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VOL. 42 ISSUE 19

17 Wing Winnipeg / 17e Escadre Winnipeg

November 2, 1994 / FREE

# LEST WE FORGET REMEMBRANCE DAY 11 NOV

## A TIME TO



## REMEMBER

The 1994 First Place Junior Winner in the Colour Poster category of The Royal Canadian Legion's Annual Remembrance Day Memorial competition, created by Johnathan Hall of Prince Albert Saskatchewan.

## FREEDOM

By Debbie Chaytor

I STOOD ON THE HILL AND WATCHED THEM GO.  
MANY WHO WOULD NOT RETURN.  
THEY WENT TO FIGHT FOR THE COUNTRY,  
FOR FREEDOM THEY WOULD EARN.

THROUGH THE AIR THE BULLETS FLEW  
AND MANY A BRAVE MAN FELL.  
NOW THEY LIE IN UNMARKED GRAVES IN PLACES FAR AWAY  
NEVER MORE TO SEE THE SUN OR LIGHT OF DAY.

THOUSANDS OF MEN WHO BRAVELY FOUGHT  
DIED IN THE BRUTAL WAR THAT DAY.  
AMIDST THE BLOOD, THE MUD AND THE RAIN,  
LAY THE SOLDIERS WHO WOULD NEVER GO HOME AGAIN.

THROUGH THE AIR THE GAS SHELLS FLEW.  
CHOKING AND GASPING THEY FELL.  
BURNING THEIR LUNGS AND TURNING THEIR FACES BLUE.  
NEVER MORE THEIR STORIES TO TELL.

IN THE DOCTORS TENTS  
MANY OF THE WOUNDED WERE  
LYING CRIPPLED OR MAIMED.  
THEY WOULD NEVER GO DANCING AGAIN.

MANY DIED A SLOW, CRUEL WAY  
FILLED WITH AGONY, TERROR, AND PAIN.  
THEY FOUGHT FOR THEIR COUNTRY,  
BUT DID THEY REALLY HAVE TO DIE THAT DAY?

THEY EARNED THEIR FREEDOM  
BUT WHAT A PRICE TO PAY.  
COULDN'T EVERYONE LIVE IN PEACE  
AND HAPPINESS FROM DAY TO DAY.

### MEMORIAL SERVICES 11 NOV

17 WING WINNIPEG:  
Winnipeg Convention Centre, Downtown  
10:30 am Commemorative Parade & Memorial Service

ROYAL CANADIAN LEGIONS:  
Fort Garry Branch, 1225 Pembina Highway  
11:00 am Memorial Service & Prayers  
Call your local branch for times.

### Every drop counts



Every six seconds a Canadian Citizen requires a blood transfusion. Think about it. In the time it takes you to read this how many Canadians will receive a blood donation from the Red Cross? But of course that Canadian who requires blood every six seconds is only a statistic, right? He could never be you or someone in your family, right? Well think about it. If you don't agree or if you think that maybe it could be you who receives a blood transfusion, then do something about it. Be a Red Cross Blood Donor at the forthcoming Base Clinic. It will be held **15 November 1994** from 0900 hrs to 1130 hrs and 1300 hrs to 1600 hrs at the Drill Hall (Bldg 21) CFB Winnipeg.



### INSIDE

435 Sqn.....	4
1 AMS.....	8
United Way.....	13
Chaplain Msg.....	17
Classifieds.....	19

# REMEMBRANCE DAY

**By Katherine Pitulko,  
Windsor, Ontario  
First Place Winner  
Senior, Essay  
The Royal Canadian Legion  
Annual Poster & Literary  
Contests 1994**

"Where are they?" I cried, almost shouting. I had been rummaging around in the attic for almost an hour, sorting through dusty boxes and crates, attempting to find my ice skates. The first skating party was being held tonight and I was not going to miss such a big event. More importantly, Steve was going to be there and I didn't want to miss my chance to see him.

Frustrated, I stretched my arms and leaned against the wall. Suddenly, out of the corner of my eye, I spotted an old trunk that I had overlooked. Carefully making my way through the disarray I had created, I headed toward it, hoping that my skates were inside. I knelt down to open it.

A wave of sadness washed over me as I realized that the contents had belonged to my grandmother. My mother had often told me stories about her and I had seen some of her pictures, but I had never known her. She had

died shortly after the second world war, long before I was born.

I spotted it almost immediately. I pulled out the book, realizing that it had been my grandmother's diary. I quickly opened it and was disappointed to find that most of the pages had been ripped out. There were two pages remaining, one only partially intact. I began to read the page that had been torn in half, realizing immediately that it had been written at the time of the war.

"...more lonely as time goes by. There is still no news of Jacob and I fear for his life.

I eagerly check the mail every day anticipating a letter, but still there is nothing. I must be strong for the children but it is very hard. I miss him terribly. God, why must there be this war? Please take care of him."

Tears sprang into my eyes as I pictured my grandmother as a young mother, anxiously awaiting her husband's return from overseas, praying every day for the war to end and for her family to be reunited once

again. With trembling fingers, I turned the page.

"September 30th, 1944, I can barely summon the strength or the will to write this final page. Our neighbour, Wilbur, has come home with some of the other injured Canadian soldiers. He has lost a leg but he is fortunate to be alive. He has also brought home news of Jacob. He has been killed. He was shot four months ago."

I paused in my reading, too overcome by emotion to continue. I glanced outside the window and saw children playing across the street in the park. "They're so innocent and carefree," I

thought. I slowly returned to the diary. Somewhat hesitantly, I read on.

"I cannot bear this pain. It is not fair. God has taken him from me. Was it not enough that I have waited two long years to see him again? Curse this war! How am I to manage now?"

My time is nearing. A part of me has died and I do not have the courage to move on.

How will I tell the children? They are next door playing with their friends,

enjoying the happy reunion. How will I cope?"

I inhaled sharply and wiped away my tears. It dawned on me suddenly that today was Remembrance Day. I had been too caught up with the thought of parties and ice skating to remember. I burst into tears anew. I felt like I had betrayed my grandparents.

Looking back at the trunk containing the forgotten memories of my grandmother, I spotted a picture that I had overlooked. Pulling it out, I realized that it was a picture of my grandfather. He looked very handsome, dressed in his army uniform, standing on the front porch of a small white wooden house. Was it the last photograph taken of him before he left to go to war?

I felt a surge of pride as I gazed at my grandfather's picture through tear-blurred eyes. He had fought for all of us. He had sacrificed his life for his country.

"I will remember you, grandfather," I whispered, "and all the others that fought by your side."

I put back the picture and the diary, closing the trunk. I had decided to go to church and pray for my grandparents.

I made my way down the stairs and out the door, the skates long forgotten.

**"I will remember you,  
grandfather," I whispered,  
"and all the others that  
fought by your side."**

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Money donated during The Royal Canadian Legion's annual Poppy Remembrance Campaign is placed in public trust funds. Some of the many ways this money is used to improve life for people in your community include:

- providing assistance to needy ex-service members and their families
- purchasing medical equipment and appliances for community health facilities
- paying for medical research and training
- building affordable housing for veterans and senior citizens
- paying for bursaries for needy students
- providing support services to senior citizens (meals-on-wheels, drop-in centres, etc...)



## THE ROYAL CANADIAN LEGION

# REMEMBER

### WORLD WAR I

1. 628,736 Canadians served.
2. 66,573 died and 138,166 were wounded.
3. 2,818 were taken prisoner of war.
4. 175 merchant seamen died by enemy action.

### WORLD WAR II

1. 1,031,902 Male Canadians and 49,963 female Canadians served.
2. 44,927 died and 53,145 were wounded.
3. 8,271 were taken prisoner of war.
4. 1,146 merchant seamen died by enemy action.

### KOREA

1. 26,791 Canadians served.
2. 516 died and 1,558 were wounded.
3. 33 were taken prisoner of war.

### THE GULF WAR

1. 3,837 male Canadians and 237 female Canadians served.
2. There were no Canadian casualties during the Gulf War.
3. No Canadians were taken prisoner during the Gulf War.

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Produced by/Produit par PEMBINA PRINTING LTD.

Editor-In-Chief/Rédacteur-en-chef	-LCol D.R. Marchmont	-833-5281
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## FOLLOWING THE CANADIAN FORCES

VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col G.E. Sharpe, CD. Opinions and views expressed do not necessarily reflect those of the Editor, the Wing Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. Correspondence should be addressed to:  
VOXAIR, 17 Wing Winnipeg, Westwin, Manitoba R3J 0T0.

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VOXAIR, 17e Escadre Winnipeg, Westwin, Manitoba R3J 0T0.

**DEADLINE 4 NOV 94/DATE DE TOMBÉE 4 NOV 94**  
NEXT ISSUE 16 Nov 94/PROCHAINE EDITION 16 Nov 94



MWO Nick Ignatenko enlisted in the Canadian Forces on 10 February 1969 as a, self described, "greasy paw" Aero Engine Tech. His first posting was here at CFB Winnipeg, 25 years ago, in support of the Douglas Racer (DC-3) team.

He was then posted to 1 AFMS Edmonton, a FMC maintenance unit, where he subsequently remustered to the Flight Engineer trade. His first flying tour was then served in Summerside with 413 (Transport and Rescue)

## CENTRAL FLYING SCHOOL

### Profile

### MWO Nick Ignatenko

Squadron, from 1977 - 1980, on the CH-113A aircraft. This was followed by a rotation, back in Winnipeg, on the Hercules with 429 Squadron. In July 1985, after a brief tour at Air Command Headquarters, Nick was posted to 437 Squadron, Trenton, where he began his most memorable flying as a crew member on the 707. During his tenure with this aircraft he also instructed with 426 Squadron, assumed the responsibilities of D/CFEI and flew missions into various Middle East destinations during the Gulf War.

In July 1991, MWO Ignatenko returned to Winnipeg for a third time and

began his present posting with CFS as the Operations Officer. Although the demands of this position are varied, his primary area of responsibility is liaison between aircraft serving and CFS to ensure the seamless availability of resources for both the ICP School and the Standards staff. His experience and attention to detail, has ensured that the operations section is always running smoothly.

Additionally, his multilingual talents also proved invaluable when Ukrainian Migs and Soviet Helicopters visited CFB Winnipeg in 1992. Although, like most aviators, he would rather be flying, he

quickly describes his tour with CFS as another high point in his career.

