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VOL. 42 ISSUE 13

17 Wing Winnipeg / 17e Escadre Winnipeg

JULY 20, 1994 / FREE

17 Wing Gets a New Commander...

COLONEL SHARPE ASSUMES COMMAND

By Capt Neil Kinley, WPAFFO

With the Air Command Band performing and Tutor jets from the Central Flying School doing a fly-past, the men and women of 17 Wing Winnipeg marched along the flight line for the Change of Command parade on June 8, 1994. 17 Wing Winnipeg got a new Wing Commander, as Col Joe Sharpe assumed Command of the Wing from Col Bert Proulx.

The bleachers were full of Wing personnel and city and provincial officials, all on hand to see the ceremony. Winnipeg Mayor Susan Thompson attended the parade and stressed the importance of 17 Wing/CFB Winnipeg to the city, as the Wing is one of the city's largest employers.

Mayor Thompson made a presentation to Col Proulx for his outstanding contribution to the city during his tenure as Wing Commander, and welcomed Col Sharpe to the city and his new job.

The reviewing Officer for the parade was MGen Cuppens, the Deputy Commander of Air Command, who presided over the official turning over of command from Col Proulx to Col Sharpe.

Col Sharpe is no stranger to Winnipeg, as he has spent much of his career in the city, including a stint as Commandant of CFSAS from 1987-1989.

Originally from Dunnville, Ont., he joined the RCAF in 1965 and attended Royal Roads Military College in Victoria and Royal Military College in Kingston, graduating in 1969 with a science degree.

Col Sharpe obtained his navigator wings in 1970 and



The new Wing Commander, Col Sharpe, prepares to lead the flights in a march-past after assuming Command of 17 Wing on June 8, 1994. (Photo by: Cpl Doug Desrochers, 17 Wing)



The Reviewing Officer, MGen Cuppens, and the outgoing Wing Commander, Col Proulx, join Col Sharpe in signing the Change of Command Certificates. (Photo by: Cpl Doug Desrochers, 17 Wing)

upon completion of the Airborne Intercept OTU at Bagotville, Que, was posted to 416 All Weather Fighter Squadron in Chatham, N.B., flying the CF-101 Voodoo. He has also served as a Squadron Commander at Royal Roads Military College, as an instructor for the Aerospace Systems Course in Winnipeg, as a Flight Commander and Operations Officer with 425 Squadron in Bagotville, at National Defence Headquarters, and at Air Command Headquarters.

He is a graduate of ASC, the Canadian Forces Command and Staff College, and most recently the National Defence College. Throughout his career Col Sharpe has had a keen interest in Electronic Warfare training, and will probably continue to be a popular guest lecturer at CFSAS for Electronic Warfare Courses.

Col Sharpe and his wife Linda have two children, Gordon, also a navigator, and Rainie, a student at the University of Western Ontario.

Welcome Col and Mrs Sharpe!

INSIDE

CANBAT Award.....	2
Cross Training.....	4
CF Housing.....	7
MFRC Update.....	8
D-Day Events.....	12,13
PPCLI.....	14-16
Chaplain.....	21
Awards.....	22
Classifieds.....	23

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28 June 1994

Voxair

Letter to the Editor,

I wanted to take a moment to thank you for your excellent coverage of Canadian Forces Training System over the past few months.

You provide an invaluable information service for your readers and I appreciate your help in informing them about what we do in Canadian Forces Training System. While people here in Winnipeg know about us through Training Material Production Centre, you help to make us all aware of the many other aspects of Training System.

Thanks to you, more and more people are learning how all of us in the Canadian Forces

benefit from Training System, which is responsible for not only basic recruit and officer training but also the following diverse areas of training: second language, management development, electronics, computer systems, intelligence and security, technical maintenance, dental services, physical education, nuclear, chemical and biological defence, leadership, medical services, electrical and mechanical engineering, firefighting, chaplaincy, administration and logistics, food services, steward, transportation, finance, supply, training development, military engineering, traffic movements and cadets.

Thank you for delivering an excellent base newspaper - I look forward to reading it every other week.

Sincerely,

Brigadier General H. C. (Skip) Armstrong
Commander, Canadian Forces Training System

FLYING HIGH



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Col Proulx being strapped into a Slingsby aircraft by Capt Eric Volstad of 3 CFTS for a fun flight on 10 May 1994.

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PROMOTION

Lieutenant-Colonel A.G. Hines, Commander, 73 Communication Group presented Major J. Clark with his promotion to that rank effective 1 July 1994.

PROMOTION

Lieutenant-Colonel A.G. Hines, Commander, 73 Communication Group presented Chief Warrant Officer T.L. Fuller with his promotion to that rank effective 29 June 1994. Congratulations Terry and good luck on your posting to Air Command Headquarters.



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1 CBG Commander BGen JS Cox, OMM, CD presents Sgt KL Lewis with Force Commander's Commendation (UNPROFOR).

JUST ANOTHER DAY IN THE BATTALION

Just another Monday in the Battalion! 0800hrs, and the Battalion has been on parade for an hour already. Alpha, Bravo, and Charlie Companies in workdress, Administration Company in fighting order, and Combat Support Company with rucksacks are all on parade for the Brigade Commanders inspection. BGen J. Cox thoroughly inspected every man in the Battalion as well he presented several decorations and awards. Sgt R.A. Dearing, Sgt K.L. Lewis and 2PPCLI as a whole received the Force Commanders commendation.

"IN RECOGNITION FOR YOUR EXEMPLARY PERFORMANCE AND CONTRIBUTION TO PEACEKEEPING WHICH IS HEREBY FORMALLY RECOGNIZED AS HAVING BEEN BEYOND THE NORMAL SCOPE OF YOUR UNPROFOR DUTIES"

The awards were received for the tremendous efforts put forward by both the individuals as well as the unit during their UN tour of duty in Croatia from April 1993 to October 1993. The unit award is only the second of its kind ever to be given out.

Being on the parade square from 0700hrs until 1100hrs is not the greatest thing in the world, but when you can march off with the feeling that the you have done something that only two units have ever done it makes it all worth.

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 FORCE COMMANDER

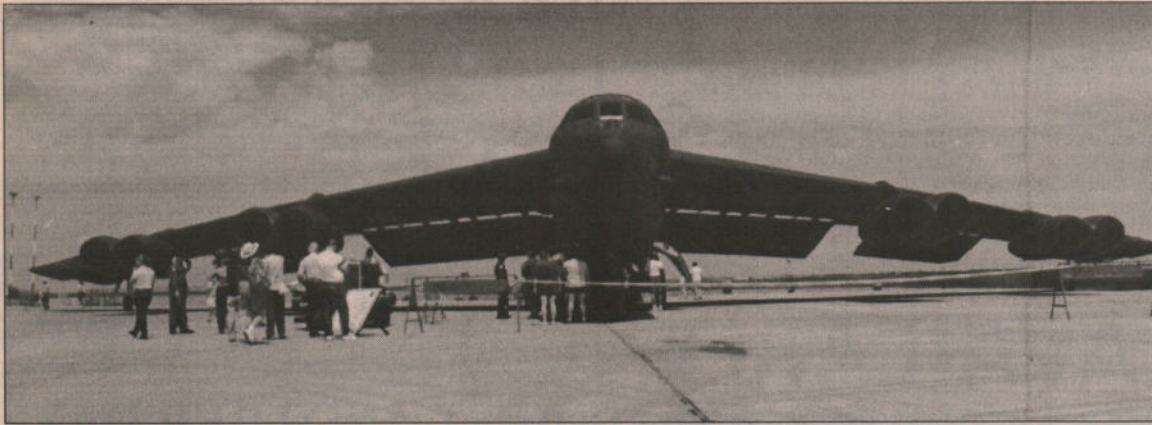


1 CBG Commander BGen JS Cox, OMM, CD presents LCol TJ Calvin, CD with Force Commander's Commendation (UNPROFOR).



1 CBG Commander BGen JS Cox, OMM, CD presents Sgt RA Dearing with Force Commander's Commendation (UNPROFOR).

CROSS-TRAINING



By 2Lt Michael Black

"While the training systems and operational roles of the United States and Canadian Air Forces may have slightly different approaches, we all share the same attitudes and goals," explained Capt Brian Purdy of the United States Air Force. Purdy, an Air Navigator on a United States Air Force B-52 strategic bomber for the past ten years, was recently in Winnipeg to participate in 17 Wing/CFB Winnipeg's Open House on Saturday, 4 June 1994.

Purdy and the rest of the crew arrived in Winnipeg from Minot Air Force Base in North Dakota on Wednesday, 1 June for a six day visit. In addition to displaying the B-52 on which they work for the general public, the crew also took the time to give two lectures to personnel here at 17 Wing. The first lecture on Thursday morning was to the students of the Advanced Electronic Warfare course 9403 run by the Canadian Forces School of Aerospace Studies (CFSAS). Later that afternoon, our

American colleagues spoke to students from the Canadian Forces Air Navigation School (CFANS).

However, one of the real highlights of the visit for Purdy was his chance to do a little 'cross-training' on the CT-142 Dash 8 Air Navigation trainer, commonly referred to as the Gonzo. To be exact, Purdy was invited to observe a transport training flight on Friday, 3 June 1994. This exciting trip was Purdy's first flight on Canadian Forces' aircraft.

After the very informative flight, Purdy was quick to comment that the navigation station on the Dash 8 is certainly much more comfortable than the very cramped quarters onboard the B-52. In fact, he noted that there are several important differences between the B-52 and the Gonzo. For instance, Purdy emphasized that the strategic role for which the B-52 was designed requires a very different setup for the radar than the one used in training missions on the Dash 8. One thing that is still the same though, is that even a

strategic bomber like the mighty B-52 of the United States' Air Force still carries a sextant similar to the ones that have been the bane of navigation students for decades.

When asked why members of the general public were not being allowed to board the B-52, Purdy explained that it was not possible since there is only one door leading into and out of the aircraft. More importantly, the simple fact that equipped with ejection seats means that it is too dangerous to allow members of the general public onboard the aircraft.

Ironically, the issue of the ejection seats on the B-52 is actually a source of a certain degree of amusement in many navigation circles since the two navigators on the B-52 have ejection seats that eject out the bottom of the aircraft - the pilots and the Electronic Warfare Officer positions all use standard roof exit ejection seats. Unfortunately for the students and instructors at CFANS, there are no ejection seats on the Dash 8, a fact which did not go unnoticed by

Purdy.

On Saturday during the Open House, Purdy further commented on the differences between the training systems in the Air Forces of Canada and the United States. Specifically, he noted that there is a four to one student to teacher ratio for basic air navigation training in the US compared to the two to one ratio from which the students at CFANS benefit. Moreover, American personnel training to be air navigators do their basic level instruction on a T-43, a modified 737. Although much larger than the Gonzo, the student stations on the T-43 do not have the same type of computers with the capability to emulate the various different navigational aids, something which is available to the CFANS students.

He also outlined the distinction between the different navigational and electronic warfare roles for which American aircrews are trained. Using the crew of a B-52 as an example, he noted that a navigator can be a radar navigator, who is

responsible for operations once the aircraft has reached its target area; or else they can fill the position of a classic navigator, who is responsible for directing the plane to that same target area. Lastly, there is an Electronic Warfare Officer whose role it is to protect the plane from enemy surface-to-air or air-to-air missiles, as well as to do all computer jamming. To be exact, Purdy explained that in the United States Air Force, the job of an Electronic Warfare Officer is actually just a specialization of the Air Navigator trade.

When asked about the future of the B-52 in the United States Air Force, Purdy said that decision was naturally up to the government. However, he was also very quick to point out the fact that the B-52 came second in a very prestigious internal competition within the US Air Force in April.

This competition, known as the 'Bomb Comp,' pitted the B-52 against F-111's, B-1's, and F-15E's. While the B-52 may not have won the overall competition, Purdy and the other members of the B-52 crew were very proud of the fact that their aircraft beat the B-1 bomber. Moreover, once all of the participating aircraft were scored on the categories of survivability, jamming, electronic counter-measures, and bomb accuracy, the B-52 was voted the most survivable of all the aircraft in the competition.

When all else is said and done though, Capt Purdy re-emphasized his comment that while some of the methods employed by the Air Forces of our two countries may differ slightly, the goals and the attitudes are all the same.

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ACES UPDATE

What is ACES?

The ACES concept began in early 1993 when the Commander of Air Command directed the development of mission and vision statements in preparation for a senior officers' strategic planning session. An office of two military personnel was established to facilitate change processes and help leaders maintain

operational capabilities with reduced resource allocations.

