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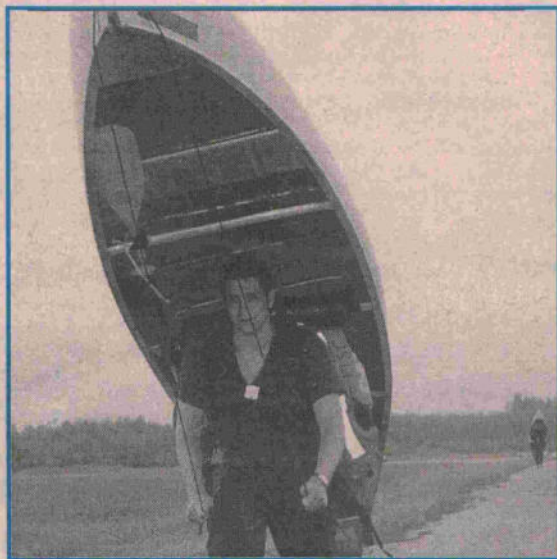
VOL. 42 ISSUE 17

17 Wing Winnipeg / 17e Escadre Winnipeg

October 5, 1994 / FREE



2 PPCLI MOUNTAIN MAN CHALLENGE 94



Cpl S.L. Lerch with 100 lbs of canoe and ruck sack - fifth place finisher.

By Capt M. Dowe

Because it's there. That's the cliché. Why else would a man strap a 33 pound ruck to his back and run more than 35 kms over crippling pavement. Why would he then stop to pick up a 60 pound canoe and throw that on his weary shoulders for a 4.5 km stroll through a Calgary park. For the 63 competitors from 1 Canadian Mechanized Brigade Group who volunteered for Mountain Man Challenge 94 the answer is not a simple one. But wait, there is more to this race yet. After walking through Glenmore Park with rucksack and canoe the men must solo canoe 8 kms on the reservoir, then jumping out of their boats, grab their beloved rucksacks and sprint the final 6 kms back to their start point,



25 kms done and still smiling - Pte Geordie Cheeseman, (left) Silver Medalist with Mountain Man Champion Pte David Cooper.

Base Calgary.

The 2PPCLI team wanted to make an impact on this race. All or nothing. To prepare themselves they trained hard. At its peak their training plan included over 50 kms a week of gruelling rucksack runs. They trained hard, but they trained in isolation. Each man on this 15 member team knew what he was capable of, knew where he fit into the team.

What he didn't know was how would he rate against the rest of the brigade.

Race day; 8 September 10 a.m. Four hours into the race. It's a beautiful day, clear and crisp. So clear the Unit Commanders waiting at the canoe pick-up point squint, searching for their soldiers. So crisp the cold air bites at their nostrils. Three Maroon shirts

Continued on page 12

Test Your Detector for life!

Fire Prevention Week
October 9-15
1994

Fire Prevention Week October 9 - 15, 1994



Acting Wing Commander, LCol Smith, presents the Fire Prevention Week Proclamation to the Base Fire Chief, WO R.G. Dane.

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Fire Safety Quiz Page 3

<<VÉRIFIEZ VOTRE AVERTISSEUR DE FUMÉE, C'EST UNE QUESTION DE VIE>>

*Prévention des incendies du Canada annonce le
thème de la Semaine de la prévention des incendies
du 9 au 15 octobre 1994*

Prévention des incendies du Canada et la National Fire Protection Association (NFPA), viennent d'annoncer le thème de la Semaine de la prévention des incendies qui aura lieu cette année du 9 au 15 octobre. Ce thème est «Vérifiez votre avertisseur de fumée, c'est une question de vie».

La Semaine de la prévention des incendies est célébrée chaque octobre pendant la semaine complète (du dimanche au samedi) qui inclut le 9 octobre, anniversaire du Grand feu de Chicago en 1871. Les Services des incendies au Canada profiteront de l'occasion pour sensibiliser le public aux dangers du feu et aux mesures de protection.

Selon Rich Morris, président de la Prévention des incendies du Canada, les avertisseurs de fumée sont des outils puissants de sauvegarde de vies, mais ils

ne peuvent nous protéger que s'ils fonctionnent. Pour être certain que votre avertisseur de fumée va vous avertir de la présence de fumée en cas d'un incendie chez vous, Prévention des incendies du Canada recommande de le vérifier au moins une fois par mois. Dans le cas d'avertisseurs à piles, vous devez installer des piles fraîches au moins une fois par année. Vous devez également tenir compte de la vie utile de ces dispositifs. Si vous pensez que votre avertisseur a plus de dix ans, songez à le remplacer.

Étant donné que toutes les maisons devraient être protégées par des avertisseurs de fumée en état de marche, le thème «Vérifiez votre avertisseur de fumée, c'est une question de vie» de la Semaine de la prévention des incendies de cette année souligne la nécessité de garder les avertisseurs de fumée

opérationnels et de faire état du potentiel de sauvegarde de vies offert par les avertisseurs qui fonctionnent.

M. Morris veut que les familles canadiennes soient bien protégées contre le feu. Un avertisseur de fumée constitue la première ligne de défense. Vous pouvez réduire ce risque encore plus en prenant certaines précautions. En plus du conseil de garder les avertisseurs de fumée opérationnels, la Prévention des incendies du Canada recommande d'élaborer et de pratiquer périodiquement un plan de sortie domestique, d'installer des gicleurs résidentiels automatiques et de faire preuve de prudence lorsqu'on fume.

Selon M. Morris, un avertisseur de fumée avec une pile déchargée est plus dangereux qu'aucun avertisseur, car il vous donne un faux sens de sécurité. Il espère que la campagne de la Semaine de la prévention des incendies de cette année aidera à rappeler aux gens de vérifier le bon fonctionnement de leur avertisseur de fumée chaque mois afin que celui-ci puisse les avertir à temps en cas d'incendie.

La mission de Prévention des incendies du Canada est de protéger les Canadiens contre les effets des incendies grâce à l'éducation. Cet organisme sans but lucratif, concentre son attention sur un leadership dynamique et sur la sécurité-incendie. Prévention des incendies du Canada et ses partenaires dans la prévention-incendie peuvent réduire le nombre de pertes annuelles dues à l'incendie au Canada.

"TEST YOUR DETECTOR FOR LIFE"

*Fire Prevention Canada
Announces Theme for National
Fire Prevention Week
October 9 - 15, 1994*

Fire Prevention Canada (FIPRECAN) and the National Fire Protection Association (NFPA) have joined together for this year's national commemoration of Fire Prevention Week, October 9 to 15. The 1994 theme is "Test Your Detector For Life."

Fire Prevention Week is recognized every October during the full week - Sunday through Saturday - that includes October 9, the anniversary of the Great Chicago Fire of 1871. Fire departments across Canada utilize this commemoration as a means to increase public awareness of the dangers of fire and the ways we can protect ourselves from it.

"Smoke detectors are powerful tools for saving lives," says FIPRECAN President Rich Morris, "but they have to be operating to protect us." To make sure your smoke detectors will effectively warn you of smoke and fire in your home, FIPRECAN recommends testing the devices at least once a month. In battery-operated units, install fresh batteries at least once a year. In addition if you think your smoke detectors are more than 10 years old, consider replacing them with new ones.

**"A smoke detector with a dead battery
is more dangerous than
no smoke detector at all, because
it gives you a false sense of security."**

Every home needs the protection of working smoke detectors, "Test Your Detector For Life" is this year's Fire Prevention Week theme reinforcing the need to keep smoke detectors operating and emphasizing the life-saving potential working smoke detectors offer.

"We want Canadian families to be well protected from fire" says Mr. Morris "and operating smoke detectors are certainly our first line of defence." In addition to having working smoke detectors, FIPRECAN recommends planning and regularly practicing a home escape plan; installing automatic residential fire sprinklers in your home; and using caution with smoking materials.

"A smoke detector with a dead battery is more dangerous than no smoke detector at all," Mr. Morris points out "because it gives you a false sense of security. I hope this year's Fire Prevention Week campaign will help remind people to test their smoke detectors every month to keep them working so they will provide early warning if a fire breaks out."

With a mission to achieve a fire safe environment for Canadians through education, Fire Prevention Canada, a non-profit charitable organization, is dedicated to provide Canadians with dynamic leadership and a national focus in the field of fire prevention through education. Fire Prevention Canada and its partners in fire prevention can make a substantial reduction in the annual fire loss statistics for Canada.

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Test Your Fire Safety IQ - A New Quiz from Fire Prevention Canada

Answering these questions correctly could save your life! Each year, fire departments in Canada respond to nearly 70,000 fires. Almost half of these were in our homes. Do you know how to protect yourself and your family from fire? Take this new quiz from Fire Prevention Canada to test your fire safety IQ.

