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VOL. 43 ISSUE 15

17 Wing Winnipeg / 17e Escadre Winnipeg

SEPTEMBER 6, 1995 / FREE

VJ-DAY: 50th ANNIVERSARY



VJ-DAY MEMORIAL SERVICE

The Wing Commander, Col Joe Sharpe, and the Wing Chief, CWO Reg Clemons, prepare to lay a wreath to honour those that lost their lives in the Second World War during the Brookside Cemetery Re-dedication/VJ-Day 50th Anniversary Service on 13 Aug 95. (Photo by MCpl Rick Ruthven, 17 Wing)

By Capt Neil Kinley

On August 13, 1945 Japan announced its surrender, marking the end of the Second World War. VJ-Day, for Victory over Japan, was an important day for the city of Winnipeg. Hundreds of soldiers from the Winnipeg Grenadiers were being held as prisoners of war by the Japanese, and families were overjoyed that their sons, husbands, and fathers would be coming home soon.

The Winnipeg Grenadiers had been dispatched to help fortify Hong Kong, but shortly after their arrival in late 1941 the Imperial Japanese Army launched a full scale assault on the British colony. The Grenadiers and the Royal Rifles of Canada, from Quebec, suffered large numbers of casualties. As POWs they were treated inhumanely and many more did not survive captivity.

Many are buried in cemeteries in Hong Kong, while others, including survivors of POW camps, are buried at the Brookside Cemetery in Winnipeg. It is fitting that Winnipeg's commemoration of the 50th Anniversary of VJ-Day was the Rededication of the Brookside Cemetery.

Manitoba Lt.-Gov. Yvon Dumont, the Member of Parliament for Winnipeg-St. James, John Harvard, and BGen Ray Henault, the Air Command Chief of Staff Operations and a variety of military, and veterans organizations laid wreaths during the service.

17 Wing Commander, Colonel Joe Sharpe, assisted by CWO Reg Clemons, the Wing Chief Warrant Officer, laid a wreath on behalf of the base. Two CT-114 Tutor jets from the Central Flying School provided a dramatic flypast that included one jet breaking off from the formation over the cemetery.

The Wing provided a Guard of Honour and Sentinels for the service.

VETERANS ON PARADE



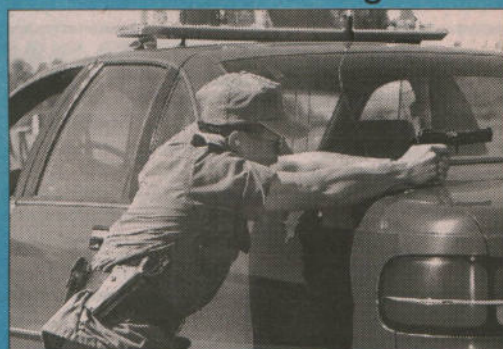
Veterans and flag bearers, including those of the Royal Canadian Legion, Hong Kong Veterans Association, Wartime Pilots and Observers Association, the Royal Canadian Air Force Association, and the Army, Navy, and Air Force Association, march through Brookside Cemetery. They were participants in the Brookside Cemetery Re-dedication/VJ-Day 50th Anniversary Service on 13 Aug 1995.

SENTINEL



Sentinels maintain their position during the Brookside Cemetery Re-dedication/VJ-Day 50th Anniversary Service on 13 Aug 95. (Above photos by MCpl Rick Ruthven, 17 Wing)

Thunderbird Challenge 1995



17 Wing Leads the Way
...see page 8 for details

BLOOD DONOR CLINIC REPORT / RAPPORT SUR CLINIQUE DE SANG

By Capt E.S. Duguid,
Red Cross Clinic Co-ordinator

The Red Cross Blood Donor Clinic recently held at 17 Wing on 15 Aug 1995 resulted in a total of 130 Wing personnel registering to donate blood. Of the 130, 05 were new donors, who

will hopefully continue to attend future clinics. As Wing Co-ordinator, I wish to personally thank the donors, the section canvassers, and the many volunteers who contributed and whose effort made this clinic a success to this most worthy of causes.

Dans le cadre de la clinique de sang qui a eu lieu le 15 Août à la 17e escadre de Winnipeg, un grand total de 130 personnes ont donné du sang. Cinq de ceux-ci étaient nouveaux donneurs et qui j'espère vont continuer à donner du sang dans nos

prochaines cliniques. En tant que coordonnateur de l'escadre je tiens à remercier personnellement tout les donneurs, les représentants de chaque section et tout les volontaires qui ont contribué à la réussite de cette clinique.

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2PPCLI

You are part of a military convoy, cruising across the Prairies to partake in another Bn exercise, when you notice a column of smoke and dust approximately 2 km down the highway. "Just a dust cloud or some farmer burning #@\$~", you think. Within a few minutes, your vehicle pulls up to a vehicle accident. It is a head on collision involving a Cadillac and a semi; the car has flipped over and is pinned under the truck, trapping its occupants.

You rush to the scene with two of your fellow soldiers. Hot oil and diesel from the truck is spraying everywhere and the air is filled with fumes and steam from both vehicles. From the car you hear the sounds of two people, an elderly gentleman and a lady, who seems to be choking very loudly.

What do you do?
Cpls Proulx, Young and Weber, from the Second Battalion Princess Patricia's Canadian Light Infantry, were confronted with the situation described above. Upon their arrival at the scene of the accident, they were told by the trucker to stay away from the vehicles because he "...didn't know what was going to happen..." with the diesel leaking everywhere. Not willing to stand around while two people were trapped in the car under the truck, the three quickly assaulted the scene of the accident. Cpl Proulx and Cpl Weber crawled under the truck, through the spraying diesel and hot oil to get to the occupants of the car.

They could only see the driver; the passenger was heard buried deep in the wreckage. Cpl Weber crawled out to help Cpl Young pry the car door open; the two worked as if possessed, trying

furiously to pry the door open.

Cpl Proulx managed to wiggle through the shattered windshield and put a field dressing on the driver's head. He stayed with the man comforting him until the door was pried open by Cpls Young and Weber.

Cpl Proulx crawled out from under the truck just as the paramedics arrived. By this time, the door was pried open and the steering wheel was cut out,



Cpl Proulx of 2PPCLI of 17 Wing Winnipeg.

allowing the paramedics to get to the casualty immediately.

Exactly 12 days after this incident, Cpl Proulx was driving back to Winnipeg, doing a route recce for the Bn redeployment. About 2 Km short of the place of the first accident, he was describing the afore

mentioned incident to the driver when he saw a group of people running to a tractor, which had apparently run into a telephone pole.

They turned their vehicle around immediately to provide assistance. When they arrived at the scene of the single vehicle accident, they discovered the man on the tractor had lost consciousness and drove into the pole. The people at the scene before Cpl Proulx were almost in a state of panic. They had applied CPR but unfortunately had broken several ribs in the process.

Cpl Proulx took over and applied CPR until the paramedics arrived approximately ten minutes later and relieved him.

Cpl Proulx's efforts saved one valuable life, that of the driver of the Cadillac involved in the first accident. The passenger of the same car died at the scene. The casualty from the tractor died of a cardiac arrest in the hospital several days after the accident.

By chance, or fate, the military's training in First Aid and leadership were put to the test on two occasions. Cpl's Proulx, Young and Weber demonstrated confidence in their abilities and training by working together in an uncertain and potentially dangerous environment.

Although Cpl Proulx, Young and Weber have been commended for their efforts by the families of the people involved in the accident, the RCMP, and the local media, the Second Battalion would like to take this opportunity to congratulate these soldiers for their excellent performance in an extremely challenging situation.

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Produced by/Produit par PEMBINA PRINTING LIMITED

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VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col G.E. Sharpe, CD. Opinions and views expressed do not necessarily reflect those of the Editor, the Wing Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. Correspondence should be addressed to:
VOXAIR, 17 Wing Winnipeg, Westwin, Manitoba R3J 3Y5

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DEADLINE 8 SEP 95/DATE DE TOMBÉE 8 SEP 95
NEXT ISSUE 20 SEP 95/PROCHAINE ÉDITION 20 SEP 95

Chinthe Bits

By Capt Gern Blanstern

I keep having this recurring feeling that I have been here before. Every two months or so I have this sensation that I have already had this experience, or lived out this scene. "Déjà vu," is the appropriate term, I believe.

What is the scene, you ask? It's the one where I am sitting at a ... battered old underwood. It is late afternoon, on a Thursday or Friday. I sit and stare at the blank page expecting the words to miraculously appear in coherent sentences. Putting my coffee cup back on the desk I reach for the crumpled package of Marlboros. Just as I snap open my battered old Zippo the door creaks, announcing a customer. The scent of her perfume reaches me before I can turn around. I stub the butt in the ashtray, and turn to face her. This is a dame unlike any other: classy, sophisticated, and dressed to kill. She is a feisty redhead, with looks to match. She saunters across the room as she sizes me up.

