bingos, extremely low participation fees and very limited Team fundraising, the Flying Tigers Swim Team recognizes the constraints service families live with. The Team's mission statement in part states the

desire to make it as easy as possible for a youngster to participate in Manitoba's second-highest funded sport - competitive swimming. Long recognized as a life-sport, competitive swimming develops fitness of both body and spirit. The Flying Tigers offer a swimmer-centered programme, where, as much as possible, each member receives an individualized training programme developed to fit their needs. Founded and coached by Michele Bezpalko, an NCCP certified Level Three coach, the swimmers are showing rapid progress in the art of

competitive swimming.

The swim team has made strong showings in the three competitions they have attended since February of 1994. Recently, the Flying Tigers Swim Team was quite ably represented by four swimmers at a local Championship swim meet. Even with just two youngsters competing during one session, the team cheer went out, showing the extraordinary team spirit the swimmers have.

Swim fees range from \$10.00 per month for pre-competitive (three times per week) to \$15.00 and \$20.00 per month for competitive levels (four and five times per week) plus provincial registration fees and swim meet entry fees. Families are requested annually to participate in a Tag Day, Swimathon, and an early winter provincial fundraiser.

The swim team trains Monday to Friday, 1600 to 1800 hours at the north site pool. Were there enough swimmers as members, practices would be offered at Lipsett Hall Pool as well.

Come learn what team spirit is with the 17 Wing Flying Tigers Swim Team. Come home.... and be a part of the future. It's never too late.

For registration and team try-outs please call 837-1199.



(L-R) Back Row: Doug McQueen, Graeme Sprange, Tonya Bezpalko, Shannon McQueen, Kyle Landry, Brett Purdy, Leslie Landry. Middle Row: Jim Smith, Angela Myers, Mike Purdy, Ryan MacPhee, Deborah Smith. Front Row: Mallory Lajoie, Chelsea Moore, Stephanie Lajoie, Natalie Gomes. Missing: Tiger Cubs Heather MacPhee and Erik Bezpalko.



17 WING MIXED BOWLING LEAGUE

The season begins in mid-Sep with a Registration night, a week prior to the actual bowling. An article will appear in the Voxair and Routine Orders in Aug/Sep announcing the start of our season.

The mixed bowling is a FUN league giving men and women a chance to get out and meet people. Twice during the year, at Halloween and Christmas we have a special night of bowling dedicated to one thing, FUN. The bowling alley has six lanes and sells refreshments to the patrons.

Come out and join us from Sep to Apr for an evening of bowling once a week. At the end of the season we have our final wind-up banquet where we handout prizes and awards to all the bowlers.

A FUN TIME WITH THE MIXED BOWLING LEAGUE

FOR OUR VALUED CUSTOMERS WE ARE PLEASED TO PROVIDE FOOD SERVICE AT THE FOLLOWING LOCATIONS:

AIR COMMAND CAFETERIA

Located on Main Floor of
the Air Command Building

Hours of Operation:

7am- 3:30pm

Mon-Fri 837-2753

WINGERS

(Formerly Snack Bar 16)

Located in Hangar 16

Hours of Operation: 7am-

1:30pm

Mon-Fri 837-5980

CLUB 90 BAR & GRILL

Located in Building 90

Hours of Operation:

Grill: 8am- 1:30pm Mon-Fri

837-4525

Bar - 832-6081

11:30am-12:00pm Mon-Thurs

11:30am-1:00am Fri

3:00pm-1:00am Sat

1944-1994 50TH ANNIVERSARY D-Day-Canada Remembers

PROGRAM OF EVENTS

FRIDAY, JUNE 3RD

D-Day Minus 3 -Canuck BBQ

4:30 p.m. - 9:00 p.m.

Drill Hall (Bldg 21) Canadian Forces Base Winnipeg (17 Wing). Enter via Sharp Boulevard.

BBQ, Beer Tent, Bands, Vintage Vehicles, Displays Entrance cost is \$3:00 per person children 16 and under free No charge if you wear your uniform (any era) or medals

SATURDAY, JUNE 4TH

Royal Winnipeg Rifles Church Parade

9:00 a.m. - 10:00 a.m.

St. John's Cathedral, 135 Anderson

Royal Winnipeg Rifles

Wreath Laying

10:30 a.m. at Vimy Ridge Park,

Military Expo 17 Wing/CFB Winnipeg Open House

1:00 p.m. - 5:00 p.m.

Hanger 16 (Bldg 16) Canadian Forces Base Winnipeg (17 Wing)

Enter via Sharp or Whytewold Boulevard,

Bands, Dancing, Displays, Vintage and New Vehicles, Aircraft, Equipment Artillery, Rides Weapons.

70th Anniversary of the Canadian Air Force, 50th Anniversary of Canadian Army "EME" Corps No Charge - Bring the Family

Fort Garry Horse

Royal Winnipeg Rifles

D-Day Dinner

6:00 p.m. - 11:00 p.m.

Celebrations Dinner Theatre,

International Inn, 1808

Wellington Avenue

Cost \$35.00 Per Person

SUNDAY, JUNE 5TH

Freedom of the City

1:00 - 1:30pm

Ceremony for all Winnipeg

Military Units

Winnipeg City Hall Courtyard

HMCS Chippawa

The Fort Garry Horse, the

Royal Winnipeg Rifles, the

Queen's Own Cameron

Highlanders of Canada,

17 Service Battalion,

17 Medical Company,

735 Communications

Regiment, 17 Wing Royal

Canadian Air Force,

402 Reserve Squadron, 2nd

Battalion Princess Patricia's

Canadian Light Infantry, Royal

Canadian Mounted Police,

Corps of Commissionaires,

John Travers Cadet Corps.

D-Day Military Parade

1:30 - 2:00pm

Route: City Hall, Main St.,

Portage Ave., Memorial Blvd.,

Cenotaph

All Military Units, Navy,

Army, Air Force, Veterans,

Cadets, Bands, Vintage

Military Equipment Wreath

Laying Ceremony at the

Cenotaph, Fly Past, Parade

Review at the Legislative Building Steps

Military Tattoo and Sunset Ceremony

7:00 - 9:00 p.m.