1. Smokers' materials are the leading cause of fire deaths. The most common cause of smoking-materials fires in homes is:

- a. Careless disposal of cigarettes
- b. Falling asleep with lighted smoking materials
- c. Lighted smoking materials coming into contact with combustible materials
- d. All of the above

2. Smoke detectors should be located on every level of the home and outside each sleeping area. Smoke detectors should be tested how frequently:

- a. At the time of purchase
- b. Annually
- c. Daily
- d. Monthly

3. Gasoline should never be stored in the home and only a small quantity should be kept on hand to power appliances. The safest storage of gasoline is in:

- a. A marked, approved, vented can
- b. A marked glass bottle
- c. An open metal container
- d. An open plastic container

4. If you keep a fire extinguisher in the kitchen, the best place to locate it is:

- a. Over the stove
- b. Near the exit
- c. Under the sink
- d. In a drawer

5. TRUE or FALSE? Automatic fire sprinklers are tremendously effective in saving lives and property.

- a. True
- b. False

6. Mild curiosity about fire is normal for young children. If the curiosity turns to fire-play behaviour, a parent or care-giver should:

- a. Punish the child severely
- b. Have the child arrested
- c. Seek the advice of a counselor
- d. Ignore it and assume he/she will grow out of it

7. Natural disasters such as earthquakes, hurricanes and floods often result in dangerous related fires. Which of the following lighting sources should you keep on hand to be prepared for a natural disaster?

- a. Flashlights and fresh batteries and/or chemical light sticks
- b. Candles and matches
- c. Kerosene and other lamp oils
- d. All of the above

8. When my battery-powered smoke detector begins to make a "chirp" sound, I should:

- a. Disconnect it
- b. Vacuum it
- c. Replace the battery
- d. Buy a new detector

9. Unattended cooking is the leading cause of home fires and the second leading cause of fire deaths in residential areas. The best way to avoid these fires is:

- a. Never leave food cooking unattended
- b. Use the right cooking utensil for the job
- c. If you must leave cooking area, turn off stove and remove pot from element
- d. All of the above

10. TRUE or FALSE? Older people and people with mobility limitations have no choice but to climb up on a chair or stepladder to check their smoke detectors.

- a. True
- b. False

11. Approved portable and space heaters are safe to use for which of the following?

- a. Supplement the heating in a room
- b. To dry clothing
- c. To cook food
- d. To burn trash

12. The best way to keep children from playing with fire is:

- a. Don't allow any open flames in your home
- b. Keep matches and lighters out of sight and locked up
- c. Let them play with fire once until they get burned and learn the hard way
- d. Teach them to be afraid of fire

13. If you sleep on the second or third story of your home, your escape plan should include:

- a. An elevator
- b. A strong tree branch
- c. An escape ladder
- d. None of the above

14. Which of the following is an electrical fire hazard?

- a. Overloaded outlets
- b. Frayed or broken cords
- c. Running cords under carpets
- d. All of the above

Answers on page 9

TEST YOUR DETECTOR FOR LIFE!

Your smoke detector has the power to save your life. Or does it? If you haven't tested your smoke detector lately, it may not be working. And that's a risk you can't afford to take.

Working smoke detectors give us early warning of a fire, providing extra time to escape safely. But they can't do their job if we haven't done ours - monthly testing to make sure they're working.

Test all the smoke detectors in your home. For the life of the detector and for the lives of your loved ones.



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Air Reserve Augmentation Flight Promotion



Major Tim Forsythe, (left) Flight Commander of 17 ARAF and Capt Mike Taylor (right), WSAMPO congratulate Cpl Gary King on his well deserved promotion to Cpl effective 26 Jul 94. Cpl King is a member of 17 ARAF and is employed with 17 WSAMP. Congratulations Gary.

OCTOBER IS QUALITY MONTH

"Quality Needs U!"

In our quest for satisfaction, we often look out the window rather than in the mirror. "It's not my job." "We don't get service like we used to." "Nobody cares anymore." Hold it! -- that's where you come in. If you care, it makes a hill of a difference on the mountain of quality. Yes, if you care, it means our National Defence family will have one more quality enhancer of life and work.

As members of DND, military and civilian, we identify with a unique group of highly specialized, tolerant, mobile, community-minded citizens. As citizens of this group we depend on each other for safety, support, and service. Looking beyond our immediate DND family we enjoy a partnership with other communities and industries, abruptly revealing our dependence on the suppliers of goods and services. In this international year of the family, it is fitting to celebrate Quality Month 1994 (October), by paying tribute to our Sea, Land and Air members of DND, along with our extended family in the public and private sectors.

DND maintains a Quality Assurance Regional Office here in Winnipeg. Our job (and pleasure) is to promote Quality improvement throughout DND and to encourage Defence Industry suppliers to build quality into products / services as partners in the network. We realize we cannot do this job ourselves; help is needed from the rest of the family. The next time you look out the window, remember—

The premier event of National Quality Month is the QUALITY FORUM. This conference is broadcast live via satellite to more than 3000 sites across The North America and overseas.

High profile speakers share quality success stories, survey results, and case studies. Quality Forum X, will be broadcast from Ford World Headquarters in Dearborn Michigan. Chairman of The Ford Motor Company, Alex Trotman, is also Chairman of the 1994 National Quality Month campaign. He will discuss Ford's evolution in the Quality field. Of particular interest to us in Canada, Frank McKenna, premier of New Brunswick, is the Chairman of Canada Quality Month. Premier McKenna will address "International Relationships" in the quality arena at the Dearborn conference October 25, 1994.


The Winnipeg Quality Net Work and Manitoba section of The American Society for Quality Control (ASQC), join forces to host a downlink of this live broadcast at the Westin Hotel.

Information may be obtained from any ASQC member or Norm Brown, at 7CFQAR Winnipeg. 833-5986.


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CFANS Update

By Capt A.R. Plot

Winnipeg was recently the site of a world-class annual spectator event. Among the most world renown are: the returning of the swallows (Capestrano), the running of the bulls (Spain), and now, the writing of the CAT (CFANS). The annual writing of the dreaded Navigator Instructor Category (fondly referred to as 'CAT') exam has always been an event abhorred by the instructors, but enjoyed by the students. As ashen-faced instructors walked to the exam in a funeral-like march, with white knuckled grips on the mounds of required reference publications, the eager, delighted students looked on with obvious relish.

The writing of the CAT has never been a passive spectator sport, but an event that stirs the blood of the students. There are various mandatory 'cheers' that are heard each year, such as: "Now you know what it feels like to write those #-*?&% exams!", or "Better you than me.", or the ever-popular "It's PAYBACK time!" A few over-zealous students even offered to serve as monitors and ensure that the exams were administered properly, but these generous offers had to be turned down. Of course the down side for the students is that the instructors often find new, tricky questions to give the students (they figure — "if we don't know the answer, let's ask the students").

Seriously, the annual category exam was completed

with very good results throughout. Congratulations to all!

The CFANS picnic and car wash went off without any major hitches. The Met office cooperated by providing a bright, sunny day with warm weather. Many young, aspiring future navigators (i.e., students'/instructors' children) learned what it is like to see the inside of a famous 'Gonzo', rode on a Dash-8, and saw a fire truck close-up (the highlight of the day for my 'loyal to the Airforce' children). Meanwhile, water, rags, and suds were flying, courtesy of 9405, as dirty cars became unrecognizable with a bright shine. Later, at Assiniboine Park, the kids were seen using the swings and playground, while scarfing lots of food (barbecued by 9404). Even the hordes of wasps had a good time. Thanks go to Capt Mario Leblanc and his crew for a great day.

Overall, the behavior of everyone was exemplary. A few isolated incidents of those who pushed others down in the playground, ate 20+ hot dogs, and refused to get off of the Park train when the ride was finished have been dealt with. The instructors who did it have apologized and have promised to never do it again.

For those students wondering about the new instructors wandering around, the latest NIC has finished their classroom phase and are ready to be inflicted upon the students. Don't worry, there are no confirmed 'slashers' in this crowd (although a couple



of un-named maritime-based instructors certainly have the potential to be).

A warm CFANS welcome to the students of SANC course 9403. It's always good to see familiar faces return to the hallowed halls of the Nav School and allow us to get caught up on all of the gossip that the instructors miss out on while away from the operational tours.

Items to watch for in the future include: a new course (9407) in mid-October, a transport/maritime stream for 9401, and the start of the dreaded airplot flights for 9406. Good luck to all.

FLASH — this item just in. Capt Mitch and Margaret Leenders are the proud parents of their first child, a daughter! A name has not been released to the press at this time, but mom and baby are doing fine. Congrats to the Leenders family.

That's all for now — stay tuned for more adventures on the next episode of CFANS Update.

Canadian Forces Navigation School Graduation of Course 9307



Back Row (L-R): Lt N.M.L. Callard, Lt F.M. Bell, Lt J.J.M.R. Sevigny, Lt J.L. Traynor, Lt S. Chouinard. Front Row (L-R): Capt B.P. Crosier (Course Director), LCol A.L. Smith (A/WComd), Col J.D. Hunter (Reviewing Officer), LCol K.C. Kerr (Comdt), Maj A.E. Sawatsky (Flt Comd).