"I've got a question for you, and I want a straight answer," she states, with ice in her voice. "That's my job, ma'am. I provide answers," is my cool reply.

"Have you finished your article for The Voxair?" In an instant I recognized her: it is my wife, and I am in trouble. "That depends," I countered. "Finished is such a vague term. Besides, I don't have much to write about these days. The creative juices aren't really flowing that well."

"You don't have anything to write about? That's the most absurd thing you've said this

afternoon." Her attitude implies that I say a lot of absurd things. "You belong to an operational C-130 squadron, the only tri-roled squadron in ATC, I might add. There have to be dozens of things you can write about."

"Well if you know so much, lady, maybe you should write the article." That should get her. She'll back down now.

She looked wistful. "You know, that's not a bad idea. If I were to write an article, I would have lots of good ideas. Take for example the forest fire evacuations. I would tell about how the Squadron evacuated four communities which were threatened by the raging forest fires in June. I'm sure your readers would like to hear how over a thousand people from Northwestern Ontario and Manitoba were rescued in just one week."

"Oh, yeah. I'd forgotten about that."

"And I would write about all the Search and Rescue operations you guys have done. Unfortunately, not all of them resulted in a happy ending. I'm sure that people want to know that the squadron is there, ready and able to respond to any type of distress."

I was starting to see her point of view. Maybe things were more interesting than I made them out to be.

"How about the day you took the Honourary Colonels flying? That's interesting. I'm sure they were glad they had a chance to go along on some SAR training. What are there names?"

"HCol Haggis for 435 Squadron, and HCol Van Ruiten for 17 Wing," I replied quietly.

"Now they will be able to go and tell everyone they know in the community what good work the Squadron does. Isn't there an air to air refuelling exercise going on?"

"Right you are. Exercise Cope Thunder at Eilson AFB, Alaska. One plane and one crew."

"That's noteworthy stuff. Many people don't know about AAR with the Hercules, let alone that your squadron does it. You should tell more about it. And what about Boxtop? You're leaving me again to go up to Thule for two weeks. If you hadn't told me about Boxtop, I never would have realized how large an operation it is, and how many people and aircraft are involved."

"Some journalist you are," she concluded. "All this good copy available, and you don't make use of it."

I nodded my head in concurrence. She was right. There is always something good going on at 435 Squadron, and people want to know about it. More importantly, sometimes we need someone with an objective opinion, yet who still has a large stake in the matter, to help us see the light.

All of a sudden, I seem to come to. I'm back at my computer terminal with the screen now full of text. I peruse it quickly. Not bad. I look around the room. No coffee cup, no ashtray, no fedora, and only the lingering memory of a dame. I don't know whether it was a dream or not, but I do know that I'm out of time.

Until next time, keep your stick on the ice.

17 Wing's Honourary Colonel receiving Spotter Training



On July 13th, 17 Wing's Honourary Colonel Ben Van Ruiten had the chance to fly on a 435 Sqn SAR Trainer. Here he is receiving some spotter training from Sgt Jim Brown, a 435 Sqn SAR Tech.

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Canadian Forces Community College Network

Considering a Second Career? Get Started with Prior Learning Assessment

By Linda Claggett, Regional Coordinator.
CFCCN

Over the next four years the Canadian Forces and DND civilian employees will have their current positions cut by nearly 17% and a full 33%, respectively. The realities of these cutbacks have many of us planning for a second career.

The process of deciding on our next career can be a difficult one. Those of us associated with the Canadian Forces often become "Jacks and Jills of many trades and masters of none." Or we may be "masters" of a particular trade, but unsure of how that experience translates into a career on "civvy street." Either way wouldn't it be helpful if there were a method by which we could validate all the learning we've gained through work and life experiences? The good news is that there is such a method. It's called Prior Learning Assessment (PLA) and it's available through Red River Community College (RRCC).

According to Deb Blower, PLA Facilitator at RRCC, PLA emphasizes the "what" of learning not "how" it was acquired. PLA allows you to bring together your work, education, volunteer and any other life activities, and apply that experience towards college credits. In this process, you must demonstrate through rigorous assessment methods, that credible learning has taken place. The assessment methods for equivalent learning are:

- Transfer of Credits from recognized post-secondary institutions: documents needed to support the transfer include

transcripts and course outlines.

- Portfolio Assessment: detailed document(s) that articulates your prior learning (see below for information on the upcoming Portfolio Development course.)

- Challenge Process: this includes examinations and skill demonstrations.

- External Course/Program Assessment: this is ongoing evaluation process. An example would include RRCC accepting credits for military and possibly, civilian training.

If you can demonstrate through one of these methods, that what you have learned equals what is normally acquired through formal, post-secondary course(s) in a chosen area of study, then you will be given credit.

The "course" experts are college faculty, who assess the learning and determine the credit awards for prior learning. For example one woman held various administrative positions over a 20-year period. After completing her PLA, she was awarded 16 credits towards a 20-credit Business Diploma.

Here are some highlights of what PLA can do for you:

- validates the learning you have gained through work and life experiences;
- eliminates duplication of learning;
- identifies the college program areas in which you require further study;
- may reduce the cost of a college education;
- may shorten the time you need to complete a college program;

- increases self-esteem and self confidence;
- assists with career development and education planning.

If you are interested in learning more about PLA, you are welcome to attend a free orientation session at RRCC on Thursday, 7 Sept, from 7:00 - 9:00 p.m.

A Portfolio Development course is also being offered this Fall at RRCC, as part of the College's PLA processes. This course will assist you with the development of your portfolio(s) and is a useful tool for self-evaluation, education and career planning. The 40-hour course will run each Wednesday, from 6:00 p.m. - 10:00 p.m., 27 Sept - 13 Dec. and costs \$163.00 (if you are involved in SCAN, you are eligible for reimbursement). If you register for the Portfolio Development course, then your attendance at the orientation session is mandatory.

For more information on the orientation session or to register for the Portfolio Development course, contact the RRCC Continuing Education Department at 694-1789.

Also, if there is enough interest in this course, (or many others!) as CFCCN Coordinator, I can work with the College to have it run on base. Please contact me (Linda Claggett, 833-5115) for more information.

Canadian Forces University Program

The Canadian Forces University Program (CFUP) at the University of Manitoba is designed to enable members of the Canadian Forces and their dependants to complete a university education in spite of the unique demands placed on military personnel and their families. Under the program, university credits can be granted for certain military courses and training, reducing the number of courses required for completion of a degree. Over 800 CF members and dependants took courses under the CFUP last year and more than 6500 have taken courses since the program began in 1974. Nearly 500 have earned a Bachelor's degree and a further 350 registered students have been accepted into full-time attendance within the University Training Plans for Officers and for NCMs.

Mr. Kenn Doerksen, the co-ordinator of the CFP, will make a 30-minute presentation on the program on Wednesday, 20 September, in the WPSO classroom, in Bldg 52, beginning at 0800 hrs. Following the presentation, Kenn is prepared to meet with individuals wishing more detailed information. This briefing will be of interest to anyone, military or dependant, considering further education at the university level, as well as those currently enrolled in the program. For further info, call the CFUP office at 474-8005 or the WPSO's office at 833-5247.

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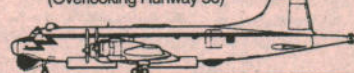
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CFANS

BOXTOP 2/95: RESUPPLYING ALERT

by: Capt Neil Kinley

Hercules aircraft and crews from 8 Wing Trenton and 17 Wing Winnipeg descended on Thule AFB, Greenland, from 4 to 19 August 1995, to resupply CFS Alert and Eureka, NWT. Boxtop is carried out twice a year to provide the required food, fuel, and supplies for military personnel at Alert, and the residents of Eureka, an Environment Canada Station.



Boxtop Air Lift Control Element Commander, Maj Dave Ross, and his deputy, Capt Andy Tissot, both of 17 Wing Operations, organize flights to resupply of CFS Alert from 4-19 Aug 95. The operation was flown from Thule AFB in Greenland. (Photo by HCol Ben Van Ruiten, 17 Wing)

The dog days of summer are upon us and an eerie calm pervades CFANS' hallowed halls. The usual hustle and bustle has been replaced with a more subdued, almost tranquil atmosphere. Could this be a result of the summer airshow circuit providing a brief respite for the heavily burdened instructors? Perhaps summer leave has restored the student's reverence of the Sun, and with it some peace of mind, the former having been worn a tad thin after repeated celestial ground shots in 30 degree C temperatures. Or indeed, has the welcome return of Sylvia behind the Ops desk contributed to this school-wide calm. In truth, the answer probably lies in all of the above. However, with the arrival of fall just around the corner and with it three more courses before the end of the year, the tempo promises to pick up in a hurry!

