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AUGUST 23, 1995 / FREE

AIR TRANSPORT GROUP WELCOMES IT'S NEW COMMANDER

By Lieutenant-Commander Philip Anido

CFB Trenton — On Friday, 14 July, Brigadier-General Bert Proulx became the 9th commander of Air Transport Group. He assumed the reins of command from Brig.-Gen. Jeff Brace who has commanded the group for the past three years.

Some 320 officers and non-commissioned members from squadrons and units of 8 Wing were on parade under a sunny and cloudless sky. The guests included local officials and the presiding officer and Commander of Air Command, Lieutenant-General Al Dequetteville.

Brig.-Gen. Proulx, who has served for the past year as deputy commander of ATG, praised his predecessor for his strong and dynamic leadership and lauded the national and global airlift achievements of the men and women of ATG.

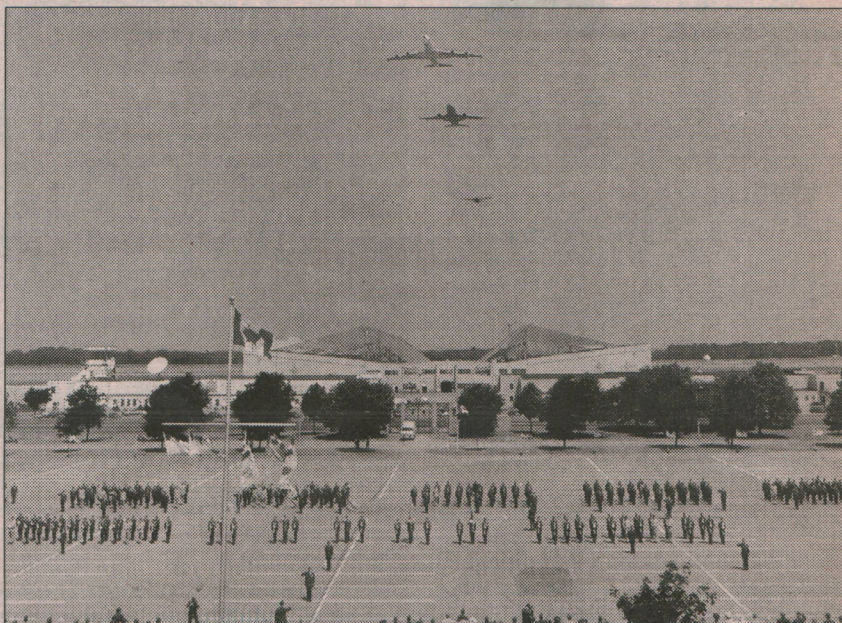
"I pledge to maintain the reputation you have forged through your professionalism and dedication," he said. "In ATG, we have embraced the Air Command Excellence System aimed at reducing costs and improving efficiency. I believe that a leaner structure will enhance our ability to carry out our mission and the new and varying demands of the future."

Lt.-Gen. Dequetteville recognized the outstanding performance of all those who serve with ATG and praised their vital contribution to the air force, the Canadian Forces and the nation as a whole.

He also gave assurances that "despite the outcome of political decisions, as the forces are being downsized, CFB Trenton will remain a core centre for the air force. There will be minimal impact on our community."

Brig.-Gen. Brace takes up the prestigious position of chief-of-staff for Canadian Forces Operations at National Defence Headquarters in Ottawa. He told the parade that ATG's nationally publicized reputation for excellence belongs to the airmen, airwomen and the civilian members who support them.

He commented that, "if home is where the heart is, June and I are most certainly at home here. I look forward to the next year and a half in Ottawa, but I will return as a citizen of Quinte once again."



The Boeing, Airbus and Hercules form an impressive fly past over the change-of-command parade. (Photo by 8 Wing Photo Flight)

FORMER COMMANDER OF 17 WING ASSUMES COMMAND OF AIR TRANSPORT GROUP



NEW COMMANDER ATG

BGen Bert Proulx assumed command of Air Transport Group on 14 Jul 95. BGen Proulx, who served as 17 Wing Commander from 1991 to 1994, signs over command of 17 Wing to Col Sharpe last spring. He was promoted to his current rank this summer. (Photo by Cpl Doug Desrochers, 17 Wing)



Lt-Gen. Dequetteville presides over the signing of the change of command scrolls by Brig.-Gen. Bert Proulx (L) and Brig.-Gen. Jeff Brace (R). (Photo by 8 Wing Photo Flight)



Brig.-Gen. Bert Proulx reviews the men and women of his new command. He is escorted by squadron commander, LCol John Jensen, the senior training and standards officer at ATGHQ. (Photo by 8 Wing Photo Flight)

INSIDE THIS ISSUE of the VOXAIR

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17 WING GETS NEW WING CHIEF

By Capt Neil Kinley

With CWO Ray Elphick leaving the position of Wing Chief Warrant Officer to become the Air Command Chief Warrant Officer, 17 Wing Winnipeg had some big shoes to fill. His replacement, CWO Reg Clemons, has the skills, qualifications, and background to fill those shoes and put his own unique stamp on the position of WCWO.

CWO Clemons comes to 17 Wing from 1 Air Maintenance Squadron at 4 Wing Cold Lake, where he served as Squadron Chief Warrant Officer.

Originally from Selkirk, Manitoba, he joined the RCAF in 1963. Upon completing training as an Aero Engine Technician he was posted to RCAF Station Winnipeg.

CWO Clemons has worked on many of the aircraft flown by the CF over the last 30 years, including the Albatross, Expeditor, H-21 (Banana), Dakota, T-33, Cosmopolitan, CF-104, Tutor, Dash-8, and Hercules. His career has included postings to Baden-Soellingen, Ottawa, Winnipeg, and Cold Lake.

In 1992 he was promoted to CWO and posted to CFB Cold Lake as the BAMEO Chief Warrant Officer. With the repatriation of 1 Air Maintenance Squadron from Germany in June 1993, he became the first Squadron Chief of 1 AMS at its new home in Cold Lake.

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

CWO Clemons assumed the duties of Wing Chief at 17 Wing in July. He and his wife Julianne have two children, Reg Jr., a supply technician at CFB Toronto, and Amber, who is entering Grade 12 in September.

Welcome back to Winnipeg!



CWO Reg Clemons

CWO Reg Clemons assumed the duties of Wing Chief Warrant Officer in July from CWO Ray Elphick. He comes to 17 Wing from 1 Air Maintenance Squadron at 4 Wing Cold Lake. (Photo by Cpl Ken Allan, 17 Wing)

Winnipeg Military Community Council's MQ Yard/Landscaping Contest

The annual MQ yard/landscaping contest will kick off with pre-judging by the Community Council's Ward Councillors on August 21, 22, and 23. The official judging will take place on August 24, with the WComd, Honourable WComd, WCWO, and Community Council Mayor as judges.

There will be prizes awarded for first and second place, as well as honourable mentions. First prize consists of \$75, and will be awarded to occupants of an MQ from both the North and South Sites. Second prize is \$50, and as with the first place prize it will be awarded to both North and South Sites. Honourable mentions, awarded throughout the MQs, will be \$25 each.

Yards will be judged on the following criteria:

- a) Grass (cut, no bare spots, raked)
- b) Flowers (arrangement, variety)
- c) Bushes (edging, trimmed for shape)
- d) Ornaments (front, back, side, well kept)

For further information, contact your Ward Councillor, or the Winnipeg Military Community Council Mayor, WO Fortier, at 983-8599.

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VOXAIR, 17 Wing Winnipeg, Westwin, Manitoba R3J 3Y5

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DEADLINE 25 AUG 95/DATE DE TOMBÉE 25 AOÛT 95
NEXT ISSUE 6 SEP 95/PROCHAINE ÉDITION 6 SEP 95

ASK MR. GREENTREE

First, an announcement. 17 Wing is participating with the Manitoba Raptor Foundation to help the peregrine falcon population of Manitoba, and other birds of prey, survive and flourish. This foundation is building a interpretative centre south of Winnipeg to teach the public about the birds and to raise abandoned and sick birds for release to the wilds. If you want more information, give me a call at loc 6774.

This month has been very slow for questions so I've just the one. It involves a controversial and confusing issue - air pollution.

Question: "What is all the fuss about the ozone layer? I thought we (mankind) were making so much air pollution that we were going to block out the sun anyway."

Answer: A difficult question. No matter, I thrive on challenges! There are two concepts which are involved here.

The first is the so-called "greenhouse effect" - a result of the build-up of air pollution. What this boils down to is this: most of the heat received from the sun is that reflected from the surface of the Earth. This heat then is absorbed by the atmosphere - just like the glass in a greenhouse keeps some

heat in - and the rest is lost into space. Air pollution reduces the amount of heat lost to space by increasing the amount of absorbed heat. In other words, air pollution adds "insulation" to the Earth's "greenhouse".

Air pollution also acts as an additional "heat sink" - absorbing heat from the sun directly. Both these processes are supposedly making the earth heat up threatening to melt the icecaps, make the deserts expand and wreak havoc with water levels everywhere.

The second concept to understand is the way that ozone acts. The "glass" (the air) on the Earth's "greenhouse" also acts as a filter for certain wavelengths of the sun's light. In the case of ozone, these wavelengths are the ultraviolet rays (UV-A and UV-B). When the ozone layer, a thin layer of ozone gas-rich air high above the surface of the Earth, is reduced or removed, the ultraviolet light filter is reduced or removed. [Ozone is easily broken up by chemical reactions with chlorine and other pollutant gases.] As a result, the amount of harmful light rays reaching the Earth (and your skin) is increased.

The greenhouse effect and

the disappearing ozone layer are linked to air pollution but are not necessarily linked together. For example, the greenhouse effect can be increased through natural processes which add to the amount of solid matter in the air - like when a volcano erupts and spews ash into the atmosphere - without noticeably affecting the ozone layer. The solid matter would then act as the greenhouse insulation.

In contrast, ozone can actually be increased, in local areas, through the addition of certain air pollutants, to levels which are dangerous. This frequently occurs in big cities where the polluted air is trapped by mountains, winds and/or big buildings. However, these are local effects only and the ozone made here is rapidly broken down by the sun and winds.

I realize this is a really brief answer to your question and I may have glossed over the technical details somewhat. If you want more details, please contact me about specifics.

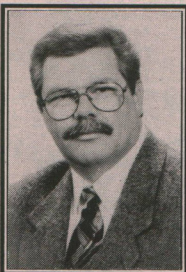
It should also be noted that these concepts are relatively new and there is considerable discussion and disagreement among the experts about the long-term effects of both. However, I would encourage everyone to reduce air pollution as much as you can - just to be on the safe side.

