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VOL. 43 ISSUE 17

17 Wing Winnipeg / 17e Escadre Winnipeg

OCTOBER 4, 1995 / FREE

## THE CANADIAN FORCES CANADA REMEMBERS CONTINGENTS



The Right Honourable Jean Chrétien reviews the Canada Remembers Contingent at "Le Monument" in Caen during ceremonies dedicating the Canada Memorial Foundation's Memorial Garden.

Between the years 1939 and 1945 Canadian service men and women put their lives on the line for freedom. Fifty years later, a grateful nation acknowledged its debt to the sailors, soldiers and air force personnel who gave their youth - and in many cases their lives - so that future generations might live in peace.

Canada Remembers was the national program conceived to commemorate the 50th anniversary of the major events leading up to the end of the second world war. The program also provided the opportunity to honour the memory of those who died and remember the wartime sacrifices made by all Canadians both overseas and at home.

The Canadian Forces was an active participant in the Canada Remembers program. Under the auspices of the Canada Remembers Project Office, headed by retired Colonel John Gardam, Canada's present-day service men and women were involved from the very beginning.

The project office had two basic tasks. First, to provide ceremonial support to over 200 commemorative events at home and overseas during a two-year period. Second, to furnish logistics support to Veterans Affairs Canada - the lead federal agency in the Canada Remembers program.

In both cases, most of the responsibility for these tasks was taken on by the Canada Remembers Contingent.

In April 1994, over 100 men and women from across Canada began arriving at CFB St-Jean, Quebec. They were there to form a special unit to support the Canada Remembers program.

The Canada Remembers Contingent would eventually perform ceremonial duties at over 200 commemorative events in eight countries between May 1994 and May 1995.

Continued on Page 2.

## NATIONAL FAMILY WEEK FAMILIES ARE FOREVER: ENJOY FAMILY TIMES OCTOBER 1 - 9, 1995

For the past 12 years, Canadians have been celebrating National Family Week during the week immediately before Thanksgiving. It is a time for all of us, organizations, communities, and individual families to take a look at the importance of our families and the relationships to those around us.

This year's National Family Week theme builds on the concept that families, like precious jewels, are forever and need to be treasured, enjoyed and celebrated. The relationships shared by family members - be they birth families, chosen families, blended families, separated or divorced families - all these relationships, the good times and the bad times, influence our actions, beliefs and values throughout our lives.

In the Military, families become more precious as we are often separated from our parents, partners, children, and extended families. Our lifestyle does not give us the flexibility to choose where we live and

thus we find ourselves apart from our families more often than not. To compensate, many military families adopt other military families in similar situations and friendships become the ties that bind.

As you read this, National Family Week will be in full swing. Winnipeg and the province have many special events planned. Participate! Check local papers, radio and TV for activities. Along with those events, plan something with your family. Here are a few suggestions:

- help a neighbour,
- adopt someone who has no family close by,
- take a walking tour of your community,
- plant a tree for each member of your family,
- write a letter to family member far away,
- create a video of your family,
- read a book together, or
- take the time to chat.

A unique opportunity for families to be involved in the community is Operation Santa



Health Canada Santé Canada

FAMILY SERVICE CANADA

Claus. This is a special project endeavouring to prepare a Christmas package for each of the approximately 2800 Canadian Peacekeepers serving on United Nation's (UN) missions abroad. From October 19 to 21, volunteers are needed to fill the already donated gym bags for shipment overseas. If you and

your family would like to be involved, please contact Rae Rankin, Elf Extraordinaire, at 489-7003.

During this National Family Week and all year long, enjoy the time you spend with your family members, enjoy the memories of good family times and make plans for an enjoyable family future!

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# THE CANADIAN FORCES CANADA REMEMBERS CONTINGENTS

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The 1994 Canada Remembers Contingent began its gruelling schedule on May 7th when the Flag Party paraded for the first time at the 1st Canadian Division Memorial at Ipsica.

After 10 more ceremonies in Italy, they flew to England to join the rest of the Contingent, which by then was temporarily based at the pre-Victorian Hounslough Barracks, just outside London.

Commanded by Lieutenant-Colonel Reed Smith of London, Ontario, the unit now included a 100-person guard; a 65-piece band; and, of course, the 18-member flag party.

Its mission was simple, but critical: represent the Canadian Forces at all major commemorative events in Europe marking major Canadian milestones along the road leading to the 50th anniversary of the end of the Second World War.

In England, many of these modern-day service personnel met face-to-face for the first time with the men and women they were there to honour - Canada's veterans.

There followed a series of special ceremonies at places which included Portsmouth, Hampshire, Runnymede, Brookwood and Bushy Park.

But by far the most significant for Canada was the official unveiling, by Her Majesty Queen Elizabeth II, of the Canada Memorial in Green Park. In addition to Her Majesty, seven other members of the Royal Family attended the ceremony.

The 100 sailors, soldiers and air force personnel in the Contingent's guard of honour were from regular and reserve units across Canada.

Through their unit and regimental affiliations, they represented all those who took part in the Normandy invasion, as well as those involved in the Allied operations following D-Day that eventually led to the liberation of Europe.

It was perhaps appropriate then that from England the Canada Remembers Contingent moved on to France. There, many thousands of veterans had already gathered for ceremonies marking the 50th anniversary of the D-Day Landings and here, for the first time, the Contingent met Canadian veterans on the Veterans Affairs Canada pilgrimage.

Along with troops from the

other Allied nations, the Contingent took part in major international services on OMAHA BEACH.

However, perhaps more meaningful for Canadian veterans, was the special ceremony held later that day on JUNO BEACH. In the presence of His Excellency the Governor General and Prime Minister Jean Chrétien, the unit took part in service to commemorate the sacrifice made by Canadians who fell on D-Day.

That was followed over the next five days by a series of very emotional services at locations of particular historic importance to Canadian units: Beny-sur-mer; St-Aubin; Bernieres; Carpiquet; Bretteville; Falaise; and Vimoutiers.

On July 10th the unit returned to Canada.

But, by mid-July they were back in France for an ambitious program of events marking the Canadians liberation of Caen.

Canada played a key role in that historic struggle and the French fully expressed their appreciation.

While in France, the Contingent also took part in ceremonies at Rouen, Trun, Orbec and Louvigny.

Throughout this, and all other Contingent deployments, superb musical support was provided by the Canada Remembers Band.