ACES is the application of Defence 2000 aims, goals, and renewal principles to achieve the Air Force mission. It provides the framework for customer driven continuous improvement programmes, like socio-tech and process reengineering, where quality and excellence are stressed. It also includes initiatives that generate savings or improve the quality of work life for our personnel.

planning and operating budgets based on activities tied to aircraft fleet yearly flying rates (YFR). These activities will be linked to the tasks from the Defence Development Plan. On the operating budget side, the Cost Centre Management (CCM) project is defining outputs based on activities/functions, and making costs visible. The work initiated on CCM in Air Command has been accepted by LFC and MARCOM as the basis for their business plan development, and is being integrated into NDHQ information systems as well.

Rather than direct change activities to the Wings, we support the philosophy that Wings make the decision to initiate change and choose the methodology. We are committed to continuous improvement, but are not locked into a single approach or methodology. Our experience with Socio Technical Systems redesign working jointly with UNDE has proved very successful. The aircraft maintenance squadrons are beginning to use Process Reengineering with similar signs of early success. In all of these programmes, the decision to proceed is made at the Wing level.

The Commander's "can't say no" policy addresses the concern that functional staff have in the past been able to stop initiatives they did not support. Our quality fund was established to support innovation, having recognized that innovation takes resources, and that many Wings do not have the depth of resources to continue operations and fund new ideas. And finally our initiative support request process provides a vehicle to request support, other than funding, in the form of delegation of authority, removal of administrative barriers and advice. **Comin' up:** - Future issues will present some of the programs and initiatives currently underway across Air Command.

There has been a close link between ACES and the Defence 2000 working groups. Air Command is moving quickly to introduce business

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COMMUNITY THANK YOU



Acting Wing Commander, LCol Leclerc, presents Capt Tim Truant of CFS with the Community Service Award, for his service as the Mayor of the North Site Community Council from 1 Mar 1993 until September 1993, and then as the Mayor of the Winnipeg Military Community Council from Sept 1993 until 31 Mar 1994.

SPECIAL PRESENTATION



MWO Bob Roy is shown receiving his retirement certificate and SSM Medal from LCol Leclerc, Acting WComd. Twenty-five years is certainly a career to be proud of. Best wishes Bob from all Supply.

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Focus on Training System: TO LEARN, TO SERVE, TO ADVANCE

By Maureen Hughes, CFTS

As part of Training System's commitment to its vision of "Youth Development Through Training," Brigadier-General Armstrong, Commander, Canadian Forces Training System, said recently "We are committed to encouraging the healthy development of Canada's youth and will continue to implement innovative and challenging programs for Canadian cadet organizations in the future."

To facilitate this goal, bases around the country will welcome youths, aged 12 - 18, to participate in the annual Air Cadet summer camps from July to August. From Debert, Nova Scotia to Cap Chat, Quebec to Albert Head, B.C. and Whitehorse, Yukon, these young people will participate in a variety of courses designed to provide citizenship, leadership, physical fitness and an appreciation of Canada's Air Force that lasts from two to seven weeks.

Lt.-Col. McCulloch, Senior Staff Officer, Air Cadets at Training System Headquarters, says that of the 23,000 cadets in Canada, some 30% will attend the training camps. This means that 8,500 cadets will benefit from their time at camps across the country approximately 1,550 of them will train at CFB Trenton.

Cadets will continue the training that they have been doing all year in their home squadrons as well as learning new skills at camp. For instance, cadets participate in scheduled glider flights during the year in their squadrons. During Basic Camp, each cadet gets at least one glider flight as well as the opportunity to participate in special flights in

various military aircraft such as Air Buses or Hercules aircraft.

Nationally, camps offer Basic, Junior Leaders, Instructors, Air Studies, Band and Physical and Recreational training. Generally, cadets train both during the year and in the summer to complete these courses.

The Air Cadet program also offers special camp courses such as Lifeguard, Air Crew Survival and Survival Instructor, Senior Leaders and Air Traffic Control courses. The Borden summer camp also offers six week courses in Athletic Instruction, Aero Engine Technician, Basic Electronics and Photo Technician. The Borden programs are national courses with air cadets from across Canada attending.

Special courses and training are also available through the Air Cadet program such as the Power Scholarship Flying Training and Glider Pilot Training courses plus an international exchange. Both the Power Flying and Glider scholarships are granted after a lengthy and rigorous application and interview process. This year 252 applicants have been accepted nationally for the Power Flying Scholarship with another 317 cadets undergoing Glider Training. Successful cadets are qualified and receive their flying or glider licence from Transport Canada upon graduation.

The international exchange, which selects cadets Canada-wide, sends senior cadets in their last year of the program to any number of countries around the world. This year, cadets will be visiting Europe, Hong Kong, Japan, New Zealand and

Australia, the United Kingdom, Philippines, and the United States. The cadets travel with other exchange cadets throughout the host country in what is sure to be an unique experience.

As part of their local support network, the Air Cadets receive a great deal of help from the Air Cadet League, civilian organizations and the Department of National Defence. The cadets receive financial assistance from organizations such as their local Legions, Lions Clubs, Optimists, and Kiwanis Clubs among others for group tours, training and special trips. For instance, community organizations helped to pay for a number of cadets to be present at the D-Day ceremonies in France this June. As well, lotteries operated by the Air Cadet League of Ontario raised funds to pay for eight tow and 16 glider planes for use by cadets.

While the general aim of the Air Cadets is to engender interest in commercial and military aviation, it is also to provide opportunities for citizenship training for the youths involved. Cadets often return to the organization as military or civilian instructors which is an excellent testament to the success of the Air Cadet program and the strength of its future.

Training System is proud to support these camps for Canada's youth and looks forward to the continued growth of the program. For youth, aged 12 - 18, who are interested in joining the Air Cadets, please look in the white pages of your telephone book under "Royal Canadian Air Cadets."

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Canadian Forces Housing Agency: THE NEW KID ON THE BLOCK

The wheels of bureaucracy grind ever so slowly, and this has never been more true than with the situation that exists regarding the married housing in the Department of National Defence. The chronic complaints about the condition and the cost of running our stock of married housing has been vexing the Department since the late 1970s. After so many years of study, a turning point in this endless story occurred in 1993 when the concept of a Special Operating Agency (SOA) was suggested as perhaps the appropriate organizational structure to provide the way out of the maze.

An SOA is a service delivery unit within a Department that has been given more direct responsibility for results and the specific management flexibility it needs to reach the best possible level of performance. SOAs operate under a business plan and management framework that covers the results and service levels expected.

With a final burst of effort in late 1993, a Treasury Board Submission, accompanied by a business plan, was drafted and gained the approval of the

Minister of National Defence. This has gone to the Treasury Board and formal approval is expected shortly. This charter designates the CFHA as being responsible for the 22,000 owned married housing and the management of the 2,000 leased housing units that currently exist in the Department. The CFHA has launched into a two year transition phase, during which a myriad of supporting plans will be formulated, staffs designated and trained and new systems put in place. The Agency should be fully operational on 1 April 1996.

What does this mean to the average married patch occupant? Not very much over the next two years. You will continue to receive the same service from the same source as you do now. Rental rates will continue to be administered as they are currently and all planned rate increases will still be phased in.

A small transition team has been put together in Ottawa and it is hard at work on the many things that have to be sorted out. A key function is the matter of communicating with the commands and bases/wings/stations. The CFHA is committed to keeping

occupants, employees and chain of command fully aware of what is happening and going to happen (or not happen) on the road to the new housing regime. The CFHA is surveying who is currently involved in housing management and maintenance. Eventually it will have a system for surveying occupants of married housing to determine their concerns, likes and dislikes about their housing and the military community. It will be doing everything in its power to enhance the housing, improve living conditions and provide the best housing available for the rents being paid.

At this moment there are a variety of projects underway at bases across Canada which are attempting to make the housing operation more efficient. These will continue, but the CFHA will be closely monitoring them to ensure that these innovations are in keeping with the long term goals of the Agency.

If you, the occupants of married housing, have any concerns, the CFHA would be glad to hear them. If you have any suggestions for improving the lot of the married patch occupants, please pass them on

to the CFHA. If staffs at your base, wing or station cannot answer your questions, you can write directly to:

Colonel G.A. Zypchen
Chief Executive Officer
Canadian Forces Housing Agency
12 Berger Building
100 Metcalfe Street
Ottawa ON KIA OK2

The CFHA is dedicated to the improvement of housing for married personnel of the

Canadian Forces. Its mandate is to provide quality, affordable housing to members of the Canadian Forces and their families in an efficient and cost effective manner.

Questions regarding the contents of the above article should be directed to the CFHA. Message address is NDHQ/CFHA, Mail address is as per the article, Fax is (613) 995-8938, or Phone LCdr John Russell at 996-9405. E-mail address is CFHA@ADM PER BERGER.

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BLUE BOMBERS OFFER DISCOUNT TO MILITARY



Winnipeg Blue Bomber quarterbacks Tom Porras, Matt Dunigan, Keithen McCant, and Sammy Garza, are photographed in the Air Force Heritage Park for a publicity poster. The Bombers are offering generous discounts to military personnel and DND employees of up to 1/3 off on tickets to all this season's football games. (Photo by: Sgt Bob Thompson, Air Command)

By Capt Neil Kinley, WPAFFO

The 1994 Canadian Football League season is almost underway and the Winnipeg Blue Bombers are once again looking like a championship team. There will be lots of exciting football action at Winnipeg Stadium this summer and fall.

The Bombers are offering an excellent discount to ALL games for military personnel and DND civilian personnel. They are showing their

support for the Canadian Forces by cutting ticket prices by as much as 33%.

A Red seat, regularly \$32.00, is available to DND personnel and civilian employees for just \$22.00. A Gold seat, regularly \$24.00, is discounted to \$17.00.

All personnel and employees can save on football tickets by presenting their ID card at the Select-a-Seat ticket office in the Winnipeg Arena.

The Blue Bombers have also declared September 23 as Air Force Heritage Night,

honouring the 70th Anniversary of the RCAF. There will be special family packages and ticket prices available for this game. For more information concerning this night, or any Bomber game, contact Capt Mike Rozak at 833-6229.

It is not often that Canadian Forces personnel and DND civilian employees are offered discounts for serving their country, and the Blue Bombers should be saluted for their generous offer. Go Blue!

MFRC ANNOUNCEMENTS

350 Doncaster Winnipeg MB R3N 1W8 489-7003

CREATIVE TOT SHOP

This program is held at the Lipsett Hall Nursery School on Wednesday afternoons from 1:30 - 3:00 p.m. starting Wednesday July 6. The fee is \$1.00 per adult for each session. This program is the first step toward nursery school. Here's a chance for parents and young children to come together to create and play. The toddler/pre-schooler can explore the world of arts, music, movement and story. Parent participation is required. For more information or to register, please contact the Nursery School at 833-6846.

DROP OFF CHILD CARE

Lipsett Hall Nursery School offers drop-off child care on Tuesday afternoons from 1:00 - 4:00 p.m. We will provide care for children 18 months to six years. The fee is \$3.00 per hour for the first child and \$1.00 more for a second child in the same family. All children must be pre-registered and reservations must be made 24 hours in advance. Take advantage of this great service. Run your errands knowing your child is receiving quality care. Call the Nursery School at 833-6846 for reservations.

NURSERY SCHOOL

Lipsett Hall Nursery School is now accepting registrations for the fall programs. To reserve a place in our nursery school, we are asking for a \$15.00 registration fee. For more information, please call 833-6846 or drop in to the nursery school any morning.

4 year olds

Mon., Wed, and Fri., from 9:00 - 11:15 a.m.
at a cost of \$67/month.

3 year olds

Tues. and Thurs., from 9:00 - 11:15 a.m.
at a cost of \$50/month.

Our Nursery School Program offers the pre-school child a chance to socialize in a happy, friendly environment. Activities include learning centres, stories, songs, free play, arts and crafts, drama and large muscle play. For more information or to register, please contact the Nursery School at 833-6846. Spaces for fall registration are going fast, so call now.

PRE-SCHOOL SUMMER CAMP

Children ages 3-5 years

Tues., Wed., Thurs.,
9:00 - 11:30 a.m.

Lipsett Hall Nursery School
Fee per session: \$18.00 per 3-day week
5 Sessions: July 12 - August 11, 1994

Must bring snack, bathing suit, hat and sunscreen each day.
Due to low leader/child ratio, enrolment is limited
First come-first serve basis.
Children must be registered in advance by calling 833-6846

CHILD CARE PROGRAMS

Toy Lending Library

Come down, have a cup of coffee and check out the exciting new Toy Lending Library and Resource Centre open to all of the military community. The membership fee is \$10.00 per year and you may borrow two toys at one time. This library can be found at 350 Doncaster Street and is open Monday through Friday from 8:30 - 4:30 p.m.

Parents Exploring Day Care Options

When: Tuesday,
August 16, 1994
Time: 7:00 - 9:00 p.m.
Where: 350 Doncaster St
Cost: \$2.00 per family

The Child Day Care Office staff will present the various child care options available to parents. Suggestions of what to look for in a quality program will be covered. Ideas of reference questions to ask parents will also be covered. Call Mavis on Tues, Wed, or Thurs, at 489-7003 to pre-register.