CE AWARD



The WCEO - Major D. Thingvold - presents William Baetsen, a Wing CE electrician with a suggestion award. Mr. Baetsen suggested a modification to the fire alarm system in the Air Command building which would greatly reduce the number of false alarms.

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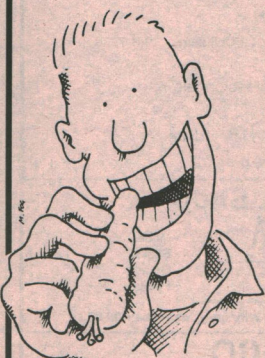
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ON THE ROAD AGAIN

By Capt Dan Rawlyck

While 435 Squadron is well known for its search and rescue and air refueling role, it is less well known that half of 435's taskings involve strategic transport (or strat) on a global scale.

A recent strat trip occurred in late June when "CANFORCE 1801" under the able command of Capt Glenn Oerzen left Winnipeg on a mission that would see the crew gain valuable flying experience in Latin and South America. This would also be the final squadron trip for Capt Grant Hughes who will be leaving 435 to become an air navigator instructor with CFANS.

Prior to departure, a great deal of planning and preparation would have to be done. First of all, the route of flight would have to be determined and submitted weeks in advance in order to obtain the required diplomatic clearances (DIPLOS). Secondly, the entire crew would have to obtain the required immunizations and an allotment of anti-malaria pills. Next, all the necessary maps and flight publications would have to be acquired and studied. Finally, the crew would have to arrange hotel, ground transport, aircraft handling, fuel, etc. Prior to departing for the southern hemisphere.

On June 28th the weather

was checked and the flight plan filed when "CANFORCE 1801" departed for Santo Domingo, Dominican Republic via Trenton and Ottawa. On arrival at Santo Domingo airport it was evident that 1801 wasn't the first Canadian Herc to arrive. Two additional Hercs from Trenton and Greenwood

Any type of exertion was not a possibility! One had no choice but to move very slowly if passing out was to be avoided!

were already parked on the ramp! Our cargo of humanitarian aid (consisting of equipment to set up a new hospital) was received by a gentleman by the name of Father Quinn. The Father presented Capt Oerzen a metal plaque with the image of a colorful bird. A Spanish Inscription on the plaque (roughly translated) read, "thank you 435 Squadron for it is by your wings that our new hospital will be able to take flight."

On June 30th, the flight continued on to its next destination - La Paz, Bolivia. From a flying point of view La Paz is interesting because it lies in the Andes Mountains at an elevation of over 13,000 feet! (Note: Aircrew are required to be on oxygen at cabin altitudes

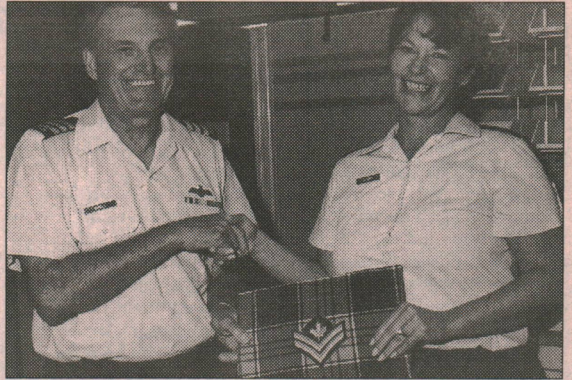
above 10,000 feet! The thin air meant that the approach to landing would be at 180 knots instead of the more usual 130 knots. After landing, the first thing noticed by the crew was the physiological effect of the rarefied air! Any type of exertion was not a possibility! One had no choice but to move very slowly if passing out was to be avoided! After being greeted by our Bolivian Air Force hosts the cargo for Comsur was off-loaded. The crew was then driven downhill to the hotel for some well deserved crew rest.

The next day (Canada Day), 1801 departed the Arid Mountains of La Paz for the tropical rain forests of Costa Rica. The 8 hour leg to San Jose was uneventful with a stop to refuel in Lima, Peru. On arrival in San Jose the only thing more surprising than the thunderstorm overhead was the number of bureaucratic hoops the crew had to go through before parking the aircraft for the night!

The next day, the crew left Costa Rica for Winnipeg with an enroute stop in Colorado Springs (in order to give the Air Command Band a lift home). After dodging several thunderstorms, the aircraft arrived back home in Winnipeg uneventfully.

In conclusion, 1801 provided invaluable experience to the crew in 435's primary role - strategic global transport. On this trip, the crew flew over 12,000 miles to deliver much welcomed humanitarian aid to Latin and South America.

PROMOTION



MCpl Barb Gariepy is presented with her new rank by LCol D.A. Winmill, SSO Res, Air Command Headquarters. Congratulations!

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CENTRAL FLYING SCHOOL

Major Brad Rathbun joined the United States Air Force on 21 September 1981 and was commissioned a 2nd Lieutenant on 22 December 1981. His first assignment was to Undergraduate Navigator Training at Mather AFB, Sacramento, California. After completing the seven month course at Mather, he was assigned to the 9th Military Airlift Squadron (MAS), Dover AFB, Delaware as a C-5 navigator. In 1985, then 1st Lieutenant Rathbun was selected to attend Undergraduate Pilot Training at Laughlin AFB, Texas. After receiving his pilot wings, he was again assigned to the 9th MAS. In a way, this was a blessing in disguise. He was already familiar with the aircraft and the airlift system which enabled him to rapidly upgrade to flight examiner. Although Major Rathbun is quick to point out that it may not have been his past experience, but his continuous goading of the squadron ops officer, that helped the upgrade process! He eventually ended up working in the Wing Standardization and Evaluation (Stan/Eval) Office. During his tenure at Dover, Major Rathbun flew combat support missions during Operation Desert Shield/Storm as well as missions supporting various humanitarian relief efforts.

In April 1991, Major Rathbun was assigned to Headquarters Military Airlift Command, Director of Operations, Stan/Eval Division, where he eventually became the command's chief C-5 pilot. In this capacity he authored several of the command's flying regulations, worked closely with Air Force



Major Brad Rathbun

Logistics Command and Lockheed Corporation for annual C-5 flight manual changes, and answered numerous inquiries from within the command. Probably the most challenging time was during the Air Mobility Command stand-up: the merger of Military Airlift Command and the air refuelling assets of Strategic Air Command. The merger posed some unique problems and was put on a very short timetable. In Major Rathbun's words, "This is when the grey hair started coming in."

Major Rathbun came to the ICP School in April 1994 and

says he is having the time of his life. He enjoys working with the Canadian Air Force, most notably teaching veteran pilots the "ins and outs" of being an Instrument Check Pilot. This past winter his office mates introduced him to Canada's favourite pastime: hockey. Now they say they have created a monster. He drags them out in minus 30 weather to play hockey on the outdoor rinks. Brad's wife Barbara and his two sons have also enjoyed their first year in Winnipeg. They are all looking forward to their remaining 2-3 years here.

COMMENDATION

Canadian Forces School of Aeromedical Training

By Capt P.B. Handy

The Air Command Commander's Commendation awarded to the Canadian Forces School of Aeromedical Training (CFSAT) in recognition of outstanding service and significant contribution in the field of aviation and hyperbaric medicine. Your dedication to duty, pride in team cohesiveness and demonstrated professionalism have earned you the utmost of respect and admiration throughout the



Front Row (L-R) Ruth Browton, Capt Hayes, Capt Handy, WO Lavoie, Helen Fash. Centre Row (L-R) MCpl Wiiffen, Cpl Lamothe, Sgt Winton, Sgt Kieffert, Cpl Leduc, Cpl O'Connor. Back Row (L-R) MCpl Rootes, MCpl Benoit, Cpl McLeod (missing).

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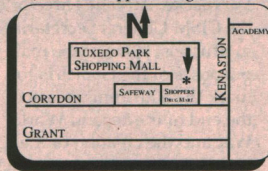
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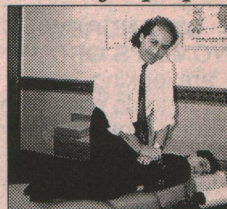
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LET THE GAMES BEGIN

By Captain Johanne Bournival

Imagine this - seven thousand military athletes from 100 countries coming together for an international meet in Italy this fall. After more than 10 years of planning and negotiating, the First Military World Games are now a reality. They will be similar to the Olympic Games in grandeur and will represent the biggest armed forces athletic gathering ever held.

The Canadian Forces will be represented by 125 military athletes at the Military World Games, which will be held in Rome from September 4 to 16 1995. It is a high-calibre sports meet organized by the Conseil international du sport militaire (CISM).

The Canadian representatives will take part in eight of the 17 disciplines involved, including sailing, swimming, running, basketball, volleyball, triathlon, rifle and pistol

shooting and soccer. The sacrifices are numerous and the training is hard for these athletes, but according to Petty Officer (second class) Jake Kennedy, coach of the triathlon team at the Royal Military College in Kingston, Ontario, honour of competing in the Rome games makes all the hard work worthwhile. "For them, the games represent the ultimate challenge not only because of its size but also because of the calibre of the athletes," said Kennedy. Over 30 percent of the Olympic medallists at the Barcelona Olympic were military athletes and several of these will be competing in Rome. According to Kennedy, the Canadian Forces athletes have a good chance to come back to Canada with medals. "We are very optimistic," he explained. "Our triathlon team has members who have often shown their value on the national and international circuits."

More than a sport gathering

The fact that these games are being held in 1995 is no coincidence. The CISM organizers have been working on this idea since 1984. According to Mr. Harald Vervaecke, Athletic Director of the CISM General Secretariat in Brussels: "One of the main purposes of the Games is to mark the 50th anniversary of the end of the Second World War and the creation of the United Nations in a completely unique way. This gathering of athletes will symbolize the solidarity that exists between people who are working for peace and contribute to the ideal of the CISM motto "Friendship Through Sports."

So the concept of the Military Games is unique because it is not just a sports gathering but a forum which will permit military personnel to develop friendships and strengthen bonds with military counterparts of countries whose cultures and ideologies are different. Turkey and Greece, North Korea and South Korea, Kuwait and Iraq — are a few examples of the countries whose diplomatic relations with one another are strained at the moment. They will, nonetheless, send military athletes to the Games.

"One of the cultural differences which will certainly attract attention will be the presence of female athletes," said Lieutenant-Colonel Diana Hope, who is responsible for gender integration in the Canadian Forces and who will be participating at the Games as a member of the sailing team. The Rome Games will provide the opportunity to see what other countries are doing to integrate women into their armed forces.

Public spotlight soon on CISM

CISM, which will celebrate its 50th anniversary in 1997, is still relatively unknown in North America. The organization is, however, the third-largest multidiscipline sports organization after the International Olympic Committee and the International University Sports Federation. CISM currently has 113 member countries and represents more than 40 million military men and women throughout the world.

