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VOL. 43 ISSUE 16

17 Wing Winnipeg / 17e Escadre Winnipeg

SEPTEMBER 20, 1995 / FREE



## Bombers Host Military

By Capt Neil Kinley

With their jet engines roaring, four CT-114 Tutors woke up the football fans at Winnipeg Stadium on August 25, 1995. Just after the Royal Winnipeg Rifles Band had finished the last bars of "Oh Canada", LCol Mike Spooner, the Commandant of the Central Flying School based at 17 Wing Winnipeg, led a four plane formation over the playing field before a Canadian Football League game between the Winnipeg Blue Bombers and the Hamilton Tiger-Cats.

The tutor jets were fast, loud, and low, and left the crowd of over 22,000 clapping and cheering. It was a great start to the Blue Bombers' Military Appreciation Night, which provided enough exciting football action to keep fans cheering all night.

Cal Murphy, the general manager of the Blue Bombers, approached the base earlier this summer about coordinating an evening to honour Canada's sailors, soldiers, and airmen. The Wing Commander gave the idea his full support and the night had a definite military flavour.

The pre-game Bomber Block Party saw the Royal Winnipeg Rifles Band perform for the thousands of football fans out to enjoy barbecued burgers and smokies on the Stadium's practice field. There were also military displays for the fans to view. Pilots from CFS flew in a CH-139 Jet Ranger helicopter, that would also provide a dramatic departure just after the start of the second half.

Soldiers from 2 PPCLI had long line-ups of kids and adults come to see their Bison AVGP (Armoured Vehicle General Purpose). Wing EME had its wrecker on site, while 435 Squadron had its SAR display set up. HMCS Chippawa provided the navy display for the evening.

Besides entertaining before the game and performing the National Anthem, the Royal Winnipeg Rifles Band displayed their musical skills during the halftime show. One of the evening's highlights was the performance by the 2 PPCLI Drum Line at halftime. Their spectacular display amazed those watching from the stands.

This was not the only military involvement during the evening. About 1,000 military personnel and civilian employees from 17 Wing/CFB Winnipeg, Air Command Headquarters, and HMCS Chippawa purchased tickets to enjoy a great night of CFL football. The Bombers provided good tickets at a great price to the base.

With clear skies, a light wind, warm temperatures, and over 22,000 people in the stands, this was an ideal night for football.

The Blue Bombers and the Tiger-Cats did not disappoint the fans. With plenty of big hits, hard running and long passes the game was tied at 33 when regulation time ended. With only seconds left in the ten minute overtime, Hamilton's veteran kicker, Paul Osbaldiston, kicked a 40 yard field goal to give the Tiger-Cats a hard fought 36-33 victory.

It was a heart breaking defeat for Winnipeg, who had put together a solid effort. The defence, in particular the tough line-backer corps led by Paul Randolph and Greg Clark, played a fine game. Sean Moore, playing his first game at quarterback for the big blue, provided some leadership and played a strong game.

Moore ran nine yards for one touchdown and hit running back Blaise Bryant with a two yard pass for another. Bryant also added a five yard touchdown run.

The Winnipeg Blue Bombers Military Appreciation Night, with military displays set up for all to see, bands playing, jets flying and 1,000 of our people in the stands, was a fine night for the football club and the CF. In fact, more than two times the people saw the displays and flypast at Winnipeg Stadium than attended the last Open House at the base.

From a base point of view the evening was a success, in large part to the work of 2Lt Sam Lortie, the Wing OPI, and Capt Mike Rozak of AIRCOM HQ. Once again the Winnipeg Blue Bombers showed their support for the Canadian Forces, by honouring the men and women who serve Canada.



Winnipeg Blue Bombers' defensive lineman Sam Mikawos (77) meets Hamilton Tiger-Cats running back Kalin Hall (24) head on during the Winnipeg Blue Bombers Military Appreciation Night on August 25, 1995. Hamilton won the game 36-33 with a field goal on the last play of overtime. (Photo by Cpl Dave Payne, 17 Wing)



**BUZZ AND BOOMER HELP THE RIFLES**  
Blue Bomber mascots Buzz and Boomer help the Royal Winnipeg Rifles Band march onto the field at Winnipeg Stadium to play the National Anthem at a CFL game between Winnipeg and Hamilton. This was part of the Winnipeg Blue Bombers Military Appreciation Night on August 25, 1995. (Photo by Cpl Dave Payne, 17 Wing)



The Drum Line from 2 PPCLI wows football fans at Winnipeg Stadium during halftime at a CFL game between the Winnipeg Blue Bombers and the Hamilton Tiger-Cats. This was part of the Bombers Military Appreciation Night, held August 25, 1995. (Photo by Cpl Dave Payne, 17 Wing)

\*NOTE\* The Blue Bombers are still offering military personnel and employees discounted tickets for their last three home games against Calgary (24 Sep), Toronto (14 Oct) and Ottawa (29 Oct). Tickets for Section A are \$12 (Reg \$25.50) and Value Section are \$6 (Reg \$10.50). For information call 6229 or 2014, or see the Commissionaires at the main entrance to AIRCOM HQ.

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# Recruiting in the Canadian Forces Today

A question that is often heard by members of the Canadian Forces (CF) recruiting staff is, "How can you folks be busy? After all, with the overall down sizing of the military, surely you have little to do." These and similar types of comments come from members of the general population and military personnel alike. People assume that whenever an organization is reducing in size, that there is no longer a need to recruit. The reality is, of course, much more complex. For example, an organization may be required to reduce its overall staff while at the same time a campaign is initiated to attract people who possess unique skills that better fit the new organizational structure. Changes to personnel requirements are normally a result of corporate restructuring, re-evaluation of goals, or direct response to various external influences. The CF is, of course, no different. As with any major employer there a number of factors which influence the size, composition, and mandate of the CF; all of which have an impact on CF recruiting strategies.

The termination of the Cold War, for example, has had a profound impact on the military in general and recruiting in particular. Today's military continues to adapt to many new and diverse challenges. While the government has legislated a reduction in the size of our personnel base, it has simultaneously increased our participation in new or

expanded missions. This has resulted in the need to increase the size of specific military occupations. For example, the number of combat arms personnel are expected to increase significantly over the next few years to meet UN and other international demands. These requirements result in a continual need to attract, process and enrol more applicants.

Regardless of government imposed personnel levels, the fact is that the CF loses a large number of people every year due to both scheduled and unscheduled attrition. Many of those who leave the military must be replaced to maintain the integrity of the CF. In the late 1970s (a period of expansion and high rates of attrition) there was a need to enroll a large number of individuals. During more stable recruiting periods, attrition rates alone dictated our recruiting requirement. Although one might assume that lower legislated personnel levels could easily be reached by simply shutting off the recruiting tap and allowing natural attrition to take us to our required mark, the aforementioned alterations to military commitments coupled with concerns of imbalances within certain occupations effects our ability to adopt this strategy. In addition, both recruiting and training organizations must continue to possess the ability to respond immediately to government needs as they arise. Given the volatility of the

current international scene this is a formidable task demanding the maintenance of a well oiled, fully operational and dynamic recruiting organization.

**Reserve recruiting has accounted for approximately two thirds of overall recruiting activity in recent years.**

The way in which we select officers for the CF also effects the recruiting process. Officers are selected via a number of entry plans such as the Direct Entry Officer and Officer Candidate Training Plan. While these programs will continue to provide the CF with a certain portion of the officer corp, recently the majority of officers have entered the CF through the Regular Officer Training Plan (ROTP). The ROTP is a future oriented program designed to produce university trained officers for the Canadian Forces. Given this mandate, members enrolled under this plan are generally not available for full operational employment for at least four or five years. Additionally, due to the dual requirements of this plan (university/occupation training) and its lengthy duration, a number of ROTP

candidates tend to leave the military prior to completion of full training. This means that the CF must continue to recruit an acceptable number of officer applicants every year to meet the projected CF requirements into the next century.

The CF Total Force policy has also had a significant impact on recruiting. In 1987 the Directorate of Recruiting and Selection (DRS) assumed the added responsibility of processing applicants for the Primary Reserve. Due to the expansion of this component of the CF and historical rate of attrition, Primary Reserve recruiting has accounted for approximately two thirds of overall recruiting activity in recent years. As a result, the decrease in Regular Force quotas has been more than offset by increases in reserve applications. It is predicted that reserve recruiting will continue to occupy a significant portion of the recruiting system's efforts and focus for the foreseeable future.

