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VOL. 45 ISSUE 3

17 Wing Winnipeg / 17e Escadre Winnipeg

FEBRUARY 12, 1997 / FREE

PREPARING FOR CHANGE

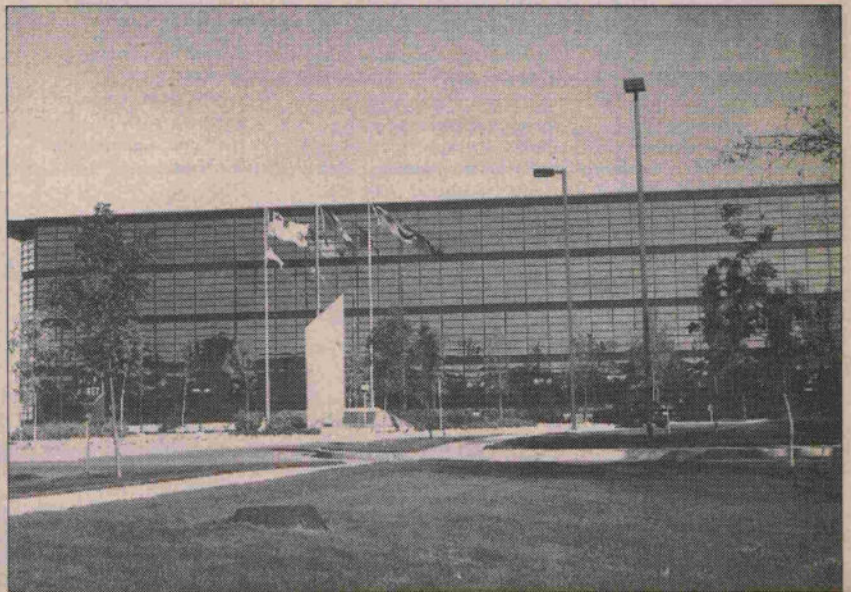
Work has begun to renovate and upgrade the Operations Centre in Air Command Headquarters. A new Air Operations Centre is being developed to prepare for the opening of 1 Canadian Air Division / Canadian NORAD Region Headquarters in July 1997. This activity is one aspect of major changes to Department of National Defence and Canadian Forces command and control structures announced in the Defence White Paper of December 1994 and associated federal budgets.

Prior to these changes, air force command and control has been effected from Air Command Headquarters in Winnipeg and four subordinate Group Headquarters: Fighter Group in North Bay, Ont., Air Transport Group in Trenton, Ont., Maritime Air Group in Halifax, N.S., and 10 Tactical Air Group in St. Hubert, Que. In addition, the air force has a planning staff integrated in National Defence Headquarters in Ottawa. In total, 1,055 military and civilian personnel were working in these various headquarters. Air Command

in Winnipeg is commanded by a lieutenant-general.

The new 1 Canadian Air Division and Canadian NORAD Region Headquarters in Winnipeg will consolidate the five former headquarters into a single site which will assume command and control of all day-to-day operations at 13 tactical level air Wings across the country. This headquarters will consist of approximately 350 military and civilian full-time employees. The Winnipeg headquarters will be commanded by a major-general.

Air force strategic level functions such as policy, planning and resource management will be consolidated in Ottawa where a Chief of Air Staff, at the lieutenant-general rank level, will assume responsibility for these functions as well as the overall command of Air Command. Approximately 180 military and civilian personnel will assist the Chief of Air Staff. In total, the changes at Winnipeg and Ottawa will represent a 46 percent reduction in air force personnel assigned to these headquarters functions.



Renovations have begun on the new Air Operations Centre to prepare for the opening of 1 Canadian Air Division / Canadian NORAD Region Headquarters in July 1997.

Upgrades to the Winnipeg Operations Centre began in December to ensure a smooth transition by this summer. The improvements to the operations centre will enable 1 Canadian Air Division to

effectively direct, monitor and control Canadian Forces air operations across Canada and throughout the world.

Construction tenders were requested last fall and Caspian Construction of Winnipeg

submitted the winning bid. The value of the contract is \$836,206 and the work is scheduled to be completed by the end of March.

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HAZARD ALERT

(Reprint of UNCLAS CANAIRGEN 001/97 202225Z JAN 97)

As we begin 1997 and enter the final stretch in establishing 1 Canadian Air Division / Canadian NORAD Region, it is important to ensure we can make this transition while simultaneously conducting air operations in an effective and safe manner. Based on last year's flight safety record we are faced with a paradox. In 1996 the air force completed an unprecedented nine months without an air accident - the longest such record in Air Command's 21 year history.

Unfortunately, the second half of the year saw an alarming number of accidents totaling 11 (10 air and one ground). The year finished with an accident rate higher than 1995. I have been around long enough to tell that neither extreme represents the

whole story but we must be concerned about the current trend as we go into this new and challenging year. Therefore, I would ask all supervisors to pause and take stock of their risk management programs.

We have faced numerous challenges often working through adversity, yet successfully achieving many significant milestones. Notwithstanding our efforts of fleet modernization, many of our fleets are getting old or outdated allowing more opportunity for breakages or reduced capability. Downsizing and voluntary releases are dramatically reducing experience levels while increasing associated risks. Furthermore, as we prepare to stand down the Groups, the attention of many supervisors and staff will be diverted more to defining responsibilities between

Wings and the new Air Division. Direct supervision and personnel development may suffer.

Consequently, if we are to succeed in our plans without causing needless loss we must be more vigilant in appropriately matching tasks and personnel capability. Personnel must be very knowledgeable about the systems with which they work. In particular with the introduction of new equipment and/or roles we must ensure that standard operating procedures are sound, strongly adhered to and consistent across the spectrum.

With only so many hours in a day and the many heavy demands competing for equal time, I expect an increase in anxiety and frustration.

Continued on page 3

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SAFE DRIVING?
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THE ETHICS OF CHANGE

By Maj CM Walton-Simm,
Managing Editor

Downsizing, re-engineering, renewal, restructuring are words we've been hearing a lot of lately. Words we are hearing more, of late, include: professionalism, morality, ethics, leadership and teamwork. The Canadian Forces (CF) has been changing and evolving at a rapid pace, implementing massive downsizing of personnel and resources, reacting to increasing operational commitments and, at the same time, maintaining effectiveness and efficiency. In the midst of this revolution, most of us are overworked, caught between the downsizing and re-engineering processes, with a never ending in-basket and not enough time in the day to look at the big picture or to appreciate the tremendous challenge we have been faced with. This challenge includes the implementation of a renewal program in a short period of time, with fewer resources and a heavier workload. For many, this has led to much frustration, morale problems and a general state of discontent.

