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VOL. 42 ISSUE 16

17 Wing Winnipeg / 17e Escadre Winnipeg

SEPTEMBER 21, 1994 / FREE

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17 WING WELCOMES 435

By Capt Neil Kinley
(WPAFFO)

With its four Allison engines roaring, Canadian Forces Hercules number 333 taxied onto the ramp of its new home at 17 Wing Winnipeg on August 22, 1994. This was the last of seven Hercs to arrive at 17 Wing from 18 Wing Edmonton, completing the move of 435 Squadron to its new base of operation in Winnipeg.

The men and women of 435 Squadron were formed up on the ramp to greet the aircraft and crew, carrying the Squadron Colours and Colour Party. Also on hand to meet the aircraft was the Deputy Commander of Air Command, MGen De Quettville, the Commander of Air Transport Group, BGen Brace, and the Wing Commander, Col Sharpe.

As the Commanding Officer of 435 Squadron, LCol Roger Lamothe, brought the Squadron to attention, Lt Corey Smith marched the 435 Colours off the ramp of Hercules 333, flanked by the escorts, Sgt Mike Landers and Sgt Bob Lawrence.

Deftly dodging a running CTV cameraman, LCol Lamothe marched his Squadron and Colours from the flight line to the Officers' Mess, where BGen Brace and Col Sharpe assisted in placing the

colours alongside those of 402 "City of Winnipeg" Squadron. The move of 435 Squadron created a great deal of local media interest, although none of the other cameramen and photographers tried to run over the Squadron CO.

Following the placement of the colours, there was an all-ranks reception at the Officers' Mess to welcome the Squadron to 17 Wing.

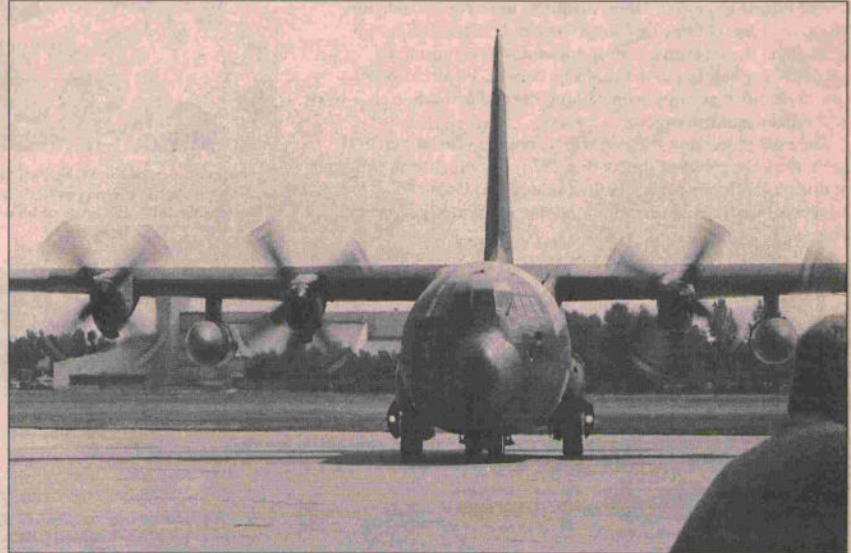
With the Federal Budget of February 1994, DND closed or scaled down several bases, including the airfield at 18 Wing Edmonton. The airfield

17 Wing is proud to be the new home of 435 Squadron.

became a heliport for 408 Squadron and was closed to fixed wing aircraft, resulting in the move of 435 Squadron to 17 Wing.

The move was a major undertaking for both the Squadron and 17 Wing, with aircraft, equipment, personnel and families moving to Winnipeg, and many 17 Wing sections and units moving to new locations to clear hangar and office space. However, 435 Squadron was operational for its Search and Rescue role on August 1, 1994, and their KCC-130 Air-to-Air Refuelling tankers were cleared for operations on September 7, 1994. The Squadron has already been active in several searches, and in Boxtop 2/94 resupplying CFS Alert.

17 Wing is proud to be the new home of 435 Squadron. Not since 429 Squadron was moved to 8 Wing Trenton in 1991 have Hercules been seen regularly over the skies of Winnipeg.



Hercules number 333 arrives at 17 Wing Winnipeg on August 22, 1994. This was the final of the seven Hercs moving to 17 Wing with 435 Sqn to arrive in Winnipeg. (Photo by Cpl Dave Payne, 17 Wing)



Lt Corey Smith and escorts, Sgt Mike Landers, march the 435 Sqn Colours from the ramp of Hercules 333, after its arrival at 17 Wing Winnipeg on August 22, 1994. A short ceremony saw 435 Sqn march its Colours from the flight line to the Officers' Mess, where the Colours were placed, and a reception was held to welcome the Squadron to 17 Wing. (Photo by Cpl Dave Payne, 17 Wing)

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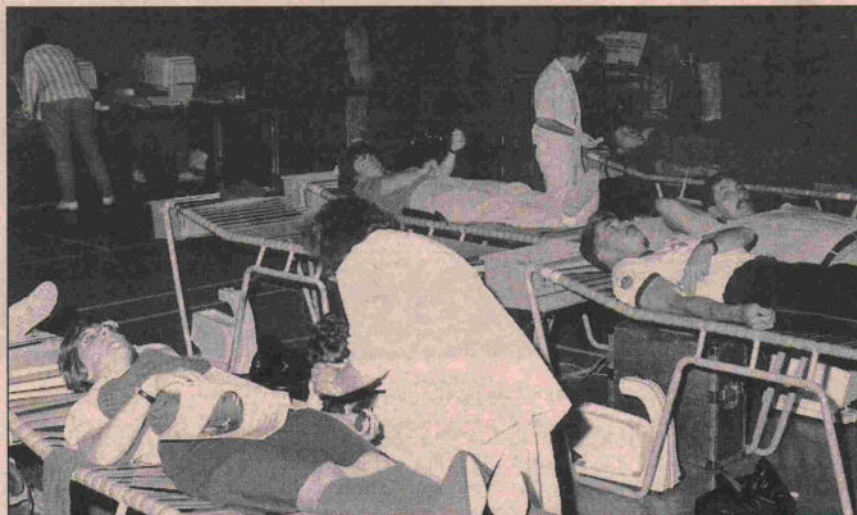
By 2Lt Michael Black

Members of 17 Wing/CFB Winnipeg came out in full force to give one of the ultimate gifts that a person can ever give - the gift of life...

To be specific, Capt Duguid of the Central Flying School, the Wing Blood Donor Clinic Coordinator, commented that 157 units of blood were collected at the recent Red Cross Blood Donor Clinic. The clinic was held on Thursday, 1 September 1994 in Building 21, which proved to be a very convenient location for both the staff and their willing victims.

The total of 157 units was a vital part of the Winnipeg Red Cross' efforts to help the local hospitals meet their needs for blood over the Labour Day long weekend. Clearly all of the workers at the base and their families deserve a round of applause for helping to maintain 17 Wing/CFB Winnipeg's proud tradition of supporting a long list of worthwhile charities and relief organizations.

The next blood donor clinic will be held in November 1994. Let's see if we can beat the total of 157 units which was collected at this blood donor clinic. As the famous Red Cross advertisements serve to remind us - the life you save may be your own...



Sgt Mike Rowat of the Wing Peri Staff and several members of Winnipeg's military community were the willing victims at the recent Red Cross Blood Donor Clinic, which was held in Building 21 on Thursday, 1 September 1994. 157 units of blood were donated at the clinic! Congratulations everyone. (Photo by Sgt Price, 17 Wing Imaging.)



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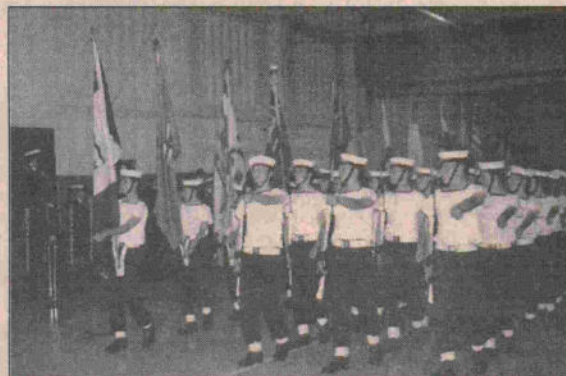
HMCS ACADIA GRADUATES 690 CADETS

By Maureen Hughes, CFTS

The cadets of HMCS ACADIA held their final graduation at Canadian Forces Base Cornwallis on August 18. A heavy rain forced the cadets inside for the ceremony and cancelled the Ceremony of the Flags but did nothing to quell the spirits of the 690 cadets who did themselves, and their parents, proud.

Their camp, which offered 12 different courses including General Training, Boatswain Course and Senior Band, saw 1200 cadets pass through their doors for either two, three or six weeks at a time. Supervised by a staff of 291 staff cadets and officers, the cadets came from all over Canada, the United States and even Bermuda!

The drill hall was packed as the cadet companies took up most of the hall with spectators occupying the left over space. The colour guard was flanked on either side by a gun crew and a total of three bands filled the hall with marching music. The march past was carried out perfectly, and included two cannons that would have been fired had the parade been outside.



The members of HMCS Acadia during their march past at their recent graduation ceremonies at CFB Cornwallis.