Even though it boasts several world-class athletes among its ranks, the majority of the Canadians do not know that these athletes are military. They include Steve Cyr and Jean Paquet, Canadian biathlon champions; Alberto Tomba, Italian three-time Olympic giant slalom champion;

Alexander Popov, Russian four-time gold medallist in swimming; and Robert Zmelik, Czech Republic Olympic decathlon champion.

Captain Mike Ashcroft is also a member of this select group. Even though he is only 30 years old, this engineer from CFB Comox in British-Columbia, has been involved in international shooting competitions for more than 14 years. This accomplished athlete won a gold medal during the Commonwealth Games in 1986, an eighth position during the Seoul Games in 1988 and a 15th position at the Barcelona Games in 1992. "Shooting is a sports discipline in evolution," he said. The Rome Games will provide it with the visibility it needs to continue to develop".

A new concept : private companies support our athletes

The athletes who will be participating to the Military Games are proud to defend Canada's colours aided by some private industries. As a matter of fact, competing team has a particular Canadian company providing them with financial support. As an example, Bell Helicopters Textron became the sponsor of the volleyball team, CAE Electronics, are sponsoring the swimming team, DEW Engineering and Development the track team, Diamaco and Molson are sharing the sponsorship of the shooting team, Diesel Division of General Motors of Canada is involved with the triathlon team and Western Star Trucks is sponsoring the sailing team. Service Income Security Insurance Plan wanted to sponsor the entire contingent while other companies such as Pellitech contributed to the official poster and Mead Johnson became the supplier of the nutritional sports drink RESULTS.

Highly visible Games

Although these Games are a first, the organizers are confident of success. Apart from the calibre of the athletes who will be competing, they say the spectacular nature of some of the disciplines such as the naval and army pentathlons, will help to capture the attention of the public and the media. Over 50,000 people are expected to attend the opening ceremonies in the Olympic Stadium in Rome. Between 20,000 and 30,000 spectators will be attending the various events each day, and a further five to six million viewers will be watching the Games on the Eurosport and Radiotelevisione Italiana (RAI) channels.

With the First Military World Games, the International Military Sports Council will try to show the world that it is possible to forge bonds of goodwill between countries, some of whom were separated by ideological and political barriers 50 years ago. Like the Olympic Games, the Military World Games will bring together, every four years, this new generation of military personnel who, instead of just protecting the sovereignty of their own countries, are now keeping the peace around the world.

"Those who will be lucky enough to watch the Games will not only witness military personnel competing, but also athletes cheering one another on and keep this friendly spirit throughout the games," concludes Harald Vervaecke. "When spectators all over the world see that, the aim of the Military World Games will have been achieved." Captain Bournival is a public affairs officer at National Defence Headquarters in Ottawa and is the public affairs officer for the Canadian Contingent.

ST. ANDREWS WOMEN'S GROUP are looking for a person to do child care during group meetings. Hours of employment would be Tuesdays and Thursdays from 9:30 - 11:00 am starting in September. If you are interested or require more information please contact Cathie Sargant 488-7956 or Misty Haines 488-5991

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!

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Community College Goals Within Your Reach!

The Canadian Forces Community College Network

By L. Claggett, Regional Coordinator, CFCCN

Across Canada, 20 community colleges have recently joined together, with DND, to create the Canadian Forces Community College Network (CFCCN).

These colleges, and DND, recognize that people pursuing a post-secondary education, while being associated with the Canadian Forces, can experience unique challenges. In response, these institutions are working with local bases to provide special services designed to keep your community college educational goals within reach.

You are entitled to the Network's special services and privileges if you are a member of the following:

- serving or retired members of the Canadian Forces;

- serving or retired members of the Canadian Forces Reserves;
- civilian employees, working with the Canadian Forces; and
- families of all of the above.

As a member of one of the groups mentioned above, you are entitled to the following:

- recognition of credits from other member colleges;
- recognition of military training for college credit;
- reduction in residency requirement to 25%; and
- special subjects and programs offered at times and in locations that meet the unique situations of those associated with military bases.

Within the scope of the program, Red River Community College (RRCC) and CFB Winnipeg are working together, through a

CFCCN Coordinator, to provide Network students with the following learning opportunities:

- courses at RRCC;
- RRCC courses that are conducted on-base;
- correspondence/distance courses available from RRCC (or one of the other member colleges); and
- special courses and workshops organized for a given group and offered by RRCC (or one of the other member colleges).

For more information and assistance, the CFCCN Coordinator operates through the Wing/Base Personnel Selection Officer (W/BPSO) at each base. Your CFB Winnipeg Coordinator is Linda Claggett (Wing office hours: Mon and Wed 0900 - 1100; phone 833-5115. Please leave a message, as Linda has CFCCN hours outside of those posted at the

WPSO's. She checks in for messages regularly, and can receive faxes anytime at 489-4979.)

Watch for upcoming CFCCN news and events!

The following are colleges who are charter members of the Network and the bases with CFCCN Coordinators in-place:

Colleges:

- Nova Scotia Community College, Halifax • Labrador College • New Brunswick Community College, Fredericton • Algonquin College, Ottawa and Pembroke • St. Lawrence College, Kingston • Loyalist College, Belleville • Georgian College, Barrie • Canadore College, North Bay • Seneca College, Toronto • Fanshawe College,

- London • Assiniboine College, Brandon • Red River Community College, Winnipeg • Saskatchewan Institute of Applied Science & Technology, Moose Jaw • Southern Alberta Institute of Technology, Calgary • Grant MacEwan College, Edmonton • Lakeland College, Vermilion • University College of the Fraser Valley, Abbotsford • North Island College, Courtney • Camosun College, Victoria • Open Learning Agency, Burnaby.




Bases:

- Greenwood • Halifax • Shearwater • Gaagetown • Goose Bay • Toronto • Borden • North Bay • Trenton • Kingston • Ottawa • Petawawa • Winnipeg • Shilo • Moose Jaw • Calgary • Edmonton • Cold Lake • Wainwright • Esquimalt •



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CFANS Update

By Capt A.R. Plot

I know that last time I promised a mystery guest writer, but it did not turn out as I had planned. Every time that I tried to line one up, something happened to prevent it.

First of all, I tried to solicit the assistance of other instructors. Most of them laughed when asked to help out. A couple of them even became rather hostile at the prospect of writing for the Voxair. It wasn't until I started receiving death threats that it became very apparent that this was not going to be easy.

Next, I tried to get a student to do at least part of the article. If the most common response is to be believed, it would seem that every student at CFANS has an exam or a check-ride every day for the next couple of months (boy, I didn't know that the course was that intensive!) A few of the students were a little more

honest (a couple said "you mean that there is a special CFANS article in the paper?" and one even asked "you mean there is a base newspaper?"). At any rate, I figured that this was not going to work either.

Well, next I figured that a real mystery guest should actually come from outside of CFANS. Various Wing personalities came to mind, but they were either busy, on leave, or had been warned by some CFANS instructors and ducked out when they saw me coming.

Becoming desperate, I then resorted to an individual that nobody else would think of. This person is famous, well known, has something to do with the military, and could have given an interesting perspective on life here at CFANS. The only problem was ... well, let's just say that it did not work out as planned. Incidentally, don't ever try to get the Prime Minister to do a job for you; some people

(read RCMP) get pretty upset!

Anyway, that is why there is no mystery guest writer this week. I have to do it myself, so I guess that you will have to put up with it. I do still have a couple of prospects lined up, so don't give up hope (I still have not heard back from Boris Yeltsin).

On with the article. We are still pretty busy at the school, with all that is going on. In addition to the normal courses, we have also been running a Navigator Re-certification course for those Navs who have been away from the flying world for a while and need a reminder on how to do it. It's always good to see some comrades that you may not have seen for a while.

Speaking of seeing old faces in a new place, welcome to the members of the Navigator Instructors Course (NIC). These new fledgling instructors (or NIC'rs as they are affectionately referred to) are eager to get going and learn their job. We look forward to working with them soon.

While on the topic of a new course, welcome also to Basic Navigation course 9505.

These eager Nav "wanna be's" are learning the joys of air regulations, aircraft equipment, and how to give Officer Development speeches. Well, stick it out guys, it does get better!

The other courses have been taking leave lately, so it has been hard to get the scoop on them. Course 9407 has had members prancing across the country, participating in various regional or national level sporting events, giving CFANS a good (I hope!) name. Speaking of sports, ask 2Lt Pascal Chouinard how much he enjoyed playing the 'rough and ready' sport of rugby while on leave ... just don't ask him why his arm is in a sling.

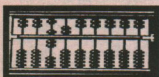
While we are on the subject of keeping secrets, 9408 came back from their OTU away trip, having checked out life in the operational squadrons in Trenton, Greenwood, and Shearwater. I do not know if they behaved themselves, but nobody is saying anything, and I have noticed a grin on 2Lt Ghislain Boivin's face whenever the OTU trip comes up ... hopefully, there is more to follow here.

Course 9502 successfully

completed their Basic Airplot check-rides, so congratulations to all for a job well done. Congratulations also to Capt Leblanc, their course director (unless he had finally been driven over the edge by now).

9503 has all safely returned from their travels and escapades across the globe (several of the Singapore boys went home for the leave period). One of them, Lai Ah Heng, returned sporting a new Lieutenant rank. Congratulations Lai! Summer leave seemed to take its toll on some of the class, and I don't think 2Lt Paul Maskell has recovered yet (don't worry Paul, I have not told ANYONE about sleeping in class).

Until next time, keep track of what the winds are doing to you.



