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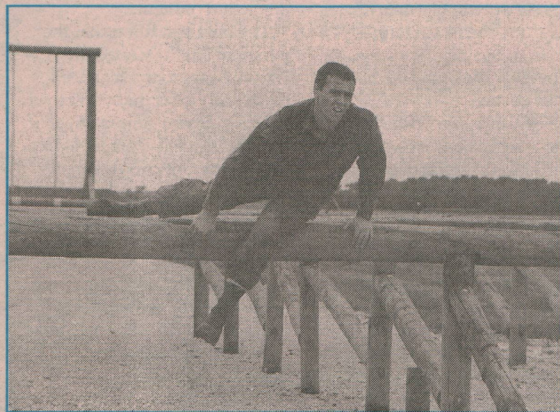
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17 Wing Winnipeg / 17e Escadre Winnipeg

SEPTEMBER 7, 1994 / FREE

THUNDERBIRD CHALLENGE '94



Cpl Maltais of 5 Wing Goose Bay shows his form jumping over wet poles during the Obstacle Course event at Thunderbird Challenge 1994, held at 17 Wing Winnipeg. (Photo by MCpl JDR Beaudoin, 17 Wing)



Cpl Rod Flowers of 17 Wing SAMP, pulls his body through one of the obstacles during the individual Obstacle Course event at Thunderbird Challenge 1994. Flowers and his Winnipeg teammates competed against teams from Air Force Wings across Canada during the competition held at 17 Wing from 22-25 August 1994. (Photo by MCpl JDR Beaudoin, 17 Wing)

NO PAIN NO GAIN

By Capt Neil Kinley
(17 Wing WPAFFO)

"Anyone who came here thinking the obstacle course would be the only challenge had another thing coming," said Cpl Darren Murphy of 18 Wing Edmonton. "The rifle competition was deadly!"

Murphy, out of breath and his combats soaked from sweat and the mornings rain, had just finished representing his Wing in the individual obstacle course event on the final day of Thunderbird Challenge 1994. The Thunderbird Challenge, held at 17 Wing Winnipeg from 22-25 August 1994, brings

the top Military Police from Air Command bases together in fierce but friendly competition.

The Thunderbird Challenge is a multi-event competition, measuring physical fitness, teamwork, and shooting skills. It involves a team obstacle course event, a combat rifle competition, a handgun competition, and an individual obstacle course event. Each of the wings sent a four man team to compete for top cop honours.

The rifle competition involved teams moving from firing point to firing point in full combat gear. At each point targets are exposed at varied locations, distances and for limited lengths of time.

The rifle competition may have been exhausting, but the obstacle course was no picnic either. "It was tough and very demanding," said Murphy, who was the top cop in this individual event. "The weather was a factor too. Everything was really wet. I slipped on one of the obstacles and had a really tough time getting back up."

Murphy's team from 18 Wing also won the team

Obstacle Course event, edging out 17 Wing Winnipeg.

"Teamwork was essential," said Murphy. "This competition showed how important working as a team is, to being successful."

The competition was established to help prepare Canada's military police for deployment to the world's trouble spots, where they would provide airfield security and policing for Canadian Forces aircraft and crews.

It also provides the opportunity to pick the top cops of the Air Force. From this competition a team will be selected to represent Canada's Air Force at the Peacekeeper

Challenge in late September at Kirtland Air Force Base, Albuquerque, New Mexico. Air Command will send a security team to New Mexico to test their skills against teams from the United States Air Force, the Royal Air Force and the Royal Australian Air Force. This gives something extra for the Thunderbird participants to strive for.

"Peacekeeper was an outstanding experience," said Capt Cletus Cheng of 4 Wing Cold Lake, and a member of last years Air Command team. "It is an excellent proving ground. Last year we came 8th out of 16, proving that we have the capability and flexibility to

TROPHY WINNERS

TEAM PHYSICAL FITNESS (OBSTACLE COURSE):

1st - 18 Wing Edmonton
2nd - 17 Wing Winnipeg
3rd - 8 Wing Trenton

COMBAT RIFLE:

1st - 17 Wing Winnipeg
2nd - 12 Wing Shearwater
3rd - 18 Wing Edmonton

HANDGUN:

1st - 22 Wing North Bay
2nd - 12 Wing Shearwater
3rd - 19 Wing Comox

SECURITAS CHALLENGE (INDIVIDUAL OBSTACLE):

1st - Cpl Murphy
18 Wing Edmonton
2nd - Cpl Kelly
14 Wing Greenwood
3rd - Lt Delaney
12 Wing Shearwater

TOP GUN:

1st - Lt Delaney
12 Wing Shearwater
2nd - Capt Cheng
4 Wing Cold Lake
3rd - Sgt Molloy
5 Wing Goose Bay

LEADERSHIP:

Sgt Horwood 9 Wing Gander

ESPRIT DE CORPS:

19 Wing Comox

CONGRATULATIONS TO ALL THE COMPETITORS!

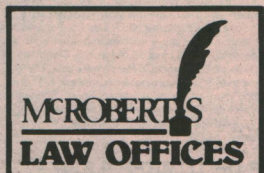
take on new challenges and be employed in nontraditional roles."

As for the Thunderbird Challenge, "this is an excellent test for an MP in the air environment," says Cheng, who finished second overall in the individual category. "The competition is tremendous. To see these guys giving their all, giving their last gasp of energy, brings a lump to my throat."

Comraderie was a big part of
Continued on page 3

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FOOTBALL FEVER

By 2Lt Michael Black

The Winnipeg Blue Bombers are racking up the points and are spreading a little CFL 'football fever' in the city again this season.

In addition to all of the other special activities that the team has planned, they also want to offer a special thank you to the Canadian Armed Forces and 17 Wing for their service to Canada and to the city. Since what they do best is to play football, the team has decided to invite all of extended family in the city to a special game on September 23 which they have designated as an Air Force Heritage night.

The game on the 23rd will see Winnipeg suit up against one of the strongest teams in the west, the B.C. Lions. With two great teams like these, it should be a very exciting game.

The game starts at 7:30 p.m., but the fun kicks off at 5:00



p.m. with a pre-game tail gate party and barbecue on the practice field at the south end of the stadium. Admission to the barbecue is included in the cost of the tickets and there will be hot dogs and drinks available for a nominal fee.

As part of their way of saying thank you, the Winnipeg Blue Bombers have decided to keep the prices for the tickets to this special game the same as last year. That

means it will only cost you \$10 per adult, \$5 per child under the age of 16, or \$30 for a family pack. A family pack includes tickets for two adults and tickets for up to six children under the age of 16. These special prices are only available to the military personnel in the city, the civilian employees of the base and their families.

The seats that the Bombers are setting aside for their military guests are some of the best seats in the stadium. They will be in sections B and X, with A and Y being used as the overflow if we buy out all of the first two sections.

There are unit reps in every section so please see them for tickets before 9 September 1994. Tickets will be ordered on the 9th and will be distributed to the section ticket sales coordinator on the 12th. Lets take advantage of these prices and fill those stands. Lets go Bombers...

Call a Peacekeeper



By 2Lt Michael Black

If you have ever wanted to talk to one of our valiant Canadian peacekeepers or one of our service personnel on NATO duty in Germany, Belgium, the Netherlands, Croatia, Bosnia, Rwanda, or wherever they may be, now is your chance...

The Canadian Forces Network in conjunction with Radio Canada International has set up a 1-800 number for the families and friends of our Canadian peacekeepers. The number is 1-800-216-3443. Messages will be broadcast daily on "Report to Peacekeepers," heard daily on shortwave radio and satellite.

You can call this number anytime a day, seven days a week, and can leave a message of up to three minutes. There is also no limit on the number of times that you can call the service to leave a personalized message for your special friend, or simply to encourage all of our peacekeepers in general.

I am certain that our soldiers, sailors and airmen serving overseas would be

very happy to know that people are thinking of them. It does not matter whether you want to tell them that the baby has finally arrived, that you miss them, or simply that you are proud of them...

The only condition that the personnel at the Canadian Forces Network have placed on the service is that you be specific - if you simply say that your message is from Gail, five or six different people might assume that it is for them. Callers should identify the name of the person that the message is intended for, including their unit name and where the unit is stationed, and who the message is from.

So start calling... Our peacekeepers would love to hear from you.

For more information

Please call Keith Randall, Manager Canadian Forces Programming, Radio Canada International, Montreal at (514) 597-7879; FAX (514) 597-7893. The Canadian Force Network can also be reached by mail at P.O. Box 6000, Montreal, Quebec, H3C 3A8.

4077 MASH COMES TO WINNIPEG

By 2Lt Michael Black

The Big Brothers Association of Winnipeg is celebrating its 25th Anniversary of service to the community with a M*A*S*H* 4077 charity dinner and auction on Saturday, 1 October 1994 in CFB Winnipeg's Building 21.

This is a fund-raising event that is designed to be fun for everyone - no more boring old speeches, with the same chicken dinner that they served at the last five charity banquets. Instead, participants are encouraged to wear their favourite M*A*S*H outfit for a typical supper in the old mess tent and for dancing to the sounds of the Air Command Band.

Following dinner in the mess hall, there will be three different kinds of draws and auctions for everyone's enjoyment. First there will be a 'Silent' auction with participants submitting sealed bids on specific items. There

will also be a 'Rainbow' draw with tickets being sold by the armlength on a second set of prizes.

The evening will culminate in a 'live' auction with a professional auctioneer. The auction will feature authentic Hollywood memorabilia from the cast and set of television's famous M*A*S*H* 4077th. In addition to the Hollywood souvenirs, several other great prizes will also be available for purchase or to win during the course of the evening:

- Island paradise weekend at Lake of the Woods, Kenora;
- Autographed sports items;
- A romantic weekend getaway;
- Gift certificates; and
- Other great prizes.

Tickets for your trip to "Korea" and M*A*S*H* 4077th will be \$60.00 (with a \$50.00 tax receipt) per person. So come on out and celebrate Big Brothers' twenty-five years in Winnipeg.

Doors open at 5:50 p.m. and dinner will be served at 6:30 p.m.

For more information or for tickets, call Cheryl at the Big Brothers office at 988-9204.

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Managing Editor/Directeur-Gérant	-Capt Tom Walls	-833-5547
Production Editor/Production	-	-
Financial Co-ordinator	-	-
Business Manager	-WO C.I. Karpenic	-833-5230
Accountant/Comptable	-Pte Wendy Chase	-833-5084
Office Manager	-Maureen Walls	-889-3963
Production Assistant	-Louise Guenette	-889-3963
Production Assistant	-Cathie Dowler	-889-3963
Volunteer	-Sgt Bill Sproul	-889-3963
Advertising/Publicité	-Mr. Jim Holland	-832-0115

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THUNDERBIRD CHALLENGE '94

Continued from page 1

the competition. Teams pulled together and cheered on their mates. At the finish line of the obstacle course, each competitor was met by his team, congratulated on their effort, and often physically helped until some of their strength had returned.