CFANS would like to welcome three new pilots to the mix. Capt. Chris Perrault formerly of 10 TAG will join the ACES cell while Major John Lumley takes on pilot leader duties at 402 Squadron with Capt Scott Bailes joining him on the line. As well, rumor has it that Capt Harry Wray will be rejoining 402 after a brief adventure in China. On his way out is Jason Neale who will be flying Herc's at 435 Squadron.

The Niccers are progressing nicely and are on schedule to become full fledged navigation instructors by October. Stephane Morency has promised to revolutionize the way Officer Development is taught. His only hurdle may be in convincing Pete (Rock and Roll is my life) Hatton. We'll keep you posted.

On the social side, Steve Wilson recently threw a house party which from all reports was well received. However, at the time of writing, there have been no reported misadventures connected to this party. This would seem somewhat uncharacteristic of Steve and therefore leads me to suspect a cover-up. I have instructed my sources to dig deeper and I will get back to you. Until then....

Canadian Forces Community College Network Information Day (CFCCN)

Thursday, 7 Sep from 4:00 - 8:00 p.m. at the Westwin Community Centre. Learn about the benefits of participating in the CFCCN, as well as the courses available to you this Fall Semester at Red River Community College (RRCC). The CFCCN Coordinator and RRCC Program Officers look forward to meeting you and answering your questions! Please contact Linda Claggett, CFCCN Coordinator, at 833-5115, if you need more information. See you there!

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The operation was planned and coordinated by 17 Wing Operations, and saw 435 Transport and Rescue Squadron fly in a lot of cargo. Maj Dave Ross, the Deputy W Ops O, was the Air Lift Control Element (ALCE) Commander, and Capt Andy Tissot was his Deputy ALCE Comd. Their planning came to a successful conclusion.

Seven crews, including two from 435 Sqn, flew 99 chaulks into Alert and Eureka, out of a planned 110. Weather conditions resulted in the loss of a day's flying.

"We had a couple of days of heavy fog that hindered the exercise," said Capt Tissot. "The rest of the time we experienced typical summer Arctic weather." By typical, he means temperatures between 0 and 8 degrees Celsius in Thule, and -2 and 4 degrees Celsius in Alert, as well as 24 hours a day of sunlight.

The 99 chaulks saw over 870,000 lbs. of goods and 230,000 lbs. of fuel delivered. The fuel included both diesel fuel (145,000 lbs.) and jet fuel (90,000). Of the totals, approximately 350,000 lbs. of goods and 16,500 lbs. of jet fuel were flown into Eureka. Winnipeg's 435 Sqn was responsible for flying 28 of the chaulks into Alert and Eureka.

All personnel involved have returned to Winnipeg and Trenton. Those at 435 Sqn are back into the flying rotation, and the Wing Ops staff are thinking about the next Boxtop to be planned over the next six months.

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MFRC ANNOUNCEMENTS

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Nursery School Programs

Start date Sept 5, 1995

The Military Family Resource Centre now offers Nursery School programs at two locations for your convenience. Programs are offered at Lipsett Hall and at the Westwin Community Centre. Our programs offer the pre-school child a chance to socialize in a happy, friendly environment. Activities include learning centres, stories, songs, free play, arts and crafts, drama and large muscle play. For more information or to register call Lipsett Hall at 833-6846 or the Westwin Children's Centre at 833-2491.

Lipsett Hall Nursery School Hours

Monday, Tuesday and Thursday from 9:00 - 11:15 a.m. at a cost of \$67.00 per month.

Westwin Children's Centre Hours

Monday, Wednesday and Friday from 9:00 a.m. 11:15 a.m. at a cost of \$67.00 per month. In addition, there is an annual registration fee of \$15.00

Important notice to all parents who had children attend "Kidventures" in July. The lost and found box is overflowing and our space is limited. Any items not collected by end of September will be donated to charity or disposed. Check the box - you'll probably find something that's yours! Lost and found is in the Westwin Community Centre kitchen; hours of operation are Monday to Thursday 8:30-4:00 p.m. closed at lunch. Thank you! Laurie Johnson, Youth Service.

Creative Tot Shop

Start date Sept 12, Sept 13, 1995

This program is held at the Lipsett Hall Nursery School on Wednesday afternoon from 1:30 p.m. until 3:00 p.m. and Tuesday morning at the Westwin Children's Centre from 9:30 a.m. - 11:00 a.m. The fee is \$2.00 per adult for each session. This program is the first step toward nursery school. Here's a chance for parents and young children to come together to create and play. The toddler/pre-schooler can explore the world of arts, music, movement and stories. Parent participation is required. The program will run until the last week of June. For more information call Lipsett Hall Nursery School at 833-6846, or the Westwin Children's Centre at 833-2491.

Drop-off Child Care

Start date Sept 11, 1995

This program offers casual child care for children 18 months to six years. The fee is \$3.00 per hour for the first child and \$1.00 more for a second child in the same family. All children must be pre-registered and reservations must be made 24 hours in advance. Take advantage of this great service. Run your errands knowing your child is receiving quality care. Call Lipsett Hall at 833-6846 to reserve a spot for Tuesday afternoon or Friday morning. Call the Westwin Children's Centre to reserve a spot for Thursday afternoons.

Child Health Clinic

Cathy Lovatt, Public Health Nurse, will be available once a month to help you understand your child and learn more about parenting. Children are weighed and measured. Denver Developmental Screening Testing can be done to assess your child's growth and development. Immunization is also available.

Dates: Fourth Tuesday of every month
26 September, 24 October,
28 November 1995

Time: 10:00 a.m. - 2:00 p.m.

Location: Westwin Community Centre

Registration: Cathy Lovatt at 945-0829. Registration is necessary to ensure your child's file is on hand.



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Garry Street Dental Centre
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(In the HEART of Downtown)

956-4453

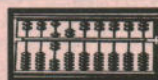
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Parent and Child Swim Programs

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Start date Sept 18, 1995

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Babies under one year old have no fear of water. This is a golden opportunity to allow your baby to develop a love of water and swimming.

Time: Monday from 1:30- 2:00 p.m.

Cost: \$20.00 for 10 week session

Location: Building 90

Parents and Tots

Start date Sept 18, 1995

For children 1 year to 4 years. Toddlers can learn to have lots of fun in the water. Come and play games and learn to love swimming.

Time: Monday from 2:00-2:30 p.m.

Cost: \$20.00 for 10 week session

Location: Building 90

Treva Lavioie is an experienced lifeguard and child care worker. She has provided aquatic instruction for people ranging in age from infants to adults.

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Goldeyes Host 17 Wing

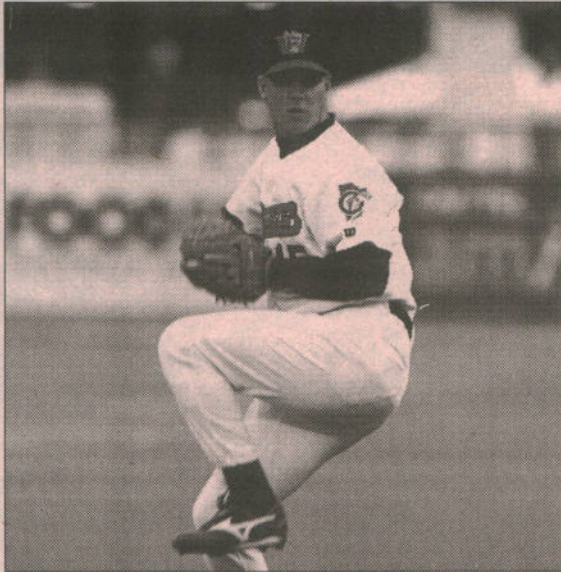
By 2Lt Sam Lortie

Play ball! 17 Wing was received by the '94 Northern League Champion Goldeyes at their homecoming game after a very successful road trip. They were on a 7 game winning streak fighting for first place in their division.

The game June 29th was opened with Lt Sheila McPheerson leading the Royal Winnipeg Rifles Band in the national anthems with Pte Hawchuk as vocalist. 17 Wing was the biggest group received by the Goldeyes this year with 300 military tickets sold. We were part of the 4,315 people to show up at the game and brave the cold wind and rain. Even if the weather was disappointing, the game did not prove to be.

The fans who braved the cold were treated to an excellent baseball game. The lead traded hands four times, we were served with four homeruns, and we won in extra innings with a bases loaded walk.

Kevin East, Goldeyes' Group Sales Manager, thanks you all for the support and hopes to see you catch a couple more games in this season.