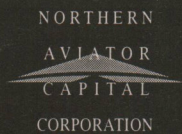
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402 Squadron Family Day

By WO Dave Gallant

Saturday 17 June marked the annual fun filled, Squadron Family Day. Good planning, co-operation, and full participation, combined with a beautifully hot and sunny Manitoba weekend, culminated in a very pleasurable, and highly successful event. Featured

attractions included; hangar mini-putt competition (entered by all sections and won by Heritage Park team, congrats), virtual reality (computer imaging) attracted lots of attention and line-ups, free face-painting and fish pond kept the kiddies occupied, the 402 Sqn Band performed for everyone's listening pleasure, Armourment section displayed

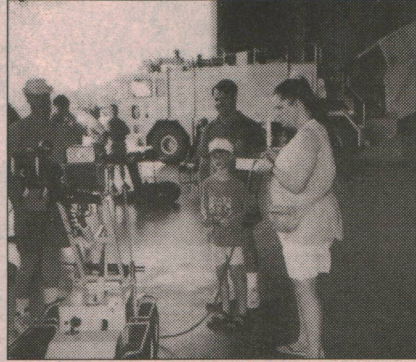
EOD equipment (their robot was a big hit with everyone), the Wing Fire Fighters were kept busy showing off a fire truck and other fire fighting equipment, Wing defence Platoon personnel answered a "Bizillion" inquiries about their fire arms display, free photos were provided of attendees either strapped into an ejection seat or with a C-7

rifle. The biggest hit for approximately 175 family members was a 30 minute tour over Winnipeg in a 402 Squadron Dash-8 aircraft. Flight crew members Major Leask, Lt Lyons, and Sgt O'Leary are to be commended for persevering even though cockpit temperatures rose to 41 degrees Celsius between flights. Thanks to Sgt Dan

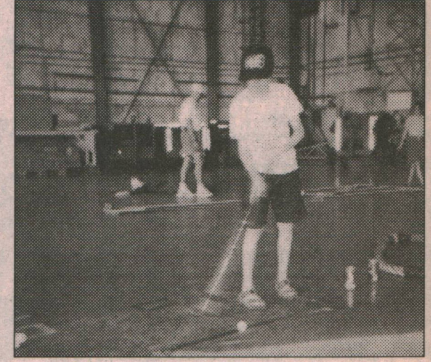
Delisle's weekend servicing crew for supporting the static display aircraft, and all the organizers, cooking staff and display personnel for their personal generosity. And last but certainly not least a very special thank you goes to Sgt Jeff Turvey for his outstanding contributions and infectious enthusiasm which brought out the best in everyone.



Halley's Comet Ball - a big hit with the kids (Fish Pond).



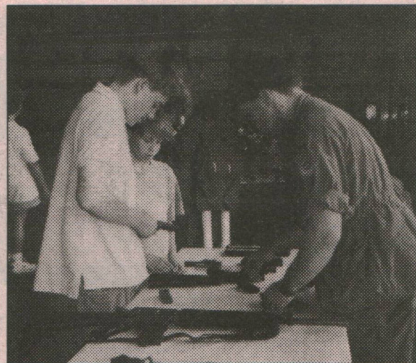
Mrs. Ripley showing us how it really works!



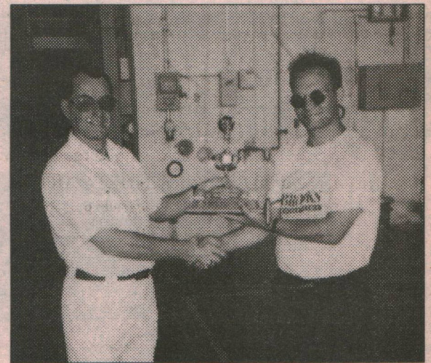
Hangar Putt.



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MCpl Smith from Wing Defence Pln.



Maj Rawlings presenting Hangar Putt trophy to Cpl Jason Leopky.

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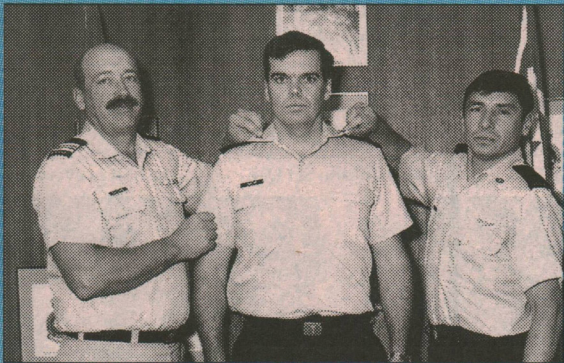
'66 Mustang



This original one owner beauty has only 58,000 miles and has never seen winter or east of Winnipeg. A limited edition model with Hurst Stick, chrome tac, sport steering wheel and Pony interior makes this car a very valuable collector's edition. The proud owner is Major Mike Arnett from AIRCOMHQ who can be seen nightly in his garage dusting it off and tucking it in for the night. This man loves his toys!

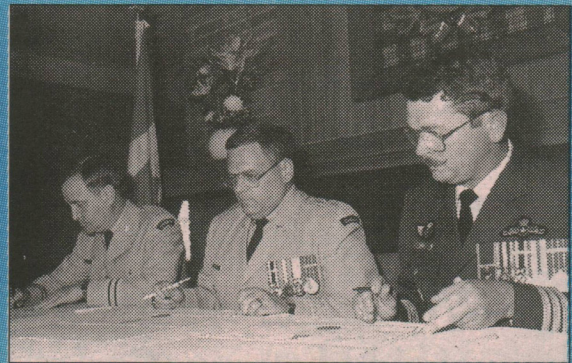
Send your submissions to Collector's Corner c/o VOXAIR NEWSPAPER. Our next deadline is August 25th. Act today!

73 Comm Group



PROMOTION

Major B.A. Deutscher, Commanding Officer, 73 Communication Group Headquarters and Master Warrant Officer J. Laviolette, HQs SM presented Warrant Officer R.J. Porter with his promotion to that rank effective 2 August 1995.



73 COMMUNICATION GROUP CHANGE OF COMMAND

The 73 Communication Group Change of Command ceremony was held at the WO's & Sgts' Mess Fireside Lounge on 17 July 1995. Lieutenant-Colonel A.F. Batchelor took over command from Lieutenant-Colonel A.G. Hines, and will command both 73 and 74 Communication Groups. Signing the Change of Command certificates are (left to right) LCol Batchelor, BGen Martineau (the DGISO from DISO HQ Ottawa), and LCol Hines.

COMMAND COMPTROLLER



Ray Webber's idea of extending the valid period of vehicle passes and identification cards for term employees was found worthy of implementation by the 17 Wing Honours and Awards Committee. As a result, Ray was presented with \$150.00 in gift certificates. Ray is currently working with the Command Comptroller Branch as the Organization and Establishments Special Projects Officer. Making the presentation to Ray is the Acting Command Comptroller, LCol Gary Boudreau.

Retirements



Maj J.A.R. Lachapelle (ATC 63Y) receives his Canadian Forces Certificate of Service from the Acting Deputy Commander, BGen C.G. Diamond. Richard, who elected FRP after 23 years of loyal and dedicated service, was employed as the Staff Officer Organization and Establishments within the Command Comptroller's Branch of AIRCOM HQ. All members of the C Compt staff wish Richard the very best as he starts a new career in the wild rose country of southern Alberta.



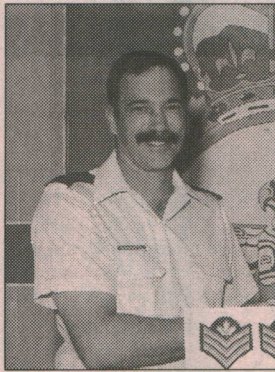
WO S.L. Samaroden receives her Canadian Forces Certificate of Service from the Acting Command Comptroller, LCol Gary Boudreau. Lynn elected FRP after 20 years of service as an Administration Clerk. All members of the C Compt staff wish Lynn, Kerry and Christopher all the best in the future.

WING SECURITY & MILITARY POLICE SQUADRON

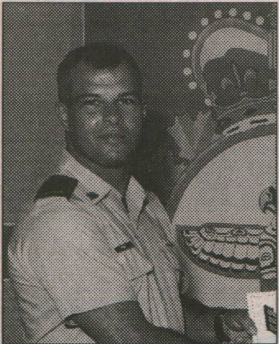
The following personnel were promoted in June within the WSAMP Sqn: Capt Taylor to Major Taylor - posted to SIU DET Edmonton where he will take over as the Detachment Commander; MCpl Blanchette to Sgt Blanchette - posted CFB Shilo; MCpl Dalman to Sgt Rice - posted to Cold Lake; Cpl Tokar to MCpl Tokar - posted to CFSIS Borden. Congratulations to all the members from the W Ops Branch.



MCpl Tokar



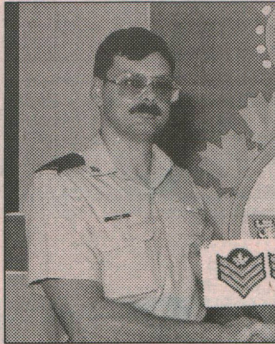
Sgt Blanchette



Sgt Rice



Maj Taylor



Sgt Dalman

Language Training Centre Graduates

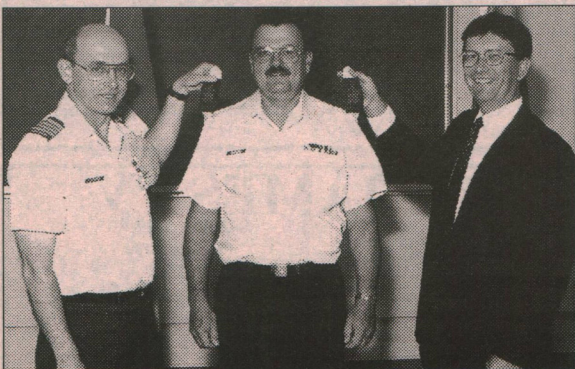


LCol Marchment presented this group of students at the Language Training Center with their new rank on promotion. They are, from left to right: LCol D.R. Marchment, LCol Bill Motriuk, Maj Mark Forseille, Sgt Daniele Snodgrass, WO David Martin, Sgt Rose Hamilton, WO George Smith, MCpl Pete Hanson, and Sgt Keith White. Congratulations!

CFSMet



Col Sharpe, WComd, and Mr. Hartman, Comdt CFSMet present WO Davis with his new rank.



Col Sharpe, WComd, and Mr. Hartman, Comdt CFSMet present CWO Anderson with his new rank.



Met Tech QL5A graduates are employed throughout the Canadian Forces Weather Service (CFWS) in support of air, land and sea operations. Weather observation quality control and presentation of basic environmental briefings are among their primary tasks. Most graduates are destined for a tour of duty on ships, while others will continue to support air and land operations.
Seated: MWO Anderson (SCWO); Mr Hartman (Comdt); Col Sharpe (WComd); Mr Stewart (CI); Mrs Benjamin (CSO)
Standing: Mrs White (Instru); Sgt Dywer (Instru); Sgt Grenier (Instru); Cpl Mottram; Cpl Michell; Cpl Muise; Cpl McGowan; Cpl Berard; Cpl McCann; Cpl Leist; Cpl Walsh; WO Davis (JCC)

JUDO CLUB MEMBERSHIP 95/96

The club will again sign-up new and old members at the Recreation Fair, September 9th between 1000 - 1500 hrs at building 21 near Air Command.