Nick was born in Germany, but immigrated to Canada in 1950 when he was 2 years old. It was here, on a country setting just outside of Winnipeg, that his farming tendencies were solidly established. His single lifestyle allows him to spend most of his spare time on his own farm located just east of the city. Nick enjoys all seasons, but has a tendency to describe the seasons relative to his part-time farming lifestyle. Phrases like "smell of newly cut hay" and "fresh burning stubble" evoke a more ideal image to him than to some others. In the future, Nick plans to slowly complete the metamorphosis, from Flight Engineer to Farmer, by adding acreage to his country estate - after one more ATG tour.

## 17 WING/AIRCOM COMES THROUGH AGAIN FOR THE UNITED WAY GARAGE SALE UNITED



On Saturday 22 October, 17 Wing personnel participated in Winnipeg's largest Garage Sale held at the Winnipeg Convention Centre.

Over 400 tables were manned by Federal, Provincial and City employees which raised over \$30,000 for the United Way. Over 5,000 Winnipeggers attended the sale to hunt and barter for the many treasures found at the Convention Centre.

17 Wing and Aircom HQ personnel manned 40 tables and raised over \$2300.00 which won first prize for the Most Raised By Any Group.

Also, Cpl Stacy Dufour and her Star Trek Klingon group won first prize for the Best Dressed Table. Special mention should also go to Yvan and Louise Rodrigue / Heather and Rob Hoard and Patricia Thibodeau for their hard work and efforts to make the Garage Sale a success.

THE FACTS OF LIFE

### Enlightened Views

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# 17 Wing Telecom Squadron/ 733 Communication Squadron Profile - Mr. Dave Evitt

Mr. Dave Evitt graduated from the University of Manitoba with a degree in Computer Sciences in 1991. Dave has been employed with Wing Telecom/733 Comm Sqn for the past three years. He started his career with DND by working in the ADP section as a computer programmer and software trouble shooter.

In August 1992 Dave was selected to be the Information Technology Resource Center Manager. His responsibilities include managing 2 sections within the ITRC, Training and Development. Dave is kept very busy overseeing both sections and his staff of 8 personnel. His reputation for being very helpful and informative has preceded him. Very often you'll find him out of the office fixing a computer problem. His concerns and



efforts to the personnel of 17 Wing Winnipeg earned him the Wing Commander's Commendation.

Dave is a very active member of Wing Telecom/733 Comm Sqn. If he's not out on

the golf course driving balls, you'll find him in a car rally driving one of his many vehicles. His hobbies are varied. More often than not in the cold winter days you'll find Dave at his cabin enjoying snowmobiling, and in the "hot" summer days he'll be fishing, motor biking, mountain biking, and yes, tinkering with old cars. Dave loves taking people for rides on his motorbike and he accepts all requests. Anyone wishing to have their name placed on his long waiting list, please call local.....

His ambition in life is to retire and hole up in his cabin enjoying the "good life". One I would assume without computers!!!!

# 435 SQN "ON THE ROAD"

By Lt Dan Rawlyck

During the course of the year 435 Squadron conducts various long range training missions (LRTs). These flights enable our crews to gain valuable experience in one of 435's primary roles, namely strategic airlift in support of the Canadian Forces around the globe.

A typical example of this type of mission was South Atlantic Trainer Number 528. Mission Commander Captain Kevin Davis and his crew of fourteen (consisting of two complete flying crews plus servicing technicians) departed Winnipeg 22 September and returned 10 days later on 2 October.

The crew was scheduled to spend the first night in Greenwood, Nova Scotia. However, after unloading cargo in Trenton an aircraft unserviceability resulted in an overnight stay in Ontario. The next day, 528 dropped off duty passengers in Greenwood prior to continuing on itinerary to Santa Maria, Azores (Portugal).

After a good night's sleep 528 continued across Spain and Italy to our collateral airlift destination, Split, Croatia. It was here that the freight that was unloaded in Trenton was delivered to support the

United Nations in what is formerly known as Yugoslavia. After an hour on the ground in Split, 528 continued on to Rome, Italy where the crew would get a chance to do a little sightseeing and get some well deserved rest.

Next on the itinerary was Tenerife in the Spanish Canary Islands (off the West Coast of Africa). By coincidence another Canadian Herc (from 429 Squadron) was passing through Tenerife on their way back home from Rwanda.

The next day 528 continued its voyage Southbound to Recife, Brazil. It was on this leg that the aircraft crossed the Equator for the first time. It is a tradition in Air Transport Group (inherited from the British Royal Navy) that all mortals crossing the Equator for the first time must be "initiated" by paying respect to King Neptune. This ritual takes place in the back of the aircraft when the blindfolded subject (victim?) is brought before mighty King Neptune (who bears an uncanny resemblance to Mission Commander Captain Davis) and is made to drink from the nectar of the gods. (A concoction, the contents of which are known only to the gods and a few loadmasters!) It is only after this ceremony that the mortal may continue to cross the Equator unhindered for the rest of his days.

Following Brazil, 528 was now Northbound for a night in Barbados before continuing on

Continued on page 5

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# CFANS Update



Well, here it is — another deadline. I don't know if you realize it, but writing an article for the Voxair is very difficult. It's not the writing that causes a problem, but the school itself. You see — we at CFANS must lead rather boring lives. I checked with my usually reliable sources, trying to dig up some 'dirt' on the school, and drew a blank. Oh well ... I guess I will have to actually work this time in coming up with an article.

First of all, let's see how the students are doing. Welcome to our latest group of keen, eager aspiring Navigators, course 9407. Their initiation to the navigation world, complements of the next junior course (i.e., 9404) demonstrated to our newest students that becoming a Navigator will not be all that easy. Besides earning how to navigate, communicate, and find your way around under the stars, they found out that they need to learn to sing and dance in front of the rest of the school (is this yet another example of the CF asking us to do more jobs for the same pay?)

On the airplot side of the house, 9405 has experienced the joys of having to carry a plot while listening to an instructor or two, trying to eat a lunch, and getting to and from the sextant (all while the clock ticks on relentlessly, reminding you that you are already 3 minutes late for your next fix). 9404, having mastered all this, has been subjected to the further joys of 3-star fixes (I still have nightmares about my student 3-star days).

Meanwhile, 9401 success-fully streamed, with each learning their Maritime or Transport specialties. Overheard while flying his first specialty flight, one student muttered: "You know — airplot wasn't all that bad after all!"

Nobody is really sure how courses 9308 and 9309 are doing because of the severe case of 'checkride-itis' inflicting these classes. Between last-minute panic over exams and check rides, speculation on postings, and marking off the number of days left to graduation (or are they up to marking off the number of hours now?), they don't seem too coherent any more. Oh well ... good luck anyway.

OK, I've said lots about the students, now how about the staff? Unfortunately for me, the

staff leads just as boring a life as the students (at least as far as items worth reporting by a 'responsible' journalist as myself). All of my ferreting about 'nosing for news' left me high and dry. (I think that possibly we spend too much time at work).

Speaking of work, this is a reminder to all the staff of the wonderful opportunity that will exist on 10 Nov, during the Graduation of 9308 and 9309 to 'strut your stuff'. Due to popular demand, the normal graduation parade experience will be changed (at least for this one time) and the staff can participate too. Now all of you who used to complain that only the students used to get to go on parade can be happy. Get out those irons and buy some shoe polish, because you get to show everybody your best bib and tucker (I know I used to have a tunic before, now if I could only find it ...)

Ah, at last, I finally found a bit of news! The famous (or is that infamous) Mawdesley Maulers wanted to start out the season with a bang. Unfortunately, the SAMEO team did not want to cooperate and they won the game. An un-named inside source stated that it was due to a deal made with SAMEO in order to improve aircraft serviceability, but this has not been confirmed.

Finally, I would like to extend a warm welcome to Capt Doug Lawrie to CFANS, and wish him ... What? He is? ... Oh, never mind ... apparently he has been at CFANS for a long time now, its just that he is always away on course, and I thought he was new. Like I said before, this is a slow news day, and you take whatever leads you can get!

There — I did it. I have written an article for the paper despite the dearth of reportable happenings. Now I can get this off to the Voxair office and they should stop making threatening phone calls to my home.

**Please — a note to all staff and students at CFANS: do your Voxair rep a favour — get into trouble! That way, I'll have lots of 'dirt' to write about (but don't tell the Commandant that I asked you to).**

## 435 SQN "ON THE ROAD"

Continued from page 4

to Costa Rica. However, it was during the stop in Barbados that the itinerary was changed. It was during this period that American Forces were occupying Haiti. This meant that the trade embargo against Haiti was no longer required and U.N. Observers

monitoring the border with the Dominican Republic could head home. Since Barbados was only two hours away, 528 was retasked into the Dominican Republic to bring back Canadian members of the U.N. team to Ottawa. After overnighting in Ottawa, LRT 528 was brought to an end with its arrival back in

Winnipeg after having spent 10 days training "on the road".

In conclusion, LRT 528 was an excellent opportunity for 435 Squadron to train and be proficient in its role of supporting Canadian Forces around the globe.



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## MEMORIAL

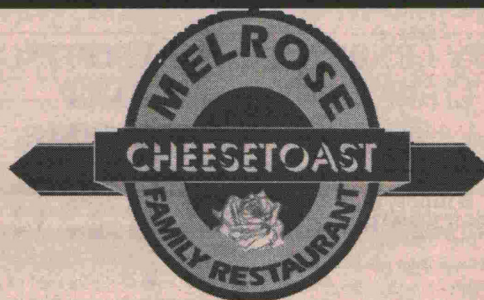
LEE ARNOLD BERGER

1968 - 1994



Lovingly and sadly missed and remembered by wife Onalee, mother Susanne, father Frank, brother Roy, sister Doloris, Oma and Opa, father-in-law Boyd, mother-in-law Rita, brother-in-law Grant, sister-in-law Teresa and many other relatives and friends.

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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: 7:00 - 3:30 p.m.  
COST: No cost.

### 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

### TOY LENDING LIBRARY

Are your children tired of their toys?

Come to the MFRC toy lending library and borrow 2 toys for 2 weeks.

Toys are geared for children birth to 12 years.

\$10.00 yearly membership

350 Doncaster Street

### BABYSITTING CO-OP MEETING

The MFRC babysitting co-op is up and running! The idea of the co-op is to exchange child care with other families while you have an evening out, or go to an appointment or just have a break.

Monthly meetings will be held the third Thursday of the month

DATE: Thur. Nov. 17, 1994  
TIME: 9:30 am  
Where: 350 Doncaster St.