Focus is now shifting back to re-establishing the "raison d'être", for the remaining CF personnel, by improving both their work and personal environments. An example of this is the Air Force "Flight Plan for Life", a charter for Quality of Life issues that bonds National Defence objectives with the needs of the Air Force Team. The importance of this undertaking cannot be overlooked, especially when our ethics are under constant public scrutiny. That scrutiny, negative media coverage and public reaction makes it apparent that Canadians expect the very best from their military. This mentality must be re-injected into our culture and our daily activities to ensure we live up to those Canadian expectations and, more importantly, our own expectations.

A recent military ethics conference reviewed the complexity of this issue, identified new ethical problems facing the CF and discussed an implementation process. The first step in this process is to recognize, understand and adopt the following "Statement of Defence Ethics" into our lives:

STATEMENT OF DEFENCE ETHICS

As a member of the CF, liable to the ultimate sacrifice, and as employees of the Department of National Defence having special obligations to Canada, we are dedicated to our duty and committed to:

- respect the dignity of all persons;
- serve Canada before self; and
- obey and support lawful authority.

Guided by these fundamental principles, we act in accordance with the following ethical obligations:

Loyalty

We dedicate ourselves to Canada. We are loyal to our superiors and faithful to our subordinates and colleagues.

Honesty

We honour the trust placed upon us. We value truth and candour, and act with integrity at all times.

Courage

We face challenges, whether physical or moral, with determination and strength of character.

Diligence

We undertake all tasks with dedication and perseverance. We recognize our duty to perform with competence and

to strive for excellence.

Fairness

We are equitable in our dealings with others. We are just in our decisions and actions.

Responsibility

We accept our responsibilities and the consequences of our actions.



Suggestions on how to celebrate 'Canada - Take It To Heart Week', February 10-17

- ◆ Organize a citizenship reaffirmation ceremony in your community.
- ◆ Have a "Good Citizen" contest. Design a certificate to be awarded to the best citizen in your community.
- ◆ In honour of the first passport that followed the 1947 Canadian Citizenship Act, design the image of the stamp you think Canada should place on visitors' passports.
- ◆ Create a personal passport. Collect autographs, stickers, photos and stamps of places and people that are important to you.
- ◆ Have a poster, story or song contest that show what being Canadian means to you.

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A few words in praise of the military

Recent problems should be kept in perspective

(The following article appeared in the *Financial Post* January 28, 1997, written by Neville Nankivell, Nation's Business).

Leadership troubles continue to damage the image of the Canadian military. Some say it's a full-blown crisis, others that it's not. But certainly morale has been battered and public confidence in an important national institution eroded.

This has to be fixed and public trust rebuilt. Independent reviews have started on how the Canadian Forces are led and managed in a peacetime environment. These will provide advice to the government on such issues as discipline, the command structure, responsibility and accountability. The military justice system and military

police investigation services are also being examined by a capable task force headed by Brian Dickson, former chief justice of Canada.

With these reports due mid-March, Defence Minister Doug Young has promised an action plan by spring. Meanwhile, all officer-level promotions are on hold.

Recent problems should, however, be kept in perspective. While the truncated Somalia Inquiry produces plenty of negative headlines, the Canadian Forces still make a tremendous contribution to the country. Their services remain highly valued abroad.

Take, for example, the list of 1996 achievements that Vice-Admiral Larry Murray, the acting Chief of Defence Staff, noted in his report last week to

the Conference of Defence Associations.

- Canadian Forces' Search and Rescue Centre co-ordinated responses to 7,000 incidents last year. Their personnel were directly and bravely involved in 886 of them, helping to save many lives.

- In support of the RCMP, the Forces took part in 18 anti-drug operations. Their sophisticated equipment is making a difference in the steady rise of drug seizures.

- Navy divers played a key role in salvaging the Irving Whale.

- The Air Force flew 600 helicopter missions and evacuated 3,800 people during the Saguenay floods. People and supplies were transported to disaster sites. Soldiers put up tent cities for evacuees.

- Canadian Forces commanded the UN mission to Haiti, where our 750 peacekeepers have delivered humanitarian aid, built classrooms, and helped keep the situation stable.

- Our Forces led a multinational response to the volatile situation in Central Africa, helping break an impasse that had kept refugees in camps for two years.

- They contributed more than 1,000 personnel to the NATO-led Peace Implementation Force (IFOR) in Bosnia-Herzegovina, and also contributed combat troops.

of the total force and make up about 20% of peacekeeping missions. The militia will be expanded to 18,500 from 16,000, with potential to grow to 20,500. Two new maritime coastal defence vessels delivered last year will be crewed mainly by reservists. The Air Reserve is being expanded to 3,000 from 1,700, with top-up flexibility for 5,000. The Canadian Ranger

Canadian Forces' Search and Rescue Centre co-ordinated responses to 7,000 incidents last year. Their personnel were directly and bravely involved in 886 of them, helping to save many lives.

These accomplishments are especially impressive in the face of the downsizing and restructuring the Forces have to cope with. The defence budget is being chopped 23% to \$9.2 billion in 1998-99 from \$12 billion in 1994.

Bases have already been reduced to 23 from 29, with two more closures to go. Supply systems are being consolidated. New procurement practices are being put in place. Equipment is being upgraded with off-the-shelf purchases. Soldiers' personal equipment will be modernized. Training is being refocused to multi-purpose standards.

Steps are under way to create a more effective reserve force. This is important. Reservists are an essential part

program, a crucial element of patrolling the north, is being enhanced. New equipment includes high-frequency radios and global positioning systems.

Significantly, Young has also asked the all-party parliamentary committee on national defence to review what he calls "the people needs" of the Canadian Forces — their socio-economic problems. Chaired by Liberal MP Mary Clancy (Halifax), the committee will look into such issues as compensation, benefits, housing and family support systems.

With members willing to put their lives on the line in the call of duty, this aspect of giving proper support to the Canadian Forces and renewing morale is long overdue. The ability to attract high-calibre recruits and keep them will increasingly depend on it.

HAZARD ALERT

Continued from page 1

I also recognize and appreciate your efforts in continuing to meet our mission despite the added stress. Be assured that teams are working on solutions to some of our more serious problems/stressors. Tools continue to be developed to assist better decision making. In the meantime I ask your continued support. We are nearing the end of the tunnel. We must be on guard against the hazards we face. Our core values of professionalism, excellence and teamwork are not just hollow words as you have demonstrated by exceptional operational feats in 1996. Recently, I have signed off a number of Good Show Awards and Commander's Commendations which

further reinforce these values. Your effective implementation of principles such as those in our Flight Plan 97 Ground School and your timely review of our risk management programs will go a long way to get us safely through this next critical phase in our evolution.