Car Seat Rental Svc

The MFRC would like to develop a car seat rental service. Also we would like to have highchairs, playpens, cribs etc. available for rental. Do you have any of these items in good condition that you would be willing to donate or sell for a nominal charge?

The MFRC will also accept donations of quality used toys, for children of all ages, for the Toy Lending Library. Please call the MFRC at 489-7003 for more information or pick up.

Child Care Registry

The MFRC is in the process of setting up a child care registry as a service for the military community. If you care for children in your home and interested in being included in the child care registry, contact Mavis at 489-7003. This service is free to child care providers and parents. It is not necessary for child care providers to be licensed to be part of the registry. FOR MORE INFORMATION CONTACT MAVIS AT 489-7003

Who's Who...

Malina Roos

Meet Malina Roos, the Chairperson of the Board of Directors at the Military Family Resource Centre. Malina has been with the MFRC since May of 1993 and has been involved with a number of committees. Malina's father was in the military for 28 years, and she herself did a tour as an airframe technician. Her husband is in the Airforce with 402 Squadron. She and her husband have three children, Selena, Sven and Alex. Selena and Sven serve as executive members on the Children's Advisory Council. Alex is involved with Special Olympics. In the past, Malina has started her own business, written a book and created a position for herself with a major cosmetic's company. This fall she will be entering University for the first time.



At the Military Family Resource Centre

MFRC APPRECIATION DAY



MFRC APPRECIATION DAY



MFRC ANNOUNCEMENTS

OUT-REACH & RESOURCE PROGRAMS

Warm Line: Is Your Spouse Away?????

Do you ever feel isolated and "out of the loop" during deployments or temporary duty? Is it too expensive to call home or when you do get that long distance feeling, do you just get their machine? You're not alone. We've all been there.

The MFRC offers a Warm Line telephone service to provide support, information or just a friendly ear to spouses of military members who are deployed or on TD for over one month. If you would like your next call to be a CARE-RING contact Rae or Beth at 489-7003.

Ist Ihr Ehemann Unterwegs???

Haben Sie sich je isoliert gefühlt während Ihr Mann zeitweilig versetzt ist oder auf Manöver? Ist es zu teuer nach hause zu telefonieren, oder erreichen sie nur den Anrufbeantworter? Sie sind nicht alleine. Wir haben das auch schon durchgemacht. Das MFRC - Militär - Familien - Hilfszentrum - bietet Ihnen einen Warm Line Telefon Service an, um Ihnen Hilfe, Informationen oder einfach nur ein offenes ohr anzubieten, falls ihr Mann länger als einen Monat verstezt wurde. Wenn sie möchten, dass ihr nächster Anruf ein CARE-RING ist, nehmen sie kontakt auf mit Rae oder Beth: 489-7003.

'Warm Line'???

Le CRFM vous offre un contact téléphonique pour vous appuyer et combler une periode de solitude causée par l'absence prolongée de votre conjointe militaire. Appelez Rae ou Beth au 489-7003

Resource Library: Are You Posted???

You need not arrive at your new home unprepared. The MFRC, located at 350 Doncaster Street has a Resource Library with information packages from Bases across the country. Drop in any day between 8:30 - 4:30 to browse while your children play in our lovely children's activity room.

Êtes Vous Muté???

Vous pouvez arriver à votre nouveau domicile ayant déjà des renseignements de la région. Le CRFM, situé au 350 Doncaster, reçoit des troussees d'information de toutes les Bases canadiennes.

Venez les lire n'importe quel jour de travail entre 8h30 - 16h30 pendant que vos enfants s'amuseent dans notre salle d'activité d'enfants.

Attention Newcomers

Did you know that you are entitled to a home visit by our Outreach Department? Within a month of clearing in we'll call you to set up a convenient time for you to receive MFRC information and helpful advice about Winnipeg. Let us be your tour guide!. Call Rae at 489-7003.

Hey! Les Nouveaux-Venus!

Savez-vous que vous êtes éligible pour une visite à domicile grâce à notre département Outreach (actions communautaires). Vous recevrez un appel en dedans du mois suivant votre arrivè dans le but d'arranger une visite pour que nous puissions vous donner de l'information sur le CRFM et la ville de Winnipeg. Laissez nous la plaisir d'être votre guide! Appelez Rae-489-7003.

Achtung Neankömmlinge!

Haben sie gewusst, dass Sie einen Ansprech auf einen Hausbesuch von unserem Outreach Department haben? Innerhalb eines Monats nach Ihrer Ankunft werden wir Sie anrufen und mit Ihnen einen günstigen Zeitpunkt ausmachen um ihnen Informationen über unser MFRC - Militär Familien - Hilfszentrum - und hilfreiche Hinweise über Winnipeg zu geben. Lassen, sie uns ihr Reiseleiter sein! Rufen sie Rae an: 489-7003

Coffee Break • Café Rencontre • Kaffee - Pause

You are cordially invited to coffee at the MFRC, the first Thursday morning every month. Let your children enjoy our lovely children's activity centre while you get to know the MFRC staff and other community members.

Date/Datum: First Thursday of every month / premier jeudi du mois / erster Donnerstag monatlich

Time/Heures/Uhrzeit: 10:00 - 11:00 a.m.

Location/Endroit/Ort: 350 Doncaster Street. (MFRC)



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WINNIPEG MILITARY COMMUNITY COUNCIL



WMCC FAREWELL BAR-B-QUE

During the occasion of Annual Winnipeg Military Community Council's (WMCC) BBQ, the Winnipeg Military Community Association's (WMCA) Chairman, Maj Rod McDonald and the WMCC's Mayor, Capt Bill Dymond recently bided farewell to the departing WMCC members. Pictured from left to right, are the following individuals: Chairman (outgoing) WMCA, Maj Rod McDonald, EA DComd AIRCOM; Playground Coordinator, Cpl Rob Fleming, 402 Sqn; Thrift Shop Manager, Mrs Tanice Vanderval; Ward Councillor, Sgt Yvan Rodrigue, AIRCOM HQ; Ward Councillor/Block Parent Coordinator, Mrs Suzanne St Amand; Silver Height's Liaison/North Side Rink Coordinator, Cpl John Vanderlinden, W Tn; Ward Councillor, Cpl Rose Gallant, W Sup; Ward Councillor/Table Coordinator, MCpl Ron Ricketts, 402 Sqn; and Mayor WMCC, Capt Bill Dymond, AIRCOM HQ. Absent from the photo is Ward Councillor, Sgt Marie Fortier, W Sup.

YARD / LANDSCAPING CONTEST



The annual 17 Wing "Yard/Landscaping Contest" will be held beginning 22 August 1994. This year's contest is sponsored by the Winnipeg Military Community Council and is open to all 17 Wing North/South Site occupants. Yards will be judged in the following areas:

- a. grass; b. flowers; c. bushes;
- d. lawn ornamentation; e. and general appearance

Yard/lawn pre-judging will take place the period 22-26 August. A run-off judging round of the top 12 rated yards will be held 29 August by a "Blue-Ribbon Panel" of judges.

Prizes will be awarded as follows:

- a. 1st rated yards (North/South Sites - 1 ea) - \$75;
- b. 2nd rated yards (North/South Sites - 1 ea) - \$50; and
- c. Honourable Mention (either North/South Site MQs as judged appropriate - \$25)

All awards will be presented by the W Comd at a ceremony which will be held early-mid Sep. Winners will be formally notified by the Winnipeg Military Community Council's Mayor.

Further info can be obtained from your Ward Councillor or the Winnipeg Military Community Council Mayor, Capt Dymond, at local 5526.



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KID'S ZONE

The Children's Advisory Council, known as the "Kid's Zone", is a Westwin Community Council sponsored youth group for boys and girls between the ages of eight and twelve years old.

The concepts of our youth group include meeting new friends, learning new skills and developing ourselves in order to get along

with others.

In the past, we have had a pizza/movie party, two barbecues, and a field trip to Tinker Town. For the future, we are planning a day trip to Fun Mountain Water Slides.

For information regarding the group, call Pat Wiggins at 831-1136 or Emmanuel Turner at 832-7260 or Brigitte LaFleur at 832-7260.

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2. Training System graduated almost 17,000 students from Training System schools across Canada in 1993.
3. Training System conducts training for 20 of 38 reserve officer classifications and 20 of 40 reserve non-commissioned member occupations.
4. Training System is committed to "Excellence Through Training".
5. Training System recruiting operations include 4 recruiting zone headquarters, 17 recruiting centres and 21 recruiting centre detachments.
6. Training System employs approximately 6600 military and civilian personnel across Canada, not counting candidates undergoing training.
7. Training System believes that empowered people will make a difference and that job satisfaction is fundamental.

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15. Training System's most valuable asset is our people.
16. Training System's recruiting centres are visited by in excess of 40,000 people a year enquiring about joining the Canadian Forces.
17. Training System supports 12 Sea Cadet sailing centres, 8 Air Cadet gliding centres and 4 Army Cadet field training centres in the Central Region.
18. Training System "Tiger Teams" are presently identifying more effective organizational structures and functional roles for a wide range of Training System organizations, as well as new approaches to recruiting and training.
19. Training System will provide your unit with computer training courtesy of the Canadian Forces School of Communications and Electronics. The Mobile Training Team teaches courses including: DOS, Windows, WordPerfect, Harvard Graphics, Lotus123, DBaseIV and FoxPro. In the past year the Mobile Team trained 1637 personnel at twenty-two bases across Canada. If you believe

your base or unit could benefit from Mobile Team Training, please call Captain Chris Grandy at CSN 270-5394.

20. Training System's values are: Respect, Innovation, Initiative and Quality.
21. Training System's vision is that Training System will, through innovation in all areas of endeavour, lead in the pursuit of excellence in recruiting and training and will be the trainer of choice for all new entry and multi-user MOC training.
22. Training System provides not only basic recruit and officer training but also the following diverse areas of training: second language, management development, electronics, microcircuitry and computer systems, technical maintenance, dental services, intelligence and security, physical education and recreation, nuclear, chemical and biological defence, leadership, medical services, electrical and mechanical engineering, fire-fighting, chaplaincy, administration and logistics, food services, steward, transportation, finance, supply, training development, military engineering, traffic and movements and cadets.

8. Training System is responsible for providing support for 259 Cadet Corps and Squadrons, 14,000 cadets and 2,300 cadet instructors in the Central Region.
9. Training System's history traces back to 1965 when Canadian Forces Training Command was formed and was responsible for almost all individual training in the Canadian Forces.
10. Training Command was renamed Canadian Forces Training System in 1970 and moved to CFB Trenton.
11. Training System assumed responsibility for individual training common to two or more of the functional Commands in 1970.
12. Training System's symbol is Vert, a lamp of learning or, flamed proper - selected to be symbolic of the instruction given by the many schools of Training System to Canadian Forces personnel.
13. Training System's motto is *Exercendo Ad Lumen*, "Enlightenment is our aim".
14. Training System provides a Training Development Hotline for training advice and guidance courtesy of the Canadian Forces Training Development Centre at CFB Borden. You can call the

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- 3 LOANS AT PREFERRED RATES.**
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*This offer is valid for CFB Winnipeg Members and Retired Members residing in Manitoba.

D-DAY CELEBRATIONS

17 WING OPEN HOUSE



Pte Clarence Stampf of the 2 PPCLI assists Jason Lozie load a .50 calibre machine gun at the Base Open House on June 4, 1994. (Photo by Cpl Stephane Gervais, 17 Wing)

By Capt Neil Kinley, WPAFFO

The people of Winnipeg got the chance to visit 17 Wing/CFB Winnipeg, and close to 10,000 came to see what the air force and army do in the city.

The Base Open House was held on Saturday, June 4, 1994, as part of the Canada Remembers activities honouring the 50th Anniversary of D-Day. The gates opened at 10:00 a.m. and guests to the base were treated to some outstanding displays, before the gates were closed at 5:00 p.m.

The 2nd Battalion Princess Patricia's Canadian Light Infantry had some of the busiest people on this Saturday afternoon. The 2 PPCLI had a United Nations Observation Post set up, were offering APC rides to children, had equipment and weapons displays, and to the delight of everyone demonstrated

rappelling all day from the roof of Hangar 11 and from a CH-135 Twin Huey helicopter.

All of the aircraft flown from 17 Wing were on display, including a CT-114 Tutor, a Jet Ranger helicopter and a Kingair from the Central Flying School, and four CT-142 Dash-8 aircraft from 402 Squadron.

There were also several visiting aircraft on display for the day. A CF-18 from 4 Wing Cold Lake, a CP-140 Aurora from 14 Wing Greenwood, and a CH-135 Kiowa from 18 Wing Edmonton flew in for the day. The biggest guest aircraft was a United States Air Force B-52 Bomber from Minot Air Force Base, North Dakota.