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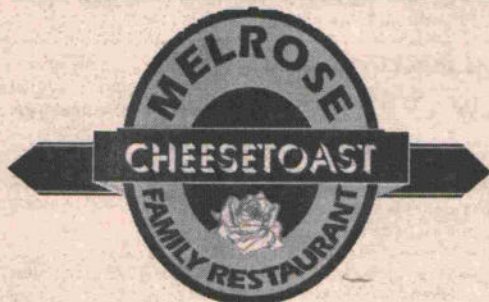
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\$6 All Military Cuts
\$2 Off Cut & Style
\$5 Off Perm & Colour

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Children's Cuts:
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2nd Cut at Half Price

We Hope To See You All Soon!

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., 11 Oct 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

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, childcare 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.

QUALITY OF LIFE PROGRAMS

READ CANADA

Invites you...share the fun with great kids!!

DATE: 5 Oct 94 - continuing every Wednesday evening until May 31 1995.

LOCATION: 54 Bourkewood

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

MFRC Events



Maj Buzz Bezanson, the MFRC OPI, cuts the cake at a farewell luncheon August 30th.

Val Hudson, MFRC's Food Bank Coordinator, prepares food hampers. If you have any inquiries regarding the Food Bank, call Val at 489-7003.



Malina Roos, MFRC Board Chairperson, and her son Alex at the MFRC Information Table at the Registration Fair Sep 10.

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 consumers get help?

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

Call 489-7003 to register.

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"Unique clothing for kids on the grow and Mom's on the go!"

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Clothes that jump, move, shake, skip!

Clothes that shout excitement!

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"1-800" NUMBER FOR FAMILIES OF PEACEKEEPERS ANNOUNCED

The Mission Information Line is a toll free telephone number to provide timely and accurate information to families of Canadian Peacekeepers serving with the United Nations. The line is operational from 0800 to 1630 hours Monday to Friday, statutory holidays excluded. Services are strictly confidential and are offered in both English and French. The Mission Information Line is not a replacement of the Military Family Resource Centre on the bases, but an enhancement of their services.

LINE COORDINATOR

The Line Coordinator is an experienced professional who is familiar with the policies and operating procedures of the Canadian Forces. When the coordinator is not available, users may leave messages on a voice message system and calls will be returned as soon as possible; normally within 4 to 6 hours.

INFORMATION

The information is provided by official National Defence sources, including: the Operations Centre and Peacekeeping authorities at Headquarters, rear parties and battalions deployed on peacekeeping missions. Available information will include political situations, living conditions of peacekeepers, troop movements, confirmation of news releases, information on incidents or accidents, etc.

OTHER SERVICES

Other services include the transmission of urgent messages to peacekeepers, moral support, advice and referral with administrative difficulties or other problem situations. Call whenever there is a need!

Anyone desiring additional information, or unsure about their rights to use the line, please call the MFRC; we will be more than pleased to assist in any way possible.

THIS ARTICLE IS COURTESY OF RON WALSH- EXEC DIR MFRC GANDER

United Nations Mission Information Line

**1-800-866-4546
(1-800-UNMILIM)
(FAX 613-995-2178)**

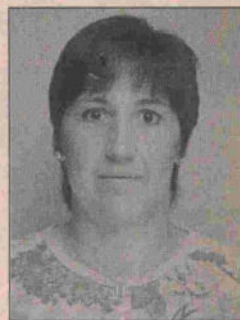
**Sponsored by Director
Military Family Support
Ottawa**

*"Only the strong go for help,
the weak do not!"*

Who's Who..

Lois Johnson

Lois Johnson just started teaching at the MFRC nursery school on Monday, Wednesday and Friday mornings. Lois came to us with strong credentials. She has many years of nursery school experience and has a background in music. She came highly recommended as being enthusiastic and resourceful and is a welcome addition to our team.



BUSINESS REGISTRY

Many people in the military community are representatives of companies which sell cosmetics, toys, silk plants, housewares, clothing and so on. We offer a Business Registry to help link up these representatives with the community members who are interested in their products. Enough interest has been shown so we are now organizing a Business Fair. This Business Fair will take place on 15 November 1994.

If you are interested in being part of this new Business Registry, please fill out the form below and return it to:

Military Family Resource Centre
350 Doncaster Street
Winnipeg, Manitoba
R3N 1W8

Business Registry

Name: _____ Address: _____

Phone: _____ Postal Code: _____

Products/Services Offered _____ Company Represented _____

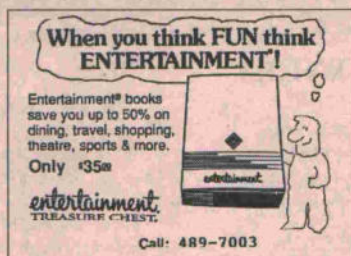
Best time to contact _____

Date of Registration _____

MFRC

The Military Family Resource Centre is looking for potential Board of Director Members. If you are interested in getting involved, please contact **Malina Roos, Chairperson at 489-2722** or the MFRC office at **489-7003** or drop by at **350 Doncaster** for an application.

NOW AVAILABLE!



The MFRC is now selling Entertainment Treasure Chest '95 coupon books. Save up to 50% on dining, travel, hotels, shopping, theatre, sports and more. The price is still \$35.00. Coupons may be used right away and are valid until November 1, 1995. These books make great gifts for parents or other family members living in the city. For more information, call the Military Family Resource Centre at 489-7003, or drop by 350 Doncaster Street any weekday between 8:00 a.m. and 4:30 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: Wed., 12 Oct 94

LOCATION: 350 Doncaster

TIME: 6:30 - 8:30 p.m.

Please register by calling the MFRC at 489-7003.

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to find out more.



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3rd Annual 17 Wing Winnipeg Registration/Info Open House



The Winnipeg Military Community Council and the Military Family Resource Centre jointly organized this annual event which was a success for all who attended. Over 50 groups, clubs and organizations from 17 Wing and the surrounding location participated in this worthwhile event

The Best Booth Award was presented by LCol Smith (A/WCOMD) to the 51st Scouting Group who are located on the north site. Congratulations folks, the challenge was met and achieved quite handily in your first year in attendance! The blue panel of judges were certainly impressed, but did any of the judges seize the opportunity to try out your "ride"?

Support from WSup, 17 Comm Group, 17 WSAMPO, Wing Imaging, VOXAIR and WPERO made this event prosperous for all in attendance. Many thanks to all who participated, attended and supported. See you all next Sep!



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



TENTATIVE AGENDA

DATE	MFRC EVENT
Wed. Oct 5	Open House at 350 Doncaster - Refreshments - Door Prizes
10-11 a.m.	Family Potluck Barbecue - you bring salad, dessert and we supply the hotdogs and hamburgers. RSVP - Children's Entertainer 4-5 p.m. - Children's Activities - Banner, Decorations, - Contest Prizes
4-6 p.m.	
Wed. Eve	Diane Collier visits Officers' Mess Wives' Club
Thur. Oct 6	Presentation by Diane Collier, author of 'Hurry Up and Wait' - Club 90 - Free child care at 54 Bourkewood - Parents must register by Oct 5 - Door Prizes
1 - 3 p.m.	
Thur. Eve.	Diane Collier visits with Junior Ranks Wives Club
Fri. Oct 7	Premier Gary Filmon visits Centre to present International Year of the Family Certificate.
0900	

WING LOTTO WINNERS



Cpl Walsh, 2 PPCLI Maintenance, accepts his \$100.00 cheque from Base/Wing Lotto draw Aug 18. Congrats!



Pte Brown Miller from Maintenance accepts his \$100.00 cheque from Base/Wing Lotto draw Aug 18. Congrats!



WINNERS

- 1 Sep MCpl K. Bring, 2 PPCLI Maint
- 1 Sep MCpl Cherboneau, 2 PPCLI Admin
- 15 Sep Sgt Stewart, Wing EME
- 15 Sep Pte McNaulty, 2 PPCLI

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MFRC RESOURCE LIBRARY BOOK PROFILE

Stop by the MFRC at 350 Doncaster Street and check out our growing selection of books. To whet your appetite we have arranged to present book reviews in the Community Connections newsletter and once monthly in the Voxair. It is hoped that after reading a particular selection you will want to do a review on it yourself! Let us know what you think of the idea.

RAISING KIDS WHO CAN

In this book the authors, Betty Lou Bettner and Amy Lew, expand the concept of family meetings to demonstrate how the democratic process at home can increase the probability of raising responsible, self reliant, confident adults. You will be guided through setting up your own family meeting to afford maximum benefit and participation. Encouragement as a tool for developing self-esteem in your children is addressed and you will examine different parenting styles.

Everyone needs to feel connected to others, capable and that they count. Family meetings foster these three "C's" and Bettner and Lew offer practical steps to achieving improved family communication and decision making.

NEW ARRIVALS



Puzzled about Manitoba License Plates?

- Fire insurance?
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THE FRIENDLY CLUB



Test Your Fire Safety IQ - Answers

1. The answer is (a).
Each year, fires are started by the careless disposal of smoking materials. Ashtrays should be emptied in metal containers or in the toilet. Many people each year are killed or injured after falling asleep with smoking materials. In a majority of cases, this occurs because they have taken medication or consumed alcohol. And finally, check upholstered furniture for smoldering materials. The lit end of a cigarette can be knocked loose and fall into folds of a sofa or chair.