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Chinthe Bits



(Editor's Note: "Chinthe" is the mascot of 435 Squadron and is found on the squadron's crest. A chinthe is a mythical beast that is half dog and half lion. They are used to guard the entrances to Burmese temples and are representative of 435 Squadron's eastern heritage.)

WINNER OF LOGO DESIGN



And the winner is ... Commanding Officer 435 Squadron, LCol R.J. Lamothe presents David Gee with his prize for winning SAREX 97 Logo Design Contest. David's winning entry is the official logo for SAREX 97 and will be used on all official correspondence, souvenirs and publicity posters. Congratulations David.

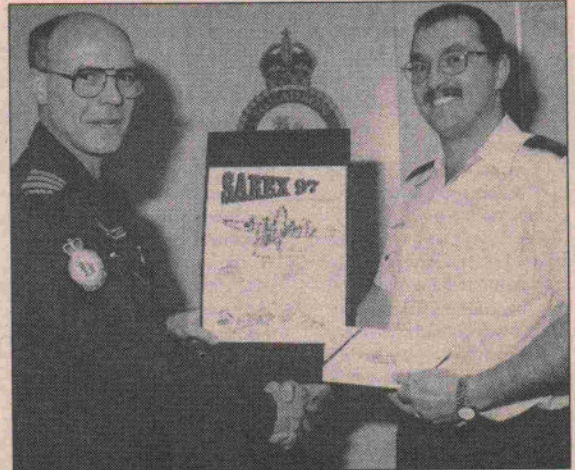
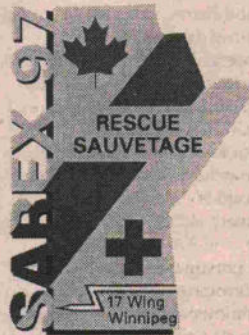
SAREX 97 Coming This Spring

WINNIPEG - This coming spring, from 8-14 May, 17 Wing Winnipeg and 435 Transport and Rescue Squadron will be hosting the national search and rescue competition, SAREX 97. Search and rescue personnel from across Canada will descend upon Gimli, Manitoba to spend a week competing, comparing notes, and highlighting search and rescue in Canada. One day of the exercise will be dedicated to a search and rescue demo "à la airshow style" which will be open to the public. More

than one hundred SAR Techs, aircrew, maintenance personnel, judges, VIPs and representatives from aviation industry will be a part of the exercise. In addition, a celebration in recognition of the 50th anniversary of the RCAF and CF responsibility

for search and rescue in Canada is planned.

The Chinthes of 435 Squadron have been busy preparing this spectacular event for several months now. Stay tuned to this station for further updates and we hope to see you in Gimli in May!



Commanding Officer 435 Squadron, LCol R.J. Lamothe presents MCpl Steve Shrewsbury with the runner up's prize for the SAREX 97 Logo Design Contest. Steve's design will be used on the back of the official SAREX 97 T-shirt. Congratulations Steve.

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Op Assurance: 435 Squadron Answers? the Call

By Lt Peter Jaeggli

Once again, Chinthe answered the call of duty. A call that came only one month before Christmas and would last ... until who knows when! I am talking here about "Operation Assurance", the Canadian lead humanitarian relief mission to Rwanda.

The main objective of Op Assurance was to facilitate the return of hundreds of thousands Rwandan refugees back to the mother country that they fled in 1994. This particular mission was distinct from any previous relief operation encountered so far by the unpredictability and cascade of changes in the refugees situation in the Great Lakes Region in Africa. This sole factor was a continuous headache for all the mission planners who had to revise and revise and re-revise their plans on a daily (more like an hourly basis)! So now imagine the impact of such an unstable situation on the flying crews dispatched all over the place. To us it resembled something called "organized chaos". But as we all say, flexibility is a remarkable and necessary quality that you develop in Air Transport Group.

Now let me introduce you to some general information concerning Op Assurance. As I mentioned before, this mission was orchestrated by Canadian Lieutenant-General Maurice Baril. On the diplomatic side of the story, Ambassador Raymond Chrétien (our Prime-Minister's nephew) was temporarily relieved of his ambassadorial duties in Washington to fulfill a UN mediation mandate in this particular crisis. So guess

why we were the first nation to volunteer for this mission...

Anyway, Op Assurance was a major deployment involving the movement of a considerable amount of material and human resources into the African theater, but for this article, I will limit myself to the Hercules contribution only. On this deployment there were five ALCE (Air Lift Control Element) established at Trenton, Lyneham (UK), Iraklion (Crete), Djibouti and Entebbe (Africa). These strategic points served as refueling and logistic support bases located along the route used by C-130 Hercules to fly their way from Trenton to Entebbe. In a deployment like Op Assurance, time is a key factor, therefore a C-130 would be flown by a certain crew from Trenton to Lyneham were an other crew was already waiting to take the same aircraft to the next ALCE on the route and so, on and so, on until the aircraft touches down in Entebbe.

The first humanitarian flight left Trenton on November 20, 1996. A total of 26 humanitarian flights were carried out by the Canadian Air Force for a total weight of 432,000 lbs of freight including shelters, sheets,

medicine and food. But these 26 humanitarian flights were only a fraction of the overall airlift tasking. We deployed many Canadian soldiers into theater. These soldiers needed vehicles, shelters, food and various equipment. To meet all those requirements, there were constantly at least three Hercules in circulation between Trenton and Entebbe plus three Hercules based in theater to support the headquarters.

A major deployment like Op Assurance mobilizes almost the entire fleet of Hercules available in Canada. As a direct result of this mobilization, 435 SQN operations were drastically modified. All Air to Air refueling missions were indefinitely suspended and the Search and Rescue role was fulfilled by Buffalo aircraft from 442 SQN, CFB Comox. I did not ask them how they liked to trade their usual 0°C in Comox for our lovely -40°C.

Lorsque nous avons quitté Winnipeg au début de du déploiement, personne ne savait vraiment à quel moment nous serions de retour. Ce qui est le plus difficile, je crois, c'est lorsque votre famille vous demande si vous allez

être à la maison pour Noël. Quoi répondre lorsqu'on en a aucune idée? Oui, je l'espère, mais je ne peux rien vous promettre! Le pire c'est que ces déploiements semblent toujours survenir durant le temps des Fêtes.

Heureusement, pour la plupart des militaires impliqués dans Op Assurance, ils ont eu la chance d'être rapatriés juste avant Noël. La majeure partie des troupes est revenue en sol canadien avant le 24 décembre. Les 16 derniers soldats canadiens ont quitté Entebbe le 31 décembre 1996 pour arriver à Trenton le 2 janvier 1997.

Il est sans contredit que Op Assurance fut un déploiement d'importance avec un total de 1532 militaires canadiens d'impliqués directement. Une fois de plus, le Canada a été à la hauteur de la situation en démontrant à tous que, malgré nos ressources et notre capacité de déploiement limités, un pays comme le notre peut non seulement

participer à une coalition internationale, mais allez jusqu'à en être l'instituteur et même d'en assurer la direction!