Rear Admiral Garnett, Commander Maritime Forces Atlantic, was the reviewing officer and, during his inspection, he stopped to talk with many of the cadets and congratulate them on their fine parade. The Admiral was also presented with an HMCS ACADIA plaque by a cadet from the local area. In spite of the fact that she was just a little nervous (after all, this was the Admiral!) the cadet did an excellent job of presenting the plaque on behalf of HMCS ACADIA and the Admiral was obviously very pleased to have received it.

The cadets and their instructors have enjoyed another successful camp season in which they participated in over 15 parades throughout the summer as well as performing the Ceremony of the Flags and Sunset Ceremony in Annapolis, Digby, Halifax and Cornwallis. Their excellent drill and parade was the perfect way to bring an end to their camp and provided the cadets with their own memories of learning to serve at CFB Cornwallis.

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VCDS VISITS 17 WING

OUR GOAL

\$ 73,000.00

United Way



The Wing Commander, Col Sharpe, and the WCWO, CWO Elphick look on as the Vice Chief of the Defence Staff, LGen P.J. O'Donnell, CMM, CD, signs the Wing guest book upon his arrival at 17 Wing. LGen O'Donnell, VCDS, and LGen Clements, Commander of Air Command, visited the Wing on Tuesday, 09 August 1994. (Photo by Cpl Ken Allan, 17 Wing Imaging.)

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By 2Lt Michael Black

The Vice Chief of the Defence Staff (VCDS), LGen P.J. O'Donnell, CMM, CD took time out of his very busy schedule recently to visit 17 Wing/CFB Winnipeg. The VCDS was accompanied on his visit by the Commander of Air Command, LGen Clements.

As part of his tour of the base on Tuesday, 09 August 1994, the VCDS was briefed by the Wing Commander, Col Sharpe. Col Sharpe spoke on some of the new work smarter initiatives being used here in Winnipeg.

LGen O'Donnell also received a report from LCol Davies, 402 Squadron Aircraft Maintenance Officer, on the squadron's Operation Phoenix. Operation Phoenix is

a squadron based initiative designed to reduce expenses while simultaneously improving efficiency.

The new Wing EME Officer, Maj Hall, also briefed the VCDS on the numerous changes which have been implemented in his section. For instance, Maj Hall discussed Wing EME's introduction of a "just in time" system of parts acquisition to replace the old "just in case" practice of stockpiling warehouses full of costly spare vehicle parts.

Maj Hall also explained how Wing EME has also begun to use recycled parts in some of its vehicles instead of putting a brand new part on a vehicle that is due to be retired from service in three months. The use of recycled parts has also resulted in significant cost

savings for the base. Both of these initiatives have dramatically reduced the average amount of time it takes the Wing EME section to repair a vehicle so that it can be returned to service with its unit.

Following the briefings, LGen O'Donnell and the Wing Commander travelled to Portage to visit 3 Canadian Forces Flying Training School (3 CFSTS).

This visit gave LGen O'Donnell an opportunity to observe firsthand the implementation of work smarter initiatives. The VCDS was also able to see how these initiatives have gone from the conceptual stage at NDHQ and Air Command Headquarters to very practical and cost saving measures at the unit level.



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As may be evident from the headlines, business is booming at Canadian Forces Recruiting Centre Winnipeg. Currently we are accepting applicants in all the above categories. We are actively seeking ex Reg F combat arms applicants and PRes QL3 and better who are interested in a career opportunity as a NCM with the possibility of recruit school by-pass or skilled entry into the Infantry, Armour or Artillery. We are also seeking applicants who have completed grade 10 and are interested in a Regular Force non-commissioned member position in the occupations of Infantry, Armour, Artillery and Field Engineer. In addition, Winnipeg's Primary Reserve units offer a wide variety of trade choices for people who are interested in the military, but mainly on a part time basis. Those who are interested in any of these great opportunities should contact the Recruiting Centre at 983-3680 or 1 800-665-3410 for more information.

The upcoming year is already proving to be exciting and challenging for the staff of CFRC Winnipeg as we adjust to new personnel, reduced manning and increased workload. We recently bid farewell to our outgoing Commanding Officer, Maj Leah Mosher and welcomed aboard (no pun intended) our new CO, LCmdr Rick Hearn. Other new arrivals include Capt Ian Burke, MS Mark Stoecklein, Cpl Debbie Reid and Cpl Bonnie Lamoureux. Departing during the past year were Capt Brian "OohAh" Orton, Capt Kenn Garrity (although we're never really sure if he is really gone having 32 years plus service), MCpl Gerry "clean cup" Magee, Cpl Barb Hart, Cpl Kelly "don't you dare bring that thing near me" Hale, Cpl Norm "can I help you" Richot, Cpl Marcie "got a pistachio?" Dumonceaux. We wish them all the very best in their new positions or career choices.

At CFRC Winnipeg, we take great pride in providing our many customers our best service and ultimately, the CF with the best available personnel for the job. Contrary to what many may believe, even during times of restraint and cutback, we are still very busy processing those who seek opportunity within the Canadian Forces. As already said, we currently have opportunities available for both officer and non-commissioned members within the Regular Force and the Primary Reserve. so by all means, if you know someone who might have what it takes and is interested in opportunities within CF, send them down. You can tell them that we are definitely "Open For Business".



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CFANS Update

There has been a lot of activity recently at the navigation school, as all of the staff prepare for the annual category exam. Many of the instructors are getting a little frustrated as they grapple with the pre-exam quizzes. Capt. Ron Doiron (pronounced "Dwawww-Rone" not "Dor-ee-on") was recently overheard stating "I just can't figure out when the @#!% moon rises!" Fortunately his section commander, Capt Al Bergsma (pronounced "Weener"), had a quick and easy solution: "Just check the front page of the Winnipeg Free Press. That's what I always do." Al could be in a little trouble, however, as the Catex usually asks for celestial information from the year 1985.

CFANS recently held its annual Beach Volleyball Day at Grand Beach Provincial Park. Although it was a very windy day, the sun did come out in the afternoon, and the event turned out to be quite successful. The staff team was looking a little weak, with the absence of our two star players, Capts. Jason Neale and Remi Landry. As a result, we suffered a rather humiliating defeat at the hands of Course 9404. Fortunately, Course 9404 has been equally humbled, as they attempt their first celestial airplot flights.

Course 9401 recently returned from their OTU visit, and rumour has it that they have all changed their primary posting preference to 423 HS Squadron. It would appear that Capt. Doug Lawrie dazzled them with war stories, highlighting some of the more



exciting aspects of being a Sea King navigator (fluid leaking on the pilot's head, propellers falling off etc. etc.). 2Lt Ansell was particularly impressed with the spacious living quarters on board ship (apparently he has been living in a cardboard box for the past 20 years), while 2Lt Dietrich based his decision on the low female to male ratio in Trenton and Greenwood.

One of the CFANS alumni, Capt. Anil Mohan, dropped us a line recently. Capt. Mohan

was transferred this summer to 434 Squadron in Shearwater. When asked about his first flight on a "T-Bird", he stated "I've gone from the star who knows everything to the chump who knows nothing. It's quite a transition." Capt. Brad Coates was quick to comfort, "Don't worry Anil, nothing's really changed. We all thought of you as a chump here as well; you just didn't realize it".

Hat's off to Capts. Brooks, Heselgrave and Crosier who were recently presented with their A2 Instructor Certificates. Congratulations as well to Capts. Howes and Bergsma on receiving their B Category Certificates. We knew you could do it if you hung in long enough Al; now you can hang it from the mirror in your combine.

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MFRC ANNOUNCEMENTS

350 Doncaster Winnipeg MB R3N 1W8 489-7003

PARENTING SERVICES

MOM'S MORNING OFF (for children up to 3 years)

Get to know other parents while your child interacts with children his or her age. Once a month a speaker, of the group's choice, will make a presentation. Children will be cared for by qualified staff and parents on a rotating basis.

DATE: Wed. mornings
LOCATION: 350 Doncaster
TIME: 9:30 - 11:00 a.m.
COST: \$2.00 per week or \$20.00 for 10 weeks with the 11th week free

Please register for these programs by calling the MFRC at 489-7003.

NEW AND EXPECTANT MOM'S CLUB (for infants up to 8 months)

Join other new moms to share your concerns, joys and stresses associated with parenting. Once a month the Public Health Nurse will join the group to answer your questions and weigh your baby.

DATE: Tuesday afternoons
LOCATION: 54 Bourkewood Place
TIME: 2:00 - 3:30 p.m.
COST: \$2.00 per week or \$20.00 for 10 weeks with 11th week free

CAREGIVER SUPPORT MEETINGS

Do you care for children and have questions about fees, activity ideas, menu planning, etc.? Information-sharing meetings for caregivers will be held once every two months and are open to the whole military community.