Today's recruiting organization continues to be very active meeting the challenges associated with changing national and international environments, economic and political realities, as well as personnel restructuring and organizational re-tooling. Through effective planning and enlightened pro-active initiatives the recruiting system will ensure that personnel requirements are met expeditiously in the quality and quantity required.

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Produced by/Produit par PEMBINA PRINTING LIMITED

Editor-In-Chief/Rédacteur-en-chef	-L.Col D.R. Marchment	-833-5281
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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 22 SEP 95/DATE DE TOMBÉE 22 SEP 95**  
NEXT ISSUE 4 OCT 95/PROCHAINE EDITION 4 OCT 95



# ASK MR GREENTREE

Several people asked me philosophical questions this month and, although I did not intend to use his column to "spout off", two of these questions affect my work at the Wing directly. So here goes...

**Q. Why are you so keen on recycling?**

A. There are several reasons why I strongly support recycling - some environmental, some philosophical, and some financial. The environmental reasons are the usual, reduction in the impacts of the production of virgin materials such as in mining or in oil extraction; the lower energy use when waste materials are reused; and the list goes on. The philosophical reasons are so quite common in that I do not want to leave a lot of garbage for my son's generation to handle.

The biggest reason I support recycling, especially at the Wing, is financial. The Wing (or the Crown, until some Treasury Board type rules are corrected) can earn up over \$200.00 per tonne of recycled paper and cardboard and saves about \$40.00 per tonne in dumping costs when recyclables are taken out of the waste stream - for a net savings for the government of \$240.00 per tonne. In June, when the new recycling program got started, the Wing recycled over 5 tonnes of paper and cardboard - a savings of \$1200.00. [While this savings does not seem like much, it must be remembered that the program really only collected for two weeks and there were many "leaking problems".] If all the recycling programs are actively supported - paper, scrap metal, cardboard, pallet, toner cartridge etc. - the Wing can save thousands of dollars per month - a savings to you (and me) the taxpayer!

We can further reduce the costs of running the Wing by wisely using hazardous chemicals. If stocks are kept to a minimum and we reduce the amount of material that "goes off" (i.e. is no longer usable because the "best before" date has expired), and minimize spillage and wastage, the costs of storage and disposal of these materials will also be minimized. As the good people in Wing Supply Repair and Disposal can tell you, disposing of hazardous materials is very expensive (sometimes as much as \$10.00 a kg) and every little bit helps.

In addition to the direct savings, recycling keeps jobs in Canada as most material is recycled locally. These jobs help keep the tax base up and reduces unemployment here.

**Q. We heard that you were against hunting (at St. Charles Range).**

*Is this true?*

A. No, I am not against hunting at St. Charles Range. What I am against is the use of vehicles on the tall-grass prairie. This vegetation does not recover from vehicle damage very well and, in the past, some users of the range have done considerable damage through their driving habits. The population of deer at the range can easily absorb the hunting activity and the hunters do not seem to be negatively affecting the numbers.

Next column, I will address the issue of the effects of big-game hunting and fishing on wildlife populations. Until then, if you have any other questions, give me a call at loc 6774.

## ROYAL ROADS CLOSES: 1940-1995

After 55 years of excellence in military training and academic instruction, Royal Roads Military College ceased operations on August 31, 1995. Victoria's Royal Roads and College Militaire Royal du Saint-Jean were both victims of last years budget cuts.

Its memory will live on with those who loyally served at, or attended RRMC during its history, and in the memorabilia collection which will be preserved at the CFB Esquimalt Museum.

In the last message from Royal Roads the Commandant said, "fair winds and following seas to all CF units, ex-cadets, former staff and faculty of Roads. Best of luck to RMC, as it once again carries the torch as Canada's only military college."

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## COMMUNITY SERVICE AWARD



The W Comd, Col Sharpe, presents Jackie Gallagher, the 17 Wing Executive Secretary, with a Community Service Award for her work with the Youth Bowling Council. Jackie has run the base YBC program at the Westwin Bowling Lanes for 16 years. She enjoys working with the program, but would like some help. If anyone is interested in coaching youth bowlers, or volunteering with the program, please call Jackie at loc 5202. Well done Jackie. (Photo by Cpl Doug Desrochers, 17 Wing Winnipeg)

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## Canadian Forces Community College Network

## The CFCCN: More Learning Opportunities!

By Linda Claggett, Regional Coordinator, CFCCN

If you were unable to sign up for the Fall semester that is underway at Red River Community College (RRCC), you may think your educational interests will have to wait, at least until next semester. Before you put your aspirations up on the shelf, find out about the current and upcoming learning opportunities that are available to you.

The RRCC Continuing Education department is offering non-credit seminars during end-September, October and November. Business skills seminars include: Successful Job Search Techniques, How to Conduct Yourself in an Interview, How to Provide Exceptional Customer Service, and more. Health-Related seminars include: CPR (Basic Rescuer and Heart Saver), Standard and Emergency First Aid (both: St. John Ambulance). For more information, or to register for these seminars, contact the RRCC Continuing Education Dept., at 694-1789.

If you want to upgrade your skills or take credit courses, but can't or don't want to leave home to attend class, work shifts, travel or live far away from the college, RRCC's Distance

Education Program can help. Credit-courses that lead to certificates and diplomas are available in the following programs: Business Administration, Management Development, Child Care Services, Infant Care, RN Refresher, and more. Many of these are "open enrollment" courses, which means you can start at any time. You work at your own pace, usually taking as little as two or as many as five months to complete the course. For more information, or to receive a Distance Education calendar, contact the RRCC Distance Education Office at 632-2451. If you are interested in a distance course not offered by RRCC, I can help you find it by contacting any of the other 19 CFCCN member colleges.

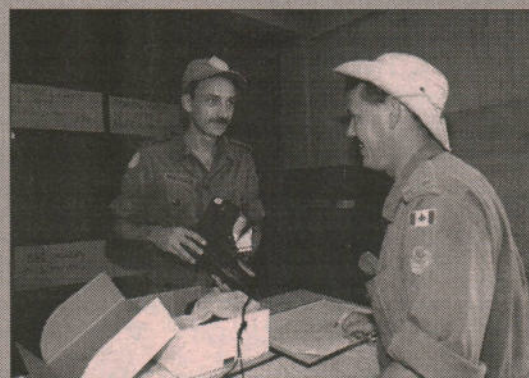
One of the other CFCCN benefits is that, with enough interest, RRCC seminars (see above) and courses can be offered on base, with convenient schedules. I am currently establishing interest lists (depending on the program, I need 12 - 15 people). If having any of the above seminars, or the following courses offered on-base interests you, please contact me (Linda Claggett, 833-5115) as soon as possible to add your name to the list.

Listed by RRCC program areas, the following are some

of the RRCC credit courses that lead to certificates and diplomas, which can be offered on base:

- Computer Sciences: Introduction to Microcomputers (a prerequisite for the following courses); WordPerfect for Windows 5.2; Electronic Spreadsheet: Lotus 1-2-3, Version 4 (Levels 1 and 2); Windows and DOS; and possibly, LAN Networks.
- Business and Administrative Studies: Accounting, Business Communications, Finance, Economics, Law, Distribution, Management, Marketing, and more.
- Management Development: Human Relations Effective Supervision, Assertiveness Training, and more.
- Small Business Management: How to Start a Small Business, Bookkeeping and Accounting for a Small Business, Marketing for a Small Business, and more.
- Health and Related Areas: Orientation to Health Care Management, First Responder, and more.
- Community Services: Introduction to Leisure, Introduction to Child Care, Aboriginal Beginnings, Attitudes and Values, Introduction to Criminal Justice, Theories of Crime Causation, and more.