En général, avec le déroulement de la situation sur le terrain tel que le retour des réfugiés au Rwanda par eux-même, notre aide fût malheureusement limitée dans son étendue. Néanmoins, il n'y a aucun doute que les actions entreprises par le Canada ont largement contribué à un climat de confiance encourageant les réfugiés Rwandais à retourner vers leur pays d'origine.

Alors, la prochaine fois que vous verrez l'image terni des Forces armées canadiennes dans les médias, souvenez-vous également de l'autre côté de la médaille. Les hommes et femmes qui composent les rangs de notre humble armée participent de par la portée de leurs gestes à une contribution sans relâche au mieux-être de l'humanité.

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On pense comme vous

402 "City of Winnipeg" Squadron Receives New Commanding Officer

On Saturday January 18th, 402 "City of Winnipeg" Squadron conducted a change of command parade to welcome its new Commanding Officer, Lieutenant-Colonel David Lamb. Two flights of squadron personnel flanked the unit's colours as the Wing Commander, Colonel Sharpe and invited guests witnessed the appointment of the 38th Commanding Officer in the unit's 65 year history. Colonel Sharpe thanked the outgoing CO, Lieutenant-Colonel Peter Rawlings, for his service to the unit before signing the documents which authorized the transfer of command.

Following a march past and advance in review order, Colonel Sharpe conducted the time honoured tradition of passing the squadron's colours from the departing CO into the care of the arriving CO.

When asked about his vision for the squadron's future, Lieutenant-Colonel Lamb indicated that he wished to continue the



LCol Lamb receives, on behalf of the Squadron a painting commissioned by LCol Rawlings of the new tail markings being applied to Squadron aircraft.

direction established in the squadron business plan, with emphasis on the innovative approaches being developed by squadron personnel to provide exemplary service while living within the realities of fiscal restraint. "402 Squadron has been in the vanguard of reengineering among Canadian Forces Squadrons", said the new CO in his address, "There have been delegations from across Canada, as recent as this week,

looking at what has been done to move the Squadron forward in these changing times. I know we can continue to meet the challenges that lie ahead and I look forward to being part of the team as we progress toward the next millennium."

When asked what impressed him the most about the Squadron, he replied "I have been very impressed with the 'Can Do' attitude displayed by squadron personnel. One of the key issues we are facing is the welfare of our personnel as outlined in Air Command's 'Flight Plan for Life'. It is this positive attitude which will help me address the needs of the Squadron while at the same time meeting the needs of its members."

Canadian Forces Community College Network

Correspondence Courses increasing in popularity across the network!

The CFCCN is made up of 21 member Colleges who assist in providing learning opportunities to CF members (reg/ret/res), Civilian employees of DND and the family members of all groups. A number of Colleges in the Network have experienced an increase in the interest shown their correspondence programs. Many students are still finding it difficult to match their time free for courses and the regular academic schedule. Correspondence courses, or the 90's term, Distance Learning Service (DLS) is the answer to these and many other educational barriers!

There are many Certificate and Diploma programs offered entirely through DLS. In addition, a wide variety of skills upgrade (high school), general interest and regular college curricular courses are available, most of them allow you to begin at any time during the year and have very flexible completion dates. There are literally hundreds of course opportunities for students wishing to study at home. While most students miss the interaction with class peers, the convenience of scheduling and flexible workload more than compensate for the loss of company. However recent improvement to the area of DLS offers many options to the Distance student. Internet and conference call classrooms offers interaction on several levels, with tutorial and peer support is always available through the college and your CFCCN Co-ordinator. Many course packages include videotape material support in addition to audio tapes. Some courses have textbooks available to download from the Internet so you save the text charges! As one can see Correspondence courses have come a long way. You could earn an entire college diploma in your own home from such reputable colleges as: Red River Community College, Algonquin, South Alberta Institute of Technology, Seneca, Grant McEwan etc.

What more could you want in an educational opportunity!...wide variety of courses, flexible start/completion dates, instructor/peer support and a convenient study schedule set by you! If you would like to investigate Distance Learning Opportunities or talk to me about how I might support you as you study, give me a call at 833-2500 loc. 5115. I would be more than pleased to speak with you.

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CFCCN Co-ordinator for CFB Winnipeg is Catherine Mayor
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THE AIR COMMAND BAND

*Back at work,
refreshed after a
well deserved
Christmas vacation*

We recently had the pleasure of hosting the Golden Gate Middle School Grade Eight Band. The Band is under the direction of Mr. Blaine Workman, who teaches a band program that involves approximately 300 students. It was a great opportunity for these keen young musicians to rehearse with a professional full-sized concert ensemble and benefit from each individual's expertise. We feel that it is very important to give back to the community in which we live, especially since many of the students at this school have parents in the Canadian Forces. We look forward to "NOODLES & NOTES" being held on April 19, 1997. This is an event presented by the Golden Gate Band Parents Association and band students which will raise money for the their bands. The evening features a full spaghetti dinner, silent auction, plus entertainment provided by the Air Command Band and Golden Gate Bands. For information on tickets, please contact Mr. Blaine Workman at 837-5808.

The Air Command Band anticipates another extremely busy year. We are "on the road" in February to Kenora, Dryden and Thunder Bay for various concerts and dances. Our infamous hockey team, "the Sharks" will head off to Montreal for the annual Band Branch Hockey Tournament and hopefully return triumphantly with the coveted trophy! The Band is performing a series of concerts at the Conservatory



Sgt Rhonda Storing teaching the finer points of timpani playing.

in Assiniboine Park in February. Our Jazz Quartet will perform on Sunday, February 16 from 1:30-2:30 pm and the Woodwind Quintet will be at the same location on Sunday, February 23 from 1:30-2:30 pm.

The months of March and April will see us at various primary and high schools

within our community. The Band is travelling to Goose Bay and participating in the Labrador Winter Games. The 1997 Winter Games is the largest single event in Labrador which will attract 90% of the Labrador communities and will see over 500 athletes participate. These games are expected to



Directors of Music: Mr. Blaine Workman and Captain Alain Pineault.

The Air Command Band is presenting two concerts in the conservatory at Assiniboine Park on the following dates:
Jazz Quartet -- Sunday, February 16
1:30 - 2:30 p.m.
Woodwind Quartet - Sunday, February 23
1:30 - 2:30 p.m.
Admission is free

be attended by numerous politicians, dignitaries and Allied Commanders. The Winter Games are a prelude to the Cabot 500 Celebrations which are also being held in 1997. Several members of the Air Command Band will then travel to Penhold to assist in

the musical training of our Air Force Cadets.