With the Royal Canadian Artillery Band as its nucleus, additional regular force and reserve musicians were added to enhance the unit's ability to meet a wide range of musical and ceremonial commitments.

That ability was further extended through the inclusion of a small, but formidable, pipe and drum corps from Reserve pipe bands throughout the Canadian Forces.

By the end of July the Contingent was back in Canada again this time for some well-earned leave and of course, continuation of the unit's on-going training program.

On the 31st of August it was back to Europe - this time Belgium - where the Contingent took part in over two dozen events marking the 50th anniversary of that nation's liberation by the Allies in 1944.

In all, the Belgians marked that historic campaign with 57 official events - one for each month of German occupation. The highlight of this deployment was undoubtedly the parade in Brussels on September 4th. Thousands watched the

Contingent march past the King of the Belgians and His Royal Highness, Prince Andrew.

Other events involving the Canada Remembers Contingent were held at Knokke-Heist, Ghent, Ypres, Brugge and Arnhem.

The Contingent returned to Canada in mid-September, but there was still one final deployment before the unit's mission was complete.

On October 24th the 1994 Contingent returned to Europe for the last time.

Warm Dutch and Belgian hospitality once again greeted members of the unit as they provided a military backdrop for a series of ceremonies honouring Canadians.

As was the case on previous deployments, most events were attended by large numbers of Canadian veterans, including those taking part in official "Canada Remembers" pilgrimages sponsored by Veterans Affairs Canada.

There were major events at Hoofdplaat, Oostberg, Adegem, Knokke-Heist, Sloedam and Middleberg. The Contingent also took part in ceremonies at Vimy and Beaumont Hamel honouring Canadians and Newfoundlanders who died during the First World War.

On November 8th, the 1994 Canada Remembers Contingent came home for the last time.

The unit's final parade was at the National War Memorial on Remembrance Day - a fitting finale for a truly unique unit - but not a finale for Canada Remembers!

In March 1995 LCol Smith and a small nucleus of the contingent's headquarters staff returned to St-Hubert to begin the job of forming the 1995 Canada Remembers Contingent.

Once again, the unit would consist of a 100-person ceremonial guard, an 18-member flag party and a 65-piece band. But this time the guard would be all-army, the flag-party all-navy and the band all-air force.

Members of the guard began arriving in April. As was the case in '94, they were from regular and reserve units across Canada. They represented all Canadian Army units and corps present in Europe on May 8, 1945 - VE-Day. Except for the soldier carrying the Red Ensign and the airman carrying the RCAF Ensign, the flag party was a navy sub-unit, commanded for the second time by CPO Chris Dykeman.

Musical support was provided by the Canada Remembers Band - this time based on the Air Command Band from Canadian Forces Base Winnipeg - but augmented by the Pipes and Drums of the Second Battalion, The Royal Canadian Regiment from Canadian Forces Base Galetown. A singular musical ensemble!

The 1995 Canada Remembers Contingent had a much shorter season than its predecessor, but, if the schedule was just as demanding, the welcome was as warm.

The unit arrived in Holland on April 28. The next day reception parties were on the road to finalize arrangements for events at locations in cities, towns and villages ranging from Westerbork in the north of Holland to Nijmegen in the south. The unit also took part in ceremonies in England, Germany, Russia and France.

In all, the 1995 Canada Remembers Contingent took part in 30 events in 10 days.

Highlights included the huge ceremony of commemoration held at the Groesbeek Canadian War Cemetery on May 6. That service was conducted in the presence of Her Royal Highness, Princess Margriet of the Netherlands and the Right Honourable Jean Chrétien, Prime Minister of Canada. Some 6,000 Canadian veterans and family members joined with the diplomatic corps resident in Holland to pay tribute to Canadians who died during the fight to liberate the Netherlands.

The next day, the Canada Remembers Contingent took part in the massive Apeldoorn Veterans Parade. For this occasion, the population of this picturesque farming town grew from 100,000 to 350,000 overnight.

Over 7,000 Canadian veterans marched in the three-hour parade and thousands more watched from the crowded roadsides.

Nowhere during all the 50th anniversary celebrations was the gratitude of a liberated people more apparent than in the overwhelming demonstration of thanks shown to Canadian veterans by the people of Apeldoorn.

Apeldoorn was perhaps the most impressive display, but the Contingent was well received wherever it went in Holland: Wageningen, Holten, Nijverdal - are all names Contingent members will remember fondly for years to come.

Towards the end of the 1995

deployment, the unit split. While the flag party and the pipes and drums headed off to Moscow for celebrations there, the guard and the band travelled to Germany for major wreath-laying ceremonies at the Rhineberg and Reichwald.

After that, it was on to Caen. Once more in the presence of Mr. Chrétien, the Canada Remembers Contingent provided ceremonial support for the dedication of the Canada Memorial Foundation's Memorial Garden at "Le Monument".

Le Monument is a museum and educational centre established by the Allies in honour of those who landed in Normandy on D-Day, June 6th 1944.

The Memorial Garden is Canada's contribution to this most impressive tribute to D-Day veterans.

On 13 May the unit returned to Canada. One week later it disbanded, joining the 1994 Contingent as an historical footnote in the Canada Remembers story.

Whether at home or overseas, each of the 200 ceremonies in which the Contingent took part meant a great deal to organizers and participants alike. The Contingent's presence at these events, sometimes the only Canadian representation - was a way of showing Canada's gratitude to the many thousands of Europeans who clearly remember Canadians as liberators and, to this day, thank Canada for their freedom.

Saying "thanks" was a big part of the unit's job as well in 1994 and in 1995.

That is because, through the Canada Remembers Contingent, members of today's armed forces had a tangible way to thank their war-time forerunners in the Royal Canadian Navy, Canadian Army and Royal Canadian Air Force and the merchant marine.

By all accounts they did a great job.

Perhaps Andrew Maywood, a British spectator at one event, said it best.

In a letter to Canada's High Commissioner in London he said, "Yesterday I watched a D-Day ceremony at Bushy Park in West London. There were a number of military contingents and bands but they were put in the shade by the Canadians. Their turn-out, drill, marching and presence were a credit to Canada."

Well done to all members of the Canada Remembers Contingent both 1994 and 1995!