DATE: Tues., 8 Nov 94
LOCATION: 350 Doncaster Street
TIME: 7:00 - 9:00 p.m.
COST: There is no cost, but you must register or the meeting will be cancelled

INTERNATIONAL YEAR OF THE FAMILY WEEK OCTOBER 3-9, 1994

TENTATIVE AGENDA

DATE	MFRC EVENT
Sat. Sept 24	Newcomer Bus Tour & Lunch - Lunch & Door Prizes
Sat/Sun Oct 1-2	Mash Activities Big Brothers Bldg 21
Mon. Oct 3 10-11 a.m.	Open House at Lipsett Hall - Refreshments
Tues. Oct 4 10-11 a.m.	Open House at 54 Bourkewood - Refreshments & Door Prizes
Wed. Oct 5 10-11 a.m. 4-6 p.m.	Open House at 350 Doncaster - Refreshments - Door Prizes & Children's Activities Family Potluck Barbecue - Food, Banner, Decorations, Contest, Prizes, & Children's Activities
Weds. Eve	Diane Collier visits Officers' Mess Wives' Club
Thurs. Oct 6 1 - 3 p.m.	Presentation by Diane Collier, author of 'Hurry Up and Wait' - Club 90 - Free child care - parents must register by Oct 4 - Door Prizes
Thurs. Eve.	Diane Collier visits with Junior Ranks Wives Club
Fri. Oct 7 0900	Premier Gary Filmon visits Centre to present International Year of the Family Certificate.

MFRC 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.

Car Seat Rental Service

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?

MFRC 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. You may borrow two toys at one time for a two-week period.

DATE: Open Monday through Friday
LOCATION: 350 Doncaster Street
TIME: 8:30 - 4:30 p.m.
COST: The membership fee is \$10.00 per year

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.

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.

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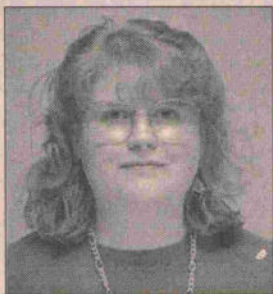
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Who's Who..

Beth Rogers, Counselling Co-ordinator



Beth has been the Counselling Co-ordinator with the MFRC since October 1993. She is a social worker with several years experience working with children and families. Beth provides counselling services to individuals, couples and families. With a keen interest in prevention, Beth works with children of military families in area schools as well as speaking to groups in the community.

STEP Systematic Training for Effective Parenting

The trend in parenting education is a result of many social changes in Canada. These include changing roles for parents, a shift away from the autocratic value system to a more democratic viewpoint, and the increasing mobility of families.

The parents who participated in the STEP program said they found the program beneficial for many reasons.

- Opportunity to share experiences and learn from other parents.
- Enabled parents to learn new ways to handle persistent problems.
- To get in touch with their feelings and their child's.
- To overcome a sense of guilt and develop a sense of confidence and self esteem.

DATE: Thursday October 20, 1994 - continuing every Thursday until December 8, 1994
LOCATION: Lipssett Hall
TIME: 7:00 - 9:00 p.m.
COST: \$15.00 for Parent Manual payable upon registration to allow for ordering time.

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

OUTREACH / RESOURCE PROGRAM

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.

Coffee Break

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: First Thursday of every month
Time: 10:00 - 11:00 p.m.
Location: 350 Doncaster Street (MFRC)

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.

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

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THE NEW WING FAMILY RESOURCE CENTRE

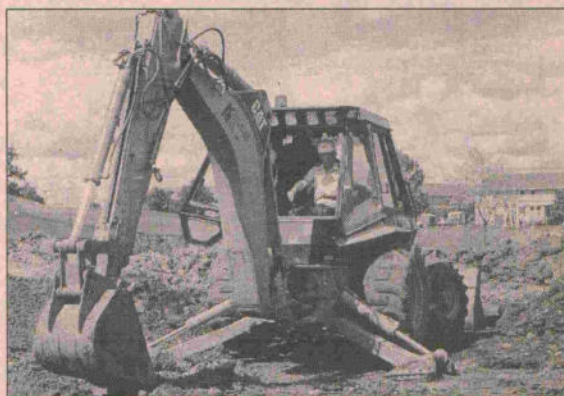
By 2Lt Michael Black

Col Sharpe, gave a demonstration of yet another of his many responsibilities as Wing Commander during the recent Ground Breaking Ceremony for the new Wing Family Resource Centre. The ceremony, which was held on Tuesday, 30 August 1994, saw the Wing Commander and Col M.C. Sweeney, the Deputy Chief of Staff Support Construction Engineering (DCOS CE), man the backhoe to do a little digging.

The new Wing Family Resource Centre has been designed as a multipurpose facility with offices, meeting rooms, and workshops. For example, there will be offices and interview rooms for the Military Family Resource Centre (MFRC), as well as a foodbank to be coordinated by the MFRC.

The woodworking club will also be able to resume operations for the first time since October of 1992 in a brand new workshop in the resource centre.

Another club that will benefit from the new excellent facilities proposed for the resource centre will be the Wing ceramics club. The ceramics club will move from its present home in a converted PMQ at 586 Whytewold.



The Wing Commander, Col Sharpe, and Col Sweeney, DCOS CE, had a chance to try out a new piece of kit as part of the Ground Breaking Ceremony for the new Wing Family Resource Centre. The ceremony took place on Tuesday, 30 August 1994 with the grand opening scheduled for early in 1995.

The base library will also be relocating from its present location at 3 Jameswood to the new community centre.

In all, the community centre will have over 1100 square meters of space for use by several different groups from the base.

The construction project is a Joint Public Project High Standard with thanks being due to the Construction Engineering (CE) sections from both the Wing and Air Command. To be specific, the Architecture and Engineering section (DCOS CE A&E) provided all of the design and specification work for the

building in a period of time that was much shorter than usual.

Following the very fast and efficient work in the design stage, the Defence Construction Canada organization took over to secure a contractor and to oversee construction. Central Canadian Structures of Winnipeg came in with the lowest bid, with the total cost of the building being set at \$896,000.

The new Wing Family Resource Centre is due to be completed early in 1995. An official "Grand Opening" will be held at that time to inaugurate the new facilities...

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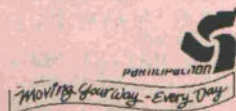
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BETTER LATE THAN NEVER

CD Presentation



After three years as a fugitive from the CD police, Capt Adeline Rozak, the W Log Coordinator, was recently captured and pinned. Lt Col Smith, W Log O, presents Capt Rozak with her CD, which was due in 1991.

THE CHANGING FACE OF 17 WING

You may have noticed a change in the way the grounds on the Wing are being maintained - some trees being removed, new plantings being installed, areas of grass being left unmown. These are all signs of a series of new initiatives to change the traditional ways of grounds keeping to reflect a more environmentally and economically responsible "way of doing business".

The first initiative, the one which has been the most controversial and visible, is the change in the mowing of grasses. Many of the areas of the Wing have been left to grow and have not been cut all summer. By stopping mowing in many areas, the Roads and Grounds staff can spend more time and energy on more visible and used areas. As well, the longer grasses prevent the gathering of seagulls (a safety consideration for aircraft) and should reduce snow drifting across several roads.

A second program being started this summer involves improving the health of the individual plants by making sure they are in the right place and receive the conditions needed to allow them to grow - without a lot of expensive and constant care. If you go by the Officers' Mess, you will see the first phase of this part. Here, most of the large spruce trees, which were planted too close to the building, required frequent pruning and generally were unsuitable

for the site, have been removed. They will soon be replaced with smaller evergreen trees and a lot of colourful shrubs. As well, more flower beds will be added to enliven the facade. [The next building to be so treated will be the HQ building - once the construction is finished there.]

To make sure the experiences of these two programs are not lost and to get away from planning conflicts, a long-term landscaping plan is being developed. This plan will consider the growth of the plants over the next twenty-five years and include such ideas as planting to reduce energy/water use and snow drifting; the selection of hardy and/or native species; and making the Wing a more pleasant place to work. This plan, believed to be one of the first in North America, is part of the DND Green Base program and will serve as a model for other bases.

These initiatives, combined with plans to use fire to restore several areas on the Wing, will result in 17 Wing having one of the most innovative groundskeeping programs in DND. If you have any questions about these initiatives or would like to find out more about the vegetation at the Wing, feel free to contact the Wing Environmental Officer, Mr Scott Edwards, at 833-6774.

SEND A CARING MESSAGE TO RWANDAN ORPHANS

By Lt Neil McKenna
73 Comm Gp

As you may or may not be aware, the 1st Canadian Divisional Headquarters and Signals Regiment (1CDHSR) has been deployed to Rwanda to provide communication support to the United Nations effort in that nation. In addition to assisting in their official capacity the Regiment has undertaken, on their own initiative, further efforts to provide comfort and caring to the victims of the savage civil war that occurred not so long ago. One particular project that is so deserving of mention is the adoption of an entire orphanage by the soldiers of the Regiment. The following are

the contents of a message sent by the Regiment in their attempts to gather outside support for their charitable undertaking:

QUOTE: "1CDHSR Rwanda has adopted an orphanage in Ruhango about 20 minutes from their camp in Kigali. The 600 children of the Ruhango orphanage are living in severe conditions. Civilian agencies are providing food and medicine but shelter, water, clothing and blankets are desperately required.

The Regiment has already made a difference. We have provided hope for the lost and orphaned children. We are helping the Rwandans to help themselves by instructing them

on first aid and organization. The long term goal is to return many of the children to their extended families - not a simple task given the state of the country.

The immediate concern is to provide urgently required water, blankets and clothing. As airlift is immensely expensive funds are required to purchase items in Africa. The Regiment is purchasing a diesel engine to drive a pump providing water directly to the orphanage.