"When you reach the final corner you need to hear the screaming and noise to help bring you home. My body had left me and I had nothing left, but all the noise gave me enough to finish," said Murphy.

"The teams made sure they had fun to go with all the hard work," said Sgt Kim Marshall, the 17 Wing SAMP Thunderbird coordinator.

The team from 12 Wing Shearwater dressed in kilts and brought their own piper, while 19 Wing Comox rented a limo to drop them off at the St. Charles Range, the site of the competition. Just one day after the Rolling Stones Winnipeg concert, the team was heard to thank "Mick" for the ride.

The St. Charles Range, located just west of Winnipeg, required some major work before the competition, including the construction of the obstacle course. The course was constructed to the same specifications as the course at Albuquerque.

"All 21 sites were finished completely on August 17, with

just a few days to spare," said Marshall. He oversaw construction from the MP perspective and was very pleased with the finished work.

"The end result is that we will now be the permanent home of the Thunderbird Challenge," said Marshall. "Who knows, maybe we'll see MPs from all three elements competing here sometime."

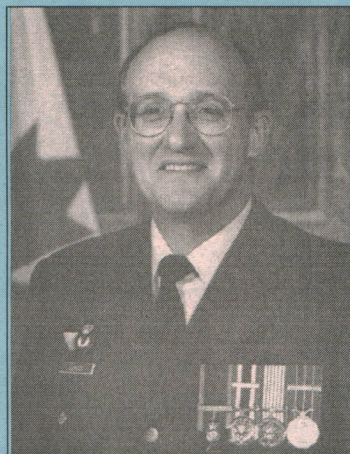
The visiting teams were impressed with the effort by 17 Wing. "The people, facilities and rooms were excellent," said Edmonton's Murphy. "We're used to Wainwright, so this is like Club Med."

Cheng agreed, adding that "the support from Sgt Marshall and Capt (Mike) Taylor was top-notch."

"A lot of lessons were learned this year," said Marshall. "This was our first opportunity to hold an event at this level and we will make improvements where they are needed for next year's competition. This is history, we start planning for 1995 tomorrow."

The gruelling work isn't over for all the MPs who came to Winnipeg. Many were looking forward to more hard training. "I hope to be on the Peacekeeper team this year," Murphy said, knowing that many of his fellow MPs share the same goal.

17 WING GETS NEW WING CHIEF



CWO Ray Elphick assumed the duties of Wing Chief Warrant Officer in July from CWO Bob Scott. He comes to 17 Wing from the Junior Leaders School at 18 Wing Detachment Penhold. (Photo by Cpl Ken Allan, 17 Wing)

By Capt Neil Kinley (WPAFFO)

A busy posting season has seen 17 Wing get a new Wing Commander, new COs and Commandants for most of the units, and a new Wing Chief Warrant Officer. CWO Ray Elphick replaces CWO Bob Scott, who is retiring from the CF after 34 years of service.

CWO Elphick comes to 17 Wing from 18 Wing Detachment Penhold, where he was the School Chief Warrant Officer for the Junior Leader School, and the Detachment Chief Warrant Officer.

Originally from Cranbrook,

B.C., he joined the RCAF in 1964 and completed the ATC Assistants Course at RCAF Station Borden. His career has included postings to 1 Wing in Marville, France, 1 Wing in Lahr, Germany, and 19 Wing Comox.

After promotion to Sergeant, CWO Elphick completed a year of French language training in Ottawa before being posted to 3 Wing Bagotville. He also instructed at the Canadian Forces School of Air Traffic Control in Cornwall, Ont., and as a MWO was the first Non-Commissioned tower controller to qualify at 8 Wing Trenton.

In 1988 he was Promoted to

CWO and posted to Winnipeg to work at Air Command Headquarters as a Staff Officer with Air Traffic Control Standards and Evaluations. Following three years in Winnipeg he headed west to Penhold.

As well, in May of 1993, CWO Elphick was inducted into the Order of Military Merit, receiving the MMM.

CWO Elphick assumed the duties of Wing Chief at 17 Wing in July. He and his wife Suzanne have two daughters, Corrine, attending Lakeland College in Vermillion, Alta., and Kim attending the University of Winnipeg.

Welcome to CWO and Mrs Elphick!

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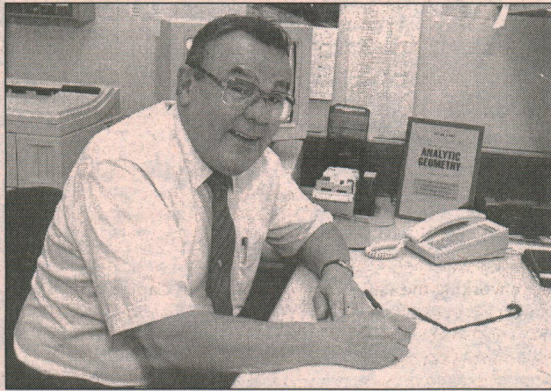
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Personnel Profile - CFSAS

Mr. Don Sparks

Mr. Don Sparks is the CFSAS Training Coordinator for the Aerospace Systems Course (ASC). A graduate of ASC 22 in 1970, Don began teaching his fifteenth course this year when ASC 47 commenced 22 Aug 1994. His duties include daily course scheduling for the ASC, planning and coordinating ASC tours to aerospace industries, and instructing calculus and physics. Mr Sparks' overseas ASC tours have included trips to industries in the United States, an unprecedented tour in the Czech Republic in 1992, and industry visits to France, Great Britain, Germany, and the Netherlands. Since ASC graduates occupy positions associated with aerospace



equipment procurement after completing the ten month course, Don strives to expose students to as many Canadian and foreign military systems as possible.

Mr Sparks joined the civil service after retiring from the Canadian Forces as a major in

1990. He was a pilot with nearly 4,000 hours in a variety of aircraft including the CF-100, Voodoo, and Argus. A native of southern Ontario, Mr Sparks avidly enjoys model railroading in his spare time. He has three children and two grandchildren.

FOCUS ON TRAINING SYSTEM:

CHANGES TO TRAINING SYSTEM ANNOUNCED

On July 29, the Vice Chief of the Defence Staff announced two significant changes which will impact on the Canadian Forces Training System. The first dealt with the move of the CFTS Headquarters from Canadian Forces Base Trenton to Canadian Forces Base Borden. The move, which is in keeping with the Canadian Forces requirement to consolidate services and save resources, will co-locate the Headquarters with eleven of its schools and units at Canadian Forces Base Borden.

The move of the Headquarters will result in the blending of the Base staff at Borden and the Headquarters staff. The fall of 1995 is the completion date for the relocation. Questions regarding Base personnel, such as how many military and civilian personnel will be affected in Trenton and Borden, have not been answered but are currently under study. These changes will result in a more effective organization that is focused on recruiting, training, education and professional development and the support of those activities.

The eleven Training System schools and units located at CFB Borden are: Canadian Forces Dental Services School, Canadian Forces School of Intelligence and Security, Canadian Forces School of Physical Education and Recreation, Canadian Forces

Nuclear, Biological and Chemical School, Canadian Forces Academy of Leadership and Languages, Canadian Forces Medical Services School, Canadian Forces School of Electrical and Mechanical Engineering, Canadian Forces Fire Academy, Canadian Forces Chaplain School and Centre, Canadian Forces School of Administration and Logistics, and the Canadian Forces Training Development Centre

The second announcement was that Canadian Forces Base Kingston is to be transferred to the command of Land Force Command by 1 April 1995. The transfer, which will not include the Canadian Forces School of Communications and Electronics, may take place before that date subject to a timetable to be jointly developed by CFTS and LFC HQ Staffs.

Canadian Forces Training System is responsible for the selection, recruitment and designated individual training of Department of National Defence personnel. Canadian Forces Training System supports the operational capability of the Canadian Forces by preparing military and civilian personnel for leadership, technical, administrative and managerial challenges that they will face in their current and future areas of employment.

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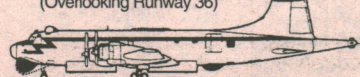
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 The show will be held at the Fort Rouge Leisure Centre, 625 Osborne St. Winnipeg. It is open to the public on Sat. Sept. 10th, 10 AM to 5 PM and Sun. 11th, 10 AM to 4 PM. Admission is \$3.00 for Adults. Children aged 12 & under are free when accompanied by an adult.

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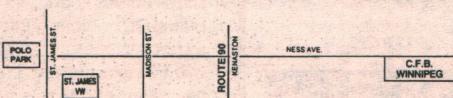
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CFANS Update

By Capt Moore

The summer of 1994 has been a busy one for the Gonzos, and we have had ample opportunity to show them off at various airshows across the country. Since the CT-142 is one of the newest aircraft in the CF fleet, the public are often quite unfamiliar with it. Thus, when we are working the static display, we must often be ready to answer a wide variety of questions. The most common usually include:
 "What's in the nose?",
 "Is this the replacement for the Aurora?", or
 "Where are you based out of?"

Of course, we also get some unique questions as well. Some of the more interesting ones have been:

"How many miles do you get to the gallon?",
 "Did you put the wheels on just to come down here?"

(usually asked in the Southern U.S., where some of the less worldly assume we land on skis 12 months of the year), and

"Excuse me, can you tell me which way to the F18?"

All kidding aside, however, the airshows have proven to be rewarding for both the participants and the public, and it has been one of the more enjoyable duties for the staff here at CFANS.

There have been a lot of new faces around the school over the last month, as the second NIC (Navigation Instructor Course) has been running. We would like to welcome all of

the new instructors (and flight commanders) to the school, and congratulate them on enduring the "joys" of sitting in a classroom all month.

With the posting season wrapping up, and many of our more "seasoned" instructors departing, the school has seen a turnover in the Standards Section. While maritime students can anticipate smooth sailing with Capt Doug "Mr. Nice Guy" Lawrie, Brad "Monkey Boy" Coates and Rich "Twinkle-Toes" Hone, transport students are not quite so lucky. Apparently, Capt "Slasher" Crosier requested a larger desk as he moved into the new section, in order to accommodate his large collection of red pens and UPRs. And speaking of the "Slasher",

"Excuse me, can you tell me which way to the F18?"

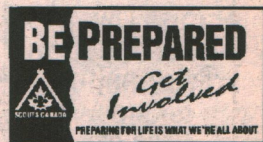
it would now seem apparent that legible writing is no longer a prerequisite of becoming a standards officer. As long as they can't read it, they can't argue with it, right Brian?

With the arrival of 435 Squadron and all associated personnel, there are rumours that some of the parking spots to which CFANS has claim may be lost. This could pose somewhat of a problem however, as many of the instructor's cars may have to be towed from their positions (not because we refuse to move them, but rather, because they are no longer road worthy). The oil deposits in Capt



Bergsma's spot alone are enough to make any Middle Eastern sheik homesick. And riding around in the back of Capt Roy's "staff car" has become somewhat of a tradition on Friday afternoons (it just wouldn't be the same if we had to walk over to Club 90). Needless to say, it will be a sad day if the parking lot in front of BLDG 84 loses some of its finer "relics".