We will keep you updated on events locally and across the country in which the Air Command Band is participating in. Our hopes are that you will come out and enjoy the music!

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AIR COMMAND OPERATIONS / FLIGHT PLAN 97 BRANCH CHRISTMAS FUNDRAISER

Once again this year the Operations Branch along with Flight Plan 97 of Air Command Headquarters came together to support needy families of Winnipeg during the Holiday Season. Under the direction of BGen W.R.C. Little a committee was formed to raise funds, collect food, clothing and gifts and obtain donations from local businesses. After discussing our campaign with the Salvation Army and the Military Family Resource Centre, it was decided to initially support three civilian and three military families through the auspices of these organizations. Any extra donations / money remaining after the fulfilment of our initial goals would be passed on to Military Police Blind Children Fund.

The people of Air Command HQ opened their hearts and their pocket books to wholeheartedly support the entire campaign. A huge donation box was decorated, set up in the HQ Atrium and soon filled with non-perishable food and gifts. In fact, it had to be emptied on several occasions because the response was so good. The ever popular Craft and Bake Sale showcased a wide variety of festive baking and creative crafts donated by Ops Branch and FP 97 personnel. It was certainly gratifying to see how Aircom personnel once again supported this worthy event. Special mention goes to MCpl Marie Bailey of the DCOS P&R division for her fine efforts in orchestrating this most successful event. Cpl Kelly Hale (FP 97) and Carolyn Adamko (P&R) also provided

strong support. As a result, approx \$450 was raised.

For the second year running, C SAMP personnel under the direction of WO Wally Williams put together and operated a "mock" jail. For the right price, one could buy anyone a few relaxing minutes in detention. This endeavour was taken by all in the fun vein in which it was intended, again making it a tremendous success. The "mock" jail along with the craft & bake sale were easily the big ticket items with respect to bringing in the bulk of funds required for this campaign. Special thanks to the entire C Samp Division for their fine efforts and to WO Williams who personally directed the action. An activity new to this year's campaign was the Aircom volleyball tournament. A total of twelve teams participated with the DCOS A&E team coming out on top, thus proving that the best team does not always win. A lot of fun was had by all. Thanks to MWO Bernie Roy and MCpl Craig Fidlín.

Despite the generosity of the folks at Aircom, extra horsepower was needed to add "muscle" to our project. A number of corporate citizens of Winnipeg were instrumental to the success of our campaign. Without their generosity, campaigns such as this would not be nearly as successful.

We were delighted and quite impressed with the support of these local businesses. In these days of uncertainty it is gratifying to see the generosity and community commitment of the people and businesses of Winnipeg.



Committee members receiving thanks from MFRC representatives. The members of the Committee were: LCol Beharriell, C Int O, WO Williams, C Samp O, MWO Roy, DCOS Sp Ops, MCpl Bailey, DCOS P&R Cpl S.L. Brown, C Int O, Cpl Hale, FP 97, Cpl Fidlín, DCOS Ops, Capt LeBouthillier, Exec Wing.

The end result of our fund raising drive was that six families were given hampers which included turkeys and all the trimmings for Christmas dinner, a good supply of food staples, clothing, toys and gifts. In addition, a contribution was made the MP Blind Children Fund. Once again the people of Air Command and businesses of Winnipeg came through in a big way.

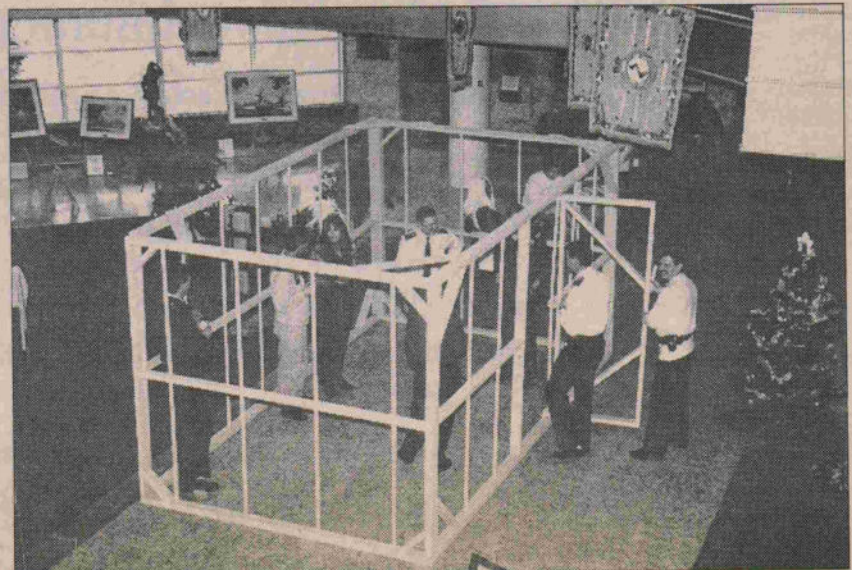
They are to be congratulated for their very successful campaign. Thank you also to all those who contributed!



BGen Gartenburg (COS Sp) receiving a "fair" trial.

The following sponsors contributed to this year's campaign:

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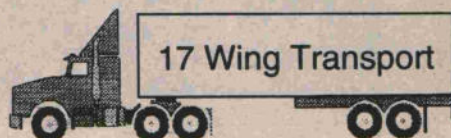


Mr Ted Ewashko has been an invaluable member of Air Command's Personnel Staff. Bringing a wealth of knowledge with him from many tours within the strategic analysis world, Mr Ewashko has been with Air Command Headquarters in his most recent tour since June of 1993. During that time, he has had strategic input into all major Air Force initiatives including Forces Reduction plans, the Operational Risk Assessment Model (OPRAM), and, most recently, the review of the Military Occupation Structure (MOS). Without his keen analyses, many of these projects would have been badly flawed or never finished. For his efforts, LGen DeQuetteville, Commander of Air Command presents Mr Ewashko with a well-deserved Commander's Commendation and a Public Service Medallion for 35 years service.

YOUR BEST FRIEND

By MCpl Mike Goodall

As we are dead-centre into a Winnipeg winter. I thought, everyone would like to know that we have 20 weeks until summer. Doesn't that help your cabin fever! Just a reminder if you do any driving in or outside the city you should be prepared to handle common roadside emergencies. Your vehicle is your best friend, so do not forget to help it to help you by having an emergency kit on board.