Units in Kingston, Ont. (home base of the Regiment) have already commenced fund raising to support this cause. Other Communication and Electronics units are invited to demonstrate their support and

join this fund raising campaign." UNQUOTE

Although this effort was initially a "Signals" undertaking this should not deter anyone wearing any other hat badge from making a donation. I have already sent notices to all the Communications and Electronics units located from Thunder Bay, Ontario to Saskatoon, Saskatchewan requesting their assistance in this worthwhile effort. I submit this article to the VOXAIR in the hope of reaching all others who wish to demonstrate their compassion for the children who have been so terribly affected by the war in Rwanda. Families, units, sections and individual persons of 17 Wing may send their donations to in the form of a cheque to Orphan Fund - Rwanda, c/o Community Centre, CFB

Kingston, Building 26, Kingston, Ont., K7K 5L0. Please make cheques payable to "1CDHSR Orphan Fund - Rwanda". Donations may also be made at any Canada Trust bank across Canada if deposited to Orphan Fund - Rwanda, c/o Branch 139. Receipts will be forwarded by mail for donations over 10 dollars. A receipt can only be issued for members depositing donations directly through Canada Trust if they send a copy of their deposit stub to the address listed above and include their mailing address and name with the deposit slip. Contributions would be appreciated prior to 24 October 1994. Let us assist the Signals Regiment in sending this message of caring and demonstrate to the world that Canadian Peacekeepers are still the best.

Safety Tips from the Military Police

Wear safety equipment when riding a bike or when roller blading.

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We have all heard that DND must reduce its civilian workforce by at least 8,400 positions; and many will also have heard about the Civilian Reduction Program (CRP).

This is a special incentive program created by the department to provide alternatives not only to those employees who are directly affected by the reductions but also to those who can qualify as volunteer substitutes. Many employees have already opted to substitute and are delighted with the new opportunities and the financial incentives offered by the CRP. Some plan

to go into business, continue their education, make a career change, while others will retire early, or leave for other personal reasons. Whatever the reason, becoming a CRP substitute was the answer.

There is no age barrier to becoming a substitute. You must be an indeterminate employee who is not surplus, who is not on extended leave without pay, who is not at the executive or at the DS 7(a), 7(b), or 8 levels and whose position is not directly affected by the reductions.

Have you thought about becoming a substitute under the CRP? Trading places could be for you.

As a substitute, you would accept the CRP offer in place of another employee who has declined it or an employee who is surplus. However, a replacement matching must take place. The employee must be qualified or capable of re-training for your job. Their job skills and job level must match with the requirements of your position and preferably be at the same location. Finally, if your manager is agreeable to the match, you could receive the CRP and the other employee would take your position. In other words, you would simply TRADE PLACES.

To learn more about substitution, ask your CPO for your own copy of the Civilian Employee Guide 'ALL ABOUT THE CRP' and enquire about the counselling services available to you.

If you are interested in considering the substitution opportunity, talk with your manager. Ask your CPO to include you in the local register. Being registered only means that you may have the opportunity of being offered the CRP; there is no guarantee. However, if you don't accept an offer of the CRP your job is not at risk...the choice is yours.

You are invited to call the CRP HOTLINE (FREE OF CHARGE) from anywhere in Canada.

Our trained staff is waiting to answer any questions you have.....just dial 1-800-387-6777.

In the National Capital Region, the number is (613) 941-5400.

For persons who are deaf or hard of hearing (TDD) 1-800-465-7735.

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ÉCHANGE DE POSTES : AVEZ-VOUS SONGÉ À PRENDRE LA PLACE D'UNE PERSONNE TOUCHÉE PAR LE PRPC OU DÉCLARÉE EXCÉDENTAIRE?

NOTA - Le masculin générique employé ici vise uniquement à alléger la présentation du présent document.

Vous n'êtes pas sans savoir que le MDN doit supprimer, au minimum, 8 400 postes civils. Bon nombre d'entre vous ont également entendu parler du Programme de réduction du personnel civil (PRPC). Il s'agit d'un programme spécial que le Ministère a mis sur pied non seulement à l'intention des employés qui sont directement touchés par les compressions d'effectif mais aussi pour ceux qui se portent volontaires, s'ils remplissent les conditions exigées, à devenir remplaçants. Les nombreux employés qui se sont portés volontaires pour remplacer des personnes touchées par les compressions trouvent que le PRPC est très profitable parce qu'il leur offre de nouvelles possibilités et qu'il comporte des avantages financiers. Ce programme a permis à ces personnes de réaliser leurs projets. Par exemple, certains ont décidé de se lancer en affaires, d'autres de poursuivre leurs études, d'autre encore de prendre une retraite anticipée.

Tout employé, peu importe son âge, peut remplacer une personne touchée par les compressions. Il doit cependant répondre aux cinq

conditions suivantes : être nommé pour une période indéterminée, ne pas faire partie des employés actuellement déclarés excédentaires, ne pas être en congé sans solde prolongé, ne pas occuper un poste du niveau de la direction ou du niveau DS 7(A), 7(B) ou 8, et ne pas occuper un poste visé par les mesures de réduction actuelles. En d'autres mots, le Ministère vous offre la possibilité soit de remplacer un employé qui a refusé le PRPC, soit de remplacer un employé déclaré excédentaire. Toutefois, pour prendre votre place, l'employé en question doit être en mesure de s'acquitter de vos fonctions ou de recevoir la formation requise pour le faire. Il doit donc répondre aux exigences de votre poste et être d'un niveau équivalent. Il est également préférable que cette personne travaille au même endroit que vous. Si votre

superviseur accepte qu'elle vous remplace, vous pourrez vous prévaloir des dispositions du PRPC et l'échange pourra avoir lieu.

Pour obtenir de plus amples renseignements sur les possibilités de remplacer quelqu'un dans le cadre du PRPC, consultez la brochure "Tout sur le PRPC - Guide de l'employé civil" et renseignez-vous sur les services d'orientation qui pourraient vous être offerts.

Si ce genre d'échange vous intéresse, parlez-en à votre superviseur et faites vous inscrire sur le registre de votre agent du personnel civil. Il convient toutefois de signaler que votre inscription sur le registre ne garantit pas que vous vous verrez offrir le PRPC; vous augmentez seulement vos chances d'en bénéficier. Si, par la suite, vous refusez une offre du PRPC, vous ne risquez pas de perdre votre poste. Vous serez seulement confronté à un choix.

Nous avons également mis à votre disposition la LIGNE DIRECTE DU PRPC pour que vous puissiez nous appeler SANS FRAIS de partout au Canada. Nous avons formé des gens pour répondre à toutes vos questions. Alors, n'hésitez pas à composer le 1-800-387-6777. Dans la région de la capitale nationale, faites le (613) 941-5400. Les personnes munies d'un appareil de télécommunications pour sourds ou malentendants (ATS) peuvent composer le 1-800-465-7735.



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CHANGE OF COMMAND

TUESDAY, 2 AUGUST 1994

LCol M.J. Dolan handed over command of Central Flying School to LCol M.R. Spooner on Tuesday, 2 August 1994. Col G.E. Sharpe, Wing Commander, 17 Wing presided over the ceremony which took place at 1400 hours in the Laverendrye Lounge of the 17 Wing Officers' Mess. A reception for invited guests followed.



(Left To Right: LCol M.R. Spooner, Incoming Comdt; Col G.E. Sharpe, W Comd 17 Wing; LCol M.J. Dolan, Outgoing Comdt)

Lieutenant-Colonel M.R. Spooner

Lieutenant-Colonel M.R. Spooner was born in Victoria, British Columbia in October 1945. After attending the University of Victoria and the University of British Columbia, he joined the Royal Canadian Air Force in June 1966 and received his pilot's wings at Moose Jaw, Saskatchewan in October 1967.

LCol Spooner completed Flying Instructor's Training in Portage la Prairie and in January 1968 returned to 2 CFPTS Moose Jaw as a T-33 Instructor and Course Director. In May 1970 he was posted to Vance Air Force Base Oklahoma as a T-38 Instructor Pilot where he held the positions of Standards Check Pilot and Deputy Squadron Operations Officer.

In May 1973 he was posted to 409 AW(F) Squadron at CFB Comox where he served as a Squadron CF-101 and T-33 pilot, Deputy Flight Commander and Squadron Flight Safety Officer. In July 1976, he was posted to 410 OTS at CFB Bagotville as a CF-101 Instructor Pilot until July 1979 when he was promoted to Major and posted to Air Command Headquarters Winnipeg as Staff Officer Fighters.

In May 1982 he commenced operational training on the CF-5 and CF-104 at CFB Cold Lake, Alberta with 419 and 417 Squadrons prior to being

posted to 421 Tactical Fighter Squadron at Baden-Soellingen where he served as Flight Commander, Operations Officer and Deputy Commanding Officer until the retirement of the CF-104 in 1986.

In 1986 he attended the Canadian Forces Command and Staff College in Toronto and in 1987 was promoted to Lieutenant-Colonel and appointed Commander of the Canadian NORAD Component at McChord AFB, Washington.

In June 1989 he was posted to the Directorate Air Requirements in NDHQ, responsible for fighter requirements. In 1992 he attended the Canadian Forces Language School Ottawa for French Language training and subsequently returned to NDHQ in 1993 to the Director General Force Development staff responsible for managing the air force capital equipment program and international standardization activities.

