

# THE VOXAIR

**HAIR NETWORK**

*Hairstyles for Men, Women, & Children*



Hair Network is proud to have Monika as part of our team for the past 1 1/2 years. Formerly of C.F.B. Uplands Beauty Salon in Ottawa. COMPLETE HAIR CARE FOR THE WHOLE MILITARY FAMILY

EXPERIENCE IN MILITARY CUTS, COLORS, HIGHLIGHTS, PERMS.

Mon-Fri 9:00 a.m. - 9:00 p.m. Saturday 9:00 a.m. - 5:00 p.m.  
Park West Mall, 6650 Roblin Blvd., R3R 2P9  
897-2842

VOL. 43 ISSUE 12

17 Wing Winnipeg / 17e Escadre Winnipeg

JUNE 21, 1995 / FREE

## HMCS WINNIPEG JOINS THE CANADIAN NAVY

By Lieutenant(N) Gerry Pash

The second Canadian Navy warship to be named for the City of Winnipeg will be commissioned into the Canadian Navy at a ceremony in HMC Dockyard at Esquimalt on June 23, 1995.

Canada had the third largest navy in the allied cause at the end of World War II with 373 warships and nearly 900 vessels total. From Prince Rupert, British Columbia to Charlottetown, Prince Edward Island; minesweepers, corvettes, frigates and destroyers were named for communities large and small during that dark time in world history.

The first HMCS WINNIPEG was an "Algerine Class" Minesweeper built in Port Arthur, Ontario in 1943. The

ships were to be built for two decades WINNIPEG survived the cutting torch for twenty years. In 1956, she was taken around the east coast again and on August 7, 1959 was handed over to the Belgian Navy and became the A.F. DUFOR. She was broken up in 1966.

Canada's last major naval ship building project occurred in the late fifties and through the sixties. That series of ships was named for rivers, many of them perpetuating the "River Class" frigates of the second world war. The new patrol frigates are the first ships built for the Canadian Navy since four "Tribal Class" destroyers were completed in 1969. It's been nearly 50 years since the Canadian Navy has named ships after cities.

By the end of the century

tonnes of Manitoba grain. Thousands of Manitoba's citizens have served and continue to serve in the Canadian Navy. Participation by citizens, businesses, and Winnipeg area local governments will put the Winnipeg into HMCS WINNIPEG.

The building, naming, and commissioning of HMCS WINNIPEG is an historic event that will add to the history of the City of Winnipeg and the Province of Manitoba. Furthermore, it won't happen again, if ever, for more than 30 years.

Construction of HMCS WINNIPEG began July 2, 1991. The ship was launched June 25, 1994 and was delivered to the Navy last fall. The Navy invites all the citizens of the City of Winnipeg to be part of the ceremony to commission the new ship into the Navy. Plans are in place for a public event in Victoria.

Because the first HMCS WINNIPEG went to another Navy and was broken up the only artifact of her remains is the ship's bell. A ship's bell takes on special historical significance over time. It is prized as one of the ship's most valued pieces of original equipment and as is the case with the first WINNIPEG is often all that remains after a ship is scrapped.

The ship's bell has both practical and religious significance. The actual origins are unknown. However, before chronometers, the bell was used to tell time; eight bells indicating the end of a four hour watch as the ship's boy signalled that he had turned a half-hour sand glass eight times. In the mid 19th century it became mandatory for British ships to be equipped with a bell to be used as a navigation and warning aid in fog. The Dutch used a bell to mark time as sailors trimmed the sails. The bell was used to summon the ship's company to divine worship and was rung three times before evening prayer. A custom that remains to this day is to engrave on the bell the names of children who have been christened in the ship.

Continued on pg 2

## CEREMONY OF THE FLAGS MARKS NAVY LEAGUE CENTENNIAL

The 100th anniversary of the founding of the Navy League of Canada was celebrated in Winnipeg on the Victoria Day weekend. Over 200 Sea Cadets, Navy League Cadets and Wrenettes from throughout Manitoba and Northwestern Ontario participated in a Ceremony of the Flags on the afternoon of Sunday, May 21st. The setting was Memorial Park, opposite the Manitoba Legislative building. That evening they also performed a Sunset Ceremony on the grounds of The Forks. The Ceremony of the Flags involved 100 armed cadets, a brass band, a pipe and drum band, two field gun crews, cadets carrying the flag of each province and territory, and a colour party for the National Flag, the Royal Canadian Sea Cadet ensign and the Navy League flag. The Lieutenant Governor of Manitoba, Right Honourable W. Yvon Dumont, was on hand to address the cadets and their officers and review the parade as it marched past. These days, it is not considered "cool" by many teenagers to be patriotic or to show respect for authority, but anyone who observed the discipline displayed by these young men and women, gathered to represent their home corps, could not fail to be impressed. Their lusty singing of "O Canada" and "God Save the Queen" during the ceremony was both thrilling and reassuring. The cadet corps represented were: Royal Canadian Sea Cadet Corps 'Fort Frances' from Fort Frances, Ontario; RCSCC 'Patrician' from Balmertown, Ontario; Navy League Cadet Corps 'E.P. Galvin' from Keewatin, Ontario; RCSCC 'Husky' and NLCC 'Forrest Green' from Flin Flon, Manitoba; RCSCC 'Daerwood' and NLCC 'Lord Selkirk' from Selkirk; RCSCC 'Switsure' from Brandon; Navy League Wrenette Corps 'Centennial', NLCC 'J.R.K. Millen', RCSCC 'Qu'Appelle', RCSCC Crusader and RCSCC 'John Travers Cornwall, V.C.' from Winnipeg. Helping the Sea Cadet teenagers and the pre-teens of the Navy League Cadets and Wrenettes put on their show were many of their "big brothers and sisters" at 17 Wing Winnipeg. Assistance included the provision of rations, transportation, medical and safety supervision, equipment and facilities for rehearsals. Colonel G.E. Sharpe, Wing Commander, was asked to convey a hearty 'thank you' to all concerned at 17 Wing by Mr. Jim Wood, President of the Manitoba Division of the Navy League of Canada.



Sea Cadets performing at the Forks.

### INSIDE THIS ISSUE of the VOXAIR

- Guide to Downsizing.....3
- Military Police & Jameswood School.....4
- Deer Lodge Centre.....10
- Chaplains.....13
- Classifieds.....15

**Special money saving  
coupons on pages 5 & 6!**



Canadian Patrol Frigate

ship was commissioned July 29, 1943 and arrived at Halifax in mid-September. WINNIPEG escorted convoys and carried out anti-submarine patrols out of Halifax until VE Day. For part of that time she served as senior officers ship for Western Escort Forces 6 and 5. The escort forces were disbanded in June 1945. In August she was placed in reserve at Sydney, Nova Scotia to be reactivated and moved to Esquimalt, where she arrived in December and served until being paid off to reserve status in January 1946.

Post war Canada reduced the size of its forces and hundreds of ships were sent to be broken up. While no new

most of Canada's Naval resources will either be replaced or extensively modernized. Part of that process is the construction of 12 "City Class" Patrol Frigates to replace 12 steam driven naval destroyers that were built between 1955 and 1964. The ninth ship of the new class, with hull number 338 is the second ship to bear the name HMCS WINNIPEG.

The City of Winnipeg and its residents have a unique opportunity to participate in a new chapter in Canadian Naval history. The history of Western Canada and Manitoba is tied to the sea. Vancouver, the second busiest sea port in North America, ships millions of

# RECRUITING TAKES A BUSINESS APPROACH



Members attending Western Recruiting Zone's first Business and Strategic Planning seminar, relax in the comfort of their new "fiscally prudent" Mess. Pictured in the photograph are: (Seated L-R) Capt Leo Lammers, CFRC Det Thunder Bay (FRP); LCdr Sheilah Manuel, CFRC Calgary (FRP); Maj Terry Brewster, CFRC Regina (FRP); Maj Richard Chevrier, ZPSA; LCol Barry Hamilton, ZCO; Capt Darla Boyle, CFRC Det Saskatoon (posted); Capt Paul Paone, CFRC Det Victoria (completed Class C contract) (Standing L-R) Capt Steve Jackson, ZAdminO; LCdr Rick Hearn, CFRC Winnipeg; Maj Bob Tease, CFRC Edmonton; Capt Ken Rodzinyak, CFRC Det Kamloops; Lt(N) Mark Sheppard, CFRC Det Yellowknife; Maj Leif Wadelius, CFRC Vancouver.

(Edmonton) — Western Recruiting Zone has taken a dramatic leap into the future by learning from the past, and applying some good 'ol Western values: thoughtfulness and common sense.

This past May marked RZHQ (Western)'s first Business and Strategic Planning Seminar, held at Canadian Forces Base Edmonton. The seminar was attended by the Zone Commander and COs/Det Comds of all ten Recruiting Centres/Dets in western Canada. The goals of the conference were impressive.

Attendees were taught some of the financial management and planning skills necessary in a world of shrinking budgets and changing accounting processes. They engaged in a critical analysis of the past year's operations,

and the development of long-term corporate goals. And, they took advantage of their pooled expertise to begin forming their 96-97 Business Plans.

"We wanted a forum where we could learn from the experience of our outgoing peers on a broad scale", said LCol Barry Hamilton, Commander of the Western Zone. "Too often, our more experienced staff would just disappear through postings or retirement. We never got a chance to thank them properly for a job well done, or learn from their experience. This not only makes sense, it's the right thing to do".

During their stay, participants also took advantage of the unseasonably warm Edmonton weather to host a farewell barbecue for the five COs who are departing this summer.

# HMCS cont'd from pg 1

It's understandable how the ship's bell provides a symbolic connection between the vessel and the ship's company. It is assured that there will be some competition among crew members who make their home in Manitoba to be the first to christen a child in the new ship.

By being part of these events, the City of Winnipeg, and its residents will have a tangible connection to the ship and share in the new traditions that will become part of the history of HMCS WINNIPEG. The two main passageways in the ship will be designated Portage and Main establishing another connection to the city.

At 10-billion dollars the Canadian Patrol Frigate project is one of the largest projects ever undertaken in this country. The government is using this major purchase to pursue its objectives for creating near and long term benefits for Canadians.

HMCS WINNIPEG will bring attention to the City of Winnipeg which in turn will result in economic and tourism benefits for years to come. The spirit of the City of Winnipeg will be aboard HMCS WINNIPEG and will be taken wherever the ship sails. Visitors to the ship will ask about its name and learn of Canada's prairie metropolis. The ship will travel the world

as an ambassador for Canada, highlighting the City of Winnipeg.

HMCS WINNIPEG gets rave reviews from those who have had the opportunity to see first hand the combination of construction and technology it represents. While undergoing sea trials these ships visit a number of United States ports and host senior officers from the navies of the member countries of NATO. They are

## At 10-billion dollars the Canadian Patrol Frigate project is one of the largest projects ever undertaken in this country.

astonished at the capability of the ship considering its relatively small size.

The Canadian Patrol Frigate is fast. It has a long range and is sea kindly. It is designed for the weather in Canada's northern reaches. These ships are equipped to cope with the threats posed by aircraft, surface ships, and submarines. They displace 4,750 tonne, are 134.1 meters long, and have a beam of 16.4 meters. HMCS

REGINA and the eleven other frigates are the most modern, and most sophisticated ships of their size in the world. They contain leading edge technology that other countries are now considering for their naval modernization programs.

The 12 Canadian Patrol Frigates will be the centre of Canada's modernized Navy. Canada will have a versatile general purpose maritime force with the capability required to contend with a whole range of national and international commitments into the twenty-first century.