### GUIDING CHILDREN'S BEHAVIOUR

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

**Facilitator:** Mavis Lewis-Webber  
**Date:** Saturday, November 5, 1994  
**Time:** 9:00 am - 12:00 noon  
**Location:** All seminars will take place at 350 Doncaster St.  
**Cost:** There will be \$15.00 fee for each seminar

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

### CREATING AN ENRICHED CHILD CARE ENVIRONMENT IN YOUR HOME

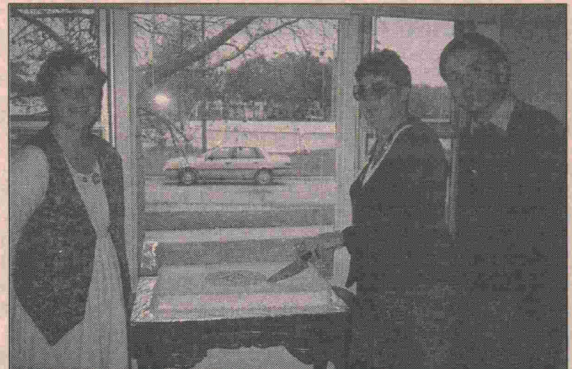
How can you enhance the learning environment for children in your home? Discover various ways of setting up your play areas, and how to use household materials for learning.

**Facilitator:** Mavis Lewis-Webber  
**Date:** Saturday, November 26, 1994  
**Time:** 9:00 am - 12:00 noon  
**Location:** All seminars will take place at 350 Doncaster St  
**Cost:** There will be \$15.00 fee for each seminar

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

## MFRC Events

**DIANE COLLIER -**  
Author of  
*HURRY UP AND WAIT*



Diane Collier (cutting the cake), author of *Hurry Up and Wait*, joins the staff and families at our International Year of the Family Celebration along with Don Brennan and volunteer Carol. Our thanks to 2 PPCLI Men's Kitchen for making such a beautiful cake!

You won't want to miss our

## BUSINESS FAIR

Date: Tuesday, November 15  
Time: 7:00 - 9:00 p.m.  
Place: Meeting Room, Club 90

Featuring a pre-Christmas Sale of:

- jewelry
- housewares
- crafts, quilts
- pottery
- giftware of all kinds
- skin care products
- kids' clothing and accessories
- adult clothing
- cards, stationery
- silk plants and accessories

**HERE'S YOUR CHANCE TO SUPPORT HOME BUSINESSES IN THE MILITARY COMMUNITY!**

**PLUS!**

Have you ever thought about starting your own home business? Come talk to the specialists about:

- How to get a business loan
- What resources are out there to help you get started
- Licensing requirements and other legal issues

plus you can talk to military families who are already operating their own small businesses.

FOR MORE INFORMATION, CALL MFRC AT 489-7003.

### CHILDREN'S PROGRAMS

#### SWIM PROGRAM

The MFRC is offering a parents and tots swim program at the Lipsett Hall swimming pool on Thursday afternoons from 1:00 to 2:00 pm starting October 27. The instructor has 16 years experience working with children. The program will run for 8 weeks and the cost is \$16.00. To register please call the Lipsett Hall Nursery School at 833-6846.

#### Lipsett Hall Nursery School

The Lipsett Hall Nursery School is taking part in the Minto Armouries garage sale on November 5 and 6. If you have any items to donate, please call the Nursery School at 833-6846 or bring your items to the Nursery School by Friday, November 4.

Community is taking care of each other

Community safety is everyone's concern and responsibility



Canada Safety Council  
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Fax: (613) 739-1566

#### Speech Language Clinic of Winnipeg

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WINNERS  
13 OCTOBER

CPO1 Barefoot BOR

MCpl Rolph SAMP

# INTERNATIONAL YEAR OF THE FAMILY MFRC BARBECUE



Children and adults enjoy the antics of "Uncle Dan" the clown at the MFRC Barbecue.



Andrew, Christina and Patrick Brine hold their prize for designing a Family Crest.



Premier Filmon holds MFRC's International Year of the Family Certificate. Also shown are (L-R) LCol John Turner (CO 2 PPCLI), Don Brennan (Executive Director), Malina Roos (MFRC Board Chairperson) and Col Joe Sharpe (Wing Commander).



Premier Gary Filmon with Phillipe, Jonathon and Manon Roy at the MFRC Open House.

Don Brennan (MFRC Exec. Director) presents Celina Fritsch with a Treasure Chest book for her drawing of her family tree.



### NORMAND PARK



3 BEDROOM MODEL (1721 sq ft)  
AVAILABLE FOR VIEWING AT  
71 REDVIEW DRIVE

### SOUTHLAND PARK



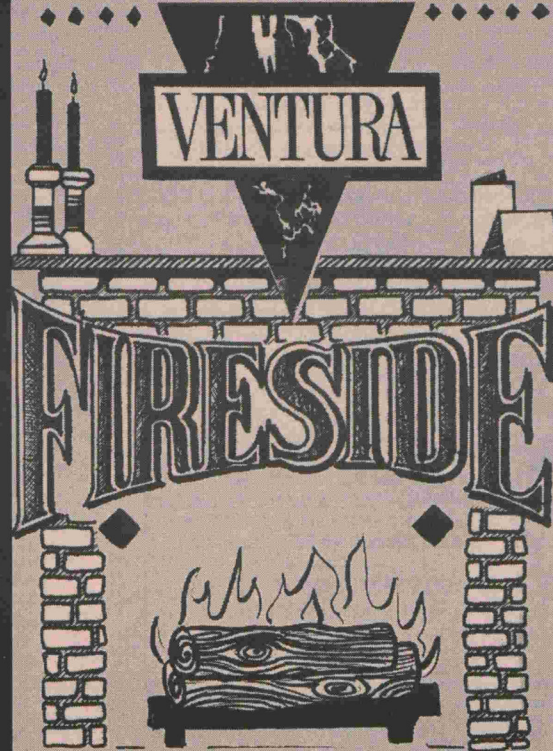
4 BEDROOM (plus bonus room)  
MODEL (2283 sq ft) VIEW AT  
131 BLUE MOUNTAIN ROAD

### STONEWALL



3 BEDROOM BUNGALOW  
MODEL (1494 sq ft) VIEW AT  
8 ROCKFORD ROAD

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Homelife Dawn Realty \* Reg & Diana Helbren 947 - 1767

### NORMAND PARK



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AVAILABLE FOR VIEWING AT  
181 REDVIEW DRIVE

### SOUTHLAND PARK



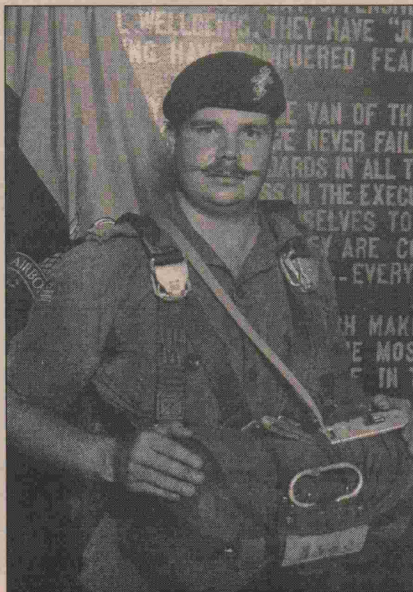
3 BEDROOM MODEL (2020 sq ft)  
AVAILABLE FOR VIEWING AT  
135 BLUE MOUNTAIN ROAD

### STONEWALL



3 BEDROOM BUNGALOW  
MODEL (1245 sq ft) VIEW AT  
60 MONTGOMERY AVENUE

# SOLDIER NEEDS MARROW DONOR



MCpl Bill Maybee

MCpl Bill Maybee is fighting the toughest battle of his life. The 32 year old soldier, with the 2nd Battalion Royal Canadian Horse Artillery at CFB Petawawa, has leukemia.

Besides being a soldier he is the proud husband and father of Thomasina and four year old Christopher.

Always active and healthy, Bill Maybee was out in the field at Petawawa on exercise in August when he experienced flu-like symptoms. He was sent to the MIR at the base hospital where a blood test was performed. The next day Bill was sent to National Defence Medical Centre in Ottawa for more blood work. Here, it was confirmed that he has Leukemia.

He has spent the last couple of months in the Ottawa General Hospital's Cancer Clinic undergoing tests, radiation treatment, and chemotherapy. What Bill desperately needs is a bone marrow transplant.

His family prays that a suitable donor can be found soon. Bill's sister Deanna has been tested, but was not considered a suitable donor. She will be tested again. Many of Bill's friends and comrades in Petawawa have also been tested, and no match has yet

been found in the Canadian bone marrow registry.

His mother, Ann Smith of Hamiota, Man., has appealed to the military community here to consider becoming possible bone marrow donors.

To be a bone marrow donor one must be in good general health and be a blood donor, or willing to become one. Before the Red Cross conducts tests, potential marrow donors must attend an information session, held every couple of weeks. As well, the potential donor must be willing to donate to anyone that they match with, not just MCpl Maybee.

People wishing information on bone marrow donation should contact the Canadian Red Cross Society's Winnipeg office at 982-7389. People wishing information on Bill's condition can phone Linda Desrochers at 488-1638.

# NEW 1 AIR MOVEMENTS SQUADRON PASSENGER TERMINAL NAMING CONTEST

The construction of the new 1 Air Movements Squadron passenger terminal at 17 Wing Winnipeg is now complete. It is anticipated that this latest facility will be available for occupancy in late October 1994.

In keeping with Air Force and CF tradition, 1 Air Movements Squadron is sponsoring a contest to select an appropriate name for the new passenger terminal. A prize of 200 dollars has been generously donated by the Air Force Heritage Fund to be awarded to the winning submission.

In accordance with the guidelines provided by CFAO 29-2, submissions may include personal names, significant events/achievements which have occurred within the CF, subjects of historical interest, or locations, emblems, etc well known to or connected with the CF. The use of personal names for this purpose is restricted to members of the Royal Family, former Governor Generals of Canada,

and deceased distinguished persons. A distinguished person for the purposes of the CFAO is defined as one who has rendered service of rare or exceptionally high standard to the nation or Armed Forces of Canada and who will serve as an inspiration or example to future service personnel.