On 2 August 1994, LCol Spooner assumed his present position as Commandant, Central Flying School in Winnipeg, Manitoba. He has accumulated 5,000 fighter and jet trainer hours including over 1,300 hours instructional time.

LCol Spooner is married to Julie Taylor of Victoria, B.C. and they have two daughters, Angela and Tricia.

Retirement Presentations

LCol M.R. Spooner, Comdt CFS, presented Certificates of Service to five members of Central Flying School who are retiring from the CF on 15 September 1994 under the Forces Reduction Plan. The presentations were made at Central Flying School on Thursday, 25 August 1994. Best wishes for success in your future endeavours from all members of CFS.

(Missing from this group are Capts Geoff Graham and Gary Chandler who departed from CFS on 1 August 1994.



Maj J.C. Fowler with 26 years service.



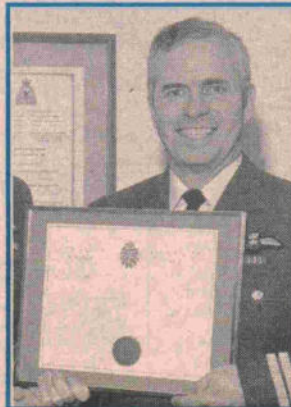
Capt D.W. Ferguson with 27 years service.



Capt D.N. Henderson with 26 years service.



Capt D.J. Wickens with 28 years service.



Capt J.B. Baikie with 21 years service.

733 COMMUNICATION / 17 WING TELECOMSQUADRONS

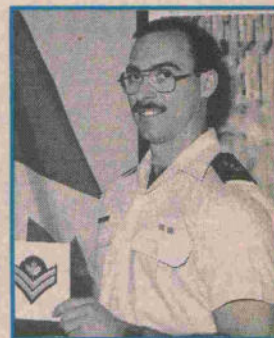


MCpl Harmsen receiving her promotion to that rank.

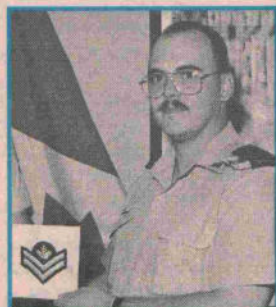
Once again 733 Comm Sqn has been as busy as ever. We've finally settled down from the quick APS this year when all the well deserved promotions came in. So it has been a very rewarding year. The hard work and dedication of several members has been recognized through the numerous promotions presented this past month. Congratulations to all those promotees, well done!!

As people are posted out and we must say our goodbyes, we also get to say our hellos to new members posted in. Welcome to 2Lt O'Neil, MCpl Newton, Cpl McDonald and Pte Pelletier. Hope you enjoy your tour at 733 Comm Sqn.

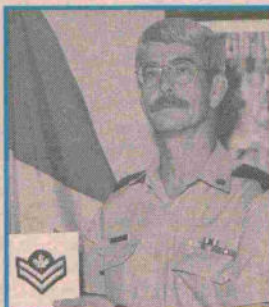
Major Albright, CO 733 Comm Sqn and W Telecom 0, made the following presentations to Unit personnel:



MCpl Royer receives his new rank.



MCpl Storey receives his promotion to that rank.



MCpl Mont receives his new rank.



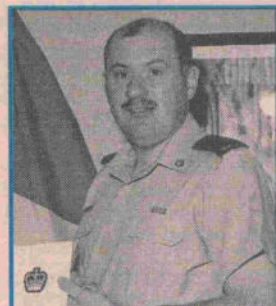
MCpl McCarron receiving her new rank.



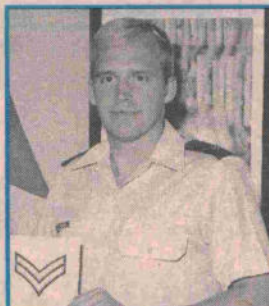
Sgt Lavoie receives her promotion to that rank.



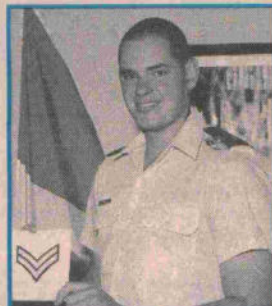
Sgt Kisters receiving his promotion to that rank.



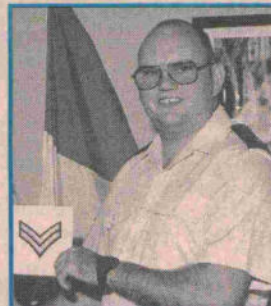
WO Lucyshyn receiving his new rank.



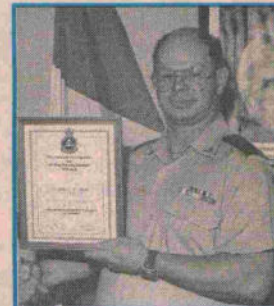
Cpl Gowie receives his new rank.



Cpl Pohl receives his new rank.



Cpl Reynolds receives his new rank.



Cpl Ring receives unit deserving member award.

AIR COMMAND HEADQUARTERS

Command Comptroller Branch Retirement



On 19 Aug 94 Maj R.W. Clark, SO ACES 2 at AIRCOM HQ, was presented with the Canadian Forces Certificate of Service by the Deputy Commander Air Command, MGen A.M. DeQuetteville. Bob retired on 2 Aug 94 following more than 33 years of service.

Support Operations Division Meteorology Promotion



CWO J.M. (Mike) Boivin, Air Command Meteorological Inspector, is flanked by LCol R.S. MacLeod, A/DCOS Sp Ops (left) and Mr. B.D. Brodie, SSO Met (right) on the occasion of his promotion to that rank.

FOCUS ON TRAINING SYSTEM:

CFB CORNWALLIS GRADUATES 188 RECRUITS



Rear-Admiral G.L. Garnett pauses for a moment during inspection to talk to a graduate of the Canadian Forces Recruit School at CFB Cornwallis.

By Maureen Hughes, CFTS

The rain that fell continuously on August 18 at Canadian Forces Base Cornwallis was a perfect example of pathetic fallacy. The rainy and grey day reflected the feelings of some of the last recruits to be graduating from CFB Cornwallis as they leave their training companies and friends for their first posting after graduation. The rain could not, however, dampen the spirit and pride of the parents, families and friends who stood in the pouring rain for two hours to witness the culmination of eight weeks of hard and challenging work.

The graduation was met with anticipation and

excitement as the recruits went through a final inspection before the ceremony. In their barracks, they were meticulous in brushing off lint, fixing their uniforms and preparing their own bunk areas. (A big thank you goes out to the patient recruits who were interviewed by crews of television media and who had their floors - that were as shiny as glass and a perfect advertisement for floor wax - messed up by their wet feet. We hope you were at least able to see yourselves on TV!)

In the days before the graduation, we saw the busy recruits everywhere; marching with arms swinging and heads held high, practicing their drill on the parade square and putting some finishing touches on their Naval and Army

uniforms. Their minds were occupied with the upcoming graduation and their desire for it not to rain on their special day.

Prior to the actual graduation ceremony, the Base was open for tours to the families and former graduates of Cornwallis. Starting at the Recreation Centre, bus loads full of visitors left every half-hour to tour the base, discover some of its history and to see how things operate. The tours also went through the PMQ's and showed parts of the Base obstacle course. These small insights helped visitors to understand what had gone on for so many weeks in the life of their son or daughter. As well, static displays occupied those waiting for tour buses or seeking shelter from the rain. They included Search and Rescue, Recruiting and Nova Scotia tourism and were also a great success.

The tours were a great opportunity for parents and others to meet some men and women who attended CFB Cornwallis in its early years and to get comfort from knowing that not much had changed. One man who went through Cornwallis in the 1940's, told our bus: 'We doubled everywhere, up hills and down.... And there was a saying that if it moved you saluted it and if it didn't you painted it!' A native of Annapolis Royal, this particular man served in the Canadian Navy for twenty years and said he remembered all of them fondly.

The parade itself was beautiful in spite of the rain - one hundred and eighty-eight Regular and Reserve Force

recruits standing straight and tall, proud of their own accomplishments and those of their classmates. The reviewing officer was Rear-Admiral G. L. Garnett, Commander, Maritime Forces Atlantic, who offered his warmest congratulations to the recruits and wished them well in their careers. He also expressed his thanks to the many fine instructors at the Recruit School for their hard work. As well, Admiral Garnett thanked the communities surrounding CFB Cornwallis for their support and friendship over the past 52 years.

A select few recruits were singled out for special recognition during the ceremony including, from A Company: Ordinary Seaman Strickland, the Commandant's Shield; Private Clarke, the Skill-At-Arms Trophy and the Comradeship Award. From B Company: Ordinary Seaman Horobin, received the Commandant's Shield; Ordinary Seaman Doiron, the Skill-At-Arms Trophy; and Ordinary Seaman Allison received the Comradeship Award. Recruit awards were presented by RAdm Garnett except the Comradeship Awards which were presented by Mr. Joe Wilson, Commander, Zone 9 of the Nova Scotia Command, Royal Canadian Legion.