Of the 12 new ships, Halifax, Ville de Quebec, Toronto, Regina, Calgary, Montreal, Fredericton, and Winnipeg perpetuate one earlier ship. HMCS Vancouver, Charlottetown and Ottawa share the distinction of being the third of the same name. Only HMCS St. John's is the first of its name.

Community participation from throughout Manitoba is the key to building a "special relationship" between HMCS WINNIPEG and its namesake city.



Welcome...  
**ST. JAMES LEGION**  
 Branch No. 4  
 Royal Canadian Legion  
 1755 Portage Avenue  
 Winnipeg, Manitoba  
**Bingo**  
 Every Wed.- Fri. & Sat.  
 6:30 pm  
**Line Dancing**  
 Every Mon. & Tues.  
 8:00 - 10:00 pm  
**Dancing To Live Bands**  
 Thurs. 8:00pm - 12:00am  
 Fri & Sat 9:00 pm - 1:00 am  
**Meat Draws**  
 Every Sat. 2 pm - 5 pm

### JOHN W. BARBER B.A., LL.B

Attorney - Mediator - Notary Public

#### Legal Services

Wills & Estates \* Real Estate \* Family Law  
(Real estate fees conform to CF Relocation Guidelines)

#### Mediation Services

"Resolve disputes by mediation, not litigation"



BARBER LAW OFFICE 3651 Roblin Blvd. 831-6001

## TUXEDO PARK DENTAL GROUP

### General Dentistry

#213-2025 Corydon Ave  
 Tuxedo Park Shopping Centre  
 Ph. 488-4455 (24hr. service)

Dr. C. Burton Stewart  
 Dr. Andrew Gauthier  
 Dr. George Spencer  
 Dr. Margot Pilley  
 Dr. Joan Maclellan

**Office Hours:**  
**Monday to Friday**  
**7:30am - 6pm**

## BASE RECREATION LIBRARY

### Hours

TUES., WED., THURS.  
 6:00 - 9:00 p.m.

WED. & SAT.  
 1:00 - 4:00 p.m.

3 Jameswood

# THE VOXAIR

### VOXAIR OFFICE HOURS

MON. to THURS. 0815 - 1100 hrs

### TELEPHONE

889-3963 / FAX 885-4176

### HEURES DE BUREAU - VOXAIR

LUNDI à JEUDI de 8h15 à 11h00

Telephone-answering system operates remainder of week/Repondeur automatique pour le reste de la semaine

Produced by/Produit par PEMBINA PRINTING LIMITED

Editor-in-Chief/Rédacteur-en-chef  
 Managing Editor/Directeur-Gérant  
 Business Manager  
 Office Manager  
 Production Assistant  
 Production Assistant  
 Systems Coordinator  
 Advertising/Publicité

LCol D.R. Marchmont -833-5281  
 -Capt Tom Walls -833-5145  
 -WO C.I. Karpenic -833-5230  
 -Maureen Walls -889-3963  
 -Louise Guenette -889-3963  
 -Cathie Dowler -889-3963  
 -Sgt Bill Sproul -889-3963  
 -Mr. Jim Holland -832-0115

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, C.D. 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 3Y5

VOXAIR est le journal non officiel de la 17e Escadre Winnipeg et est publié avec la permission du Commandant de l'Escadre, le colonel G.E. Sharpe, C.D. Les opinions et les points de vue qui y sont exprimés ne sont pas nécessairement ceux de l'éditeur, le Commandant ou le ministre de la Défense nationale. L'éditeur réserve le droit de modifier ou refuser la publication d'un article ou d'une annonce publicitaire. Toute correspondance doit être adressée à: VOXAIR, 17e Escadre Winnipeg, Westwin, Manitoba R3J 3Y5

DEADLINE 7 JUL 95/DATE DE TOMBÉE 7 JUILLET 95  
 NEXT ISSUE 19 JUL 95/PROCHAINE ÉDITION 19 JUILLET 95

# An easy guide to Downsizing

By Capt Dan Deveau,  
Wing Personnel Selection

It might seem that the world is turning itself upside down and inside out with alarming regularity these days. We are faced with cutbacks and downsizing. FRP and CRP have become parts of a new vocabulary which we could not have envisaged, even a few years ago. If you are confused with recent events and policies and baffled by the new terms and language, you are not alone. If it is difficult for people in the "reorganization" business to keep up with the developments, it is near impossible for the average worker. Cry havoc and let slip the dogs of downsizing! My apologies for the misquote, but it seems that events are happening with such dizzying speed that we can hardly catch our collective breath before we are faced with another program. What does it all mean? We can explore this question as it relates to a number of different issues.

## What does all of the language mean?

Perhaps the best way to begin is by simplifying the jargon. Downsizing is like a company or an organization going to Jenny Craig to lose unwanted weight. Surplus programs and positions are cut with the intention of making a company more efficient and profitable. Like living in the jungle, it is usually the most agile and the quickest who make the best living. When was the last time you saw an overweight cheetah?

Most companies spend a substantial proportion of their income on salaries and personnel support. DND is no different. We have reached the point where we must examine these costs and justify the money we are spending for the return we are getting. If you were going out to a party you would normally only hire only one babysitter for your children. A common situation in the Forces today would have you employ a babysitting technician with senior babysitter to supervise. The senior babysitter supervisor would report to the babysitting officer who in turn .... You get the picture. We often have many people doing a job which in reality

might only need the attention of one or few. FRP, Sociotech and ACES are just a few of the programs aimed at making the CF more manageable and efficient.

## What does this mean to me?

It is difficult to be motivated to work harder when we are faced with salary freezes (cuts) and markedly changed working conditions and expectations. What it means in the most basic terms, is that we are all fighting for our working lives and are being put in the position where our jobs have to be justified. In the organizational picture, we cost money and the benefits accrued from our work must at least balance these costs. We must all do an accounting of our time and effort and try to be as efficient as possible. It is often a question of working smarter and not harder.

Empowerment and devolution are two terms which allude to giving the worker the power to make decisions. Unfortunately, there are no rights without commensurate responsibilities, so workers are being asked to become agents of the system to the extent that they seek out new ways to do more with less. While pay raises may be sometime in the future, an even more basic incentive to work smarter might be to make the difference between a position being cut or maintained. While the new initiatives might be confusing to some, in the most basic terms, the work we do now will provide security for the future. It is easy to defend an organization where every employee and manager is in a productive position and is making a difference. The fact that you are only making a small difference does not minimize the importance of your contribution. A million dollars is made up of a bunch of loonies.

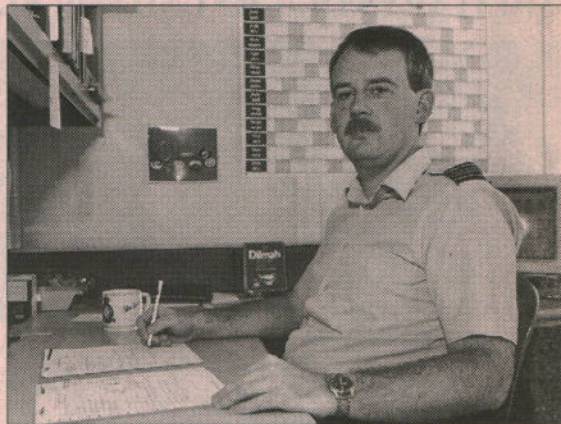
I'll leave you with a quote from a notable Italian political theorist: *"We train very hard. Then, just as we were beginning to form into teams we would be reorganized. I was to learn, late in life, that we tend to meet any new situation by reorganizing. And what a wonderful method it can be to cause the illusion of progress while causing inefficiency, confusion, and demoralization."*

Petronius Arbiter 312 B.C.

# Personnel Profile CFSAS

Squadron Leader Mike Lence is the Course Director for the Aerospace Systems Course(ASC) at CFSAS. Born in Surrey, England, he joined the Royal Air Force in 1978 and completed his navigator training at RAF Finningley. He served for two years in Germany and then 6 1/2 years at RAF Lossiemouth in northern Scotland as a Buccaneer squadron navigator. In 1990, he attended the 23 General Duties Aerosystems Course(23GDASC) at RAF College Cranwell. This course is the United Kingdom's counterpart to the ASC conducted at CFSAS. Upon successful course completion, Sqn Ldr Lence was posted to the UK test and evaluation establishment at Aircraft and Armament Evaluation Establishment Boscombe Down, where he worked for three years evaluating the Royal Navy's Mk 2 Sea Harrier. In July 1994, he was selected for the exchange post on the CFSAS Staff.

Sqn Ldr Lence's Course Director duties include monitoring and assessing all



Squadron Leader Mike Lence

aspects of each course member's training throughout the ten-month course. Classroom topics taught in ASC include electronics, electro-optics, propulsion, radar, signal processing, aerodynamics, communications, and test and evaluation. Outside of the classroom, the Sqn Ldr monitors ASC students during their industry tours, individual projects, and syndicate projects. ASC graduates occupy positions

associated with the identification of a requirement, the procurement, and the test and evaluation of aerospace equipment.

Squadron Leader Mike Lence, his wife and two children, expect to spend another two years in Canada and plan to travel extensively. He tolerates the local beer, and his children love the fast food. They are the only exchange family who prefer Canada's winters to their own.

**Canada Day**  
July 1<sup>st</sup> / 1<sup>er</sup> juillet  
**La Fête du Canada**

**MURRAY**  
CHEVROLET • GEO • OLDSMOBILE • INC.

I welcome you to purchase your next vehicle from your neighbor in the military community who understands your needs.

Margaret McMenemy  
SALES & LEASE CONSULTANT

**674 Portage Ave Ph: (204) 772-2431**

**RONALD HABING**  
Barrister & Solicitor

*Serving the needs of the military community for 20 years & counting.*

- Real Estate & Mortgage
- Family Law
- Wills & Estates
- Business Law

**R. HABING & ASSOCIATES**  
• 2643 Portage Avenue •  
• Phone: (204) 832-8322 • Fax: 832-3906 •

**RE/MAX**<sup>®</sup>

395 Stafford Ave.  
Ph: (204) 477-0500

*Celine invites you to believe that your real estate wishes can come true.*

*Celine is a WREB silver award winner, is hardworking and always gets the job done! Celine 477-0500.*

A HOUSE SOLD NAME

**RICK EDMONDS**  
989-7900

**DELBRO**  
REAL ESTATE

**RE/MAX**<sup>®</sup> real estate inc.

**Buying or Selling a Home?**  
for quality service call

**DOUG CALDER** CD1

Bus: (204) 694-5000  
Fax: (204) 582-4751

*Going the distance for you*



Doug Calder, CD1



# MILITARY POLICE



## PARENT ADVISORY COUNCIL PRESENTATION TO MILITARY POLICE FUND FOR BLIND CHILDREN



On 16 May 95, a member of the Parent Advisory Council of Jameswood Public School, MCpl Nikki Larouche and the principal, Mr Strongman attended the Security and Military Squadron, 17 Wing, Westwin. A donation was presented to Military Police members, Cpl F. Duchesne, pictured on left and Capt M. Taylor. The donation goes into the Military Police Fund for Blind Children, which in turn is used throughout Canada by Visually Impaired Children. On behalf of Military Police, we would like to thank the school, staff members and volunteers for the donation.

## CHILD IDENTIFICATION PROGRAM

On 3rd May 1995, personnel from Security and Military Police Sqn, 17 Wing, volunteers from Jameswood School Parent Council and school staff members conducted a Child Ident Program at Jameswood School.