Location: Assiniboine Park fea-

turing Air Command, Navy

and Army Bands, with the

guns of the 26th Field Artillery

Regiment The Princess

Patricia's Canadian Light

Infantry. No charge, bring the

family and lawn chairs (rain

date - Monday June 6th - same

place and time)

MONDAY, JUNE 6TH

Drum Head Service

10:00 - 11:00 a.m.

Location: Drill Deck,

HMCS Chippawa,

Interdenominational

Tri-Service for Veterans and

their families.

Farewell Reception

11:30 a.m. - 1:00 p.m.

McGregor Armouries,

551 Machray Avenue at

McGregor

Dedication Ceremonies

1:00 - 1:30 p.m.

Following Farewell Reception

at McGregor Armouries

Organized by Canadian Veterans and Serving Members of the Regular and Reserve Forces in Manitoba and Northwestern Ontario. The D-Day 50th Anniversary Committee

17 WING CERAMIC CLUB

Want to learn a new hobby? Meet new friends?

Try the 17 Wing Ceramic Club. We are located at 586 Whytewold (across from the Library). Drop in anytime and see what we're all about.

The Club re-opened in Feb 93 after being closed for two years (due to lack of space). We started with 12 members and by Dec 93 we had 40.

Slip is made right at the club and all firing is done there as well. There are over 800 molds everything from fridge magnets to large deer for lawn ornaments. Something for every season and almost every reason.

Our club has a qualified instructor Barb Desmarais who teaches beginners courses, as well as more advanced courses. Beginners course includes pouring, staining, cover coating and glazing.

Whether you're new to the area or have been here awhile the Ceramic Club is a friendly place to be. Everyone is helpful and there is always someone to have a good laugh with.

Our present executive is:

June Egdell-President
Cindy Gapp -Treasurer
Brenda Sadick-Secretary

If you have any questions or would like more information please call June at 888-6059.

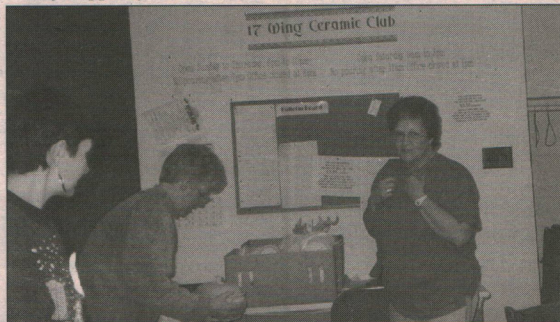
Hope to see you there!



Some of the greenware and pieces to be fired.



Cindy Gapp, Crystal Randell & Barb Desmarais making cherub heads.



Barb Desmarais, Crystal Randell & Gaétane Brochu.

5 good reasons to switch to us.

1 PREFERRED MORTGAGE RATE.

This money saving feature offers 1/2% off the posted rate on 1 to 5 year mortgages.

2 SPECIAL MORTGAGE OFFERS.

We'll waive the normal \$85.00 transfer-in fee for a mortgage. Plus, until July 31, 1994 if your current financial institution charges you a transfer-out fee, we'll pay up to \$150.00 of that for you, and, we'll pay up to \$150.00 toward the cost of an appraisal fee when you switch to us.

3 LOANS AT PREFERRED RATES.

Subject to credit approval, you can receive a 1/4% reduction on a Personal Loan or Royal Credit Line.

4 RATE BONUS ON GICs & RSPs.

We can help your RSP savings grow with an extra 1/4% on 1 to 5 year Term Deposits over \$1000.00. Or, earn an additional 1/4% on guaranteed Investment Certificates with a term of 1 year or longer and valued above \$5000.00.

5 SOUND ADVICE FROM SPECIALISTS.

Our Personal Bankers are trained specialists. Talk to them. They'll help you make the right decision.

Simply put, we want your business. For full details contact one of the branches listed below, or call toll free 1-800-263-9191.

Portage & Collegiate
1863 Portage Avenue
988-5860

Portage & Mount Royal
2299 Portage Avenue
988-5810

Portage & Parkhill
3297 Portage Avenue
988-5870

Serving Customers Since 1869



ROYAL BANK



This offer is valid for CFB Winnipeg Members and Retired Members residing in Manitoba.

FITWEEK 94



SCHEDULE OF EVENTS:

MON. 30	FIT SWIM - WESTWIN / LIPSETT HALL VOLLEYBALL TOURN - (6 PERSON TEAM) - BLDG. 21
TUES. 31	FIT SWIM - WESTWIN / LIPSETT HALL BASKETBALL TOURN - (DOUBLES) - LIPSETT HALL UNIT RELAY RUN CHALLENGE - 5 PERSON TEAM - 17 WING
WED. 1	FIT SWIM - WESTWIN / LIPSETT HALL WING GOLF TOURN - 17 WING GOLF COURSE AEROBICS - OUTDOOR - TRACK (WEATHER PERMITTING)
THUR. 2	FIT SWIM - WESTWIN / LIPSETT HALL BICYCLE RELAY RACE - 5 PERSON TEAM - 17 WING
FRI. 3	FIT SWIM - WESTWIN / LIPSETT HALL LOB BALL TOURN (17 WING - BALL DIAMOND) SNEAKER DAY

WESTWIN / LIPSETT HALL

11:00 - 13:00 HRS.

FOR MORE INFORMATION CONTACT:
CPL MORRIS - LOCAL 2056



W COMD GOLF TOURNAMENT

01 JUN 1200 HRS START 17 WING GOLF COURSE

1. Two (2) participants per team
2. Total score per team
3. DoublePar - pick up your ball
4. 9 holes
5. Registration with Bldg 90 (2056)
6. Award for best team

FIT SWIM 30 May - 3 Jun 1145-1300 LIPSETT HALL WESTWIN

1. Total distance in metres in 5 days (any stroke)
2. Must swim between the above time frame only
3. Honour System
4. Registration with lifeguard in pool
5. Award for top swimmer

VOLLEYBALL 30 May 1130-1300 BLDG 21

1. Six (6) participants per team
2. Number of teams will decide length of game
3. Number of teams will decide the format
4. Registration with Bldg 21 (5148)
5. Award for top team

BADMINTON TOURNAMENT

31 May 1130-1300 LIPSETT HALL

1. Doubles (2) participants per team
2. Single elimination format
3. Number of teams will decide length of game(s)
4. Registration with Lipsett Hall (6183)
5. Award for top team