All interested personnel are requested to submit entries to 1 Air Movements Squadron Winnipeg, Attention Naming Contest, not later than 15 December 1994. Entries should include the proposed name, significance of the name in the history of Air Transport, a brief biography if the proposed name is that of a person, and a contact number and address for the person making the submission. The winning entry will be announced by the selection committee in January 1995.

PER LENTITIAM ROBUR

# CONCOUR POUR NOMMER LE NOUVEAU TERMINUS DES PASSAGERS DU 1ER ESCADRON DES MOUVEMENTS AÉRIENS

La construction du nouveau terminus des passagers du 1er Escadron des mouvements aériens de la 17e escadre est maintenant terminée. Il est espéré que cette nouvelle facilité sera disponible vers la fin octobre 1994.

En concert avec les traditions de la Force aérienne et des FC, le 1er Escadron des mouvements aériens parraine un concours pour choisir un nom approprié pour ce nouveau terminus des passagers. Un prix de 200 dollars a été généreusement attribué de la part du Fond de l'héritage de la Force aérienne et sera accordé à l'inscription gagnante.

Conformément aux directives se trouvant à l'OAF 29-2, les inscriptions peuvent inclure des noms de personnes, des événements ou accomplissements particuliers qui ont eu lieu dans les FC, des sujets ayant un cachet historique, ou endroits, emblèmes, etc bien connus à travers des FC ou reliés à ses

operations. L'utilisation de noms de personnes pour cette occasion est limitée aux membres de la famille Royale, anciens Gouverneurs Général du Canada, et des personnes distinguées qui sont décédées. Une personne distinguée, dans le cadre de l'OAF, se définit comme quelqu'un qui a rendu un service de rare envergure ou d'un niveau exceptionnel à la nation ou aux Forces armées du Canada et qui pourrait servir d'exemple ou d'inspiration aux futurs membres des Forces.

Les intéressés sont priés de soumettre leurs inscriptions au 1er Escadron des mouvements aériens Winnipeg, compétence:

Concours de sélection de nom, au plus tard le 15 décembre 1994. Les inscriptions devraient inclure le nom suggéré, l'importance de ce nom envers l'histoire du Transport aérien, une bref biographie du personnage (si c'est le cas), et un point de contact et adresse de la personne faisant l'inscription. L'inscription gagnante sera annoncée par le comité de sélection en janvier 1995.

PER LENTITIAM ROBUR  
(La Force à travers la flexibilité)

## NEW ARRIVALS



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- Contents?
- Pleasure items?
- Life Insurance?

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Join us for six meat draws made each Saturday at 1500 hrs.

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| Offer expires November 15, 1994 |                        |

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DOUG BROWN

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before the name goes on!

2727 PORTAGE AVENUE -- COURTS OF ST.JAMES

## RELOCATION PROGRAM EXPANDS

For 1994, DND is expanding the Canadian Forces Relocation Program (CFRP) to include members who are planning to rent housing on the economy in their new location. Previously, the benefit was only available to members who were selling or purchasing a principal residence. The expanded program means that any member planning an HHT to his new location is entitled to and must attend an individual consultation with the CFRP contractor, ERS Ltd.

DND has asked that during these consultations, your ERS Consultant provide you with some general information that will assist you in making a smooth transition from your existing posting to your new posting location. This information will include, amongst other things, basic vacancy rates and approximate rental rates so that you will know what the rental market is

like in your new location; lease clauses that will protect you in the event that you have to terminate a lease early due to a posting; optimum HHT timing so that you are going on an HHT at a time when there are the most properties available; information on damage deposits so that you are financially prepared to find a home; and information on how to get a copy of the Landlord/Tenant Act for your new location, so that you know what your rights are. It is important to note that at this stage, DND has not contracted with ERS Ltd. to provide members with information on rental search companies in the new location.

For more information about the Canadian Forces Relocation Program, please contact your local ERS Consultants, Valerie McEwan and Christine Tabernor, at (204) 833-2155.

## FEEDING AND WATCHING MIGRATORY BIRDS

Each year more than 5 billion birds of every size, shape and colour migrate between North America, Latin America and the Caribbean. Your local bookstore will have a number of guides available to help you identify and learn more about these fascinating feathered friends. And by providing food, water and natural shelter, there really is nothing difficult about attracting birds to your backyard. The only other key ingredient required is patience. After all of your hard work, do not become discouraged if groups of brightly coloured birds do not immediately flock to your feeder. It may even take several weeks.

A word of caution at this point. The winter feeding of birds is of critical importance to their survival as they become dependent upon humans. Once you start this practice you must continue to feed them for the balance of the winter or they will die. To take this one step further, you may also decide to move at some point in time, with no guarantee that the new owner of your house or apartment has your interest in feeding birds.

For this reason, I recommend that you begin feeding after December 25th, and then depending on the weather, taper off feeding sometime in mid-April of the following year. This way, you ensure that any birds that do decide to overwinter would have done so anyway.

I recommend that you not overfeed birds during the summer, and instead consider planting a variety of attractive trees, shrubs or plants. This natural cover also provides them with an area to rest and build nests, and is a source of primary food and secondary food in the form of insects. Some trees which attract birds include birch, balsam, fir and maple. Honeysuckle, highbush blueberry, and wild raspberry are just several examples of shrubs that are popular with birds. Groupings of black-eyed Susans, chrysanthemums and asters are flowering plants which will also encourage birds.

To simplify matters, birds can be broken down into two groups, those which eat insects and those which eat seeds, although there is some

crossover in nature. However, since most birds fall into these categories, leaving food out for them does not pose any major problems. Birds also require a small amount of grit in their diet during the winter, and this can be obtained at a local store.

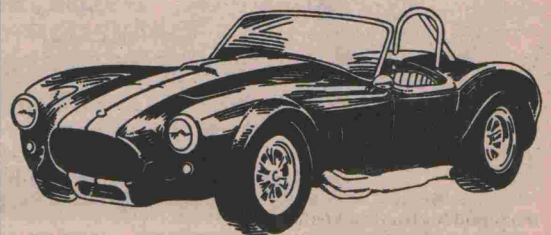
For insect eating birds, ordinary beef suet is a good source of food; when buying it from your grocer, ask for suet that is "short" rather than stringy. Chunks can be placed in an open mesh bag by itself. You can also melt the suet and mix in good quality wild bird seed, and then when it cools place this out for both seed and insect eating birds. When buying bird seed, obtain a good quality mix that includes sunflower, millet, wheat, cracked corn and other ingredients. Make sure that there is no mold or other contaminants that have been accidentally included in the mix.

Place all food up high where cats cannot reach feeding birds, and oh yes, expect other visitors like squirrels and raccoons to visit your feeder — they know a good thing when they find it.

# National Community and Crime Prevention Week

NOVEMBER 1 TO 7

Canada Safety Council  
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1755 Portage Avenue  
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**Bingo**  
Every Wed.- Fri. & Sat.  
6:30 pm

**Line Dancing**  
Every Mon. & Tues.  
8:00 - 10:00 pm

**Dancing To Live Bands**  
Thurs. Fri. & Sat.  
9:00 pm - 1:00 am

**Meat Draws**  
Every Sat. 2 pm - 5 pm

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\* **BONUS:** Two for one registration fees for all classes - bring a friend and split the cost.

\* **BONUS:** 10% discount on all supplies for these classes.

**Register now for your choice of day, evening and weekend classes.**

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Ask about our 15% discount for Military Personnel

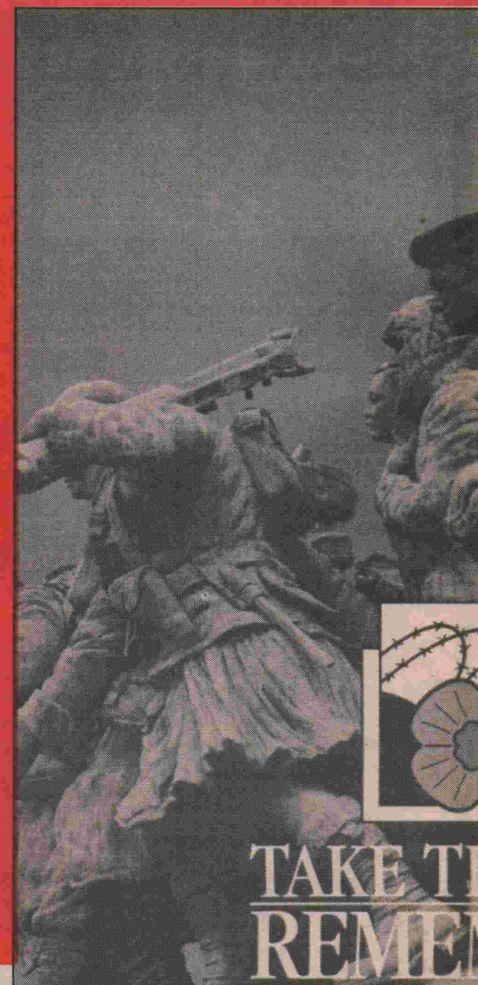
# In Memory Of Our Comrades



### IN MEMORIAM

In Memory of all who fought and those who fell  
In defence of our nation;  
In thanksgiving for the freedom  
They so valiantly maintained  
For us to enjoy.

From the members of 402  
"City of Winnipeg" Squadron



### Army, Navy & Air Force Veterans In Canada

Fort Garry Unit #60  
279 Garry St.

IN MEMORY OF  
OUR FALLEN COMRADES  
OF PAST WARS. WE WILL REMEMBER THEM.