On a final note, CFANS would like to say "Congratulations!" to Course 9307 as they prepare for graduation and their first operational tours. While none of them were fortunate enough to enter the world of ATG, they should nevertheless enjoy great challenges and experiences as maritime navigators. We wish them all the best.



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DOUG BROWN

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MFRC ANNOUNCEMENTS

350 Doncaster Winnipeg MB R3N 1W8 489-7003

CHILDREN'S PROGRAMS

LIPSETT HALL NURSERY SCHOOL

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.

(In addition to the monthly fees, there is an annual \$15.00 registration fee.)

MFRC BABYSITTING COURSE

The MFRC is once again offering the Manitoba Safety Council babysitting course. Participants should be 12 years of age or older. Topics include: fire safety training, basic first aid, child development, baby care and activities for children. Demonstration of practical experience will be required before issuing a certificate. The course will be held on 15 Oct from 10:00-1:00 p.m. and 22 Oct from 10:00 4:00 p.m. Fee is \$5.00. Please register by calling 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.

CREATIVE TOT SHOP

This program is held at the Lipsett Hall Nursery School on Monday afternoons from 1:30 - 3:00 p.m. starting Monday, September 12. 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 phone 833-6846.

Parenting Services -

CHILD CARE SEMINARS

FAMILY DAY CARE AS A BUSINESS

Did you know that if you provide receipts for child care, you can claim all child care-related workshops as a deduction? In this seminar you will learn how to run a child care program as a business. Find out about what deductions are allowable under the Income Tax Act for your small business.

Facilitator: Norm Dalke

Norm is an accountant and the director of his own accounting firm.

Date: Saturday, September 17, 1994

Time: 9:00 a.m. - 12:00 noon

PRE-SCHOOL DEVELOPMENT

Learn about normal behaviour and characteristics of children at different stages of their early years.

Facilitator: Mavis Lewis-Webber

Mavis is the Parent Services Coordinator at the MFRC. She has 12 years of experience in the child care field, and is the parent of two pre-school boys.

Date: Saturday, October 15, 1994

Time: 9:00 a.m. - 12:00 noon

GUIDING CHILDREN'S BEHAVIOUR

At your wit's end with the behaviour of your pre-schooler? Learn about the various methods to help your child understand the difference between right and wrong.

Facilitator: Mavis Lewis-Webber

Date: Saturday, November 5, 1994

Time: 9:00 a.m. - 12:00 noon

CREATING AN ENRICHED CHILD CARE ENVIRONMENT IN YOUR HOME

How can you enhance the learning environment for children in your home? Discover various ways of setting up your play areas, and how to use household materials for learning.

Facilitator: Mavis Lewis-Webber

Date: Saturday, November 26, 1994

Time: 9:00 a.m. - 12:00 noon

Location: All seminars will take place at 350 Doncaster Street.
Cost: There will be a \$15.00 fee for each seminar or \$50.00 for the entire series.

PLEASE REGISTER FOR THESE PROGRAMS

BY CALLING THE MFRC AT 489-7003.

NEXT VOXAIR

DEADLINE

9 SEP 94

Phone Dwight
for Certification
of Appliances
after 5:00pm
at 222-6556

WEN-DO - WOMEN'S SELF DEFENCE

Wen-Do is an assault prevention program for all women regardless of age, fitness level or physical ability. The basic 14 hour program teaches awareness, avoidance and action to assaults ranging from embarrassing to dangerous. Each session includes discussion, lecture and physical activity. The program has been designed for smaller women against larger attackers. Safety is important, women will not be thrown or hit.

The instructor, Jhesekah Wood, has been actively teaching Wen-Do since April of 1978 and has obtained her first level of Gold, Wen-Do's highest belt.

DATE: 12 Sep 94 continuing every
Monday evening until 24 Oct 94

LOCATION: Lipsett Hall

TIME: 7:00 - 9:15 p.m. COST: \$40.00



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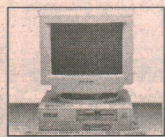
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Male Cuts	\$5.50 to \$7.00
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Haircut & Blowdry	\$20.00
with coupon	\$17.00
Ear Pierce	\$10.00

No Appointment Necessary

Hours: Mon - Wed 9 to 6
Thur - Fri 9 to 8
Sat. 8 to 5

\$200 OFF

Perm & Cut, Frost & Cut
Color & Cut

\$300 OFF

Haircut & Blowdry

BUSINESS REGISTRY

For over two years the MFRC has offered an odd jobs registry, listing people in the military community who offer a wide range of services. The Registry has proven to be an effective way of linking those who offer a service and those who need that service.

We feel the time may have come to offer a Business Registry to help link up these representatives with the community members who are interested in their products. If enough interest is shown we might also organize a Business Fair and/or arrange workshops on marketing, tax planning, or other related topics.

If you are interested in being part of this new Business Registry, please submit the following info to the MFRC at the above address:

- Name - Address - Phone
- Products/Services offered
- Company Represented
- Best time to contact
- Date of Registration



MFRC STAFF

MFRC Staff outside office at 350 Doncaster St. (L-R) (Back) Judith Lister, Don Brennan, Mavis Lewis-Webber, Wendy Richardson, Rae Rankin, Linda Belisle, Beth Rogers (Front) Val Hudson, Diane Byrne.

QUALITY OF LIFE PROGRAMS

READ CANADA

Invites youshare the fun with great kids!!!

DATE: 5 Oct 94 - continuing every Wednesday evening until 31 May 95.
LOCATION: 350 Doncaster
TIME: 6:00 - 7:00 p.m.

The Military Family Resource Centre (MFRC) will be offering a remedial reading program at our Northsite facility at 54 Bourkewood Place on Wednesday evenings from 6:00 - 7:00 p.m. This program will begin on October 5, 1994.

The program will take the form of a reading club. Each child will have a peer reading partner. The group will be facilitated by Sharon Otto who is a certified teacher and a volunteer at the MFRC.

Books for the program will come from the Winnipeg Public Library. The children will have the opportunity to choose which books they would like to read from a prepared list.

If you have children who might benefit from the reading club, please have them or a parent/ guardian contact Val Hudson, Quality of Life Co-ordinator, at the MFRC 489-7003.
*** Membership Fee \$5.00

BOOKMATES: Family Literacy

DATE: 12 Sep 94 - continuing every Monday evening until 3 Oct 94.
LOCATION: 350 Doncaster
TIME: 6:30 - 7:30 p.m.

Family Literacy offers a program designed to prepare parents of young children to encourage their child's developing literacy. The program promotes positive reading, writing and discussion activities for families, use of the local library, and the building of a

family library. The program has a workshop format - discussion combined with activities. Workshop discussion includes information on why, what, when and how to encourage literacy activities at home. The workshop series is a chance for families to exchange ideas, experiences and resources. Parents and children both attend the series of four workshops. Activities are planned for children as a group, for parents as a group, and for parents and children together.

Each family in the workshop series will receive books to add to their family library and will be able to borrow books, puzzles and games each week. There is no cost for attending the workshop series.
Reading is fun! Join Us

NUTRITION:

Low cost nutritious meal planning. A new approach to body image. Nutrition in the '90's. This workshop will be presented by Cheryl Gibbons, a home economist and dietician with the Province of Manitoba

DATE: Wednesday 28 Sep 94
LOCATION: 350 Doncaster
TIME: 6:30 - 8:30 p.m.

BUDGETING:

Learn four methods to stay within your budget and make your dollar go further. This workshop will be presented by Cheryl Gibbons, a home economist and dietician with

the Province of Manitoba
DATE: Wednesday 12 Oct 94
LOCATION: 350 Doncaster
TIME: 6:30 - 8:30 p.m.

CONSUMER AWARENESS:

Have you ever.....
... been refused a refund?
...wondered how to get your name off of direct mailing lists?
...wanted to get more for your dollar?
...bought something that broke when you tried to use it?
If you answered YES to these questions, read on....

We invite you to consider the Consumer Awareness workshop that the Consumer Education Section (Department of Consumer and Corporate Affairs) makes available to the public. These practical and activity-oriented programs will be of interest to a variety of groups.

What are your rights and responsibilities as a consumer? How do you make an effective consumer complaint? Where can consumer get help?

DATE: Wednesday 16 Nov 94
LOCATION: 350 Doncaster
TIME: 6:30 - 8:30 p.m.

PLEASE REGISTER FOR THESE PROGRAMS BY CALLING THE MFRC AT 489-7003.

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Who's Who..

Linda Belisle, Special Projects Co-ordinator

Linda's involvement with the MFRC began in 1990 as a volunteer. She served as a Board member the following year. In January 1992 she was hired for a three-month term position as Assistant to the Co-ordinator of Volunteers. Once her term ended she continued her involvement as a volunteer and casual staff. In November 1993 she was hired as the Co-ordinator of Special Projects. Linda, her husband Jeff and son Chris live in the Southsite PMQ area.



NOW PRE-SELLING!

The MFRC is now taking orders for Entertainment Treasure Chest '95 coupon books. The books will be available the week of September 6 (or pick them up at the Registration Fair on September 10). Books can be guaranteed only to those people who order and pay for their books by August 25, 1994. Order early as our supplies are limited. The cost is \$35.00 again this year.

Cheques should be made payable to the Military Family Resource Centre.

For more information, call the MFRC at 489-7003.



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Col Sharpe, WComd registers as a Base/Wing Lotto member. MFRC Executive Director, Don Brennan looks on.



LCol Bailey makes the draw June 16th at the MFRC volunteer appreciation BBQ. Maj MacDonald and Capt Neil Kinley look on while Don Brennan assists.

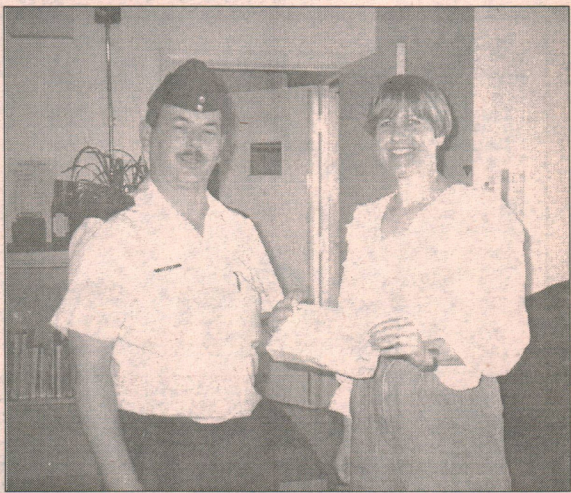
WING/ BASE LOTTO



WINNERS

Congratulations!

- 9 Jun Cpl Hykawy, 2PPCLI
- 9 Jun Cpl Madore, W Pers Admin
- 21 Jun Lt Cramer, W Pers Svc
- 21 Jun LCol Gillanders, ACHQ
- 7 Jul CWO Devlin, ACHQ Maint
- 7 Jul MCpl Dean, SAMEO
- 21 Jul Sgt Lavoie, W Trn
- 21 Jul LCol Poppow, ACHQ Surg
- 4 Aug Capt Talbot, ACHQ Maint
- 4 Aug Sgt Nielson, WCE



Sgt Kingston accepts his \$100.00 cheque from the Base/Wing Lotto draw. Congratulations!