UNIT RELAY RUN CHALLENGE

31 May. 114 5 START 17 WING

1. Five (5) participants per team
2. Each participant must run one (1) loop of the course
3. Team members must be from the same unit
4. Team with overall lowest time will win
5. Registration with Bldg 90 (2056)
6. Award for top team

AEROBICS 01 JUN 1200 HRS START (NORTH SITE) RUNNING TRACK

1. Weather permitting (raining - gym floor Building 90)
2. No registration required
3. All welcome

UNIT BICYCLE RELAY RACE

02 JUN 1145 START 17 WING

1. Five (5) participants per team
2. Each participant must cycle two (2) loops of the course
3. Team members must be from the same unit
4. Team with overall lowest time will win
5. Registration with Bldg 90 (2056)
6. Award for top team

LOB BALL TOURNAMENT

03 JUN 1230 START 17 WING BALL DIAMONDS

1. Ten (10) participants per team
2. Three pitch rule - team on bat supplies pitcher
3. Single elimination format
4. Number of teams will decide length of game(s)
5. Registration with Bldg 90 (2056)
6. Award for top team

CLOSING CEREMONIES

CLUB 90
1600 HRS FRI 03 JUN

Parent Resources Institute for Drug Education

PRIDE CANADA INC. was established to reduce and prevent alcohol and other illegal drug usage among young people across Canada by providing current drug information to parents and advocating a positive drug-free lifestyle for our country's youth.

The annual PRIDE Conference, this year being held in Winnipeg May 18 - 20, deals with serious topics, but many participants return annually because of the friendships, laughter, music and the

positive energy that the conference generates. The most memorable moments often come from the young people and their stories.

PRIDE delegates are very committed to attending the Conference, and are involved in various and innovative fundraising activities throughout the year to ensure they are able to attend. They sell calendars and greeting cards, set up shop at swap meets, organize hot dog sales and drop in centres, and deliver the new tele-

phone books. PRIDE teams throughout the province have approached school boards, community committees, service clubs and businesses seeking and receiving their support as well.

PRIDE initiates and supports national parent, youth and school based teams which are trained to organize outreach activities to their respective peer groups. Parents are urged to talk to their children about drugs and develop support systems with other parents. Youth develop peer resistance skills through lifestyle and leadership training, and by example, show younger students how to say "no" through fun-filled alternatives.

PRIDE high school teams learn dances, songs and skits incorporating a drug free message which they perform throughout the year as part of their outreach program. Audiences have included junior high schools, senior citizen homes, annual school concerts, professional conferences, drug awareness seminars and trade shows. For the younger set, PRIDE groups become quite proficient presenting puppet shows to elementary school children, Brownie and Cub packs. A high point of this past year was an appearance by a combined Manitoba PRIDE team during the half-time period at the final CFL game at Winnipeg Stadium.

WO'S & SGT'S MESS GOLF TOURNAMENT

Kingswood G. & C.C.

13 May 94

Tee Off: 0900hrs

Registration Fees: \$5.00

Must pay Mess Secretary to Register
Green Fees: \$22.00, paid at Pro Shop.

17 WING LADIES FASTBALL TEAM

is looking for players.

Season commences 16 May 94!

For info call Lila Duffy 5609 or 489-4103
or Marie Fortier 833-6096 or 837-9034

ATTENTION! ATTENTION! ATTENTION!



Starts on
18 May 94

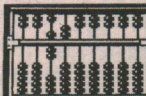
Playing Days will be:
Mon, Wed & Fri
From 1130 - 1330 Hrs.

3 Courts
Reserved

Beginners to Advanced will be Matched
with someone of their own calibre.



Anyone Interested in Joining Should Contact
Cpl MacKay or Sgt Vanier - Local 5148



Strathmillan Children's Center Inc.

... where your child really counts!!

REGISTER NOW!!!



- Quality KINDERGARTEN Program.
- SUMMER Program.
- Full LUNCH provided - K - Grade 6.
- Open all INSERVICES & HOLIDAYS.

• Field Trips, Music, Swimming... and More!
• The Centre Offers 4 Spacious Rooms
Home-Like Atmosphere
Loving, Qualified Staff

Subsidy Available
837 - 4097



Little Dragon Class



Sgt Marshall and young enthusiasts

WOMEN'S VOLLEYBALL TEAM

The 1993/94 edition of 17 Wing's women's volleyball team was the best in many years. Major Kevin Yamashita was the backbone of the team, leading them through many vigorous practices in preparation for the City of Winnipeg Ladies league play.

The focus of the entire year was not on the city league however, it was in preparation for the regional play which was held in Edmonton in late Jan. For a number of years in a row the ladies team had finished second to Edmonton and they were determined that this would not happen again this year.

Backed by fine play from the entire team, the ladies easily handled the competition at the regionals and it was then time to prepare for the National competition to be held in Chilliwack. The team played well through the tournament, and for the first time players at a National competition it was a definite learning experience.

It was also the first time at a National competition that a Mother/Daughter were playing, on the same team to boot. WO Cox from ARGHQ and Cpl Chisholm from Edmonton (who was picked up for the team) played side by side, much to the delight of the numerous spectators.

The team would like to thank Kevin for his hard work, determination and blue dot. They would also like to thank Donna Dunbar for her patience as 'manager', good luck is extended to the CFANS girls, we are sure we will meet again. And also, we the team hopes that Capt Cutland has a healthy spiker in the near future.

See you next year!



17 WING GOJU KARATE CLUB

THE DRAGONS LAIR

Chu Uganabira! (Good day, Hello!) The 17 Wing Dojo (School of Karate) follows the teachings of Master Chogun MIYAGI (1888 - 1953) the founder of Okinawa Goju-Ryu Karate-do. Goju-Ryu Karate-do, is renowned for being a "hard(Go)/soft(ju)" style of karate, incorporating the soft techniques of Chinese "Te" and the hard techniques of Okinawa "Te". It is recognized as one of the four founding systems we now identify as Karate.

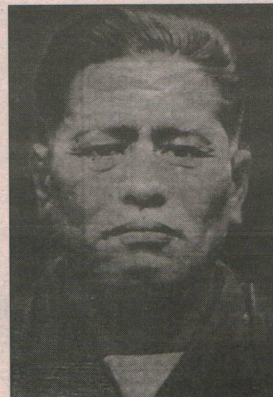
Sensei Kim Marshall, Chief Instructor, stresses the self defence and spiritual aspects of traditional martial arts as opposed to the "sport styles" that abound in North America. Sport karate will not be taught because in sports there are rules which become useless in real life situations.