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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, C.O. 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 6 OCT 95/DATE DE TOMBÉE 6 OCT 95  
NEXT ISSUE 18 OCT 95/PROCHAINE ÉDITION 18 OCT 95

# Chinthe Bits

## 435 Sqn Fall Happenings



The kids won by pulling so hard they wrapped around a tree.

By S. Pamplin

Talk about a beautiful first summer for 435 Squadron in Winnipeg! As a native Manitoban, I fully expected to be out in the latest in mosquito netting but was more than pleasantly surprised by the gorgeous weather. Unfortunately, as fast as you can leave, "leave", it's September again. So now that everyone has their kids back in school and lessons have begun, it's back to the old grind, right? Luckily for us, this fall there is so much more happening.

The newly-formed 435 Officers' Wives' Club had its first Welcome Coffee on September 11th. There was a terrific Hercules Quiz, plans for more functions, but above all, it was an excellent opportunity for us to get to know each other better and support one another. We are all looking forward to the next meeting on October 16, with pumpkins in hand and amazing costume plans for the 27th. See you there!

The Annual 435 Welcome Barbecue couldn't have been planned for a more perfect day. The sun was shining, grills were flaming and the salads proved to be slightly tricky. Well only if you didn't like onions! While we were busy getting caught up after the summer, the kids participated in races, tug of

war and baseball. Too bad I ran out of film for the windup around the tree. Of course, most of us were spending time by the barbecues, gorging down hamburgers and hot-dogs as fast as they could make them. Everyone had such a good time, it was really hard to go home. I know that for those of us whose loved ones were away, the family atmosphere felt wonderful. A great big thanks to the Squadron Entertainment Committee for making the barbecue such a special event.

This spectacular start to fall is a terrific beginning to many more wonderful opportunities for family and friends of 435 Squadron members to share in. 'Til we meet again.

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# COMPTROLLER PROFILE

## Cpl Annette Cunningham

Cpl Annette "Maggy" Cunningham, seen here as "Col Cunningham" on the occasion of the last Jr Ranks Christmas Dinner, arrived in Winnipeg in January 1993 from her TQ3 Finance Training and started working as the Receiver General Clerk and Non-Public Funds Cashier. During her time in each section she has made her presence felt with a great work attitude and her dedicated commitment to the CF.

Over the past three years Annette has been involved in many base activities. She plays on the Women's Wing fastball team and broomball team. Annette also fulfils a vital role on the Wing Ground Search Team. Within our esteemed Comptroller world she is the Chairperson of the Party Fund - a duty she takes great pride in conducting!

In her spare time Annette enjoys whitewater rafting, golfing, roller-blading, playing with her turtles and of course listening to the "Twang" (better known as country music).

Annette is a valuable member of the Finance trade.

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COUPLE OF BUDDIES.**



Cpl Annette "Maggy" Cunningham

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## PROMOTION



BGcn J.K. Oakley, COS Res, presenting Lt E.M. George her new rank of Capt effective 1 Sep 95. Congratulations from your staff at Aircom HQ.

## THE BEAR TRUTH

By J.W. MCpl Richkun,  
402 Sqn ASMO #1 Crew

On the 14 Sept 95, a slow-pitch baseball challenge was issued and accepted. The field of play was set, the battle equipment was issued and the combatants were willing.

The combatants were members of 402 Squadron and 435 Squadron. Three teams from each Squadron were able to take to the field for an afternoon of relaxing fun.

Some highlights from that afternoon came from the gloves of Barry Ripley, Greg Vantassell, and Scott Roberts.

Barry Ripley believe it or not caught all line drives down the third base. It makes one ponder whether Barry is an excellent ballplayer or was extremely adept at protecting vital body parts, I wonder. Greg Vantassel's played left

field like a pro. He missed one fly ball only because he could not climb over the fence quick enough. He played the entire afternoon wearing dingo boots. Imagine what he could have done with sneakers. Welcome Cpl Greg Vantassell to the 402 Bear Squadron. Scott Roberts pitched and was all over the diamond backing up all positions. It kind of reminded me of Mr. Roberts neighbourhood, Scott was all over.

The afternoon was a great success and Thank You one and all for making the ball game enjoyable. Oh, almost forgot the most important part of any challenge, WHO WON! Only one Squadron had their derriere severely kicked. Until next year 435 Squadron, because 402 Squadron always

"STAND ON GUARD".

## Canadian Forces Community College Network

### College Courses On-Base: Evenings & Weekends

By Linda Claggett, Regional  
Coordinator, CFCCN

The Canadian Forces Community College Network (CFCCN) invites you to register for the college credit courses being offered on the base this fall. These courses are open to all CF members (active, reserve, retired), DND Civilian Employees and the family members of both groups.

#### Red River Community College

##### Introduction to Microcomputers

(prerequisite for Lotus 1-2-3, below): This 40-hour course offers you a hands-on approach to the world of microcomputers. You will become "computer literate" by learning the terminology associated with microcomputers. You will also receive an introduction to the Windows operating system, WordPerfect 5.2 in Windows and Lotus 1-2-3, Release 4.

**Timings and costs:**

11 Oct - 13 Dec  
Weds: 6:00 - 10:00 p.m.  
Fee: \$183, plus textbooks

##### Lotus 1-2-3, Release 4 - Level 1:

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**Timings and costs:**

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##### How to Start a Small Business:

This 30-hour course covers almost every aspect of starting a small business. It is a practical course designed to serve as a basic reference guide. Topics include: developing a business plan; development of a result-oriented marketing plan; financing; financial statements; financial analysis and planning; staffing needs and staff management; role of government; purchasing and control, etc.

**Timings and costs:**

10 Oct - 12 Dec, Tues: 6:00 - 9:00 p.m., OR 14 Oct - 9 Dec, Sats: 9:00 a.m. - 1:00 p.m.,  
Fee: \$120, plus textbook.

##### Second Career Planning - Prior Learning Assessment (PLA):

PLA is a process in which you can translate the learning you have gained from the "School of Life" (work, volunteer, life experiences) into college credits. It focuses on "what" was learned, not "how" you learned it. Find out more about PLA by attending the FREE orientation session on Mon., 16 Oct 7:00 - 9:00 p.m.