For only \$1.00 per week you can win \$100 in the Base/Wing Lottery. Two draws are made around the Base every second Thursday. Regular Force and Class C personnel can complete a pay allotment form or pay by cheque six months or one year at a time. Class A and B personnel and civilians can pay by cheque six months or one year at a time. To join, just fill out the form below and forward to the Military Family Resource Centre, 350 Doncaster Street, Winnipeg, Mb, R3N 1W8. All proceeds from the Lottery are used exclusively for community projects. Your support is greatly appreciated.

Name _____ Rank _____

SN/NM _____

Section _____ Local _____

Date _____ Signature _____

..... I would like to complete a pay allotment form.

..... My cheque for \$26 or \$52 payable to Wing Fund

Pour seulement 1\$ chaque semaine vous pouvez gagner 100\$. Il y aura deux tirages chaque deuxième jeudi. Les membres de la Force régulière et la force de réserve en service classe C peuvent, s'ils désirent participer aux tirages, remplir une formule de délégation de solde ou faire un cheque de 26\$ couvrant une période de six mois ou un cheque de 52\$ couvrant une période d'une année. Les employés civils et les membres de la force de réserve en service classe A ou B, peuvent faire un cheque de

26\$ couvrant la même période de six mois ou un cheque de 52 couvrant une période d'une année. Pour être membre de cette loterie, prière de remplir la formule ci-dessous et l'envoyer au Centre de Ressource des Familles Militaires, 350 Doncaster Street, Winnipeg, Mb, R3N 1W8.

Tous les profits réalisés par cette loterie sont utilisés exclusivement pour des projets communautaires de la 17e Escadre. Votre support est apprécié.

Nom _____ Grade _____

SN/NM _____

Section _____ Tél _____

Date _____ Signature _____

..... Je voudrai remplir un formule de délégation de solde

..... Mon cheque de 26\$ ou 52\$ est attaché.



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Sofa and Loveseat



European pub-back design with padded arms and easy care, ultra modern look of leather. Chair also available.

\$448

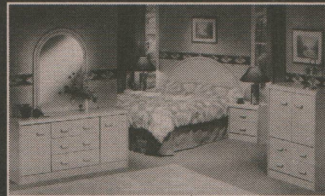
Many other living rooms in stock starting from:

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With the purchase of any Queen or King size Chiro or Pillowtop mattresses set. One coupon per purchase. First come first served. Expires 10/11/94

4 pc. Bedroom Suite - The Ivory

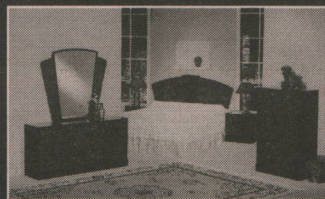


Sleek design with the look of bleached oak. Incl.: dresser, mirror, headboard & frame. Chest & nightstand also available.

\$268

UNBELIEVABLE PRICE!

4 pc. Bedroom Suite - The Ebony



Black marbleized finish set includes dresser, mirror, headboard & frame. Chest & nightstand also available.

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NEW ITEM!

Sofa and Loveseat



Overstuffed Kidney shaped sofa set with luxurious Antron fabric. Chair also available.

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*5-year limited warranty

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TWIN \$64 ea pc
FULL \$78 ea pc
QUEEN \$98 ea pc
KING \$98 ea pc
*5-year limited warranty

\$74 IMPERIAL EXTRA FIRM
TWIN \$74 ea pc
FULL \$99 ea pc
QUEEN \$124 ea pc
KING \$114 ea pc
*10-year limited warranty

\$84 POSTURE LUXURY EXTRA FIRM
TWIN \$84 ea pc
FULL \$114 ea pc
QUEEN \$139 ea pc
KING \$139 ea pc
*15-year limited warranty

\$94 POSTURE ELEGANCE-SUPER FIRM DLX
TWIN \$94 ea pc
FULL \$134 ea pc
QUEEN \$149 ea pc
KING \$149 ea pc
*20-year limited warranty



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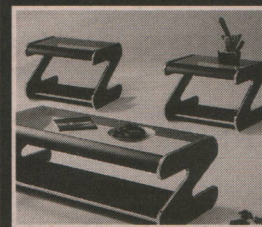
\$118 CHIRO-ULTRA FIRM
TWIN \$118 ea pc
FULL \$149 ea pc
QUEEN \$189 ea pc
KING \$166 ea pc
*25-year limited warranty

\$134 PILLOWTOP-DELUXE FIRM
TWIN \$134 ea pc
FULL \$169 ea pc
QUEEN \$199 ea pc
KING \$184 ea pc
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5 pc. Wanda Dinette



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A W A R D S & P R

Air Command Headquarters

Promotion



Col J.D. Hunter, DCOS Trg, Air Command Headquarters and LCol R.C. Hunt SSO TRM Air Command Headquarters present MCpl Tammy Brown with that rank effective 1 September 1994. Congratulations from all the staff at DCOS Trg.

Canadian Decoration



Col R.J. Pirson DCOS Log presented Capt H.J. Thorne-Albright with her Canadian Forces Decoration (CD). Her husband Maj D.P. Albright CO 733 Comm Sqn and her mother Mrs H.G. Thorne of Cambridge, Ontario were in attendance for the ceremony.

Retirement



LCol Colin Holmes receives his retirement certificate from MGen L.W.F. Cuppens, DComd, Air Command Headquarters. After 37 years of service as an AERE Officer, LCol Holmes is retiring to Edmonton, AB. Best Wishes from all the staff at DCOS Trg.

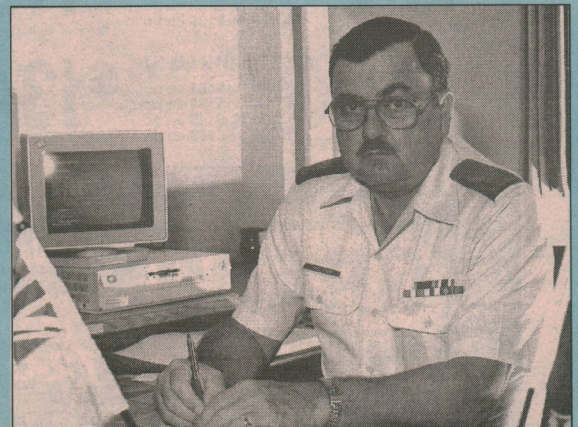


Col J.D. Hunter, DCOS Trg, Air Command Headquarters presented MCpl J.J. Girard of the DCOS Trg OR with his CD.

Canadian Forces School of Meteorology

MWO ANDERSON RV, MMM CD

MWO Ronn Anderson, born and educated in Simcoe, Ontario, joined The Royal Regiment of Canadian Artillery 26 July 1960, as a soldier apprentice. He served the guns loyally until 1975 when he remustered to the Air Operations Branch as a Meteorological Technician. As a gunner he served in 2 RCHA and 3 RCHA at Fort Osborne Barracks Winnipeg, Royal Canadian School Of Artillery, Camp Shilo, and 1 RCHA, Deilinghofen, and Lahr Germany. As a Met Tech, he served for one year in Lahr with 1 CAG, before returning to Canada. After serving two years in Summerside, as always happens with re-musters, he was posted back to the Artillery to work with 3 RCHA, as a Ballistic Met Tech. From here he was posted to the Leadership Academy in Borden as a DS with the SLC. Having served three years as a DS and one additional year as Standards at the CFLA he was posted to the Army in Gagetown to look after the Met Sect there as well as the School for Bal Met Techs. In Aug of 1992 he received his present posting, as Standards WO at the CFS Met. He has been married for 31 years and has three children and 4 grandchildren.



E S E N T A T I O N S

17 Wing

Certificate



LCol Smith, W Log O, presents Maj Al Augustson, formerly the Wg EME O, with a Certificate upon completion of the OPDP program. Maj Augustson completed the OPDP program with **DISTINCTION**. Al is presently employed at AIRCOM HQ where these credentials will be used extensively.

402 Squadron

Promotions



Cpl Del Badiuk is seen receiving his MCpl's from Capt Marc Tremblay, the D/SAMEO. Del has done a super job in SAMEO as well as for the military community and has earned every right to wear his new rank. Well done, Del, from everyone in 402.

CONGRATULATIONS

The Transportation Squadron would like to congratulate Cpl Michael Caine and Pte Shawn Crowder for their outstanding performances while on course in CFB Borden. Both members topped their respective QL5A courses and served as excellent representatives for 17 Wing Transportation. Well done!

"SERVITIUM NULLI SECUNDUS"



Congratulations to Sgt Denis Dufault on receiving his third. Sgt Dufault was employed by the 402 Sqn Technical Training Section but with his promotion comes a posting to Trenton. Good luck Denis in Trenton from all your friends at the TTS and 402.

733 Communication Squadron

Canadian Decoration



Major Albright, CO 733 Comm Sqn and W Telecom O, presents MCpl C. Gelsinger with her CD.



Cpl Davignon receives CD from Major Albright, CO 733 Comm Sqn and W Telecom O.

PROFILE OF MCPL ROLPH WSAMP SQN

MCpl Murray D. Rolph arrived at 17 Wing in 1992, from CFS Mill Cove. Murray's previous postings were CFS Carp, CFB North Bay, and CFB Kingston, giving him a wide range of Military Police duties.

During his career, Murray has developed a keen interest in the property identification and crime prevention programs. He has worked at both Base and Provincial levels in these undertakings, making both military and civilians aware of the benefits of these projects. As a result of his interest in these programs Murray spends a lot of his off duty time promoting youth liaison with this SAMP Squadron. He does not hesitate to give briefings or



tours to Boy Scouts, Cubs, Girl Guides and other youth groups, promoting safety and making them aware of crime prevention and the principles of good citizenship.

MCpl Rolph resides in Stonewall, MB, with his wife and two sons.

SECURITY AND MILITARY POLICE SQUADRON - 17 WING OFFER HUNTING TIPS

By MCpl Murray Rolph

Planning a hunting trip this fall? If so, the Security and Military Police Squadron wish to remind you that no hunting trip is a success if it isn't safe.

Here's a safety checklist:

- Treat every gun as if it is/was loaded and exercise muzzle control of the firearm by knowing where the gun is pointed at all times.
- Be positive of your target, and beyond, before shooting. Never shoot at a sound. See your target clearly, first.
- Never point a gun at anything you don't intend to kill. Do not use your scope to "check out" other hunters.
- Ensure your firearm is clean and free of debris or dirt. Never fire a gun which has a plugged barrel.
- Unload all guns when you return to your camp.
- Never carry a loaded gun in a vehicle.
- Never take a loaded gun indoors.
- Unload the firearm before climbing fences, jumping ditches or walking through dense bush.
- Never fire at rocks or water as a ricocheting bullet can travel a long distance.
- Wear highly visible clothing and not camouflage outfits.
- **Drinking and hunting don't mix.** A hangover is a deadly form of impairment.