After the ceremony, family and friends were bussed to the 'Green and Gold' for some refreshments as they awaited the arrival of the graduates. The grads were piped down the road to the lounge by one of their own classmates, and were greeted at the door with shouts of 'Hip Hip Hooray!'

and hugs, kisses and handshakes all around. Then it was time for the training staff to meet the parents and families and pose for a photo or two and to discuss the virtues of their training techniques. One boy from Newfoundland told of his brother's calls home complaining about his sergeant. 'He didn't have much nice to say about him at first,' the boy said, 'but now he actually likes him!' Funny how things work out when you're presented with seemingly unsurpassable challenges that you then go on to meet.

All in all, the day was a great celebration of hard work and commitment by both the recruits and the whole staff at CFB Cornwallis, who for the last 52 years have provided sound basic military training for Regular and Reserve Force recruits. The Canadian Forces Recruit School at CFB Cornwallis has been a member of Canadian Forces Training System since its inception in 1966 and Training System wishes each of the recruits luck in their careers as members of the Regular and Reserve Forces.

A smaller graduation ceremony, to be held on August 25, will be presided over by MGen H. C. Armstrong, Commander Canadian Forces Training System who will act as reviewing officer. This ceremony will be the last recruit graduation to take place at Cornwallis. From then on, all recruit training in the Canadian Forces will take place at the Canadian Forces Recruit School at CFB St. Jean Quebec.

To the last graduates of CFB Cornwallis, 'Well done!'

CFSPER: HELPING TO CREATE "A SOUND MIND IN A SOUND BODY"

By Maureen Hughes, CFTS

So you've joined the Canadian Forces and you're wondering what you're going to do with your spare time after work and on the weekends. Why not spend it with the active people from the Canadian Forces School of Physical Education and Recreation (CFSPER)?

Located at Canadian Forces Base Borden since 1967 and part of the Canadian Forces Training System family, CFSPER is dedicated to training Physical Education and Recreational Personnel for the Canadian Forces and it also provides Physical and Recreational support services to the military community of CFB Borden. Capt. Josey Yearly, CFSPER's Chief Instructor, says the School "promotes physical fitness for everyone with the goal of making people healthier and happier." This sounds like a tall order to fill but the personnel of the School enjoy working up a sweat to meet

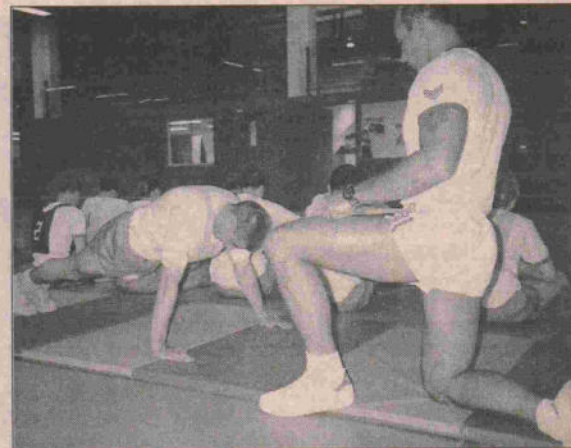
the challenge.

CFSPER has recently undergone changes and as part of these changes, the School of Physical Education and Recreation has been reorganized under two distinct section heads - training and support. The support branch, under the direction of the Base Physical Education and Recreation Officer, Capt Dave Ogilvie, is in charge of everything that supports the base. This includes the military sports and recreation facilities for the Base proper such as the gym, team organization, tournaments, recreation, etc.

The training branch co-ordinates all courses that the School offers, at Borden and elsewhere. Last year, CFSPER ran 16 career and specialty courses graduating almost 200 successful candidates. Seven of the 16 courses were conducted at other units. These included courses at Valcartier and Gagetown in ice making that taught the students how to make and maintain ice for the

many Base arenas. Since most bases have recreational programmes that are, for the most part, operated by volunteers following certain military guidelines, the Recreation Activity Leader's course held at Trenton instructed these personnel in operating a more efficient volunteer programme in order to benefit their bases. Programmes organized by volunteers run the gamut from Brownies and Scouts to ceramics and line dancing. Similarly, a Unit Physical Training Assistant course, offered last year in Petawawa, trained volunteers to assist the regular Physical Educational and Recreational staff at their base and to help them operate progressive and safe training sessions. As well, a Nordic Ski Instructor's course was held at Cold Lake, Alberta.

In addition to these courses, the School of Physical Education and Recreation is willing and able to design a course that fits the needs of the requesting base or unit in both



CFSPER trains "Peri's" who conduct physical education and training throughout the CF.

official languages

As part of its services to Canadian Forces Base Borden, the School works very closely with the "recreation council," the community council and with Family Services. These groups pool their resources to provide the best service possible to everyone at Borden.

Generally speaking, if something at a base has to do with being active and having fun, the Canadian Forces School of Physical Education and Recreation is sure to be involved somewhere along the line - helping to create "sound minds in sound bodies."

FOCUS ON TRAINING SYSTEM:

Standing Against Fire with the Canadian Forces Fire Academy

By Maureen Hughes, CFTS

In Hangar #3 at Canadian Forces Base Borden in a little room, 30' by 40', a little fire rages against little people in little houses and little office buildings and against little airplanes. In a smaller room one life-size fire fighter sits in the life-size cab of a fire truck, affectionately called the "hot box" and decides what to do about the little town on fire. This scenario is only one part of the Canadian Forces Fire Academy's most advanced fire fighting course for Fire Chiefs and only one of the many courses that the Academy offers to military and civilian personnel.

The Canadian Forces Fire Academy (CFFA), a member of the Canadian Forces Training System, was officially established in 1985 but has a much longer history than this. During World War II the Royal Canadian Air Force recognized the need for aircraft crash protection and established a school at the RCAF Station in Trenton since, in the years before unification, each division of the Canadian Forces conducted their own fire fighter training specific to

their own needs. The School moved twice and has been at CFB Borden since 1956. After unification, the Academy was known as the Fire Fighting Training Company as part of the Canadian Forces School of Aerospace Ordnance and Engineering (CFSAOE). With the split of CFSAOE in 1985, the Canadian Forces Fire Academy was given its own identity.

The Fire Academy's mission is to conduct individual training in all aspects of the Fire Service. This training includes: Fire Safety and Fire Loss Limiting Engineering, Fire Prevention, Enforcement of Fire Codes and Regulations, Structural Fire Fighting Operations, Aircraft Rescue and Fire Fighting operations (ARFF) and On Scene Emergency Site Management and Control. These courses are offered to both military and DND civilian fire fighters through various qualification level courses such as Apprentice, Journeyman, Supervisor and Manager. Currently, the CFFA conducts 18 serials each year, graduating approximately 200 skilled tradesmen.

What is unique about the

Fire Academy is the fact that it is the only Training System school that conducts complete trades training, from apprentice to manager level, for DND civilians. These personnel are employed by the Department of National Defence as fire fighters and are therefore employed on bases around the country. Esquimalt, Halifax, Goose Bay and Borden are some of the bases that have civilians working in their fire halls. The students at the Canadian Forces Fire Academy must work their way through two training flights. The first, "A" Flight, conducts apprentice and journeyman training and the second, "B" Flight, conducts supervisor and manager training in addition to vehicle and equipment maintenance. The basic courses include Structural and Aircraft Rescue fire fighting fundamentals. Civilians must have completed a rigorous and lengthy "On the Job Training" program before they are able to take their basic course. The majority of civilians do not require Aircraft Rescue Fire Fighting (ARFF) training so their number of training days are reduced considerably.

More advanced courses, such as QL5 (Journeyman) and QL6A (Supervisor), continue to build on fire fighting skills and teach leadership at various levels, like Deputy Platoon Chief, Chief Fire Inspector and Platoon Chief. These two

training courses are the among longest that the Academy offers, being 55 days (military) or 42 days (civilian) and 63 days (military) or 50 days (civilian) respectively. In each case the classes are very small, only 12 students each, and there is a low student-teacher ratio with 4 instructors in each course.

The Fire Academy's most advanced course offered, QL6B, places emphasis on management skills, leadership and Command and Control at the Base Fire Chief level. In this course, candidates sit in the "hot box" where they must effectively assess and control realistic emergency situations. This training is conducted in the state of the art Incident Command and Control Simulator which is one of only a few in North America. As described earlier, it is a miniature replica of a variety of situations including civilian and military emergencies.






Among other things, the training facilities include a mini gym, classrooms, a 6 bay training Fire Hall which includes vehicle response bays, Alarm Room, observation tower, classrooms and lounges. The practical training area provides for realistic hands-on training in the smoke maze, smoke tower, 2 live fire concrete burn towers and the latest in training innovation - the environmentally acceptable Live Fire Aircraft Rescue and

Fire Fighting (ARFF) training pads. The site includes three pads, one fuel separator compartment, one fuel valve compartment and three large lagoons. One pad is a 45m large fire, flammable liquid training pad complete with mid-size transport aircraft mock-up while the other two pads are 30m live fire flammable liquid training pads, one with an F18 Fighter small size aircraft and the other being a multi-purpose pad. The pads were built to confine all flammable liquids and water used during fire fighting and eliminate any soil contamination. The unused liquids are recovered for future use through a system of drainage and separation thereby saving money on training materials and providing excellent environmental protection.