Goldeyes #15 Darren McLelland winds up for the pitch on their win against Sioux City. This did not turn out to be a pitcher's game with four homeruns and a bases loaded walk for the win. (Photo by Cpl Ken Allan.)



The Royal Winnipeg Rifles Band played the national anthems before the game. Lt Sheila McPheerson conducted them while Pte Hawchuk sang. (Photo by Cpl Doug Desrocher.)

Babysitting Course

Dates: Wednesday 11 October, 1995 from 4:00 - 5:30p.m.
Wednesday 18 October, 1995 from 4:00 - 5:30 p.m.
Saturdays 21 October, 1995 from 10:00 am. - 3:00 p.m.
Location: Westwin Children's Centre, Bldg 33, Whytefold Rd
Cost: \$5.00

The Military Family Resource Centre offers a babysitting course for children 12 years and older.

The course provides basic instruction in first aid, fire safety and child care.

To register call Wendy Richardson at 833-6846.

Attention Newcomers!

Ladies..

Are you interested in spending a few hours away from the packing boxes, children and dust bunnies?

You are cordially invited to join the newcomer welcoming team on a bus tour of Winnipeg followed by a light lunch at the Westwin Community Centre Saturday September 23. The bus will depart promptly at 0900 hours.

It's a great opportunity to see the Winnipeg sites, meet new friends and have a few laughs. If you can join us, please reserve a seat by leaving a \$5 REFUNDABLE deposit along with your name and telephone number at 350 Doncaster Street (489-7003). Take note that all paid attendees will be reimbursed their deposit, cancellations forfeit theirs. Book early as seating is limited.

ENTERTAINMENT TREASURE CHEST

The Military Family Resource Centre is now taking orders for Entertainment Treasure Chest '96 coupon books. These books offer 2 for 1 dining and discounts on entertainment and goods and services in Winnipeg and some travel destinations.

The cost of the book remains the same as last year. Just \$35.00 for a year of savings. The books will be ready for pick up at the Registration Fair on Sept 9, 1995. New to this year's book is the Winnipeg Blue Bomber Football Club. Grapes is also returning after a year's hiatus. To order your '96 book contact the MFRC at 489-7003.

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TOP COPS: THUNDERBIRD CHALLENGE 95

By Capt Neil Kinley

The top cops were back in town. Military police from air force wings across Canada travelled to 17 Wing Winnipeg to compete in Thunderbird Challenge 95, from 14-17 August, 1995.

Thunderbird challenge is a multi-event competition measuring physical fitness, teamwork, and shooting skills. These skills and characteristics measured are important to MPs, who are now deploying to some of the world's trouble spots, where they provide airfield security and policing for Canadian Forces aircraft and crews.

Thunderbird Challenge was developed to help Canada's military police prepare for deployment. The top MPs from this competition will be selected to represent Canada's Air Force at the Peacekeeper Challenge at Kirtland AFB, in Albuquerque, New Mexico. Peacekeeper Challenge is a police combat skills competition involving teams from the United States Air Force, the Royal Air Force, the

Royal Australian Air Force, and the Canadian Air Force.

Many competitors came to Winnipeg with their eye on a spot on the Peacekeeper squad, but all hoped to do their best and help their team excel in the tough contests. Teams competing included 3 Wing Bagotville, 4 Wing Cold Lake, 5 Wing Cold Lake, 8 Wing Trenton, 9 Wing Gander, 12 Wing Shearwater, 14 Wing Greenwood, 15 Wing Moose Jaw, 17 Wing Winnipeg, 19 Wing Comox, and 22 Wing North Bay.

All events of Thunderbird Challenge were held at the St. Charles Range, just to the west of Winnipeg. The competition kicked-off with pistol shooting, which involved three different scenarios, including a shoot-out simulation.

The second day of activity saw teams compete in the combat rifle competition. This exhausting event involves running with gear on, including gas masks, and shooting the C-7 rifle from various distances.

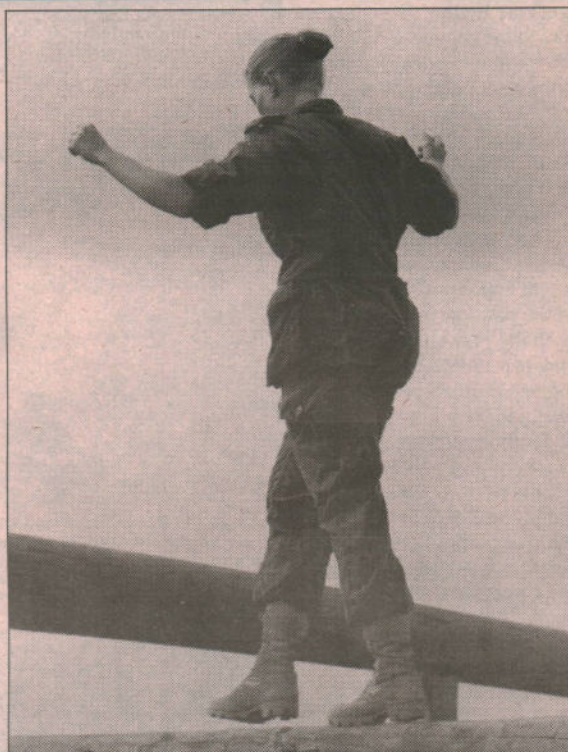
Capping off the competition was the major fitness

component of the program, the Securitas Challenge. This involves a run through a 2.2 km obstacle course, which includes an 800 m run after the last of 21 obstacles.

The teamwork and comraderie displayed by the MPs was tremendous. Not only did they yell their support to teammates, but also cheered on their comrades from other wings.

The team concept was well illustrated by the team from Cold Lake. Cpl Pat Kostiw, who was targeted by the local Winnipeg media because she was the lone female competitor, said she would only do a television interview if her teammates accompanied her. When asked if she was treated differently because she was female, she responded that no, she was part of the team and was treated no differently than her other teammates.

The teams, and individual MPs, should all be proud of their efforts. They displayed the qualities of winners, whether they finished at the top, in the middle, or at the bottom of the standings.



HANGING IN THERE!
Cpl Pat Kostiw of 4 Wing Cold Lake makes her way through the obstacle course event at Thunderbird Challenge 95. The course includes 21 obstacles over 2.2 km and finishes with an exhausting 800 metre run. (Photo by Cpl Dave Payne, 17 Wing)

CAPTION FROM THE FRONT PAGE: HE SHOOTS HE SCORES
Capt Cletus Cheng of 4 Wing Cold Lake fires off rounds during the pistol shooting competition of Thunderbird Challenge 95. Cheng and his teammates finished third in the pistol event. T-Bird, held at 17 Wing Wpg from 14-17 August 95, brought MPs from all air force wings together in friendly competition. (Photo by Cpl K Allan, 17 Wing)

17 WING LEADS THE WAY

By Capt Neil Kinley

Military police from 17 Wing Winnipeg ran, climbed and shot their way to the top during Thunderbird Challenge 95. The team, competing at their home wing, finished first in all three of the team competitions.

Individually they also excelled. MCpl Darren

Murphy posted the best time in the obstacle course event, followed by his Winnipeg teammates Cpl Rod Flowers, and Cpl Ray Prytuliak. MCpl Blaine Ramsey finished second in the handgun competition and Cpl Rod Flowers scored the third highest score in the combat rifle competition.

Great performances were also turned in by other teams.

MPs from 22 Wing North Bay finished second in the handgun competition, and third in the combat rifle and obstacle course events. The team from 4 Wing Cold Lake shot third best in the handgun and combat rifle competitions. Finishing as the second best team over the obstacle course were MPs from 15 Wing Moose Jaw.