Hunting can be a safe sport if you recognize and avoid the potential dangers. Hunters, in pursuit of game, can become lost in the bush. Carry a compass and know how to use it. The Police recommend that if a hunter discovers that he/she is lost, he/she should "hug a tree" and wait for searchers to find him/her.

Before leaving on a hunting trip, ensure you tell someone where you are going and your approximate expected time of return. Many searches have been carried out for suspected lost hunters who said they were going to one place but went to another.

Hunters who boat to their hunting area have the double responsibility of remembering the rules of boating. An overloaded boat is likely to capsize, throwing its heavily dressed occupants into freezing water. A life jacket is a must for anyone going in a boat.

All hunters should carry a basic first aid/survival kit with them when going into a wooded area and know the fundamentals of first-aid.

Have a Safe 1994/95...

AIR COMMAND EXCELLENCE SYSTEM

Cost Centre Management Project

"AIR FORCE INITIATIVE LEADS THE WAY FOR THE DEPARTMENT"

The approach we are taking in Air Command to meet the Defence 2000 Business Planning initiative is to move towards Operating Budgets, and adopt a business planning process for assigning tasks and allocating and managing resources within a new accountability regime. The Cost Centre Management (CCM) project is developing tools that will allow managers to measure resource consumption against the tasks in their business plans. CCM is at the foundation of the business planning process and being able to achieve the gains available through the operating budget concept. In effect, CCM will provide the information that will allow Air Command to change the way we do business at our units. Basically CCM will make costs visible and help leaders manage the resources for which they are responsible.

The project began over a year ago with the initial objective of determining how, and to what extent Air Command could adopt a user pays/cost centre programme. Work at 7 Wing Ottawa proved the feasibility of the CCM concept by developing a Business Model and then a prototype Resource Management Information Interface (RMII) for a single unit. This allowed the development to begin on the procedures, information systems, organization and training required to implement such a programme. The second phase of the project has seen the development of a Business Model based on activities/functions for all branches and squadrons at the Wing level. Phase 3 will develop prototype RMI interfaces for a whole

Wing as well as the exportation of the Business Models and RMIIs to the rest of the Wings in Air Command. Phases 4 and 5 will see further development of high level models for Wings, groups and AIRCOM.

The announced closure of 7 Wing resulted in 17 Wing becoming the lead Wing in the command for the CCM project, and tested the exportation process of the Business Models. The initial work on Business Models is scheduled for 15 and 19 Wings, and ATGHQ in May and June. Work on the Wing RMII prototype is under way at 17 Wing. Plans are now being made for the migration of CCM throughout Air Command by the summer of 1995.

After reviewing Air Command's CCM project initiative and progress, Land Force Command (LFC) and Maritime Command (MARCOM) decided to adopt the same approach as the basis for their business plan development. Both LFC and MARCOM have taken the first steps to have CCM migrated to their bases. This action will ensure all commands have a standardized basis for their respective Business Models and RMIIs. Coordination is also ongoing with NDHQ staffs to ensure compatibility with other information management systems like CFSS, FIS, and DSPIS systems. The CCM project will address the RMII needs of the new Defence 2000 operating budget concept and provide the essential link to the business planning process for the department.

Expect to hear more on this exciting innovation as your Wing gets CCM.

FOCUS ON TRAINING SYSTEM:

CFALL Helps Celebrate Polish Forces Day

By Maureen Hughes, CFTS

On Friday, August 12 at the Waterloo Officer's Mess at Canadian Forces Base Borden, a crowd of approximately 75 gathered to celebrate Polish Forces Day. With the help of the staff at CFB Borden and the Canadian Forces Academy of Leadership and Language, (CFALL) 18 Polish foreign nationals, from the rank of Lieutenant to Brigadier-General, welcomed the Base Commander, Col Morin, the Commandant of CFALL Maj Melancon, the Polish Consul-General Andrzej Brzozowski and the President of the Polish Combatants' Association of Canada, Marian Fijal. Also present were members of the local Polish communities and the local media.

In his speech, event organizer BGen Slominski welcomed all the guests to the celebration. BGen Slominski expressed his thanks for the support of Col Morin and the staff at CFALL in putting the day together - the first time the occasion has been celebrated at CFB Borden. Col Morin expressed his thanks to the Polish community for teaching the people of Borden about Polish Forces Day. He also expressed his desire that the valuable language programs at CFALL would continue long into the future.

Polish Forces Day, which is equivalent to Canada's Armed Forces Day, is celebrated by the Polish military worldwide. It commemorates the contributions of Polish soldiers and civilians during both World Wars. A photographic display entitled "For Your Freedom and Ours" was set up by the Polish Combatants' Association of Canada for guests to see the many military contributions of Poland during the Second World War.

The 18 Polish officers in attendance are part of a class of 56 students currently attending the Canadian Forces Academy of Leadership and Language. Since 1993 the Academy has been teaching officers from Eastern Block countries English, as part of the Canadian Forces English Course.

For five months, they live at CFB Borden and practice their English in both the classroom and the local area. Canada is the site of this specialized training for foreign nationals as part of the Military Training Assistance Program and our NATO commitment to help former Warsaw Pact countries adjust to democracy. Currently there are students from Poland, Hungary, Czech Republic, Slovak Republic, Ukraine and Romania studying English at CFALL. This language program is

scheduled to accept one hundred students per year for the next five years.

When asked about his education at CFALL, BGen Slominski said: "It's hard; we work very hard every day but the teachers, Commander and officers all make us feel at home. The base is very nice and has good conditions to allow us to learn English and for us to spend our free time." The officers have enjoyed invitations from many local Polish groups, and have travelled to Ottawa, Montreal and London. As well as their English instruction, the students have learned a great deal about Canadian military practices and ceremonies as well as civilian customs.

BGen Slominski expressed his sincere thanks "... for allowing us to come to Canada; to meet Canadians and see your beautiful country. Thank you for making us feel at home and thanks to the teachers for teaching us English."

Judging from the fluency of BGen Slominski's speech, Training System's CFALL is doing an excellent job in teaching English to these Eastern Block officers. BGen Slominski summed up the tone of the evening, in perfect English, by saying: "Thank you for your friendship."

FLYING TIGERS

17 Wing Flying Tigers Swim Team is entering its' inaugural season and we invite you to be a part of the celebrations.

Formed in January 94, the Flying Tigers were still able to end last season as the number two ranked small club in Manitoba and number one ranked small club in Winnipeg with only six months training. Ten of our twelve competitors could barely swim 25 yards when they joined.

Training for team swimmers is highly individualized. No other swim club in the city can make this claim and back it up. Our highly experienced coaching staff ensures that swimmers maximize their abilities under our guidance. We train both physical and psychological attributes, developing strong, fit, confident and motivated swimmers. There is strong team spirit and the pride of belonging to a top competitive

organization.

We know that there are several experienced swimmers who have arrived in Winnipeg within the past year-and-one-half. You may not have been able to train during that time for various reasons. Well, it's time to come back and swim for your home team. Your base swim team needs you to represent them to the Manitoba swimming community.

Monthly fees are low, with "bare bones" fundraising. We subsidize your costs as much as possible. We have self-imposed limits on the number of registrants we will accept, keeping coach-to-swimmer ratios low. Our emphasis is on high quality training, not on being the largest club in the city or on base.

Flying Tigers Swim Team trains in both Lipsett Hall (south) and Westwin (north) pools, 4:15 to 6:00 p.m.



weekdays. Pre-elite/Elite times are slightly different and include Saturday a.m. and dry land.

Spirit...Pride...Success...We've got it. So come home to the Flying Tigers Swim Team and enter the future of high performance swimming in Manitoba. No one does it better-and we've proved that.

We will be at the 1994 Registration Fair, 10 Sept. Pre-registration is highly recommended. Watch our T.V. show—"Making Waves"—Wednesdays, 4:00 p.m. Channel 11.

**For information call:
Michele Bezpalko,
Head Coach, 837-1199**

17 Wing Flying Tigers Swim Team

Last Call for COMPETITIVE SWIMMERS!

Lipsett Hall and Westwin Pools

AGE GROUPS

- 9-10 yr olds - Male, 3; Female, 3
- 11-12 yr olds - Male, 3; Female, 3
- 13-14 yr olds - Male, 2; Female, 3
- 15 & over - Male, 3; Female

Call Michele Bezpalko, Head Coach 837-1199

to reserve your spot now!

Registration Fair booth for sign-up

coaching opportunities

WINNIPEG BUSINESS OPPORTUNITIES

Expo

If running your own business is in your future, then visit this show, talk to the experts and start planning your future

September 10-11, 1994
Winnipeg Convention Centre
10am - 5pm

See these and other leading companies...

PIZZA PIZZA • PET VALU • TPI TRAVEL • CREATE-A-BOOK • PRO GOLF • VALENTINE RESTAURANT • TREATS • ROASTMASTER'S • SANGSTERS HEALTH CENTRE • SOFTWARE CONCEPTS • SOFTSIDER SPAS • JUST NEW RELEASES • MORE

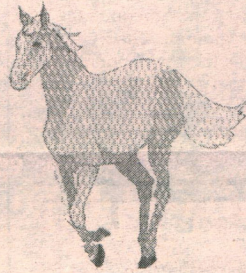
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\$8 - \$7 with this ad (Limit one per person) - First thousand attendees receive a FREE current issue of Opportunities Canada Magazine - featuring over 1500 franchise and dealership opportunities (retail value \$9.95)

EXHIBIT INFORMATION: THE PRESTIGE GROUP (905) 277-5600

Franchise & Dealership investments Full & Part time from \$2,500 to \$250,000

FREE LINE DANCING LESSONS



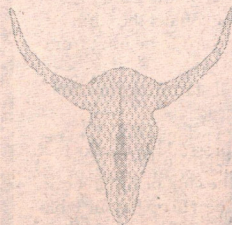
CLUB 90 BAR'S COUNTRY AND WESTERN NIGHT

16 SEPTEMBER 94

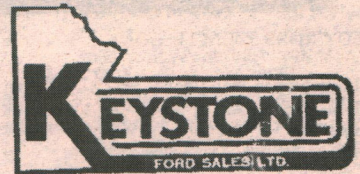
7:30/2m - 1:00am



ALSO WELCOME
KEYSTONE FORD
FEATURING
MUSTANGS
RANGERS
&
THE PLAN



CLUB 90 IS LOCATED IN BUILDING #90, WHYTEWOLD RD 832-6081



1300 REGENT AVE WEST
WINNIPEG, MANITOBA
TELEPHONE 661-9555
FAX 663-4329

Scott Campbell and Rene Hamonic of Keystone Ford Sales will be on the Base September 16, 1994 to host a Country and Western Night at the Club 90 Bar.

Scott and Rene will be giving a half an hour presentation from 7:30 p.m. until 8:00 p.m.. The presentation will deal with Ford's new products for 1995 and new and innovative ways to buy cars and trucks at Keystone Ford Sales.