Those that came to the Base saw some great displays and demonstrations from military personnel, and hopefully, have a better idea of what we do at 17 Wing/CFB Winnipeg.

D-DAY MINUS 3 BARBEQUE

By Capt Neil Kinley, WPAFFO

The weekend of activities commemorating the 50th Anniversary of D-Day in Winnipeg, were kicked off at 17 Wing with the D-Day Minus 3 Barbecue on Friday, June 3, 1994.

Close to 2,000 people, mostly veterans, members of military associations and organizations, and military personnel, visited the base. With vintage World War II

vehicles, green military tents, and the Air Command Band performing 1940s tunes, there was a definite wartime atmosphere in and around Building 21.

Many of the sections from base were out flipping burgers and dogs, or pouring cold beer for those attending. With beautiful weather ordered for the day, the beer tents were kept busy.

There was also dancing, as Building 21 was set aside as a

dance floor. The Air Command Band provided the dance music, and were in top form.

This event was organized by the Winnipeg Military Community Association, who did a marvellous job. "I'd like to thank everyone who helped out with the Barbecue," says Maj Rod MacDonald, the WMCA Coordinator. "Their efforts were greatly appreciated by all the veterans."



Capt Mike Hoch of 4 Wing Cold Lake Operations helps David and his mother Kathy into the cockpit of a CF-18 at the Base Open House on June 4, 1994. (Photo by Cpl Stephane Gervais, 17 Wing)



Wing Transportation was responsible for some of the best burgers at the D-Day Minus 3 Barbecue, held at 17 Wing on June 3, 1994. WO Bill Robinson and Sgt Lila Duffy flip burgers and dogs, while MCpls Mike Guay and Linda Bartel look on. (Photo by Pte Mischa Rothoehler, 17 Wing)

Caption: (right, bottom) A vintage World War II Bren Gun Carrier was one of the most popular displays at the D-Day Minus 3 Barbecue. There were over a dozen World War II vehicles on display at the Barbecue, in and around Building 21, on June 3, 1994. (Photo by Pte Mischa Rothoehler, 17 Wing)



Capt Will Lozie of CFS instructs Jeffrey and his father on flying the Jet Ranger helicopter. Jeffrey and his father were two of the nearly 10,000 people who visited 17 Wing for an Open House on June 4, 1994. (Photo by Cpl Stephane Gervais, 17 Wing)



D-DAY CELEBRATIONS

IN HONOUR OF THOSE WHO SERVED

By Capt Neil Kinley, WPAFFO

The sidewalks, boulevards, and parking garages along Winnipeg's downtown streets were once again filled with appreciative crowds, as hundreds of veterans, soldiers, sailors, and airmen marched to honour the 50th Anniversary of D-Day.

On June 5, 1994, one day before the actual anniversary of the landing of Canadian soldiers on the beaches of Normandy, close to 1000 veterans, military personnel, and cadets paraded from City Hall to the Cenotaph in Memorial Park. This was one of the largest military parades in Winnipeg since the end of the Second World War.

Mayor Susan Thompson was on hand at City Hall to inspect the troops and offer the city's support to

Winnipeg's military units as they exercised their "Freedom of the City". On parade were men and women from the Royal Winnipeg Rifles and the Fort Garry Horse, two Winnipeg regiments that landed in Normandy on June 6, 1944.

Also on parade were HMCS Chippawa, the Queen's Own Cameron Highlanders of Canada, the 2nd Battalion Princess Patricia's Canadian Light Infantry, 735 Communications Regiment, 17 Service Battalion, 17 Wing/CFB Winnipeg, 402 "City of Winnipeg" Squadron, Corps of Commissionaires, and John Travers Cornwell VC, Royal Canadian Sea Cadets. They were accompanied by Armoured Personnel Carriers and vintage World War II vehicles, including a Sherman

Tank and Bren Gun carriers.

The Parade Commander, Col Bert Proulx, Wing Commander of 17 Wing/CFB Winnipeg, led the troops from City Hall along Main St., Portage Ave., and Memorial Blvd.

At the Cenotaph in Memorial Park, a large group of veterans joined the military personnel in a wreath laying ceremony to remember their fallen comrades. This included a flypast of four Tutor jets from the Central Flying School, in missing man formation.

The parade finished at the Manitoba Legislature as veterans and military personnel marched past a reviewing stand holding Lt.-Gov. Yvon Dumont, and former Lt.-Govs. Jack McKeag, Bud Jobin, Pearl McGonigal, and Dr. George Johnson.

As the parade of veterans and military personnel marched through the streets of downtown Winnipeg, they heard the clapping of

hundreds of Winnipeggers, thanking those that served their country 50 years ago and those that serve Canada today.



Mayor Susan Thompson, accompanied by the Parade Commander, Col Bert Proulx, inspects the guard at City Hall prior to military units exercising their "Freedom of the City" on June 5, 1994. The soldiers, sailors, and airmen, joined veterans and vintage vehicles on parade to honour the 50th Anniversary of D-Day. (Photo by Cpl Lou Penny)

COMMEMORATION OF THE 50TH ANNIVERSARY OF D-DAY

Presented to the Legislative Assembly of Manitoba in Honour of the Commemoration of the 50th Anniversary of D-Day

MOVED BY:

Gord Mackintosh, St. Johns

WHEREAS the liberation of North West Europe from fascist aggression began 50 years ago with the landing of Canadian and Allied troops on the beaches of Normandy on June 6, 1944; and

WHEREAS Winnipeg is the only City in Canada to have had two regiments, The Fort Garry Horse and The Royal Winnipeg Rifles, fight their way onto the mainland of Europe on D-Day; and

WHEREAS uncounted numbers of Manitobans served in other regiments, corps, arms and services on that fateful day on or above the shores of France and in the English Channel in the struggle for a just and lasting peace; and

WHEREAS many Manitobans of both the Reserve and Regular elements of the Canadian Army are now risking their lives serving on active operations in the ongoing struggle to guarantee peace in all parts of the globe.

THEREFORE BE IT RESOLVED that the Legislative Assembly of Manitoba honour the heroism

and self-sacrifice of the D-Day veterans in the search for a just, lasting and democratic peace; and

BE IT FURTHER RESOLVED that this Assembly commend Manitoba's Reserve and Regular soldiers today for continuing the tradition established by Canadians on the beaches of Normandy; and

BE IT FURTHER RESOLVED that this Assembly call on the citizens of Manitoba to participate in the various appropriate ceremonies marking the 50th Anniversary of D-Day and offer support and encouragement to Canadian Forces overseas.



A Sherman tank rumbled through the streets of Winnipeg once again on June 5, 1994, as part of the parade honouring the 50th Anniversary of D-Day. The Second World War tank was restored to working condition in Niverville, Man., and with its gun turret turned to the side, was the most eye-catching vehicle on Winnipeg streets this day. (Photo by Cpl Lou Penny, 17 Wing)

VETERANS ON PARADE



With flags flying, veterans march at the Cenotaph in Memorial Park as part of the 50th Anniversary of D-Day activities in Winnipeg on June 5, 1994. (Photo by Cpl Lou Penny, 17 Wing)

2 PPCLI PRESENTATIONS



LCol TJ Calvin oversees the official Change of Appointment (Regimental Sergeant Major) from CWO MB McCarthy to CWO RV Cook.



LCol TJ Calvin, CO 2PPCLI, presented Cpl JMP Pottie with the Canada 125 Medal.



LCol TJ Calvin, CO 2PPCLI, presented WO JD Mazerolle with SSM and the Canada 125 Medal.



LCol TJ Calvin, CO 2PPCLI, presented MCpl RL Boileau with SSM.



LCol TJ Calvin, CO 2PPCLI, presents Sgt SJ McIntyre with the Canada 125 Medal.



LCol TJ Calvin, CO 2PPCLI, presented Cpl TA Magill with the Canada 125 Medal.



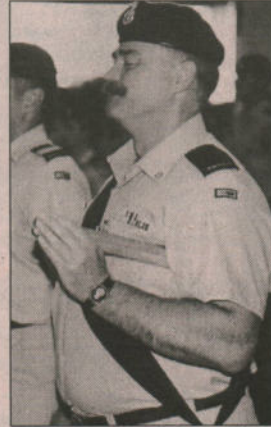
LCol TJ Calvin, CO 2PPCLI, presented Cpl SR Melbourne with the 125th Medal.



LCol TJ Calvin, CO 2PPCLI, presented Cpl SA Beckman with the Canada 125 Medal.



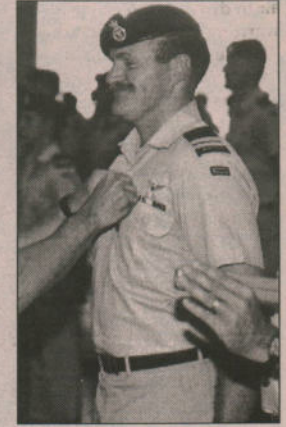
LCol TJ Calvin, CO 2PPCLI, presents Cpl TC Reid with the SSM.



LCol TJ Calvin, CO 2PPCLI, presented WO PA Ayerst with the Canada 125 Medal.



LCol TJ Calvin, CO 2PPCLI, presented MWO DR Cameron with the Canada 125 Medal.



LCol TJ Calvin, CO 2PPCLI, presented Capt MM Kanneally with the Canada 125 Medal.



LCol TJ Calvin, CO 2PPCLI, presents MWO JK McGregor with the Canada 125 Medal.



LCol TJ Calvin, CO 2PPCLI, presented WO BD McKenally with SSM.



LCol TJ Calvin, CO 2PPCLI, presented Capt BE Flynn with the Canada 125 Medal.



LCol TJ Calvin, CO 2PPCLI, presented WO WR Jones with the Canada 125 Medal.

2 PPCLI HAPPENINGS

'C' COY'S "GOOD GO"

The 5th of May dawned with Charlie Coy 2PPCLI racing forward in its M113s across the plains of Wainwright as left forward in the Battle Group attack. After a successful fight through and a subsequent motivational radio address by the CO, the race was on - separate kit from the tracks, wash the tracks, showers for all, repack personal kit for the subsequent deployment to Louisiana, weapons maintenance, and the welcoming of 39 augmentees from every nook and cranny in the Battalion to bolster our numbers to 101.

On the 6th of May we boarded the buses for Edmonton where the jumpers would learn to jump once more, some would tour the Service Detention Barracks, a few notables would secure the weapons, and most would trip the light fantastic for two nights. But as with the Wainwright experience all good things must come to an end. Early on the 8th we boarded an American Starlifter aircraft and winged our way southward to Fort Polk, Louisiana and EX OMEGA LIGHTNING.

Purposes landing for customs purposes the humidity was noticed by all. Back up in the air to dispatch our winged warriors from 800 feet rather than the planned 1200, due to a low ceiling. There were a few anxious faces that exited the aircraft but in the end it was a successful jump into DZ Tiger for the fearless 35. The remainder landed at Alexandria AFB and once we had linked up with our Special Forces "buddies" we were off to the mess hall at North Fort. Polk.

Thus we were initiated into a world of grits, fried chicken, memorable coffee, and the re-appearing desert. "Hey Sarge, how do you like your eggs?" was soon ingrained into each man's memory forever.

And so the waiting began as Charlie Coy conducted low level training, zeroed its MILES gear, and came to understand just how special the American Special Forces are. While we waited to deploy into the training area (the box) "on the bus, off the bus" came to have a new meaning previously unparalleled in the annals of history.

The scenario for the exercise - the government of "Cortina", facing internal strife from an insurgent group and an impending attack from the neighbouring "People's Democratic Republic of Atlantica" had asked for military assistance from the

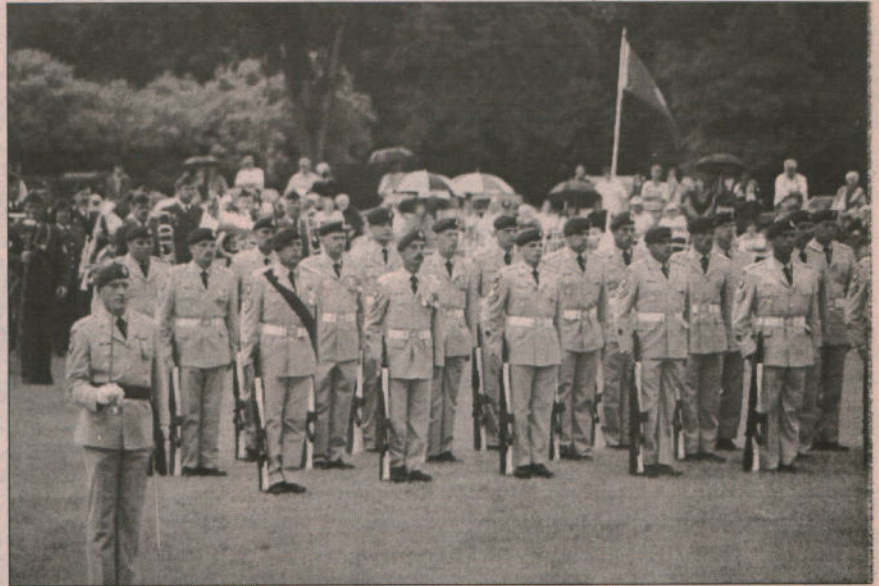
Canadian and American governments. As all "players" were equipped with MILES gear, the potential for excellent and challenging training existed.