#### Seneca College

##### Management Development: Administration:

You can obtain a six-subject Management Development Program (MDP) certificate by taking a series of one-weekend credit courses. MDP subjects have been developed, in cooperation with business and industry experts, to provide a realistic examination of current management issues. The upcoming course in Administration will be completed over the weekend of 13-15 October (Fri: 6:00 - 10:00 p.m., Sat & Sun: 9:00 a.m. - 5:00 p.m.). Cost: \$105, plus \$45 for course materials.

For more information on any of these courses, contact your CFCCN Coordinator, Linda Claggett, at 833-5115.

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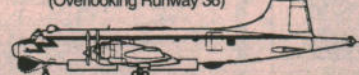
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To consistently receive products that meet contractual requirements, DND needs contractors with efficient, effective and accountable quality management systems.

Major efforts are currently aimed at encouraging industries to adopt, implement and improve their quality management systems. Contractor Quality Systems are being evaluated using the ISO 9000 series as a comparative model. ISO 9000 Quality System registration is not mandatory to win DND contracts, but encouragement to do so is evident.

In addition to external suppliers (contractors), a new wave of interest is building within DND, exploring the immense potential of Quality Systems development.

DND maintains a regional Quality Assurance Office in Winnipeg under the command of LCol Harley Rogers.

The Western Quality Assurance Region looks forward to continuously improving our partnership philosophy with industry, other government departments and within our own Defence Department. Quality Month 1995 is a great time to let folks know that DND Quality Assurance is reengineering for the future.

encourages you to join in the celebration. Quality Month curtains open October 2 at the Excellence Summit in Toronto. Our Canada Quality Council presents the theme "Partnership: Strength In Diversity". Vancouver will follow through with this theme as they host the Canada Quality Fair October 30-31. ASQC focuses on the theme "Quality Happens Through People", in the 26 October Chicago satellite broadcast. Manitoba will present this broadcast live in conjunction with a very first Winnipeg Quality Fair, October 26. Canadian Forces Quality Assurance Regions (CFQAR) across Canada will be actively participating in these Quality Month adventures.

## CANADIAN FORCES QUALITY ASSURANCE HQ WESTERN CHANGE OF COMMAND

On the 16 August 1995, members and guests of Canadian Forces Quality Assurance Western Region were invited to attend the Change of Command Ceremonies held in the WO & Sgt's Mess, Fireside Lounge. This occasion celebrated the handing over of command from Col B. Meindl, departing for Aircom HQ, to LCol H. Rogers arriving from Gander, Nfld. The Canadian Forces Quality Assurance Western Unit is comprised of this Headquarters and seven separate workcentres located in Winnipeg, Edmonton, Calgary, Vancouver and Victoria.



LCol Rogers (left) and Col Meindl (right) sign the Quality Change of Command Certificate as Mr Petroff, Regional Business Manager, witnesses the event.

The unit responsibilities include providing Quality Assurance services to both our external and internal customers, DND Contractors, Wings, Units, etc. regionally from an area just East of the Ontario border, West to the Pacific coast and including the Northwest Territories.

## October - Quality Month

What's so special about October? October is Quality Month, an annual international public awareness campaign that focuses on the importance of quality and continuous improvement. This includes manufacturing, health care, government, education and service sectors. In fact it relates to everything that we do.

Quality Month was developed in 1984 by the American Society for Quality Control (ASQC). DND supports the philosophies of ASQC, an association which is dedicated to Quality and continuous improvement in both the public and private sectors. The DND Quality Assurance Division actively supports our Canadian National Quality Month (October) and

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1100-1600 hrs

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Bldg 21  
17 Wing

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## Department of National Defence Quality Assurance Directorate



## MISSION

Our mission in the Quality Assurance Directorate is to provide assurance that the goods and services provided to the Department of National Defence and our clients satisfy their quality requirements.

HAPPY THANKSGIVING  
FROM THE STAFF AT VOXAIR



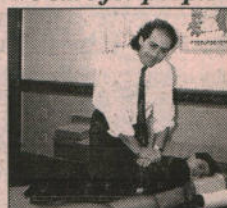
## TUXEDO FAMILY CHIROPRACTIC CENTRE

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### DR. JOHN ALEVIZOS, CHIROPRACTOR

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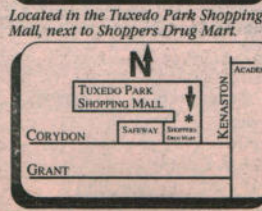
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# MFRC ANNOUNCEMENTS

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  
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 morning  
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

### Nursery School Programs

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

### Child Care Co-op

The MFRC child care co-op allows parents to exchange care of children on an occasional, flexible basis. A military police check is done on co-op members. Basic guidelines and membership conditions keep the co-op running smoothly.

Dates: 2nd Tuesday of the month (10 Oct, 14 Nov)  
Location: Westwin Community Centre  
Time: 1:30 - 3:00 p.m.

### Drop-off Child Care

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 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.

### 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 -  
Location: Lipsett Hall Nursery School  
Time: 1:30 - 3:00 p.m.  
Cost: \$2.00 drop in

### Parent and Child Swim Programs

#### Water Babies

For infants from four months to one year.

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

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

### 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

### 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  
Location: Westwin Community Centre  
Time: 1:30 - 3:00 p.m.



### Creative Tot Shop

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 info call Lipsett Hall Nursery School at 833-6846, or the Westwin Children's Centre at 833-2491.

### Winnipeg Military Family Resource Centre's Board of Directors

The Nominating Committee is presently looking for community members who are interested in becoming Board Members. If you would like to have a voice in how the WMFRC provides services to your community, here's your chance! Get involved in a movement towards recognizing the unique qualities and experiences of the military family.



**STAND OUT IN A CROWD!**  
For more information contact the MFRC at 489-7003 or Catherine at 488-2620.

### Wing/Base Lottery Winners

14 Sept 95 Cpl Jack Baggs 402 Sqn  
14 Sept 95 Sgt L. Stewart D Coy 2PPCLI



### 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.



### Health & Wellness Group of Manitoba

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### The Winnipeg Military Family Resource Centre requires... A Coordinator of Volunteers

This is a full-time (4 days per week) position working directly for the Executive Director.