The 17 Wing SAMP team captured top team honours in all three events at Thunderbird Challenge 95, held in Winnipeg from 14-17 Aug 95. Team members are MCpl Darren Murphy, Cpl Ray Prytuliak, Cpl Tony Hogendorp, Cpl John Utton, MCpl Blaine Ramsey, and Cpl Rod Flowers. Well done! (Photo by Cpl Ken Allan, 17 Wing)

THE RESULTS ARE IN! THUNDERBIRD 95

HANDGUN COMPETITION:

1. 17 WING WINNIPEG
2. 22 WING NORTH BAY
3. 4 WING COLD LAKE

COMBAT RIFLE COMPETITION

1. 17 WING WINNIPEG
2. 4 WING COLD LAKE
3. 22 WING NORTH BAY

TOP GUN AWARD

SGT CLAUDE BLAKE 12 WING SHEARWATER

LEADERSHIP AWARD

LT DARREN DELANEY 15 WING MOOSE JAW

ESPRIT DE CORPS AWARD

15 WING MOOSE JAW

SECURITAS FITNESS CHALLENGE (OBSTACLE)

~TEAM~

1. 17 WING WINNIPEG
2. 15 WING MOOSE JAW
3. 22 WING NORTH BAY

~INDIVIDUAL~

1. MCPL DARREN MURPHY 17 WING WINNIPEG
2. CPL ROD FLOWERS 17 WING WINNIPEG
3. CPL RAY PRYTULIAK 17 WING WINNIPEG

PEACEKEEPER CHALLENGE - AIR COMMAND TEAM

LT ROB DELANEY 15 WING MOOSE JAW *TEAM CAPTAIN

CAPT CLETUS CHENG 4 WING COLD LAKE

SGT CLAUDE BLAKE 12 WING SHEARWATER

MCPL DARREN MURPHY 17 WING WINNIPEG

CPL RON SMITHMAN 4 WING COLD LAKE

CPL MAX VAUGHAN 22 WING NORTH BAY

CPL AARON PIPELL 15 WING MOOSE JAW

CPL RAY PRYTULIAK 17 WING WINNIPEG

CPL FRANK PERRY 19 WING COMOX

CPL TIM DWYER 22 WING NORTH BAY

CPL WILLIAM JONES 17 WING FLAG ALPHA

SGT DENNIS WILLIAMS (USAF) GND COMBAT TRG FLT

NEWS FROM THE INTELLIGENCE DIVISION OF AIR COMMAND HQ



LCol Beharriell acknowledges OCdt Bowden's significant contributions to the Int Div Jun-Aug 95.



Changing of the Guard - WO Mellway promotes Sonny Rose/ WO Rose presents WO Mellway with retirement gift from local AESOPS.



LCol Beharriell and MWO Batchelor promote Dan Hamel to PO1.



LCol Beharriell and MWO Dunlop promote a smiling Tim Hagel to Sgt.

73 Communication Group



PRESENTATION

Major B.A. Deutscher, Commanding Officer, 73 Communication Group Headquarters, presented Warrant Officer J.M.R. Gaumond with the First Clasp to his CD effective 29 July 1995.

FOR HIS RESPONSE TO AN EMERGENCY



The W Comd, Col Joe Sharpe, presents CPO1 Peter Barefoot with a Wing Commander's Commendation for his efforts in trying to save the life of a heart attack victim in February 1995. CPO1 Barefoot promptly administered CPR to an elderly man slumped over the wheel of his car, until the Winnipeg Ambulance Service arrived. They transported the man to the Grace Hospital where he was pronounced dead. CPO1 Barefoot's efforts to resuscitate the man are typical of his character and reflect positively on the Canadian Forces. He has since departed 17 Wing for CFB Esquimalt, where he will serve as the Base Superintendent Clerk. (Photo by Cpl Jeff Robichaud, 17 Wing)

FLIGHT PLAN 97

AIR COMMAND CHANGE MANAGEMENT

By LGen AM DeQuetteville



The purpose of this message is to outline Flight Plan 97, which is my direction for managing change within Air Command, and better coordinating the myriad of activities in this area in a sort of one-stop shopping approach that will be more helpful to our wings and units, and when dealing with the national level headquarters.

A series of budget cuts have impacted heavily on the air force. While the operational requirement has been minimally reduced, the resources available to the air force will be reduced by some 45% from 1989 levels. The implications for how we do business are obvious. In addition, the December 1994 Defence Policy and Budget 95 directed significant changes to military headquarters. The new Canadian Forces command and control structure has targeted an overall 50% reduction of the 14,000 personnel assigned to headquarters at all levels, including the elimination of the existing environmental command structure and the migration of the environmental chiefs to NDHQ - all to be in place by APS 97.

At the national level, the Management, Command and Control Review (MCCR) is orchestrating the achievement of end-to-end process re-engineering and the resulting new HQ structure. This core team (MCCRT) is now being led by MGen George MacDonald. The MCCR Vision 97 embodies a framework for fundamental change and sees the new organization based on a new culture and re-engineered processes which take advantage of an integrated information environment. The new HQ structure will be focused on operations primacy, sound defence advice to government, and operating excellence as a department. The pursuit of MCCR Vision 97 draws the MCCRT and Chief of Management Renewal Services (CMRS) resources together into a common framework to achieve a synergy of ongoing defence 2000 cultural change and MCCR process re-engineering efforts.

I believe that we in Air Command are leading the way in change management within the CF. Flight Plan 97 is the next step in that evolution. Hopefully, with your help, it will be the force multiplier for current change management efforts, including:

- a. the cultural issues being addressed through the Air Command Excellence System (ACES);
- b. process re-engineering projects such as Project Genesis, Op Phoenix (402 Sqn), Op Glacier (19 Wing), Op Snake (442 Sqn), Op Tomahawk (426 Sqn), etc.;
- c. Air Force command and control re-design efforts to create a single, operational

level headquarters, the move of the strategic level functions, headed by a Chief of Air Staff, to an MCCRT re-designed NDHQ, and the devolution of tactical level functions to wings and squadrons; and

d. change transition techniques including Business Process Re-engineering (BPR) and Socio-Tech Systems (STS).

I am personally committed to, and will take a most active part in providing leadership to Flight Plan 97. While Flight Plan 97 will be achieved through the chain of command, a core team will provide the necessary orchestration, much along the lines of the MCCRT. I have directed the core team to keep the necessary NDHQ offices intimately involved in its work.

As part of orchestrating the Air Command change management program:

- a. the core team will ensure that the application of Flight Plan 97 is consistent with the MCCRT actions being taken in achieving MCCR Vision 97;
- b. Air Command representation on all MCCRT charters will be linked with the core team;
- c. the core team will be the coordinating focus for Air Command involvement with other change undertakings, such as Op Renaissance and Op Accelerate; and
- d. the core team is charged with supporting the chain of command for all new change efforts.

I have tasked the core team to visit all Air Command groups and wings as soon as practicable to provide a comprehensive briefing on Flight Plan 97.

BUSINESS DEVELOPMENT BANK TO BOOST SUPPORT FOR SMALL AND MEDIUM-SIZED BUSINESSES

WINNIPEG, August 21, 1995 - For local entrepreneurs, the news is good. After 50 successful years of helping small and medium-sized businesses, the Federal Business Development Bank is being given a jump-start. Legislation overhauling the Bank's mandate and changing its name to the Business Development Bank of Canada became law over the Summer.

The changes mean more money will be available for financing small and medium-sized businesses or projects, and more unique counselling and training programs will be designed to help entrepreneurs manage and expand their businesses. A particular focus is being placed on filling the gaps in services left by other financial institutions, including services to businesses in new-economy and knowledge-based sectors.

"The Bank now has the right tools to deal effectively with today's realities," says Francois Beaudoin, president and chief executive officer of the Bank. "Moving in this new direction will enable us to become even more responsive to the needs of small and medium-sized businesses."

One of the most important changes that entrepreneurs should note is they no longer need to be rejected by other financial institutions before approaching the Bank. Unlike its predecessor, the Business Development Bank of Canada is not confined to the role of lender of last resort; instead, its doors are directly open for business.

"We're alleviating the negative impressions and administrative burden left by the lender of last resort," says Beaudoin. "In reality, we serve high-caliber, viable enterprises operated by outstanding and committed leaders."

Entrepreneurs can already start taking advantage of some of the Bank's newest products, including Venture Loans® and Working Capital for Growth®. They are already being offered in the local branch.

Other products are still being pilot tested, but are already generating interest from across the country. Patient Capital®, for instance, is already making headlines. Patient Capital is a lending program that offers up to \$250,000 for "new economy" businesses that are in their early stages of development. The excitement is around the capital repayment which can be postponed for three years until the company has sufficient earnings.

Another pilot program making the news is the Micro-Business Program which supports the early growth needs of some of the smallest businesses. The program provides entrepreneurs with counselling and/or training, ongoing coaching, and financing of up to \$15,000 for new businesses and up to \$25,000 for existing businesses, provided their business proposals demonstrate potential for growth and good prospects for success.

While these programs are intended to respond to the emerging needs of entrepreneurs, another change within the Bank is intended to demonstrate the Bank's commitment towards its clients. The Bank has adopted a Total CARE (Customer Assistance, Resolution and Efficiency) program, which features a Charter of Client Rights incorporating clearly defined principles and performance standards for client services. An ombudsperson has also been named to monitor the ongoing application of the Charter of Client Rights and the resolving of customer issues.

For more information about the Bank's many programs and services designed to meet individual client needs, please call Winnipeg Branch at 204-983-7900.