The focus of the School is on personal development, utilizing traditional oriental philosophy in a non-competitive, non-sport environment. Through the study of Karate-do (the way of Karate), an individual learns self-discipline through the awareness of harmony of mind and body. Karate-do provides a student with intuitive understanding, which cannot be taught, but develops after years of study. Every student must recognize commitment is necessary in order to gain this understanding.

Everyone can learn Karate. Size and strength should not be primary considerations in your decision to make Karate a "way of life". The techniques utilized are designed for self-defence against bigger or

stronger opponents. Karate is very good for children, building confidence, self-discipline and strength, both of character and body.

The Karate Club continues to grow strong in numbers and in spirit. There are now



Master Chogun Miyagi

approximately 85 karate-ka (karate practitioners), both children and adults, who are studying traditional Okinawa Goju-Ryu Karate-do (the way of karate). 17 Wing Goju Karate Club offers coed classes for all students and are held year around, at the main gymnasium, Recreation Centre, Building 90, CFB Winnipeg.

"Little Dragon Class", ages 4/5 to 7/8 is held each Tues and Thur from 1830 hrs to 1900 hrs (6:30 to 7:00 PM).

Snr Children, ages 8 to 14 are Tues and Thurs from 1900 hrs to 2000 hrs(7:00 to 8:00 PM).

Adult classes, 15 years and up are held each Tuesday and Thursday from 2000 hrs to

2145 hrs.

There is a mixed class (children and adults) held each Saturday, from 1100 hrs to 1300 hrs.

The cost per student is \$10.00 per month (plus GST). Each student must be in possession of a Wing Privilege Card as a registered member of the Recreation Council. Information respecting registration and those costs may be obtained through the Wing Peri Staff.

It has been my pleasure to introduce Okinawa Goju-ryu Karate-do to our military community. Over the next months, I will be submitting articles concerning the Okinawa Goju-Ryu style and karate, in general, for your interest and enjoyment. Hopefully the information will answer any questions you may have, about this aspect of martial arts and to dispel misinformation respecting the study of martial arts, in particular Karate.

The 17 Wing Goju Karate Club is dedicated to continuing the traditional teaches of Master Miyagi. If you or your family is interested in becoming a member of the Club, please feel free to come out any evening to watch class or bring along suitable workout clothing and participate in a few classes before making up your mind.

The Head Instructor is Sensei Kim Marshall. He may be contacted through the 17 Wing Security and Military Police Section at local 6655 or 888-5476.



The Karate Club

ROMANCE PRINTANIÈRE

Gisèle Fredette - mezzo-soprano, et Mark DuBois - ténor vous invitent à venir célébrer le printemps en leur compagnie. La réputation de Gisèle et de Mark n'est plus à faire. Ils sont tous deux reconnus internationalement pour leurs talents tant vocal que théâtral. Romance printanière vous propose des extraits d'opéra, d'opérette ainsi que des airs contemporains. Un spectacle à entendre!

Saint-Boniface, les 28 et 29 mai à 20 h, Salle Pauline-Boutal, 17 \$ Saint-Claude, le 31 mai à 20 h, Centre récréatif, 15 \$ Sainte-Anne, le 3 juin à 20 h, Centre culturel de Sainte-Anne, 15 \$.

Billets en vente à Saint-Boniface au Centre culturel franco-manitobain au 233-8972 à Saint-Claude et Sainte-Anne auprès de votre comité culturel et aux endroits habituels. plus taxes

L'Ensemble folklorique de la Rivière-Rouge

L'EFRR se lance déjà depuis un an dans le domaine de la

danse de ligne. Nous offrons, cette saison, une série de 6 cours qui ont débuté le 12 avril. Les cours sont offerts les 19 et 26 avril, ainsi que les 3, 10 et 17 mai; comme chaque cours est indépendant l'un de l'autre, vous n'avez pas à vous inquiéter du rattrapage et pouvez participer à la date qui vous convient le mieux.

Du nouveau aussi pour les artistes de l'EFRR; nos deux troupes de spectacles - adultes et adolescents - partent en voyage cet été.

Les artistes de la troupe adultes s'envoleront pour l'Europe, soit à Biairesque, en France, le 4 juillet et nous reviendront le 19 juillet, juste à temps pour se préparer pour Folklorama!

La troupe des adolescents se prépare pour le Festival folklorique des enfants du monde qui aura lieu à Beauport, au Québec. La troupe nous quitte le 24 juin et sera de retour le 4 juillet. Ce Festival international de jeunes choisit une troupe de danse canadienne pour participer à leur festival à chaque année, nous nous considérons

chanceux et privilégiés de pouvoir représenter le Canada à ce Festival.

Les Editions du Blé

Avec la 20^{ème} assemblée annuelle tenue à la fin mars 1994, les Editions du Blé commencent l'année du 20^{ème} anniversaire de leur fondation.

Un événement-lancement: "à La surcharge du réseau", recueil de poèmes de Charles Leblanc, a eu lieu au début avril. Quelques autres fêtes se dérouleront durant l'année.

Le 6 avril dernier, on nommait Roger (R.J) Léveillé lauréat du prix littéraire - La Liberté 1992-93 pour son recueil de poésie "Causer l'amour", publié à Paris, et pour l'ensemble de son oeuvre. Roger a publié cinq titres aux Editions du Blé entre 1977 et 1990. C'est dire que nous partageons avec lui la joie de cet honneur et de cette reconnaissance. Nous le féliciterons bien chaleureusement!