In your emergency kit you should have some of the following:

- flashlight
- tire pump
- emergency triangles
- jumper cables
- dry food
- warm clothing & blankets
- matches and candles

A variety of tools including:

- screwdrivers
- pliers
- wrenches
- fuses

- spare fanbelt
- duct tape
- a shovel
- sand or salt

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The Golan Heights

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MESS N/SIDE
FEBRUARY 19TH
11 AM - 1 PM

The Military Family Resource Centre & Wing Foods Present Lunch at the Golan Heights Admission \$10.00 Children 12 & under can attend for \$5.00 each

Tickets available from the Jr Ranks Mess Bar or MFRC (350 Doncaster St) prior to February 14th

WARM LINE



Are you or anyone you know missing adult conversation now that your partner is away? Maybe you'd just like to take a few minutes to unload some of your daily realities to someone who understands military life and what being "on your own" means. Warm Line volunteers are professionally trained to provide these compassionate, non-judgemental and totally confidential calls as often as you'd like. We could ALL use a CARE-RING from time to time. To register or to get more information call Rae at 489-7003.

Deployment News

The MFRC Outreach Department will be contacting as many families of deployed personnel as we are aware of in order to invite you to take advantage of the wealth of programs and resources offered by the MFRC.

The identification process of families experiencing deployment is imperfect due to the diversity of the base. Many members clear out through their own units so the MFRC may never know they've gone; let alone have a family in town that might enjoy a contact from us. Please help us prevent people from falling through the cracks by telephoning us if you or someone you know is in this situation.

• Warm Line volunteers are ready to make regular telephone contacts to keep you in touch with community events and to offer you a compassionate, non-judgemental ear as you move through the deployment.

• Outreach home visits are available for those of you who aren't able to get out to us due to illness or being at home with children.

• Counselling Co-ordinator can present a deployment video and facilitate a discussion for you, your friends, your children's class and/or teachers or your social group to help everyone understand what deployments are all about.

• Regular weekly programs are outlined in the Voxair and the Community Connections. Call to ensure that you are on the mailing list.

• Evening play group just began at Lipsett Hall on Tuesday from 6 pm - 7:30 pm. Parents who work outside the home can now enjoy the benefits of a parent/child play group.

• The Mission Information Line at 1-800-866-4546 can provide you with up-to-date situation reports about any mission involving Canadians. Contact them also through the Internet at aal48@issc.debbs.ndhq.dnd.ca



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Baby-sitting Course

This course provides basic instruction in first aid, fire safety and child care. Participants must be 12 years old to attend.

Location: Westwin Children's Centre

Cost: \$5.00

Times: * Wednesday March 5 from 6:30 - 8:00 p.m.

Wednesday March 19 from 6:30 - 8:00 p.m.

Saturday March 22 from 10:00 a.m. - 3:00 p.m.

Participants must attend all three sessions to complete the course. To register call Wendy Richardson at 833-2500 ext. 6846.

* NOTE CHANGE IN DATE



Evening Playgroup

Fight Off Cabin Fever

Come out and meet some neighbours and give your pre-school child the opportunity to play with other young children.

Times: Tuesday evenings 6:00-7:30 pm
Saturday morning 9:30-11:30 am

Cost: Free

Location: Lipsett Hall Nursery School
Contact Melina Hamm at 833-2500 ext. 6335 or 489-5175 for information.

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Don Wyld, CD

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Authorized Military Relocation Specialist

Immunization Clinic Info Column

By SLt Donna Dynes

In the 15 January issue of Voxair, I presented a preliminary article about immunization. As promised, here is the first in a series of articles about specific immunizations. Again, this is not intended to in any way replace the services provided by medical personnel, but to educate on a basic level so that individuals can have more control over their health care.

As mentioned in the previous article, immunization policy changes frequently. Presently, we are recommending that all military personnel keep up to date in Yellow Fever, Measles, Mumps and Rubella (a combined vaccine—MMR), and Tetanus/Diphtheria. Requirements vary beyond the aforementioned vaccinations depending on individual duties, and it is the individual's responsibility to inquire at the MIR.

YELLOW FEVER -

A relatively rare viral illness which can range from mild to severe. Symptoms can be of sudden onset and can include fever, chills, aches and pains, nausea, vomiting, blood and urine changes and unusual bleeding. It is transmitted via certain types of mosquitoes. Control of yellow fever is possible through 1) protective clothing, nets and mosquito repellents in parts of the world where the disease is carried; and 2) immunization. The vaccine is given every 10 years (at 17 Med

Sqn it is given on the 3rd Thurs of each month only, because each multi-dose container is only usable for 1 hour after reconstitution). Possible side effects include mild headache, muscle aches, and low fever during the week following immunization.

MMR - Measles, Mumps and Rubella

Measles- A highly contagious virus, characterized by fever, itchy red eyes, cough, spots in mouth, and at the 3-7th day, a blotchy red rash. It is transmitted by contact with nasal or throat secretions (eg. being very close to someone when they sneeze or cough, clearing away a child's kleenexes), and it is contagious from the first "just not feeling well" days until at least 4 days after the rash appears. Control is achieved through immunization, and careful handwashing and hygiene practices. Children should be kept home from school until at least 4 days after the rash appears.

Mumps- A viral illness. Symptoms include fever and swollen glands, and the illness has a wide range of severity. It is contagious from about 6-7 days before symptoms appear until about 9 days after, transmitted through contact with the saliva of an infected person (similar to measles). A non-immune person (ie. has not had mumps or MMR vaccine) who is exposed can transmit the illness from 12 to 25 days after exposure.

Control of mumps includes immunization, isolation of infected individuals, and

disinfection of articles soiled with nose or throat secretions.

Rubella- A mild viral illness, whose symptoms can include fever, rash, headache, sore itchy eyes, and swollen glands. If a pregnant woman acquires rubella in her first trimester, fetal abnormalities might result. It is transmitted similarly to measles, and is contagious 1 week before and at least 4 days after the rash. Control measures include good hygiene and immunization. The MMR vaccine is given once in a lifetime. Recently the news has reported a need for 2 measles vaccinations, and this is covered in the military: members are likely immunized in childhood and again in recruit training. Side effects can include fever, mild rash, general "unwell" feeling, for a few days after receiving the vaccine. *Those who are allergic to eggs cannot receive this vaccine.

TETANUS/DIPHTHERIA

Diphtheria- A bacterial illness which can affect the tonsils, throat, nose, and sometimes the skin, eyes and genitals. It is transmitted by contact with an infected person or carrier and sometimes by objects the person has touched. It is contagious for 2-4 weeks or more, but antibiotic therapy quickly ends contagion. Control is achieved through immunization and quarantine.

Tetanus- A bacteria which enters the body through a break in the skin, and can cause painful muscle contractions leading to complete rigidity. It is not passed from person to person. Control is

CF BUTT OUT PROGRAM

The CF Butt-Out program is a smoking cessation tool which has proven itself to be as good as, or better than, any other program.