## Supply Tech from 17 Wing in Haiti



Cpl John McDonald, is a serving member of the Canadian Contingent with the United Nations Mission in Port au Prince, Haiti. Although he has been in Haiti for 5 months, he has been away from home since January, assisting with the set up phase of the operation in Montreal, Quebec. As a supply technician out of 17 Wing Winnipeg, he finds the Haitian heat which can reach temperatures of up to 44 degrees celsius, a might warm. John ran the clothing stores section of supply and says that working here has been quite an experience. The Haitian people are very friendly but they are either very rich or extremely poor and the majority of them are extremely poor. When not working, he keeps himself busy with weight training, watching movies, tanning and just spending time with the guys. He is really looking forward to getting home to his wife Karen and his two sons, Troy and Tylor. When asked what he missed most besides his family and friends he replied "making ice rinks to play hockey on with his kids."



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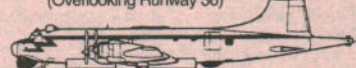
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# Chinthe Bits

As the days get shorter and summer slowly draws to a close, 435 finds itself having completed its first year at its newly adopted home at 17 Wing. Members have returned from summer leave having explored Manitoba's attractions for the first time.

The summer has been particularly busy from an operations perspective. During August and September, five European "shuttles" - in support of Canadian Forces in Bosnia and Croatia - were carried out. Each shuttle involved approximately 40 hours of flying over a period of seven days. Shuttles provide crews with valuable training opportunities by flying in North Atlantic and European airspace.

During the first three weeks of August, the latest "Boxtop" was completed. Boxtop involves the resupply of CFS Alert located on the northern tip of Ellesmere Island in the Northwest Territories. 435 crews participated in this airlift which runs 24 hours a day, seven days a week out of the

U.S. Airforce Base in Thule, Greenland.

The AAR (Air-to-Air Refueling) side of the squadron has been kept busy supporting Canadian CF-18s on exercise from locations varying from Alaska to New Brunswick. The airshow season also allowed AAR crews to show off the

continue to support 435's most important role - Global Strategic Airlift. The next LRT will see Costa Rica, Chile, Easter Island, New Zealand, Pago Pago, and Hawaii - all over a ten day period!

Posting season has seen several new members added to the roster. Aircraft Commanders new to 435 include Capt Ken Kruger from Edmonton and Capt Kurt Reimer from Greenwood. On the navigator's side of the house, 435 welcomed Capt Friday and Majors Thuen and Furney into the Chinthe fold.

Leaving the squadron this summer were pilots Capt Kevin Davis, Capt Bob Copeland, Capt Rich Pittet, Capt Anand Acharya, and Capt Brett Statham. In addition, Capt Gary Chisholm left the Nav Section. All will be sorely missed.

In conclusion, 435 spent its first complete summer in Winnipeg as it had before in Edmonton - flying operations in support of Strategic Airlift, Search and Rescue, and Air to Air Refueling

## Members have returned from summer leave having explored Manitoba's attractions for the first time.

KCC-130 tankers at airshows located in Abbotsford (B.C.), Hill A.F.B. (Utah) and Portage la Prairie (Manitoba).

The SAR (Search and Rescue) side of the squadron has been kept busy holding 24 hours a day, 7 days a week Standby. During September, a "SAREX" (Search and Rescue Exercise) was held in Greenwood, Nova Scotia. Long Range Trainers (LRTs)

# 40 YEARS OF SERVICE



The W Comd, Col Sharpe, presents Paul Deschenes with his Public Service Retirement Certificate. Paul's certificate says 34 years of service, but he actually has 40 years of combined military and civilian service to Canada. Now that he has left the Wing and the position of Coordinator of Official Languages, he can be found enjoying his retirement on the golf course at Carman, Man. (Photo by Cpl Doug Desrochers, 17 Wing Winnipeg)

## EVERY DROP COUNTS Be a Blood Donor +



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## Cadet Corps



The Cameron Army Cadet Corps is now accepting applications from young men and women for fun and adventure. The Army Cadet program offers participants the opportunity to learn wilderness survival, patrolling, basic radio communication, leadership, drill, and much, much more including the opportunity to attend summer camp for up to six weeks.

The requirements are that the applicant has reached his or her 12th birthday but not his or her 19th and be of good character. The program is at no cost to the participant or the parents, this includes the uniform.

For more information, call 786-1130 Wednesday evenings between 1830 hours and 2130 hours or Saturdays 0900 hours and 1600 hours. You can also visit us at the Minto Armoury, Room 44 Wednesday evenings and Saturdays.



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

## TUXEDO FAMILY CHIROPRACTIC CENTRE

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488-4174

### DR. JOHN ALEVIZOS, CHIROPRACTOR

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8:00am-12:00pm/2:00pm-7:00pm  
Tuesday & Thursday  
1:00pm-6:00pm  
Saturday 9:00am-1:00pm

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



not just spines!  
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## Winnipeg Traditional Goju Karate

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the perfect meld of mind and body. Experience the discipline and FOCUS of KARATE

More than just physical fitness, Goju Karate is a blend of traditional self-defense with the history, philosophy and language of Okinawa

- \$40 per month gives you unlimited classes
- 4 classes per day, Monday to Saturday
- Complete weight room opening soon

**OPENING SPECIAL \$24<sup>95</sup>**  
Karate gi and get one week's free classes!  
(with this coupon)

# MFRC ANNOUNCEMENTS

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

## Parenting/Child Care Programs

### Mom's Morning Off

Relax, put your feet up, have a cup of coffee while your children are cared for in the children's centre. Or if your child is not ready to be left alone you are welcome to stay with them. Speakers will be arranged to address the group on pertinent topics.

**Date:** Wednesday mornings - Start date Sept 6, 1995  
**Location:** Lipsett Hall Nursery School  
**Time:** 9:30 - 11:00 a.m.  
**Cost:** \$2.00 per week or \$20.00 for 10 weeks with the 11th week free

**Date:** Thursday mornings - Start date Sept 7, 1995  
**Location:** Westwin Community Centre  
**Time:** 9:30 - 11:00 a.m.  
**Cost:** \$2.00 per week or \$20.00 for 10 weeks with the 11th week free

### Caregiver Afternoon

Bring along the children you take care of for an afternoon of activities. This is an opportunity to network with other care givers, get activity ideas and get out of the house.

**Date:** Monday afternoons - Start date Sept 11, 1995  
**Location:** Lipsett Hall Nursery School  
**Time:** 1:30 - 3:00 p.m.  
**Cost:** \$2.00 drop in

### New and Expectant Mom's Club

This group will give you the opportunity to meet other moms and you can share the joys, concerns and stresses of parenting. The Public Health Nurse will join the group once a month to answer your questions and weigh your baby.

**Date:** Wednesday afternoons - Start date Sept 6, 1995  
**Location:** Westwin Community Centre  
**Time:** 1:30 - 3:00 p.m.

### Babysitting Course

**Dates:** Wednesday 11 October, 1995 from 4:00 - 5:30 p.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.

## JOIN US FOR THE MILITARY COMMUNITY'S BUSINESS FAIR AND SALE

Thursday 2 November, 1995 7:00 - 9:30 p.m.

Westwin Community Centre  
 next to Club 90 on Whytefold

Come out and support small business in your community and get a head start on your Christmas shopping.



### Health & Wellness Group of Manitoba

Learn what Reiki can do for YOU.

Wednesday evenings

7:00pm to 9:30pm

Leave your stress and pain at the centre!

Just call & let us know you're coming.

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

• 832-WELL • 832-9355

### Counselling Services at the MFRC

- No Cost
  - Confidential
  - Some Evening Appointments
- Short term counselling and crisis intervention are available at the MFRC. If you would like to make an appointment, or would like more info...Please contact Beth Rogers at 489-7003.

### Adult /Quality of Life Programs

#### S.T.E.P. (Systematic Training for Effective Parenting)

Many parents today are trying to break away from harsh, authoritarian parenting styles. Unfortunately, the alternative appears to be a spineless permissiveness which is frustrating for both adults and children.

Systematic Training for Effective Parenting is a nine week course which offers practical techniques for parenting in a respectful manner. The goal is to encourage responsibility and co-operation in children. The facilitators are mindful of the challenges of raising children in a military family, especially single-parenting, and the course will focus on these unique concerns.

Every mother and father has strengths to build on. If you wish to find out more, or to register, please call the MFRC at 489-7003.

**Time:** 1:30-3:30 pm. or 7:00-9:00 p.m.

**Cost:** \$25.00 per person / \$30 per couple

**Date:** Mondays 7 Oct-2 Nov

**Registration Deadline:** 22 Sept

**Place:** Westwin Community Centre

**Facilitators:** Val Hudson and Beth Rogers

Registration will determine whether the class is held in the afternoon or evening.