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In Remembrance of  
Our Fallen Comrades  
"We Will Remember Them"

ANAVETS  
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WE WILL  
REMEMBER  
THEM

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### IN MEMORY OF OUR FALLEN SHIIPMATES

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IN FOND REMEMBRANCE OF OUR  
DEPARTED COMRADES

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Phone 942 - 5993

### Lest We Forget

in memory of  
our fallen comrades in  
two World Wars



1914-18 & 1939-45 & 1950-53 KOREA

MANITOBA AND NORTHWESTERN ONTARIO COMMAND  
THE ROYAL CANADIAN LEGION  
-- We Will Remember Them --

### In Remembrance



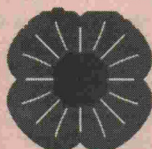
WARTIME PILOTS' AND OBSERVERS' ASSOCIATION



In Memory Of Our Fallen Comrades  
In Two World Wars  
1914 - 18 and 1939 - 45 and KOREA

### OFFICERS MESS

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In Memory  
Of Our  
Fallen Comrades

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BRANCH #100  
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**HOME** - Saving for a down payment

**MORTGAGE** - Getting one and paying it off quickly

**PAYING LESS TAX**

**RETIRING WEALTHY** - Wanting to

**CHILDREN'S EDUCATION COSTS**

**FINANCIAL RESERVE** - Having One

**F.R.P.** - What is the best I can do with this money to get the best head start?

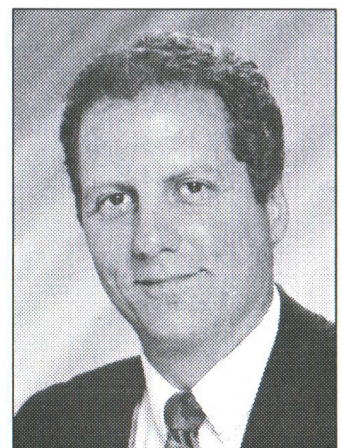
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# Lest We Forget



TIME TO  
REMEMBER



**ARMY, NAVY & AIR FORCE  
VETERANS IN CANADA**

MANITOBA AND N.W.  
ONTARIO COMMAND

**We Will Remember Them**



In Memory Of Our Fallen Comrades  
In Two World Wars  
1914 - 18 and 1939 - 45 and Korea

Warrant Officers'  
and Sergeants' Mess  
CANADIAN FORCES BASE WINNIPEG  
WESTWIN, MANITOBA R3J 0T0



1914 - 1918

Their memory  
lives forever  
1939 - 1945



1950 - 1953

**THE WAR AMPUTATIONS  
OF CANADA**  
MANITOBA BRANCH



In Memory Of  
Our Fallen Comrades

500 Wing

**RCAF ASSOCIATION  
CITY OF WINNIPEG**



In Remembrance Of  
Our Fallen Comrades

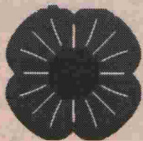
1914 - 1918

1939 - 1945

and Korea

**Norwood St. Boniface Branch #43**

Royal Canadian Legion  
134 Marion Street, St. Boniface



In Remembrance  
Of Our  
Fallen Comrades of  
Past Wars

**ST. JAMES BRANCH #4  
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To the memory of our departed  
comrades, ever remembered

**IMPERIAL VETERANS IN CANADA  
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**Lest We Forget  
In Memory  
Of Our Fallen Comrades**

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**Lest We Forget  
In Remembrance Of Our  
Fallen Comrades**

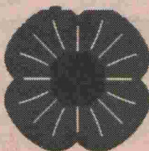
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# THE RCAF AND PEACEKEEPING UNEF (THE BEGINNING)

By Major W.A. March

Staff Officer History,

Air Command Headquarters

Although we now tend to take the deployment of Canadian Forces on peace-keeping operations for granted, we tend to forget that less than forty years ago, it was a brand-new concept for the nation as a whole and the Royal Canadian Air Force (RCAF) in particular. In 1955 the focus of the RCAF was upon our commitments to NORAD and NATO. Support to the United Nations (UN) had never been seen as a major responsibility with memories of the Korean Airlift already fading. However, senior RCAF officers had not figured on the aspirations of President Nasser of Egypt or on the rather novel solution to international problems that was to be put forward by Canada's Lester B. Pearson.

In 1956 Nasser nationalized the Suez Canal much to the dismay of the British and French governments. Negotiations between the countries involved led nowhere so Britain and France approached Israel with a separate deal. If Israel, with long-standing problems with Egypt, would attack, then British and French forces, under the guise of defending free passage through the Canal, would support the assault. Israel agreed and commenced the operation on 29 October, penetrating deep into Egyptian territory. Soon after, British and French air and land forces entered the fray. Alarmed at this turn of events, the Soviet Union threatened to intervene if hostilities did not cease immediately. It was at this moment that Pearson, then president of the UN Security Council, put forward a proposal for a UN force that would separate the combatants and allow time for a political solution to be achieved. France and Britain in the face of growing world outrage at their actions readily agreed and Egypt reluctantly followed. Pearson would eventually be awarded the Nobel Peace Prize for his efforts in the UN and Canada would embark upon an 11 year mission in the Middle East.

The RCAF first became involved in the operation when the Canadian Government indicated that it would send an infantry battalion to the Middle East as part of the UN force. Air Transport Command found itself

responsible for transporting over 1000 members of the Queen's Own Rifles (QOR), plus their equipment, from Calgary to Halifax where they would be embarked on HMCS MAGNIFICENT. Less than 48 hours after the initial request for troops had reached Canada, almost two complete squadrons of C-119 "Flying Boxcars" were ferrying the QORs to the East Coast. Although the ATC units carried out the airlift expeditiously, it was all for naught. Given the actions of the British Government, Nasser informed the UN that he would not "welcome soldiers of the Queen!" Eventually, the QORs would be returned to their home base at Calgary.

Star aircraft to try to find them a new home. He received word on 20 November while in Lajes, Portugal, that ATC would definitely provide airlift in support of the UN in the Mediterranean. Carpenter and his team arrived at Naples the following day and drove to a nearby airport - Capodichino. He liked what he saw: a good airport, near a good harbour with a fine railroad and proceeded to secure landing rights for the RCAF aircraft that would soon follow.

Boxcars from 435 Squadron arrived in Downsview on 20 November where they joined those of 436. Eventually 12 C-119s (6 from each squadron) would be readied for deployment overseas with

Suda Bay since the services and fuel required came from a Landing Ship Tank (LST), the USS ALAMEDA COUNTY.

The briefings that the flight crews attended were full of unknowns. The UN did not know how the Egyptians were going to react when the aircraft reached their shores. In the case of one crew, their anxieties were heightened on their way to Naples when they met a Royal Air Force bomber crew in Gibraltar. The British crew found out where the Canadians were heading and informed them that two days previously they had been bombing and strafing the airport at Abu Sueir in Egypt which would probably be the destination for the RCAF

Egypt near Rosetta where it was visually identified by Egyptian controllers before proceeding to Abu Suweir. They were not allowed to deviate from their assigned air corridor for any reason.

Despite these restrictions the actual flights proved anti-climatic. The first two C-119s which departed Naples on 25 November delivered 12 tons of badly needed supplies to the UN forces on the ground and began what would be an extremely successful operation. Limited by the restrictions to approximately six flights per day, the RCAF made a total of 21 round trips by 30 November and a further 83 by the end of the year.



Indian troops board a C-119 for UN duty in Egypt.

**Within the first three weeks 435 and 436 Squadrons had delivered: 1600 troops, 225,000 lbs of freight, 15,000 lbs of baggage & 2,000 lbs of mail.**

This was only accomplished by working the aircrews seven days a week with a minimum of crew rest. The radio officers, who were in short supply, got less time off and flew until exhausted. Ground crews were also worked hard. Although the view of Mount Vesuvius proved to be popular, the working conditions were primitive. Improvisation became the standard operating procedure with engine stands fashioned out of available lumber and filter cleaners built by connecting compressed air lines to pails of solvent. Nevertheless, the supply line was maintained.

By 1957 the situation had eased and supplies were allowed to be landed by ship. That summer RCAF personnel began to return to Canada. They would be replaced by a composite formation, 114 Air Transport Unit, made up of crews and aircraft from various squadrons who would continue to fly into Abu Sueir. The initial airlift was over and the peacekeeping organization, the United Nations Emergency Force (UNEF), was in place. Only time would tell whether or not it would be successful.

In the meantime, the Canadian commander of the UN force, General E.L.M. Burns informed the Canadian Government that what was really needed in the Suez area were support units and air transport. Accordingly, the QOR were replaced with administrative and support elements and Air Transport Command received word of a pending deployment. On 19 November 1956, ATC Headquarters informed 435 Squadron at Namao and 436 Squadron at Downsview to prepare for "C-119 aircraft operations of extended duration in the Mediterranean area."

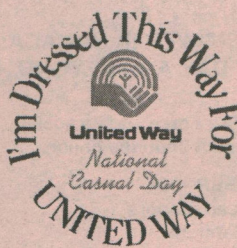
While the two transport squadrons were preparing for their upcoming departure, the Air Officer Commanding (AOC) Air Transport Command, Air Commodore F.S. Carpenter, was already enroute to Italy via a North

the installation of long-range fuel tanks and the application of UN identification. After what appeared to be an endless series of briefings, the first aircraft got underway on the 21st. The aircraft were routed through Ottawa, Gander, Lajes, Gibraltar, and on to Naples. The first aircraft from Canada arrived on the 24th and departed for Egypt the following day.

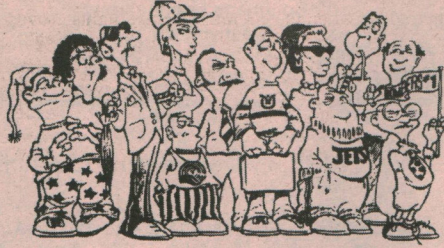
Everything to do with the operation had been put together at the last minute. Briefings for the flight crews were provided by Swissair, which had been running the initial flights into Egypt, and by the Italian Air Force. The United States Navy (USN) provided clerical staff to turn out route orders. The USN also opened the airfield at Suda Bay, Crete, as an enroute refuelling stop. It must have been a strange sight for the RCAF crews as they landed at

aircraft. They wished the Canadians luck and hoped that they had missed the officer's mess which had been located not far from the hangars which were their primary target. The RAF crewmen were right on both counts - the Canadians were going to Abu Suweir and they had missed the mess.