Scott and Rene are coming to the Base because they have recognized that a lot of The Base members have been getting the "run-around" when they go to buy a vehicle.

Scott and Rene have been able to convince FORD MOTOR COMPANY to classify all members of the Base and their families, as a fleet buying group. Much the same as a Budget-Rent A-Car or any of the other major national fleets.

By treating The Base as a buying group, rather than individuals, Rene and Scott through Keystone Ford Sales, can offer major savings to Base personnel.

In addition to up front savings, Keystone Ford Sales also offers, to all new car and truck buyers their exclusive five point care package and true hassle free value pricing.

Scott and Rene have seen the need for improved customer service and what better way to do it, than by bringing Keystone Ford Sales to you. So bring a friend or relative and come down to Club 90 Bar at 7:30 p.m. September 16th and see how Keystone Ford does business.

17 Wing Registration/Info Fair '94

Saturday 10 Sep 94 1000 -1500 hrs Bldg 21 (North Site)

Over 45 groups, clubs and organizations in 17 Wing will be providing 17 Wing personnel and their families with a "one stop-one shop event."

This event is hosted by your Winnipeg Military Community Council and the Military Family Resource Centre.

The following will be in attendance:

CF University Organization	Goldeyes Scuba Club	MFRC
Windy City Wanderers	Jameswood Women's	Block Parents
Flying Tigers Swim Club	Friendship Club (N)	Judo Club
Sir John Franklin	Neighbourhood Watch	Ceramic Club
Community Club(S)	Badminton Club	Dog Club
Silver Heights Community Club(N)	Garden Club	Curling Club
Ladies Bowling	St Andrews Women's	Golf Club
TOPS	Centre(S)	Base/Wing Lotto
GOJU Karate Club	Fencing Club	Boy Scouts
Fire Prevention	Ski Patrol	Ballet/Jazz
Personal Insurance Co.	Girl Guides	North Chapel(P)
City Animal Svc (Licenses)	North Chapel(RC)	Youth Bowling
Squash Club	Toastmasters	Aerobics (North)
South St Georges	Air Cadets	Big Brothers
Chapel(RC)	Tuxedo Vet Clinic	WMCC
	Mixed Bowling	

There will be door prizes, a 50/50 raffle, cafeteria, and demonstrations from the Judo, Karate, Fencing, Dog Obedience, Ballet/Jazz and Aerobics groups.

The City of Winnipeg Animal Services will register your dog just as long as you bring your pets proof of vaccination and a neuter/spay certificate if applicable.

A DVM will also be along to provide any vet services at 20% off.

Come and enjoy the activities for all members of the family. For more info, contact Alison McDonald 488-4640 or Linda Belisle at 489-7003.

AEROBICS

Join us at Lipsett Hall
Monday, Wednesday, Thursday evenings
6:45-7:45 pm and

Sunday afternoons 1:00-2:00 pm

3 Free Trial Classes

Sep 11, 1:00-2:00 pm

Sep 12 & 14 6:45-7:45 pm

Classes include Step, low impact, combination of both, and toning.

Registration for consecutive monthly sessions

Thur Sep 15 6:00 pm

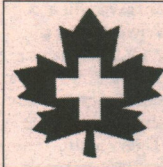
Fore more information contact

Tammy Berendsen 832-8156

\$25.00 incl GST

Per Month (Payable on 15th of each month)

Don't delay call today



Advanced First Aid Course and Canadian Ski Patrol Certification for Nordic and Alpine Patrollers

Registration:

Or:

Wednesday,
7 Sep, 1900 hrs
Manitoba Sports
Federation,
200 Main Street

Saturday,
10 Sep, 1000-1500 hrs
17 Wing
Registration Fair,
Bldg 21

Course includes advanced first aid, accident management, and full certification in CPR.

The course starts 13 Sep. **Get Involved!!**

For more information call: Don 895-8358



LEARN TO SWIM



RED CROSS SWIM LESSONS

Where: Lipsett Hall Pool
When: 20 Sep - 22 Oct 94
Days: Tue And Sat
Times: 1800-2000 Hrs/0900-1100 Hrs
Cost: \$21.40

PARENTS & TOTS

Where: Lipsett Hall Pool
When: 24 Sep - 23 Oct 94
Days: Sat & Sun
Times: 1100-1145 Hrs
Cost: \$16.10

Registration will be held Sat 10 Sep 94 at Bldg 21 from 1000-1400 hrs. First come, first serve. Personnel who are unable to register at this time can register by reporting to the Recreation Council Clerk located at the Westwin Rec Centre Monitor's office 12 or 13 Sep 94 between the hours of 0900-1100 only. This does not confirm registration. First come, first serve!

Note: All military/dependants registering for swim classes must be in possession of a privilege card. Associate/civilians registering for swim classes must have a rec pass. All military report to pay office for a privilege card and associate/civilians report to the Westwin Recreation Council Clerk on Mon, Tue, Thu, or Fri between the hours of 0900-1100 hrs.

17 WING CERAMIC CLUB

HOURS OF OPERATION

SUNDAY	Closed
MONDAY	6-10 pm
TUESDAY	6-10 pm
WEDNESDAY	6-10 pm
THURSDAY	6-10 pm
FRIDAY	Closed
SATURDAY	9 am-3 pm
WEDNESDAY	9 am-3 pm
	2 days monthly

There will be no pouring after 7 pm on evenings and 11 am days. The office will close at 8 pm on evenings and 1 pm days. For more information you can contact the Club at 832-1434, Club President June 888-6059, or Vice President Cindy 837-7264.

Tuesdays are now designated non-smoking night.

The Club is now doing Gift Ware if you would like a special hand made 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.

Beginner classes will start in September the date to be announced.

Registration for the various clubs is to be held on September 10th from 10-3. Interested in joining the club or finding out more information drop by our table or give us a call.

Reminder Club members, membership is due this month. Please drop by and pick up your newsletter.

Curling Registration



The CFB Curling Club will be holding their annual General Meeting and Registration 14 Sep 94 at 1900 hrs. The Ladies will also be holding their General meeting 13 Sep 94 at 1900 hrs. Anyone interested in curling this year in any of the many leagues come out and support your Curling Club.

The leagues include: Men's: Monday, Wednesday & Thursday. Mixed: Friday evening and Sunday afternoon. Ladies: Tuesday and Friday. There is curling for everyone from the competitive to those just wanting to go out and meet people and have fun.

Register early don't miss out on that chance for an exciting season of CFB Curling. For additional information contact the Curling Club at local 6802 or 888-4354.

WESTWIN BADMINTON CLUB

All Military Members,
DND Employees and
members of the Recreation
Council are invited to join
the Club

When: Every Sunday and
Tuesday
2000 Hrs - 2230 hrs

First Night 18 Sep 94

Where: Lipsett Hall

Cost: Free for above
members

For More Information

Contact:

Brian Wong - 5700

Gilles Desjardins - 6713

Tous les militaires,
employés du DND et les
membres du Conseil
Recreatif sont invités
à se joindre au club

Quand: Tous les dimanches
et mardi

De 2000 - 2230 hrs

Première soirée 18 sep 94

Ou: Gymnase du
Lipsett Hall

Cout: Gratis pour les
personnes
mentionnées

Pour plus d'information

contactez

Brian Wong - 5700

Gilles Desjardin - 6713

Soundbites

By Lt(N) Michael Sebastian

Canadian Spotlight: April Wine - Frigate (FRE/Sony)

***1/2 Rock solid. There's nothing new here from Myles Goodwyn & Co. - same tight production, power ballads & straight-up rockers except for the fact that it's so good. I haven't been a fan for quite awhile but Frigate has brought me back to the fold. If you're a fan, you'll love it, if not, it's well worth a listen.

Rebecka Tomqvist - A Night Like This (EMI) ***1/2

Swedish jazz & blues. If you haven't passed out by the time her late night, sultry voice has got half-way thru this album, go see a doctor. A slow jazz/blues c.d. which has gone platinum in her native Sweden & has soothed many a frayed Swedish nerve. Now it's your turn for a Swedish, musical massage - mmmm.

Harry Connick Jr. - She (Sony) ** Oh, Harry. We know that you're a musical talent who wants to grow, but couldn't you have stuck with your Sinatra-ish influences for a while longer? There's no doubt that funk-laced She showcases your New Orleans roots & you make a good show of it, but you're denying your fans, including my girlfriend who loves you, but hates She.

Milla - The Divine Comedy (SBK/EMI) *** Magical & otherworldly. Kate Bush + Eastern European folk = Milla. An 18 year old model & USSR emigre has created an atmospheric, folk/pop blend featuring traditional

instruments (harmonium, mandolin), arresting lyrics of heartbreak, alienation & hope and the magic of producer Rupert Hind to have it all make poetic sense. Gentle; poignant; dramatic; Milla has created something truly new & evocative.

Gipsy Kings - Greatest Hits (Columbia/Sony) ***1/2

Passionate & potent. Out of Arles, France came the Reyes brothers & the Baliardo cousins to lay down flamenco-fandangos roots, nurtured with Arabic, Latin American & rock sounds to create 4 GK hit albums. Can't lose with features like "Djubi, Djuba", "Bamboleo", "La Quiero" & the reggae-ish "Escucha Me".

Canadian Spotlight: Jann Arden - Living Under June (A&M) **** A national treasure. Follow-up to Time For Mercy, Jann continues to explore her musical horizons in which she captures the small moments of life. Her effortless voice & self-effacing humour (We're doing songs about despair, heartbreak and loneliness - we'll move on to guilt later...) shine throughout and are testament to her promising future. Jackson Browne duets on "Unloved".

Branford Marsalis - Buckshot LeFonque (Sony) **** Jazz-rap-hiphop-rock fusion. Saxophonist Marsalis is the leading edge in contemporary jazz. However, he breaks with jazz tradition in this eclectic aural experiment, transcending diverse musical

styles by combining them, producing an original work which can only be labelled as pure, wonderful & inspiring.

BBM - Around The Next Dream (Virgin/EMI) **** The demigods of power blues. Take a trip back to wah-wah guitarland: BBM stands for Baker, Bruce & Moore as in Ginger, Jack (rhythm section of the legendary Cream) and Gary (Thin Lizzy) who, in their debut c.d. have produced a powerful right-cross, blues punch. Hits of Cream throughout, this is great stuff, with a few blues ballads to quiet the storm. Puts Clapton's past 2 decades of output to shame.

Canadian Spotlight: Lee Aaron - Emotional Rain (A&M) *** She's baaaack. Leather-throat Lee returns after a 3 year hiatus & has matured lyrically, focussing on world consciousness & individual responsibilities: trouble is, I thought rock was about being irresponsible - but who listens to lyrics anyhow. Nonetheless, Lee proves she can still rock harder than a lot of guys.

Various Artists - Forrest Gump Soundtrack (Sony) ***1/2 32 American classics including: Presley's "Hound Dog", CCR's "Fortunate Son", The Doors "Break On Through", Dylan's "Rainy Day Women", Skynrd's "Sweet Home Alabama", Beach Boy's "Sloop John B.", etc.