During the course of the day, 147 children, from Kindergarten to grade 6 were fingerprinted. In addition to the fingerprints, each child was given a Crime Prevention Package. The contents of each package, were donated from various companies, Police related groups and associations.



Cpl Rigue fingerprinting James Chymboryk. (Photo by Cpl D.E. Desrochers)

### Professional Job Connections marketing your skills!



- assessments
- informational interviews
- employment preparation
- employment contacts
- opportunities for experience

**Lifelore Ltd.**  
616-1661 Portage Ave., Wpg  
Phone (204) 786-3200

### Appliance Certification

••available at your convenience••  
INCLUDING WEEKENDS  
\$40.00

**WINNIPEG LIGHTING SERVICES**  
Bert Block 955-7283

# Professional & Business Directory

### CHAPMAN GODDARD KAGAN BARRISTERS & SOLICITERS

George E. Chapman, Q.C. Donna G. Kagan, LL.B.  
George A. Derwin, B.A., LL.B. Kelly P. Land, B.A., LL.B.  
Alan R. Goddard, B.A., LL.B. J. David Schioler, B.A.(Hons), B. Ed., LL.B.  
Almer N. Jacksteit, B. Comm., LL. B. Michael J. Law, B.A., LL.B.  
Ph: 888-7973 1864 Portage Avenue, Winnipeg, Manitoba, R3J 0H2

### RUTLEDGE & DYKER

R.F. RUTLEDGE, B.A., LL.B. --- A.L. DYKER, B.A., LL.B.  
COUNSEL -- A.I. UNGER, B.A., LL.B.  
COUNTRY CLUB PLAZA  
310-3025 Portage Ave. 888-3204 Fax: 837-3638

## BALDWINSON AGENCIES

Rec Centre (Whytefold Rd.)

Autopac 889-2204

**Next Voxair Deadline**  
July 7, 1995

**SILVER HEIGHTS**  
DRY CLEANING CENTRE

837-7209  
Professional Cleaning & Pressing  
Special Rates on Uniforms  
2249 Ness Avenue

**LOOK HERE! THINK OF  
HOW MANY CUSTOMERS**

**YOU CAN REACH BY  
ADVERTISING IN THIS**

**SPACE. CALL 889-3963**

### TUXEDO PARK HAIRSTYLING & BARBERING

146-2025 Corydon Avenue, Winnipeg, Man. R3P 0N5

**BEAUTY SALON**  
489-9079  
MONDAY - SATURDAY  
HOURS: 9-5

Cuts - Perms - Colours - Shaping  
For Men, Women and Children  
MEN'S HAIRPIECES FITTED

**MEN'S HAIRSTYLING  
& BARBERING**  
489-7997  
CLOSED MONDAY  
HOURS: 8-6, SAT. 8-5

### Roxroy O. O. West, B.A., M.A., LL.B.

202, boulevard Provencher, bureau 200  
Saint-Boniface (Manitoba) R2H 0G3

Téléphone : 235-1378 Télécopieur: 233-9762 Cellulaire: 981-7778

Rabais de 20% sur nos honoraires professionnels  
pour les militaires  
de la base et les membres de leur famille immédiate.  
Première consultation de 30 minutes gratuite.

### The ARGUS Hobby Shop

(Overlooking Runway 36)

- Decals
- Vacu-forms
- Magazines
- Miniatures



- Model Kits
- Books
- Games
- Paints

Telephone: (204) 837-7677 5-2082 Ness Avenue, Winnipeg, Manitoba R3J 0Z3

### NEMY, BROWN & CO.

Barristers Solicitors Notaries

John C. Brown, B.A., LL.B. Jack M. Rabkin, B.A., LL.B.  
200-2727 Portage Avenue (Courts of St. James Shopping Centre)  
Phone: 888-8890

# SUPPLY SQUADRON PROFILE

By Sgt Gord Hudson

Mr. Rische (Rick) Sukhan, of Wing Supply, Repair and Disposal Section, is one of the rare people who have been mentioned in a song, "a junkyard dog" in Jim Croces' song "Bad, Bad Leroy Brown" and had a TV show patterned after his job; "Sanford and Son". We're not sure if he's the older or younger of the two Sanfords.

Rick has been with DND since 1969 when he enrolled in the military as a Supply Tech. While in the military he had postings to CFB North Bay, where he did his first tour in

Ismalia, in 1975 he moved to NDHQ, where he did his second tour of Ismalia. While in Ottawa he also worked at 2 Air Field Maintenance Squadron and CFB Ottawa. In 1980 he was posted to the 2 PPCLI here in Winnipeg where in 1981 he decided to take his release from the military. We were fortunate that he was hired by the Public Service as a clerk in Base Supply, working in clothing stores and in Management Information Systems office for 2 years. He then won a competition for the supervisor storesman position in Repair and Disposal section where he has been employed for the last

12 years.

At R & D he supervises one civilian and three military employees, and with their assistance he is responsible for all material returned to supply from customer accounts, ensuring the material is either sent for repair, put into supply stock for DND or sold through Crown Assets if no longer of value to DND. He is also responsible for the "MSA", the section where temporary loans of tentage, tables and chairs are made to both military and civilian organizations.

Rick is also trained in the handling and disposal of hazardous materiel. He is



Mr. Rische (Rick) Sukhan

active as the Assistant UGSO, and a member of the section JOSH committee.

Rick is married and has three children. Rick is a valuable

member of the Wing Supply Squadron whom most people know as being the "junkyard dog" down at Supply in the "Sanford and Son" organization.

## At the end of the day, do you know where your laptop is???

As computers get smaller and more portable, they also become easier to steal or lose. Laptop notebook computers are attractive items and unless the owner takes proper precaution, a valuable asset with all its data could be lost. Within this past year, numerous thefts have been reported to the Wing Security and Military Police, for this reason we want to draw your attention to the seriousness rise of this type of crime.

If you have a laptop at work, make sure to lock it away at night, even if it doesn't have

sensitive information on the hard drive. If you are authorized to take a laptop home or on a TD trip, ensure you secure the items when not in use. If the laptop is stolen, not only will the lost be costly, there could also be a compromise of security related information on the hard drive. Both of these combined, could mean charges being laid against the person responsible for signing out the laptop.

So, if you use a laptop, ensure it is well looked after and secure at all times. If you are unfortunate and have one

stolen report it immediately to the nearest Military Police Section.

The above article has been supplied from The Security and Military Police, both from Winnipeg and Ottawa.

Anyone having any questions and or concerns are asked to contact Wing Security and Military Police Squadron at 833-5204 or 833-6683.



# Scotiabank



## RECEIVING A RETIREMENT PACKAGE?

### CHECK YOUR OPTIONS!

(RSP, RRIF, LIRA, LIF)

## BONUS RATES AVAILABLE

### UP TO $3\frac{1}{4}\%$

Rely on the experience and stability of a major chartered bank. For a FREE consultation, without obligation, call...

**Bruce Berven,**  
Personal Investment Mgr  
(204) 985-3022  
(204) 771-8429 or



## We also make house calls!

## TUXEDO FAMILY CHIROPRACTIC CENTRE

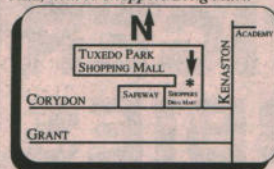
#128-2025 CORYDON AVE. WINNIPEG, MB R3P 0N5  
488-4174

### DR. JOHN ALEVIZOS, CHIROPRACTOR

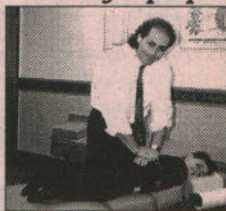
#### Extended Hours:

**Monday, Wednesday & Friday**  
8:00am-12:00pm/2:00pm-7:00pm  
**Tuesday & Thursday**  
1:00pm-6:00pm  
**Saturday** 9:00am-1:00pm

Located in the Tuxedo Park Shopping Mall, next to Shoppers Drug Mart.



#### We care for people



#### not just spines!

G.S.M.L.P.  
autopac  
Worker's Compensation  
Medicare

Walk ins WELCOME

You always get a break at Robin's.

## Shopper's Special

6 Donuts for \$1.99

Six Pac Sac

Donuts Only

• Limit 2 purchases per customer

• Expires July 12, '95  
• Not valid with any other offer



Valid only @ 2596 Portage Ave at Moray. Ph: 897-8320



You always get a break at Robin's.



2 for 1

## Lunch Special

Soup, Sandwich & Donut

• Expires July 12, '95  
• Not valid with any other offer  
• Taxes extra

• Only 1 coupon per customer

Valid only @ 2596 Portage Ave at Moray. Ph: 897-8320

You always get a break at Robin's.

## Treat a Friend

2 for 1

Coffee & Donut

• Only 1 coupon per customer

• Expires July 12, '95  
• Not valid with any other offer  
• Taxes extra



Valid only @ 2596 Portage Ave at Moray. Ph: 897-8320



# MFRC ANNOUNCEMENTS

350 Doncaster Street, Winnipeg MB R3N 1W8 489-7003

## CAREER DEVELOPMENT

- What is career development?
- Do you need help developing your career?
- Where do you start?

Roberta Trudeau from Life Lore (Educational Consultants) is offering a free information session to introduce Life Lore's programs. If you interested in attending please contact Val at the M.F.R.C. at 489-7003

**TIME:** Thurs. 22 June 1995 from 7-8 p.m.  
**PLACE:** 350 Doncaster Street or  
 Westwin Community Centre  
 (dependant upon registration)

## CHOICES CT

Choices CT is a computer-assisted career exploration system and counselling process designed specifically to help adults effectively handle career transitions. It is designed to be used by adults whose career changes are both voluntary and involuntary. The Choices CT process involves blending the results of thoughtful self-analysis of the individual's current needs with a computerized analysis of their transferable skills acquired in previous occupations. The resulting profile is then tested against an extensive database of occupations to identify suitable future options. Roberta will also be facilitating this session. If you are interested in enrolling in this program there will be a \$50.00 initial deposit at the time of registration and the balance payable in two payments (total cost \$195.00 plus GST).

**TIME:** Tues. 27 June 1995  
**PLACE:** 350 Doncaster Street or  
 Westwin Community Centre  
 (depending upon registration)

## Nursery School

The Lipsett Hall Nursery School and the Westwin Children's Centre will both be offering nursery school programs for children who will be three or four by December 1995.

Registrations are now being accepted at Lipsett Hall any morning or call 833-6846 for more information.

Registration fee is \$15.00. Please register early so you get the location and times you prefer!

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.

## Parent and Child Playgroup

Get to know other parents while your child interacts with children his or her age.

**Date:** Wed Mornings  
**Location:** Westwin Community Centre (as of May 3)  
**Time:** 9:30 - 11:00 a.m.  
**Cost:** \$2.00 per week or \$20.00 for 10 weeks with the 11th week free

## 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:** Westwin Community Centre (as of May 2)  
**Time:** 2:00 - 3:30 p.m.  
**Cost:** Free

## Health & Wellness Group of Manitoba

### QUOTES

Here is one man's formula for success in Bureaucracy: "Shoot the bull, pass the buck, and make seven copies of everything."

When we have no choice. A doctor said to a woman who complained that she did not like the night air; "Madam, during certain hours of the 24, night air is the only air there is."

If tombstones told the truth, everyone would wish to be buried at sea.

A liar has been defined as one who has no partition between his imagination and his facts.