As a Training System school, the Canadian Forces Fire Academy is constantly challenging its students and members to achieve the highest standards in their education and training. Their jobs require continuous education and an awareness of the latest technologies in fire fighting. The graduates of the Canadian Forces Fire Academy meet these challenges as the consummate professionals they are, and continue to be concerned about the people they serve. More than this, they work hard "Standing Against Fire."

OCTOBER'S SCAREY AT CLUB 90 BAR & GRILL

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	AVAILABLE 7pm - 10pm MONDAYS HAPPY THANKSGIVING!  SNACK TRAYS AVAILABLE FOR YOUR SPECIAL OCCASION 833-6700					KARAOKE & DJ HALLOWEEN PARTY! 28 WE'LL HAVE SOME DEVILLISH FUN! 8pm-1am 

OCTOBER 28th HALLOWEEN COSTUME PARTY - PRIZES FOR THE WILDEST, WACKIEST, AND ZANIEST OUTFITTS

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WEAR LOOSE FITTING PANTS (SWEATS), WARM TOP,
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4:30 TO 6:00 P.M.
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Food: Pizza
Cost \$3.00 per
person
Dress: Relaxed

SECOND ANNUAL NUTS AND BOLTS BONSPIEL

All members welcome
Two Four End Games

Date: Saturday October 1, 1994
Time: Registration at 6:00 p.m.
Curling Starts at 7:00 p.m.
Where: 17 Wing Curling Club
Cost: Small cost to cover food
(approximately \$3.00)



No prizes...Just come out and meet and have some FUN with the new and old members.
Music provided
Any questions call Irene Dubois at 885-6976

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.

WELCOME LADY CURLERS



Interested in some good curling, meeting new/old friends and having some FUN on Friday nights???
Come and join us at 17 Wing Curling Club (Kenaston & Grant).

Curling starts on September 30th. Draw times are 6:00, 8:00 and 10:00 p.m. on a rotating basis. For registration information call Vicki McAllister at 895-9797, or call the Club directly at 885-4354.

Curlers also required for Tuesday night Ladies. Draw times 7:00 and 9:00 p.m. Call Sally Clarke at 488-4525. Single or team applications welcome.

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MATINEES (When Scheduled) 2:00 pm WHEELCHAIR ACCESSIBLE

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(General)

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• THE MASK
• CLEAR & PRESENT DANGER

2 PPCLI

Junior Ranks Ladies Association

We are back and we are kicking off this Fall with our popular Craft Night September 28th at 7:00 p.m. at the Junior Ranks Mess (S).

We will be making a Harvest Witch. Great for Fall decorating or as a fun centre piece. The approximate cost is \$13.00. Non-member friends are welcome. We are asking a \$1.00 contribution to our coffee fund from any non-members.

Please RSVP to Bonnie Jolly 832-7321 by September 22nd. We have to let the instructor know how many people will be attending.

October 6th at 8:00 p.m. at the Junior Ranks Mess (S) we will be hosting Diane Collier. Diane is the author of the book "Hurry Up and Wait". It is a comical collection of stories from her life as a military spouse. Come for tea and treats and bring your copy of the book for an autograph. There will be a draw for a door prize.

Mark this one your calendar - November 20th from 1:00-3:30 p.m. at Lipsett Hall 2nd Annual Christmas Bazaar & Bake Sale

It was such a success last year we decided to do it again. For a table rental please phone Bonnie Jolly 832-7321.

\$ MANAGING YOUR MONEY

Term Insurance

By Harry L. Mardon

When it comes to life insurance, many Canadians allow themselves to be sold comparatively high-cost coverage — when all they may need is low-cost term insurance.

The reason why this happens is simple enough. Life insurance agents often tend to sell whole life insurance which is usually more expensive (and provides higher sales commissions). These products have an investment component called dividends which can be used to provide a wide array of options, such as paying premiums and enhancing coverage.

Consumers can get the same amount of face-value coverage in term insurance but at considerably less cost at the younger ages when income protection is most often needed.

Buying the cheapest thing available isn't always the prudent thing to do. But when it comes to selecting what insurance coverage is best for you and your family, you should view life insurance as an income protection program. Your investment program should be completely separate, as it is when you have term life.

There are several types of term insurance available. However, the standard one is what's called level term insurance. This will provide you with a set amount of life coverage for a fixed number of years, in exchange for you paying fixed monthly premiums for the time span of the policy.

The amount of life coverage you require depends on your family circumstances. If you are the main or sole bread winner with a spouse and children, you have an obligation to ensure if you die suddenly there will be assets to pay off immediate debts and to provide an income for your surviving spouse and the upbringing of the children. The amount of assets could range from \$100,000 to \$500,000, depending on the size of the family, their ages and the standard of living you'd like your survivors to enjoy.

Keep in mind, however, that if you outlive the fixed time period of a term insurance policy, there is no lump sum of maturity payment and you are without any coverage. One way to tackle this sort of situation is to have a renewable term insurance policy, perhaps with less coverage as the children may be off on their own by then.

Some insurance companies offer term insurance for a specified period of time, and if you are still alive after that period you can convert the policy to a whole life policy. Of course, your premiums would be higher for the extended life coverage.

Another form of protection, designed specifically to cover your financial obligation to a home mortgage, is what's called mortgage insurance which is decreasing term insurance. Usually this means your coverage and your premiums will decline over the amortization period as you pay down the mortgage. The objective is to have the outstanding balance of the mortgage covered by the policy over a fixed time period. If you should die before the end of that time span, the policy will cover the cost of the unpaid balance of the mortgage loan.

One hard and fast rule you should allow when it comes to term insurance is, shop around. Premium rates vary considerably, and the terms of policies may be different between one company's products and another's.

It's not a product you should buy without fully understanding the terms and conditions involved. Even though it's usually cheaper than whole life insurance, you want to get a good deal. And it shouldn't be bought in isolation with everything else you are doing with your family finances.

In essence, your income protection program should be one of the cornerstones of your total personal financial planning program.

(Mr. Mardon a freelance business journalist, writes this column on behalf of Winnipeg-based Investors Group Inc., a financial services company).



He Who Laughs, Lasts!

It is true that laughter can sustain us through even the most stressful of situations. Laughter is used as medicine in many stressful situations. In hospitals, for example, comedians entertain patients recovering from surgery or

illness, and in the corporate and business world, comedy and laughter are used to illustrate other wise tedious data.

Looking at the lighter side of life is worth living in spite of the challenges common to all of us. A good laugh can go a long way at relieving tension or distracting us from our anxieties and fears.

Taking the time to play— with your mate, children, grandchildren and friends is a great way to feel good. A good laugh can release endorphins into the bloodstream, proteins

with potent analgesic properties known as the body's natural opiate, making you feel good.

You can see why it is healthy to make room for spontaneous fun and play in your life, and to try to look at the lighter side of all situations. It is indeed true that he or she who laughs, lasts.

This column is provided by the Investors Group Inc. in collaboration with the Canadian Fitness and Lifestyle Research Institute.



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On your House Hunting Trip

Part Two of Two

Last week, we provided a list of items you would need to take with you if you are planning a HHT with the purpose of renting a home. This week, we'll deal with the items that you will need to take with you on a HHT if you are planning to purchase a home.

- Sufficient funds for your deposit. The amount required will vary from city to city, so please check with your Realtor in your new location to find out what the amount will be. You may have to provide your deposit in the form of a certified cheque or money order, so check with your bank to ensure that this will not be a problem in your new location.

- Your mortgage pre-approval certificate.
- Proof of your down payment.
- Proof of your income in the form of a letter from your loosing base, pay guide or pay stub.
- If you own a home currently and it is sold, take your agreement of purchase and sale with you. If it is not sold, ensure that you have both a copy of your MLS listing and your approval for bridge financing.
- Sufficient funds for your mortgage application fee, an appraisal fee, and a home inspection (if you plan to obtain one). Note that the home inspection fee may not be covered by the military, it

may be an out-of-pocket expense for you.

- A good understanding of your entitlements.
- The name, address and phone number of your Realtor in your new location.
- The name, address and phone number of your lawyer in your new location.
- The On the Move for Buyers book, obtained from your ERS Consultant.
- A Home Inspection checklist. Your ERS consultant can tell you how to access one.
- Your furniture measurements and a tape measure.
- A flashlight.
- A video camera, camera or notebook for recording your impressions of the various homes that you will be seeing. You will want to review the homes that you've seen at the end of each day of looking, so you will want to remember your feelings about each of the homes viewed.

Remember that searching for a home can often be a confusing and trying process. The better prepared and more well organized that you are, the higher your chances of success, and the lower the stress on you and your family. For more information, or to book an ERS consultation, give the ERS office a call at (204)833-2155.

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



MARIGOLD

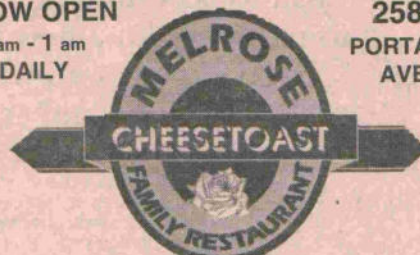
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La prévention du cancer: Que devrions-nous manger?