The flights to Abu Sueir had to follow the guidelines put forward by the Egyptian authorities. United Nations' aircraft were only allowed to fly to Abu Sueir which had to be approached through a narrow air corridor. No entry into Egyptian airspace was permitted until one half hour after sunrise and departures must take place one half hour before sunset. Overnight stops on Egyptian soil were not allowed. Each flight had to request clearance 19 hours prior to departure from Naples and must have a special call sign. Each UN aircraft entered



**Casual Day  
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4 November**

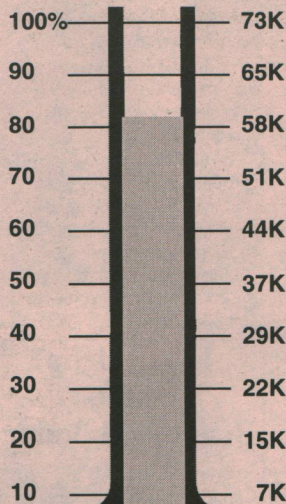


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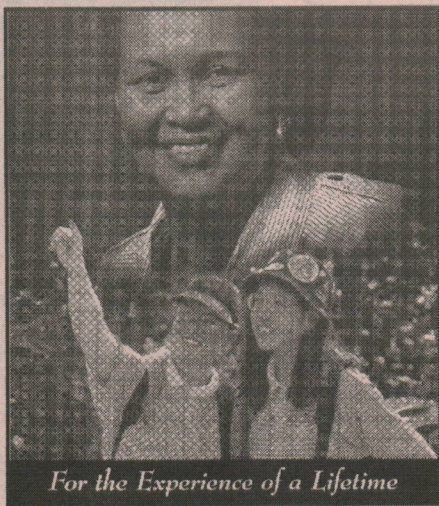
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2nd Annual Christmas Bazaar & Bake Sale  
 Nov 20 at Lipsett Hall  
 1:00 - 3:30 p.m.  
 Table rentals are still available.  
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Volunteers provide companionship, transportation, grocery shopping, life skills training or a daily safety check phone call.

For more information call the coordinator of volunteers at 945-6204.

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Every six seconds a Canadian citizen requires a blood transfusion. Think about it. In the time it takes you to read this how many Canadians will receive a blood donation from the Red Cross? But of course that Canadian who requires blood every six seconds is only a statistic, right? He could never be you or someone in your family, right? Well think about it. If you don't agree or if you think that maybe it could be you who receives a blood transfusion, then do something about it. Be a Red Cross Blood Donor at the forthcoming Base Clinic. It will be held 15 November 1994 from 0900 to 1130 hrs and 1300 to 1600 hrs at the Drill Hall (Bldg 21) CFB Winnipeg.

**YOUNG OFFENDER'S ACT**

Open forum on the Young Offender's Act will be presented on Thursday, November 3, 7 pm at St. Marguerite Bourgeoys Chapel (17 Wing N). The Catholic Women's League and the Police Chief Association's position will be discussed, as well as a viewpoint from a social worker currently working with our youth on Winnipeg streets.

All interested people are invited to come out & see this complex issue from different angles. For more information please call coordinator Mary-Margaret Patterson at 897-1463.

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 For more information contact Major W.A. March  
 Air Command Headquarters  
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17 Wing Military Community Council is

once again sponsoring the Annual

Christmas Craft Fair, which is scheduled

for 3 Dec 94, 0930 - 1500 hrs. This year's

event will be held at Bldg 21, on the North

Site off the Sharp Gate entrance at Ness

Blvd. Tables are available for vendors. For

info contact Alison McDonald at 488-4640.

Feel free to leave a message.

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**When: 9 Dec 94 0900 hrs.**

**Where: CFB Winnipeg**

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**Cost: \$10.00 per person**

**Register by 1 Dec 94 at Mess**

**Includes food and prizes**

**Maximum entries 32 players**



# JUDO CLUB NEWS

By Sensei Brian Jones, Sandan

Many of the club members plus readers of our articles may think that everyone must compete in Judo. Not everyone wants to compete, nor is competition compulsory. It is just another aspect or piece of the whole pie. If the whole pie was ten pieces and you elected not to compete for any reason, your Judo profile would be 9/10 instead of 10/10.

It would be an experience that would be missing from your Judo career. However Judo has many facets of learning, being void in one area is not necessarily going to affect your TOTAL Judo. However, competition is the hardest part of Judo physically and by virtue of this alone, competition develops confidence, stamina, style and good sportsmanship attitudes just to name a few.

It also allows a Judoka (student) to expand their talents and knowledge beyond the Dojo (club) level. Within the Dojo, Judoka gets to know each other very well and their favourite techniques. In competition, you are exposed to many different Judokas you will not know their favourite techniques or strategies. Competition now becomes a battle of techniques and strategies as well as skill.

Judo is considered to be one of the most complex of all sports. Judo techniques and skills are based on the principles of physics.

Timing, inertia, leverage and balance are but a few of the principles. Other factors are, for every throw you learn, there is a counter throw. For most chokes / strangles there are escape techniques. For hold downs there are counter hold downs and escapes. Need I say more? It just goes on and on. Therefore as you can imagine, learning Judo requires a lot of hard work and dedication. Also whether it be in competition or a good workout at the Dojo, any mistake big or small by either Judoka can cost one dearly.

For non-Judoka, think of a Judo match as a chess match, each move must be thought

out and methodically executed. However, because Judo matches are fast and furious, throws explode in an instant, one does not obviously have time to spend on thinking or planning. Anything up to the actual throw happens in a split second and action / re-action moves become instinctive or reflex actions. A match could last as little as a few seconds, or go as long as five minutes of gruelling action, exhausting the Judokas both mentally and physically. Depending upon the outcome of the match, a Judoka can be elated and excited or totally dejected.

Dejection may be due to the fact that his or her loss was because he or she did not do as

showing respect to each other and their seniors. Another nice and unique part or custom of Judo is that every Judoka wears a coloured belt.

The colour he or she wears signifies their skill level in the sport and is accepted around the world.

An old proverb "Nothing worth doing comes easy". Learning the skills of Judo is no exception. To achieve high goals in Judo, whether it be learning the sport or the competitive side, it takes a lot of work from both Sensei and Judoka. Our skill levels are indicated by the colour of the belt that we wear.

This belt must be earned by hard work and continuous improvement in all skill levels to the required standard. Because each belt represents a standard of performance of both skill and knowledge, each Judoka must realize that each belt must be "EARNED", by following the grading criteria set forth by a Sensei in accordance with the MJBB (Manitoba Judo Black Belt Association).

Time by itself does not warrant or justify a belt promotion. We as Judoka must realize that the grading system as being fair. Also Judoka must respect the Sensei's judgement when grading others. Because a Sensei must be accountable to his club, club member parents and to the MJBB, promotion is taken very seriously. As a Sensei promoting a Judoka is a very rewarding pleasure.

### NOTE

well as expected, or simply due to the fact that she or he did not win. Win or lose you always learn from your experience. You must realize, that you have to be able to accept failure before you can accept success.

It takes many failures to be successful, this is why we must not give up. To give up is TOTAL FAILURE. Persevering and working harder will benefit a Judoka both physically and mentally. Plus you will thank yourself later in making this decision.

Because Judo is so complex and diversified, we can spend a lifetime "trying" to master all its wonderful aspects. One does not have to compete in tournaments to earn various belt levels.

Starting at white belt, then yellow, orange, green, blue, brown and finally black of which there are 10 dans. However, competition does allow both Sensei / Judoka to see how his or progress is developing, usually more rapidly, mainly because of the various elements involved in competitive Judo and the exposure to different Judoka outside the Dojo.

In either case Judo does develop both the mind and body. Within all Judo circles, Judokas have a legacy of being well disciplined and for



## West Rotary Air Cadet Squadron 191



Lieutenant-General G. Scott Clements, Commander of Canadian Forces Air Command, Winnipeg, inspects Winnipeg West Rotary Air Cadet Squadron 191 at Kapyong Barracks. Following the inspection he presented the Commander's Certificate to the squadron which came out on top, of the twenty-one in Manitoba and North West Ontario in 1993-94. 191 Squadron parades at Kapyong Barracks Friday evenings and does much more than parade. The cadets have a first rate band program, and an excellent band; they take part in public speaking programs; citizenship programs; first aid; summer camps; all in addition to having the opportunity to acquire self-discipline, a sense of service to the community, and many lifelong friendships. The squadron is a valuable contributor each year at the annual Winnipeg West Rotary Chicken Fry, a fund raiser for local and national charities supported by Rotary.

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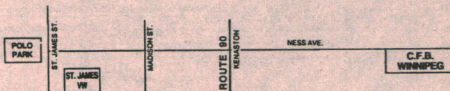
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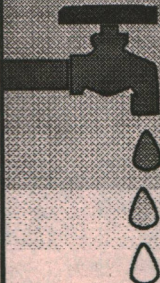
BLDG. 50 WHYTEWOLD,  
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PHONE: 837-1087 FAX: 837-1194

### Correction:

Please note that the following address for Expert-Tech Electronics was mistakenly omitted from their ad in the previous issue. We apologize for any inconvenience this may have caused our readers.

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# INTRODUCING... YOUR OWN PAGE

This issue we're introducing a new features page. Each issue you can look to this page for a little stress relief. We'll offer a variety of mind challenging games, puzzles and trivia.

We want this to be your page. A forum for our readers to exchange ideas, stories and humorous anecdotes about Military life.

the best part about that posting? Was it the skiing, the sailing, the cake? What would you tell a friend who was being posted there? **WE WANT TO KNOW!**

Or did you get a mouthwatering recipe for German Chocolate Cake while you were there? Share the secret with 17 Wing!

Maybe you'll get an Icelander's egg nog recipe in return!

Do you love sports or trivia? Would your children like their part in the VOXAIR too?

Let us know what you would like to see on this page and we'll do our best to make you smile! (at least twice a month)

## MIND MUDDLER

BY CHRIS GOODBURN

With 6 holes to play in their golf game, Archie, Brenda and Colin were in a three way tie for the lead. Over the last six holes each held the lead outright, only once.

Brenda birdied the 14th, Colin took the same number of shots at each of the last three holes. Archie birdied the 16th to give him the lead.

All six holes are par 4's. They scored six birdies (3), the rest were all pars (4).



How many strokes did each player take at each hole?

Look for the answers to this issue's MIND MUDDLER on the classified page. Good Luck!

*Strictly  
for your  
reading  
pleasure.*

This page is not for sales pitches, classified ads or announcements. It is strictly for your reading pleasure. We want you to look forward to a smile or a chuckle every issue.