Le Mardi Jazz Le Foyer présente Festival de Jazz

10 mai Laurent Roy jazz traditionnel, moderne et original
17 mai Ron Paley jazz mainstream, fusion et bee-bop
24 mai 2 Plus 2 jazz traditionnel et original
31 mai Lianne Fournier jazz contemporain et original
7 juin Ken Gold jazz traditionnel, moderne et bee-bop
14 juin Brian Ratushniak jazz traditionnel et original
28 juin Earl McDonald jazz traditionnel

13 et 14 mai Suzanne Kennelly (folklore et populaire)
19 et 20 mai Bandaline (folklore)
26 et 27 mai Rataatouille (rock-pop)
2 et 3 juin Little Sister (populaire)
9 et 10 juin Underground Grenouille (pop-funk)
16 et 17 juin Lianne Fournier, Laurent Roy et Gilles Fournier (jazz traditionnel)
spectacles à 21 h 15, coût d'entrée

Le Festival de Jazz de Winnipeg, du 21 au 25 juin, présente des artistes de renom dans la chaleureuse atmosphère du Foyer, ainsi que des concerts spéciaux dans la Salle Jean Paul Aubry. Soyez des notres!

La chorale des Intrépides

A la demande des Seurs des Saints Noms de Jésus et de Marie, la chorale des Intrépides prépare un spectacle qui marquera le 150^{ème} anniversaire de la fondation de cette Congrégation et 120 ans d'éducation au Manitoba.

Une vingtaine de comédiennes, de chez-nous, appuyées par des pièces musicales, recréeront les hauts-faits de la vie de Mère Marie-Rose. Ce festin musical dramatique se veut un hommage à l'oeuvre d'éducation des S.N.J.M. au Manitoba et surtout à la vie et à l'oeuvre de Mère Marie-Rose, femme remarquable que plusieurs qualifient de sainte pour son courage et son humilité héroïque.

Calendrier des spectacles

Le jeudi 5 mai à 20 h à Sainte-Agathe
Le dimanche 15 mai à 14 h 30 à Somersset
Le jeudi 19 mai à 20 h à la Cathédrale de Saint-Boniface
Le jeudi 6 octobre à 20 h à

Saint-Pierre-Jolys
Le dimanche 20 novembre à 14 h et à 20 h en la Salle Pauline-Boutal du Centre culturel franco-manitobain.

Le Festival du Voyageur présente une pièce de théâtre...

Le Voyageur

La pièce, le troisième volet de la trilogie manitobaine du dramaturge Marcien Ferland, évoque la période de la traite des fourrures. Venez découvrir le couple Jean-Baptiste Lagimodière et Marie-Anne Gaboury, les débuts de la colonie Selkirk, la guerre entre les compagnies rivales et soyez témoins du célèbre voyage de Lagimodière de la Rivière-Rouge à Montréal. Une histoire qui reflète l'humour et l'incroyable courage des voyageurs Québécois. Les Batteux (1982), Au temps de la Prairie (1987) : du 12 au 15 mai et du 17 au 21 mai 1994
Salle Pauline Boutal (Ccfm), 340, boulevard Provencher
Billets: 15 \$ plus taxes et

frais d'agence, Guichet du Ccfm, 233-8972

Ateliers d'été

Des ateliers de créativité pour les jeunes de 6 à 17 ans seront offerts pendant les mois de juillet et août - disponible en campagne sur demande. Pour de plus amples informations quant aux dates et au contenu des ateliers, vous êtes invités à contacter Denise Préfontaine au 233-8972.

Le Ccfm est toujours à la recherche de personnes intéressées à être bénévoles. Si vous avez des intérêts pour la musique, le théâtre, des arts visuels, des communications, etc., appelez-nous. Nous pourrions sûrement vous offrir l'occasion de faire quelque chose qui saura vous plaire.

Le Centre culturel franco-manitobain offre des services techniques, un service de pourvoyeur et des espaces à louer.

Appelez-nous, nous pouvons vous aider à planifier vos activités.

1994: ANNÉES INTERNATIONALE DE LA FAMILLE.

Les Nations-Unies ont déclaré 1994 Année internationale de la famille.

La province du Manitoba participera à sa façon à cet événement en soulignant toute l'année le rôle capital de la famille dans nos vies.

Ainsi parmi les multiples activités, festivals et forums qui auront lieu dans la province en 1994. Beaucoup auront pour thème la famille.

L'Année de la famille s'adresse à toute la population. C'est une occasion exceptionnelle de prendre le temps de nous occuper de notre famille.

Le CCFM vous invite donc dès maintenant à noter entre autres, les activités suivantes à votre calendrier:

Le 1er juillet 94, la fête du Canada.

Le 11 décembre 94, le foyer et le village du père Noël.

Le CCFM vous encourage à venir visiter sa Galerie d'art et sa Boutique d'artisanat en compagnie de vos enfants.

Le Logo: Un coeur recouvert d'un toit, relié à un autre coeur, qui symbolisent la vie et l'amour dans une maison où règnent la chaleur, l'attention, la sécurité, l'unité, la tolérance et l'acceptation.

DINER - CONFÉRENCE DE LA F.A.F.M.

Le 8 juin 1994
au C1ub La Vérendrye
(salle de conférence au rez de chaussée)
Dîner à 12h00 • Conférence à 12h30

Invitée: Dr. Humour alias Rolande Kirouac de Pluri-e11es

Venez découvrir ou redécouvrir l'importance de l'humour ou du rire dans votre vie.

Venez en grand nombre vous joindre à nous!

20 ANS, AU COEUR DE LA FRANCOPHONIE!

Le Centre culturel souligne en 1994 20 ans de service à la communauté. Vingt années au cours desquelles les murs du Centre ont résonnés d'activités diverses et de bruits d'aménagement. Vingt années pendant lesquelles des artistes ont permis l'épanouissement culturel de notre communauté et où bénévoles et employés ont contribué temps et énergie.

Le Centre culturel est un lieu dynamique qui reflète bien les aspirations de sa communauté, et ceci en partie

grâce à la présence en ses murs de nombreux groupes culturels. Ces groupes dont le travail constant et soutenu contribue à l'enrichissement de notre culture et dont plusieurs d'entre eux existaient avant la fondation du CCFM. De six groupes logeant ici en 1974, nous sommes passés à dix groupes, qui répondent à divers besoins de la communauté artistique. Donc MERCI et BRAVO à tous ces groupes qui tiennent le flambeau de la culture.

ABONNEZ-VOUS LA LIBERTÉ

Écrivez votre chèque ou mandat de poste au nom de La Liberté.