*Enriching & Enchanting  
 and just for Winnipeg's Children*



The MERCHANTS is adapted by Anita Looney from The Story Book by Helen Christian Anderson

CFB Families save 25%!

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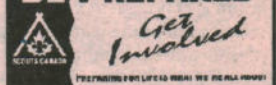
**895-4008 Call today!**

### Speech Language Clinic of Winnipeg

Servicing preschoolers to adults with speech or language problems.

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

### BE PREPARED



### VOXAIR

DEADLINE FOR

OCTOBER 18

ISSUE IS

OCTOBER 6

# CFB/Wing Lotto

For only \$1.00 you can win \$100 a week in a Base/Wing Lottery. Two draws are made around the Base every second Thursday. Regular Force and Class C personnel can complete a pay allotment form or pay by cheque six months or one year at a time. Class A and B personnel and civilians can pay by cheque six months or one year at a time. To join, just fill out the form below and forward to the Military Family Resource Centre. All proceeds from the Lottery are used exclusively for community projects. Your support is greatly appreciated.

Pour seulement 1\$ par semaine vous devenez éligible à gagner 100\$. Il y aura deux tirages chaque deuxième jeudi. Les membres de la Force régulière ainsi que la force de réserve en service classe C peuvent, s'ils désirent participer aux tirages, remplir un formulaire de délégation de solde ou faire un chèque de 26\$ couvrant une période de six mois ou encore faire un chèque de 52\$ couvrant ainsi une période d'un an. Les employés civils et les membres de la force réserve en service classe A ou B, peuvent faire un chèque de 26\$ couvrant la même période de six mois ou un chèque de 52\$ couvrant la période d'un an. Pour devenir membre de cette lotterie, veuillez remplir le formulaire ci-dessous et le faire parvenir au Centre de Ressource des Familles Militaires. Tous les profits encourus par cette lotterie sont utilisés exclusivement pour des projets communautaires de la 17e Escadre. Votre support est grandement apprécié.



Name/Nom \_\_\_\_\_  
 Rank/Grade \_\_\_\_\_  
 Section \_\_\_\_\_  
 Phone/Tél \_\_\_\_\_  
 Signature \_\_\_\_\_  
 Date \_\_\_\_\_

## Deployment/Temporary Duty

A heartfelt thank you to all of you who filled out our survey, which was carried out by the battalion. The entire staff is focused on providing excellent programs and services during the upcoming deployment. If you have any questions, comments or concerns, please contact us at 489-7003.

Here is just a sample of what we plan to offer:

- Increased casual child care at Lipssett Hall and Westwin Community Centre.

- Increased parenting services at Lipssett Hall and Westwin Community Centre.
- Warm Line
- Information workshops and pot luck lunches.
- Services to area schools and information about deployment.
- STEP (Systematic Training For Effective Parenting).
- Space and support to a social group for spouses.
- Family activities (movie nights, etc)

Please remember that all of our services are open to the entire military community. Although we plan for large scale events such as the deployment, we are committed to providing service for every individual. The Warm Line provides a trained volunteer who will call regularly during any separation of longer than four weeks.

## 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.

Dr. Brian Friesen, Dr. Uche Odiatu and staff are pleased to welcome

**Dr. Maureen Andrea**  
to our practice of general dentistry

Evening and Saturday Appointments are Available  
New patients are always welcome



Garden City Dental Centre  
#5-2230 McPhillips at Leila  
(Just South of Seven Oaks Hospital)

Garry Street Dental Centre  
#200-290 Garry Street  
(In the HEART of Downtown)

**694-2042**

**956-4453**

# MILITARY RELOCATION



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I will buy your car, truck or van.  
Estate sales and lease buyouts welcome.

**Ray 338-3030**

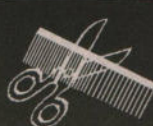
Raymond C. Turney, Automobile Consulting and Bonded Brokerage Services.  
107 Farlinger Bay, Wpg, MB R2V 3N9



## 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. 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.



## Domenica's Hairstyling

2225 Ness Ave & Whytewold, Next to IGA  
885-3665 or 832-6978

- Full Family Salon specializing in Military cuts
- 5 Experienced stylists to serve you
- Military cuts and flat tops \$ 5.50
  - Ladies cuts \$11.00
  - Perm & cut \$32.00
  - Frost & cut \$32.00
  - Color & cut \$26.00
- Children's cuts \$5.00 to \$7.00



Professional Styling Products Available



Clean up the world™



### Gymnasium Schedule - Bldg 90

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
0700 - 0730								
0730 - 0800	Circuit Trg	Circuit Trg	Circuit Trg	Circuit Trg	Circuit Trg	Closed	Closed	
0800 - 0830								
0830 - 0900	Open Mil Trg	Open Mil Trg	Open Mil Trg	Open Mil Trg	Open Mil Trg	Closed	M/W VBall	
0900 - 0930								
0930 - 1000								
1000 - 1030		Parents & Tots Aerobics						Parents & Tots Aerobics
1030 - 1100								
1100 - 1130		Open		Open				
1130 - 1200						Karate Club		
1200 - 1230	Noon Fitness	I/S VBall	Noon Fitness	I/S VBall	Noon Fitness			
1230 - 1300							Closed	
1300 - 1330					WDP	Casual Rec	Casual Rec	
1330 - 1400	Open Mil Trg	Open Mil Trg	Open Mil Trg	1 AMS	CFS Met			
1400 - 1430								
1430 - 1500								
1500 - 1530								
1530 - 1600								
1600 - 1630	CFSAS	CFANS	CFSAS	CFANS		Closed	Closed	
1630 - 1700								
1700 - 1730	Cas Rec	M/W VBall	Casual Rec	M/W Vball	Casual Rec			
1730 - 1800								
1800 - 1830	Men's B.Team BBall							
1830 - 1900		Cas Rec Karate Club				Cas Rec Karate Club		
1900 - 1930								
1930 - 2000						Closed		
2000 - 2030	Special Olympics	Karate Club	Casual Rec	Karate Club	Closed			
2030 - 2100								
2100 - 2130								Closed
2130 - 2200								

### Pool Schedule - Bldg 90

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
0730 - 0800						Closed	Closed				
0800 - 0830											
0830 - 0900											
0900 - 0930	Open Mil Trg	Open Mil Trg	Open Mil Trg	Open Mil Trg	Open Mil Trg		Swim Lessons				
0930 - 1000											
1000 - 1030											
1030 - 1100											
1100 - 1145											
1145 - 1200											
1200 - 1230	Noon Swim	Noon Swim	Noon Swim	Noon Swim	Noon Swim	Closed	Closed				
1230 - 1300											
1300 - 1330						Casual Swim	Casual Swim				
1330 - 1400	Open Mil Trg	Open Mil Trg	Open Mil Trg	Open Mil Trg	Open Mil Trg						
1400 - 1430											
1430 - 1500											
1500 - 1530											
1530 - 1600											
1600 - 1630					Orcas Swim Team	Closed	Closed				
1630 - 1700	Orcas Swim Team	Orcas Swim Team	Orcas Swim Team	Orcas Swim Team							
1700 - 1800											
1730 - 1800											
1800 - 1830											
1830 - 1900	Closed	Casual Swim	Casual Swim	Casual Swim	Closed	Closed					
1900 - 1930											
1930 - 2000											
2000 - 2030											
2030 - 2100	Closed	Scuba	Closed	Scuba							
2100 - 2130											
2130 - 2200											