So, we're inviting you to write in to us with your stories of life in Germany, Cold Lake, Trenton, Chilliwack, etc? What was

*Please address your suggestions, comments, stories, puzzles, trivia and anything else that you'd like to see on this page to:*

THE VOXAIR  
FEATURES PAGE  
ATTN: CATHIE  
17 WING WINNIPEG,  
WESTWIN,  
MANITOBA  
R3J 0T0

*Or drop it in the inter-base mail system and we'll be sure to get it right away.*

*We look forward to your favorable response!*

## CLUB 90 BAR & GRILL'S CALENDAR OF EVENTS FOR.....

# NOVEMBER

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CONGRATULATIONS TO THE WINNERS OF OUR BIRTHDAY SALE COFFEE QUIZ L. JANSEN K. LEFEBRE C. DUDLEY ENJOY YOUR MOTHER PARKERS GIFT BASKETS		<b>PICK YOUR FAVORITE.... COORS LIGHT</b> 15 OR RICKARDS RED? 22 ALL FOR ONLY 29 \$6.99 plus tax		<b>JOIN US FOR LUNCH MONDAY TO FRIDAY 11AM-1:30PM AT CLUB 90 GRILL</b>	<b>TOP 40 TRACKS *DJ*</b> 25 KARAOKE & DANCE	833-6700 
			<b>GOT THE LATE NIGHT MUNCHIES??? ASK FOR A SLICE OF OUR FAMOUS PIZZA \$1.99 plus tax</b>		<b>ALL DJ'S 8pm - 1am</b>	

# A WORD FROM THE CHAPLAIN

## FULLY ALIVE EXPERIENCE

By Padre Georgene Kling  
Chapel of the Good Shepherd  
(Protestant)

I guess the fully alive experience began many years ago when I realized that the material I was being asked to read at Theology College, written by John Powell, expressed exactly what I have always believed. I remember when I was just a little girl wanting to get absolutely the most out of every day and believing that life was so enjoyable.

Cardinal Newman once said: "O' FEAR NOT THAT YOUR LIFE WILL HAVE AN END THAT YOU WILL DIE, BUT FEAR RATHER THAT YOUR LIFE WILL NEVER HAVE A BEGINNING. FEAR THIS THAT YOU COULD DIE WITHOUT HAVING REALLY LIVED."

This is my own daily prayer "O God my Father don't let me die without having really lived and really loved." I have always thought of life as a gift from God. Did you ever give a gift to someone and notice that the person never really used your gift. Do you remember how you felt, well I believe that God has feelings just as we do. He must feel the same way as he looks upon us the children of his heart and sees that we are not using the gifts he has given to each of us.

Here's Jesus with this great gift of life, this great opportunity, holding it out to us and he said; "I have come that you might have life and have it in

all it's fullness and I have told you these things that my joy might be in you and that your joy might be complete.

Since I have joined the Military I have discovered that I've become a little too serious. About every four years, I have to rejuvenate myself or I tend to lose my love of life, my love for just saying thank you.

It's that time again so let's take a look at the Fully Alive Experience that takes place over a 5 to 6 week period. There are three steps in the Fully Alive Experience.

1. The assumption and question is this; that our lives and our happiness are regulated by our vision of reality. This first step states that inside each of us, is a highly personalized and unique way of viewing reality. It is this outlook, this perception of reality that governs our lives.

2. The second step is to get in touch with that vision. You might think that's easy, but we deceive ourselves. We do this by hiding things from ourselves and others, so some parts of our vision are unhealthy.

3. The third step is dealing with the unhealthy attitudes that you have discovered in your vision of reality and creating your own method of altering these specific attitudes. Only a few of these attitudes can prevent us from experiencing life fully as they can be crippling. In order to change and help us to deal with those attitudes we offer a study on Powells proposal for change.

Why not come and join us in looking at our lives and how we can make the most of it? How we can change those

attitudes that hinder us.

WHEN: FRIDAY  
EVENINGS 7.00 PM  
CHAPEL OF THE  
GOOD SHEPHERD  
STARTING FRIDAY  
NOV. 4TH

Call Padre Georgene Kling at 833-5785 for further information and to indicate your interest. We dealt with inner pains last year, so let's deal with inner visions this year. Join us in this quest. Be Fully Alive.

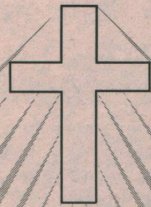
DO NOT FEEL  
THAT ALL IS LOST  
BECAUSE OF THE REVOLT  
YOU FEEL INSIDE  
IT HAS RAINED HARD  
THE THUNDER HAS  
CRASHED  
IS THE WEATHER ANY  
LESS BEAUTIFUL  
BECAUSE OF THAT  
BE ASSURED THAT YOU  
ARE NOT  
FOR ALL THAT  
LESS DEAR TO THE OUR  
LORD.

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YOUNG ADULT GROUP  
AGE 15 & UP

Meets Sunday evenings at 7 p.m. Anyone may join if interested. Fun activities and challenging discussions. Our next activity is a Mystery Dinner.



## ROMAN CATHOLIC CHAPELS

St. Marguerite Bourgeoys (North Site)

Saturday: 1700 hrs (Eng)  
Sunday: 1115 hrs (Eng)  
Mon & Thurs: 1000 hrs

St. George's Chapel (South Site)

Sunday: 0930 hrs (Eng) Weekday Masses  
Tues & Fri: 1000 hrs

## PROTESTANT CHAPELS

The Chapel of the Good Shepherd (North Site)

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

St. Andrew's Chapel (South Site)

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

Are you interested in a Youth Group Ages 10-12 years Join us on Sunday November 6th at 12.30 pm for an organizational meeting at which time we will plan our activities and set up a weekly meeting time. Movies, campouts, discussions, games, etc. Why not join us?

Weekly Bible Study: Every Tuesday night at 7 p.m. Each evening is a unit in itself so why not join us when you can.

Studies on Handling Stress and Coping with Grief will be offered. If interested call Padre Kling at 833-5785 and state YOUR PREFERENCE as to whether daytime or evening. You may not get me in but please be sure to leave your name and number.

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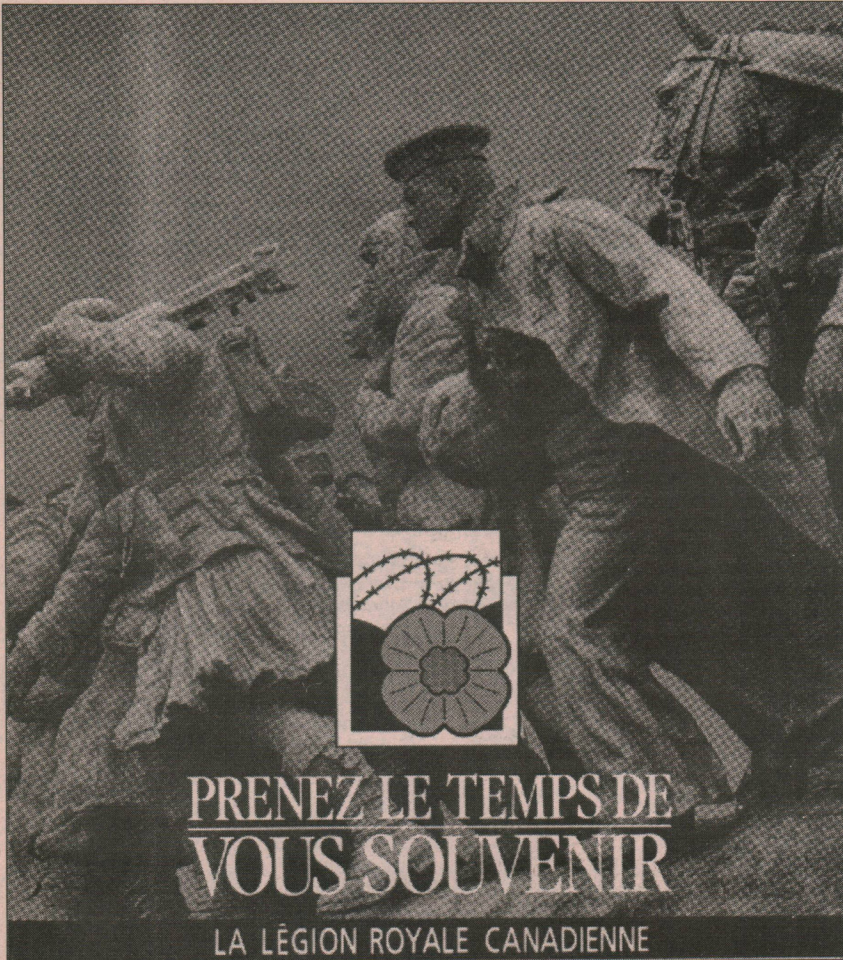
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## PRENEZ LE TEMPS DE VOUS SOUVENIR

LA LÉGION ROYALE CANADIENNE



## SOUVENEZ-VOUS

### PREMIÈRE GUERRE MONDIALE

1. 628 736 canadiens ont servi.
2. 66 573 sont morts et 138 166 ont été blessés.
3. 2 818 furent prisonniers de guerre.
4. 175 marins de la Marine marchande sont morts en action contre l'ennemi.

### DEUXIÈME GUERRE MONDIALE

1. 1 031 902 canadiens et 49 963 canadiennes ont servi.
2. En tout, 44 927 sont morts et 53 145 ont été blessés.
3. 8 271 furent prisonniers de guerre.
4. 1 146 marins de la Marine marchande sont morts en action contre l'ennemi.

### CORÉE

1. 26 791 canadiens ont servi.
2. 516 sont morts et 1 558 ont été blessés.
3. 33 furent prisonniers de guerre.

### LA GUERRE DU GOLFE PERSIQUE

1. 3 837 canadiens et 237 canadiennes ont servi.
2. Le Canada n'a subi aucune perte durant cette guerre.
3. Aucun canadien ou canadienne n'a été prisonnier de guerre.

## ATELIERS DE NOEL

à la Bibliothèque de Saint Boniface

131, boulevard Provencher

Tous ces ateliers auront lieu le dimanche de 14h00 à 16h00 dans la salle Marie Lynne Bernard. Toutes activités annoncées sont gratuites.

### 6 novembre

#### Décorations de Noël

Venez voir comment vous pouvez vous préparer pour Noël. On vous montrera comment faire des décorations de Noël avec une touche personnelle pour votre foyer. Facile à accomplir et à un prix attrayant! Avec Louise Carrière.

### 13 novembre

#### Animer une party de Noël

Une fête peut-elle être un jour mémorable? Mais oui! Si vous suivez les conseils de Rolande Kirouac qui offrira des idées sur sa préparation. Vous saurez comment organiser votre fête et comment encourager le partage des tâches pour que la fête soit vraiment agréable pour tous.

### 20 novembre

#### Emballage de cadeaux de Noël

Vous voulez impressionner votre famille et vos amis? Venez voir comment une touche personnelle et spéciale peut embellir l'emballage des cadeaux de Noël. Avec Louise Carrière.

### 4 décembre

#### Comment faire des canapés de Noël

Venez apprendre comment faire une sélection de canapés qui fêtent les couleurs de Noël. Des idées de présentation seront offertes aussi. S.V.P. s'inscrire à l'avance en appelant le 986-4331. Avec Michelle Ruest.