To the Pessimist, O symbolizes zero. To the Optimist it is the beginning of Opportunity.

Human kind is divided into two classes--the careless ones who lose their gloves and the careful ones who lose only one glove.

Anytime you want to wipe out hard luck, just use hard work for an eraser.

The above were taken from or adapted from *The Speakers Treasury of Anecdotes*, edited by Maxwell Droke.

## Speech Language Clinic of Winnipeg

Servicing preschoolers to adults with speech or language problems.

100-55 Donald Street Bus: (204)956-1271  
 Winnipeg, MB R3C 1L8 Fax: (204)949-0150

## Keep Smiling



**NOW OPEN**

# TIGER HOBBIES

MODEL KITS AND BOOKS  
 WWII CANADIAN SPECIALISTS

**Hours:**  
 Tues, Wed 10:00 - 5:00  
 Thurs, Fri 10:00 - 9:00  
 Sat 10:00 - 4:00

- Friendly, knowledgeable staff.
- Mail orders welcome.
- Speedy special orders.

Wpg's ONLY supplier of unique conversion kits & accessories

**106 BROWNING BLVD.**  
 Off Rouge Rd in Westwood, 5 blocks south of Portage Ave.

**895-4008 Call today!**

Take-out Specials

**Kids eat for \$2.95**

Your choice of:

- \* 4 battered shrimp (includes fries & small fountain drink)
- \* 1 piece of fish
- \* 2 chicken fingers

**TUESDAYS**  
 all you can eat  
**FISH & CHIPS**  
**\$5.50/person**  
 EAT-IN ONLY

Lunch Specials

Licensed

**SPECIAL OFFER** Limited Time Offer  
 for Military personnel (with ID)

**\$1.00 off** 2 or 3 piece dinner  
**FISH & CHIPS**

*Joey's only*  
 Scafold Restaurant

**3421 Portage Ave (at Cavalier) 889-0346**

**PLEASE DO NOT DRINK & DRIVE**

(A summer safety tip from the Military Police)

**Health & Wellness Group of Manitoba**

Introducing...your total peace of mind.

- Reiki
- Pain Control
- Massage
- Yoga
- Stress Mgmt
- Reflexology

Enjoy all this and more from a male/female team.

1836-D Ness Avenue, Wpg, MB R3J 0Y4

**•832-WELL •832-9355**

**Strathmillan Children's Center Inc.**  
 ...where your child really counts

REGISTER NOW FOR KINDERGARTEN 1995

- Full LUNCH provided -K- Grade 6
- Open all INSERVICES & HOLIDAYS
- Field trips, Music, Swimming & MORE
- Home-Like Atmosphere, Loving Qualified Staff
- Summer Care Available

**Strathmillan School** 837-4097  
 Adjacent to 17 Wing Subsidies Available

# PROMOTIONS



Cpl Mischa Rothoehler of 17 Wing Imaging was recently promoted from Private. The promotion was presented by LCol Bailey, WOpsO and Capt Paul MacGregor, WImaging O. (Photo by Cpl Ken Allan).



### AIR COMMAND PROMOTION

MCpl S. Ring, SSO Cadet Records Supervisor is presented with her Sergeants stripes by LCol E. de Caux, Air Command SSO Cadets.



Cpl Andre Guggenberger is presented with a certificate of appreciation from Junior Achievement by Capt Little, the Wing JA Coordinator. Cpl Guggenberger is an enthusiastic instructor and has proven invaluable to the rural program.

**Dr. Philip S. Pass** B.S.C., D.M.D.

**Complete Family Dentistry**

Preventative/Cosmetics/Orthodontics

Crowns/Dentures/Root Canals

Extractions/Emergency Care

Evening and Saturday Appointments Available

**420-3025 Portage Ave. ph:987-8490**

**ALL DENTAL PLANS ACCEPTED**

NORTHERN  
AVIATOR  
CAPITAL  
CORPORATION

IS PLEASED TO OFFER  
**SHORT AND LONG TERM INVESTMENT OPPORTUNITIES**

WITH  
**EXCEPTIONAL RATES OF RETURN**  
FOR  
**SERVING & EX-MILITARY MEMBERS**

NACC was founded by an ex-military member who understands how difficult it is to get ahead financially in the military.

NACC is strategically allied with a major real estate developer in British Columbia. Many of your colleagues already benefit from this alliance.

*Isn't it about time you did, too? Let's chat.*

For more information call: or write: NACC  
(Vancouver) 1-800-434-8908 P.O. Box 32100  
(Winnipeg) (204) 488-1938 Langley, B.C. V1M 2M3

THE ABOVE DOES NOT CONSTITUTE AN OFFER TO SELL, NOR THE SOLICITATION OF AN OFFER TO BUY A SECURITY. SUCH OFFER MAY ONLY BE MADE BY OFFERING MEMORANDUM.

*Fiorentino's*  
(Ness Avenue at Roseberry Street)

**Laundromat**

Includes:

- Dry Cleaning • Repairs •
- Drop Off Service •

**Drop Off Service includes:**  
soap, bounce, drying & folding

**\$5.50 per load** GST included

Coffee, Snacks & Drinks  
Also Available

Open 8 a.m. to 9 p.m. Mon to Fri  
Sat 8 to 6 / Sun 9 to 9

**888-3860**

Clean Pleasant Surroundings

**& Barber Shop**  
(Now located in Laundromat)

**Hair Cuts**

Regular Men's Cut

**\$8.00** GST included

Senior Citizens

**\$8.00** GST included

Children under 6 years

**\$7.50** GST included

8:00 am to 9:00 p.m. Wed & Thurs

8:00 a.m. to 5:30 p.m. Tues & Friday

Saturdays 8:00 am to 4:00 p.m.

Closed Mondays

Barber Shop Only

**PH:888-3860**

**\$ Top Prices Paid For Your Low Mileage Vehicle \$**

*Save the hassle of selling privately.*

*I will buy your car, truck or van.*

*Estate sales and lease buyouts welcome.*

**Ray 338-3030**

**\$ Raymond C. Turney, Automobile Consulting and Bonded Brokerage Services. 107 Farlinger Bay, Wpg., MB R2V 3N9 \$**

**BINGO - Every Mon. Wed. Fri., 7:45 p.m. Early Bird 7:30 p.m.**

Crib night every Thursday at 2000 hrs.

Join us for six meat draws

made each Saturday at 1500 hrs.

**DANCING - Friday & Saturday Evening**

CANADIAN FORCES PERSONNEL WELCOME

Army, Navy & Air Force Veterans

in Canada

**ASSINIBOIA UNIT NO. 283**

3584 Portage Avenue R3K 0Z8

Phone 837-4795

**THE FRIENDLY CLUB**



George Matwichuk



Glen MacAngus



Aim Higher™

**THE BEST IN THE BUSINESS**

*We can show you the world from right here in our office.*

**Ottawa? Trenton? Halifax?- NO PROBLEM.**

*We're here to help you.*

#1  
Company  
Producer  
MB/SASK

Phone: (204) 989-1400 (24 Hrs.)

**ROYAL LEPAGE**

2800 Pembina Hwy Wpg, MB R3T 3L9

**RELOCATION SPECIALISTS**

# 1995 Arlington Highland Games



Story &  
Photos by  
Cpl Ken Allen



The 402 Sqn Pipes, Drum, and Highland Dancers pose at the Main Gate of NAS Dallas along with members of the Texas State Guard and Lt Ford (Front left) a U.S. Naval Seal (the band's personal driver).



The Pipes and Drums of 402 Sqn performing at the University of Texas, Arlington Stadium.

On June 2nd I managed to appropriate a ride on a Dash-8 flight bound for Navel Air Station (NAS) Dallas, Texas. This was my third visit to NAS in the past year, but my first time travelling "unofficially". Even though the flight was set up as a trainer for crew members of 402 Squadron, the passengers just happened to be the 402 Sqn Pipes, Drums, and Highland Dancers. They were asked to be the guest band at the Arlington Texas Highland games for the second year in a row. This, for those of you who do not know, is quite an honour!

As a Photographer in the military I've taken thousands of photographs, whether it be for work or on my own. Some of these photos occasionally end up making it to the local newspaper or magazine. The stories that accompany these photos are written by various people in the media field or others who just happened to be involved in the particular event. Once in a while a story comes along where more is required than just the photo coverage. This is such a story

about a group of people who I originally followed with my camera out of curiosity, and now do so with great interest and admiration.

The first thing one needs to know about the members of the band is that they are all Reservists, and yes they do get paid. Most of them work full time at other jobs during the week. They are made up of teachers, accountants, project managers, and various other occupations. When they go on a band trip they leave during the week and usually return late Sunday night. This means taking time off from work and also from their families. These people however, don't play in the band just for the money. They do it because they love what they do.

A typical day on the road begins at 7am and usually ends sometime early the next morning. After the official performances they bring their bagpipes and drums everywhere they go and will play for anyone at anytime. They wear the wool kilts and colours of the Air Force from the minute the day starts until it officially



Have you ever heard "Taking Care of Business" played on the bagpipes with an accompanying rock band? Capt Kirby Haines plays the pipes at the Outback Pub in West-End Dallas.

ends. The temperature in Texas by the way is somewhere around 35 degrees Celsius. Try marching in step and playing an instrument in that heat, and still be able to do it when the sun goes down. Even when the day is done and they go downtown for dinner and relaxation they bring their instruments. This year a few of the lads played at West-End Dallas, most notably Planet Hollywood and the Outback Pub.

Everywhere they go in Dallas they represent the Squadron and most of all Canada, with extreme pride. They are truly a great reflection of the Canadian military. After they finish playing, people are always stopping them asking questions about Winnipeg and Canada. If you had to describe the band members in one word I think that word would be; ambassadors. The people of Texas are always taking their pictures and asking me to set up shots with themselves and the band. The members of the band always co-operate, and do so with a smile. I sent a photograph of Cliff Cooke, the



402 Sqn Pipes, Drum and Highland Dancers march into Arlington Stadium to officially open the 1995 Arlington Highland Games.

Drum Major, standing beside Ross Allan a five year old local boy who lives in Dallas last year. His mother wrote back thanking me for the photo and informing me how thrilled he was to receive it.

A lot of work is done before the band goes anywhere on a trip. From this end it is taken care of by the Band Officer Capt Ben DesAutels. For the first time this year all the preparations were also taken care of by the new Pipe Major, Don Blain. Both people did an immense job and the trip went off without a hitch. After arriving in Dallas we were taken care of by the Texas State Guard. The Guard is headed by Major Stone but the one who goes all out for the band day and night is Capt. Mike McAfee. His men took care of everything from driving the band, crowd control, and making sure everyone has lots of water to drink. The State guard is also a reservist unit but unlike the Canadians, they do not get paid. After the bands first trip to Dallas there were no shortages of volunteers. At the games, Jill Burt, a

patron of the games provided shelter from the sun as well as copious amounts of liquids. On Saturday night she and her husband David opened up their home to the band and provided lots of food and drinks. This was more than welcomed after a long day in the Texas heat. Again the pipes came out and even more people were entertained by the Band.

After travelling with the band all weekend, seeing Winnipeg again was a welcomed sight. The old expression "It's nice to get away, but nicer to get back" has never been so true. When you go with the Pipes, Drums, and Highland dancers of 402 Squadron expect to return home exhausted; for their's is a toured pace. Even though I return home tired, I still wear a smile of satisfaction and pride. Pride in knowing that our country and flag was represented in the highest way possible by a group of musicians and dancers, who are just doing what they love to do; represent our country and play their type of music very well.