In actuality, the exercise soon became a test of the human spirit, of man's will to persevere in the face of adversity, of the soldiers' determination to carry on, to see the mission through no matter the cost. "Louisiana, it's a good go!" Soon became the battle cry.

There were days when it seemed Psych Ops were being conducted against Charlie Coy rather than the insurgents, and flexibility beyond belief was the order of the hour. There were days when friendly forces weren't and Charlie Coy circled the wagons a little tighter.

One must mention the flora and fauna of this paradise lost. The box was home to five types of poisonous snakes, two of spiders, mosquitoes, fire ants, alligators, meadows of poison oak and poison ivy, and the now infamous jiggers. "Louisiana, it's a good go!", muttered the casualties as they were evacuated to the rear. After the Coy's first contacts it became apparent our training in Wainwright and elsewhere without MILES gear falls far short of what combat situations would be like. For in Louisiana the enemy was never where we expected him to be, he did not remain static, and "All Okay" was never heard after the firefight. Casualties, their treatment and evacuation, became a far greater problem than most imagined, as did their subsequent replacement. Realizations hit home when it took three to four men to evac a single litter urgent casualty. Compounding this problem were factors such as Platoons taking heavy casualties, the evac occurring while still under contact, and commanders themselves becoming casualties (Cpls found themselves in command of Platoons on more than one occasion). One can summarize EX OMEGA LIGHTNING with the following:

1. all ranks have a new appreciation for things done the Canadian way;
2. lessons were learned particularly in dealing with casualties and their replacement;
3. Louisiana was a good go! (notional);
4. New Orleans was even better! (notional);
5. the Special Forces are; the Screaming Eagles only own helicopters that fly at night and overhead of us;
6. after 45 days away, there really is no place like home.



2 PPCLI Guard with the Air Command Band at the D-Day Sunset.

D-Day 50th Anniversary - 'B' Company

The Battalion's participation in the 17 Wing Winnipeg 50th Anniversary of D-Day activities encompassed a variety of displays, presentations and ceremonies.

The activities locked off with an open barbecue on the North Side on the afternoon evening of Friday 3 June 1994. The unit began in earnest preparing for the ceremony weekend two weeks earlier. For a fortnight the 100 man guard "hit" the parade square in an attempt to master and hone the intricacies of a ceremonial Sunset parade. From the "raw" beginnings came the fine turning of the "Feu de Joie" and the difficulties encountered in slow marching across the uneven ground of Assiniboine Park.

Our first direct involvement came on Saturday 4 June 1994 as participants in the 17 Wing Open House displays. On display were a variety of vehicles, weapons and equipment in use by the different organizations mechanized infantry battalion.

Sunday the 5 June 1994 saw the guard finally spring into action on the Freedom of the City parade. Our parade practices had prepared us for standing in Assiniboine Park for the full twelve minute rendition for the 1812 Overture but in no way prepared us for the 1 1/2 hours and the heat at the cenotaph during the Sunday afternoon parade (marathon). The Afternoon proved very warm and challenging as we did not have the benefit of a "walk-through talk-through" before the actual parade itself.

The Sunset Ceremony on the Sunday evening served as the perfect end to a successful weekend. The Ceremony included a concert by the 17 Wing Band as well as a "skirmishing" exercise by the

Royal Winnipeg Rifles. The ceremony concluded with the 2PPCLI Guard conducting the Sunset parade in honour of those who fought so bravely fifty years ago. The "de Joie", march past playing last post and lowering of the Canadian flag were done in their memory and accentuated a well organized and very busy weekend.

The sacrifices and tribulations made and endured by the Canadian soldiers,

sailors and airmen on the shores of Normandy on 6 June 1944 must not be forgotten. The Second Battalion Princess Patricia's Canadian Light Infantry was extremely proud and honoured to have been a part of these 50th Anniversary Ceremonies. Seeing the veterans at both the Freedom of the City and Sunset parades served to enhance the pride in our profession and reaffirm our respect for those before us and their great sacrifices.



LCol TS Calvin and Capt B Flynn lay a wreath during the Freedom of the City Parade in Winnipeg on 5 June 1994.



Major NA Kanuck, Guard Commander, "I know my spot is out here somewhere".

RECCE PLATOON STEALS THE SHOW

By Cpl AR Ordish

Hello again from Recce platoon, the eyes and ears of 2 PPCLI. For those of you who are not familiar with who or what we are, you may have met and saw some of us at the open house on June fourth. We are sorry to say that although we may have met you we were so busy throughout the day, especially with the kids that we won't remember you. But we are hoping that we left a good impression with you, whether it was the rappelling demos that we performed or you are one of the many parents that cursed us that night as you tried to clean off the cam paint that we joyfully spread across your kid's faces.

Our preparation for the stands actually started early in the week under the supervision of our acting PL WO MCpl Ruest. This included everything from equipment checks, prepping the recce version of the Iltis jeep, making signs and watching MCpl Parris and Cpl Cochrane practice their judging distances as they cut the new rappel ropes (I think that's 120 meters. What do you think Lou?). Friday morning everything was packed up in the Iltis and moved to the north side so that we could check out the actual set up area. Cpls Harris and Ordish had the honour of driving the full camed recce vehicle to the north side through the middle of morning rush hour. Needless to say we did get a few strange looks but the ladies do

like convertibles.

Saturday morning came early for the members of the platoon as we had to do some quick refresher training on the CH135 Huey that 427 Sqn at CFB Petawawa so kindly provided for us. This included a couple of quick descents from 100 meters to practice our techniques and also let us confirm that yes, they did a good job in cutting the ropes. At our actual stand area we had not only the Iltis but some other equipment that we use such as the NODLR night observation device, a fully equipped Sniper Det which included the C3A1 sniper rifle and some troops dressed in their Gillie suits who got off easy as the didn't have to wear their webbing all day like the rest of us. Our most popular stand was the face painting where we got to make all the kids look like mutant turtles. The stand had originally been set up to justify the existence of the stores guys, but as the day went buy kiddie burn out started to occur and we had to start rotating troops through to keep up with the demand.

Our next most popular event of the day was the chopper and wall rappel demos that we performed every hour. This was a great chance for the troops as we all got a few rappels off the chopper which has become a rare experience for us over the last few years. All the rappels went off with out any problems on our part all though the pilots did manage to be late at the pick up point more often then not. All in all it was a good relaxing day that got us warmed up for what's to come over the next few weeks. Congratulation to Cpl Harris for winning the EMPLOYEE OF THE MONTH AWARD for his great rappel from the chopper on to Capt Errington's head (next time sir don't stop to look around on the way down).



Just like a big green crayon.



The dismounted anti-tank weapon TOW draws a big crowd.

IN THE MOOD TO HAVE FUN?

BRING ALL YOUR FRIENDS
AND PREPARE YOURSELF TO PARTY

YOUR CALENDAR OF EVENTS

50's NIGHT

AUGUST 5th 1994

TOP 40 NIGHT

AUGUST 12th 1994

KARAOKE NIGHT

AUGUST 26th 1994

ALL EVENTS 2000 HOURS TO 0100 HOURS

CLUB 90

Building 90
17 Winnipeg
Whytefold Road
832-6081

DELL DL-1460NI COMPUTER MONITORS RECALLED DUE TO FIRE RISK

PRODUCT: Approximately 63,000 Dell Model DL-1460NI, 14 inch SVGA color computer monitors sold by Dell, Sam's, Costco, Price Club, and CompUSA.

PROBLEM: Internal components may overheat causing a fire hazard.

WHAT TO DO: Consumers using Dell personal computer systems should look for the model number "DL-1460NI" on the back of the monitor. Those having model DL-1460NI monitors should call Dell at (800) 913-3355 to arrange for shipping and repair of the monitor.

In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Dell Computer Corp, Austin, Texas is voluntarily recalling Dell model DL-1460NI, 14 inch SVGA computer monitors. These monitors were sold only as part of Dell personal computer systems. Internal components in the Dell model DL-1460NI monitor can overheat, and the monitor can catch fire.

Dell Computer Corporation has received 32 reports of monitors overheating, and in some cases, catching fire. None of the reported incidents involved personal injury and the reported fires did not spread. Dell reported this problem to the CPSC.

Dell computer imported the monitors from a Taiwanese manufacturer in 1992 and 1993. The involved monitors were sold by Dell directly, and at Sam's Club, Costco, Price Club, and CompUSA. Approximately 63,000 involved monitors are believed to be in use.

Consumers having these monitors should unplug the monitors, and call Dell's recall line (800) 913-3355 between 9 a.m. and 9 p.m., Eastern time, Monday through Friday, or 11 a.m. to 3 p.m. Eastern time, Saturday to arrange for free pick-up and repair of the monitors. Owners may also obtain information and register for repair through Dell's computer bulletin board (512-728-3589), the Dell forum on Compuserve and America On-Line.

PRESENTATION CANADA 125 MEDAL COMES TO WINNIPEG



Wing Commander, Col Proulx presents Maj R.D. Johnson, 17 Wing Dental Det Commander, with the Canada 125 Medal.



Wing Commander, Col Proulx presented Capt Dan Lachance, W Prot O, with the Canada 125 Medal.



Wing Commander, Col Proulx presents Mr. Bill Hartmann, Comdt CFS Met, with the Canada 125 Medal.



Acting Wing Commander, LCol Leclerc presented Maj Newmann with the Canada 125 Medal.



Wing Commander, Col Proulx presented Mr. Garth King, WCPO, with the Canada 125 Medal.



Acting Wing Commander, LCol Leclerc presents LCol C.V. MacIntyre, CO 402 Sqn, with the Special Service Medal. LCol MacIntyre also received the Canada 125 Medal.



(L-R) Front row: Lt Phil Marcus, Maj R. Gottfried, BGen C.G. Diamond, LCol I. Milani, Maj W. Norris, Lt Martin Loiséle; Back row: Lt Troy Kearns, Lt Robin Morrin, Lt Dennis Baker, Lt Chris Barnard, Lt Paul Couillard, Lt Jean-François Gauvin, Lt Jason Kornder, Lt Wade Pelly, Lt Jeff Fletcher, Lt Colin Keiver, Lt Chuck Rockwell. (Photo by Cpl D.E. Desrochers)

WINGS GRADUATION

On May 6th 1994, 13 students from the Advanced Flying Training Helicopter School and the Advanced Flying Training Multi-Engine School received their Canadian Forces pilot wings from BGen C.G. Diamond, Chief of Staff Operations Air Command Headquarters.

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

Mayor Carlson presented the City of Portage la Prairie trophy awarded to the student with the highest overall flying results. Lt Martin Loiséle from the Advanced Flying Training Helicopter Course and Lt Phil

Marcus from the Advanced Flying Training Multi-Engine were the recipients. LCol Milani, Commandant 3 CFFTS, presented the Wing Commander's trophy for Officer Development to Lt Chris Barnard.

From the Helicopter course, Lt Chris Barnard and Lt Paul Couillard are posted to 423 Squadron at 12 Wing Shearwater where they will fly Sea Kings. Lt Jeff Fletcher and Lt Robin Morrin are posted to 443 Squadron at CFB Esquimalt where they will fly Sea Kings. Lt Jean-François Gauvin is posted to 439 Squadron at 13 Wing Bagotville where he will fly Iroquois's. Lt Troy Kearns is posted to 103 Squadron at 9 Wing in Gander where he will fly Labradors. Lt Jason

Kornder is posted to 427 Squadron at CFB Petawawa where he will fly Twin Hueys. Lt Martin Loiséle is posted to 450 Squadron at 7 Wing Ottawa where he will fly Twin Hueys. Lt Wade Pelly is posted to 444 Squadron at 5 Wing Goose Bay where he will fly Twin Hueys.

Of the Multi-Engine graduates, Lt Dennis Baker is posted to 413 Squadron at 14 Wing Greenwood where he will fly on Hercules. Lt Colin Keiver is posted to 435 Squadron at 17 Wing Winnipeg where he will fly on Hercules. Lt Phil Marcus is posted to 424 Squadron at 8 Wing Trenton where he will fly on Hercules. Lt Chuck Rockwell is posted to 415 Squadron at 14 Wing Greenwood where he will fly Auroras.



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1994 MINOR BASEBALL REGISTRATION FEE REFUND

This is a reminder to all military families that registered their children for minor ball at the Silver Heights Community Club this year.

The Winnipeg Military Community Council will refund \$10.00 for each baseball player that has a valid 17 Wing Privilege Card (see WPER0 to obtain your family's Privilege Cards). Apply for your refund at the NPF Section of the Wing Comptroller.