The next program will begin in March. All DND employees and their spouses are eligible to attend. Nicotine replacement therapy cannot be provided free of charge to non-military members; however, individuals can purchase and use nicotine patches or chewing pieces on their own. As well, it should be noted that the course's effectiveness has been shown to be equally successful among those who do not use replacement therapy, compared with those who use the therapy.

An information session will be held 6 March at 1430 in building 52, north site (Whytewold). Turn left after the commissionaire's booth and continue to the first building on the left. Use the west entrance (door facing Whytewold) and follow the Butt-Out signs. Commitment to the course is not required to attend the information session. If you have decided it is time for you to quit smoking, attend the information session and learn more about the program.

If you have any questions, please call SLt Dynes at 833-2500 ext. 5116.

STRESS MANAGEMENT

A two day stress management workshop will be held 24-25 Feb from 0800-1600 at the Westwin Community Centre. All DND employees and spouses are welcome to attend. Dress will be suitable civilian attire. Unfortunately, refreshments cannot be provided, but feel free to bring your own. Please register by calling SLt Dynes at 833-2500 ext. 5116.

achieved through immunization every 10 years with boosters as required for wounds. Children receive multiple doses before adulthood if properly followed, therefore clean minor wounds will not likely require a booster. Any deep wound, or one from an

object of questionable cleanliness, should be checked.

The Tet/Dip vaccine can cause side effects such as muscle stiffness at needle site, and mild flu like symptoms.

Take care of yourself until retirement.

We'll take care of the rest!



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982-1450

WOMEN'S HEALTH

The following excerpts were taken from an article in the Winnipeg Free Press Monday January 27, 1997. It was written by Dr W. Gifford-Jones. He talks about how the PAP smear has saved millions of lives..."Some patients you never forget. I'll always remember the young pianist who consulted me several years ago. She was about to give her first piano recital after years of study. But she had recently been bothered by a vaginal discharge. Examination revealed an inoperable cancer of the cervix. She died a few months after the concert. It was a totally needless death that could have been prevented by the PAP smear." He goes on to say "The PAP smear detects individual cells that are precancerous. That is why we could wipe out deaths if every woman

had "regular" PAP smears...The greatest risk of dying from cervical cancer is not an error in the PAP smear. Rather it's the failure to get one".

Here at 17 Wing we are fortunate to have not only Medical Officers available to do PAPs but we also have a WELL WOMAN'S CLINIC run by nurses that have been trained in the procedure. The clinic is there for all military members. Timings are flexible and usually available when you want it. We also have information on FAMILY PLANNING, SEXUALLY TRANSMITTED DISEASES, MENOPAUSE AND PRENATAL CONCERNS.

We are here if you need us. Give us a call. If we can't help you ourselves we will find out who can.

17 Medical Squadron local 5540.

WDEC NOTES:

By Capt Hyatt

The following is a sample of screening questions and typical responses from a nonalcoholic, someone in the early stages of alcoholism and a mid stage alcoholic. It is reprinted from a 1974 issue of the AMERICAN FAMILY PHYSICIAN and although old your responses may still be indicative of a problem.

| QUESTION | NON-ALCOHOLIC | EARLY STAGE | MID-STAGE |
|---|--|---|--|
| Has anyone ever said drinking may be a problem for you? | No | Not directly - but I've wondered myself. | I can quit anytime. |
| Has your spouse ever complained about your drinking? | I don't recall anything being said. | She (he) does get upset when I drink too much. | She's (he) a nut when it comes to drinking, gripes about everything. |
| How much do you drink on the average? | I suppose it would average out to 3 a day. | Very little during the week but I kind of let loose on the weekend. | I never drink more than 2 and I never drink before noon. |
| Have you ever had to consider cutting down? | No, except when I try to lose weight. | It has crossed my mind that I'd be better off. | There's no problem for me, I can take it or leave it. |

So what do you think? Your answers are worth considering... So are you.

ICE DIVING COURSE

WHERE: Westwin pool, building 90
Dive site: West Hawk Lake

WHEN: Course : 1930 hrs, Thursdays, 20/27 Feb 97
Diving : 1 and 2 Mar 97.

COST: The cost will depend on the number of students. Also, students are responsible for their own transport, accommodation and meals at West Hawk Lake.

FOR MORE INFO AND PREREQUISITES: For more info, please call Armando Brambilla at 667-9414 or Capt Denis Talbot at 488-4625 or local 6361.

COURS DE PLONGÉE AUTONOME SOUS GLACE

OU: Salle de classe : Piscine Westwin, building 90
Lieu de plongée : Lac West Hawk, Manitoba

QUAND: Classe : 1930 hrs, les jeudi 20 et 27 fev 97
Plongée autonome : 1 et 2 mar 97. De plus amples renseignements seront donnés en classe

COUT: Le coût va dépendre du nombre d'étudiants. De plus, les étudiants seront responsable de fournir leur propre transport, accommodation et nourriture lors de la plongée autonome au Lac West Hawk.

PREREQUIS ET INFORMATION ADDITIONNEL:

Pour de plus amples renseignements sur ce cours excitant ainsi que pour vous y inscrire, veuillez contacter Armando Brambilla au 667-9414 ou Capt Denis Talbot au 488-4625 ou local 6361.



February 14th
Valentine's
Day

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Welcome to camp Moose Jaw, the most cost efficient camp in the history of the Armed Forces. The reason is, there's no troops!

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This light-hearted look at Boot Camp features an ensemble of familiar and fresh faces; lively singing and dancing to favorites of the 40's and 50's; and of course, unlike mess tents, Great Chow!
"FALL IN" and join us for a wonderful evening!

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SECURITY AND MILITARY POLICE



HELPFUL HINTS ON HOME AND PERSONAL SECURITY

By Cpl D.R. Menard, SAMP Sqn Community Policing Representative

In the next six articles of the Voxair, I will provide you with some helpful hints on home and personal security. These are hints that can be used at any time of the year, and at places such as your home, apartment, or cottage.

HOME PROTECTION

When at home, it is a good idea to lock your windows and doors, as well as draw closed your shades. With the recent problems of home invasions, this will make it harder for someone to gain entry into your residence. Consider installing a peep-hole in your doors, as well as a good deadbolt. Your residence's exterior doors should be of a solid-core construction. This means either composed of solid wood, or hollow core with a metal sheeting on both

the interior and exterior portion of the door. Solid-core doors, in conjunction with such locks as deadbolts, greatly improve home security. Never leave a note on the door that you are out. When you come home and find the door tampered with, do not go in. Go to a neighbour and phone the police immediately.

Residence numbers are generally used to facilitate locating your residence by such persons as the mail person or friends. You should also note that such numbers also make it easier and quicker for police and other emergency services to find your residence. With this in mind, the numbers should be large enough, and unobstructed by bushes or trees, so as to be seen easily and clearly from the street. They should contrast the colour of the item that they are mounted on. It is also a wise idea if your residence can be approached from the rear by a back lane, to place numbers there as well.