Judo is a coed sport that utilizes throws, armlocks, chokes and grappling or hold-down techniques. Judo was invented 110 years ago by a Japanese gentleman named Kano. Judo in Japanese means "The way of gentleness", and was specially created from traditional Japanese martial arts (Ju-Jitsu) to be an ideal form of disciplined physical exercise and a reliable system of self defence against armed or unarmed attack. A light practice can be refreshing, a tough match torrential and in real combat, Judo can be a terrible shattering weapon or a firm method of chastisement, however there is no method of combat which can be practised more safely.

Five Registered Black Belts will be instructing you or your children. The Head Sensei (senior instructor) is Brian Jones. He is a Fourth Degree Black Belt and has forty years experience instructing Judo. He has four Black Belt and five Brown belt assistants. Brian teaches Traditional Judo, concentrating on good technique rather than raw strength to overcome your opponents. His methods have shown great success in both recreational and competitive

Judo. Competitively, our club produced seven Provincial Champions last year, plus placed individuals on the Provincial team, the first step for National Level Competition. Either recreational or competitive, our club has much to offer. Last season over 90 members, male and female, young and old enjoyed themselves participating in a tough but rewarding sport.

All club members must belong to the Recreational council.

Regular members (military and dependants) must be part of the councils PRIVILEGE SYSTEM.

Associate/Ordinary members (civilian) will have to join the Recreation Council before joining the Judo Club.

ALL MEMBERS new and old will be able to sign-up with the Recreation Council at the Fair. Bring a small recent photo for your I.D. CARD. Please go to the Rec Councils sign-up table before joining the Judo Club.

JUDO CLUB FEES:

ADULTS: (18 and over) \$40 plus G.S.T. per year.
 YOUTH: (8 to 17 yrs) \$20 plus G.S.T. per year.
 All members will be required to join JUDO MANITOBA.

JUDO MANITOBA FEES:

ADULTS: \$15 per year.
 YOUTH: \$10 per year.
 BLACK BELTS: \$60 per year.
 For the Judo Manitoba Fees, a post dated cheque for the required amount, dated 01 Jan 96, will have to be submitted at time of sign-up.
PLEASE NOTE: If for whatever reason, you or your child decides that Judo is not what you wished it would be. Within SIX WEEKS of signing, all fees will be returned.

CLASSES AND TIMES

Classes will be held in Lipsett Hall, starting Monday 11 September and will run till next May.
 Youth: 1900 - 2015 hrs Mondays.
 Adults: 2015 - 2145 hrs Mondays and 1930 - 2200 hrs Thursdays.
 Youth/Adults Combined: (competitive) 1000 - 1200 hrs Saturdays.

So as you can see fees for both Adults and Youths are nominal. All club money collected is put towards acquiring new mats, club expenses, Xmas parties and an end of year social. All instructors are volunteers.

Please come and see our demonstrations at the Recreation Fair. Plus talk to our experienced men, women and kids who will be present to answer any questions and show that Judo is for everyone.

If you wish further information, please call Sgt Steve Broughton at local 5214 or home 897-0630.

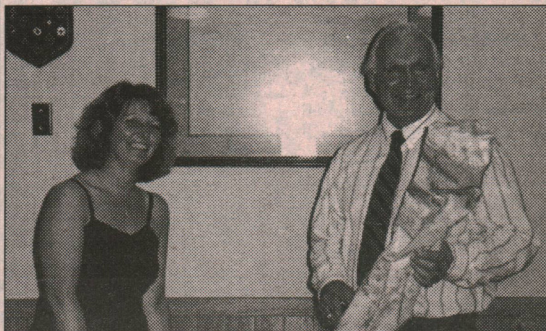
CLUB DE JUDO

Les classes commenceront a partir du mois de septembre et se termineront au mois de mai.

Les heures sont: 19h00-20h15 tous les lundis pour les jeunes.
 20h15-21h45 les lundis et 19h30-22h00 tous les jeudis pour adultes. Jeunes/Adultes 10h00-12h00 samedi.

Les classes de Judo seront a Lipsett Hall. Pour plus de renseignement contactez, Sgt Serge Thibeault au 5214 ou bien au 897-0182.

7 CFQAR



Sgt Miller, 7 CFQAR/BAL, being presented her departing gift by Mr. Ron Nelson, Quality Manager for BAL/SAL. Sgt Miller has been posted to CFB Calgary this APS.



LCol Meindl, Regional Commander of 7 CFQAR is presented his departing plaque by Mr. Ron Nelson, Quality Mgr for BAL/SAL. LCol Meindl has been posted to AIRCOM DCOS Maint this APS.



Capt LaLiberte, Regional Operations Support Manager at 7 CFQAR is presented his departing gift by LCol Meindl, Regional Comd of 7 CFQAR. Capt LaLiberte has been posted to AIRCOM this APS.



Sgt Desrochers, 7 CFQAR/SAL, being presented his departing gift by Mr. Ron Nelson, Quality Manager BAL/SAL. Sgt Desrochers is posted to CFB Trenton this APS.

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BLDG 90 (REC CENTRE)
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 8:30AM TO 5:00 PM
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Falling into **SEPTEMBER** at Club 90 Bar & Grill

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEAL COMBO SPECIAL 1/4 lb all beef burger, french fries and a 12 oz soft drink for ONLY  \$3.99+ tax. Available during lunch at Club 90 Grill and the Air Command Cafeteria			 Call	THIRSTY	1 Super Shooter Night! 8pm-1am	2 Beach pail of
	4 Holiday Closure	5 Enjoy a game	6 833-6700	7 Thursdays	8 Top 40 Hits & Seagrams Coolers Night!	9 COCKTAILS
	11 ZAPATA BURRITO and an	12 of pool and a jug of	13 your section	14 ENJOY FREE	15 50's & 60's Night with cocktails by the beach pail	
	18 OLYMPIA BEER only	20 ONLY \$6.99  <small>TAX</small>	21 Christmas party today!	22 PEANUTS IN THE SHELL!	23  All REQUEST night	24 6.99 + tax.
	25 \$2.99+ tax.	26 	27 Remember - meet friends at Club 90!	28 Super Shooter Night #2!	29 Great Music Every Friday!	30 You keep the pail! 3pm - 1 am
3pm-close our popcorn is FRESH & FREE!!						

CALLING ALL SPEED SWIMMERS!



The Flying Tigers Swim Team, a 17 Wing sponsored youth team, is now accepting registrations for returning and new competitive swimmers for the 1995-96 season.

In its third year of operations, the Tigers are a thriving, dynamic team, offering training in competitive swimming to the CFB Winnipeg community. Free try-outs of up to two weeks are arranged for prospective members upon request and are preferred for swimmers with no prior swim club experience. A minimum Red Cross Blue badge (or equivalent) must be presented at the time of registration. All prospective members MUST be capable of swimming four lengths front crawl, four lengths back crawl and know how to dive into deep water.

The Tigers Swim Team trains after school. Entry level programmes consist of three to four practices per week, with monthly competitions starting in mid-October. Experienced competitors train up to six pool sessions per week with additional dryland practices. We also accept younger, pre-competitive swimmers into our Tiger Cubs. This lead-up group is designed for the advanced eight to ten year old and these children will be expected to compete before the end of the season.

The Flying Tigers Swim Team offers individualized training for experienced competitors from certified and highly experienced coaches. The Tigers head coach was presented with the province's Eric Suthons Memorial Trophy, given to the top developmental coach in Manitoba annually, for excellence in coaching, professionalism, education and efforts with non-high performance athletes in January, 1995. She is also the Manitoba Blind Swim Team provincial team head coach, training national class swimmers. Certified at a full NCCP level three with pending formal approval for NCCP level 4/5, she has been invited by both provincial and national swim officials to undertake NCCP course conductor training, to train other coaches.

The Tigers provide competitive swimming opportunities to the youth of military personnel and permanent DND employees. There are limited openings for civilian swimmers and these will be offered primarily to experienced competitors and those willing to compete. All swim families must obtain and maintain a membership with the Rec Council for the entire season.

Low participation fees, minimal fund-raising commitments and family activities mean that our focus is on the development of the swimmers. If your child is a willing participant in their training, they will learn more than you ever thought possible about being an extremely competent swimmer.

If you are a serious competitor with specific needs, the Flying Tigers is where you should train. Deliberately low numbers of higher level swimmers means that almost every training session is SPECIFICALLY designed to meet your INDIVIDUAL needs. Testing, assessment and mental preparation skills ensure maximized personal development.

Call now for your child's try-out or for more information. The Flying Tigers Swim Team will be participating at the Wing Registration Fair, 9 September 95. We have limited openings, so call early!

**FOR MORE INFORMATION CALL: MAJOR A. HALL (president): local 6339
MICHELE BEZPALKO (Head Coach): 837-1199 (voice and messages)**

WINNIPEG BLUE BOMBERS HOST 17 WING/CFB WINNIPEG

BLUE BOMBERS VS HAMILTON TIGER-CATS

**FRIDAY - 25 AUG 95
TAILGATE PARTY 1700 HRS
PREGAME 1900 HRS
KICK-OFF 1930 HRS
AT WINNIPEG STADIUM**

**COST: \$12 ADULTS
\$6 CHILDREN (16 & UNDER)
\$36 FAMILY PACK
(2 ADULTS & UP TO 4 KIDS)**

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**FOR TICKETS SEE UNIT OPI
OR CALL CAPT MIKE ROZAK
LOC 6229
ORDER NOW!**

ANNOUNCEMENTS

51ST WINNIPEG SCOUT GROUP NORTH SITE, 17 WING

Scouts: Wednesday
1800-2000hrs Bldg. 21
Cubs: Wednesday
1800-2000hrs
Jameswood School
Beavers: Monday
1800-1930hrs Bldg. 21

REGISTRATION:
Sat. 9 Sept 95, 1000-1500,
Registration Fair, Bldg. 21
(North)

The 51st Winnipeg Scout Group is a 17 Wing sponsored Scouting program with the goal of developing the self confidence of each child by challenging them with an interesting and fun program that promotes achievement and friendship. We have a very active program with plenty of crafts and outdoor activities including orientation, field craft, camping and canoeing. We also conduct a number of special group activities such as a family sleigh ride, banquets and BBQs.

The group is in need of leaders for the three programs and parents to serve on the group committee. Interested individuals are requested to visit our booth at the registration fair or contact:

Bill Neumann at
897-4234, Loc 5755

Terry Procyshyn (Scouts) at
888-3196, Loc 2064

Bill Lawrence (Cubs) at
888-5429, Loc 2338

Tim Truant (Beavers) at
832-0957, Loc 5285

CFB WINNIPEG JUNIOR CURLING CLUB

CFB Winnipeg Curling Club will be accepting new applications for junior curlers, ages 9 through 20, for the 95/96 season. Novice curlers are welcome.

Our junior curling program operates every Monday, from 4:30 to 6:00 p.m. The registration fee is only \$20.00 and includes a windup banquet at the end of the season with trophies, prizes and food for all the curlers.