Please note that the application deadline for this refund is 15 Sep 94.

URGENT REQUIREMENT

The 17 Wing CFB Winnipeg Thrift Shop will very shortly be bidding farewell to its current Manager and as such is urgently seeking a volunteer to take over this very important position.

The Thrift Shop Manager is responsible for the overall operation of the Thrift Shop, which has a small voluntary staff. A \$25.00 per month honorarium is paid to both the Manager and Assistant.

The Thrift Shop is located at 34 Bourkewood and its hours of operation are as follows: Tuesdays 6-8 PM, Thursdays 1-3 PM, Saturdays 10AM-3PM and during Jul-Aug, Saturdays 10AM-3PM.

It is noteworthy to mention that if a Thrift Shop Manager is not found the Thrift Shop will be forced to close, leaving the community without this very worthwhile service. More information can be provided by contacting the current Manager, Tanice Vanderwal, at the Thrift Shop or the MCC Mayor, Capt Bill Dymond, at 833-5526.



Is looking for competitive swimmers in the following age groups:
 10 years and under
 11 and 12 years
 13 and 14 years

Register prior to September 1 for the 1994-95 season and swim in September for free!

Bring this ad. Look for our brochure in your mailbox in mid-August and see us at the Registration Fair in September.

For more information on registration and coaching opportunities call:
 Michele Bezpalko • 837-1199

1994 CRIME PREVENTION AWARDS

The Minister of Justice and Attorney General will once again be recognizing individuals and organizations who have made a significant contribution to the implementation of crime prevention programs in their communities. Crime Prevention Awards will be presented during Crime Prevention Month in November.

These awards are open to any Manitoba citizen or organization who is not a member of the Manitoba Legislature or a Law Enforcement agency.

If anyone has an individual or group that they wish to nominate for such an award, please contact the WSAMPO, Capt Taylor at 833-5567. Nomination forms are available for all interested parties and must be completed prior to 15 Aug.

Citizens Commission on Human Rights

- If you or anyone you know has taken Prozac or other Psychiatric drugs and undergone adverse reactions, the Citizens Commission on Human Rights would like to hear from you. Confidentiality will be protected. Call the Hotline in Vancouver at (604) 689-4417 or 1-800-670-2247
- If you or anyone you know has been persuaded to commit any kind of sexual act with a Psychiatrist or Psychologist, during treatment, the Citizens Commission on Human Rights wants to hear from you. Confidentiality will be protected. Call the CCHR Hotline at (604) 689-4417 or 1-800-670-2247 Contact Person: Brian Beaumont, CCHR, 401 W. Hastings, Vancouver, BC, V6B 1L5

17 WING WINNIPEG CERAMIC CLUB

The Club is pleased to announce the June 14th General Meeting and Elections results. Congratulations to the new executive:

President	June Egddell
Vice President	Cindy Gapp
Treasurer	Chantale Dallaire
Secretary	Gaetane Brochu
Publisher	Michelle Wohlgenuth
Clean-up	Gaetane Brochu

Beginner classes will start in September the date to be announced. Tuesdays are now designated non-smoking night. For months of July and August the Club will be open Monday and Wednesday evenings from 6-10. We will be open Wednesdays from 9-3. The Office will be open and you can purchase supplies while they last. Slip may be purchased all summer long. The Club is now doing Gift Ware if you would like a special hand made gift for Christmas, Birthdays, Anniversaries and Weddings we will be happy to help you, please give at least 30 days notice. For more information on the Club please call June at 888-6059 or contact the Club at 832-1434.

We look forward to hearing from you.

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

For details and registration forms, please contact
 AFTA REUNION 94, BOX 2058, KINGSTON ONTARIO K7L 5J8, Tel 613-549-3582, Fax 613 549-4557

PER ARDUA AD ASTRA



REC CENTRE BULLETIN AUCTION NOTICE

Bicycles & miscellaneous items will be auctioned off by sealed bid on Wed 27 Jul 94 at Bldg 21 Gymnasium. Viewing 0900-1100 hrs. Sealed bid deadline will be 1330 hrs and individuals will be notified by 1430 hrs. Money raised will be donated.



PRAIRIE REGION RUNNING CHAMPIONSHIPS

WHERE: 18 Wing Edmonton WHEN: 8 Sep 94

CATEGORIES:

- MEN'S - Five (5) Open
- Two (2) Senior 40-47
- One (1) Master 48-55
- WOMEN'S - Two (2) Open

For further info or to register contact Cpl Morris loc 2056



REGISTRATION DEADLINE
 29 JUL 94

104th Group

Southsite - Lipsett Hall
 Scouts: Tuesdays 1900-2100hrs
 Cubs: Wednesdays 1900-2030 hrs
 Beavers: Thursdays 1800-1915hrs

REGISTRATION:

Thur 8 Sept 94, 1900-2030 hrs, Lipsett Hall
 Sat 10 Sept 94, 1000-1500, Registration Fair, Bldg 21(North)

GROUP COMMITTEE MEETING:
 Thurs 1 Sep 94, 1900 hrs, Lipsett Hall

Group is in need of Leaders and Parents to serve on Group Committee. Interested parties are welcome to attend Group Committee meeting. For more information contact:
 Curtis Buell at 488-3379, Loc 5599
 Dennis Heffren at 489-3117, Loc 6170

RECALL - FRIGIDAIRE 1987 TO 1990 MODEL DRYERS

Frigidaire Canada has set up a toll free information line to assist customers with the nation-wide recall of clothes dryers built at the former Cambridge manufacturing facility between January 1987 and Oct 1990. The dryers were manufactured under the Kelvinator, White-Westinghouse and Frigidaire brand names.

Under certain conditions, such as improper installation, obstructed ventilation or poor maintenance, these dryers may pose a potential safety hazard. Owners of the appliances are advised to contact a Frigidaire service advisor at 1-800-863-2509 for more information on the recall program.

Each of the recalled dryers has a 10-digit serial number beginning with 87, 88, FD or FDO. These numbers can be found on the lower front edge of the (left or right) side panel, or on the back of the appliance below the control console.

According to a company spokesman, only those dryers built in Canada between 1987 and 1990 are included in the recall. No other brands or models are affected. The appliances are being recalled based on findings from controlled tests conducted recently at the company's laboratories in Guelph, Ontario and Webster City, Iowa.

"We discovered this situation through our warranty records, which prompted us to conduct the testing" said Don McMurrich, Manager of Marketing Communications for Frigidaire. "We felt that, in the interest of our customers' safety, we should let them know that there is a possible risk of malfunction if the dryer is not operated under optimum conditions". The company has placed advertisements in all major daily newspapers across Canada to advise owners who may have acquired one of the dryers second-hand.

The toll-free information line is open Monday through Friday from 08:00 a.m. to 04:30 p.m. Eastern time. Owners of these recalled dryers are encouraged to contact Frigidaire as soon as possible.

GET HELP WITH YOUR CAREER CHANGE

By Jack Patterson, B.A.Sc, B.A. Mr Patterson has over thirty-five years management experience with a multi-national technical contractor and has held positions in the U.S., Canada and overseas. He is a consultant with a Canadian outplacement company and is based in Winnipeg.

If you are leaving or thinking of leaving the Armed Forces, you may wonder what help there is available to get re-established in a new career. Some areas of assistance may have been outlined in seminars and you may have friends who have left who can help you. The most important move you can make is to get yourself organized for the job search and stay that way until successfully completed.

Once the decision is made to leave you must seriously look at what strengths and skills you have that are marketable in the commercial world. Some form of analysis may have already been done in the military to determine your trade qualifications. This time you're on your own and will likely need help to come up with the answers.

When you've determined what you can do best, the next step is finding an employer who needs your skills. Here again, you will need help to find out where they are and

how you can approach them to hire you.

There are companies who provide these functions; they are called outplacement firms. These vary in size and services provided so you will do well to look carefully at their offerings to find out which ones meet your needs.

Some outplacement organizations offer seminars and coaching classes in the areas outlined here. Their rates vary from quite modest to very expensive. There may be a time limit of how long the services will be provided.

The key is to match yourself up with one whom you feel free working with. It may be a long term relationship and it needs to be compatible. Make sure you will not be left high and dry just when you need the help the most.

Be aware that you will have to work full-time finding that job and starting on your new career path. Most reputable outplacement companies and consultants will provide all the "nuts and bolts" you need to stay organized, such as 24 hour toll free answering service, skill testing and profiles, resume preparation, interview techniques, data base employer search service, portfolio (to keep your search information organized) and all stationery supplies and typing services

are some of the most common.

You will likely feel a lot more comfortable with a company or consultant who specializes in outplacement, exclusively, and who will take a personal interest in your career change efforts.

Not all of us are self starters. In fact the life in the military may have hindered the development of initiative and exploratory activities often needed to set yourself apart from others competing for the one job. Choose a consultant or company who will patiently monitor your search efforts and make sure you stay focussed. This relationship needs to last until you find the job you want. Carefully select the firm that will stay with you.

Finally, in choosing an outplacement connection, ask around among your friends and those in the personnel sections of the military to weed out the undesirable ones then ask for a personal interview with consultants from the remaining organizations. Make sure you can work with the person you talk to and make sure the he/she will be your assigned consultant. In this way, you can get the best results for your outplacement dollar and complete the next step along your career path, successfully.

WING COMMENDATION



Acting Wing Commander, LCol Leclerc, presents Mr. Garry Decaire with a Base Commander's Commendation for his excellent work with Defence Construction Canada on the renovations of Building 63 and the Recreation Centre.

Outstanding Achievement



Acting Wing Commander, LCol Leclerc, presents CWO Neath of Wing CE with a Certificate of Outstanding Achievement for his leadership, initiative and coordination of the 17 Wing Energy Conservation Program.

THE 1994 ELVIS TOUR - A DAZZLING NIGHT ON ICE!

For one night only, September 19th, the skating stars of the world are coming to Winnipeg, led by the "King" himself! The pride of Canada, ELVIS STOJKO will headline this international cast, skating in his home country for the first time since winning the 1994 World Championship and the Silver Medal at the 1994 Winter Olympics!

The tour brings together the World's brightest stars in an exciting evening of high caliber skating performances that include France's '94 Olympic Bronze medalist and World Silver medalist PHILLIPE CANDELORO, World Champion ice dancers MAIA USOVA and ALEXANDER ZHULIN, Olympic Pairs Champions NATALIA MISHKUTIONOK and ARTUR DMITRIEV and Olympic Ice Dance Champions MARINA KLIMOVA and SERGEI PONOMARENKO.

Special guest stars include Canada's 1993 and 1994 Ice Dance Champions SHAE LYNN BOURNE and VICTOR KRAATZ, Olympic Gold medal winner ROBIN COUSINS, and U.S. and World Champion ELAINE ZAYAK.

Other champions on the tour are ELIZABETH MANLEY, STEVEN COUSINS, CARYN

KADAVY, TANIA SZEWCZENKO and CALLA URBANSKI and ROCKY MARVAL.

Figure skating has never enjoyed such a high profile cast and this tour brings together a superb lineup of talented performers giving

Canadians a rare opportunity, to see the best in the world in person! Tickets went on sale June 25th and are available at the usual outlets, with one dollar from every ticket sale going to the Ronald McDonald Children's Charities of Canada.

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A reunion of personnel who were stationed at 2 (F) Wing Grostenquin, France, will be held in Victoria, B.C. from Sept. 2 - Sept. 5, 1994. For more information, please send your name and address ASAP to:
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ACES

Qu'est-ce que l'ACES?

Le concept d'ACES a pris naissance au début de 1993, lorsque le commandant du Commandement aérien a ordonné l'établissement d'énoncés de mission et de perspectives d'avenir, en vue d'une séance de planification stratégique des officiers supérieurs. Un bureau constitué de deux militaires a donc été créé dans le but de faciliter les processus de changement et d'aider les chefs à conserver leurs capacités opérationnelles malgré la réduction des ressources qui leur sont attribuées.

ACES permet de mettre en oeuvre les objectifs, les buts

et les principes de renouvellement du programme Défense 2000 en vue d'accomplir la mission de la Force aérienne. Il sert de cadre aux programmes d'amélioration continue des services à la clientèle tels que les programmes de remaniement socio-technique et de reconception du processus, lesquels insistent sur la qualité et l'excellence. ACES englobe également des projets permettant de réaliser des économies ou d'améliorer la qualité de la vie au travail des membres de notre personnel.

Au lieu d'ordonner des changements aux escadrons, nous avons adopté comme philosophie de laisser les escadrons décider des changements à apporter et choisir la

méthodologie qui leur convient. Nous nous sommes engagés à assurer une amélioration continue, mais nous ne sommes pas limités à une seule approche ou méthodologie. L'expérience que nous avons vécue avec le remaniement des systèmes socio-techniques, travaillant conjointement avec l'UEDN s'est avérée des plus réussies. Les escadrons de maintenance des avions commencent à mettre en oeuvre la reconception du processus et semblent déjà obtenir le même succès. Dans tous ces programmes, la décision d'aller de l'avant incombe aux escadrons.