2. The answer is (d).
Test all the smoke detectors in your home at least once a month.

3. The answer is (a).
Store gasoline only in a marked can, bearing the label of a testing laboratory and a special vent. Gasoline is highly flammable. Never store gasoline inside the home or near a heat source or open flame, and don't smoke when using or near gasoline. Don't use gasoline for cleaning purposes.

4. The answer is (b).
Locate your fire extinguishers near an exit, so you can safely fight the fire and be able to escape if it doesn't immediately die down. Be sure you select the correct type of extinguisher for your intended use and get some training in how to safely use an extinguisher.

5. The answer is TRUE.
Sprinklers are activated by heat from a fire and activate independently as necessary to control the fire.

6. The answer is (c).
Early intervention by a trained professional can help identify the possible reasons for the child's fire-play behaviour and help to change it.

7. The answer is (a).
Keep flashlights and batteries on hand in case of power outages. Chemical light sticks are also a safe source of light. They are waterproof and non-toxic. Candles and other open flames are too risky to use.

8. The answer is (c).
Install fresh batteries in your smoke detectors at least once a year or sooner if the detector chirps, signalling low battery power. Use an anniversary, when you turn your clocks back, or some other annual event to remind you to replace the batteries. If your smoke detector is more than 10 years old, replace it with a new one.

9. The answer is (d).
All these options will prevent a cooking fire. Never leave food cooking unattended. If you have to leave the kitchen, shut off the burner and remove the pot from the stovetop. Make sure that you use the proper utensil for the job. If you have to fry with oil, use a thermostatically controlled deep fryer and use an oil such as peanut oil, which has a higher ignition temperature.

10. The answer is False.
Older adults and people with mobility limitations can test their smoke detectors by using a broom handle to push the test button. In most communities, the fire department will send out a

firefighter to assist people with their detectors.

11. The answer is (a).
Heating equipment should be used only to heat your home. Remember to keep all heating equipment at least three feet away from anything that can burn, and never leave it operating unattended. It is very dangerous to place flammable or combustible items, like clothes, papers, etc., too close to heating devices. Burn only dry, seasoned hardwood in fireplaces and woodstoves.

12. The answer is (b).
Keep matches and lighters up high, preferably in a locked cabinet. Teach children at an early age that matches and lighters are tools for adults, not toys. Young children should be told to tell an adult if they find matches, while older children can be taught to bring found matches and lighters to an adult.

13. The answer is (c).
Consider buying an escape ladder for bedrooms located on second or third floor bedrooms. Be sure the non-combustible ladder you select is tested and approved and sturdy enough to support the weight of the heaviest member of your family.

14. The answer is (d).
All of these are electrical fire hazards. Check cords to be sure they are not frayed and the connections not loose. Don't overload outlets and keep cords free of carpets, furniture and other items that could damage them or cause them to overheat. If you smell an unusual odor or get flickering lights or frequently blow a fuse, these are indications you have an electrical problem. Consult an electrician.

I TRC CAPERS

Hello to all those people who have kept the ITRC extremely busy over the past two months. We have certainly been busy keeping the computer courses loaded and instilling in the students basic computer skills in Windows 3.1, WordPerfect 5.2, Lotus 1-2-3, Harvard Graphics and FoxPro. For those of you who have recently arrived in beautiful Winnipeg, let me introduce the ITRC and the services we offer.

The ITRC is located in Bldg 86 Rm 249 and our mandate is to instruct 17 Wing personnel in computer software applications. To date 1500 students have passed through our classroom. We also provide a Common User Facility with different software applications available for multiple projects. All the instructors in the ITRC are more than willing to help answer your application questions or show you how to use the applications on the Common User. So, if your job now means you use a computer on a daily basis at work and you're not really sure of what you're doing we can help.

All courses run through the ITRC are loaded through Wing Ground Training Flight using those persons names submitted by Unit and Section ADP Training Coordinator. Contact your ADP Trg Coord and find out what prerequisites you need to be placed on courses at the ITRC,

or drop in and we will be happy to talk to you about your requirements.

Look for the advertisements in the Voxair for more information about the ITRC. We know that we will be seeing more of you in the near future, until then, don't let your mouse byte you.

Quincy



The Gaff level is highest just before quitting time.

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Feeling left out in the rain when it comes to Computers? We can help you learn "computerize". Contact ITRC at Local 5373 for information on how to become computer literate.

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FALL CLASSES in silk flower arranging during October.
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CHRISTMAS DESIGN CLASSES will be held throughout the months of Nov. & Dec.

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Register now for your choice of day, evening and weekend classes.
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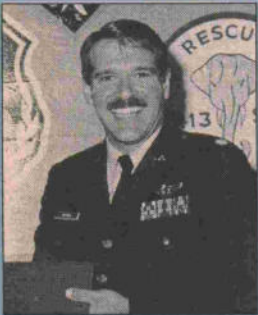
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O	PORTAGE	
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2750 Saskatchewan Ave.
837-2399

Central Flying School Awards



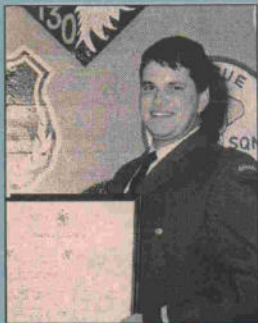
Capt Craig Waldick of the Instrument Check Pilot School received his Canadian Forces Decoration. The medal was presented by the Commandant, Central Flying School, LCol M.R. Spooner on 9 Sep 94.



Major Brad Rathbun, a USAF Exchange Officer on staff at the Instrument Check Pilot School, was recently awarded the Meritorious Service Medal (First Oak Leaf Cluster) for outstanding service while assigned to Scott AFB, Illinois. The Commandant of CFS, LCol M.R. Spooner, presented this award on 9 Sep 94 and extended congratulations on behalf of the staff of Central Flying School on this outstanding achievement.



Captain Tom Loney was presented with the Air Command A-1 Flying Instructors Category Award by the Comdt CFS, LCol M.R. Spooner on 9 Sep 94. The A-1 category signifies overall excellence in flying instructor performance. Captain Loney is currently on staff at CFS as a BH-06 Helicopter Standards Officer. Congratulations Tom on achieving this elite status.



2Lt Jack Kearley proudly received his Commissioning Scroll from LCol M.R. Spooner, Comdt CFS on 9 Sep 94. 2Lt Kearley is currently on OJT at CFS while awaiting pilot training.

AIR COMMAND PRESENTATIONS



Col J.D. Hunter, DCOS Trg, Air Command Headquarters and LCol D.D. Peart SSO IT Air Command Headquarters present Capt David Cameron with that rank effective 4 August 1994. Congratulations from all the staff at DCOS Trg.



Col J.D. Hunter, DCOS Trg, Air Command Headquarters presented Capt Don McLeod with his Certificate of OPDP Completion. Congratulations for a job well done.



WO Ray Taillon is presented with his retirement certificate from BGen W.J. Partington, COS Pers & Trg, Air Command Headquarters. After 31 years of service as an AVS Technician, WO Taillon is retiring in Winnipeg for the time being and then on to larger pastures in Manitoba some time in the future. Best Wishes from all the staff at DCOS Trg and enjoy your well deserved rest.

RETIREMENT PRESENTATION



Col Smith, CCompt AIRCOM HQ is shown presenting Capt W.A. Locke with his Canadian Forces Certificate of Service. Capt Locke retires from the regular force following 20 years of service. He is to commence Class A service and assume the duties of SO OE 4.



Capt Darryll McKinstry is presented with his retirement certificate from BGen W.J. Partington, COS Pers & Trg, Air Command Headquarters. After 34 years of service as an Air Traffic Controller, Capt McKinstry is retiring in local area in order to be near his family and play with his grandchildren. Best Wishes from all the staff at DCOS Trg and remember the good times.

WARRANT OFFICERS' & SERGEANTS' MESS 17 WING WINNIPEG RETIREMENT LUNCHEON



Air Command Chief Warrant Officer J.L.G.G. Parent signing Guest Book after arriving at the WOS' & SGTS' Mess. Pictured left to right V/PMC MWO Perry, CCWO Parent, WCWO Elphick.



On 1 September 1994, the Warrant Officers' and Sergeants' Mess hosted a Retirement Luncheon for retiring members. The day's events started with the arrival of members followed by the arrival of the Guest Speaker, Air Command Chief Warrant Officer J.L.G.G. Parent. Also in attendance was WComd Col G.E. Sharpe and WCWO CWO R.N. Elphick.

At 1230 the standup luncheon commenced. Immediately following the completion of the luncheon, presentations were made to the retirees and their spouse/guest in attendance.

The V/PMC MWO Perry and staff of the Mess would like to thank Cpl Byrne, Cpl Collinson, Cpl Mortensen, Cpl Duncan, Cpl Armstrong and MCpl Harluck the volunteer servers who completed their task in an outstanding manner. Thanks also to Cpl Robichaud from Wing Imaging who took all the pictures.

The day was enjoyed by all who attended and we wish all the retirees the best in their new careers and retirement.