Adressez votre enveloppe à:
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“FAITH, FORCES AGAINST US AND THE FAMILY OF GOD”

Maj. S.G. Hopkins, W Chap (P)

The story in Acts 4:5-12 is an exciting story of the development of the early Church. The book of Acts is a connected narrative of events involving movement, conflict and changes. Doesn't that sound familiar to you? Our lives being seen as a connected narrative of events involving movement, conflict and changes. We can identify with the text in that we all struggle with trying to prove ourselves to a world of non-belief just as the early apostles were put on trial for their faith. We do not have to be a "religious" person to understand the difficulty of trying to come to terms with those who place themselves in judgement over us be it our Personal Evaluation Reports or the opinions people have of us. Just as the early church had a "continuity crisis" or an "identity crisis" so also do we in our natural maturing as we constantly adjust to the various stages and passages of life. This text and our own life story challenges us to examine what we believe - that is our Faith, the Forces Against Us and the Family of God or you may prefer to say, True Community.

What do we mean by Faith? There is the intellectual side - the clarification of religious doctrines, argument by logic. However, faith is not derived from ideas. Faith does not explain reality; it meets it.

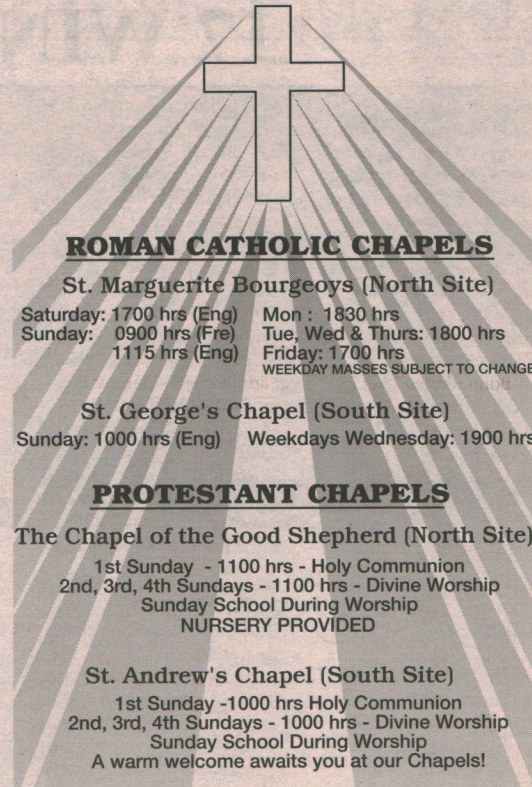
There is the intellectual side - the clarification of religious doctrines, argument by logic. However, faith is not derived from ideas. Faith does not explain reality; it meets it.

The word used in the text "sothenai" means to be saved or made whole. Our faith is that which enable us to deal with the powers beneath things. We go beyond our depth. Someone has said, "You cannot complain about life having no buoyancy if you haven't gone out into the water any further than the shore line'. The storms of life do not quiet down to an endless summer sea but, we catch the wind in our sails which enables us to continue on our voyage. What is your faith?

The Forces Against Us are many. They are as real as appearing, like the Apostles, before a hostile audience. "Our World" says Sam Miller, "is bigger than that of the New Testament spatially, geographically, astronomically - but it is much smaller humanly." We see so little of reality. We are afraid to see much of it. We are afraid to brake through the surface of things. We need to wrestle with easy presumptions and the conventions of traditional ways. We must acquire the courage to become, to cross over the vast ice lands of distance that separate us and prevent intimacy and awareness of our true selves. We are afraid to brake through the surface of things. We need to wrestle with easy presumptions and the conventions of traditional ways. We must acquire the courage to become, to cross over the vast ice lands

of distance that separate us and prevent intimacy and awareness of our true selves. We are called to climb up out of the bottomless pits of our despair and climb every mountain till we find ourselves on the highest mountain, the mountain of our Lord the mountain of fulfillment and realized hopes.

Thus we can discover the family of God or True Community. We do this when we open our sails to the winds of God, the winds of mystery and truth. We do this when we open our minds to help us probe through the garbage of this world to find the rare gems of wisdom and when we open our hearts to have genuine compassion for the hurts and pains of all people, regardless of race, color, or creed. We are the "True Community" as we accept and receive all conditions of people, knowing we are made of the same muck. In the Family of God we are all sinners, people fearing to become whole and falling far short of our intentions and our potentials. May you be empowered to find the common thread, the theme, that will allow you to connect your stories, so that when the final chapter is written, you will have Faith, you will have prevailed against the Forces of Evil and you will have True Community.



ROMAN CATHOLIC CHAPELS

St. Marguerite Bourgeoys (North Site)

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

St. George's Chapel (South Site)

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

PROTESTANT CHAPELS

The Chapel of the Good Shepherd (North Site)

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

St. Andrew's Chapel (South Site)

1st Sunday - 1000 hrs Holy Communion
 2nd, 3rd, 4th Sundays - 1000 hrs - Divine Worship
 Sunday School During Worship
 A warm welcome awaits you at our Chapels!

WING COMMANDERS:

GOLF TOURNEY

Welcome back! It has been a long cold winter. What better way to celebrate the coming of spring than to hit the links.

Our first tournament of 1994 will take place on Wed May 11th at the Kingswood Golf Course.

Tournament entry fees will be \$30.00. This will include 18 holes of golf and a prize for all.

Tee times will commence at 0900 and the sooner you call the better your tee time will be.

Entry deadlines will be Mon



May 9th. Registration and/or questions may be directed to MCpl Muir at loc 5514/2055.

Finally! I bet you thought this would never come!!

It has been eight months since our last Wing Commander's Tournament and high time I made an announcement about the proposed tournaments for 1994.

Here goes:

- Wed May 11th Kingswood GC 0900 hrs
- Wed Jun 15th Blumberg GC 1000 hrs
- Wed Jul 13th Carmen GC 1000 hrs
- Wed Aug 17th River Oaks GC 0900 hrs
- Wed Sep 7th Teulon GC 1000 hrs

Formats, prices and any changes will be announced on individual flyers that will be sent to all sport reps as the season progresses.

Any questions about this year's tournaments may be directed to MCpl Muir at bldg 90, loc 5514 or 2055.

See you on the links!!!



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 9:00 pm - 1:00 am

Meat Draws

Every Sat. 2 pm - 5 pm

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17 WING SWIM TEAM

Since mid-October, the Base Swim team has been training at the Lipsett Hall pool. We had the meet 18-22 Apr in Edmonton. Cpl Renaud placed 1st in the 800m freestyle, and Cpl Lafleur was 2nd in 100m I.M., 3rd in 50m butterfly and 100m breaststroke.