WINTER 1995/96

PE & R

### Gymnasium Schedule - Lipsett Hall

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
0700 - 0730												
0730 - 0800							Closed					
0800 - 0830	2 PPCLI	WEME	2 PPCLI	2 PPCLI	WEME	Closed						
0830 - 0900												
0900 - 0930			2 PPCLI				2 PPCLI					
0930 - 1000	Open Mil Trg	Open Mil Trg	Open Mil Trg	Open Mil Trg	Open Mil Trg	Closed	Handball & TBA					
1000 - 1030												
1030 - 1100												
1100 - 1145												
1145 - 1200								Handball & TBA				
1200 - 1230	Noon Fitness	Noon Fitness	Noon Fitness	Noon Fitness	Noon Fitness							
1230 - 1300												
1300 - 1330	Open Mil Trg	Open Mil Trg	Open Mil Trg	Open Mil Trg	2 PPCLI	Casual Rec	Casual Rec					
1330 - 1400												
1400 - 1430												
1430 - 1500												
1500 - 1530	Adm Coy	Adm Coy		Adm Coy								
1530 - 1600												
1600 - 1630	Casual Rec	Casual Rec	Casual Rec	Casual Rec	Casual Rec	Closed	Closed					
1630 - 1700		I/S Ball Hockey						I/S Ball Hockey				
1700 - 1730										To 1845 H		
1730 - 1800												
1800 - 1830	Casual Rec	B. Team Soccer	Casual Rec	Men's Bball			Closed	Casual Rec				
1830 - 1900												
1900 - 1930												
1930 - 2000												
2000 - 2030	Wheelchair Bball	Badminton Club To 2230 H	Ladies VBall To 2400 H	Men's VBall To 2400 H	Fencing Club To 2130 H	Closed		Badminton Club To 2230 H				
2030 - 2100												
2100 - 2130												
2130 - 2200												

### Pool Schedule - Lipsett Hall

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
0700 - 0730													
0730 - 0800													
0800 - 0830						Closed	Closed						
0830 - 0900	Open Mil Trg	Open Mil Trg	Open Mil Trg	Open Mil Trg	Open Mil Trg	Swim Lessons	Swim Lessons						
0900 - 0930													
0930 - 1000													
1000 - 1030													
1030 - 1100													
1100 - 1145							Swim Club Flying Tigers	Moms & Tots					
1145-1200	Noon Swim To 1245 H	Noon Swim To 1245 H	Noon Swim To 1245 H	Noon Swim To 1245 H	Noon Swim To 1245 H	Swim Club Flying Tigers	Closed						
1200 - 1230													
1230 - 1300													
1300 - 1330	Closed	Open Mil Trg	Open Mil Trg	Open Mil Trg	Open Mil Trg		Casual Swim	Casual Swim					
1330 - 1400	MFRC Parents & Tots												
1400 - 1430													
1430 - 1500													
1500 - 1530	Open Mil Trg												
1530 - 1600													
1600 - 1630	Swim Club Flying Tigers	Swim Club Flying Tigers	Swim Club Flying Tigers	Swim Club Flying Tigers	Swim Club Flying Tigers	Closed	Closed						
1630 - 1700													
1700 - 1730													
1730 - 1800													
1800 - 1830	Casual Swim	Swim Lessons	Casual Swim	Swim Lessons			Closed	Closed					
1830 - 1900													
1900 - 1930													
1930 - 2000													
2000 - 2030													
2030 - 2100	Closed	Closed	Closed	Closed	Closed	Closed		Closed					
2100 - 2130													
2130 - 2200													

### WPERO - WMCA - WMCC - FMRC - REC COUNCIL

#### REPRESENTATIVES AND PHONE NUMBERS

WMCA Chairperson	Maj F.S. Costello	5812
Financial Advisor	Capt Paula Utton	6930
WMCC Mayor	WO Pete Fortier	983-8599
WMCC Deputy Mayor	Capt C. Villeneuve	5777
MFRC Director	Don Brennan	489-7003
Rec Council Office	Elaine Parent	833-5976
WPERO	Capt Gilles Emond	5509
Badminton	Cpl Ron Edwards	6554
Bowling Alley	Frank Gallagher	837-6729
Bowling Ladies	Sue Gartry	897-4286
Bowling Mens	PO2 D.G. Rigby	5263
Bowling Mixed	Cpl R.J. Nevers	6053
Ceramics	June Egdel	888-6059
Curling Mgr	Ross Forbes	833-6802
Canine Club	Cpl M.J. Purll	5515
Fencing	L.Col C. Little	6231
Garden	PO2 D.G. Rigby	5263
Golf Club House		833-5573
Golf Pres.	Maj W.J. Collin	6100
Judo	WO S.F. Broughton	5214
Karate	Cpl Ken Taylor	5263
Rifle	G. Burton	888-3505
Scuba	Capt Denis Talbot	6361
Scouts 51st	L.Col W.J. Neumann	5755
Swim Club	Maj Art Hall	6339
Toastmasters	Maj B. Marcht	895-1372
Westwind Theatre	Gordon Swaile	889-2501
Woodhobby	Capt Steve Wilson	5809
Library	Capt Bob Tetz	6297

#### Physical Education and Recreation Programs

Main PE&R Office (Squash, Sun Tanning Bed and Gym)	5511, 2055 or 2056
Sports Stores	5545
Intersection Sports	5511
CF EXPRES Program	2055 or 2455
Lipseff Hall	6183
Bldg 21	5148
Pool(N) & (S)	5530 & 6186
Recreation Pass Services	5976

### 17 Wing/CFB Winnipeg Recreation Services 1995/96 FEES

	Single	Family
CF Regular	\$ 24	\$ 48
Reserves & Ordinaly	\$ 50	\$ 75
Associate	\$130	\$ 240

#### Fees for clubs only

Ordinary	\$ 24	\$ 48
Associate	\$ 50	\$ 75

#### DROP IN FEES

CF Regular "Overnighters"	\$ 2.00
ADULTS	\$ 3.25
CHILDREN UNDER 16 YEARS	\$ 1.25

Prices include G.S.T.

#### NOTES:

- (1) Ordinary membership includes Reserve Forces personnel, DND employees and individuals receiving an annuity from the CF.
- (2) Associate membership includes any person sponsored by a regular member. This type of membership is subject to admission procedures approved by the Wing Commander.

### WESTWIN LANES BOWLING ALLEY - BLDG 90

MONDAY	NOON & MENS LEAGUE	1130-1330; 1900-2130
TUESDAY	LADIES LEAGUE	1900-2130
WEDNESDAY	NOON & MIXED LEAGUE	1130-1330; 1900-2130
THURSDAY	GOLDEN GATE SCHOOL MIXED LEAGUE	1600-1730; 1900-2130
FRIDAY	* OPEN BOWLING	1800-2000
SATURDAY	** YBC	1000-1600
SUNDAY	* OPEN BOWLING	1300-1600

\*Open Bowling may be cancelled for Group Bookings.  
\*\* YBC - Youth Bowling League

PRICES		
Games	Adults	\$1.25 per game (over 18)
	Children	\$1.00 per game
Shoes	Adults	\$ .40 (over 18)
	Children	\$ .30

# GETTING FIT THE CF WAY

# DES FORCES EN FORME

Active living means including all sorts of simple activities in your daily routine. Like walking to the corner store instead of taking the car. Climbing stairs instead of taking elevators. And doing active chores around home.

These things all add up, and contribute to better health. However, to improve your physical fitness, you've got to do a little more. Your activities have to be more vigorous. You've got to push yourself a bit.

Yet it's more than worth the effort. With adequate fitness you'll complete your daily tasks more easily and have a

reserve to meet extra demands and deal with emergencies. This is particularly important for CF members who may be deployed on short notice to distant locations involving difficult environmental conditions. A good level of physical fitness is essential to meet the stress of these situations.

If physical fitness is on your agenda, consider the following tips to help you start and stay with your program.

- Establish a routine. Look for CF programs that suit your schedule. Morning, afternoon, or evening, it really doesn't matter. The best time of day is the time that's just right for you.
- Avoid hassles. Some activities are more accessible than others. You can run or cycle right from your front door at home—or do them during breaks at work. Other activities (swimming, for example) may not be so convenient. Make sure your activity interests you enough that you can handle any inconveniences that may occur.
- Don't rush. Set aside enough time so you don't have to hurry. If you're exercising during a break at work, try for some flexibility in your schedule so you can complete your session without rushing. When you're finished, you should feel relaxed and refreshed.
- Avoid boredom. Routines are good, but when you get into a rut it's time for a change. The EXPRES Programme Guides

cover nine aerobic activities as well as strength and muscular endurance. Look to them for variety and talk to a PERI whenever you feel you need some help with your program.

• Be patient. Don't rush or force improvement. Fitness—like anything else that's important—is not always quick and easy. Push too hard and the body rebels. Treat it sensibly and with respect and it will perform remarkably well.