15th Annual Terry Fox Run

When: 17 September 1995
Where: Lipsett Hall Recreation Centre
Why: Support of Cancer Research
Who: You the public supporters



This years Terry Fox run will take place on the 17th of September. The run will consist of a 10km and 6km route. In support of the run you can run, walk, cycle or even strap on your skates. Registration will commence at 0800 hrs the day of the run. Opening ceremonies will kick off the run at 0900 hrs. Let's keep Terry's dream alive. For more information, or if you can volunteer please contact MS Thomas Dillon, Lipsett Hall local 6185.



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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	Super Shooter Night! 1 8pm-1am	Beach pail of	
	Holiday Closure 4	Enjoy a game 5	833-6700 6	Thursdays	ENJOY 7	Top 40 Hits & Seagrams Coolers Night! 8	COCKTAILS 9
	ZAPATA BURRITO and an 11	of pool and a jug of 12	your section 13	ENJOY 14	FREE	50's & 60's Night with cocktails by the beach pail 15	
	OLYMPIA BEER 18	draft ONLY 26 \$6.99+ TAX	Christmas party 20	PEANUTS 21	 All REQUEST night 22	6.99 + tax. 23	
	only 25 \$2.99+ tax.		today! 27	IN THE SHELL! 28	Super Shooter Night #2! 29	You keep the 30	
	3pm-close our popcorn is FRESH & FREE!!		 Remember - meet friends at Club 90!		Great Music Every Friday!	pail! 31 3pm - 1 am	

SAREX FOR MISSING CHILDREN FOR VICTIMS OF VIOLENCE CANADIAN CENTRE FOR MISSING CHILDREN

(An 8000 KM cycling fund raiser from Comox BC to St. John's NF)

Hi again. This is the 2nd in a series of five newsletters throughout the year. The exercise is scheduled to start on 19 May 96. Although our fund raising efforts have barely begun we have already raised over \$3,000 and with your help hope to soon pass \$10,000. Of course every cent raised goes directly to Victims of Violence Canadian Centre for Missing Children. This is a non-profit charitable organization and receipts will be sent out.

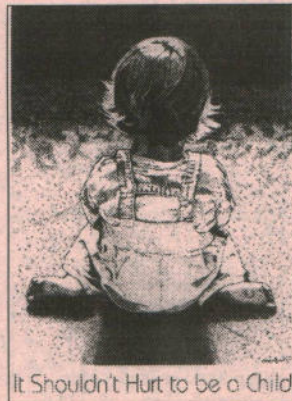
I am happy to announce that we have another sponsor for the team. NORCO PRODUCTS LTD has agreed to supply the team with cycling clothing, spare parts and free fixes along the way. They are joined by Di\$count Rentals who's motto is "We want your business and we will come to your door to get it" and we are also being supported by the Canadian Forces. In addition we have also picked up a fifth cyclist for our cross Canada ride. MCpl Dan Lameroux from 424 Search and Rescue Sqn (SAR) Trenton Ont. will also be joining myself, Sgt Mike Maltais, from 413 SAR Sqn Greenwood NS, Sgt Glen Gray from 103 Rescue Unit Gander

NF, MCpl Derak Curtis from 435 SAR Sqn, Winnipeg MB and Sgt Toney Issacs from 442 SAR Sqn Comox, BC.

As promised in the last newsletter I will now explain more about our trip itinerary. The team will arrive in Comox, BC on 19 May 96. The actual cycle trip across Canada will start on 21 May 96 and consist of five stages. We will be stopping at all the Search and Rescue Sqn's in Canada.

Stage 1: This stage, from CFB Comox, BC to Winnipeg, MB will be 2500 KM and take 13 days. The route will take us through the Crowsness Pass, which is the most southerly pass in the Rockies, and from there we will cycle up to Medicine Hat, then onto the Trans Canada to Winnipeg. We will have two nights and one day for a well deserved rest and a bit of bike maintenance in Winnipeg.

Stage 2: On 4 Jun 96 the team will depart Winnipeg for Trenton, Ont. a distance of 2220 KM; we plan to take 12 days to do this stage. The team will follow the Trans Canada through northern Ontario down through Sault Ste Marie and Sudbury. Once in southern



It Shouldn't Hurt to be a Child

Ontario we will weave our way on secondary roads to Trenton for another two nights and one day of rest and a bit of bike maintenance.

Stage 3: On 17 June 96 we leave Trenton and head for Greenwood, NS a distance of 1770 KM in nine days. Our route for this stage is up through Ottawa, across the St Lawrence at Hawkesberry and down to Quebec City. Once in New Brunswick we will cycle through Fredricton and on to St. John where we will catch the ferry to Digby, NS and from there up to Greenwood for our standard two nights

and a day off.

Stage 4: This stage will take seven days and cover 1240 KM. The team will depart Greenwood for Gander, Nfld on 27 June 96. The route will take us through the Rodon Hills to Truro, from there on to North Sydney in Cape Breton where we will catch the ferry to Port Au Baux, Nfld then on to Gander. You guessed it another two nights and a day off.

Stage 5: Finally the last stage from Gander to St. John's, Nfld. This will be a short two day run covering approximately 400 KM.

The team will be staying in tents except when we are near a major Base. The cyclist are expected to cycle approximately 200 KM a day, four cyclists will be cycling at a time with the fifth one driving the follow-me vehicle.

Anyone wishing to make a monetary donation to this worthy cause can make cheques out to "SAREX FOR MISSING CHILDREN". Every cent raised goes directly to Missing Children, receipts will be forwarded upon request. Donations may be sent to either

CO 435 Search & Rescue Sqn
Attn Derak Curtis MCpl
17 Wing Winnipeg
Winnipeg MB
R3J OTO
WORK 204-833-2408
HOME 204-897-3273
OR

VICTIMS OF VIOLENCE
CANADIAN CENTRE FOR
MISSING CHILDREN
(PRESIDENT)
Shanon Rosenfeldt
B-150
151 Slader St
Ottawa, Ont
KIP 5H3

Our next newsletter will be in Jan 96. At that time we will talk about the different programs where Victims of Violence Canadian centre for Missing Children are involved in a little about a new project they hope to implement as soon as funds become available.

**THAT OTHERS
MAY LIVE**

(SAR TECH MOTTO)

ANNOUNCEMENTS

17 WING CERAMIC CLUB

HOURS OF OPERATION

SUNDAY Closed

MONDAY 6:00 - 10:00 PM

TUESDAY 9:00 AM - 2:00 PM

TUESDAY 6:00 - 10:00 PM

WEDNESDAY 6:00 - 10:00 PM

THURSDAY 6:00 - 10:00 PM

FRIDAY CLOSED

SATURDAY 9:00 AM - 3:00 PM

(1st & 3rd of every month)

There will be no pouring after 7:00 pm on evenings and 11:00 am days. The office will close at 8:00 pm on evenings and 1:00 pm days. For more information you can contact the Club at 833-2496, Club President June 888-6059.

Tuesdays are now designated non-smoking night. There are bilingual workshop persons for your convenience. The Club is now doing Gift Ware if you would like a special hand made gift for Christmas, Birthdays, Anniversaries and Weddings we will be happy to help you. Please give at least 30 days notice. For more information, please call June at 888-6059, Chantale at 888-5192 or contact the Club at 833-2496. We look forward to hearing from you.

CERAMIC CLUB NEWS

Beginner classes will start in September the date to be announced. Back to school coffee 6 Sept. 9:30-11:30am. Registration for the various clubs is to be held on September 9th Bldg. 21. Interested in joining the Club or finding out more information, drop by our table or give us a call. The Club will be having an Open House on September 12, from 6:30-8:00 pm. Come and see our new home. All are welcome come. We guarantee you will meet some very interesting people. Reminder Club members, membership is due this month. Please drop by. Congratulations to your new executive:

President June Eggdell
VPres. Gaetane Brochu
Treasurer Chantale Dallaire
Secretary Cindy Gapp

LEGION WEEK ST. JAMES BRANCH #4

C'me-on downwwn!!! Legion Week at St. James, Branch #4 starts Sept 17th to 23rd, and we guarantee you'll have a great time.

Sunday, Sept. 17th

10:00 a.m.—1:00 a.m. - Pancake Breakfast.
1:00 p.m. - Grand Opening. Dignitaries: John Harvard, M.P., St. James. Jay Eadie, Councillor, St. James. Bruce Barton, Pres. Legion Branch #4. Joan Faraci, President, Ladies Auxilliary. Branch #4. Ed. Neumann, Chairman, Over 60's Club. Branch #4.
2:00 p.m. - Bingo Sponsored by the Over 60's Club.
2:00 - 4:30 p.m. - Winnipeg Concert Band. Winnipeg Police Pipe & Drum. H.M.C.S. Chippawa Navy Reserve Band.
4:30 p.m.—7:00 p.m. - Barbecue

Thursday Sept. 21st

6:30 p.m. - "Jailhouse" All-night fun, put your friends "behind bars".
7:00 p.m. - McConnell Irish Dancers.
8:00 p.m. - Mexican Dancers.
9:00 p.m. - Portuguese Dancers.