#### Responsibilities

- Volunteer recruitment, training supervision, and recognition
- Maintaining a Resource Library
- Fund Raising;
- Public Relations
- Public and NPF Inventories

#### Qualifications

- A completed post secondary program in Education, Recreation or Social/Human studies or an acceptable combination of training and experience;
- Previous experience working with volunteers;
- Experience working with the military family community;
- Experience with fund raising and organizing public relation events;
- Experience handling inventories and DA acct and maintaining a resource library;
- a high degree of interpersonal, communication and leadership skills;
- Ability to function in both French and English; and
- Certification in a Volunteer Management course or equivalent would be major assets.

All applicants will be required to submit to a criminal reference check as part of the hiring process.

Please send resume with covering letter by 11 Oct 95 to:

Don Brennan  
Executive Director  
Winnipeg Military Family Resource Centre  
350 Doncaster Street  
Winnipeg, Manitoba  
R3N 1W8

We thank all who apply, but only those selected for an interview will be notified.

## Spirit of Giving Alive & Well In the Military Community

By Rae Rankin  
Outreach/Resource Coordinator

On Wednesday, September 20, I had the privilege of attending a silent auction sponsored by the 2PPCLI Officers' Ladies' Group.

My lifelong affiliation with the Canadian Forces has taught me that not only can serving members be counted on to support a plethora of charitable causes, but that many military FAMILIES also assume that same selfless sense of duty and responsibility for those less fortunate than themselves. The evening provided tangible evidence of that generous spirit when I was presented with auction proceeds in the sum of \$514.75 earmarked for the MFRC Food Bank.

From the Ladies' Group members, in particular, AEmelia Turner, Pamela Borland, Catriona Martyn, Sandra Brennan, Debbie Hoffman, Bev Kyle and Sue Sears for their hard work and organizational skills and continued support of the MFRC Food Bank and Linda Sharpe for having rallied the 17 Wing Officers' Wives to all the guests for having donated and purchased items; I extend a heartfelt MFRC thank you.

In the wake of constant media scrutiny we can all take heart and celebrate a special military community strength that allows you to generously focus on others.



2 PPCLI Officers' Ladies Group member, AEmelia Turner, presents MFRC Outreach/Resource Coord, Rae Rankin with a cheque for \$514.75. Missing: Pamela Borland, Ladies Group Chairperson.

### OPERATION SANTA CLAUS

### NEEDS YOUR HELP!



Being away from your home and family at Christmas can be a lonely experience. For 3000 Canadian peacekeepers this year it is a REALITY. Operation Santa Claus attempts to bring a little "taste of home" to 15+ UN theatres by providing each Canadian peacekeeper with a Christmas gift. Volunteers are URGENTLY needed to pack 3000 gift bags in mid-October.

Get your section/ squadron involved.

Call Catherine Mayor at 488-2620 or the MFRC at 489-7003 to have your name(s) added to the volunteer data bank. Start the festive season early.....GIVE YOUR TIME!

### Business Fair and Sale/Business Registry

Many people in the military community are representatives of companies which sell cosmetics, toys, silk plants, housewares, clothing and so on. The MFRC offers a Business Registry to help link up these representatives with the community members who are interested in their products.

These are the services available on the Business Registry.

1. Accounting, Resumes, Tax Return Services
2. Aloette - Cosmetics
3. Avon - Personal Care Products
4. Bubble It- Balloon Wrapping, Decorating
5. Cat's Cradle - Bassinet Cradle Ensembles for rent - Custom Sewn Christening Gowns
6. Charlene's Creative Crafts - Ceramics, stained glass
7. Custom Crafts and Quilts
8. Discovery Toys - Educational Toys, Children's Wear
9. Enviro Tech - Waterless products
10. Finale Cosmetics
11. Jewelway
12. Jocus toy
13. Karen Lee Knit Wear - Custom Design Available
14. Kid's Only Clothes
15. Linens and Lace - Home Shows/Bridal Shows
16. McLeod Hairdressing
17. Mary Kay Cosmetics
18. Mela Leuca Products
19. Mike's Home Improvements - Decks, Basements, Renovations
20. Missing Pieces-Locator of Discontinued China
21. Misty's Modern Crafts - Wreaths, Christmas Gifts
22. Nutri Metics - Skin Care Products
23. Party Lite Gifts
24. Piano Lessons
25. Pig Tale Books
26. Pottery By Boz
27. Primerica Financial Services
28. Quoraum International Ltd - Home, Personal, Vehicle Security
29. Regal
30. Sandra Jager - Seamstress
31. Sirius Computers
32. Soul Providers - 2-5 piece bankd
32. Stellar Marketing - Environmental Consumables
34. The Story Teller - Educational Felt Products
35. Tupperware
36. Vacation Link
37. Venessa's Dressmaking
38. Watkins

Join us for the military community's business fair and sale Thursday 2 November, 1995 from 7:00 - 9:30 p.m. at the 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.

## 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 \_\_\_\_\_

# FIRE PREVENTION WEEK IS OCTOBER 8 - 14, 1995

## "WATCH WHAT YOU HEAT - PREVENT HOME FIRES"

### Fire Prevention Message For Fire Prevention Week

Fire is a dangerous enemy and the kitchen can be a dangerous place. Your Fire Chief's warning for today is:

*"When cooking with grease or fats, never leave it unattended. Always have a tight fitting lid handy for the pot or frying pan. If the grease catches fire, remove the source of heat, put the lid on and smother the fire.*

*Do not throw water on a grease fire - it only spreads the flame.  
Do not attempt to carry the flaming pot or pan - smother that fire."*

### 1. Install and Maintain Smoke Detectors



Smoke detectors warn you of a fire in time to let you escape. Install them on each level of your home and outside of each sleeping area. Follow the manufacturer's directions, and test once a week. Replace batteries once a year or when the detector chirps to signal that the battery is dead. Don't ever borrow them for other uses!

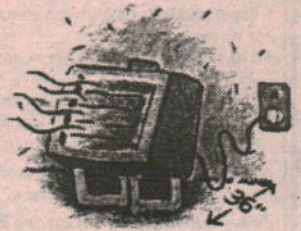


### 2. Plan and Practice to Escape

If fire breaks out in your home, you must get out fast. With your family, plan two ways out of every room. Fire escape routes must not include elevators, which might take you right to the fire! Choose a meeting place outside where everyone will gather. Once you are out, stay out!

At least twice a year, have the whole family practice the escape plan.

### 3. Space Heaters Need Space



Keep portable and space heaters at least 3 feet (1 meter) from paper, curtains, furniture, clothing, bedding, or anything else that can burn. Never leave heaters on when you leave home or go to bed, and keep children and pets well away from them.