You should also enjoy what you do. Keeping a record of your progress helps

too. Cpl Richard Parr of the Air Maintenance Squadron in Cold Lake and LCol Murray Haines, from AIRCOM Headquarters in Winnipeg, can tell us something about these things.

Cpl Parr took up Volksmarching—organized walks or marches of varying lengths—in 1984 when he was posted to CFB Baden-Soellingen. When diagnosed with skin

cancer in 1985 and given five years to live, he got into the sport in earnest. Now, nine years later, his log lists well over 400 completed events.

Volksmarches take Parr through scenic terrain with others who have similar interests. They're something to train for and look forward to.

LCol Haines enjoys his activity, too, and he keeps good track of it. A serious distance runner, Haines began keeping records in 1976 to inspire him to keep going. Inspire him it did. Seventeen years later he had run a total of 40,000 km—enough to circle the earth at the equator. What's he up to now? Last we heard, he had gone south—en route to the North Pole!

Pour mener une vie active, il suffit d'inclure dans votre quotidien toutes sortes de petites activités. Comme se rendre au magasin à pied plutôt qu'en auto. Prendre les escaliers plutôt que l'ascenseur. Et faire mille et un petits travaux autour de la maison.

Toutes ces activités aident à vous garder en santé. Mais pour améliorer votre condition physique, ce n'est pas suffisant. Vos activités doivent être plus intenses, exiger davantage d'effort.

L'effort en vaut la peine. Car si vous

êtes en forme, vous n'aurez aucun mal à accomplir vos tâches quotidiennes et il vous restera suffisamment d'énergie pour répondre aux urgences. Ce point est

particulièrement important pour les membres qui peuvent être envoyés avec très peu de préavis dans des régions éloignées où les conditions sont dures. Pour être en mesure de faire face au stress de ces situations, il est essentiel d'être en bonne condition physique.

Si vous voulez vous mettre en forme, voici quelques conseils qui vous aideront à commencer et à persévérer.

- Faites-vous une routine. Cherchez des programmes des FC qui conviennent à votre horaire. Matin, midi ou soir: à vous de choisir.
- Ne vous compliquez pas la vie inutilement. Certaines activités sont plus simples que d'autres. La course ou le vélo, par exemple, peuvent se pratiquer aussi bien autour de chez vous que durant vos pauses au travail, ce qui n'est pas le cas de la natation. De plus, assurez-vous de choisir des activités qui vous intéressent suffisamment pour ne pas vous décourager devant les obstacles.
- Prévoyez suffisamment de temps. Si vous vous entraînez pendant une pause, assurez-vous d'avoir assez de temps pour terminer sans vous presser. Après une session de

conditionnement, vous devriez vous sentir détendu et revigoré.

• Évitez de vous enrouler dans une routine. Routine ne signifie pas ennui. Parfois, un peu de changement s'impose. Les Guides EXPRES vous proposent neuf activités aérobiques, ainsi que des exercices de musculation. Consultez-les pour avoir des idées. Et si vous avez besoin de conseils pour votre programme d'entraînement, consultez un MEPL.

• Soyez patient. Allez-y graduellement. La forme physique ne

s'acquiert pas du jour au lendemain. Si vous en faites trop, votre corps risque de protester. Respectez-le: il ne s'en portera que mieux.

Prenez plaisir à ce que vous faites.

Et notez votre progression. Cela vous encouragera. Parlez-en au caporal Richard Parr, de l'Escadron d'entretien des avions à Cold Lake, et au lieutenant-colonel

Murray Haines, du siège social d'AirCom à Winnipeg.

Le caporal Parr a commencé la marche (randonnées en groupe ou marches de longueurs diverses) en 1984, alors qu'il était en poste à la base de Baden-Soellingen. En 1985, après un diagnostic de cancer de la peau qui devait lui laisser cinq ans à vivre, il s'est lancé à fond dans ce sport. Aujourd'hui, neuf ans plus tard, il affiche un tableau de 400 excursions qui l'ont mené, lui et d'autres amateurs de marche, dans des lieux magnifiques. Une façon de joindre l'utile à l'agréable.

Le lieutenant-colonel Haines, un coureur de fond aguerri, tient bonne note, pour s'encourager, de tout le chemin qu'il a parcouru. Et il en a parcouru du chemin en 17 ans: 40 000 km, l'équivalent du tour de la Terre à l'équateur. Aux dernières nouvelles, il courait vers le sud... pour se rendre au Pôle Nord!



## The Mediterranean Diet

### A new approach to eating in Canada?

(NC)—The Mediterranean Diet includes meals with lots of grains, fruits and vegetables, and smaller amounts of fish, poultry, cheese and yogurt. Other meats are eaten in very small amounts and very infrequently. This diet is based on the cuisines of the Mediterranean region (includes Morocco, Tunisia, Italy, Spain and Greece). Olives and olive oil play a predominant role in the Mediterranean Diet since olives are the major oil crop grown in these countries. Olive oil is a mono-unsaturated fat and is

considered a "good fat" since it does not raise cholesterol levels. Most health experts agree that it's the total amount of fat we eat each day that is important, however, the quality of the fat we eat should be as healthy as possible. Use more poly and mono unsaturated fats and less saturated fats.

The following Mediterranean Style Salsa recipe shows how olives and olive oil can be used. This versatile salsa is great with nachos, scrambled eggs or as a topping for Bruschetta.



## Salsa—Mediterranean Style

3/4 cup	175 mL	peppers, chopped (red, yellow or orange)
1/4 cup	50 mL	black olives, chopped
2 to 3		kiwifruit, finely chopped
1 tbsp	15 mL	olive oil
2 cloves		garlic, minced
1 tsp	5 mL	lemon juice

In a small bowl, combine all ingredients. Serve immediately or refrigerate up to two hours for a more intense flavour. Makes 2 cups (500 mL).

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%	5.95	7.25	7.125	7.375	7.625	7.875	8.0	8.875	9.0



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## SPECIAL FEATURE

## 1995 Campaign



United Way

“Do your best”



Centraide

## ABOUT THE UNITED WAY

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

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

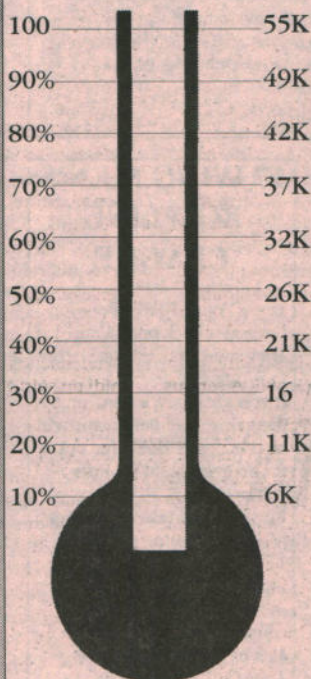
- More than 8,000 United Way volunteers are involved yearly in raising, distributing and administering funds for human care services.
- More than 17,000 volunteers are involved in supporting the delivery of services in United Way agencies.
- Winnipeg is the only United Way that has all its administrative costs covered by lottery revenue. Consequently, all donor dollars go directly to human care services in more than 60 agencies in Winnipeg.

## UNITED WAY AGENCIES

- United Way agencies provide human care services to all ages from the very young to the very old.
- One in three families in Winnipeg will benefit from the services provided by the agencies.
- The services provided by the agencies cover a wide variety of physical, mental and emotional needs.
- Are your children involved in Scout or Guides? These agencies are part of the United Way.

## Our Goal

\$55,000.00



## Campaign Kickoff

22 Sep 95

0900-Sports Tabloid  
1200-Club 90  
Presentation

## FUNDING TO AGENCIES

- We can be sure that our donated dollars are carefully distributed to services in Winnipeg.
- Volunteers, representative of our community, are accountable to those of us who donate the funds.
- They examine the needs of our community and recommend to the Board of Trustees:
  - on-going funding of services in member agencies
  - funding of new services in member agencies
  - funding of new agencies and services
- In keeping with the philosophy of United Way to respond to new needs in the community, the Board annually examines new requests for the funding of services. For example, one year, \$350,000 was allocated to new services that were developed to help in the prevention and treatment of family violence and abuse.