# OPERATION DUFF BEAR: FINAL REPORT

September 1993 saw 12 members of 402 Sqn head off to the West Coast for the Squadron's first ever adventure training aboard the HMCS Oriole. The purpose of the training had been to expose deserving members of the Squadron to sailing (in arguably its purest form), and Navy customs and traditions; all within the beauty of the West Coast. The trip worked out so well that we were invited back, setting the stage for the 1995 excursion which took place 24-28 April 1995. The trip was dubbed Operation Duff Bear, and was planned completely by 402 Sqn Entertainment Officer Capt Chris Wright who had been on the initial trip.

Op Duff Bear was in most respects a complete success. All members involved clearly enjoyed themselves and managed to learn about sailing, and about the Navy and its many traditions.

Travel to and from the coast was via service air charter. The connections were fast normally a good thing except that the airplane switch in Vancouver was too quick for our luggage and we arrived in Comox without it. This problem was rectified rather painlessly, however, with help from Canadian Airlines. Our treatment from the moment we arrived onboard the ship until we disembarked was superb. The crew was professional, possessed a healthy sense of humour, and most of all were patient and understanding. While the skill of the crew was impressive, it was the skill of the cook which won our

favour. Every morning began with fresh coffee and hot blueberry muffins, and fresh dessert was made to follow lunch. All meals were quite creative and tasty, leading us to question if this guy was really a NAVY cook!

But there was much to do apart from eating. Sailing the 92-ton ship involved a lot of muscle and occasionally a good sense of humour. Any weight gained as a result of the phenomenal cooking was just as easily lost by the raw flesh we left on the ropes. Sleep was onboard the ship, usually accompanied by gentle rocking through the night. Showers ranged from toasty to cold, depending on the port in which we were moored, as

---

*Showers ranged from toasty to cold, depending on the port in which we were moored, as well as the line-up ahead of you..*

---

well as the line-up ahead of you. Though some aspects of our time away demanded energy and a good sense of humour, in the end every effort expended was well worth the experience.

Our itinerary was as follows:

**Sunday 23 Apr 95:**  
We departed Winnipeg at 1100hrs, traveling via Edmonton and Vancouver to arrive in Comox at 1400hrs -

sans luggage. However, after the agent took our information, we departed for Esquimalt only half an hour later, arriving there at 1800hrs with our bags waiting for us. The only substantial glitch of the day was the duty corporal at Esquimalt who had a seemingly torturous time trying to find bedding for the NCMs.

**Monday 24 Apr 95:**  
We boarded the Oriole at 0800hrs and set out at approximately 1000hrs. The learning process began immediately, as much by piping our way out of the harbour as by tugging on the ropes. An itinerary change had us going to the Canadian destination of Port Renfrew

where, for the shore-bound types, the evening was spent in the company of a few locals in the local pub. Great scenery for all to experience.

**Tuesday 25 Apr 95:**  
Despite the fact our itinerary excluded American ports of call, thick fog in the morning called for us to make a bee-line to the nearest port we could once we left Port Renfrew at 1600. With no wind on the water, we motored to Neah

Bay, WA, a dry fishing port. By the time we arrived, the sun was setting on some phenomenal scenery, but virtually the only thing that was open was an airy phone booth. A brief walk through a fish packaging plant led to showers which were warm for the first four people who used them.

**Wednesday 26 Apr 95:**  
We left the port at 0800hrs, and motored through dead-wind conditions to Port Angeles, a larger port serving as a lumber terminal. It was a clean destination with a little more to see, thanks apparently to the wealth of the Teamsters who formed the population.

**Thursday 27 Apr 95:**  
Departing at 0630hrs, we motored again through calm seas to the tourist destination of Port Townsend, WA. Though the town was pretty, the streets rolled up at around 1800hrs, a few pubs remained open and the evening passed without incident (HMCS Oriole almost acquired a set of patio furniture from a local hotel).

**Friday 28 Apr 95:**  
Being our last day at sea, we prayed hard for some wind. When it did start to blow, we were under full sail for a few hours, and tilted over enough to take on a bit of water over the gunwales - this is supposedly a cool thing for sailors. Despite half of us were nearly flung overboard trying to hoist a sail with a mind of its own, our blistering 11 knots under sail was a fine way to

end the week, and we all wore smiles as we disembarked in the afternoon. The reciprocal presentation of plaques, and the pleasant duty-free transaction which followed were capped with an invitation to come again in the future.

**Saturday 29 Apr 95:**  
The morning came early with a planned departure of 0630hrs by bus to Comox. Of course, Transport had changed their minds during the course of the night, and we left somewhat later, and quite tired. After a trip accompanied by half a bus of excited Air Cadets, we arrived in Comox with half a day hang time - spent dutifully by most in the surrounding restaurants and establishments.

**Sunday 30 Apr 95:**  
The entire trip back to Winnipeg proceeded without incident, though two of the expedition members misunderstood a re-boarding time and almost had to walk back from Edmonton.

All's well that ends well!



## 402 SQN PROMOTIONS



Lt Chris Kovacs promoted by Major Bob Maier.



Lt Dan Sajtos promoted by Major Bob Maier.

# Deer Lodge Centre on the Leading Edge of Health Care for Seniors

By Cheryl Skibinski

As you drive by Deer Lodge Centre on Portage Avenue in St. James, you are captivated by the modern looking tower in the front of the building, a symbol of the rebirth and alterations the Winnipeg landmark has undergone since its conversion from a veterans hospital to a multifaceted health care facility twelve years ago. The glass tower is only a cosmetic change to Deer Lodge Centre, but it arouses your curiosity, causing you to wonder, "what kind of activity is taking place indoors?"

There's a whole new outlook in geriatric care which is evolving here and is constantly changing - the change is evident as soon as you walk in the front doors. The atmosphere is comfortable and it embraces you immediately. You are engulfed by a warm, inviting feeling. The colors are pleasantly soft, and lush tropical plants and natural light adorn what is called "Main Street." A tour of the facility's town centre quickly gives you the sense that you are in a shopping mall with a variety of services, health care and otherwise, right at your fingertips.

A birthday is being celebrated in the auditorium, which is also used for anniversaries, meetings, and seminars. During the evenings, you will likely find residents and patients in this cozy room watching a hockey game or a movie on the big screen TV, while others might be playing a game of cards. The auditorium, officially called the Gaiety Theatre, is a great place to congregate with friends, family, and fellow residents to enjoy some leisure time.

The gift shop just down the street is run by volunteers and is filled with an assortment of arts and crafts which are made by the patients and residents at the Centre. On a consistent basis, you'll find interesting displays set up on Main Street, often in front of the gift shop or along the mall. Across the way at The Diner, a woman is reading the paper and

savouring a cup of freshly made coffee. People are coming and going from all directions, from the physiotherapy and rehab departments, to the day hospital and pharmacy.

Main Street continues up a flight of stairs to the second level. The chapel is up there - the windows are graced with beautifully stained glass. And, a stones throw away is Chad's Place, where it looks like some residents and patients have met with family or friends for an afternoon spirit and a sandwich. Other patrons at Chad's choose to just sit and enjoy the sunshine and panoramic view of Assiniboine Park, which can be seen through the large windows in the solarium.

Deer Lodge Centre is noted as being one of Canada's leading and most respected health care facilities for seniors, the country's largest growing segment of the population. Besides its on-site services, the Centre also reaches beyond its walls into the community by providing outreach services, such as Psychogeriatrics and the Get-Away Club, which offers daytime activities for alzheimer patients still living at home.

Shirley Foot was a patient at Deer Lodge Centre in 1991. She spent a month each in the spring and fall at the Centre where she received post operative therapy for knee replacement surgery. "The care I received was excellent," she said. "I had therapy twice a day and it was intensive."

Today, Shirley is fully recovered. However, she's back at Deer Lodge Centre and can be seen at least five days a week when she (and the family dog, Benji) visits her husband Morley, who became a resident at the Centre in January. Morley suffers from a degenerative neurological disorder that requires on-going 24-hour care. "I realized that I could no longer care for him at home by myself, or even with the assistance of homecare workers. Morley receives the type of medical attention and special care that he needs right here at Deer Lodge."

Even though the majority of the residents in the Personal Care Tower are veterans, the other services of the facility are open to all Manitobans. Since the day the federal government transferred control of the hospital over to the province back in 1983, Deer Lodge Centre has taken on a new life and a new identity. It has been transformed into a modern health care entity, focusing on quality of life, and looking for new ways to improve care methods for seniors. It is also proud to house educational and research facilities, including the J. W. Crane Memorial Library, the nations largest specialty library in geriatrics, with a wealth of information on health and aging. This resource is used by physicians and other health care professionals from across Canada. A reading room, funded by the Deer Lodge Foundation, was also opened last December so people in the community, residents, and patients could have access to the library to view the videos or reading materials.

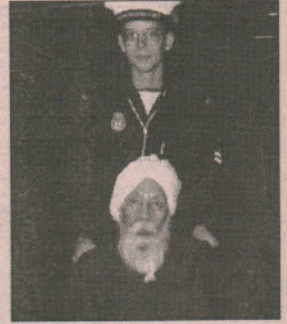
## Deer Lodge Foundation Lottery to Support Programs

The Deer Lodge Foundation for Geriatrics (1990) raises money for research and education projects, and demonstration programs that the Centre would not normally receive funding for from the Province. The Foundation depends on individual and corporate donations, but also fundraises through special events, like its annual golf tournament and major lottery.

"The Foundation is here to support the work of Deer Lodge Centre, and to provide funding for the kind of research and educational activities that will improve the care methods used here," says Vince Bowman, the Foundation's Director of Development. "On April 22, we launched our third annual fundraising lottery. This year's theme is called the Heart of Gold Lottery and we hope to raise \$65,000 from the sale of



Daisy Irvine & husband Harry who served in the Queen's Own Cameron Highlanders of Canada at Dieppe and Normandy, 1942 - 1945.



Member of the Royal Canadian Sea Cadets with Sacha Gill who served in the British Army at Borneo. Sacha was a prisoner of war 1939-45.

tickets."

Most charitable lotteries give away houses or money. The Heart of Gold Lottery offers the grand prize winner the choice of a GMC Sierra Club Coupe truck and a 27 foot Golden Falcon travel trailer or a \$50,000 gold certificate.

"Funds from this lottery will be used to develop a research

and education facility on the eighth floor of Deer Lodge Centre," adds Bowman. "That space will be used for seminars and meetings by community groups, patients, residents and staff. It will also house offices for on-site researchers who conduct their work out of the Centre."



### "WEST COAST CONNECTION"

My name is Bob Wilson, and I'm a Victoria B.C. Realtor that has just moved back to Winnipeg.

#### Services offered:

- Search out B.C. properties in the location that you are interested in.
- Show you how to buy your retirement property today, and save.

**STAPON 1st REALTY**  
989-5840

## APPLIANCE CERTIFICATION

Specializing in all major electrical appliances.