### 4. Smokers Need Watchers



Carelessly discarded cigarettes cause tens of thousands of home fires every year. Never smoke in bed or when you are drowsy! Provide large, deep ashtrays for smokers, and put water on the butts before discarding them. Before going to bed, check under and around sofa cushions for smoldering cigarettes.

### 5. Be Careful Cooking



Keep cooking areas clear of combustibles, and don't leave cooking unattended. Keep your pots' handles turned inward so children won't knock or pull them over the edge of the stove. If grease catches fire, carefully slide a lid over the pan to smother the flames, then turn off the burner.

### 6. A Match Is a Tool... for Adults



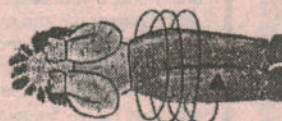
In the hands of a child, matches or lighters are extremely dangerous. Store them up high where kids can't reach them, preferably in a locked cabinet. And teach your children from the start that matches and lighters are tools for adults, not toys for kids. If children find matches, they should tell an adult immediately.

### 7. Use Electricity Safely

If an appliance smokes or has an unusual smell, unplug it immediately, and have it repaired. Check all your electrical cords, and replace any that are cracked or frayed. If you use extension cords, don't overload them or run them under rugs. Remember that fuses and circuit breakers protect you from fire: don't tamper with the fuse box or use fuses of an improper size.



If someone gets burned, immediately place the wound in cool water for 10 to 15 minutes to ease the pain. Do not use butter on a burn, as this could prolong the heat and further damage the skin. If the burn blisters or chars, see a doctor immediately.



### 9. Stop, Drop, and Roll

Everyone should know this rule: if your clothes catch fire, don't run! Stop where you are, drop to the ground, and roll over and over to smother the flames. Cover your face with your hands to protect your face and lungs.

### 10. Crawl Low Under Smoke



If you encounter smoke using your primary exit, use your alternate route instead. If you must exit through smoke, the cleanest air will be several inches off the floor. Get down on your hands and knees, and crawl to the nearest safe exit.

## REMEMBER

By planning ahead, you can do a lot to prevent a fire. But once a fire starts in your home, there are only two things to do: first get out, then call the fire department from a neighbour's home. Don't go back into a burning building, no matter what. If you think someone is trapped inside, tell the fire fighters when they arrive.

# WMCC Beautification \ Landscaping Contest

On the 30th of August 1995 awards were given out for the Winnipeg Military Community Council Beautification \ Landscaping Contest. The WComd, Col Sharpe, A \ WCWO, WO Kelly and Mayor of the WMCC, WO Fortier were on hand to present the awards. First prize winners were awarded \$75, second prize winners were awarded \$50 and honorable mentions each received \$25. On the North Side, first prize went to CWO Wiwhar and family from 47 Braintree, and second Prize went to Cpl Poole and family from 30 Jameswood. Honorable mentions go to Pte Tvait and family from 31 Jameswood; Cpl Bouwamn and family from 71 Jameswood; Lt Graves and family from 477 Conway; and Sgt Turvey and family from 111h Sabre.

On the South Side, first prize went to CWO Harrison and family from 190 Ubique, and second prize went to Sgt Surridge and family from 372 Grenadier. Honorable mentions go to Maj Clements and family from 257 Ubique; CWO Pitcher and family from 261 Ubique; Capt Mcleod and family from 288 Ubique; and MWO Laferriere and family from 68 Tuxedo.



CWO Clements, WO Fortier, Col Sharpe, and Honorary WComd, Col Vanruiten.

## North Side First Prize



47 Braintree Crescent

## South Side First Prize



190 Ubique Crescent

## North Side Second Prize



30 Jameswood Drive

## South Side Second Prize



372 Grenadier Drive

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## RWANDAN POST CARD: FAREWELL TO 95 FLSG

By Lt(N) Kent Page

On July 26, the 85 members of 95 Force Logistics Support Group (95 FLSG) and eight Canadian military police departed the Kigali Airport for Canada, at the end of their successful six month United Nations Assistance in Rwanda (UNAMIR) peacekeeping tour.

Their tour here has been a success in that they were able to put together, in short order, an integrated logistics force group which provided transport, supply and maintenance support to the more than 25 nations and 6,000 military and civilian staff who made up the mission during their tour.

The importance of this primary task notwithstanding, perhaps the most important and significant contribution

made by the Canadians of 95 FLSG and the military police personnel was the volunteered time and assistance which they provided to orphans and orphanages throughout Rwanda. During their tour, hundreds of children at 18 Rwandan orphanages benefitted from the kindness, generosity and love of these Canadian Forces personnel.

They provided the children not only with their time, but also helped repair electrical, plumbing and structural damage to the orphanages, built playgrounds, organized and donated money raised from charity runs and a barber shop, supplied them with tools and toolboxes so they could be more self-sufficient and also purchased hundreds of pairs of shoes to help make their lives a

little safer and a little better. And, although everyone helped out in some way, special mention must go to MWO Robert Lanteigne of CFB Gagetown, who constantly searched out new orphanages that needed assistance and helped organized the best ways to go about doing so.

The best evidence of MWO Lanteigne's dedication to the children of Rwanda can be found in the following letter which was read out to him by the children of one of the orphanages the night before he flew back to Canada. And, although addressed to him, its spirit is directed to all the Canadian Forces personnel of 95 FLSG who helped make a big difference in the lives of children here in Rwanda.

Dear Robert, Papa, Friend,

We are reunited here this evening to tell you of the sadness that your departure has for our hearts. You were like a father to us. You always thought first of our happiness and always looked for anything that you could give or do to make us feel better. You gave us your affection.

We, the children of the Umushumba Nuiza Orphanage, can never forget you. Do you remember the good times we had together here? And soon you will leave us for Canada and go where our eyes will never meet again. We are very sad. Can we ever hope that God will allow us again to meet someone with so much love and affection? We have to believe so ....

All of us children truly appreciate your stay in Rwanda and all the time you spent with us. Dear Papa, you know what and who we are and have told us what and who we can be. We can only offer you our hearts in recognition for all the kind gestures and generosity which you have given us.

Dear friend, thank you for everything you have done. We hope that God will give you all the happiness and joy that you deserve. Long life and happiness!