For further information please call Steve Sanderson:
Home 477-5801;
Work 983-8610.

17 WING MIXED BOWLING LEAGUE REGISTRATION FAIR

9 Sept 95 -
10:00 am to 3:00 pm Bldg 21
For additional info call
MCpl Dave Story at
489-7975.

CURLING SEASON - JUST AROUND THE CORNER

There will be a general membership meeting at the Curling Club on Wednesday, 13 September 1995 at 7:00 PM. Application forms for the 95/96 season are now available for Men's, Ladies', and Mixed Leagues. For further information contact the Curling Club at 888-4354 or 833-6802.

UNDER NEW MANAGEMENT

THRIFT SHOP

34 Bourkewood Place

Hours of Operation
Tues 6-8 pm
Thurs. 1-3 pm
Sat 10 am - 3 pm

Clothing, books, household items, toys & more
Accepting articles for donation or consignment
For details call
Peggy Kuffner 885-2663

WOOD HOBBY SHOP GRAND OPENING

When: 6 Sep 95 1900 hrs
Where: North Site - New Community Centre
Who: Major Fred Eidt, local 6237, President
Capt Steve Wilson, local 5809, VP
Sgt Gilles Lantagne, local 5346, Manager

SILVER HEIGHTS COMMUNITY CENTRE

Make a note on your calendar! Registration for hockey and ringette will take place:

Wed. 6 Sep 7:00-9:00 pm

Sat. 9 Sep 10:00-1:00 pm

Wed. 13 Sep 7:00-9:00 pm

Bingo subsidies will again be available to those who register by these dates. And don't forget SUNDAY NIGHT BINGO! September marks five years for our very successful BINGO program. Games start at 7pm, doors open at 6pm. Non-smoking hall available.

WESTVIEW DANCE CLUB

Westview dance club will have their 1995 Registration with Open House and Practice lesson for anyone interested in learning ballroom dancing - "i.e. Cha Cha, Rumba, Foxtrot, Waltz, Samba, Swing, Quickstep, Tango" at beginner, intermediate or advanced levels. Time 7:00 to 9:00 PM Wednesday Aug 29th at St. Andrew's Church Hall, 2700 Portage Ave. Returning members are invited to register Thursday Aug 30 same time and place.

For more information call Dave or Sybil at 885-2094 or Peter or Rosemary at 837-5777."

DEER LODGE HEART OF GOLD LOTTERY

The Deer Lodge Foundation congratulates the winners of the 1995 Heart of Gold Lottery. We thank them and the thousands of others who supported this year's lottery. Your support helps the Deer Lodge Foundation to continue to develop new and better services for Manitoba's seniors.

Grand Prize Truck and Trailer

Mike & Norma Junker
\$1,000 Gold Certificates

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Sandy Mclvor

Jocelyn Berkis

Pricille Grywacheski

Ida Stenberg

Marion Haffner

Joan Grabowsky

\$1,000 Home Cleaning

E. Hawcroft

D. Lynn Williams

Eva Dickinson

France Hebert

E&T Ewald

FORT GARRY LIONS FOOTBALL

Attention all 11 and 12 year old boys living in Fort Richmond, Richmond West, Linden Woods, Whyte Ridge, St Norbert, Oak Bluff, Ft Whyte, River Heights, South Fort Garry & communities outside the perimeter.

Do you want to be a football hero? Well, football season will soon be upon us, and after an extremely successful year the Fort Garry Lions are anxious to start the season off with a ROAR!!!

Last year the Pee-Wee team won the City Championship with a 11-0 record and hope to repeat the performance this year. Practice has already begun. The team practices Monday - Wednesday and Friday from 6:30-8:30 All practices are held at the Lions Field on Clarence and Waverley by the Century Arena. The season opener is 20 August so don't delay. All you require is a strong desire to play football, all equipment is provided

So if you are looking for an exciting, action packed sport, come out to a practice and get suited up. For further information contact Captain Bill Hewson, Head Coach & Trainer, Local 5464 or 269-7155.

GO LIONS GO !!!



YOUTH BOWLING COUNCIL (YBC)

YBC is a Bowling League for youths 5-19 years of age. This league consists of different divisions according to age as of 31 Dec 95:

Pee Wee - 5-7 (31 Dec 95)

Bantam - 8-10 (31 Dec 95)

Juniors - 13 (31 Dec 95)

Seniors - 14-18 (31 Dec 95)

Registration will be held at the Registration Fair, 9 Sep at Bldg 21. Bowling takes place on Sat. The time is dependent on the number of registrations received in each group.

Bowling will commence on 16 Sep at the following times: Pee Wees - 10:00; Bantams - 12:00; and Jrs/Srs - 2:00. Depending on registration, the Pee Wees and Bantams may be combined and bowl at 10:00 with the Jrs/Srs at 12:30.

All YBC leagues are affiliated with the National YBC in Toronto. This entitles

us to receive all badges and partake in all tournaments, one of which leads to a National Champion. Registration Fee for Westwin YBC is \$15.00 per child; \$8.00 is forwarded to Head Office, with the remainder being held for use by our YBC league in paying the cost involved at tournaments. Also this helps to pay for the bowling banquet and trophies at the end of the year. There will also be a bowling fee each week of \$4.00 for Pee Wees (two games), and \$5.00 for all others (three games). This price includes all alley fees with the rest going into the prize fund. As the registration fee has not been increased for many years, yet the trophy and banquet prices have increased substantially over the years plus the National YBC fee has doubled. The increase in the bowling fees is required to cover lost prize money due to bowlers

being absent.

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

Bowling will commence 16 Sep, and the following week teams will be made up. Bowling season runs from Sep to end of Apr with a couple weeks break at Xmas.

Shirts and pictures are available later in the year if you wish to purchase at a nominal fee.

Scorekeepers are required each week for the Pee Wee and Bantam divisions. Any further information may be obtained by phoning Jackie Gallagher, YBC Director at 837-6729 after 5:30 pm or at the alley at 833-5976 on Sat.

BASIC SCUBA COURSE

Interested in learning to scuba dive? Then have we got the course for you! The CFB Winnipeg Goldeyes Scuba Club is one of the most active scuba clubs in the province of Manitoba and we are about to start our Fall 1995 training program with a BASIC SCUBA COURSE. The following information will put you on the right track to becoming a qualified scuba diver and enjoying all the fun and excitement of the underwater world:

What: Basic Scuba Course

Where: Westwin Pool, Bldg 90

When: Tuesday Nights, starting 19 Sept 95

Registration: On 14 Sept, 2000 hrs, during a "Discover Scuba" open house event or 19 Sept 95 at 1900 hrs (course starting date).

Cost: Regular Members \$230.00 GST included.

Ordinary and Associate Members \$255.00 GST included.

Cost includes all course materials, certification, use of tank, regulator, and buoyancy compensator, air fills, Goldeyes and Manitoba Underwater Council memberships.

RAM: A valid Recreation Association Membership Card (Privilege Card) is required when registering. Contact the Recreation Council office in Bldg 90, 833-5976 for details.

Age: You must be 15 years of age or older by the open water certification in May 96.

Equipment: You will require your bathing suit, a towel, a notebook and a pen at the start of the course.

Information: For additional information contact Capt Denis Talbot 833-6361 (W), 488-4625 (H) or Ed Stark at 833-6557 (W), 895-2903 (H). **OPEN HOUSE 14 SEP AT 2000 HRS.**

HIGHLY FLAMMABLE HOUSEHOLD AEROSOL SEALANTS A POTENTIAL HAZARD

OTTAWA - Health Canada today warned consumers about the potential for serious burns from the improper use of household aerosol sealant products "Leak Sealer" (354 g) and "Stop Leak" (310 g).

These products, used to seal cracks or leaks on a variety of surfaces both indoors and outdoors, contain flammable ingredients which can be ignited by sources such as furnace and water heater pilot lights.

To date, Health Canada is aware of 14 cases involving burn injuries or property damage after using these products. These incidents occurred after accumulated vapours spread throughout a room and were ignited by an ignition source, such as a pilot light causing a flash fire.

Under the Hazardous Products Act, labels on these products display hazard symbols and warning statements related to flammability. At the request of Health Canada, the importers

have already provided additional warnings on their product labels which will help consumers to use these products safely. Consumers can identify the containers with the additional warnings by looking for a highlighted red background with white lettering on the back or side panel.

When using such household aerosol sealant products, especially indoors, consumers should:

- extinguish all pilot lights before use;
- read all warning labels/symbols and follow the manufacturers' directions for use;
- use the products only on small jobs, never for sealing large surfaces such as entire walls, etc.
- always use these products in the presence of good cross-ventilation forced to the outdoors, and continue ventilation during the drying phase.

Consumers should not:

- use these products near

flame sources such as pilot lights on gas or oil appliances, furnaces, water heaters;

- use these products near electrical appliances and motors, or spark-producing equipment such as light switches or baseboard thermostats;
- smoke while using these products;

Anyone who does not know how to turn off pilot lights should contact their local gas or oil company for assistance before using household aerosol sealant products.

Consumer inquiries may be directed to the nearest Health Protection Branch (Product Safety) office of Health Canada.

Consumers with questions about "Leak Sealer" can call Magtar Sales Inc. toll free number: 1-800-387-7446.

Consumers outside Quebec with questions about "Stop Leak" should call Supertek International TV Products' toll free number: 1-800-839-3332.

Summer Fencing at 17 Wing

The Lightning Fencing Club has had a head start this season. Throughout the summer, Lightning's head coach, Patti Howes has been teaching fencing workshops through the Kidventure summer programme offered by the MFRC. Dozens of children have now been introduced to the sport, which is not only fun, but also helps to develop balance, coordination, fitness, and problem-solving skills for children.

Besides introducing children to the art of sword-play, the workshops also served to promote the Lightning Fencing Club which will offer a brand new children's recreational fencing programme this fall. The new programme is open to children aged eight and older. The classes will take place on the North side of 17 Wing, every Saturday morning. There are two time slots available; 10:00 - 11:00 and 11:00 - 12:00. The programme

is designed for beginners, and children will be grouped according to age.

Youths 13 years and older are encouraged to join our Friday night adult programme at Lipsett Hall. This class is geared towards those who have always wanted to try fencing - so here's your chance!

When joining one of the Lightning Fencing Club beginner programmes, all necessary equipment (jackets, masks, and foils), are provided. The coaches are all qualified under the National Coaching Certification Programme (NCCP). Head coach Patti Howes, is a certified Level III coach under the NCCP. This past year, the Lightning club was proud to have seven of its members make the 1995 Canada Winter Games Team as well as two members on the senior Provincial Team.