CWO T.F. (Tom) Sliming of Air Com HQ retires after 36 years. Pictured left to right MWO Perry, CCWO Parent, CWO Sliming, LCol McFate, WCWO CWO R.N. Elphick, WComd Col G.E. Sharpe.



MWO S.M. (Sharon) Dane of 733 Comm retires after 24 years. Pictured left to right MWO Perry, MWO Scott, MWO Dane, WO Dane, CCWO Parent.



Sgt R.C. (Ron) Hodgkins of Wops retires after 24 years. Pictured left to right MWO Perry, Mrs. Debbie Hodgkins, Sgt Hodgkins, CCWO Parent.



CWO S.M. (Stan) McLeod of Air Com HQ retires after 35 years. Pictured left to right MWO Perry, CCWO Parent, CWO McLeod, Mrs. Diane McLeod, WCWO CWO R.N. Elphick, WComd Col G.E. Sharpe.



WO J.D. (Dave) LaLande of Air Com HQ retires after 27 years. Pictured left to right MWO Perry, Mrs. Linda LaLande, WO LaLande, daughter Michelle, CCWO Parent.



WO M.H.N. (Mat) Vanderspek of the Air Comd Band retires after 28 years. Pictured left to right MWO Perry, WO Vanderspek, CCWO Parent.



WO D.O. (Diane) Monk of WSup retired after 21 years. Pictured left to right MWO Perry, WO Monk, CCWO Parent.



Sgt V.J. (Val) Bergen of Air Com HQ retires after 20 years. Pictured left to right MWO Perry, SGT Bergen, CCWO Parent.



WO E.V. (ED) House of 402 Sqn/ SAMEO retires after 33 years. Pictured left to right MWO Perry, WO House, Mrs. Helen House, CCWO Parent.



MWO D.J. (Don) Paluck of Air Com HQ retires after 30 years. Pictured left to right MWO Perry, MWO Paluck, Mrs. Caroline Paluck, CCWO Parent.



WO D.B. (Dave) Smith of 733 Comm retires after 26 years. Pictured left to right WO Brydges, MWO Perry, WO Smith, CCWO Parent.

17 Wing Presentations & Promotions



LCol Smith, W Log 0, and Nicky Compton, First Vice-President of UNDE 50705, present a Certificate of Appreciation to MWO Lecaine for his work as EAP Chairman for the past number of years. We wish MWO Lecaine good luck in all future endeavors as he has recently taken his retirement from the CF.



LCol Bailey presented WO Rose Viens with her new rank. Congratulations from the W Pers Admin Staff and good luck on your posting to Esquimalt.



Cpl Dawna Bain received her promotion while with Aircom HQs and was presented with that rank by LCol Bailey. Congratulations from the W Pers Admin staff.

2 PPCLI MOUNTAIN MAN CHALLENGE 94

Continued from page 1

appear in the distance. The two Patricia Commanders and the CO of 1 Field Amb involuntarily inch forward; maroon is their unit colour.

Shortly two commanders are disappointed; LCol John Turner, CO 2PPCLI is elated. It is a situation seen many times in their training, Capt Mike Annis is leading followed closely by Ptes Geordie Cheeseman and David Cooper. All are with 2PPCLI from Kapyong Barracks. They pick-up their canoes and stumble off towards Glenmore reservoir. 15 minutes later a second group arrives which makes LCol Turner, to his surprise, feel slightly awkward; fourth, fifth and sixth place are also 2PPCLI soldiers from Kapyong Barracks.

The team came to Calgary to make an impact, to go big, or to go home. They could have relaxed, finishing the final legs at a more relaxing pace and still won. But obviously that was not why they were in this race. Pte Cooper seemed to be getting stronger with every step. He took a short rest with

the leader at the 37 km point halfway through Glenmore Park, then quickly set off again. Capt Annis lay on the ground, his back muscles seized in agony. It was not his day. Pte Cheeseman stayed with the new leader through the canoeing phase. As they beached, first Cooper then Cheeseman, there was one obvious difference between these two men; Cooper sprang onto shore, Cheeseman dragged his aching frame onto shore.

At the finish Pte Cooper crossed the line still running and with a smile on his face. Incredibly after completing 54 kms in 6 hours and 27 minutes he looked like he was ready for more. 13 minutes behind him came Pte Cheeseman exhausted but unwilling to let up. 13 minutes later, in a trance like shuffle and with his vision blurred, came Cpl Richard Volpato giving a satisfied yell as he finished. Cpl Matthew Skinner was next still pumping out the rock solid steady pace he started with. When Cpl Slade Lerch staggered across the finish line there was no proud look, nor cry of victory.

You could see no sign spark in his lifeless eyes yet somewhere inside him determination burned. He finished fifth.

The top five positions all went to the Second Battalion PPCLI. It was beyond doubt, the battalion was to be the inaugural champion unit of the Mountain Man Challenge. Still they came. In eighth - Cpl Mitchell Vancrasbeek, eleventh - CSM Chris White and thirteenth - Pte Trevor Petersen. Eighteenth, nineteenth and twentieth were MCpl Ole Frederiksen, WO Wayne Kelley and MCpl Robert Taillon. Twenty-third, thirty-sixth and forty-seventh were Maj Shane Brennan, Cpl Steven Nohavicka and CSM Mike Spellen.

Each man on the team faced his mountain that day in Calgary. Most discovered they were capable of more than they dreamed. Many have just begun to explore their limits, others have now found them. Every man did his best. And on this day, their best was the best in the brigade. They took the challenge, because it was there.

Canadians and the Battle of Britain

By Maj W.A. March
Staff Officer History, Air
Command Headquarters

Soon it will be time once again for the men and women of Air Command to commemorate the Battle of Britain. Like the Battle of Atlantic Sunday for the Navy and Vimy Sunday for the Army, observance of the Battle of Britain holds a special place with respect to air force history and heritage. Why? That's a good question and one that I will endeavour to answer.

Without a doubt, the Battle of Britain is recognized as the pre-eminent air battle of modern times. That this event is recognized as such is not surprising given that it was the first large-scale aerial engagement which involved a lot of the technology (such as radar and radios) that we still use today. In addition it had all the romantic-heroic overtones of "David versus Goliath" or in this case the ravaged Royal Air Force versus the triumphant

Luftwaffe. Both of these factors would have been enough in their own right to cause the Battle of Britain to be remembered. However, when combined with the historical facts, very evident to the people that took part in this action, that for the first time the German war machine had been stopped and that this victory would allow Britain to continue the war, then you have an event of monumental proportions that deserves to be commemorated.

In terms of participation in the Battle of Britain, the number of Canadians was not large, but it was significant. One hundred young men, from all walks of life and from every province in the Dominion, fought the Germans during those hectic months. Out of this number, 70 flew with the Royal Air Force and one with the Royal Navy (Sub-Lieutenant John Conway Carpenter from Toronto). This meant that only 29 Canadians actually flew with the only Canadian unit to participate in

the Battle - No. 1 RCAF Fighter Squadron. Of this number 23 were killed in action against the Luftwaffe.

From an air force and national perspective there is something which is far more significant than the numbers of pilots who flew during the Battle. For the first time in history, Canada had fielded an air force unit which had fought alongside the RAF. This was radically different from the First World War where all of the Canadians who flew in that conflict did so in foreign air forces. Even though the majority of Canadian pilots still fought in RAF or RN blue, the future trend was clear - Canada would support its own air force as a separate service. Therefore, like Vimy Ridge to the Army and the Battle of Britain to the Navy, the Battle of Britain was a "coming of age" for the RCAF. Without a doubt, the RCAF was here to stay and that to me, is why we commemorate the Battle of Britain.

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HOW TO CHOOSE A HOME INSPECTOR

Master Seaman Jones and his wife, scrimped and saved for years, finally getting enough money together for the down-payment on their "dream home". They moved in and it's perfect until the first time it rains, when they find themselves dodging the tin cans and buckets that they've had to set up to catch all the water coming in through their leaking roof! Could they have avoided buying a home with a roof like a sieve? Maybe, by having a home inspection completed prior to purchasing.

Over the last ten years, increasing numbers of home purchasers have turned to home inspectors for a report

on the soundness of the mechanical systems and structure of the home. Many of the people using home inspectors don't realize that the report that they are getting is only as good as the individual doing the inspection. This article will provide some questions to ask prior to selecting a home inspector.

- What kind of background and experience does the inspector have? An individual who has been a contractor for the last thirty years will be able to give you a better analysis of the quality of a home than someone that has been working in a widget factory!

- How long will the inspection take? Ensure that the time that the inspector has allotted for your home will be sufficient for him to do a really thorough inspection.

- Will the inspector provide you with a written or verbal report? Is there a difference in the cost?

- Can you see a blank copy of the report that you get? This is important so that you'll know what you are paying for.

- Does the report come with any kind of guarantee, or does it have a waiver of liability on it? With a waiver of liability, you may not have any recourse

if the home of your dreams, purchased based on a positive report from the home inspector, collapses around your ears the day after you move in.

- Does the inspector have insurance? Without it, you may have insufficient recourse in the event that things go wrong.