Friday Sept. 22nd

6:30 p.m. - "Jailhouse"
7:00 p.m. - Carribean Dancers.
8:00 p.m. - Greek Dancers.
9:00 p.m. - Native Dancers.

Saturday Sept. 23rd

Western Garb optional on Thursday and Friday nights, all day Saturday.
11:00 a.m. - Pooltop Curling Challenge—#4 Branch vs Over 60's Club.
4:30 p.m. - Barbecue.
5:00 p.m. - Cloggers.
6:00 p.m. - Square & Round Dancers.
6:30 p.m. - "Jailhouse"
7:00 p.m. - Line-Dancers.
8:00 p.m. - St. James Legion, Branch #4 Line-Dancers. Final
Closing Address:
Gerry McAlpine, M.L.A
Sturgeon Creek.



Monday, Sept. 18th

1:30 p.m.- Golf Tournament River Oaks Golf Club.
7:00 p.m. - Studio 1 Dancers.
8:00 p.m. - Ukranian Dancers.
9:00 p.m. - Polish Dancers.

Tuesday, Sept. 19th

7:00 p.m. - Phillipine Dancers.
8:00 p.m. - Hungarian Dancers.
9:00 p.m. - 402 Squadron Pipe & Band.

Wednesday, Sept. 20th

7:00 p.m. - Irene Barrett Highland Dancers.
8:00 p.m. - Winnipeg Rifles Pipe & Drum Band.
9:00 p.m. - Henderson Highlanders Pipe & Drums.

712 (Montreal) Communication Squadron

During the first weekend in November 1995, 712 (Montreal) Communication Squadron will host a series of events to mark the 25th Anniversary of the unit. A regimental dinner is planned for 3 November, an Open house, parade and dance for November 4.

In particular, we would like to contact any former members of 11th Signals Regiment and 15th Independent Signals Squadron as well as those of 712 (Montreal) Communication Squadron. We would also be pleased to hear from any former Signals or Electronics Engineering Branch members as well.

Responses or request for registration forms should be addressed to the Anniversary Committee, 712 (Montreal) Communication Squadron, 3 Hillside Avenue, Westmount, Quebec, H3Z 1V8 or directed to Sgt Pelletier at (514) 496-1712.



Thinking of starting a garden for next year? Do it now by plotting out your new area with newspapers. Then layer your area with leaves, lawn clippings, more newspaper etc. Layer with green & brown as a guideline of what to include. By spring melt you will have nice fertile topsoil to blend into the earth.
Brought to you by the gardening club!

WO'S & SGT'S MESS ANNUAL MEET & GREET 29 September 1995 1800 hrs ROAST BEEF DINNER (with all the fixings!)

Music provided by

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(live band)

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



Curling Season - Just Around The Corner

General membership meeting at the Curling Club on Wednesday, 13 September 1995 at 7:00 p.m. 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.

RENCONTRE FRANCOPHONE

Bonjour et bienvenue aux nouveaux arrivants Francophones. J'aimerais inviter les femmes qui seraient intéressées à faire des nouvelles rencontres, à se joindre au groupe souper rencontre Francophone.

Nous nous regroupons une fois par mois dans un restaurant choisi par le groupe afin d'échanger en Français.

Le premier de l'année 95-96 aura lieu le mardi, 26 septembre. Si vous êtes intéressé ou voulez plus de détails, contactez moi au 487-0887 Céline Beaulieu.

Au plaisir de vous connaître.

NEW ARRIVALS



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A Passage from Padre Kling

After we come to faith in Christ, become a new creation, we need a Christian value system by which to organize our lives. I once heard a story that symbolizes the very core of persons with a Christian value system.

Gorman Williams, a missionary from India, once wrote of an experience that happened in 1945. He had purchased his ticket for a long awaited furlough back to the United States. Then he heard of some Jews that had escaped from Germany and had come by boat to India hoping to find refuge. The Indian government would not allow them to immigrate there but did grant permission for them to stay a short time in the lofts of buildings along the dock. They were living in cramped, inhumane conditions.

It was Christmas Eve when Williams heard about the Jews. He went immediately to the dock, and entered the first building and called out: "Merry Christmas! What would you like for Christmas?" They replied: "We're Jewish." "I know," said Williams, "but what would you like for Christmas?" The weary Jews replied we would like some German pastries.

Selling his ticket to the states, Williams purchased German pastries—lots and lots of them, large baskets full. As he told this story to other seminarians at the theological college, one outspoken, judgmental young freshman stood and reprimanded the missionary: "You shouldn't have done that. They were not even Christians." "No, they weren't," quietly replied the missionary, "but I am."

The people who are making a strong positive difference in our world today are those who have a strong inner core, or an inner sextant to help guide them through the rapids of life with peace and confidence. They are not centred on themselves but are rooted and grounded in the God who created the universe and who, through Christ, offers eternal life to all who seek it.

This inner belief determines their perception of the universe, of their fellow human beings, of relationships, and even of time. Clearly, they have learned to live fully in the "now" and to lean forward into the future, rather than reliving the past. They have an inner strength, and subsequently they overflow with a confidence and hope that is very contagious.

I believe that God is calling us to be God's people in the "now". Persons who insist in living in the past can't take advantage of opportunities for

growth and service in the "now" All their energies are wasted in worry over old mistakes or fantasies as they relive former glories. The mental pictures these people carry are not ones of quiet, confident assurance but of fragmentation, unhappiness, and spiritual weakness.

When I think of people living in the past, I recall a humorous story about a Sunday School teacher and a group of children. The teacher was telling the children about Lot and his wife. She said, "Lot's wife looked back and turned into a pillar of salt." A seven year old boy raised his hand and said, "My momma looked back to see what we were doing in the back seat, and she turned into a telephone pole."

I also recall reading about an English schoolgirl who was taking an examination that included some biblical questions. One of them concerned Lot's wife. The child confused Lot's wife with the children of Israel in the wilderness who were led by a pillar of cloud by day and a pillar of fire by night. In response to the question "What happened to Lot's wife?" the child replied, "She turned into a pillar of salt by day and a ball of fire at night." Modern day Christians don't turn into a pillar of salt by living in the past, but they do give evidence of having a negative self-image. Dr. Stephen Covey emphasizes the importance of core commitment in his popular book, *The Seven Habits of Highly Effective People*. His book has been a New York Times best seller and has been studied by business and educational groups across North America. Before Covey lists the seven habits, he says NO ONE can be truly effective unless his or her life is based not on techniques and personality skills but on never changing principles. It seems to me that Dr. Covey gives a contemporary interpretation of Jesus' parable of building your house on rock rather than sand (Matthew 7:24-27). It is this kind of core commitment that allows us to live out the great commandment: "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind." And a second is like it: "you shall love your neighbour as yourself" (Matthew 22:37-39).

Knowing this, the questions each of us must answer are:

Am I so rooted in faith that I am not pushed around by every circumstance of life?

Do I feel confident about life and worthy of happiness? How is this evidenced in my behaviour and my relationships?

Do I really believe in and have I claimed my Christian heritage - "created by God, redeemed by Christ, and empowered by the Holy Spirit"?

And finally, do the people who know me perceive me as a confident and growing Christian?

If you can answer with a "yes" or a "no" to any of these questions then join us at the Protestant Chapel, "The Chapel of The Good Shepherd" (Silver and Whytefold) where we offer a full program of studies and workshops to develop one's image and spiritual well-being.

If interested in any of these upcoming programs, contact Padre Georgene Kling at 833-5785.

GROUPS:

PEP (Parents Encouraging Parents) for Moms TO GET TOGETHER over a ten to twelve week period together with other moms who have children the same age as yours, you will learn that:

You are going to make it as a parent. You can build relationships that will last a lifetime. There is light at the end of the tunnel! Parenting can be fun.

We would also like to offer a PEP group for SINGLE PARENTS WHO HAVE BEEN THROUGH OR GOING THROUGH DIVORCE OR SEPARATION. These groups provide learning for the children at the same time as the parents which should be of help to a single parent.

Other studies being offered:

How to help your kids get along: a quick two session video seminar with workbook handouts and a children's story to help your children relate better to each other. (John Trent PH.D.)

Your personality tree: (a 7 or 3 week study)

A video study (Florence Littauer) plus we will also use material by Gary Smalley and John Trent and enneagrams made easy. Discover the types of people in the world and how best to relate to them and grow yourself. A seven week approximately one hour to one and a half hour study or a three week study which would involve two to three hour nights depending on how talkative people are on these topics.