FULLY LICENSED  
FLAT RATE OF \$35.00  
CALL JOHN @ 654-4916  
or 833-5477



## VISION IMPROVEMENT THROUGH LASER TECHNOLOGY REFRACTIVE LASER EYE SURGERY

NOW AVAILABLE FOR:

- Nearsightedness
- Farsightedness
- Astigmatism • Bi-focals

EYE SURGEON:

DR. SAMUEL B. NISBETT M.D., B.S., FACS, FRCS

FOR SEMINAR DATES & EVALUATION APPOINTMENT:

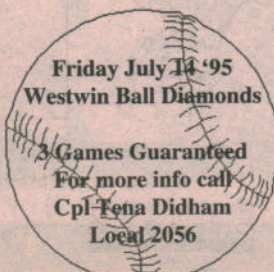
947-EYES (3937)

Financing Available



## W Comd Slo-Pitch Tournament

••The first 12 teams to register and pay entry fee (\$50) will participate••



## Collector's Corner

**LAST CHANCE TO GET YOUR COLLECTOR'S CORNER SUBMISSIONS IN. NEXT VOXAIR DEADLINE IS JULY 7. CALL 889-3963.**



# Club 90 Bar & Grill's Calendar... just in time for **JULY**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>The patio is open!</b>					<b>DJ Entertainment EVERY FRIDAY</b>	<b>Canada Day</b>
2 <b>Call our catering dept to book your BBQ PARTY</b>	3 <b>Join us at CLUB 90 after the game...</b>	4 <b>Summer Sensation</b>	5 <b>SHOOTER NIGHT!</b>	6 <b>Back by popular demand</b>	7 <b>Top 40 Night</b>	8 <b>Enjoy a game of pool and a jug of draft ONLY \$6.99 + tax!</b>
9 <b>833-6700</b>	10 <b>the beer is cold and the popcorn is FREE!</b>	11 <b>Beach pail of COCKTAILS</b>	12 <b>keep the GLASS</b>	13 <b>THIRSTY THURSDAYS FREE</b>	14 <b>The 50's &amp; 60's are back!</b>	15 <b>peanuts in the shell</b>
16 <b>BBQ PARTY</b>	17 <b>833-6700</b>	18 <b>Beach pail of COCKTAILS</b>	19 <b>keep the GLASS</b>	20 <b>peanuts in the shell</b>	21 <b>KARAOKE &amp; DANCE</b>	22 <b>Enjoy a game of pool and a jug of draft ONLY \$6.99 + tax!</b>
23 <b>833-6700</b>	24 <b>the beer is cold and the popcorn is FREE!</b>	25 <b>Beach pail of COCKTAILS</b>	26 <b>keep the GLASS</b>	27 <b>peanuts in the shell</b>	28 <b>All request night</b>	29 <b>Enjoy a game of pool and a jug of draft ONLY \$6.99 + tax!</b>
30 <b>833-6700</b>	31 <b>the beer is cold and the popcorn is FREE!</b>	32 <b>Beach pail of COCKTAILS</b>	33 <b>keep the GLASS</b>	34 <b>peanuts in the shell</b>	35 <b>All request night</b>	36 <b>Enjoy a game of pool and a jug of draft ONLY \$6.99 + tax!</b>

## MAKING PLANS

By Lynn Samaroden

As an individual on the way out on FRP, I had no idea what was available on civilian street. It had been years since I was referred to as a civilian. However, I knew we had entitlements and I took advantage of that by choosing an outplacement agency. There are many that can fulfill your needs.

I chose Lifelore Ltd which operates CDC, Career Development Centre. It was great, I was treated well, fees were priced to suit my needs. And I'm in contact with the agency all the time now. Most important was the help the agency gave me in ensuring I gained experience in the area I planned to pursue after release.

Outplacement agencies can be big help in settling into a second career and for those who are still not sure.

**WEST COUNTRY**  
V.I.L.L.A.G.E

Serene country setting with everything **UNDER THE SUN**

CHOOSE from some of the largest one bedroom, one & den and two bedroom apartment homes in the city...CHOOSE to have a fireplace, one or more baths, an eat-in kitchen...CHOOSE from racquet sports, a dip in the pool and exercise equipment for your fitness program...CHOOSE to relax in the whirltub, sauna, picnic/BBQ area or in the billiards, TV, video lounges and MORE...

**987-7600**

**WEEKLY PRIZES**

Professionally managed on-site

Quail Ridge Rd. South off Saskatchewan just west of Sturgeon Rd. **OPEN DAILY**

**GIVE ME A TRY!**  
*I'm ready to serve you.*  
*Satisfaction Guaranteed*

Call **(204) 475-9130**  
663 Stafford

**GEORGE WHITE**

**NESS VACUUM** 1840 NESS (at Roseberry)

**PARTS & REPAIRS FOR ALL MAKES & MODELS**  
**PICK-UP & DELIVERY AVAILABLE**

ASK ABOUT OUR SHAMPOOER & OUR CENTRAL VACUUM SYSTEM

- Eureka
- Dometic
- Beaumont
- GE
- Watermatic
- Filter Queen
- Royal
- Electric Brooms
- Panasonic
- Shopvac
- Electrolux
- Hoover
- Kirby
- Baycrest
- Viking

**ALL REPAIRS GUARANTEED**

AUTHORIZED DEALER & SERVICE CENTER FOR EUREKA, TRISTAR & COMPACT

**831-1157**

**PARKVIEW BARBERS**

2177 PORTAGE AVE.  
BETWEEN SHARP BLVD & MOORGATE ST.  
PHONE 832 - 1450

HOURS: Tues., Wed., Fri. 9 am - 5 pm  
Thursday 9 am - 6 pm  
Saturday 9 am - 4 pm  
Sunday & Monday - Closed

**VANITY HAIR studio**

*"Creating The Image That Only You Can Possess"*

**Specializing in Military Cuts**

**(204) 831-5535**  
2369 NESS AVE.

**BUSINESS HOURS:**  
Mon/Tue/Fri 9 am - 6 pm  
Wed/Thu 9 am - 8 pm Sat 9 am - 5 pm

**NEW ARRIVALS**

Puzzled about Manitoba License Plates?

- Fire insurance?
- Contents?
- Pleasure items?
- Life Insurance?

**Obtain them at your Base Insurance Office in the Main Rec Centre**

**autopac**

Call us or drop in to:  
**Baldwinson Agency**

**BLDG 90 (REC CENTRE)**  
WHYTEWOLD RD  
MONDAY TO FRIDAY  
8:30AM TO 5:00 PM  
889-2204



**CANADA REMEMBERS**  
**LE CANADA SE SOUVIENT**

## Paper Maple Leaves



Three members of the CANADA REMEMBERS DND Contingent, Sergeant Norma O'Toole, Major Bill Leavey and Maureen Smith, show a small part of the more than 150,000 paper maple leaves they received from Canadian schoolchildren. When the CANADA REMEMBERS group asked Canadian school children to cut out and colour paper maple leaves that could then be dropped from an airplane over the major Liberation commemoration ceremony at Apeldoorn in the Netherlands on May 7, 1995, the staff had no idea of how enthusiastic the response would be. A symbolic drop was made over Apeldoorn, and the rest of the tens of thousands of paper maple leaves will be distributed to schools in the Netherlands. As the paper leaves have the originator's name and school address on them, it is hoped that many "pen pal" relationships will develop between the children of the Netherlands and of Canada. (Veterans Affairs Canada photo)

## AIR COMMAND EXCELLENCE SYSTEM

### BULLETIN JUNE 1995

**TEAM ACES**

Phone: (204) 833-5724/CSN 257-5724

#### CHANGES, CHANGES, CHANGES

The Goose is loose....5 WG Goose Bay is dead serious about achieving their 25% Cost Reduction Plan and they're Going all out to get there.

Here's the latest....approval has been given to merge the Wing Administration and Wing Comptroller branches achieving a saving of 6 PY's including one Lieutenant Colonel.

In the CE shops, 5 WG is sharply reducing its \$700,000 Term and Casual labour budget. For example, instead of hiring an additional 11 casuals for the MQ Service Centre during the APS, established tradesmen will be redeployed. In addition, shops will bid on jobs originally intended for local contract.

5 WG is able to do this after dropping morning and afternoon coffee breaks and moving the ten minute rest periods to 16:10 and 16:20 following washup at 16:00. Savings from this could amount to a million dollars a year recovered from regained productive time.

#### NEW TEAM ACES LEADER

Soon, Team ACES will be under new direction. Brigadier General Ray Dziver is retiring after 37 years service to the Air Force and taking over as Chief of Staff ACES is current DCOS ACES, Col Bob Smith.

Team ACES continues to be a team of sixteen effective members, all with different areas of expertise.

#### TIRED OF STUMBLING BLOCKS

Recently, a field officer at one of our wings complained of being stymied by the system when he tried to save money. A particular piece of equipment was needed, and this officer found he could acquire it at a better price off base. When he contacted Supply to see if it was okay, he was told by a Corporal that he couldn't. He then asked a Warrant Officer who echoed the Corporal's reply. When this field officer finally reached the Captain of the section, the Captain said in response "what did the Warrant Officer say?" When told of the negative reply, the Captain then said "well, that must be right then....the answer is No."

The point here is, the answer need not necessarily be "No". If it is for you, call us here at Team ACES. We'll try to help.

We must do business more effectively and more economically. If purchasing something off base makes more sense, then surely it must be done.

#### ACES TRAINING

Each wing and unit has a Team ACES coordinator and recently those coordinators participated in a two day seminar in Winnipeg aimed at more clearly identifying their roles as well as the role of Team ACES. These coordinators are there to help, call them and discuss your ideas for improvement. Make yours the next Team ACES Initiative.

## ANNOUNCEMENTS

### NPF Asset For Sale

The following is offered for sale to the Winnipeg area personnel through a sealed bid auction: Bazaar Novelty Table Top Bingo C/W Desk Style Bingo Machine and Bingo King Blower.

This item will be available for viewing on 4 Jul 95 from 1900 to 2100 hrs at Bldg 21 adjacent to Aircom HQ.

Bids for this item will be received by 7 Jul 95 at 1600 hrs to MCpl Marilyn Colwell, WSupply/LPO/Bldg P2/local 6122. All bids must be enclosed in a sealed envelope and include the name and phone number of the bidder as well as the amount offered for the item. Winnipeg Military Community Council Mayor will retain a reserve bid on this equipment.

### WOS' & SGTS' MESS (N) GOLF TOURNEY

SPONSORED BY THE ASSOCIATES

14 July 95: Cottonwood Golf  
Course (Highway #1 East)  
Cost: \$20.00 Prizes & Green Fees)

Open to all Members

Register at the Mess or with

Mr. T. Edwards 888-2151

First tee off 0900 hrs

Presentations will take place at  
the Mess at approx 1400 hrs.

### WALK for Family FUN and FITNESS

25 June 95  
Gimli Boardwalk  
Guided Walk

SANCTION: CVF95/240

LOCATION: Town of Gimli, at the Harbour

DISTANCE: 10 km

REGISTRATION: 09h30-10h00

TRAIL RATING: (2)10 km walk along paved  
sidewalks and boardwalks.

PETS: Dogs are welcome, but must be kept  
on a leash and scoop law obeyed.

AWARD: IVV credit only

PREREGISTRATION: Preregistration is not  
required for this event.

MISC: The Town of Gimli is located on Lake  
Winnipeg and is a favorite holiday spot for  
those looking for sun and sand. The town has  
an interesting Icelandic Heritage which is  
evident in its craft boutiques. The Club will  
be holding a BBQ after the walk for all  
participants.

DIRECTIONS: Take either Hwy 7, 8 or 9  
north of Winnipeg for about 80 km and follow  
the signs to Gimli. Volksmarch signs will direct  
you to the meeting place.