- Is the inspector a member of the Canadian Association of Home Inspectors or American Society of Home Inspectors? Both bodies have a set of minimum standards that members must abide by. It is important to note, however, that someone who calls himself a home inspector does not

have to belong to either of these organizations.

- Have you checked with the Better Business Bureau to ensure that there have not been any complaints against that particular inspector?

Finally, remember that a home inspection may not be an expense claimable for the military. Always check on your entitlements prior to hiring an inspector. For more information on any aspect of buying or selling a home, please contact your ERS consultant, Valerie McEwan at (204)833-2155.

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For more information contact Major W.A. March
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START YOUR WEEK OFF RIGHT!	JOIN US MONDAYS 8am - 10am FOR BREAKFAST ON A BUN ONLY 99¢ plus tax	AVAILABLE 7pm - 10pm MONDAYS HAPPY THANKSGIVING!				
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BASIC SCUBA COURSE

Interested in learning to scuba dive? Then have we got the course for you!! The CFB Winnipeg Goldeyes Scuba Club is one of the most active scuba clubs in the province of Manitoba and we are about to start our Fall 1994 training program with a BASIC SCUBA COURSE. The following information will put you on the right track to becoming a qualified scuba diver and enjoying all the fun and excitement of the underwater world:

WHAT:	Basic Scuba Course
WHERE:	Westwin Pool, Bldg. 90
WHEN:	Tuesday nights, starting 4 October 1994
COST:	Regular Members \$230.00 GST included. Ordinary & Associate Members \$255.00 GST included. Cost includes all course materials, certification, use of tank, regulator, and buoyancy compensator, air fills, Goldeyes and Manitoba Underwater Council memberships.
RAM:	To take this course and be a member of the Goldeyes you must present a valid Recreation Association Membership Card when registering. Cost of RAM is not included in course fee. Details on RAM maybe obtained by contacting the Recreation Council office in Bldg 90, 833-5976.
AGE:	You must be 15 years of age or older by course completion date in May 95.
EQUIPMENT:	You will require your bathing suit, a towel, a notebook and a pen.



For more info contact Maj. Deb Turner at 833-5285 (days) or 896-3055 (evenings) or Capt. Denis Talbot 833-6365 (d) or 488-4625 (n).



West Winners Toastmasters

Wing Headquarters, 17 Wing Westwin
Manitoba R3J OT0
TEL (204) 833-5831
FAX (204) 744-0804

There will be a demonstration Toastmasters meeting presented by 17 Wing's own Toastmasters Club on Thursday, 6 October 94 from 1200 - 1300 hrs. This demonstration will take place in the Wing Commanders conference room, building 86.

WHAT TOASTMASTERS CAN DO FOR YOU

As your improved communication skills become obvious within the workplace, increased visibility, recognition and promotion will follow.
Your improved presentation skills will win you the respect and admiration of your colleagues and employees - and make them wonder what you did to change!
Leadership skills acquired through participation in Toastmasters will increase your management potential.
As a Toastmaster you will acquire an increased ability to motivate and persuade, making you more effective as a supervisor or manager.
Members of Toastmaster Clubs have access to a wide range of educational materials, including books, audio and videotapes and seminar programs available at reduced cost through the Toastmasters International Supply Catalog.

PLAN TO ATTEND

2 PPCLI Junior Ranks Ladies Association

Meet & Greet with Diane Collier
Oct 6 at 8 p.m. Junior Ranks (S)

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.

This evening is open to everyone.

2nd Annual Christmas

Bazaar & Bake Sale

Nov 20 at Lipsett Hall

1:00 - 3:30 p.m.

Table rentals are

still available.

Please phone Bonnie Jolly

832-7321 for more information.

TOPS

(Take off Pounds Sensibly)

TOPS is a non-profit weight-loss group. Meetings are held weekly in the Protestant Chapel Annex Corner of Whytefold and Silver Thursday Evenings. Weigh-ins 6:00 to 6:50 Meeting 7:00 to 8:00.

For more information please call Marie 889-0549 Brenda 488 4458.

Garage Sale

Saturday, October 15, 1994, 0900 hrs - 1500 hrs
Building P2 (Kenaston & Taylor)

To rent tables contact: MCpl Compeau Loc 6088

Donations accepted; for drop off or pick-up

please contact Cpl Bouchard Loc 6095

Cut off date is October 7

For more information contact MCpl Wilke Loc 6284

SWIM TEAM'S INAUGURAL SEASON BEGINS WITH A ROAR!



The 17 Wing Flying Tigers Swim Team is beginning its inaugural season with 63 swimmers - the third largest swim club in Manitoba!

A very successful registration fair has left the swim team with a waiting list for precompetitive (six to eight years old) swimmers. There are still a few openings for experienced competitive swimmers only, at the Lipsett Hall Pool.

The swim team trains from four to six pm weekdays at both the north (Westwin) and south (Lipsett Hall) pools, with the pre-elite swimmers and select others training Saturday in the north pool. The Flying Tigers Swim Team has a coaching staff of six people, including two highly

experienced military coaches. One additional coach provides "guest" work-outs (Thank You, Tony!). Please feel free to sit in on a few of our practices and observe your military youths learn the art of competitive swimming.

The Flying Tigers go head-to-head with the "other" city clubs at the Pan-Am Pool on the 15 and 16 of October in the first swim meet of the 1994-95 season. We invite the military community to support these young competitors who so proudly say 17 Wing's name into the public domain. Come watch and cheer as the 17 Wing Flying Tigers turn swimming on its ear. Competition will never be the same.

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.

Soundbites

By Lt(N) Michael Sebastian

Barney's Favourites - Vol 2 (EMI) **** Barney the Dinosaur's evolution as singer & songwriter continues to inspire & astound. Hits like "Growing" & "Mr Sun" will delight your kids & drive you batty. My nephews sang along, gave it 2 purple thumbs up, then took a nap.

Canadian Spotlight: Various - Out of The Blue/Into The Black (Sony) *1/2** Canadian musicians tribute to Neil Young. Double c.d., one acoustic, the other electric for a total of 36 quintessential tracks. Highs include "Pochahontas" by Crash Vegas, "Cortez the Killer" by 54/40 & "Mr. Soul" by Skydiggers. Profits to 2 children's charities found in T.O. & San Fran.

Bryan Ferry - Mamouna (Virgin/EMI) ***** Music without walls. On par with Roxy Music's Avalon, Ferry has worked obsessively for

6 years to create the perfect sensual & spacey aural canvas. With sonic treatment throughout by Brian Eno, this is his acoustic Mona Lisa. 10 lush songs of romantic quest create an rhythmic, effortless flow making this the album for lovers.

Boyz II Men - II (Motown) *1/2** Soulful & harmonic. This Grammy Award winning quartet's 2nd c.d. features "I'll Make Love To You", recently #1 on Billboard's charts. Gifted with voices which embrace the complex, rich harmonies of their songs, II is deservedly a huge success already. The Boyz sang at the latest MTV awards & had all the girls screaming.

C+C MusicFactory - Anything Goes! (Columbia/Sony) *1/2** Everybody dance now! C+C are producers David Cole & Robert Clivilles, Presidents of the Factory. The workers are

dance divas Martha Walsh & Zelma Davis as well as rappers Trilogy. Break-beat dance grooves formalized from the multiplatinum "Gonna Sweat Now", head for the dance floor & let loose!

Johnny Clegg & Savuka - In My African Dream (EMI) **** Soaring, rhythmic spirit. If you liked Paul Simon's Graceland for it's South African influences, this is direct from the source & far better. This "Best of" features: rising, majestic "Osiyeza"; spiritual "Asimbonanga"; polyrhythmic "Tough Enough" & the Don Was produced "These Days" +12 more: a rare gem.

Dave Edmunds - Plugged In (Sony) *** Kick-back drinkin' rock'n'roll. Recorded at home in L.A., Edmunds plays all the instruments on his 11th solo album. Best known for "I Hear You Knockin'" & as founder of the legendary Rockpile, nothing here really stands out,

but that's the c.d.'s strength - it's all just good, simple R&R: heavy on guitar & fun, light on pretension.

Luscious Jackson - Natural Ingredients (Grand Royal/EMI) **** Thinking-girl's street funk. Friends of The Beasties & 1st signees to their Grand Royal label, LJ finds a quirky, infectious groove, sticks to it & could care less if you like it or not, but you probably will. Not loud like The Beasties but still a blast of fresh funk. Get your friends together & "dance, dance, dance".

Amy Grant - House of Love (A&M) *1/2** Have a slice of pure whitebread pop. It's hard to say anything bad about squeaky, clean Amy who even sings duet with Vince Gill here. If you're one of the millions who loved "Baby, Baby", enjoy - otherwise, pass the pumpernickel.

Sophie B. Hawkins - Whaler (Columbia/Sony) *** Sophisticated rhythms and soaring pop melodies. Whaler is Hawkins' 2nd album - her first spawned the top 5 hit,

"Damn, I Wish I Was Your Lover". This will be an even bigger success with the irresistible rising star of "Right Beside You". Percussion-driven, modern international pop - appealing & accessible.