If you are interested in learning to fence, or have previous fencing experience

and would like to fence again, give us a call. For more information contact Patti Howes at 489-3404 or Capt David Howes at 833-6308. Be sure to visit our table and watch our demonstration at registration day, September 9, 1995.

17 Wing • Winnipeg

Lightning Fencing Club

Fall programmes for youth and adults are available. Drop by our display at the 17 Wing Activity Day, Saturday 9 Sept 95, and we will answer all your questions. It is a great aerobic workout and really is fun! For additional information, please contact Patti at 489-3404.

If you haven't tried this exciting activity, you're really missing the point!



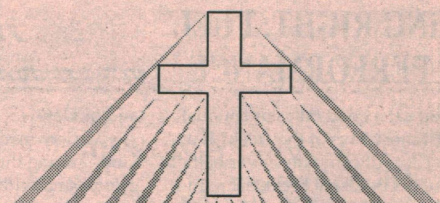
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Military Personnel - Funding is available for career training if your Term of Service is at or near completion. See your BPSO for information.

FOR INFORMATION CALL KERRY (403) 291-0460 CALGARY, ALBERTA.



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!

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Exp. Sept. 23, 1995

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(min. 4 items: suedes, leathers, furs & wedding gowns excluded)

valid anytime at St. James locations only (please present coupon with incoming order) (not valid in conjunction with any other offers)

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up to \$100.00 value

Classic CLEANERS

Valid for any dry cleaning at 50% off the regular price.
(min. 4 items: suedes, leathers, furs & wedding gowns excluded)

valid anytime at St. James locations only (please present coupon with incoming order) (not valid in conjunction with any other offers)

EATING RIGHT: FUEL FOR PERFORMANCE

Do you eat a good (alias nutritious) breakfast most days of the week? If not, you have lots of company. Over half of CF members don't eat breakfast regularly. This is a shame because breakfast plays a big part in a healthy diet. It also sets you up for a productive day.

With a nutritious breakfast under your belt, you concentrate better, are less likely to suffer from hunger headaches, and aren't tempted to overeat during the day. (Research shows that a high percentage of overweight people do not eat breakfast.) Breakfast should provide one-quarter to one-third of your daily requirements in energy and nutrients.

What about your food choices when eating in a CF dining hall or at a restaurant? There are always tasty temptations, but do you usually choose the lower-fat, lower-calorie items? To help you out, there are sometimes signs noting these items and they are often marked on menus. If not, you can ask for some guidance from your server.

If you're looking for some general pointers on diet and nutrition, Canada's Food Guide to Healthy Eating is a great place to start. You can get a copy of the Food Guide from your unit medical staff or Food Services section on your base. The person in your family who is most involved in food preparation should keep a copy in the kitchen for handy reference.

The Guide's advice is easy to live with. For example, it encourages you to strive for a diet that is varied, balanced,

STRENGTHENING THE FORCES

PROMOTING HEALTH IN THE CF

and moderate:

- Variety means a wide selection of foods among the Guide's four food groups and within each group. As much as possible, choose foods close to their natural state (e.g., fresh fruits and vegetables in season).

- Balance refers to a balance of both nutrients and calories. To ensure a balance of nutrients, follow the Food Guides recommendations. A balance of calories comes from an appropriate level of calories consumed in food and expended through physical activity. A proper balance will help ensure that you maintain a healthy weight.

- Moderation means being modest in your serving sizes as well as limiting your intake of fat, alcohol, caffeine, salt, and sugar. By being moderate, you can avoid eating too much or too often, or selecting food choices which are too limited.

Controlling fat intake is an essential part of healthy eating.

To help do this, you can choose skim, 1%, or 2% milk, and go for lower-fat cheeses. You can also choose lean meat, fish and poultry, trim off visible fat, and avoid coatings and frying when possible. You may also want to consider alternatives (like tofu, dried peas, beans, or lentils) more often.

While food gives you the fuel you need for daily performance, eating should also be a pleasurable experience. Slow down and enjoy the aroma and taste of food. Whenever possible, make meals a time for companionship, talking, and laughter.



BIEN MANGER, C'EST FAIRE LE PLEIN DE SUPER

ÉNERGISER LES FORCES

PROMOUVOIR LA SANTÉ DANS LE CF

Prenez-vous un bon déjeuner (bon = nutritif) presque tous les matins? Si vous ne le faites, vous n'êtes pas le seul. Plus de la moitié des membres des FC sautent régulièrement le déjeuner. Dommage, parce que ce repas joue un rôle très important dans une saine alimentation. Il vous prépare pour une bonne journée de travail.

En prenant un bon déjeuner bien nourrissant, vous augmentez votre concentration et vous réduisez les risques de souffrir de maux de tête dus à la faim. Vous êtes aussi moins tenté de trop manger durant le reste de la journée. (Des recherches révèlent qu'une proportion élevée d'obèses ne déjeunent pas.) Le déjeuner devrait fournir entre le quart et le tiers de votre apport quotidien en énergie et en éléments nutritifs.

Passons maintenant à ce que vous mangez à la cafétéria des FC ou au restaurant. Tout est tellement tentant! Choisissez-vous généralement les plats les plus faibles en gras et en calories? Pour vous aider, ils sont parfois identifiés. Vous pouvez aussi demander conseil au serveur.

Pour connaître les principes de base d'une saine alimentation, fiez-vous au Guide alimentaire canadien. Vous pouvez vous en procurer un auprès du personnel médical ou des services de restauration de votre unité. Chez vous, gardez-le dans la cuisine, à portée de main de la personne qui prépare les repas.

Les conseils du Guide alimentaire n'ont rien de bien sorcier. Par exemple, il vous recommande la variété, l'équilibre et la modération.

- La variété consiste à consommer des produits des quatre groupes d'aliments,

en diversifiant vos choix. Il est préférable de manger les aliments dans leur état le plus naturel possible (fruits et légumes frais en saison, par exemple).

- L'équilibre se rapporte à la fois aux éléments nutritifs et aux calories. Pour vous assurer de consommer suffisamment de chacun des éléments nutritifs, il vous suffit de suivre les recommandations du Guide alimentaire. Dans le cas des calories, il vous faut chercher le juste équilibre entre les calories que vous consommez et celles que vous dépensez par l'activité, ce qui vous permettra de maintenir un poids-santé.

- La modération consiste à être raisonnable dans vos portions et à limiter votre consommation de gras, d'alcool, de caféine, de sel et de sucre. Le principe de la modération vous évitera de manger trop ou trop souvent, ou de choisir des aliments peu nutritifs.

La réduction de votre consommation de gras est également une condition essentielle à une saine alimentation. Pour vous y aider, privilégiez le lait écrémé, à 1% ou à 2%, ainsi que les fromages les moins gras. Optez aussi pour des viandes, des poissons et des volailles maigres; enlevez le gras visible et évitez autant que possible la panure et la friture. Vous pouvez aussi essayer de manger plus souvent des substituts de la viande, comme le tofu, les haricots secs, les fèves et les lentilles.

Les aliments vous fournissent le combustible nécessaire pour accomplir vos tâches quotidiennes. Mais ils sont aussi une source de plaisir. Mangez doucement, prenez le temps de bien goûter vos aliments, de profiter de leur arôme. Essayez de faire de chaque repas un moment agréable, pour parler et rire en bonne compagnie.

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CANADIAN FORCES RECRUITING CENTRE WINNIPEG

There comes a time in every person's life when they put aside the ordinary daily routine and face a challenge, whether expected or unexpected. For the CFRC Winnipeg Adventure Training Team, it was a well planned and executed challenge.

The team, comprising of the team OPI, Cpl Lee Williams, and the assorted "Sherpas", Capt Mike Candow, Capt Pam Pahl, Lt(N) Fraser Boyes, Cpl Bonnie Lamoureux, and Cpl Mark Morley, took upon ourselves the challenge of Mount Robson, the highest peak in the Canadian Rockies. The object was not to scale the mountain directly, but to hike approximately 44 kilometres to an elevation of approx 5500 feet over rough terrain to Berg Lake and back. Cpl Williams began the planning in November of 1994 for the trek and in keeping with the typical SNAFU's of the military, the green light did not appear until three working days prior to

departure. Needless to say Cpl Williams has a lot less hair and is a little greyer for the experience.

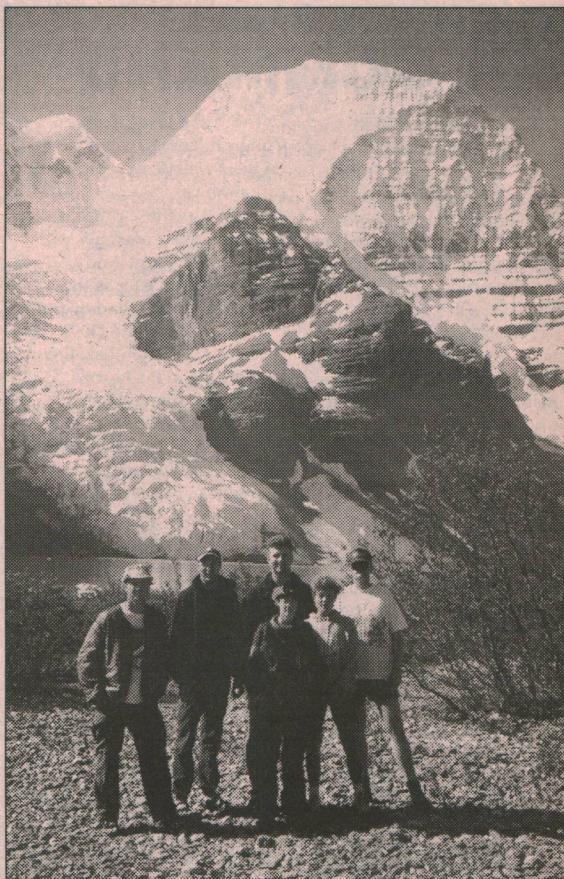
The team flew to Edmonton and arrived at Jasper, AB under cloudy skies and drizzle which led to the conclusion that maybe we hadn't actually left Winnipeg. After discussing this probability and concluding that we were indeed in Jasper, (the chipmunks demanding food gave it away) we established a base camp at "The Whistlers" Provincial Campground located just outside of Jasper. After a meal of burnt hot dogs over an open fire, the team went to ground (that's army talk for sleep).

The first two days of trekking proved to be the "ultimate", as we confronted various forms of wildlife along the way, the most memorable being the Marmot which ate a large portion of Capt Candow's trail mix. As much as we would have wanted to, we did not come across any

type of bear, as they had obviously hightailed out of Mt Robson for the Mielt Hot Springs.