COPING WITH THE FORCES REDUCTION PLAN



Sgt LeBlanc (centre) at the Dojo Karate Club of MB

Two months ago Sgt. Alain LeBlanc received notice of the latest Forces Reduction Plan. Ten members of his branch, assigned to the Air Command Band, were issued a direct release from the service. Devastated, he recalls hearing the news like deafening tank fire. "I was deaf for one second, hoping it was not true." September 15th, it becomes a reality.

Since the news, Sgt. LeBlanc has turned his energy and focus to Karate training. He credits Master Funakoshi of the Dojo club with teaching him the skills to clear his mind and enabling him to refocus. The Japan Karate Association Headquarters, Dojo of Manitoba, is a serious place to work out. LeBlanc states that, "as your technique improves, you get faster and stronger and the Chief Instructor Sensei Phillip Dingman is a fantastic driving force."

On August 19th, Sgt. LeBlanc passed his Shodan first degree

Blackbelt. This achievement, he credits with restoring his confidence and getting his life back on track. Sgt. LeBlanc would like to encourage The Forces Community to try Karate as an athletic, mind clearing, therapeutic activity. "It's suitable for everyone, regardless of age and physical condition," he states.

Sgt. Alain LeBlanc takes with him many fond memories of his life in The Forces with The Air Command Band. For seven years he enjoyed making music with his branch, travelling, meeting people and standing proud to musically accompany Military ceremonies.

Now, Alain stands to face a new challenge. He will be joining the sales team at Royal-LePage Real Estate. He can be reached there at 989-1600 and looks forward to serving the members of The Forces in this new position.

Congratulations, and good luck in your new career.

On your House Hunting Trip

Part One of Two

At this time of year, many military members are busy planning a House Hunting Trip (HHT) to their new posting location. The more organized you are on your HHT, the less stressful you will find it, and the greater your chances of success. This is the first of two articles providing lists of items that you should have with you on your HHT. If you are going to rent a home in your new location, you will need the following items:

1. Sufficient funds for a security deposit. The amount required will vary from province to province, so you should check with your ERS consultant to see what the amount will be in your destination. You may have to provide your security deposit in the form of a certified cheque or money order, so make arrangements with your bank in advance to ensure that this won't be a problem in your new

location.

2. Your cheque book, in case the landlord wants you to write a series of post dated cheques for the rent.
3. You may wish to obtain a letter from your bank, indicating that your account with them is in good standing (not providing your account balance).
4. The name, address and phone number of your current landlord, so that you can provide a reference if required. If you have been in your current home for less than one year, you should obtain the name, address and phone number of your previous landlord as well.
5. Proof of your earnings in the form of a pay guide, pay stub or tax return.
6. A copy of the information booklet on the Landlord/Tenant Act for your destination province.
7. A copy of a standard blank rental agreement, if available.
8. A map of your destination city.
9. A list of your housing

requirements.

10. A contact name in your new location, if possible.
11. Your furniture measurements and a tape measure.
12. A good understanding of your entitlements.
13. The On the Move for Renters book, which you will obtain from your local ERS consultant.

You may not require all of the above items, but if you have them with you on your HHT, you can easily provide them.

All members going on a HHT, whether it is for the purpose of renting or buying, are reminded that they must book an appointment and attend a consultation with an ERS representative prior to going. ERS's phone number is (204)833-2155. Next week, we'll list all the things you need to take with you on an HHT to purchase a home.

Article provided by
Valerie McEwan, CF Relocation
Consultant with ERS Ltd.



Japan Karate Association of Manitoba

INTERNATIONAL SHOTOKAN
KARATE FEDERATION

CHIEF INSTRUCTOR

Phillip C.F. Dingman

6th Degree J.K.A.

942 - 1521

Rm. 101 52 Albert St.

We'd like to WELCOME all Military personnel and their families, including the newcomers - 435 Squadron & PPCLI

*Adult classes at lunch time, in the afternoon and evening.

**Children's classes Tues. and Thurs. 5:30-6:30 and Sat. 10:00-11:00.



MARIGOLD
CHINESE AND AMERICAN DISHES, FINE
DINING & COCKTAILS,

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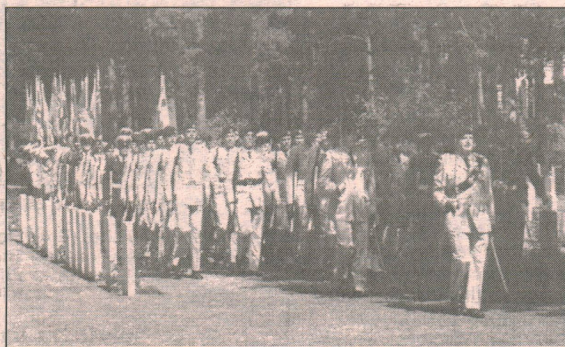
245 King St. (Chinatown) - 944-9400
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2591 Portage Avenue - 888-5665
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718 Osborne Street - 474-2401
885 Henderson - 661-6135
1755 Pembina - 261-9241
1380 Ellice - 783-1067

Canadian Forces Canada Remembers Contingent

The Canadian Forces Canada Remembers Contingent leaves Montreal on the 31st of August for Brussels to continue participation in commemorative events marking significant milestones leading up to the 50th anniversary of the end of the Second World War.

Among celebrations is the anniversary of the liberation of Belgium by the Allies in 1944. That historic event will be marked by a parade in Brussels before the King of the Belgians during the afternoon of Sunday, September 4th.



The Canada Remembers Contingent, led by Major Greg McQuitty, marches into position for commemorative services at Brookwood Military Cemetery in England.

Other highlights include:

3 September

0745 hrs - Commemorative Ceremony at McCrae Monument, Ypres.
1400 hrs - Commemorative Ceremony in Antwerp.
1700 hrs - Ceremony at Knokke-Heist marking completion of the Commemorative Relay

4 September

2100 hrs - Band Concert in Brussels Grand Place.

5 September - Timings to be confirmed - Commemorative Ceremony in Antwerp

6 September

1000 hrs - Commemorative Ceremony at the Ghent War Cemetery.

1130 hrs - Parade in Ghent.

2000 hrs - Band Concert in Ghent.

7 September

1400 hrs - Commemorative Ceremony at Ypres City Hall.

1930 hrs - Sunset Ceremony at Menin Gate.

8 September

1100 hrs - Parade at Brugge.
1730 hrs - Parade at Isegem.

9 September

1330 hrs - Contingent visits local schools in Zommergem.
1800 hrs - Commemorative Ceremony at Zommergem War Cemetery.

10 September

1030 hrs - Commemorative Ceremony at Eeklo.
1100 hrs - Commemorative Ceremony at Oostkamp.
1330 hrs - Commemorative Ceremony at Bolgerhoeke.

11 September

0930 hrs - Commemorative Ceremony at Oostduikerke
1100 hrs - Commemorative Ceremony at Adegem Cemetery.

15 September

Four-day Commemorative Program begins at Arnhem/Brunsum

19 September

Commemorative Ceremony at Sas Van Gent.

Commanded by Lieutenant-Colonel Reed Smith of London, the Canadian Forces Canada Remembers Contingent, based at Montreal and St-Jean, Que., consists of a 100-person guard, an 18-member flag party and a 55-piece band.

The unit, made up of regular force and reserve personnel from across Canada, was formed in early 1994 to represent the Canadian Forces at Second World War 50th anniversary commemorative events.

To date, the Contingent has participated in over 65 parades, concerts, ceremonies and special events in Italy, England, France and Canada.

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¹ Example based on a 7-year term at the rate of 10.50% (effective as of April 7, 1994) on a \$100,000 mortgage.

Rates are subject to change without prior notice. Subject to certain conditions.

Offer is for a limited time only and cannot be combined with any other offer.

² Reimbursement of capital is postponed until the end of the term.

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DEER LODGE FOUNDATION INVITATIONAL GOLF TOURNAMENT WEDNESDAY, SEPTEMBER 21, 1994

HONOURING

Mr. Douglas L. Campbell,
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Manitoba and The
Honourable George Johnson,
M.D. Former Lieutenant-
Governor of Manitoba.

Team and individual prizes
and contests including:
Closest to the Pin Contest,
Hole-in-One Contest,
Putting Contest.

ITINERARY

9:00 a.m. Meet at CFB
Winnipeg Officer's Mess
Coffee and Muffins Provided
10:00 a.m. Travel to Bel
Acres Golf & Country Club
(Bus transport provided)
11:00 a.m. Shotgun
Start/Texas Scramble
(Refreshment booth is avail-
able on course)
4:00 p.m. Golf Finish Time
5:00 p.m. Travel to CFB
Winnipeg Officers' Mess (Bus
transport provided)
6:00 p.m. Reception (Cash
Bar)
7:00 p.m. Dinner and Prize
Presentations

GOLF AND DINNER -
\$125.00 (\$85.00 Tax Receipt)

DINNER ONLY - \$50.00
(\$36.00 Tax Receipt)
The first 144 paid golf
registrants will be accepted.
Capacity for dinner is 202.
Registration Deadline:
Friday, September 16, 1994

Contact 831-2113 for further
information regarding
registration.

A WORD FROM THE CHAPLAIN

By Padre "Hopper" Hopkins,
Wing Chaplain (P)

DO YOU WANT TO CHANGE?

Dr. M. Kinder says, "Instead of life's journey being an exhilarating adventure into the unknown, for many of us it is a compulsive and tiring trek, an exhausting journey where the next stop for replenishment never seems to arrive." Perhaps you are a person who believes you need a change in your life and wish to see a change in this world we live in where we are overwhelmed by its tragedy and terror.

I believe our beliefs and perceptions are mostly illusions that only make you unhappy. Our assumption that life is a series of self-improvements, the sum total of which is equated with happiness is a self-doomed obsession. We have created exaggerated expectations about life's promises and the ease with which they are realized.

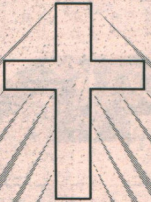
We do not know who we are and feel only what we are told to feel and see only what we are told to see. We equate intense emotions and sensations with being alive, while at the same time we negate self-acceptance and the need for peace of mind. In our age of addiction we wish to deaden the pain rather than face the problem. We feel empty, disconnected from ourselves, others and our community. In the process of trying to look better, proves ourselves, be healthier, make more money, be the best person, have the perfect marriage, have the perfect children, we are burning ourselves out. The faster we go in pursuit, the more signals we begin to ignore.

I have good news for you, you can change, you can discover your real self and your life can have meaning and purpose. Change happens when you surrender to its possibility. You will have to mourn the loss of beliefs and perceptions that have colored your view of reality and distorted it. You can take a leap of faith that will allow you

to initiate the process of change. You will then discover that openness and receptivity necessary to find a plateau of self-acceptance.

Happiness is within us, waiting to be found. We have become more concerned with lifestyles rather than life. We have focused on "becoming" rather than "being." You have tried to be the 'Perfect Self', you wrestle with the 'Imperfect Self' and now you can reacquire yourself with your 'Forgotten Self'. A person, a person of integrity and compassion, a long time ago said something like this, "... the person who wishes to find their life must first lose it.