It's a lot of fun to train together, so why not join us next September at the pool, you can even train for triathlon if you like! We have an exceptional coach, Sgt Hidson, who has a lot of experience and is level 3 trained.

Don't be shy - don't worry about your style or your age, we can do a lot to help you.

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17 WING JUDO CLUB



The 17 Wing Judo Club

From Sensei Brian Jones...Sandan, Head Instructor for the 17 Wing Judo Club.

Reflecting on the 1993/94 Judo season, which is coming to an end at the end of May 94. This will see our first year as the 17 Wing Judo Club.

Back on Sept 13/93 the newly formed 17 Wing Judo Club put on a demonstration at hanger 21 to promote the new club along with several other activities. The interest and registration was quite brisk.

The judo club has been very active. Our judoka have attended several judo tournaments-starting in Nov and going through till May. Such places as Brandon, Portage La Prairie, Dryden and Winnipeg are but some of the tournament locations. Our judokamale and female-novice and experienced did quite well in the overall medal standings. I think we totaled around 50 medals in all, ranging from silver, bronze and gold.

Some credits worth noting are:

won the provincial junior championship awarded the outstanding sportsman trophy

I might add; these were two of our novice judoka.

The Inner City Judo Club headed by Sensei Gary Sovia visited our club for a workout this winter and recently, we sent around ten judoka to the Inner City Judo Club for a return workout.

Our total membership is

around 100 members registered with the MBBA which makes us the largest club in Manitoba.

To make a club a success requires the work of many people and lots of time and hard work. Therefore a thank you is in order to Sgt. Steve Broughton our club president who initially set up the constitution and by-laws etc. His tireless work and efforts paid off in the fact that the 17 Wing became a club and a huge membership

I know that there were other people helping Steve but to avoid not mentioning some people a vote of thanks to all who helped.

Another factor why our club has been successful is due in part to the quality of our instructors who have donated their time and effort and love of the sport. I head up this section with the assistance of four other Yudansha (black belt) instructors: Kelvin Francis, Barry Woods, Dave Corcoran, and Chad McNamara.

Also this past year, Barry Woods got his provincial A referee certification and Steve got his feet wet and has started to referee.

We had several in club belt gradings. As a result, we now have a nice collection of belt colors attending our Mon/Thurs and Sat workouts. This also signifies that there is much activity happening at the 17 Wing Judo Club. Guests are welcome to come and see the club in action and any con-

cerns or questions can be answered by myself or Steve.

We cannot forget Dec 20/93. We had a short mixed workout, kids and adults. About half way through our workout; there was a loud knock on the dojo door. Upon opening the door, and to our surprise..their stood Santa CLAUS all dressed up in his red uniform and his black belt etc. There was something different about his uniform and it was not until later did I realize that the black belt Santa was wearing was not his normal belt, it was a Judo Black Belt. I did not say anything; I let it pass. Santa entered the dojo with his bag of treats that he was going to hand out.

An appalling event was about to unfold. Here was Santa sharing good will and wishes and handing out gifts; all in the spirit of Xmas. At this point, Sgt. Steve Broughton invited Santa out on the tatami mats to which Santa obliged. At this point; Steve turned to Santa and proceeded to throw Santa with a forceful O-GOSHI. But wait! As it turned out; Santa immediately got up and smartly threw Steve into the mat, basically telling Steve, DON'T mess with Santa. Obviously that (black belt) that Santa was the real thing..eh Steve. Needless to say, Santa got a standing ovation from the large crowd. Steve acknowledged Santa with a courtesy (rei) bow as practised in a normal workout with a partner and then proceeded to

help Santa hand out the Xmas gifts and treats.

I would like to give a special thank you to Serge Thibeault for playing Santa Claus..he also had a perfect French accent. Santa really made the event fitting.

Our final event for the year will be May 27/94, a Bar B Q is scheduled at Club 90 and we expect a big turnout. I understand that I am a cook, I presume the logic is ..if you can teach Judo ,you should be able to cook.

I think all my goals as Sensei were achieved this past year. For next year, I hope our judoka will again support and join our club. With lots of hard work from everyone. I hope

we can continue to grow and repeat our tournament performances. My main objective is to provide a high level of quality instruction so as to develop our judoka and to promote good Judo based on the philosophy and principles of our late founder Prof. Jigoro Kano. By studying his methods, our judoka will develop the mind, body and spirit of Judo and you can't ask for anything more than that. This will also serve you well in all walks of life. This would certainly be an achievement.

Sorry to be so lengthy. Have a good summer and hope to see you all in the fall.



The Youth Class warm-up.



The Youth Class practicing ground techniques.



Head Sensei arm locking th eclub president.

Upcoming Reunions and Anniversaries

June 8-11 1 Canadian Forces Supply Depot 40th Anniversary. (416)635-4690

June 23-25 7 Canadian Forces Supply Depot 40th Anniversary (403)973-4532

July 2-3 450 Squadron Reunion. (613)991-2127

July 8-9 Primrose Lake Evaluation Range 40th Anniversary. (403)639-4683

July 22-24 Vernon Army Cadet Camp Reunion 94. (604)268-9977.

July Baden Senior High School Reunion for those who attended in 1970-76. (418)667-6319

August 18-20 4th Annual Stewards Seminar
September 2-5 2(F) Wing Reunion. Write to RCAF 2(F) Wing Reunion, 960 Lyall St, Victoria BC, V9A 5E8

September 23-25 436 Transport Squadron 50th Anniversary. (613)965-2602

May 6-7, 1995 386 RCACS 50th Anniversary. (604)339-7768

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Piano, console style, Hobart M. Cable by Storey & Clark. Pecan finish, 12 years old, exec. cond. Asking \$19,500. Phone Joan at 837-7547. (Leave mess if not avail.)

Solid oak desk, single pedestal, antique, exec shape, just needs

FURNITURE FOR SALE

refinishing. Best offer by 30 May 94. Phone Joan at 837-7547. (Leave mess if not avail.)

F.P. Deluxe High Chair \$40.00, F.P. booster seat \$10.00, 40" playpen \$10.00, Graco Pack N Play playpen \$70.00, excellent condition. Call Sue 837-7686.