### CARMAN GOLF CLUB

#### Wing Playdowns/WComd's Tournament

0900 hrs Wed. 28 Jun

0830 hrs Thurs. 29 Jun

Entry Fee \$5.00

(WComd's Tourney)

NLT 23 Jun 1200 hrs

To register contact

Cpl Morris, Local 2055



### Baden Rube Band Reunion...

All former band members are  
invited to a reunion with the  
German band members on the  
6th to the 8th Oct 1995 in  
Ottawa. For more information  
and registration contact;

George Campbell

308 Elderberry Terr.

Orleans Ont. K1E 1Z1

Phone: (613) 837-5943.

Registration required by

30 June 1995.

# A WORD FROM THE CHAPLAIN

## “Realizing Attitudinal Values”

By Padre Hopkins

**O**ur story from scripture, from the Gospel of John, provides us with the opportunity to reflect upon our understanding of suffering. It is a story that tells us that Attitudinal Values are crucial if we are to make sense out of our suffering and to discover healing or wholeness.

We are informed that Jesus went to Jerusalem for a religious festival. There was a pool called Bethzatha or Bethesda. Some manuscripts give us more details about this pool, around which gathered a large crowd of sick people - the blind, the lame, and the paralyzed.

They were waiting for the water to move because every now and then an angel of the Lord went down into the pool and stirred up the water. The first sick person to go into the pool after the water was stirred up was healed from whatever disease he had.

Let us ponder for a few moments our modern approach to illness. The tendency in our culture is to focus on the symptoms of the illness. We try to avoid suffering at any cost. We have our large crowds of people waiting for a magical cure. We, too, know the experience of looking outside of ourselves for deliverance, for some kind of magical solution to bubble up and relieve our stress - we look into our glasses full of bubbly alcohol, our ENO, our concocted myths and dreams, hoping that some day we will escape this tension.

At Bethesda, we find a man who had been ill for 38 years. We assume that he probably was near the pool every day. All those years, yet he had never, ever, been cured.

I believe that sometime and somewhere in our lives, a person from God, from outside of our perceptions, comes along and offers us hope. If not a person, then emerging up from the depths of the dark side, comes some clue, some hint of help. An idea, an insight, a vision, a dream, a sense of empowerment, a will to be. Though it may come disguised as more anguish, in the refinery of the soul, it becomes a beam of light, a glimmer of hope, a road through the wilderness, wind

for our sails, a friend to talk with.

“Jesus saw him lying there, and he knew that the man had been ill for such a long time; so he asked him, “Do you want to get well?” Here, in this seemingly ridiculous question, we are confronted with a new meaning to suffering. The implied question being asked is, “How do you look on your illness? How does your illness affect your attitude toward life?” Let us ask ourselves this morning — what is our attitude toward suffering?

Jesus is placing the major focus on the attitude taken toward the illness rather than the symptom. The essence of health as Jesus saw it, had less to do with an absence of symptoms than with an inner state of wholeness out of which physical health emerged. Whereas our culture tends to avoid suffering at almost any cost, the New Testament truth, developing as it did out of the crucifixion followed by the resurrection, insists that something very redemptive can emerge out of suffering.

There is a sense in which suffering is just as much a part of life as is pleasure. Viktor

when the water is stirred up; while I am trying to get in, somebody else gets there first.” He talked in terms of the help that others never gave to him with the result that he lost hope; he overlooked how he might help himself. Like most people, he saw the limiting conditions that surrounded him rather than the creative possibilities. Health, for him, meant only recovery from crippling physical symptoms.

Yet, there must have been something about him that singled him out from the others who were there. The one hint that the story gives us suggests that he was still trying. Perhaps, Jesus picked him because he hadn't given up; apparently, he had not settled completely for the secondary gains of illness. At least, the question of Jesus opened up the whole subject of the meaning for him of his illness.

Illness is not without its compensations. Some, actually, do not want to be healed. The vocation of illness lets one be the recipient of considerable sympathy and attention. We need courage to handle life and to believe that we can find

meaning by facing life rather than by withdrawing from active involvement into passive illness. Meaning in life can be found in the very attitude that is taken toward suffering. Meaning is thus found not only in realizing creative or

experimental values, but in attitudinal values as well.

Quote: “There are no circumstances whatsoever that limit man's capacity to take a stand toward his condition.” Free to the inner mastery of his destiny, a freedom under all circumstances.

Sometimes, it may take the direct intervention of a strong personality to mobilize attitudinal values. Jesus' encouragement was centered in a direct challenge: “Rise, take up your pallet, and walk.” Then later, he added, “Sin, no more, that nothing more befall you” or in another way of empowering - “Don't run from life anymore.” Have the defiant power of the human spirit! Our total life can be changed in the spiritual dimensions as well as on the interpersonal level - who is to say the same cannot be true of your physical health?

**Suffering can  
be used creatively  
to discover  
meaning in life**

Frankl writes, “Suffering and trouble belong to life as much as fate and death. None of these can be subtracted from life without destroying its meaning. To subtract trouble, death, fate and suffering from life would mean stripping life of its form and shape. Only under the hammer blows of fate in the white heat of suffering does life gain shape and form.”

Suffering can be used creatively to discover meaning in life; changing the attitude rather than treating the symptom. What is your attitude towards your suffering? That's the question Jesus asks each of us. This probing of our perceptions by this person from outside of our power, perhaps even the real person of being with us, directs attention to our outlook.

The person in the story responds, “Sir, I have no one here to put me in the pool

### 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!



### No Time for Siesta It's Astra Fiesta!

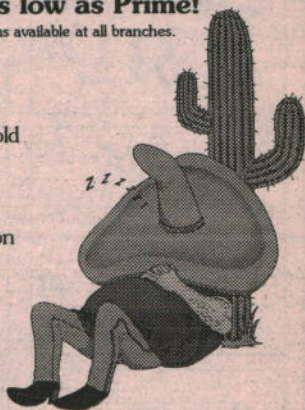
Take out a loan with Astra and enter to win a trip for two to Mazatlan, Mexico, or one of six Patio Sets from Krevco.

### Interest Rates as low as Prime!

Full contest rules & regulations available at all branches.

North Gate Branch  
2255 Ness at Whytewold  
982-1420

South Gate Branch  
1855 Grant at Kenaston  
982-1450



### Vous prenez votre retraite; VOUS CHERCHEZ DES SERVICES FINANCIERS EN FRANCAIS?

Consultez Gilbert Cloutier, comptable en  
management accrédité (CMA)

- Régime de pension à un REER/  
Pension transfer to an RRRP
- Allocation de Retraite à un REER/  
Retiring Allowance transfer to RRRP
- Revue personnelle financière/  
Personal Financial Review

Votre décision est importante! Je peut vous aider.  
Gilbert Cloutier, CMA  
943-6828 poste 230 ou 237-0762



# BREW YOUR OWN AND UNCORK *The* FINEST WINE & BEER

## MAKING SUPPLIES



HUNTONA Beer Kits \$11.99	Four weeks Premium Wine Kits \$39.99	Filtration Kits \$37.99	Beer Equipment Kits \$84.99 Wine Equipment Kits \$52.99
Filtration Kits \$9.49	Corn Sugar \$3.19	Bottle Tray \$27.99	Corks (per bag) \$13.99
Bench Cappers \$35.99	Corking Machine \$18.99	Hydrometer \$8.49	Universal Capper \$21.99

On a purchase of wine equipment kit or four weeks premium wine kit, CANEX will provide, on an hourly basis, a pressure filtration kit and a floor model corking machine. Just give us a call for booking.



VALUE • SERVICE • SATISFACTION



PRIX • SERVICE • SATISFACTION

OPEN/OUVERT	
MON 0700-2000	LUN
TUE 0700-2000	MAR
WED 0700-2000	MER
THU 0700-2000	JEU
FRI 0700-2000	VEN
SAT 1100-1800	SAM
SUN 1100-1800	DIM



### The Right Mix to Make Your Investments Grow

Let us tell you why Standard Life Mutual Funds make solid sense. With 10 quality funds — eight of them 100% RRSP eligible, we'll fit your goals and preferences exactly.

With Standard Life Mutual Funds, you invest for your future with confidence, knowing your retirement savings are being managed by one of the few financial institutions with a "Triple A" rating from both of the world's leading rating agencies — Standard & Poor's and Moody's. It's the highest possible measure of corporate strength and stability. For a personal consultation or information, call today...

CHRIS BLAIR  
(204) 949-4233



Standard Life  
Mutual Funds

### A NEW POSTING?

We specialize in electronic & appliance inspections.

We offer a flat rate of \$25 for electronic inspections & \$40 for electronic & appliances.

Supreme Appliances  
Sales & Services  
Inc. 1994

453-3545 • 453-3555

529 Osborne St.  
Winnipeg  
R3L 2B2

Satisfying  
Winnipeg & the  
Military community  
for over 22 years.

**Gardening  
Tip #2**  
When your vine fruit & veggies (cucumber, pumpkin, watermelon) begin to fruit, clip off the ends of the vines. This will stop further wandering, & concentrate the water on the fruit itself. This tip brought to you by the friendly members of the base gardening club!

**PERSONAL CLASSIFIEDS**  
EVERYBODY'S MARKETPLACE

**ACCOMMODATIONS**

St. James Apartment to Sublet (1 Aug 95) 2 bdrm (770 sq. ft.), freshly painted in 1994, new livingroom carpet, drapery incl., A/C, top floor (nobody above you), near all conveniences. Heat, hydro, water & parking incl in rent. You pay Cable on \$9.95 per month. Will leave \$50.00 towards damage deposit. Monthly rent \$511.00. Reason for leaving - purchased house & have to leave before end of lease. Call local 5392 or 885-6522. Ask for Peter.

**CHILD CARE**

Just passed my babysitting with flying colours! Need a reliable, responsible sitter? Call Lisa 489-3347 (South Side).

I am looking for a responsible mature 16 or over person to babysit my two daughters ages 8 and 10, in my home for summer months. Moorgate St. Call 897-4517 after 5 pm.

**GARAGE SALE**

Multi-Family Garage Sale. Saturday, June 24, 9am-1pm. 296 Ubiqre Crescent. Assorted treasures including dog house, lawn mower, books, furniture, clothing. No early birds please.

**HOME FOR SALE**

PRIVATE SALE - Roseberry Street, 1991, 860 sq.ft. 3 bdrm bi-level w/ cathedral ceilings, built-in pantry, neutral interior, cedar finish, lot 25 x 108. Close to all amenities. Asking \$76,000 firm!. Call 831-1348 after 5:00.

**MISC. FOR SALE**

Ram Investors Golf Clubs 2 - pitching wedge, 9 clubs in total. Good condition. Asking \$100.00. Phone 837-6517.

Air Force Mess Kit For Sale. Size 38 Jacket and 32 Pant Waist. Excellent condition. Asking \$150.00. Phone 837-6517.

Shuffleboard - custom made, regulation size - 13 ft long 2 ft wide, valued at \$1200.00., asking \$600.00 & open to offers. Roller Skates - size 9, excellent condition, asking \$35.00. Sekine 10 speed bike - asking \$55.00, open to offers, excellent condition. Phone Peter at office 983-7381 or home 334-7274.

Moving Must Sell. 10 pce Solid Maple Dining Room Suite - table with 2 leaves, 4 chairs, 2 armchairs, side server, hutch & buffet, must be seen, \$1,800.00 (Will sell table & chairs separately - \$400.00). Phone 489-5268.

**MISC. FOR SALE**

For Sale - 12 ft Starcraft aluminum boat, \$625. King size Waterbed complete - bookcase frame suitable to use with regular mattress, \$350.00. Phone after 5 pm 888-8902.