Marianne Faithfull - Her Best Recordings (Island) *1/2** The shattered survivor sings. Her life would scare Keith Richards. It's all here: teen angel, junkie, punk diva, blues torch singer. "Broken English", "Working Class Hero", "Guilt" & "As Tears Go By". Extreme & destitute.

JJ Cale - Closer To You (Virgin/EMI) *** Shuffling, blues rock. The auteur of "After Midnight" & "Cocaine" lays out rough-hewn, roadside blues, Oklahoma-style...mind the dust!

Canadian Spotlight: Various - Kumbaya 94 (Sony) *** Canadian music fights AIDS. Features Rush, Bruce Cockburn, Sara McLachlan, 54/40, Celine Dion etc. All proceeds to fight AIDS.

Rating Guide: *** Classic, **** Excellent, *** Good, ** Fair, * Poor.**

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SPECIAL FEATURE



United Way

1994 Campaign



Centraide

ABOUT THE UNITED WAY

United Way continues the tradition of a caring community that began in 1921 when the Federated Budget Board was established. In 1932 it became the Community Chest and in 1965 the Winnipeg Labour Council and the Chamber of Commerce formed the United Way of Winnipeg.

Although we are proud of our history, we see ourselves as an organization dedicated to meeting the community needs of today and tomorrow.

*More than 8,000 United Way volunteers are involved yearly in raising, distributing and administering funds for human care services.

*More than 17,000 volunteers are involved in supporting the delivery of services in United Way agencies.

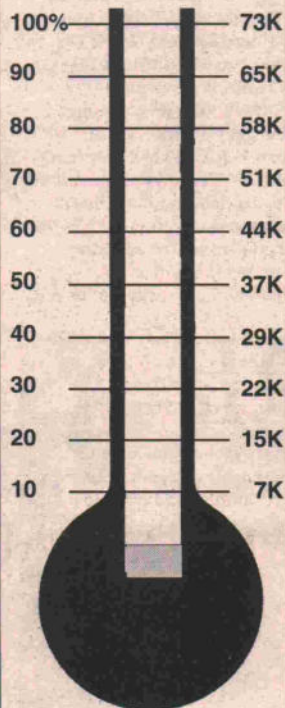
*Winnipeg is the only United Way that has all its administrative costs covered by lottery revenue. Consequently, all donor dollars go directly to human care services in more than 60 agencies in Winnipeg.

UNITED WAY AGENCIES

*United Way agencies provide human care services to all ages from the very young to the very old.

*One in three families in Winnipeg will benefit from the services provided by the agencies.

*The services provided by the agencies cover a wide variety of physical, mental and emotional needs.

OUR GOAL**\$ 73,000.00****TO DATE****\$ 2,200.00**FUNDING TO AGENCIES

*We can be sure that our donated dollars are carefully distributed to services in Winnipeg.

*Volunteers, representative of our community, are accountable to those of us who donate the funds.

*They examine the needs of our community and recommend to the Board of Trustees:

- on-going funding of services in member agencies
- funding of new services in member agencies
- funding of new agencies and services

*In keeping with the philosophy of United Way to respond to new needs in the community, the Board annually examines new requests for the funding of services. For example, one year, \$350,000 was allocated to new services that were developed to help in the prevention and treatment of family violence and abuse.

ANNUAL CAMPAIGN

*United Way's campaign is Winnipeg's foremost volunteer - driven campaign committed to enabling people to help people help themselves.

*Each year more than 80,000 individuals and 2,000 corporations voluntarily contribute to the campaign.



United Way

UNITED WAY GARAGE SALE TEAM



17 Wing and Air Command sections are encouraged to make up teams to sell donated items at the UNITED WAY's Garage Sale to be held at the Winnipeg Convention Centre, 22 October 1994.

*Rally together to pick a team captain and team name.

*Have the captain register the team by **Friday, October 7.**

*Split up and madly gather all the "treasures" you can get your hands on.

*Accumulate and store team treasures.

*Price all items & drop off at Lipsett Hall 15-21 October. Can't make it down? Call Barb Lesyk @ 477-5360 to make alternate arrangements.

*On Friday, **October 22, between 4 and 8pm** report to the **Convention Centre** and find out how to set up and sell the loot at the tables.

A Few Team Tips

*There is no maximum number of people per team - so recruit everyone you know.

*Each team is required to fill four "banquet sized" tables all day long. (If your team is running a little low at some point during the day, we should have some reinforcement "treasures" to help you out!)

**"Bulky" items such as fridges, sofas and the like are too difficult to transport - so please use your discretion when deciding whether to donate heavy & large items.

*Do whatever you can to make the big day a one-of-a-kind-event. (Costumes, theme tables, etc. Use your imagination!)

*There will be **FREE PARKING** on October 22 in the government parking lot across from the Convention Centre.

Questions? ... Call Capt. Rick Green @ 833-5206/5127 Let's show our support for the United Way!

A WORD FROM THE CHAPLAIN

A SEASON OF CHANGE

Every year we have an annual event in the military. This is called APS (Annual Posting Season). It could be described to a civilian as taking our work places and playing musical chairs with them. (Career managers have the year-round job of making sure everyone has a chair when it's time to sit down.) Perhaps in the name of career progression, we pack up our families and move to some different place. But there is always a certain resistance to change. Will the new place be as good as the old one? The memories of "what was" are still strong. The old and familiar is comfortable. I even dislike throwing out an old pair of jeans. They've just gotten broken in and comfortable.

Even as everything changes eventually, change is something we often resist. Change is a major source of stress. Studies have even rated which are the biggest stressors. Moving our household is near the top of the list. Other big stressors include: changes in the location of our work,

changes in the personnel that we work with, or changes in our life such as our health. Considering these things, we can see that involvement in the military is a pretty high stress life.


What about people? As a chaplain, I am interested in what factors come into play that change people inside. In general, I find that individuals are pretty consistent. If you are an optimist or a pessimist, you will usually remain the same. A worrier is a worrier and a generally happy person bounces back to being fairly happy again. People are predictable in a general sort of way. How they react is how they react. Specialists believe that our basic personality type is set and how we will act and react is predetermined.

I have seen some changes in individuals over the years. Most often that is a slow change, an evolution, a journey over many years. But there are two agents of significant and faster change.

The first agent of faster internal changes is trauma.

Trauma can confront us with scenes and events that lead us to question the basics of who we are and how we live. People often say that they are never the same after some traumatic event. This is often true. But the change need not be seen as a negative thing. After being over to the Balkans and seeing the mess of violence and hate that is there, many people come to better appreciate what we have in Canada. We know that our families are safe. We don't expect our neighbours to shoot at us. I think many people have come to a greater appreciation for family and friends.

I know of only one other agent that can bring about significant change inside individuals. That agent is God. He encourages us to leave being selfish and self-centered. He encourages us to think of others and be considerate towards them. The encouragement comes not in the form of rules or even rewards and punishments. The encouragement is given by example. God came to live



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among us and be that person, Jesus Christ, who is considerate and thoughtful of others — even to reach out to each of us with love and care. To become like Him is not an easy transition but with His help we can change.

Local Lions Clubs working to help kids keep their cool:

'Working Toward Peace' Finds Peaceful Solutions To Common Conflicts At Home and School

It's tough growing up in the '90's. Sometimes pressure from parents, teachers and even friends can be too much and cause kids to react without thinking. Everyday situations can quickly end up spelling trouble.....

If your children have ever felt this way, they're not alone. Thousands of young Canadians are facing complicated personal and societal problems of the '90's and are having difficulty coping. Violence directed at and committed by Canadian youth is evolving into a serious problem. Students, parents and teachers are all searching for answers to rising crime in schools and increasing hostility at home.

Local Lions Clubs across Canada are helping. The well-known service organization has developed Working Toward Peace, a curriculum program designed to help kids develop the skills and knowledge they need to manage their own anger and find positive ways to resolve conflict - before the situation turns into trouble.

Developed by a group of international educators, researchers and curriculum development specialists Working Toward Peace is part of Lions-Quest Life Skills Education program, a

comprehensive education initiative that brings parents, educators and community leaders together to teach children important life skills.

Available to teachers across Canada, the 20-lesson program includes a step-by-step study guide that can be adapted to any classroom, as well as a listing of additional resource books and videotapes on related topics and suggested service projects that allow students to take their positive thinking into the community.

PARENTS PLAY A PART

Parents play an essential role in teaching children to control anger. That's why Working Toward Peace includes a way for parents to participate. The program encourages dialogue among family members, giving everyone a chance to share real life problems and, together, learn practical, realistic ways to deal with everyday situations. For example, the following tips may help parents reduce tension levels during a family conflict:

- Suggest a delay. Example: "I need some time to think this over. Why don't we talk about it again after dinner?"

- Agree on a point. Find something you can agree on to establish a common ground and open up communication.

Example: "I like the colour of this sweater. If we could just find one that is a little less expensive."

- Use humour. Humour lightens things up. A joke can show that the situation is not worth fighting about. Example: "I used to say that to my mum!"

- Apologize. Admit when you are wrong. An apology is sometimes all it takes to end a conflict. Example: "I just wasn't thinking, I'm sorry."