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Private Sale: Westwood, 43 Ericsson Bay. Immaculate, airy, 3 bedroom, 2 baths, executive bi-level with cathedral ceiling on pie shape lot with lots of trees. Asking \$113,900, call 832-7687.

For sale by owners. Unique Westwood 1,915 sq.ft. home on quiet bay, 8 rooms, 2 bathrooms, attached double garage, 55'x125' lot. Open fireplace, new EE furnace, new roof & eaves troughs, new hardwood & carpeting, eat-in kitchen, & renovated bathroom. Asking \$148,900. Call 888-4214.

HOUSE FOR SALE

3 Bdrm house in Crestview. 4th bdrm & 2nd bath with shower in finished cedar rec room w/carpet. Hardwood floors, A/C, energy efficient furnace, super insulation, triple pane windows, oversized double garage. patio w/brick planter at front, maintenance free exterior, new side walk. Ph Joan at 837-7547. (Leave mess if not avail.)

Located in Charleswood, res ATT bungalow. 3 bdrm up, 1 bdrm dn, prof finished rec rm, FP, CTL A/C, built in DW & major appliance incl. Located on a nicely landscaped 30x120ft lot, backing onto a park & new K-7 school w/daycare. Walking distance to Assiniboine Forest & Charleswood Centre. Only 1 block of these homes available, asking \$77,900.00; private sale, no agents. Avail approx 30 Jun 94. For appointment ph 896-1758 (leave mess).

Private sale: Winnipeg. On quiet bay in Crestview, asking \$101,500, 3 or 4 bedroom bungalow, 2 baths, C/A, C/Vac, professionally finished basement,

HOUSE FOR SALE

fenced yard, close to schools, mall, and 17 Wing Winnipeg. Phone 831-1416
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For sale: 2 Round Trip Tickets to Hawaii (Retail \$1200), asking \$500. Call 831-7247.

Chain Link Dog Run. Size 14' (L) x 6' (H) x 4' (W). Price: \$300.00. Call R. Merry 833-5408 (W) or 339-1115.(H)

Five foot fence for sale. Approx 185 ft, 2 gates, 1 year old, \$600.00. Call 488-1535.

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Honda CM450 1983, windjammer, backrest, luggage carrier, travel trunk, low mileage; \$950.00 OBO, call 885-2572.

WEDDING DRESS

FOR SALE; Wedding dress, white brocade, sz 10-12, full length, short puffed sleeves (crinolines attached), \$550.00. Ph Joan at 837-7547. (Leave mess if not avail.)

Base Beauty and Bargains

The dawn of a new week has brought us more savings, suggestions, and sales. Since this article will have been submitted for printing before you have a chance to read my first article, I've taken it upon myself to provide you with some more of my discoveries to date. However, I am looking forward to hearing YOUR idea's on unique designs for our lovely accommodations, decorating on a budget, organizing efficiently, and shopping for those bargains.

Here are my suggestions, savings, and sales idea's that have caught my eye.

1) CHEAP DRAPES:

Instead of purchasing new, tailored drapes that may not fit your next PMQ or Slab, purchase a bedding set that fits your preferred window (i.e. double, queen, king) and tailor it yourself. First of all, its a quarter to a third of the price of tailored drapes, you'll find more sheet designs to match the decor of the room, you need not worry whether you need to purchase hooked drapes or slide-on drapes, and finally, you can design your own creative style with the sheets.

Once you've purchased the sheets, just cut up the middle of the sheet for two drapes, cut the length needed, hem all raw edges (if you so please), and slip over the rod, because most sheets provide the top with a loop, otherwise known as the folded end. For those hooked rods, just fasten snaps every so far apart or sew a few notches into the sheets while standing on a chair.

To hide the snaps, notches, rod, or to dress it up, use the excess pieces or pillowcases to accent the drapes with a bow, tie-back, or bellows that overhang the top of the curtain. An even better idea would be to purchase drape hooks for a few bucks, screw them into the upper window corners and swivel the sheets through them. For those not so crafty people, attempting these idea's with an old set of sheets you plan to replace may be a good idea.

2) FINANCIAL SAVER:

recently I read a book called The Wealthy Barber, by David Chilton. The entire book advises individuals on how to save money without sacrificing their lifestyle, familiarizes you with wills, different insurances, MSPs, and educates individuals on the purpose and wise investments in stocks and mutuals. What makes the book hard to put down is the author's choice in writing the book in a creative narrative (story form) and use of laymen's terms. Most people would finish the book in an evening or two. And as a kind and concerned individual, Mr. Greg Anderson, of the Investors Group, has been generous enough to donate 2 copies of the book to the military library. However, it has come to my attention that Mr. Anderson would be happy to provide a FREE copy to those individuals who would like to call him at 489-4640 ext. 250 to arrange a meeting for a free Financial Planning Consultation. And Mr. Anderson would be happy to

help you understand which saving and investments would be in YOUR best interest.

3) FRUGAL FABRICS:

When purchasing fabrics, first take a run to NorthWest Fabrics to take note of their unbeatable bargains. For example, Broadcloth 1.99/m, Flannelette prints 1.99/m, Diaper flannelette .99/m, and 25 % off packaged notions, thread, & zippers, just to name a few things. They also give discounts for children doing school projects and may, on request, provide discounts to groups of individuals requiring materials for courses. i.e. quilting course through Military Family Resource Center. They also provide CHEAP craft classes. For example, in the past petal basket making for \$10 and machine quilting for \$25, which included the materials. Check with the store for further details and up coming classes. And don't forget to bring in your sewing obstacles, they'd be happy to help you with layouts and design dilemmas with creative and educational solutions for FREE. Take advantage of their excellent customer service (especially those new sewers like myself, they know me too well), and special ordered things.

Have you any brilliant ideas or bargains to share, I'd love to hear from you. Drop off your ideas, name, and phone number in my mail box: P.O. Box 93 104E Sabre Crescent Chantel Carriere, or to the Voxair. Don't worry, YOU'LL be credited with the idea.

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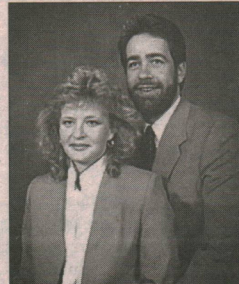


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