## ANNUAL CAMPAIGN

- United Way's campaign is Winnipeg's foremost volunteer-driven campaign committed to enabling people to help people help themselves.
- Each year more than 80,000 individuals and 2,000 corporations voluntarily contribute to the campaign.

## UNITED WAY GARAGE SALE TEAM

17 Wing and Air Command sections are encouraged to make up teams to sell donated items at the UNITED WAY's Garage Sale to be held at the Winnipeg Convention Centre, 28 October 1995.

- \* Rally together to pick a team captain and team name.
- \* Have the captain register the team by Friday, October 6.
- \* Split up and madly gather all the "treasures" you can get your hands on.
- \* Accumulate and store team treasures.
- \* Price all items & drop off at Lipssett Hall October 20-27. Can't make it down? Call Capt Green @ 833-5206 to make alternate arrangements.
- \* On Friday, October 27, between 4 and 8 pm report to the Convention Centre and find out how to set up and sell the loot at the tables.

## A FEW TEAM TIPS

- \* There is no maximum number of people per team - so recruit everyone you know.
  - \* Each team is required to fill four "banquet sized" tables all day long. (If your team is running a little low at some point during the day, we should have some reinforcement "treasures" to help you out)
  - \* "Bulky" items such as fridges, sofas and the like are too difficult to transport - so please use your discretion when deciding whether to donate heavy & large items.
  - \* Do whatever you can to make the big day a one-of-a-kind event. (Costumes, theme tables, etc. Use your imagination!)
  - \* There will be FREE PARKING on October 28 in the government parking lot across from the Convention Centre.
- Questions? ...Call Capt Rick Green @ 833-5206/5127 **Let's show our support for the United Way!**



# ANNOUNCEMENTS

## 51st WINNIPEG SCOUT GROUP RECYCLING PROGRAM



You can recycle for free!!

And help your local Scouts, Cubs and Beavers.

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 interesting and fun activities that promote achievement and friendship. We have a very active agenda with crafts, tours and outdoor activities including camping and canoeing.

The 51st Scout Group has been designated as the official recyclers for the North Site. Not only is this activity consistent with the scouting ethos towards the environment, but it also serves as our main group fundraiser allowing parent volunteers to offer a varied and exciting program for 17 Wing dependents. All you have to do is make note of our recycling pick up dates below and have your recyclables on the front doorstep that morning

### 17 WING WINNIPEG BEAVERS, CUBS & SCOUTS BOTTLE DRIVES

14 OCT 95,	10:00-12:00
18 NOV 95,	10:00-12:00
16 DEC 95,	10:00 -12:00
13 JAN 96,	10:00 -12:00
10 FEB 96,	10:00 -12:00
16 MAR 96,	10:00 -12:00
13 APR 96,	10:00 - 12:00
11 MAY 96,	10:00 -12:00

### WE ACCEPT THE FOLLOWING:

- Aluminum beverage cans (pop and beer)
- Glass bottles (liquor, beer, juice, sparkling water)
- Plastic bottles (pop, liquor, beer)

If you do not wish to be disturbed, have your recyclables on your door-step. Personnel living on base may contribute by leaving recyclables at our collection boxes next to Bldg 21, Sarges Gas Station or the Westwin Community Center next to the north site chapels. For further info please contact Bill Neumann at 897-4234 (Home) or 5755 (Work); or Marcel Blier at 888-3485 (home) or extension 3485. Thank-you for your support!

## 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.

## 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.

### 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. - Carriibbean Dancers.

8:00 p.m. - Greek Dancers.

9:00 p.m. - Native Dancers.

### Saturday Sept. 23rd

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.

Finale

Closing Address :

Gerry McAlpine, M.L.A

Western Garb optional on Thursday and Friday nights, all day Saturday.



## 17 WING CERAMIC CLUB

### HOURS OF OPERATION (Please note change in hours)

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 CLOSED  
SUNDAY 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.

## 17 WING MEN'S BOWLING LEAGUE

The 17 Wing Men's Bowling League is back once again after a ten year absence here in WinterPeg.

If you are a bowler and enjoy the game, (full handicaps will be used) why not come out for an evening of friendly competition.

Bowling will take place every Monday evening (starting 11 Sep 95).

Sign up as a team or individually, if unable to commit fully, a spare list will also be maintained.

There will be a \$20.00 registration fee for all bowlers. This fee will be used to register all bowlers with the Manitoba 5 Pin Bowling Association and special functions and awards. To register contact PO2 Dave Rigby at 833-5786/5830 or 889-4458.

## DIVISION OF PREPARATORY STUDIES

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

Music provided by  
"REVISION"  
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Cost: Members \$5.00 Guests \$6.00  
Advance ticket sales only.  
Tickets available until 22 Sep 95 at Mess

BINGO - Every Mon. Wed. Fri.  
7:45 p.m. Early Bird 7:30 p.m.  
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THE FRIENDLY CLUB



# WORLD'S FAIR PROGRAM COMING TO WINNIPEG

**CHICAGO**—One of the more popular features of the Seattle, New York Montreal, and Spokane World's Fairs will be presented at Grant Memorial Baptist Church, 877 Wilkes Avenue. The performances are Sunday, 24 September 11:00 am-12:00 pm and 6:30-8:00 pm; Monday, 25 September 7:30-9:00 pm; and Tuesday, 26 September 7:30-9:00 pm. Armed with a stage full of scientific and electronic equipment, Dean Ortner affiliated with the Moody Institute of Science will present a series of science demonstrations called Sermons from Science.

All performances are different and the demonstrations will include music played on a beam of light, a voice modulated on a laser beam, and one-million volts of electricity passing harmlessly through his body... all at Sermons from Science.

Mr. Ortner has a degree in Biology from Moorhead State University and served on the faculty of North Dakota State University for three years in Entomology while doing research in Bio-nucleonics.

Admission to these world-famous demonstrations is open to the public without charge. For information contact Major Bill Amirault at local 6728.

## Technical Summary

This material, added to background information about Sermons from Science and biographical information about Dean, may be used to invite individuals with a scientific mind to the programs.

The Sermons from Science demonstrations, are designed around a four-evening sequence. We have a great deal of fun and audience participation as the demonstrations are presented. While each evening is a different and independent presentation, there is a sense in which they build on each other, both technically and in Dean's applications.

### Program 1 - Light and Color

During this initial program, Dean explores time lapse photography; the photoelectric effect; modulation/detection of light transmission; the physics of laser

light generation and its practical uses; photosynthesis; chemiluminescence; color theory (additive and subtractive); polarized light; complementary after images; UV fluorescence and phosphorescence; polarized light; and crystal refraction.

### Program 2 - Sense Perception and Natural Law

This evening's program centers on the physiology of hearing; speech/hearing interdependency; optical illusions and preconceptions; unreliable senses of touch, smell and taste; strobe light effects; and angular perception/distortion anomalies.

In addition, Dean looks into the laws of electromagnetic induction fields; centrifugal and centripetal forces (gyroscopes in guidance control systems); and timed chemical clock reactions.

### Program 3 - Recording Devices

This program studies remote sensing pickup; surveillance techniques; computer memory devices; latent excitable phosphor imaging; residual magnetic field detection (Barkhausen Effect); permanent/electro magnetic theory directional microphones; tape recordings; CDs; molecular memory systems; and infrared imaging.

### Program 4 - Resonance

In this final lecture, Dean surveys photoelectric vs. photopressure light sources; photon weapon systems; "photon sailor space tugs"; matter/space coexistence; scalar weapons; resonant destruction of crystal; resonance and bridge design; and trans-dimensional transport.

### Performance Times:

Sunday, 24 September 11:00 am-Noon & 6:30-8:00 pm

Monday, 25 September 7:30-9:00 pm

Tuesday, 26 September 7:30-9:00 pm.

Grant Memorial Baptist Church, 877 Wilkes Avenue.

## RWANDAN POSTCARD- 95 CMSG BEGIN PEACEKEEPING TOUR IN RWANDA

By Lt(N) Kent Page

On July 26, the 85 Canadian Forces men and women of 95 Composite Mission Support Group (95 CMSG) began the first day of their six month peacekeeping mission in Rwanda with the United Nation Assistance Mission in Rwanda (UNAMIR).