The first real obstacle we encountered was the climb from Whitehorn camp to Berg Lake on our second day. The climb was approximately three km in length and almost vertical (in our opinion anyway). Although the climb was arduous and the oxygen getting thin, morale was high. We popped out at the top at around lunch time just as the sun broke through, revealing the beautiful valley of trees and water we had climbed up from. After a quick lunch above the tree line of noodles and tabasco sauce (which Cpl Morley now swears should be a staple in everyone's diet), we were off again to Berg Lake.

Reaching Berg Lake we were very surprised to find a large and accommodating cabin to cook in and, of course, to burn Cpl Lamoureux's Jiffy-Pop popcorn. If you ever have the



THIS IS DEFINITELY NOT MANITOBA!
From left to right- Capt Mike Candow, Cpl Lee Williams, Lt(N) Fraser Boyes, Capt Pam Pahl, Capt Bonnie Lamoureux, Cpl Mark Morley.



DEFINITELY NOT OFFICE EQUIPMENT!
From left to right: Cpl Lee Williams, Capt Mike Candow, Cpl Bonnie Lamoureux, Capt Pam Pahl, Lt(N) Fraser Boyes, Cpl Mark Morley

opportunity to hike the Rockies ensure that you include Mount Robson and Berg Lake. The view of Mt Robson with two glaciers cascading down its sheer cliffs as the backdrop for a pristine mountain lake, so cold that it literally was filled with icebergs floating freely unaffected by the warm June sun, is truly inspiring. You begin to appreciate the magnitude and majesty of the mountain and just where you fit in the great scheme of things.

Enjoyable company and perfect weather contributed to the trip down the mountain the next day. Being the gung ho

soldiers that we are, we decided to hike the last 22 km in one vice two days. The only near fatality we had was Capt Pahl's two "small stumbles" on the way down, which would have put her at the bottom in record time. We all arrived in one piece, however, and promptly posed for a pyramid, packs on, with Lt(N) Boyes' football frame taking the bulk of the weight. To sum up, it was a trip that was better than we could have imagined. KUDOS to Cpl Williams, you can have Saturday afternoon off, but be in all that much earlier on Sunday.

CANADIAN FORCES (CF) RECRUITING: ADJUSTING TO THE DEMOGRAPHICS OF THE 90S

The CF endorses a pro-active recruiting programme oriented towards attracting individuals of both genders and from all ethnic-cultural backgrounds. In the current recruiting climate, a concern of recruiters is to ensure the general public continue to recognize the CF as a viable employment option, open to all segments of society. One particular challenge is the communication of this message to individuals who have minimal exposure to the CF or those who may have developed misconceptions about the military based on experiences in their countries of origin.

To assist in this endeavour, the Western Recruiting Zone (WRZ) has initiated internal training and other pro-active approaches for its recruiters so that they can provide potential applicants with a realistic understanding of the CF and the opportunities it offers. Canadian Forces Recruiting Centres (CFRCs) are actively educating their members in the subtle distinctions and nuances associated with the numerous ethnic communities that make up Canada's cultural mosaic. For example, these units have expanded their reference libraries to include literature on employment equity and

books describing the historic/cultural orientation of the diverse population which exists in their areas of responsibility.

Additionally, specific courses have been developed aimed at increasing the recruiters knowledge of cultural diversity. For example, all incoming recruiting staff receive a half day cultural awareness seminar as part of the Zone Recruiting Course. Other courses such as the Native Cultural Awareness Course (NCAC), expose recruiters to unique aspects of specific cultures. It is believed that through proper education

members of the recruiting system can develop a better understanding of the population from which they draw their applicants.

Recruiters are also encouraged to make contact with organizations representing the population groupings within their areas. Interaction with representatives of these organizations enables them to participate more fully, in career fairs, exhibitions and special events organized by various cultural groups. By broadening the scope of recruiting initiatives and striving to provide information to all segments of the population, the

CF increases their pool of potential candidates and, as a result, is rewarded with a higher calibre of recruit. To this end, the recruiting system must continue efforts to provide employment opportunities to all qualified members of society. Accomplishing this task will require continued education of recruiting personnel and the active pursuit of new and innovative avenues of approach into communities which may not be fully aware of the opportunities awaiting them in the CF.

TELECOMMENTS FROM THE DCOS TIS DIVISION - AIR COMMAND

This summer, four personnel from the Deputy Chief of Staff Telecommunications and Information Services Division of Air Command Headquarters received promotions, as presented by Colonel D.S. Lay, DCOS TIS.

Sgt Crump will be taking up new duties with the 17 Medical Company at Minto Armouries in Winnipeg. MWO Arsenault has been transferred to the Sqn Warrant Officer's position at 706 Comm Sqn Borden. MWO Livingston has been dual hatted as the Telecom Warrant Officer/Technical Warrant Officer with 17 Wing Telecom Sqn/733 Comm Sqn Winnipeg. And CWO Rowland has the unique challenge of helping implement the new Radar and Communications section within the recently formed Aerospace and Telecommunications Engineering Support Squadron

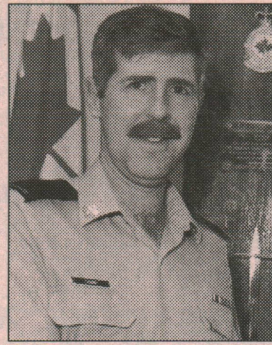
(ATESS) at 8 Wing Trenton. Congratulations to everyone on their well deserved promotions.

As well as those promoted members mentioned above, this APS saw Capt Andy Sweetnam move on as the Maintenance Installation and Training Officer at ATESS Trenton, CWO Ken Lazell will be working in the North Warning System Office at NDHQ, and MCpl Dan Roy is posted to 8 Wing Telecom Sqn Trenton. Best of success to everyone at their new postings.

Unfortunately, this summer also saw a large amount of our members take their release by opting for FRP. From left to right (the Class of '95) are as follows: WO Roy Whitehead, Capt Laura Kissmann, Capt Shelley Grundy, (Col Lay - He's still with us, just happened to be in the photo), Capt Nicole Burgess, and Maj Rod Borm (missing from

photo: WO Jay Pyne). As well, Capt John Degroot and Capt Rick Duff (who will be running his new INTERNET business) also took the FRP earlier this year. Lastly, Chris Dunn left the division in late July to work in Information Services for the Culture Heritage & Citizenship Department of the Manitoba Provincial Government. A sincere best wishes to all, especially in your future endeavours.

The DCOS TIS Division has also been undergoing some massive changes lately. Effective 1 Aug 95 the Radar and Communications responsibilities were moved from Air Command to 8 Wing Trenton. So if your radar is on the blink, give Trenton a call. This Radar & Communications section will be integrated within ATESS. Further re-engineering/rightsizing of the DCOS TIS Division is expected.



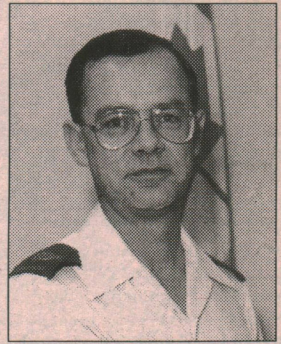
Sgt Cam Crump



MWO Frank Arsenault



MWO Ron Livingston



CWO Rollie Rowland



From left to right (the Class of '95) are as follows: WO Roy Whitehead, Capt Laura Kissmann, Capt Shelley Grundy, (Col Lay - He's still with us, just happened to be in the photo), Capt Nicole Burgess, and Maj Rod Borm (missing from photo: WO Jay Pyne).

HUMANITARIAN AID TO CF PEACEKEEPING OPS

From time to time the Government of Canada employs the Canadian Forces in support of other government departments, or civilian aid organizations, to deliver humanitarian aid. The CF assists in the delivery of aid to locations all over the world. This is done when there is unused space on transport aircraft travelling on missions to, or near, aid destinations.

Recently there have been some problems with impromptu efforts by members of the CF and the RCMP to organize aid shipments to theatres of operations. While it is recognized that personnel on operations are often exposed to suffering and need, and naturally wish to become personally involved, their initiatives have resulted in numerous unsupportable requests for assistance, and misuse of the postal system by relatives and friends.

Recent experience has shown that unsolicited aid is too often a part of the problem rather than a solution. Inappropriate, unnecessary, or unwanted material simply strains the financial, trans-

portation, storage and distribution systems and capacities. Experienced relief agencies assess the needs of the area and respond accordingly so that those needs are met

Only rarely does DND transportation have unused space for humanitarian aid. CF aircraft and ships proceeding to operational areas, such as the former Yugoslavia or Rwanda are usually full and requests are often denied due to this lack of space.

However, there persists a misconception, often on the part of DND and RCMP personnel in theatre, that DND will routinely move humanitarian aid on deployment and sustainment flights, and through the CF Postal System. This has caused wasted effort by contributors and frustration for all involved.

In the worst case, aid may be perceived to be favouring one ethnic group over another. This can make the delivery of aid a factor in the conflict. As well, good intentions may be ruthlessly exploited by the different factions. This jeopardizes the operational mission and may compromise

the safety of CF personnel in the mission area.

Canadian Government policy concerning transportation of humanitarian aid on CF transport resources, including the CF Postal Service, to contingents serving on international operations is clear.

Humanitarian aid will not normally be transported by DND to the contingents unless it is part of an international programme.

The DCDS will consider all requests for humanitarian assistance and seek the appropriate approval if considered worthwhile.

CF personnel shall not initiate or encourage charitable or humanitarian aid projects that rely on use of CF transport without seeking approval through the appropriate chain of command. CF personnel pursuing such projects shall avoid raising false expectations which DND cannot, or should not, fulfill.

Those wishing to help less fortunate countries are encouraged to contact one of the following organizations:
1) Canadian Red Cross Society, International Services

Department, 1800 Alta Vista Drive, Ottawa, Ontario, KIG 4J5.

2) United Nations High Commission for Refugees. 401-280 Albert Street, Ottawa, Ontario, KIP 5G8.

3) UNICEF Canada, 443 Mt Pleasant Rd, Toronto, Ontario, M4S 2L8.

4) CARE Canada, P.O. Box 9000, Ottawa, Ontario, KIG

4X6.

While the provision of humanitarian aid is a worthy endeavour that DND supports when it can, operational requirements must come first. Soon a brochure, jointly prepared by DFAIT, CIDA, and DND, will be widely distributed to Canadians, effectively guiding the efforts of those who want to help.

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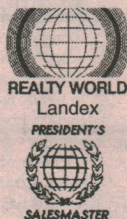
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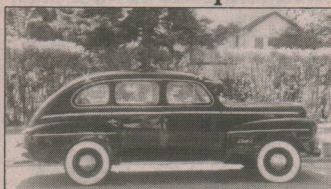
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