- Use a calm voice and avoid aggressive gestures. Speak slowly and calmly, choosing words that are not accusatory. Be careful not to point at or stand uncomfortably close to the other person. Example: "I think I can see what happened here."

- Ask for help from another adult. For young people, the presence of another adult often defuses the conflict and gives everyone time to cool down. Example: "Let's see what Aunt Ruth or Uncle David thinks."

- Take advantage of times when you can talk, riding in the car, putting away groceries, preparing or eating dinner, waiting for a doctor/dentist appointment.

More than 17,000 teachers are currently using Working Toward Peace and other Lions-Quest Life Skills programs in Canada.

Cost for the Working Toward Peace curriculum package is \$59.95 (plus 5% shipping/handling/GST) and includes a curriculum manual, student handbook, administrators guide and themed posters. With no training necessary, teachers can begin immediately.

"The need for school- and community-wide support for young people has never been more profound than it is today," says Bill Moody, Executive Director, Lions-Quest Canada. "Working Toward Peace does not provide all the answers. However, it is an excellent starting point to a more positive, peaceful environment for young Canadians and their families."

Lions-Quest Canada is a not-for-profit organization and a partner of Lions Clubs International, the largest service organization in the world. Lions-Quest Canada is affiliated with Quest International, an organization that reaches more than two million children each year, all over the world, with programs and services to promote positive youth development.

For more information on Working Toward Peace, write to Lions-Quest Canada, 515 Dotzert Court, Unit #7, Waterloo, Ontario, N2L 6A7 or contact your local Lions Club.



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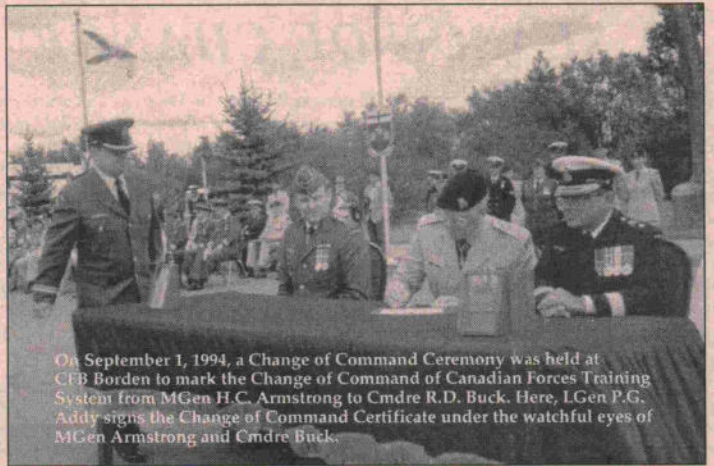
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73 Communications Group Headquarters



CWO "Chuck" Hannem, Staff Officer Administration, 73 Communication Group Headquarters, is promoted to his new rank effective 29 August by his two "bosses": LCol Hines, Commander 73 Comm Gp and his wife Betty, Secretary to AIR-COM HQ/DCOS TP. Congratulations Chuck!

Canadian Forces Training System Welcomes Commodore R.D. Buck



On September 1, 1994, a Change of Command Ceremony was held at CFB Borden to mark the Change of Command of Canadian Forces Training System from MGen H.C. Armstrong to Cmdre R.D. Buck. Here, LGen P.G. Addy signs the Change of Command Certificate under the watchful eyes of MGen Armstrong and Cmdre Buck.

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- Le curriculum vitae.

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- Word perfect 5.1- intermédiaire.
- Word perfect pour windows 6.0 - débutant.
- Lotus 1-2-3 débutant.
- Windows - débutant.
- ACCPAC simply Accounting - débutant.
- Lotus 1-2-3 pour Windows version 4.

Programme de Gérontologie.

Programme pour les personnes de plus de 55 ans.

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Cette série de conférences portant sur une variété de thèmes s'adresse à tous ceux et à toute celles qui sont à la recherche de nouvelles connaissances ou qui veulent se perfectionner davantage.

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On vous attend.

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- Le massage thérapeutique avec Ana Vonsehindler.
- Comment choisir un ordinateur avec Louis Dornez.

G.E.D. Certificat d'équivalence du niveau secondaire.

Reconnaissance des acquis.

Pour plus d'information sur ces cours tél au 233-0210.

LA SOCIÉTÉ FRANCO-MANITOBAINE RESPECTE LE CHOIX DES QUÉBÉCOIS ET DES QUÉBÉCOISES

Sainte Boniface- La SFM travaillera avec le gouvernement de M. Jaques Parizeau après la transition du pouvoir parce que son gouvernement a été dûment élu. Ayant remporté la majorité de 77 sièges à l'assemblée nationale du Québec, le parti Québécois était le choix de 44.8% du vote populaire.

La SFM anticipe que le gouvernement de M. Parizeau travaillera de concert avec le Bloc québécois à Ottawa pour entamer sous peu la prochaine campagne pour un référendum populaire sur la question de la séparation du Québec.

Dans ce débat, la SFM a l'intention de consulter la communauté franco-manitobaine avant d'établir une stratégie définie relativement au référendum.

Nous invitons la communauté franco-manitobaine à communiquer avec nous et à nous laisser savoir ce qu'ils pensent par rapport à cette importante question, de dire madame Pat Courcelles, présidente de la SFM. Toutefois, la SFM considère que les intérêts de la communauté franco-manitobaine serait mieux servis si le Québec demeurerait au sein d'un Canada fort et uni.

La SFM participera aussi à l'élaboration d'une stratégie à l'échelle nationale avec la Fédération des communautés francophones et acadienne du Canada représentant près d'un million de francophones à l'extérieur du Québec.

La Société franco-manitobaine, de concert avec l'ensemble de la collectivité franco-manitobaine et les organismes franco-manitobains, protège les intérêts de la Francophonie, facilite l'épanouissement de la vie française et fait la promotion du français au Manitoba.

1994 est l'année internationale de la famille

Les nations Unies ont proclamé 1994 l'Année internationale de la famille. Cet événement offre l'occasion par excellence de réfléchir sur le rôle important que jouent les familles au sein de notre société.

La plupart des familles canadiennes bénéficient des avantages que leur offre une société possédant l'un des niveaux de vie les plus élevés au monde. Cependant, ce ne sont pas toutes les familles qui profitent des bienfaits de cette prospérité. C'est pourquoi le gouvernement fédéral accorde une attention toute particulière à l'amélioration de leur situation en leur fournissant soutien et assistance.

A titre de ministre fédérale chargée de l'Année internationale de la famille, je suis heureuse que le gouvernement fédéral se soit engagé, depuis longtemps déjà, à promouvoir des programmes et à offrir des services destinés à ces familles. Notons en particulier les Prestations fiscales pour enfants et l'initiative pour le développement de l'enfant. Les Prestations fiscales pour enfants, administrées par Revenu Canada, contribuent à alléger le fardeau fiscal des familles à faibles revenus.

L'initiative pour le développement de l'enfant comporte différents volets destinés à aider les enfants vulnérables.

Nous travaillerons de concert avec les autres gouvernements, les entreprises, les associations syndicales, les éducateurs et tous les Canadiens et Canadiennes en général, afin de mieux répondre aux nombreux besoins des familles.

C'est le moment de célébrer la famille et de mettre de l'avant des projets qui sauront assurer sa stabilité et son épanouissement.

Diane Marleau,
Ministre de la Santé.

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Renseignements: Pour de plus amples renseignements, contactez le major Deb Turner au 833-5285 (le jour) ou 896-3055 (le soir), ou le capitaine Denis Talbot au 833-6365 (le jour) ou 488-4625 (le soir).

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For Sale - Draperies: blue lined draperies 120" x 84", \$75.00; one pleated shade (pink) 40" x 40", \$30.00; one grey vertical blind 32" x 38", \$30.00. All above items are brand new, never used. Call 885-3870.

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For Sale: Minolta XD5 SLR 35mm camera with telephoto lens, case, flash & misc., asking \$175.00. Kitchen table & chairs, 62"x34" folding, black & natural finish, \$140.00. Gas BBQ & tank, \$40.00. Call 831-1118.

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For Sale - A real bargain! "Vitamaster Action Row 100" rowing machine, fully assembled, like new (seldom used!), \$75.00. Call 895-9727, ask for Maureen.

For Sale - 2 red leather recliners, excellent condition, \$200.00 each. Call 889-0715.

Yamaha Organ. Superb condition, \$1,675.00 OBO. Call 888-2284.

Beaumarck Microwave - 1.6 cu.ft., asking \$120.00. Baby swing, \$35.00. Baby jumper, frame, \$20.00. Call 888-9386 or leave message.

For Sale: Black cafe table with 3 red/black chairs. modern. Excellent condition \$150.00. Cathie 489-4288.

Men's AF mess kit including Size 12 Wellington boots. \$250 O.B.O. Call 897-2533.

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Bachelor of Music grad specializing in voice - looking for students, all ages. I can teach you anything from Bach to Brooks. Call Simone 772-0733.

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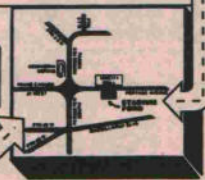
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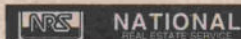


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