Courage to heal:

Have you been sexually abused in your life and could use some support. Healing is possible, this women's group does not replace therapy groups or counsellors but will provide a process through journaling and exercises to enhance or begin the healing process. We will use a guide established by sexually abused women who have found wholeness. Much of the material will be from published material by Ellen Bass. This has to be a completely confidential group.

Minding the body. Mending the mind:

Do you need to get back in control and break the anxiety cycle, then join us for a brief introduction to mindfulness and the discovery of the self. Our agenda will be to look at mind traps and how to outwit the dirty tricks of the mind, reframing and creative imagination, finally healing the emotions. This study utilizes relaxation techniques, physical exercises for stress reduction, and methods to develop healthy interactions with those we are in relationship with in life. The course material has been utilized by over 2500 participants at the mind/body clinic and discovered to be very effective even if only minimally utilized.

This is a five to seven week study depending on the amount of time people are willing to commit each evening.

We also offer weekly bible studies for adults, youth groups and mid-week bible clubs for children.



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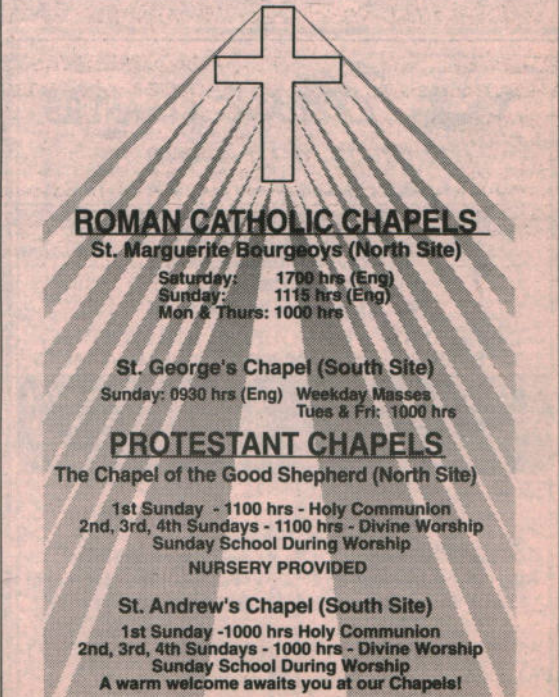
Quail Ridge Rd. South off Saskatchewan just west of Sturgeon Rd. OPEN DAILY

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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!

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!

SAFER SEX



DES RELATIONS SEXUELLES, ÇA SE PROTEGE

If something were free, readily available, easy to use, and the smartest move you could make, would you use it every time? With all of these advantages, it's hard to believe anyone would say "No."

Yet condoms—which fit the bill on every account—are too often left on the shelf ... especially by those who need them most.

Younger, unmarried CF members who have more than one sex partner are at increased risk of contracting sexually transmitted diseases (STDs). In spite of this, CF health surveys show that more than 20 percent of members in this group never use a condom during sexual intercourse, and nearly sixty percent use a condom only sometimes.

In the age of AIDS, this is hard to believe. HIV is an STD, and HIV leads to AIDS. And, as we all know, there is no cure for AIDS. It's fatal. But preventing problems is an easy matter. Proper use of a latex rubber condom during sex is 98 percent effective in protecting you and your partner against STDs.

The safest way to go is to avoid or postpone sexual intercourse or to have sex with only one partner, when both partners know that they are not carrying STDs. Beyond this, there are other steps you can take for safer sex. Here are some valuable tips from the Canadian Public Health Association (CPHA), an organization committed to protecting the health of all Canadians:

- Consider outercourse. "Outercourse," says the CPHA, is anything other than intercourse. This includes activities as varied as your imagination and personal limitations will take you. Outercourse can be hugging, kissing, massaging, or any activity where there is

no exchange of semen, vaginal fluids, or blood.

- Indulge in safer sex talk. Talk about safer sex before you have sex. If you're uncomfortable doing this, you could start a discussion by showing a pamphlet or newspaper article to your partner. Humour can make talking about sex a little easier. Emphasize the positive: talk about your concerns for your partner's health as well as your own.

- Use a condom every time. Any latex condoms which have passed Canadian standards are good. Check the expiry date and make sure the wrapped condom hasn't been opened or damaged. Condoms are readily available through your local medical facility.

- Plan ahead. Using a condom doesn't have to break the mood. Make putting it on part of "loveplay." Condoms sometimes allow men to last longer during sex so put it on as soon as there is an erection.

- Respect your partner. Talking about—and practicing—safer sex shows a respect for the health and happiness of your partner. Good sex is like a feast. Wearing a condom is like getting dressed up for dinner!

Those who take risks by not protecting themselves may believe the it-can't-happen-to-me philosophy. While the risk may be low, it can happen. Globally, the majority of people who are now infected with HIV caught the virus by having sex with someone of the opposite sex. Since 1985, 38 CF members have been diagnosed with HIV. To date, eleven of them have died while still in the service.



Si on vous offrait une chose géniale, pratique, gratuite, facile à se procurer et facile à utiliser, la refuseriez-vous ? Non, évidemment.

Pourtant, un condom, c'est tout cela. Mais, trop souvent, il est laissé sur les tablettes par ceux-là mêmes qui en ont le plus besoin.

Les jeunes célibataires qui ont plusieurs partenaires sont les plus susceptibles de contracter des maladies transmises sexuellement (MTS). Malgré cela, les études réalisées par les FC démontrent que plus de 20 pour cent de ces membres n'utilisent jamais le condom durant les relations sexuelles, tandis que 60 pour cent d'entre eux l'utilisent seulement à l'occasion.

Étrange en cette ère de sida, car le VIH, responsable du sida, est une MTS. Et comme tout le monde le sait, il n'y a pas de remède au sida. Le sida est mortel. 11 ne reste alors que la prévention. L'utilisation adéquate d'un condom en latex vous protège à 98 %, vous et votre partenaire, contre les MTS.

La meilleure façon de se protéger, c'est encore de s'abstenir d'avoir des relations sexuelles ou de n'avoir qu'un partenaire (et d'être certain que ni vous ni l'autre n'avez de MTS). Mais il existe d'autres moyens de se protéger lors de relations sexuelles. Voici quelques précieux conseils de l'Association canadienne de santé publique (ACSP), un organisme de protection de la santé de l'ensemble de la population canadienne:

- Évitez la pénétration. L'ACSP suggère en effet d'avoir des relations sans pénétration. Laissez aller votre imagination. Les alternatives sont nombreuses, caresses, baisers, massages, toute activité où il n'y a pas échange de sperme, de

secrétions vaginales ou de sang.

- Parlez-en. Discutez de protection avant les relations sexuelles. Si cela vous gêne, vous pouvez amener le sujet sur le tapis en montrant à votre partenaire un dépliant ou un article de journal qui en traite. L'humour facilite aussi souvent les conversations sur le sexe. Abordez la question d'un angle positif, en soulignant l'importance de préserver la santé de votre partenaire et la vôtre.

- Utilisez toujours un condom. Tous les condoms en latex qui répondent aux normes canadiennes sont bons. Vérifiez la date d'expiration et assurez-vous que l'emballage du condom n'est ni ouvert ni abîmé. Vous pouvez vous procurer des condoms auprès de votre service médical local.

- Préparez-vous à l'avance. Le condom n'est pas un trouble-fête. Intégrez-le à vos jeux amoureux. De plus, mettez-le dès qu'il y a érection: chez certains hommes, il aide à prolonger le plaisir.

- Respectez votre partenaire. Le fait de parler de protection avec votre partenaire, et surtout d'agir, démontre un respect pour sa santé et son bonheur. Porter un condom, c'est comme se mettre sur son 36 pour la grande soirée. Ça va de soi!

Ceux et celles qui prennent des risques se disent toujours que ça n'arrive qu'aux autres. Le risque est peut-être mince, mais ça n'arrive pas qu'aux autres. De façon générale, la majorité des personnes aujourd'hui porteuses du VIH ont contracté le virus lors de relations sexuelles avec un partenaire de l'autre sexe. Depuis 1985, 38 membres des FC ont été diagnostiqués séropositifs. Onze d'entre eux sont morts alors qu'ils étaient encore en service.



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Exp. Sept. 23, 1995



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Exp. Sept. 23, 1995



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

ATTENTION MILITARY PERSONNEL

Do you miss the taste of Germany?



Come to Gasthaus Gutenberger Restaurant & Wine Bar at 2583 Portage Avenue.
Open: 4pm - 12am Monday-Thursday
4pm - 1am Fridays & Saturdays
4pm - 10pm Sundays
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