(NC)—Avez-vous déjà entendu parler qu'un aliment en particulier cause le cancer ou qu'un autre le prévient? Etes-vous désorienté quant à ce que vous devriez et ne devriez pas manger? Si c'est le cas, vous n'êtes pas seul. Nous sommes constamment bombardés par tellement d'informations qu'il devient difficile de ne pas s'y perdre. Beaucoup de gens ont été incités à croire que le lien entre le cancer et certaines composantes de l'alimentation est plus fort qu'il ne l'est en réalité et, par conséquent, ont mis la priorité au mauvais cholestérol. Or, le American Council on Science and Health a senti le besoin de clarifier la question. Ils ont récemment publié un rapport qui vient faire la lumière sur l'alimentation et le cancer séparant les faits scientifiques valides de la fiction.

Le rapport dit que actuellement l'étape la plus importante à suivre consiste à manger au moins cinq portions de fruits et légumes à chaque jour. Une accumulation considérable de preuves met en relation la faible consommation de fruits et légumes et une augmentation des risques de tous les types de cancer, à l'exception du cancer de la prostate. Il importe donc de manger vos 5 à 10 portions recommandées du Guide alimentaire canadien pour manger sainement. Par ailleurs, le rapport dit que la preuve associant le gras au développement du cancer ou les fibres alimentaires à la prévention du cancer, devient plus



faible. Il y a certes des raisons de santé pour augmenter notre consommation de fibres et pour voir à ce que notre consommation de gras demeure à l'intérieur d'un écart de santé, mais il semble que la prévention du cancer n'en fasse pas partie.

L'obésité augmente le risque de certains types de cancer, en particulier chez les femmes. Ainsi, il est recommandé de viser un poids santé en ayant un bon plan alimentaire et en demeurant actif physiquement. Si vous consommez de l'alcool, il n'est pas nécessaire de tout arrêter du même coup, mais plutôt d'y aller avec modération. L'excès d'alcool est aussi lié à une augmentation des risques de certains types de cancer. Et, qu'en est-il des produits chimiques dans les aliments ou des aliments salés, fumés ou marinés? Ne vous inquiétez pas outre mesure. Selon le rapport, ils n'ont pas vraiment d'impact sur notre risque de cancer.

En somme, soyez sceptique face aux rapports qui vous font peur en vous disant d'éviter des aliments en particulier, lesquels, apparemment, entraîneraient le cancer. Ne vous laissez pas convaincre, non plus, par les produits miracles dont on fait la promotion —de tels aliments n'existent tout simplement pas. Le message <<Ayez une alimentation variée et équilibrée et évitez les excès>> peut ne pas apparaître très excitant mais il demeure néanmoins le meilleur!

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Start by saving at least \$2,000¹ - opt for our new 7-year mortgage loan! Imagine...no payments for the first 90 days, plus we waive the interest for this period². That's three months rent free! It's our way of helping you to accommodate some of the expenses related to moving into a new home...or to start redecorating! Make a move now! Call, or better yet, come by and see us for details!

ADDITIONAL BONUS OFFER - FEE FREE BANKING TILL END OF 1994

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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Going For Green Environmental Citizenship and Your Health

Now you can do your part in helping the environment while benefiting your health. Environmental citizenship, or actively participating in personal or group behaviors which benefit the environment, can also have a personal health component.

Deciding to use your bicycle to run that errand to the corner store is an example of Going for Green. You're using the car less frequently—that's good for the environment — and you're pedaling the bicycle more frequently—that's good for you!

Try to think of ways in which you might Go for Green. Are you interested in community gardening? Is there part of a neighborhood park you might be willing to keep free of litter?

Do you enjoy spending time with children? Perhaps you might enjoy a litter walk with them—a combination of nature hike and clean up, where the kids have fun picking up and discarding paper and other trash.

Going for Green is good citizenship that is good for your mental, physical and social health - and, though your efforts might seem small to you - they can make a difference.

This column is provided by the Investors Group Inc. in collaboration with the Canadian Fitness and Lifestyle Research Institute

A WORD FROM THE CHAPLAIN

By LCdr Joe MacLean
WChap (RC)

I am grateful for the opportunity to introduce myself - as the new Roman Catholic Chaplain at 17 Wing. By wearing a navy uniform, it may give you a hint that I am a "Maritimer" (a Cape Bretoner! in particular).

My parents are enjoying old age well - but with sever. sons and one daughter and lots of grandchildren there's little time to think about growing old.

Most Cape Breton families have at least one person who graduated from St Francis Xavier University - I did in 1970. I graduated with a Bachelor of Arts Degree and a Bachelor of Education Degree.

My earliest experience of the West was when I taught at St Stephen's School in Calgary in 1971 - from there off to the Seminary in Ottawa from 1972-76. I was ordained a priest on a glorious day in June in Sydney, Nova Scotia, and have served in parishes both in my own Diocese of Antigonish and that the Archdiocese of Halifax.

Now most military families are interested in your postings before coming to Winnipeg; in

my case they are: Greenwood, Borden, Halifax and Goose Bay. I can honestly say there were no bad postings - all were great and I really couldn't say I enjoyed one more than the other. People are the business; the folks in Greenwood are the



LCdr Joe MacLean

same as those in Goose Bay when it comes to having their children baptized, preparing them for their First Communion, seeing them graduate from high school, helping them prepare for marriage, offering some advice/direction in times of struggle and whatever else falls onto the chaplain's plate. -I am delighted to be here in

Winnipeg. I take this occasion to wish my predecessor all the best - Fr Lucien Roy has given greatly of himself over the past number of years...though he is moving across the river, he is as welcome as the flowers of May at our table and in our parish.

Secondly, I wish to recognize the fact that we have been served well by Padre Mike Brown. Most parishes would give their eye teeth for a parish animator of Mike's quality, education and background. He has my fullest support and my thanks for a job "WELL DONE!"

We are continuously facing new challenges and endeavours - our peacekeeping/NATO duties have increased greatly - we are asked to do more with less and we all wrestle with new ideas to save dollars for DND. Change can be well-received or it can be divisive; so to with us. We must strive to work together - even in the face of change.

I can offer you my promise that I will give you the very best I can give - never hesitate regardless of background upon me; night or day; at the office or at my residence.

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- Camp Wapatek
- Canadian Mental Health Association - Winnipeg Region
- The Canadian National Institute for the Blind - Manitoba Division
- Canadian Paraplegic Association - Manitoba Division
- Canadian Red Cross Society - Winnipeg Branch
- Citizenship Council/International Centre
- Community Education Development Association
- Community Financial Counselling Services
- Community Unemployed Help Centre
- Elizabeth Fry Society
- The Family Centre of Winnipeg
- Fort Garry Women's Resource Centre
- Girl Guides of Canada - Winnipeg Area
- Caddy Lake Camp
- Independent Living Resource Centre
- Indian & Metis Friendship Centre
- Interfaith Pastoral Institute
- Jewish Child & Family Service
- John Howard Society
- Knowles Centre

- Learning Disabilities Association of Manitoba
- Main Street Project
- Manitoba Anti-poverty Organization
- Manitoba Association for Rights & Liberties
- Manitoba Pioneer Camp
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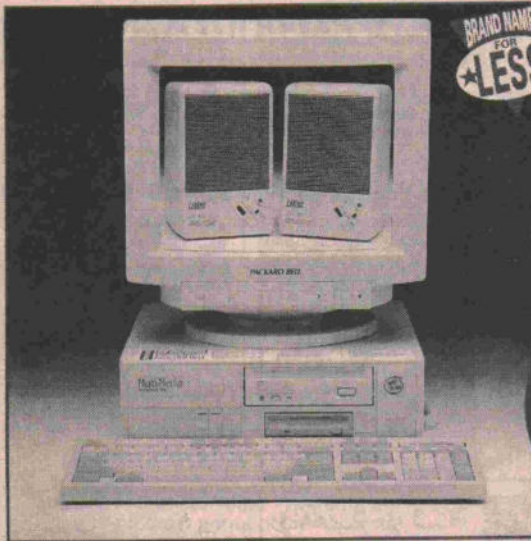
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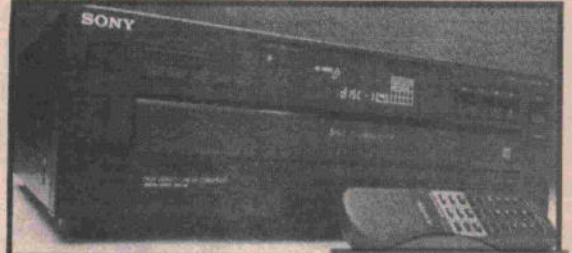
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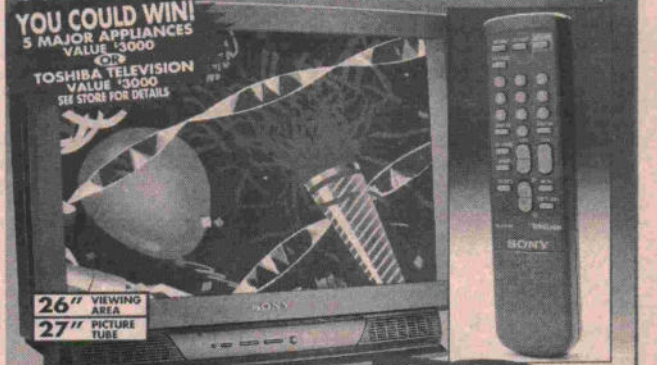


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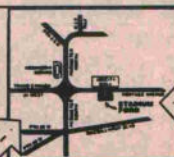
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