I plan to begin a 4 week course in the fall that will consist of presentations and discussion on "our human journey in perspective." It will not be "religious" nor restricted to Chapel goes. It will be an opportunity to share with others in an open and accepting atmosphere some of the perspectives I use in counselling that focus on our identity and our struggles. I see us as companions on life's



ROMAN CATHOLIC CHAPELS

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

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

PROTESTANT CHAPELS

The Chapel of the Good Shepherd (North Site)
 1st Sunday - 1100 hrs - Holy Communion
 2nd, 3rd, 4th Sundays - 1100 hrs - Divine Worship
 Sunday School During Worship
 NURSERY PROVIDED

St. Andrew's Chapel (South Site)
 1st Sunday - 1000 hrs Holy Communion
 2nd, 3rd, 4th Sundays - 1000 hrs - Divine Worship
 Sunday School During Worship
 A warm welcome awaits you at our Chapels!

journey trying to help each other through the wilderness that we encounter, be it interior or exterior. Please let me, or our secretary, know (local 5087) if you are interested. Dates and times will be announced.

PRIDE		FAITH
IN		IN
OUR		OUR
PAST		FUTURE

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 9:00 pm - 1:00 am

Meat Draws
 Every Sat. 2 pm - 5 pm

Canadian Forces Network:

RADIO FOR OUR TROOPS OVERSEAS

By 2Lt Michael Black

"Good morning Visoko! This is Radio Canada International with the Report to Peacekeepers."

In order to keep our forces serving overseas with either NATO or with United Nations peacekeeping missions in touch with life in Canada, the Director General Personnel Services (DGPS) has teamed up with Radio Canada International to provide them with Canadian news and music.

In areas where a direct satellite downlink is available, such as to our troops on NATO duty in Germany, Belgium and the Netherlands, Radio Canada International provides programming twenty-four hours a day. This direct satellite service is being expanded to include our peacekeepers in the Golan Heights, the former Yugoslavia and Somalia.

For our soldiers, sailors and airmen on duty in the Middle East, Africa and Asia, the Canadian Forces Network sends out an hour long broadcast every Monday to Friday by shortwave radio. The broadcast comes on each weekday evening from 0100 to 0130 hours in English and then from 0130-0200 EDT (morning shot time in Europe) in French.

The Canadian Forces Network is just one of the programs offered by Radio Canada International. The difference is that the CFN puts its emphasis on covering news and entertainment items related to the Canadian Forces.

The Canadian Forces Network has entitled their English language program the "Report to Peacekeepers." Its French counterpart, meanwhile, is known as the "Magazine des Casque bleus."

The program is also broadcast on shortwave each evening for Canada's Maritime Command personnel on duty in the Caribbean enforcing the naval blockade around Haiti.

In addition to reporting military related news, the CFN also plays taped messages

from friends and family members back in Canada. Almost as important as the messages from home is the fact that "Report to Peacekeepers" features such indispensable aspects of Canadian culture as live play-by-play coverage of the NHL and Major League Baseball. It also airs some of the best of CBC and SRC network radio.

For more information, please call Keith Randall, Manager Canadian Forces Programming, Radio Canada International, Montreal at (514) 597-7879; FAX (514) 597-7893. The Canadian Force Network can also be reached by mail at P.O. Box 6000, Montreal, Quebec, H3C 3A8.



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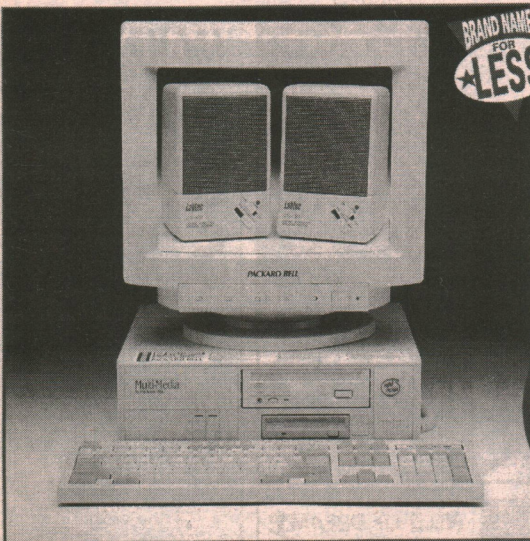
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\$ 301 - 400	4
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\$ 501 - 600	6
\$ 601 - 700	7
\$ 701 - 800	8
\$ 801 - 900	9
\$ 901 - 1,000	10
\$ 1,001 - 1,100	11
\$ 1,101 - 1,200	12

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SEPTEMBER 14-25, 1994

PERSONAL CLASSIFIEDS

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CHILD-CARE

Mother of 2 yr old will babysit in my home, full time or part time, prefers 18 months & older, located near North side of base. Will give receipts and references. Call Kathleen 837-7611.

Looking for mature and responsible person to care for two small children ages 1 & 3, on casual occasions on North side. Call 488-3583 ask for Vawessa.

Excellent child care available South side, Mon.-Fri., my home. Call 489-3347.

Military mom of 2 girls will babysit preschoolers & up part-time, or occasional full days/overnight while you prepare for a move or go away on course or house hunting. Will do before & after school care as well. Near Grace Hospital at Sturgeon/Ness (Heritage School). Very experienced, CFP/First Aid & refs. Plenty of computer stimulation, backyard open onto playground/park. Call Cathy 888-1707.

Mother of two will provide full time childcare in her home in the North side MQs for children ages 3 & up. Before & after school services are also available. References available. Phone Cheryl at 885-4010.

Mother of two will babysit in my home. Prefer age 1 1/2 - 4 yrs old. North side PMQs. Lots of experience & references. Call Dana at 889-2587.

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Private Sale - 1400 Sq. Ft., 1 yr old home, St. Francois Xavier, \$107,900. Ph: 864-2312.

Private Sale - 1106 Sq. Ft., 3 bdrm Bungalow. Features: Large eat-in kitchen, DR, 1 full bath, 1 ensuite bath, built in dishwasher, det 1 1/2 car

HOUSE FOR SALE

garage. Asking \$90,900.00. Can be seen 1194 Devonshire Dr. W. or phone 224-1135 Perry or Darlene.

Private Sale: 63 Sage Cres. - Crestview. Immaculate 863 sq. ft. 4 bdrm bi-level, fenced pie shaped lot, sunroom with deck, full dev. bsmt, 1 1/2 bath, lge kitchen. New C/A, furnace, carpets, & ext paint. Concrete drive with dble wide parking. No disappointments here. Asking \$94,900.00. No agents please. Call 888-2248.

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Roxton maple dining room set \$175, 30" stove-gold \$100, portable dishwasher gold \$85 exc. condition. Ph:489-5268

For rent approx. 200 square feet of storage space \$35.00 per month controlled access in River Park South. Call 256-4039 or local 5876 (ask for Pete)

For sale: Queen size waterbed, no headboard. \$100. Contact Carla 339-1115.

King Koil copper colored sofa, loveseat, chair and ottoman \$375, tool shed \$25, air conditioner \$175. Call 889-0446 for more info.

For sale- Two 100 ft rolls of chain link fencing, enough poles and attachments for 120 ft of fence, including gate (8 months old). Asking \$500 for all. Call 488-7941 after 4:30 pm or before 8:00 am.

Tired of going to the laundromat? Make your life easier with an apartment size washer and dryer. General Electric, four years old, for sale. \$400 obo. Call Brian 885-4977 after 6 pm.

For Sale 6'x5' new metal shed, not assembled. Vertical blind. Call 896-6499.

MISC FOR SALE

For Sale China Cabinet with 2 sliding glass doors, \$150.00. Antique buffet, \$150.00. Call 832-1755.

Braided "mint" rug, 5'x8', new "mint Pricilla curtains with ruffled valance & tie-backs - fit most med. to large windows. Oak laminate desk with arm style swivel chair. Oak laminate TV stand. Smith Corona XE5200 Typewriter. 11-pce Dynatour golf set with Spalding leather golf bag. CCM 5-spd bike with child seat. Call 837-9958.

For Sale - 2 Ox-blood colour, oversized recliners, like new, \$200 each. 889-0715.

MUSIC

Experienced piano teacher starting lessons in Sept. Call 837-6517.

Are you interested in piano lessons? I will be teaching in my Southside PMQ. Reasonable rates. Please call Alison at 488-4952.

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For sale: Fish (small animal/plant) aquarium. 40 gallon tank, stand, 2 radiant heaters, 2 optima airpumps, 2 diatom filters, 2 thermometers and much more. Plus lots of scenery. Call 888-1786. Asking \$300 obo.

Free standing, chain link dog run. 14 ft L x 6 ft H x 4 ft W. \$300. R. Merry. Work: 17 WG EXT 5408, home 339-1115.

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Time: 30 Sep 94 19:00

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Free For New Members

Advance Ticket Sales Cut

Off Date 23 Sep 94

Dress: Theme

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YOUTH BOWLING COUNCIL (YBC)

YBC is a Bowling League for youths 5-19 years of age. This league consists of different divisions according to age as of 31 Dec 94:

Pee Wee	5-7
Bantam-	8-10
Juniors	11-13
Seniors	14-18

Bowling takes place on Sat. The time is dependent on the number of registrations received in each group. Bowling will commence on 17 Sep at the following times: Pee Wees - 10:00; Bantams - 12:00; and Jrs/Srs - 2:00. If there are a small number of Pee Wees, the Bantams will be moved back to 10:00 with the Jrs/Srs bowling at 12:30.

All YBC leagues are affiliated with the National YBC in Toronto. This entitles us to receive all badges and partake in all tournaments, one of which leads to a National Champion. Registration Fee for Westwin YBC is \$8.00 per child; \$4.00 is forwarded to Head Office, with the remainder being held for use by our YBC league in paying for any cost involved at tournaments where payment is required. Also this helps to pay for the bowling banquet and trophies at the end of the year. There will also be a bowling fee each week of \$3.00 for Pee Wees (two games), and \$4.00 for all others (three

games). This price includes all alley fees with the rest going into the prize fund.

YBC is involved with one fund-raiser throughout the year which consists of selling Chocolate Covered Almonds; this is done in Oct. All money collected from this fund raiser is used for accommodation and travel expenses incurred for the national championship which is held in May. This alley receives some remuneration depending on the sales.


Bowling will commence 17 Sep, and the following week teams will be made up. Bowling season runs from Sep to end of Apr with a couple weeks break at Xmas.

There are shirts and pictures available if you wish to purchase at a nominal fee.

Scorekeepers are required each week for the Pee Wee and Bantam divisions.

Any further information may be obtained by phoning Jackie, YBC Director at 837-6729 after 5:30 PM or at the alley at 833-5976 on Sat.

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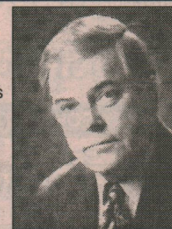
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