The Children of Umushumba Nuiza Orphanage  
July 25, 1995  
Kigali, Rwanda

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# Canadians out-perform at Nijmegen

Canadian soldiers have once again distinguished themselves at the Nijmegen international marches in Holland: Of 162 who started this year, all but two completed the four days' march. While overall statistics were unavailable, this completion rate of close to 100 per cent was easily one of the best performances by any of the military contingents there.

Over 32,000 participants from 46 different nations started on July 18 and marched a variety of distances each day until and including July 21. This included 6,000 military participants (representing 27 different countries) who logged an average of 43 kms each day carrying 13 kg packs. While the first two days were mercifully cool, temperatures on the last two soared to over 35 degrees Celsius compounding difficulties with already-emerging blisters and assorted aches and pains.

According to the Contingent Commander Colonel Peter Holt, himself an eight-time veteran: "Marching, one of the most fundamental of soldierly capabilities should not be taken lightly when taken to this extreme. Experienced soldiers know it is far better to prevent foot injuries than to march with them." And as Captain Brian Mumford, team captain for 2 CER said: "The hundreds of kilometres that we logged in Petawawa before arriving in Holland were essential to toughen the feet, give each team member an idea of where he might run into problems along the march and allow him to make adjustments beforehand."

The Canadian marching contingent, comprised of 12 teams of roughly 13 soldiers, consisted of representatives from across the country as follows: 728 Communications Squadron, St Johns; 4 Air Defence Regiment, Chatam; LFAA, Halifax; NDHQ, Ottawa; 1 CDHSR, Kingston; 2 Service Battalion and 2 Combat Engineer Regiment, Petawawa; CFB Toronto and LFCA Headquarters, Toronto; CFB Calgary and 1 CMBG

Signals, Calgary; and 4 Wing, Cold Lake. In addition, each team had a support staff of at least one medic and a few general duties personnel.

Colonel Holt was extremely pleased with the performance of the Canadian contingent: "Obviously, after travelling all the way to Holland, we were obliged to put in a good performance; and based upon the positive, unsolicited comments about the conduct of Canadian troops from senior officers of several different countries, we did just that."

The demonstrations of gratitude by the Dutch people as Canadian teams marched by were at times very moving; they had not forgotten the sacrifices made by Canadians fighting for the liberation of Holland during the final stages of World War Two. The extent of these sacrifices became very clear on day three of the march as the entire contingent participated in a brief but solemn ceremony at Groesbeek cemetery. There, over 2,300 Canadian soldiers are laid

to rest; and as the silent tombstones read, most were only in their late teens or early 20's - a poignant reminder of just how tragic war can be.

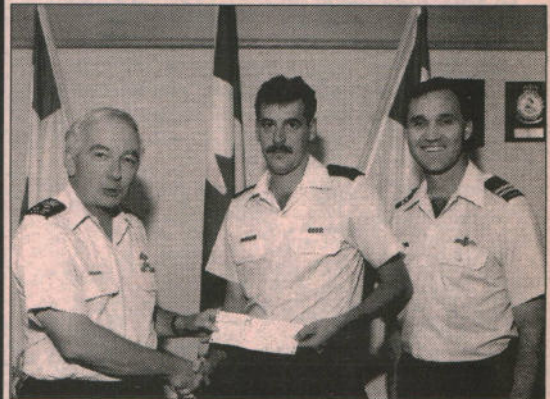
The success the Canadian contingent enjoyed had as much to do with those behind the scenes as it did with those who marched. Captain Dave Salhany, the contingent administrative officer, worked very hard even before leaving Canada to ensure that the contingent was properly fed, housed and generally taken care of; Padre Fowler provided moral support on each day of the march and conducted the Groesbeek service; and Corporal Fisher and Pipe Corporal MacKenzie were there every day for proper early-morning sendoffs and greetings later in the afternoons. Also, the tremendous in-camp support from the Dutch and the enroute support from the British service battalions were very much appreciated.

Good luck to those marching next year.

## HELP THE 17 WING CAMPAIGN REACH ITS



1995 GOAL OF \$55,000



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# A WORD FROM THE CHAPLAIN

## Luke 13:7-14 "Places at the Table"

By Padre Hopkins

I have entitled our article "Places at the Table" and I hope to establish an understanding of how we can cope with the challenging problem of accepting ourselves as we are. Jesus certainly chose a most fitting setting to speak about appearances, about the kingdom of God and our "place at the table". He seems to be saying that modesty is the best policy.

This teaching was not new but Jesus turned it into a parable of the kingdom. It was spoken during some table talk between Jesus and the Pharisees. He had observed how feverishly fond some of the guests were of the places of honor. Jesus made it clear that places in the kingdom are not determined by a narcissus reflection of one's status. They are determined by God.

There is no greater enemy to true religion than a showy and pretentious religiosity which has run to seed and degenerated into triviality or worse. It is the outward shell of a piety which has long since ceased to exist inwardly. God will not be fooled by one's selfpromotion.

Luke, in his gospel, shows that communities, that is, the people of God, do not maintain a strict Greco-Roman reciprocity ethic or do ut des mentality, whereby friends, who have all things in common, come to another's aid in the hope that when they are down on their luck, the friend will come to their aid — and you scratch my back I'll scratch yours mentality. In Luke's communities people from different walks of life and from different nations are like friends as they have all things in common. The poor, maimed, lame, blind: needy folks spurned by their society are invited to the eschatological banquet. The poor was frequently used as a designation for Israel, and especially for the elect within Israel. The Righteous are these who shared their food with the poor. This metaphor of the kingdom, of places at the table, touches us not only in our understanding of how we enter into the kingdom but has something to say about our

run on the appearances treadmill: Looking Just Right.

We're so preoccupied with appearances that we've lost sight of our original objectives of good health and physical well-being. We are so used to competitively comparing ourselves with others, that we don't know how to stop.

Instead of focusing on our unique and valuable strengths, we contrast ourselves with others and keep coming up short. Why? Because we contrast our imagined failings into their imagined successes. Changing our external appearance doesn't automatically change our inner sense of ourselves.

Feeling betrayed, we hate our body because it fails to deliver fulfilment. Our positive goal of looking good becomes a disguise for neglecting ourselves and our inner needs. Neglect leads to increased pain.