Les groupes de travail des programmes ACES et Défense 2000 ont travaillé en étroite collaboration. Le Commandement aérien s'empresse de mettre en oeuvre la planification opérationnelle et les budgets de fonctionnement fondés sur

les activités reliées aux taux annuels d'utilisation (TAU) des flottes d'avions. Ces activités seront liées aux missions qui figurent dans le Plan de développement de la Défense. Sur le plan du budget de fonctionnement, le projet de gestion de centre de coût (GCC) vise à définir les produits en fonction des activités/fonctions et à rendre les coûts visibles. Le CFT et le COMAR se fonderont sur les travaux entrepris au Commandement aérien dans le domaine de la GCC pour établir leur plan opérationnel. Les résultats de nos travaux sont également en voie d'être intégrés dans les systèmes d'information du QGDN.

Le commandant a adopté la politique du "Refus interdit", car il est arrivé que des états-majors fonctionnels parviennent à mettre un frein à des projets qu'ils n'appuyaient pas. Notre fonds de qualité a été

créé dans le but de soutenir l'innovation, car nous reconnaissons que pour innover, il faut des ressources, et que bon nombre d'escadrons ne disposent pas des ressources nécessaires pour poursuivre certaines opérations et financer de nouvelles initiatives. Enfin, notre processus de demande d'appui aux initiatives permet de demander de l'appui autre que financier, sous forme de délégation de pouvoir, d'élimination des barrières administratives et de conseils.

À venir

Dans les prochains numéros, nous vous présenterons quelques exemples de programmes et d'initiatives actuellement en voie de réalisation au Commandement aérien.

Des petites douceurs bonnes pour le moral.

(NC)—Les tendances indiquent que les Nord Américains se lassent de la saine alimentation et qu'ils reviennent à des aliments plus traditionnels. Il suffit de consulter les menus des restaurants les plus populaires pour constater le retour en force des macarons au fromage et des pains de viande. Faith Popcorn, spécialiste en analyses marketing, précise que les consommateurs «en ont assez de bien se comporter» et qu'ils se permettent à présent des petites gâteries comme des cafés fins ou de la crème glacée plus riche. Elle pense que les consommateurs sont las de se sentir manipulés par les medias, les analystes en marketing, les entreprises agroalimentaires, les professionnels de la santé et même les défenseurs des droits des animaux. Une vague anti-régime alimentaire semble poindre à l'horizon.

Les desserts glacés sont parmi les petites douceurs les plus populaires. Avec l'arrivée de l'été, les vendeurs de crème glacée vont se multiplier. Mais savez-vous faire la différence entre tous les types de dessert glacé qui se retrouvent sur les tablettes du congélateur de votre épicerie?

D'abord, la crème glacée est fabriquée avec de la crème, du lait entier et(ou) évaporé et des solides du lait sans gras. Elle peut également contenir des oeufs entiers ou des jaunes d'oeufs. Elle contient au moins 36 % de matières solides au total. La crème glacée contient en général au moins 10% de matières grasses. La quantité de gras est importante pour le goût et la texture du produit final. Si on y incorpore du chocolat, des fruits, des noix ou autres, la quantité de matières grasses peut être proportionnellement réduite à

un minimum de 8 %. Les crèmes glacées ultra-riches contiennent plus de 16 % de matières grasses et sont les plus onctueuses. Les crèmes glacées riches suivent de près et contiennent environ 14 % de matières grasses. La crème glacée légère contient 5 % à 10 % de matières grasses et le lait glacé en contient 3% à 5%.

Le contenu en matières grasses de yogourt glacé varie de moins d'un gramme à plus de 3 grammes par portion. La quantité de yogourt, d'agent sucrant et de matières grasses peut varier considérablement d'un produit à l'autre. De son côté, le sorbet constitue un intermédiaire entre la glace et le lait glacé. Le sorbet est tout simplement fabriqué avec des fruits glacés et(ou) du jus, un agent sucrant et parfois du vin ou des liqueurs. Les sorbets ne contiennent ni lait, ni crème, ni oeufs.

Si vous vous sentez coupable de gourmandise, souvenez-vous que ce n'est pas un seul aliment en particulier qui exerce une influence néfaste.

Moral!

Santé, mais que c'est plutôt l'ensemble de votre alimentation qui importe. Par exemple, si votre régime alimentaire est constitué exclusivement de légumes et de fruits, vous serez privés de plusieurs nutriments essentiels à l'accomplissement de vos activités quotidiennes. Ainsi, la prochaine fois que vous aurez envie de manger de la crème glacée, souvenez-vous que cette gourmandise occasionnelle est agréable et acceptable et qu'elle peut faire partie d'une saine alimentation! Après tout a-t-on déjà entendu parler de quelqu'un qui avait une folle envie de tofu?

Ce pourrait être un été chaud!

(NC)—L'été, c'est synonyme de barbecues, de feu de camp et de doux plaisirs au soleil. Que vous fassiez cuire des hamburgers ou des hot-dogs sur le barbecue, que vous vous reposiez dans une chaise longue au soleil, que vous couriez un peu partout sur le terrain de camping ou que vous gambadiez sur la plage, la menace de brûlure est souvent présente. Il est toutefois possible d'éviter la plupart des brûlures par la simple prévention. L'Ambulance Saint-Jean vous offre les conseils suivants sur les façons de traiter les brûlures.

Dans le cas de brûlures bénignes, y compris les coups de soleil, on peut immerger la partie atteinte dans de l'eau fraîche pour soulager la

douleur puis enduire la surface brûlée d'une solution ou d'une crème lenitive. Les onguents et crèmes pour brûlures sont vendus en pharmacie.

Des soins médicaux s'imposent lorsque les brûlures superficielles sont de grande étendue, lorsque les tissus sont lésés en profondeur et lorsque les brûlures sont de type électrique et chimique. Les bébés et les personnes âgées doivent recevoir des soins médicaux même s'ils ont subi de légères brûlures, particulièrement au niveau du visage, des mains et des organes génitaux. Ces brûlures peuvent entraîner des difficultés respiratoires ou de graves infections.

Ambulance Saint-Jean

Ne pas perdre un instant

Agissez rapidement éloignez la victime de la source de chaleur et immergez la partie atteinte dans l'eau fraîche. Si cela est impossible, posez un pansement non ouaté imbibé d'eau fraîche jusqu'à ce que la douleur soit moins grande. Votre objectif est de refroidir toute la région du corps atteinte aussi rapidement que possible. Cela évitera d'autres dommages aux tissus, réduira l'enflure et la douleur. Si vous ne pouvez facilement obtenir de l'eau propre n'hésitez pas à tremper la victime dans le lac ou la rivière.

Il est important d'enlever immédiatement tout objet constrictif, bijoux, ceintures ou bottes, avant que l'enflure n'apparaisse. N'essayez pas de retirer les vêtements qui adhèrent à la brûlure. Couvrez légèrement la surface brûlée d'un pansement non ouaté et, de préférence, aseptique ou d'un drap propre si la région atteinte est étendue. Protégez les ampoules afin d'éviter qu'elles ne crevent. Obtenez immédiatement des secours médicaux.

Ne pas:

- crever les ampoules;
- souffler ou tousser sur la surface brûlée et éviter d'y toucher;
- appliquer de lotion, d'onguent, d'huile ou de beurre sur une brûlure qui nécessite des soins médicaux. Rappelez-vous que tout ce qui est appliqué doit être enlevé à l'hôpital
- couvrir la surface brûlée de matériel cotonneux ou mousseux.

Soin et confort

Rappelez-vous que la victime sera indisposée et terriblement souffrante. Efforcez-vous de la rassurer et de lui procurer du confort. Vous pouvez donner des petites gorgées d'eau à la victime consciente qui se plaint d'avoir soif.

Ne laissez pas les brûlures gâcher vos plaisirs estivaux. Soyez prudents lorsque vous êtes au soleil, près d'un barbecue ou d'un feu de camp. Prenez les précautions nécessaires pour passer un bel été en sécurité.

Pour de plus amples renseignements relatifs au secourisme, communiquez avec le bureau de l'Ambulance Saint-Jean de votre localité.

LE SAVIEZ-VOUS...?



Pêcheurs, sachez surgeler

«Rien de meilleur que le poisson frais», d'accord? Eh bien! pas si l'on en croit un groupe de dégustateurs américains qui ont coté la morue surgelée plus haut que la morue «fraîche» pour sa saveur, sa texture et son acceptabilité générale. Pas étonnant: le poisson surgelé est traité moins de quatre heures après sa capture; quant au poisson frais, sa capture peut dater de dix jours. En outre, le poisson surgelé peut cuire deux fois moins cher. Alors, puisque les experts en nutrition conseillent de manger plus de poisson, il n'y a plus de raison d'hésiter!

STONES

From Chaplain (P) Kling
John 8:46-59

The people have trouble with Jesus, particularly when he says, "If anyone keeps my word, he will never taste death. What about Abraham? He died. What about the prophets, they died. Was Jesus greater than they? Jesus said to them that he even preceded Abraham, that was more than they could take. They took up rocks to throw at him and caused him to hide and then flee.

This episode is the second such occasion in the eighth chapter of John when the people were about to stone someone. The first was when they accused a woman of adultery. In each case they were prohibited from accomplishing what they intended to do. With the woman, Jesus simply said, "Let the one who is without sin among you be the first to throw a stone at her." (vs 7) In the latter instance he himself escaped.

A friend of mine is a rock polisher. Wherever he goes he collects rocks. When he has a goodly assortment he sets out his tumbler and fills the cylinder with these mementos, adds grit and water, and turns it on. After some days he will check the grit to see the progress. If it is time, he will drain off the old grit, add a medium type, and pour in the proper amount of water, and on it goes again. More days pass until the mixture is checked a third time. If

the surface is ready it is time to polish the stones. Notice how he differentiates between rocks and stones. To him rocks are to throw, stones are to polish.

At any rate he adds a fine polishing powder to the cylinder, and now it is time for the rocks to become polished stones. It is amazing what emerges. There are deeply colored veins, each stone producing its own unique beauty and identity. He can tell the geological formation and the different strata that caused the various designs the stone now reveals. When it was just a rock, all those data lay hidden beneath its nondescript crust. In the case of these stones, it took my friend first to care enough to collect them. Then he patiently tended them as he varied the mixtures in the grinding process. Finally came the crucial step when the rock was ready to become a beautiful stone. As the butterfly sheds its cocoon and enters the world a second time now colorfully adorned, so also these stones were there - much more than the rocks my friend found lying along side the road. I thought to myself, How often do we throw rocks rather than polish stones! It is often easier to judge someone on the spur of the moment than it is to take time and let that person's true beauty emerge. My friend knew just how much to add, but sometimes what we say rubs people the wrong way. If we took more time to learn

their likes and dislikes we would know what it takes to enhance rather than diminish their beauty.

It is often amazing what treasures there are beneath the surface. Everyone has a story. As with the stones, some take longer to emerge than others. Some people have rough surfaces for very good reasons. They have lacked the care to polish their fine edges, and, on what beauty breaks through that hard crust when for a time someone cares enough to listen! It is as though the pieces fall together and life is no longer so puzzling.

Rather than judging others prematurely or causing them to flee from the prospect of having rocks thrown at them, it would seem better if we were to concentrate on polishing stones.

Polished stones will always have more beauty than thrown rocks.

PRAYER

Heavenly Father, this is the day which you have made. We will rejoice and be glad in it. Deliver us from those burdens that weigh heavily upon us. Give us this day the rest that will enable us throughout the week to serve you more faithfully. Open our ears to hear your word proclaimed and let our mouths sing you praises. May our hearts be glad in the service to which Christ calls us, and may all that we do praise your holy name.

HOME SECURITY GUIDELINES

The onset of the summer season and its collection of enjoyable activities also marks the beginning of a far less enjoyable period. During the summer months thefts, vandalism, break and enters and other such property crimes increase dramatically. The following guidelines offer a brief checklist to assist military members.

1. Compile, and keep in a safe place, a list of all valuable assets (bikes, jewellery, power tools etc). Include makes, models and serial numbers. Many people take photographs or video tapes of these items for further identification. A detailed description is necessary for an insurance claim.
2. Clearly mark all valuable items with a permanent engraver, or other such marker, with your name, address and phone number.
3. NEVER leave your residence unlocked. Thieves often enter the front door while the occupants are relaxing in the back yard. Do not leave spare keys in obvious places such as the mailbox, under a door mat or on a door ledge.
4. Never permit access to your home unless proper ID has been established. ALL visitors should be escorted at ALL times.
5. Get to know your neigh-

bours and help one another out. If you will be gone for several days ensure that a friend or neighbour has keys and will help establish a "lived-in" look to your house. This can be accomplished by ensuring all mail is picked up daily, the lawn is mowed and lights, radios, TV etc are turned on. If living in PMQ's, inform the Military Police Section of the duration of your absence and the name of the person watching your house.