Dishwasher for sale, \$80.00. Portable Kenmore. Phone 489-3347.

For Sale - Used Carpet (approx 25' x 15'), excellent condition, ideal for rec room or cottage, \$60.00 (will deliver). Commodore 64 Computer: disk drive, colour monitor, printer, lots of documentation & software, ideal for starter for kids, \$300.00. Phone 897-3424(Home) or 833-5237(Work).

For Sale - Electrolux Vacuum. Motorcycle Helmet. Sharp microwave (small). Call 832-5486, ask for Gaitane or Rick.

Air Force Mess Kit & Tuxedo Jacket for sale - size 42 both jackets & 32 pants. Like new, asking \$200.00. Phone 254-5708.

For Sale - 7 yr old Portable Hot Point Dishwasher, very good condition, \$200.00. Phone 888-4479 after 1700 hrs.

For Sale - 7 yr old Built-in Hot Point Dishwasher, good condition, \$125.00. Phone 888-4479 after 1700 hrs.

Air Force Mess Kit - Size 42 Jacket & 36 Waist. Very good condition, \$125.00. Phone 261-9780.

To place your classified ad in the VOXAIR, type or print clearly and fax (885-4176) or drop off at the VOXAIR trailer. NOT ACCEPTED BY PHONE

For Sale - Four Channel Trainor Mixer-AMP, \$275.00 OBO. Enormous quantity of sports cards, \$250.00 OBO (book value well over \$1000.00). 50 yr old Becketts Magazines, \$20.00 for all. Call Craig at 897-4528.

Wood Shed For Sale: Spacious gable-style, 10' x 12'. Workbench included. Paid \$700.00 new, asking \$350.00. Call 889-8700.

Air Force Mess Kit for sale. Size- 38 Chest & 32 Waist. Asking \$100.00. Phone René at 888-1707 after 5:00 pm.

Clothing For Sale - DEU Air Force Uniform - Pants, size 7032 (2) (Lt Wt) \$8.00 ea., size 7332 (2) (Hvy Wt) \$8.00 ea., size 7334 (2) (Lt Wt) \$8.00 ea. Jacket, size 7340 (1) (Hvy Wt) \$20.00, size 7340 (1) (Lt Wt) \$20.00. Ask for Scott 889-7440 (leave message if not avail).



David Williams, CD Roster Member

*I'm here to serve you!*

**\*\*Satisfaction Guaranteed\*\***

Relocations, First time buyers, Investment properties... are my specialty.

RE/MAX Real Estate Inc.  
Each Office Independently Owned & Operated  
300-3025 Portage Avenue  
Winnipeg, MB R3K 2E2  
Bus: (204) 837-7000 Res: (204) 837-2111  
Fax: (204) 837-7070 Toll Free: 1-800-361-6789

Providing Sterling Service to the Forces Community



**MISC. FOR SALE**

For Sale - Hot Point vertical style A/C, 5000 BTU, 16"W x 21"H, expandable to 38", \$125.00 OBO. Phone 488-1414.

**MUSIC LESSONS**

Experienced piano teacher now accepting applicants for openings in Fall. Lessons in piano (beginner to Grade 6 cons.) and music theory. Phone 896-1316.

Bachelor of Music Graduate specializing in voice & piano lessons has openings for students, all ages, in the Fall. Day & evening times available. Call Simone at 772-0733.

**VEHICLES FOR SALE**

1986 Mazda B2000 Cab plus. 216,000 km, transmission rebuilt at 150,000 km, regular maintenance done on all components, runs good. \$2300.00 OBO. Call Jordan at work 833-6678 or home 889-1019.

**WANTED**

Wanted 2 or 4 drawer, legal size, locking filing cabinet. Call Peter at office 983-7381 or home 334-7274.

Wanted - Wooden or Metal Fence. Phone 488-5947.

Wanted - Sandbox with lid & Toddler Bed or Single Futon. Please leave message at 889-1906.

**BEAUTY CONSULTATION**

Independent Beauty Consultant Deborah Kennedy 888-5909

**CALLING ALL LADIES**

Do you have a case of the winter blues? Why not pamper yourself with a free Mary Kay Facial and Makeover? Call me today.

**MISC SERVICES**

Call Dwight for certification of appliances at 222-6556, anytime.

**TOAST ROAST BOAST**



Recognize your favorite person in the VOXAIR. TOAST the groom-to-be, ROAST the retiree or birthday girl or BOAST about the graduate or new baby. (Photo & approx 30 words.)

**\$19.99** Tax incl.



Kelly Smith B.A. Eng (Hons) We are so proud of all your hard work. Congrats & best wishes. Mom, Dad & Jason.

Summer Safety Tip  
When boating wear a life jacket.



Boarding for cats and dogs of all sizes

Family operated by: Richard & Kim Connie & Iain

Red Carpet Service Grooming Available By A Professional All Breed Dog Groomer

Ph: 633-6000



**MARIGOLD**

CHINESE AND AMERICAN DISHES, FINE DINING & COCKTAILS,

BANQUET FACILITIES AVAILABLE  
8 LOCATIONS TO SERVE YOU AT:

245 King St. (Chinatown) - 944-9400  
1245 Inkster Blvd. - 697-1245  
2591 Portage Avenue - 888-5665  
487 St. Mary's Road - 233-1453

718 Osborne Street - 474-2401  
885 Henderson Hwy - 661-6135  
1755 Pembina Hwy - 261-9241  
1380 Ellice Avenue - 783-1067

**ST. JAMES TV**

SALES & SERVICE



- COMPLETE SERVICE TO ALL MAKES
- FREE IN-STORE ESTIMATES
- TELEVISION
- VCR

888-1189 The quality goes in before the name goes on! 837-9554

2727 PORTAGE AVENUE - COURTS OF ST. JAMES

**DOWNTOWN ACCOMODATIONS**

This coupon entitles you to

**\$500.00**

Discount on purchase of a Condo at The Colonade. Excellent Accomodation.

Luxury Facilities. 20 minutes from CFB Winnipeg.

Call Maj Al Guerard (705) 424-2939 Borden

**SERVICE IS THE SECRET OF OUR SUCCESS**



- Top Winnipeg Agent 1992, 1993
- Hall of Fame Award
- WREB Gold Medallion Award each year
- Re/Max 100% Club Award each year
- Registered Relocation Specialist
- Military Relocation Specialists
- 31 Years Combined Real Estate Service

**CALL MARY, KELLY OR GRANT CLEMENTS CD, FRI, R.R.S.**  
RCA/ICAF RETIRED

**RE/MAX REAL ESTATE INC.**  
 300-3025 Portage Avenue., Wpg., Man. R3K 2E2  
 Bus: (204) 837-7000 / Res: (204) 895-9036  
 Fax: (204) 837-7070 Toll Free: 1-800-361-6789



**WORKING TOGETHER TO SERVE YOU BETTER  
 FROM COAST TO COAST!**

**CHAPMAN ~ GODDARD ~ KAGAN  
 LAWYERS AND NOTARIES**

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2  
 PH: 888-7973

- |                    |                   |
|--------------------|-------------------|
| George E. Chapman  | Donna G. Kagan    |
| George A. Derwin   | Kelly P. Land     |
| Alan R. Goddard    | J. David Schioler |
| Almer N. Jacksteit | Michael J. Law    |

*"Our fees conform to the ERS guideline"*

**Representing Buyers and Sellers of Real Estate in the  
 St. James Area for Over 60 Years**



**RE/MAX REAL ESTATE INC.**

If You **WANT**  
 Understanding, Service, Results,  
 You **NEED**

**Orv Malcomson, CD**  
 (204) 837-7000  
 Toll Free 1-800-361-6789

*Service with Integrity*



**Working to meet  
 YOUR needs.**

**Winnipeg  
 Office**

**Bus: (204) 885-9284  
 Fax: (204) 832-4812**



**Rene Arnal**

*The right agent makes all the difference in the world.™*



**Military Transfers are My Business.**

- Over 17 years of experience, call today for an up to date real estate analysis.
- "Your Satisfaction is Guaranteed."

**Relocation  
 Specialist**

**Winnipeg  
 Office**  
**Bus: (204) 885-9284  
 Fax: (204) 832-4812**



**EVA BESSAS**

*The right agent makes all the difference in the world.™*



**IT'S YOUR MOVE -  
 LET AGATHA HELP YOU!**

FOR SINCERE PROFESSIONALISM, DEDICATION,  
 KNOWLEDGE, INTEGRITY & RESULTS WHEN CON-  
 DUCTING YOUR NEXT REAL ESTATE  
 TRANSACTION (Anywhere In The World) - **AGATHA WREN**  
 CAN HELP YOU. CALL HER AT:

**837-7000 or 1-800-361-6789**

*\*Member Cross-Canada Relocation & Top Ten  
 Referral Networks*



*\*Agatha Wren, RRS  
 Registered Relocation Specialist*



**Currie Auld  
 Realtor**

**ROYAL LEPAGE  
 RELOCATION  
 SPECIALIST**

**Residential Real Estate**  
 D 3025 Ness Avenue  
 Winnipeg, Manitoba R2Y 2J2  
**Bus: (204) 989-1600 10 minute call back  
 Fax: (204) 888-7507**

**Aim Higher**



*In Relentless Pursuit  
 of Perfection*



**Stephen Patrick**

*Your Residential Real Estate Specialist*

2003 Portage Avenue, Winnipeg, MB R3J 0K3  
 PH: (204) 837-1366

**Patrick Realty Ltd.**

Serving Satisfied Customers for over 39 Years



**"Service Makes the Difference"**



**Trudy M. Johnson B.A.**

**Experienced Transfer Assistance  
 (204) 895-8733**

**OR CALL TOLL FREE  
 1-800-361-6789**

- WREB Award Winner • Re/Max Hall of Fame •
- Re/Max 100% Club



*each office independently owned & operated*

**18 Years of Success  
 in Winnipeg's Real Estate Industry**

# GRAND OPENING GIGGLES 'N GRIN'S CHILDREN'S CENTER

1 BRAINTREE CRS - JAMESWOOD SCHOOL - ROOM 121  
25 AUGUST 95 - OPEN HOUSE STARTING AT 10 am  
GRAND OPENING ACTIVITIES FROM 3pm TO 6pm

PLEASE COME AND TOUR OUR DAYCARE FACILITY AND  
PICK UP YOUR COUPON FOR FREE REGISTRATION  
(REGULAR PRICE \$10)

## ACTIVITIES INCLUDE :

ALL-U-CAN-EAT HOT DOGS FOR \$1/PERSON  
FACE PAINTING - FISH POND - CLOWNS  
JUNGLE MOON-WALK MACHINE  
STORIES AND CIRCLE TIME  
BALOONS AND PRIZES FOR THE KIDS  
HELP PAINT A HUGE WALL MURAL  
BRING YOUR BICYCLE AND DECORATE IT AT GIGGLES  
COME AND MEET SOME OF OUR PETS :  
FISHER THE WATER BEATLE  
GEORGIE THE GUINEA PIG AND HER BABIES  
CHOPPER AND BILLY BUNNIE

OUR HIGHLY QUALIFIED STAFF ARE HERE TO  
ANSWER ALL OF YOUR DAYCARE RELATED QUESTIONS !

COME AND FIND OUT HOW GIGGLES 'N GRIN'S CHILDREN'S  
CENTER CAN HELP YOUR CHILDREN PREPARE FOR  
SCHOOL! FOR MORE INFO CALL 897-GRIN (4746)