The appearance treadmill is based on both self-denial and self-deception. We deny our self when our exterior is the sole indicator of who we are. When we allow that - assume our value is measured by our form - our shell becomes our totality when in reality it is only one facet of our personality, only one reflection of our identity.

Ironically, when we embrace our essence, we are most attractive. We see this in others, in a sense of inner fire and self-possession that touches us more than any one of their physical parts. The roots of physical obsession begin in adolescence when our perspective is filtered through the prism of desperate approval-seeking.


A teenager barely has an identity - who they are is simply how they are perceived. As we grow up, we usually don't confront and handle our adolescent pains very well, and we carry them with us. The power of the media has fostered an adoration of the physical and fitness has become an industry. We are driven by a fear of imperfection. We work on an appearance, we work on our bodies to a point beyond what they can be and toward an ever fleeting goal of what we think they should be.

In the past we were willing to look beyond first impressions. Today, we say what you see is what you get, and we don't look for anything else. Food tempts us everywhere. Next to the Bible, the longest-running, best-selling, non-fiction books include the Joy of Cooking, Betty Crocker's Cookbook, and Better Homes and Gardens Cookbook.

Eating disorders are epidemic today, not only because of deep-seated conflicts between children and parents but often from our attempts to have a socially accepted body. The super thin body of the anorexic has the sought-after look of a fashion model. When we lose control of our inner conflicts and feel that our inner world is chaotic, we try to regain control by manipulating our bodies. This illusion of control doesn't work. Bulimia and dieting are other afflictions.

The hidden trap is the belief that you can only like and affirm yourself after you've made everything OK. In fact, you have to start with liking yourself just as you are.

We need courage to break patterns, to put down the cosmetic scalpel, to realize the aging process can't be halted by a Blue Cross card, to stop searching for the Perfect Self. We can reclaim our personality, our soul. Acceptance is the key. Even if you don't like parts of your self, own them. Let go of perfection, stop hiding behind a mask of self-acceptance, take a risk to be yourself. Jesus invites you to the table, accept your acceptance. You will receive confidence and you will be attractive to people. Jesus will help you find your place and together we will feast and celebrate.



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Besides our Worship Services we have a Study/Support Group on *The Human Journey*, led by Padre "Hopper" Hopkins, meeting on Monday at 1930 hrs at Bldg A-1 (Joint-use facility South Site). Our first theme is *'The Blind Search for Happiness/The Problem of PAIN.'* Meetings are planned for 25 September, 2nd October, 30th October ...

*Personality Tree* (3 sessions) starts 14 Oct 95 at 0900 hrs.  
*Minding the Body/Mending the Mind* - Course Introduction 6 Oct 95 - 1900 pm. Practical applications to begin 13 Oct 95.  
*Courage to Heal* (Wednesday nights) - 4 Oct 95 - Registration & Information. Refreshments: 1900 hrs. Starts at 1930 hrs.  
 Other programs, depending upon interest, are *PEP (Parents Encouraging Parents)*, *Helping Your Kids to Get Along*, *Making Love Work*, (making good relationships better, depending on interest.) These are described in 6 September VOXAIR. We also have Bible Studies, Youth Groups, Ladies' Guild. Should you wish further information or to talk with a Padre, please call 833-5087.

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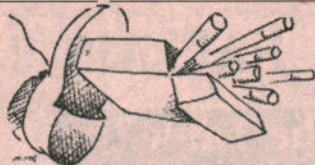
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# KICKING THE HABIT IS WELL WORTH THE EFFORT



Warrant Officer Jim Snow of CFB Gander quit smoking 15 years ago. Yet he remembers it as clearly as if it were yesterday.

"Giving up smoking was my New Year's resolution. I went 'cold turkey' and the first few days were hell," recalls Snow. "I went through typical withdrawal. I ate a five-pound box of chocolates the first two days after I quit!"

Once he got through withdrawal, it was a matter of adjusting his habits. The after-

didn't have the stamina I used to have. I'd get winded more easily and have some real coughing spells during a game."

Snow made a commitment to himself to quit. He did it and never looked back. Oh, he remembers the occasional cigar at a mess dinner in the years after he quit. But if anything, it probably strengthened his resolve to remain a non-smoker. He says he tasted for the first time what it was really like to smoke, and he

As time goes by, you'll enjoy a great sense of accomplishment and control. And you'll smile when you think of the money you're saving. Long-term benefits include reduced health risks in terms of lung cancer, heart disease, and emphysema

Everyone tackles the problem differently. Some people, like Jim Snow, do it on their own. Other people ask CF medical personnel for some guidance, and get involved in the Butt Out Program or something similar in their community. Most people also try several times before they kick the habit for good. So stopping, then starting again, shouldn't be viewed "failure." It's important to try, and try again.

For those who want to stop, Snow says you have to make a mental commitment. You have to be personally ready to say, "I'm going to throw these things away!"

He also has advice for young CF members who aren't smokers yet, but are tempted to take up the habit. While it may seem macho and there's pressure to smoke from other members and friends, He says quite simply, "It's just not worth it." At the age of 43, Jim Snow jogs a few times a week, plays Old Timers' hockey, and enjoys scuba diving in the sea, off the coast of Newfoundland.

"I used eighty-five tanks of air last summer," he says. "I know I wouldn't be able to scuba dive and enjoy life the way I do if I were a smoker."

## Smoking is not macho.



dinner cigarette was out, of course. Snow remembers that he would get up from the table as soon as he was finished eating and get busy doing something else right away ... like washing the dishes or going for a walk.

WO Snow tried his first cigarette at age 8 and figures he was smoking regularly by the age of 12. So why did he quit? You could probably say his habit finally caught up with him.

"I was 28 years old at the time. I was really involved in sports, playing hockey, soccer, and other outdoor activities," says Snow. "I noticed that I just

remembers that it smelled like something rotten was burning.

Many other CF members have kicked the habit, just like Jim Snow did. And many more would like to do the same. About one-third of CF members currently smoke, and we know from health surveys that three-quarters of those who smoke would like to stop.

The benefits of quitting are impressive. When you stop smoking, you experience an immediate improvement in your sense of taste and smell, increased energy, and an improved feeling of well-being. Smelly hair and clothing and bad breath also disappear.

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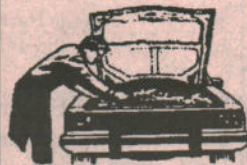
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