95 CMSG is tasked with the job of providing the UNAMIR Force Commander, Canadian Forces Maj Gen Guy Tousignant, of Sherbrooke, QC with:

a. a force level service support (transport, supply and maintenance) supervisory/contractory/planning capability; and

b. a medical/general health care advisory group capable of assisting with joint United Nations/Government of

Rwanda national rehabilitation programmes.

"We conducted pre-rotational training at CFB Gagetown, NB," says LCol Bob Primeau, the Commanding Officer of 95 CMSG. "This initial training brought everyone together and judging by how well things went, although our mission will be challenging, I am confident that we will be successful in fulfilling our mission."

On June 9, 1995, the UNAMIR mandate was extended a further six months. The provisions of the new mandate emphasize United Nations assistance to, and involvement in, activities intended to encourage national reconciliation and to assist in the reconstruction and rehabilitation of Rwanda's infrastructure.

UNAMIR's authorized military strength under the terms of the new mandate will be gradually reduced from the beginning of June 9 strength of 6200 military personnel to 1800 military personnel by October 9, 1995. In October, the force will consist of five companies of 135 soldiers from the African countries of Nigeria, Ghana (two companies), Malawi and Mali. There will also be an Indian Battalion of 660 troops, an Indian Engineering Company of 125 troops, an Indian Signals Company of 75 soldiers, a military police platoon of 45 international troops, a Force headquarters staff of 35 staff officers and a medical unit. The Canadians of 95 CMSG will provide support to all of these troops.

With a truly Canadian

make-up, the men and women of 95 CMSG come from bases across Canada and include both Regular and Reserve Force personnel. They include medical, transport, intelligence, supply, military police, signals, administration, maintenance and finance experts.

"We will have to combine innovation, initiative and flexibility in order to accomplish our daily tasks," says LCol Primeau. "But, by drawing on the experience of personnel who have served on other peacekeeping missions and the enthusiasm displayed in pre-deployment training by all of our soldiers, I know that we will be integral to the success of the UNAMIR mission."

The members of 95 CMSG join the other Canadians who are currently serving with

UNAMIR as military observers and staff officers and they replace the 85 Canadians who made up 95 Force Logistics Support Group (95 FLSG) and who successfully completed their six month tour with UNAMIR on July 26, 1995.

"I am very proud of the work that has been done so far by fellow Canadian Forces personnel here Rwanda," said Maj Gen Guy Tousignant. "Having met with various members of 95 CMSG, I am certain that the fine work done by Canadians in Rwanda will continue."

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## CF DEPENDANTS DENTAL CARE PLAN/ CF RESERVE DENTAL CARE PLAN

A problem has arisen concerning the status of members under the dental care plan who become divorced. As you are aware, while the entitlement to benefits continues for a spouse during the period of separation, that entitlement terminates effective the date of divorce from the member.

Although most URSSs issue the appropriate UPDT advising the MPIS of the divorce, there is no provision, at the present time, for this info to be included in the monthly computer tape sent to the Winnipeg Head Office of Great-West Life by the Data Centre Borden. The monthly tapes, at the request of Great-West Life, list only the particulars of plan members as it is felt that their marital status is of no importance. Unfortunately, there have been several cases in recent months where a divorced spouse has continued to submit claim for her/his own dental care, which resulted in overpayments by Great-West Life.

This directorate is quite frequently asked by individual Bases or members to request Great-West Life to revise their computer records by deleting the particulars of the divorced spouse. This procedure, however, is not the answer to the problem. Effective immediately, when a member is divorced, it is requested that he/she write a letter to Great-West Life advising them of the effective date of his/her divorce. This action by the member should prevent future problems with Great-West Life. For CF Reserves, this policy applies only to those members whose dependants are eligible for benefits under the reserve dental care plan.

## REGIME DE SOINS DENTAIRES A L'INTENTION DES PERSONNES A CHARGE DES MIL DES FC/REGIME DE SOINS DENTAIRES A L'INTENTION DES RESERVISTES DES FC


Récemment on a eu à faire face à un problème concernant la situation des militaires cotisant au régime de soins dentaires qui divorcent. Comme vous savez, même si les conjoints sont admissibles aux indemnités de soins dentaires pendant le processus de séparation, cette indemnité prend fin le jour où le divorce avec le militaire entre en vigueur.

Même si la plupart des unités remplissent les formules de MDPU appropriées afin de mettre au courant les SIPM au sujet de ces divorces, actuellement il n'y a pas de règlement qui permet d'inclure cette info dans les données informatiques que le centre des données de Borden fait parvenir mensuellement au bureau central de la Great-West à Winnipeg. A la demande de la Great-West, ces données mensuelles ne détaillent que les informations personnelles sur les militaires, et non pas leur situation familiale, à laquelle on n'attache pas beaucoup d'importance.

Malheureusement, il y a eu des cas, ces derniers mois, ou des conjoints divorcés ont continué à faire des demandes de remboursements pour soins dentaires à leur égard, ce qui a donné lieu à des paiements en trop par la Great-West. Afin de résoudre ce problème, des bases et des militaires nous ont suggéré si nous pouvions demander à la Great-West de réviser leurs dossiers informatiques et y effacer tous les renseignements concernant le conjoint divorcé, malheureusement, cette action ne résoudrait pas le problème.

A partir de tout de suite, lorsque les militaires divorcent, ils sont tenus d'écrire une lettre à la Great-West leur avisant de la date où leur divorce prend effet. Cette action devrait mettre fin à ces sortes de problèmes.

Pour les réservistes des FC, la présente politique ne s'applique ou aux militaires dont les personnes à charge sont admissibles aux prestations du régime des soins dentaires à l'intention des réservistes des FC.



### 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. 29, 1995




Valid for any dry cleaning at 50% off the regular price.  
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 valid anytime at St. James locations only  
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 (not valid in conjunction with any other offers)

Exp. Sept. 29, 1995



Valid for any dry cleaning at 50% off the regular price.  
 (min. 4 items: suedes, leathers, furs & wedding gowns excluded)  
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Roommate wanted - non-smoking, male/female, mature, to share 4 bdrm house, 2 blocks from 17 Wing (North). Close to all amenities. Call leave message 832-1891. \$300 per month all inclusive.

### CHILD CARE & MISC SERVICES

Mother of one, CCW III has spaces in her licensed daycare home (Charleswood area) for school age children. Call 889-6470.

Get your lawn & garden ready for winter. Yard care services tailored to your needs. Reasonable rates, call Keith at 888-3969.

### HOMES FOR SALE

Home for Sale. Next to South Base, Kenaston Estates, modern 1 br condo. Well cared for, pool, tennis courts, great neighbours. Would consider renting to right person. Asking \$48,900. Private Sale: Brian 489-8138.

Private Sale: 7 min. from Base, executive 4 level split - walk to Glendale Golf Course. 3+ bdrm, 2 bath, open floor plan, heated insulated garage, etc. \$115,000. 330 St. Charles St. Call 889-7015.

### MISC. FOR SALE

Girl Guide outfit - T-Shirt, jogging top, slacks, size large. Used one year, \$20. Ph: 889-0715.

### MISC. FOR SALE

Super-Single, full flotation waterbed w/headboard, Smith-Corona typewriter & Word Processor system (sold together or individually). Call Mike after 1630 hrs at 888-4015. Prices negotiable.

Roller Skates - size 9, excellent condition, asking \$35.00. Phone Peter 983-7381 (office), 334-7274 (home).

Play structure \$300.00. Play house (can be used as shed) \$300.00. Wooden swing \$100.00. Ph: 889-1855 after 5 pm. Can be seen at 30 Jameswood Drive.

Nissan over the rail box liner, includes tail gate protector, factory price \$300+, will sell for \$175 OBO. Fits all King Cab models. Phone Howie at 831-0783 (leave message).

Two position snowmobile tilt-bed trailer, 6' wide 8' long. Includes ski locking rods, new lights, wiring, wood bed, paint & one new rim. Asking \$400 OBO. Bearings have been repacked. Phone Howie at 831-0783 (leave message).

Super single waterbed c/w bookcase headboard, \$75 OBO. Call Capt Burke at CFRC Winnipeg 983-3680- or home 832-4792.

Two red leather recliners, \$200 each. Ph: 889-0715.

Beaumont dishwasher, 2 yrs old, \$300. Ph: 889-0715.

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