6. Store small, easily portable items (such as power tools) in your house. Never leave them in a shed or garage.
7. Items such as barbecues, bikes or lawnmowers should be stored out of sight within a shed or garage AND locked while within. Most thefts of these types of items occur because they were left unattended in the back yard.
8. DO NOT leave anything valuable in your vehicle.
9. Be vigilant. Establish an evening routine of checking your yard to ensure everything is securely locked up.
10. Leave exterior lights on. Many people have equipped their residences with flood lights activated by movement.
11. Other security devices such as locks, car alarms etc can be purchased at reasonable prices.

Some people use a simple baby monitor in their garages at night.

12. Be nosy. Ask questions of people in the vicinity who you don't know. Record licence numbers and physical descriptions of people and vehicles.
13. Report ALL thefts or suspicious activity to police immediately. Be prepared to give as much information as possible.
14. Ensure police and other

emergency numbers are handy.

Thieves are opportunists, preferring easy and quick "targets". No security measure is absolute. However, by making your property difficult to access with a few simple procedures, you can encourage the thieves to go elsewhere.

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PRESENTATIONS



LCol T.A. Bailey, W Admin O, presented OCdt R.P. Sloan with his commission as a Second Lieutenant in the Health Care Administration Branch (HCA.) Second Lieutenant Sloan was then immediately promoted to Lieutenant with his seniority back dated to 1 May 1994. Lieutenant was commissioned under the University Training Plan Non Commissioned Member program.



LCol T.A. Bailey, W Admin O, presented OCdt D.E. Deplanche with his commission as a Second Lieutenant in the Air Force as an Aeronautical Engineering officer. Second Lieutenant Deplanche was then immediately promoted to Lieutenant effective 1 May 1994. Lieutenant Deplanche was commissioned under the University Training Plan Non Commissioned Member program.



LCol T.A. Bailey, W Admin O, presents OCdt R.A. Howard with her commission as a Second Lieutenant in the Physical Education Branch. Second Lieutenant Howard was then immediately promoted to Lieutenant with her seniority back dated to 15 December 1993. Lieutenant Howard was commissioned under the University Training Plan Non Commissioned Member program.



Col Proulx, former Wing Commander 17 Wing, presented Maj Rod McDonald, EA to DComd Air Command, with a Wing Commendation for his excellent leadership and organization of the D-Day Minus 3 Canuck Barbecue on 3 June 1994. Maj McDonald is also on the Winnipeg Military Community Association.



Col Proulx, former Wing Commander 17 Wing, presented LCol J.P. Chevrier the WHIP (Wing Implementation Plan) Coordinator with a Wing Commander's Commendation for his work on the Wing restructuring in preparation for the arrival of 435 Squadron from Edmonton.



LCol T.A. Bailey, W Admin O, presented OCdt G.B. Thornhill with his commission as a Second Lieutenant in the Military Engineering Branch. Second Lieutenant Thornhill was commissioned under the University Training Plan Non Commissioned Member program.



Acting WComd, LCol Leclerc, presented MWO C.R. Roy, Customer Services Officer of W Supply, with his first clasp to his CF Decoration in recognition of 22 years of meritorious service.



Acting Wing Commander, LCol Leclerc, presented MCpl J.J.A. LeBlanc of Fire Prevention with the first clasp to his Canadian Forces Decoration in recognition of 22 years of meritorious service.



Acting Wing Commander, LCol Leclerc, presented MWO C.R. Roy, Customer Services Officer of Wing Supply with the SSM.



Acting Wing Commander, LCol Leclerc, presented Sgt D.J.R. of Wing Comptroller with the first clasp to his Canadian Forces Decoration in recognition of 22 years of meritorious service.



Acting Wing Commander, LCol Leclerc, presented Georgina A. of Wing Comptroller with a certificate recognizing 20 years of meritorious service to the Canadian Armed Forces



Col Proulx, former W Comd 17 Wing, presented Maj Thingvold of 17 Wing CE with a Chief of Staff Training and Reserves commendation on behalf of BGen R.W. Slaughter, Chief of Staff Training and Reserves, for the excellent work that the staff of the CE Sqn have done in the renovations of 16 Hangar, Bldg 63 and the Rec Centre.

Soundbites

By Lt(N) Michael Sebastian

Smashing Pumpkins - Siamese Dreams (Virgin/EMI) **** Disarming. Finally, a band with an attitude, a singer with a distinctive, snarling, cynical voice and songs meant to be played loud to irritate your parents or neighbours. The question is not whether or not this could become a classic, but whether or not the Pumpkins will be able to keep it up on their follow-up album.

"Disarm" is all over radio and television and alone is worth the price of admission. If you have teenagers, it's what they should be playing right now.

Alice Cooper - The Last Temptation (Epic/Sony) **** 1/2 We're not worthy! Alice is back and the King of Shock Rock is as bad as ever. Alice writes (with Soundgarden's Chris Cornell) and sings about real world temptations and nightmares - drugs, AIDS, gangs. His inspiration? CNN. Ten excellent tracks amplified by Alice's quintessential killer rock style. Listen for "Unholy War" and "Lost in America". A return to classic Alice and after 25 years in the biz, Alice knows of what he speaks. Welcome back to Alice's nightmare. Poor guy.

Canadian Spotlight: The Rankin Family - North Country (EMI) **** 1/2 Angelic. Cape Breton's First Family returns with a magical mix of Celtic-flavoured original and traditional songs. Sisters Raylene, Cookie and Heather possess celestial, uplifting voices - voices with the power to send chills up your spine - highlights include "Rise Again", "North Country" and the traditional lovesong "Oich U Agus H Iuraibh Eile". Now on tour, see them if you have the chance - you won't forget it. They're Canadian. Be proud. Pure magic.

Booker T & the M.G.'s - That's The Way It Should Be (Columbia/Sony) *** 1/2 Cool. Very cool. The perfect antidote to a hot, humid summer's night with no air conditioner. Turn it on, sit in front of the fan and let the coolness wash over you. The band features Steve Cropper and Donald "Duck" Dunn, former members of The Blues Brothers Band. Includes "I Still Haven't Found What I'm Looking For" and Dylan's "Gotta Serve Somebody". Find out why Neil Young says that this music will live forever - the way it should be.

The Monks of Santo Domingo - Canto Gregonano (EMI) **** Mesmerizing. Soothing. Listen to this when you get home from a hard day's work and let your troubles drift away. Hey, these guys have been seeking solace this way for hundreds of years so why shouldn't it work for you? An international best-

seller, spurred on by the success of Enigma's first album So successful is this album, that everyone will soon be on the chantwagon, even The Beastie Boys - you'll see. Guaranteed cure for the worst insomnia or stress burn-out. Tres latinesque.

Deacon Blue - Our Town, The Greatest Hits (Columbia/Sony) **** Roots rock. Greatest hits package of this Glasgow-based band which has had huge success, especially in the U.K. Their second album featuring "Real Gone Kid", "Wages Day" & "Love and Regret" (included) entered the U.K. charts at #1 in 1989, displacing Madonna's Like a Prayer. Their third album entered the charts in 1991 at #2 featuring "Cover From the Sky" and "Twist & Shout" (included). Intense emotion, echoing a working-class ethic. An excellent discovery.

Crowded House - Together Alone (EMI) **** 1/2 Dark. The title says it all. According to band leader Neil Finn, Together Alone was recorded at the end of the earth on a desolate beach in Kare, Kare, New Zealand. Perhaps this explains the presiding melancholy of the album. On this, Crowded House's fourth album, the band has departed from its usual upbeat, playful sound in search of the contemplative and darker sides of life - which works best on "Black and White Boy". Opener "Kare Kare" sets the tone. Ethereally, eerily beautiful.

Roxette - Crash! Boom! Bang! (EMI) *** 1/2 Summer fun. As "Sleeping In My Car" races up the charts, the fifth Roxette album will likely be another monster hit for the heirs to Sweden's musical throne. Power pop doesn't get much better than the infectious "Sleeping In My Car" and "Harleys & Indians". Plenty of ballads too - as a matter of fact the album seems to be dominated by well-crafted and polished pop ballads. Good, clean, infectious fun.



SOUNDBITES: Motherland-Peace For Me (50/50/Sony) *** Jason Bonham's new hardrock band. Loud. **Ten City-That Was Then, This Is Now (Sony) ***** 1/2 Great vocals by this soul/dance group. G. **Love & Special Sauce-Self-titled (Epic) ***** Blues+Rap = Ragmop. Original & interesting. **Rating Guide: ****** Classic, *** Excellent, ** Good, * Fair, * Poor.

PERSONAL CLASSIFIEDS

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Experienced babysitter available, non-smoker, prefer children 18 month and older, located on Braintree Cres. near the school. Call Kelly at 888-7342.

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Charleswood Duplex - private sale - 3 bdrm plus one in lower level, 1,000 sq.ft., C/A, remodelled kitchen and bathroom, large family room w/wood burning stove, tool room & laundryroom, fully carpeted, window coverings, fenced yard with patio and vegetable garden, 2 car parking. Asking \$77,000. Contact Lyn Book 831-1162(H) or 984-6213(W)

Private sale: Winnipeg, must be seen, immaculate, airy 3 bdrm, 2 bath executive bi-level w/cathedral ceilings, pie-shaped lot w/mature trees, close to North Base, schools & shopping. \$113,900.00. Phone (204) 832-7687.

Private sale in Charleswood, newer custom build, 1200 sq. ft., 3 bdrm Bung, 15 min. from base. Low \$90's. Phone 895-4064.

Private sale 3 bdrm home, finished rec room w/fireplace, 3 pce bath, laundry room, C/A, 2 car garage & shed, 2 large apple trees, fenced in backyard, close to base & schools. By appt only 888-4754.

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Westwood, Luxury Townhouse Condo, newly renvo, white kitchen, main bath & powder room, livingroom, diningroom, 3 bdrm, fin rec room, C/A, parking for 2 cars, nice patio, great location for family, near schools, library, bus, etc. \$115,000.00. Phone 837-2021.

Fort Garry, 3 bdrm side split, new carpet & flooring, C/A, C/Vac, 2 full baths, fab rec room, with 13 ft. ceiling, double det garage. \$108,000.00 Phone 261-4395.

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China cabinet \$150.00, antique buffet \$150.00. Call 832-1755.

Volvo Trailer Hitch (fits 240 models), like new, new costs \$200.00, asking \$75.00. AC/GM Diagnostic Tune-up Centre (for tune-ups on older cars), professional garage model, \$300.00 OBO. 2 BMW 14" rims, \$10.00 each. Call 833-5884(W) or 837-4487(H).

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Canon EOS 10s 35mm SLR camera outfit, includes 28-70mm AF lens & camera bag. Asking \$350.00. Call 888-8278.

Wedding dress for sale, size 13, sequinned bodice, straight skirt with detachable train, tiara veil & size 8 white satin shoes, \$650.00. Phone 334-9693 or loc 5764.

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10'x11' Wooden Shed, exc. cond., avail 8 Aug, can be used as workshop or storage, painted 2 yrs ago, work bench & small electric exhaust fan incl. Sits on 4x4 posts, easily relocated. Asking \$300.00 (new \$500.00). Phone 888-5150 (H) or 833-5117 (W).

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MISC FOR SALE

dishes, dishes - German, wine & beer glasses, 8 lge & 8 sm plates, 1 salad bowl, 8 cups & saucers in honey brown stoneware, exc. cond, best offers. Call 488-1187.

Canoe, Clipper, prospector, fibreglass, 16 ft, 72 lbs, 2 wooden paddles & 2 life jackets, \$850.00 OBO. Call 488-1187.

10 pce Solid Maple Dining Room Suite \$1,750.00, York Stepper/Alpine climber \$45.00, solid wood student desk \$40.00, exercise bike \$20.00. Phone 482-5268.

From 1988 Firebird, Cragar SS steel mags, front tires - Bridgestone P235-60 HR15, rear tires - P245-60 HR15, \$800.00 OBO. Call Ross Kellett, loc 6597 or 832-8218.

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VEHICLES

89 Jeep Cherokee, 4x4, 4L, 6 cyl, 5 spd, std, 112,000 km, \$9,800.00 OBO. Phone 488-1187.

1971 Pontiac Lemans Sport, orange, 350 CID, Holley 4 barrel carb, Keystone Classic mags, Eagle STS tires, dual exhaust, buckets & console, AM/FM/CD, 300 watt amp, 6x9" Pioneer 4 way speakers, car alarm. Asking \$3,950.00. Call Paul 864-2591.

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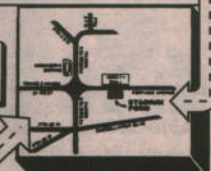
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