Pour plus de renseignements appelez le 986-4334.

## CEREMONIE NATIONALE DU JOUR DU SOUVENIR

OTTAWA---La cérémonie nationale du jour du Souvenir 1994, sera tenue au Monument commémoratif de guerre du Canada le 11 novembre. D'après l'horaire, les activités débuteront à 10h30 pour se terminer à 11h30.

L'année 1994 est de signification particulièrement historique vis-à-vis les événements très importants qui ont eut lieu lorsque les débarquements en Normandie ont précipité les débuts de la fin de la Deuxième Guerre Mondiale. De nombreuses activités marquant cette période importante et autres batailles ont été tenues à travers le Canada et en Europe cette année. En marge du programme "Le Canada se souvient", la cérémonie du Souvenir, cette année, attire l'attention nationale sur ces événements aussi bien que sur les sacrifices faits par les Canadiens et Canadiennes durant la Première Guerre Mondiale, la Guerre de la Corée ainsi que les opérations du maintien de la paix au sein des Nations Unies.

La cérémonie nationale du jour du Souvenir est organisée et menée par la Légion royale canadienne de concert avec le gouvernement fédéral. Elle vise à fournir à tous les Canadiens et Canadiennes l'occasion de se rappeler du sacrifice fait par les 114,000 hommes et femmes qui sont morts au service militaire du Canada durant les guerres passées.

Mme Wilhemina Baerr, âgée de 102 ans, de Yorkton, Saskatchewan, sera l'une des dignitaires, à titre de la "mère décorée de la croix d'argent", lors de la cérémonie de cette année. Son fils, le caporal August Baerr, du "Calgary Tank Corps" fut tué en action près d'Ortona en Italie le 2 octobre 1943, à l'âge de 26 ans. Mme Baerr représente toutes les mères canadiennes dont les enfants ont été tués dans le service militaire du Canada.

La jeunesse du Canada sera représentée par les gagnants et gagnantes des concours littéraires et d'affiches annuels, au niveau senior, de la Légion royale canadienne. Il s'agit de Katharine Pitulko, Windsor, Ont., Paul Hogarth, Mount Pearl, Terre-Neuve, Jenelle Kelly, Indian Head, Saskatchewan, et Bryan Ward, Balcarres, Saskatchewan.

Les anciens combattants, Mme Baerr et les représentants de la jeunesse canadiennes seront accompagnés du Très honorables Raymond Hnatyshyn, Gouverneur général du Canada; l'honorable Sheil Coppins, Vice Premier Ministre; l'honorable Lawrence MacAulay, Secrétaire d'état, Anciens combattants Canada, le général John de Chastelain, Chef de l'état-major de la défense; et M. Hugh Greene, Président national de la Légion royale canadienne.

## LE THEATRE DE LA FEDERATION DES AINES FRANCO-MANITOBAIN INC.

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"C'est beau la vie"

Le 16 novembre 1994 en matinée à 14 h

Les 17 et 18 novembre 1994 à 20 h

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QUATRE COLLOQUES RÉGIONAUX SUR L'ÉPANOUISSEMENT DU BEL ÂGE DANS VOTRE COMMUNAUTÉ

### Régions:

La Seine- la Broquerie le 3 novembre de 8h30 à 16h00.  
La Montagne à déterminer le 8 novembre de 8h30 à 16h00.  
St Boniface- Club Éclipse le 22 novembre de 8h30 à 16h00.

### Invité spécial:

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Mon oncle Oscar, un bon vivant, plein de ressources et de bon sens

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4 ateliers sur les thèmes de la santé, L'économie, l'éducation et action communautaire. 2 Pausas santé.

1 Diner.

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15\$ par personnes.

Ouvert au grand publique.

L'inscription se fera sur place. Vous n'avez qu'à vous présenter dès 8h30 à la table d'accueil. Pour de plus amples renseignements, veuillez contacter la FAFM au 235-0670. Bienvenue à tous.

# PERSONAL CLASSIFIEDS

## EVERYBODY'S MARKETPLACE

### CHILD-CARE

Wanted, babysitter to come into my home part-time 2 or 3 days per week for 16 month old boy. Position will be commencing between 15 & 31 Oct 94. Must provide receipts & references & be willing to be flexible. Hours ranges from 7:30 a.m. - 4:30 p.m. when husband is home, to 7:30 a.m. to possibly 6:00 p.m. some days when husband is away. No weekends required. If interested, contact us at 488-7941 before 8:00 a.m. or after 4:30 p.m.

Responsible mother willing to babysit in my own home, South side PMQs. Infants & toddlers. Full time preferred, receipts on request. Phone 489-0472.

### CHILD-CARE

Mother of two young children wishing to babysit infant(s) in my home. I have all items for baby's needs. Vanessa 488-3583.

### MISC FOR SALE

Antique oak table in good cond, \$400.00 OBO. Camera - Minolta XGI 35mm with Minolta Auto 132X flash, 200mm lens, filters & camera case all in excellent cond, \$500.00 OBO. Moffat deluxe stove, very good cond, \$200.00 OBO. Star Trek collector plates by Susie Norton, 8 plates in the series, make me an offer. Various VHS original movies (not taped) excellent cond, each comes with its own plastic case, \$8.00 ea. Contact Tobie or Marc at 888-5307 after 4:30 pm.

### MISC FOR SALE

For Sale: Men's AF Mess Kit including AF Cufflinks & accessories. Excellent condition. \$250.00 OBO. Call 831-6698, ask for Tina.

For Sale: Munar Downhill Skiboats, women's size 9, red & black, never used, \$50.00. Phone Maureen at 895-9727 anytime.

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 pc Ski Suit - powder blue, size 14, \$15.00 (like new). Ladies 3/4 coyote fur coat, size 14 - good condition, \$30.00. Sears Vacuum Cleaner, good condition, \$10.00. Call 885-5569 evenings.

For Sale: Duvet-style baby comforter, pillow & change pad \$45.00 Connie 888-3969

### MUSIC

Flute lessons, experienced teacher, Bach of Music - McGill Univ. Reasonable rates. Call Ginette 888-2164.

### PETS

Kittens to give away to good home. Vanessa 488-3583.



## BUSINESS CLASSIFIEDS

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 BY JANE  
 CALL 885-5569  
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 GIFT CERTIFICATES  
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### MIND MUDDLER ANSWERS (from pg 16)

Archie 4,4,3,3,4,4

Brenda 4,3,4,4,4,4

Colin 4,4,4,3,3,3

## Get out your pencils.... here's a CROSSWORD!

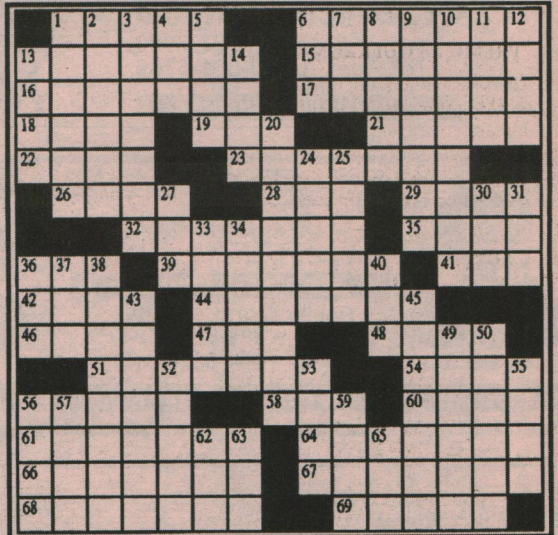
Answers to this puzzle can be found on page 13.  
**GOOD LUCK!**

### ACROSS

- 1 Conserve, in a way
- 6 Safari city
- 13 Small handbills
- 15 Phantom
- 16 Very close margin
- 17 Coffee Machines
- 18 Jeannine's Husband
- 19 Start of X and O's game
- 21 Fictional W.W.II town
- 22 "Winnie ---- Pu"
- 23 French warehouse
- 26 Part of a soap frame
- 28 Joplin creation
- 29 Countess Ciano
- 32 Foot-powered device
- 35 Carmine and Magenta
- 36 Dr. J's org.
- 39 Shastri and Osceola
- 41 Ribbed fabric
- 42 Neophyte reporters
- 44 Like certain flights
- 46 Give the eye
- 47 Seaver's stat.
- 48 McNutt
- 51 Pusillanimous
- 54 Boston or Baltimore
- 56 Quemoy's neighbor
- 58 Partner of poivre
- 60 Lizard fish
- 61 Fig-birds
- 64 "Live and ---"
- 66 Rip or short follower
- 67 Encroaches on copyrights
- 68 Throat tissues
- 69 Dams' mates

### DOWN

- 1 Squarerigger sails
- 2 Channel swimmer: 1926
- 3 Worst looking
- 4 Yellow or coral
- 5 Whilom
- 6 Bill
- 7 Service-station item
- 8 Notions
- 9 More turbulent
- 10 Fragrant plant
- 11 Innate
- 12 --- many words
- 13 Prefix for god or john
- 14 Thin strip
- 20 Cookie and medeiros
- 24 Festivals
- 25 Hershfield's "Abie the ----"
- 27 Madras title
- 30 Presidential monogram
- 31 Viper
- 33 Prefix meaning nine
- 34 Bedeck
- 36 Bilko was one
- 37 Apprentice jockey's 5lb leway
- 38 Ceremonial washing
- 40 Type of sister
- 43 Response devices
- 45 Widespread
- 49 Grainy rock
- 50 Stands up to
- 52 Start for millionaire
- 53 Kennel sound
- 55 Ray Floyd accessories
- 56 Part of M.V.P.
- 57 Pisa'a river
- 59 Waikiki neckware
- 62 Elusive one
- 63 Certain H.S. students
- 65 Prefix for corn or pod



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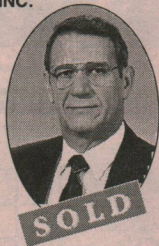


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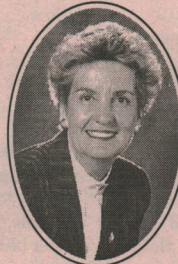
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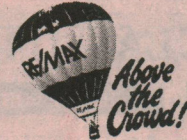
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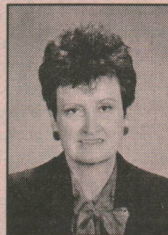
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