Many people have gone to outdoor lighting, such as motion detectors, around their residence for increase security. This is a good idea, however, it must be installed properly in order to be fully effective. If you already have a motion detector in place, or are thinking about purchasing one, consider where you will install it. Make sure it is well above and out of the reach of an average adult. Being too low to the ground will only enable a person to unscrew the light bulb, making it totally useless. As the bulb is made out of glass, it would be wise to protect it from being broken by a rock or stick. This can be easily accomplished by surrounding it securely with heavy gauge wire. Also remember that if you plug your motion detector into an outdoor socket, someone can also unplug it when they wish. It is best to directly wire your motion detector to your residence's electrical system.

Ladders are something that most people have lying around

their house. You may use a ladder to clear the snow and ice from your roof, or leaves and branches out of your eavestroughs in the fall. However, when not in use, remember to secure your ladder so that someone else cannot use it to gain access into your second floor windows. Secure it in your garage, residence, or chaining it to a fixed, solid object.

Unknown persons should not be admitted into your residence. If a person representing a company, or a city service knocks at your door, request that they show you proper credentials or identification first. If you are not expecting anyone, contact their company and inquire as to why a sales or service person has been sent to your residence. If someone requests to use the phone, don't allow him/her to enter. Offer to make a call for him and summon assistance, or direct them to a nearby public telephone.

If you live in an apartment, put just your initials on the directory board. Never remain by yourself in a laundry room, mail room, or parking lot. When apartment hunting, it is a wise idea to pick the middle floor to live on. Ground floor or basement apartments are usually targeted for break-ins.

WALKING

When out walking, plan your route and avoid shortcuts. Walk near the curb so as to avoid surprises near alleyways and doorways. When leaving public transportation, make sure no one is following you. It is not recommended that you walk alone at night. You should walk facing traffic so you can see any vehicles that are approaching you. Avoid dark buildings and wooded areas. You should also never carry large sums of money on your person. Also never carry or wear expensive items or jewellery that are visible.

If you are suspicious of anyone following or approaching you, cross the street. If this suspicion continues, go to the nearest home, service station, or open business and call the police. If followed by a car, turn around and walk back the other way. By doing this, the car has to turn around, otherwise it will be on the opposite side of the roadway. Never approach a vehicle that has stopped and the driver is asking you for directions. Stay far enough back so that you are out of a person's reach.

Any questions concerning the above, or other areas of security can be directed to myself at 833-2500, Extension 2474.

CANADIAN FORCES PERSONNEL ASSISTANCE FUND

EDUCATION ASSISTANCE LOAN PROGRAM

The Canadian Forces has offered an Education Assistance Loan Program to assist serving and former members and their dependants with costs of post secondary education. This program offers low interest loans of \$1,200, \$1,500, \$2,000 or \$2,500 per student.

Several changes have been introduced in the program since its inception:

- the age restriction has been removed permitting loans for spouses and retired members themselves;
- there is no longer a limit on the number of loans per family;
- loans are now also available for full-time post graduate studies, post secondary education diplomas or certificates, or for any full-time adult education training program that is employment related;
- the period of service required to be eligible has been reduced from ten to five years.

To be eligible, the serving or former member must have served in the Canadian Army, after

1 October 1946, or in the Canadian Forces, after 31 January 1968, and have a minimum of FIVE years Regular Force military service. Selection may be based on family income, years of service and individual family circumstances.

Loans are repaid by the member over a twelve month period beginning in September of the year in which the loan is granted. The repayment schedule including service as follows:

| AMOUNT OF LOAN | MONTHLY REPAYMENT |
|----------------|-------------------|
| \$1,200.00 | \$101.09 |
| \$1,500.00 | \$126.36 |
| \$2,000.00 | \$168.48 |
| \$2,500.00 | \$210.60 |

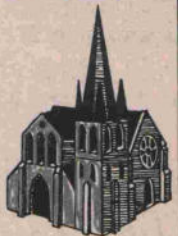
Application forms are available from Canadian Forces Base Financial Counsellors, district offices of Veterans Affairs Canada, and the Provincial Command offices of the Royal Canadian Legion. They may also be obtained by writing to 245 Cooper Street, Ottawa, Ontario, K2P 0G2.

The deadline for submissions is 30 June 1997. No late submissions will be considered.

Heritage Day February 17, 1997

(NC)—When we're busy with the hustle and bustle of everyday life, it's easy to lose sight of what's really important. Many of us forget the importance of keeping our heritage alive. It is the richness of heritage that motivated the Heritage Canada Foundation to set aside the third Monday in February as Heritage Day.

Heritage can be defined as anything received from a previous generation that you in turn would like to hand down to the next generation. It includes language, family treasures, historic buildings, traditional crafts, the stories of elders, the landscape that surrounds us, and more. Heritage is anything and everything that defines us and sets us in place. Why not join the thousand who already celebrate Heritage Day and organize a special 'heritage' event with your family, your community, or your organization.




National Flag of Canada Day February 15



SUPPORT THE ANNUAL APPEAL
The Children's Hospital Research Foundation
117 - 882 Wilton Avenue
Windsor, Ontario N2K 1K2

SECOND CAREER!!

the Commissionaires
EX-Service personnel are invited to apply for membership with
Manitoba Division
Canadian Corps of Commissionaires
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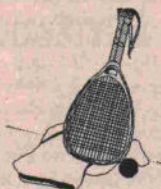
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ANNOUNCEMENTS

ATTENTION SQUASH PLAYERS!!!

17 Wing will be hosting
Squash Regionals
Apr 12-15
To try out for the team
please contact the Rec
Centre at local 5511 before Feb 18
Playdown will be between Feb 24-28



Science Fair Judge Requests - English & French Speaking

Many requests have come in from schools for volunteers to judge Science Fairs. The following is the information regarding those requests.

| Date | Time | School | Grade |
|----------------|-----------|----------------------------|--------------------|
| March 5, 1997 | 0900-1200 | Robert Browning School | 3-5 |
| April 11, 1997 | 0845-1600 | Westwood Collegiate | 3-5, 6-Level 4 |
| April 18, 1997 | 0830-1500 | River East School Division | 4-6, 7-12, 2nd Lvl |

If you would like to volunteer, please reply with date, time, school, and grade preferences to 2Lt Sam Lortie, WPaffO, via E-Mail or at Local 2212.

Also indicate whether you want to judge in English, French or both. Lunch is provided when the volunteer is needed for the whole day.

HELP WANTED

Needed ASAP volunteers for the 2PPCLI Deployment Support Group Drop-In Centre located on the south side base, top floor of the junior ranks club. We are open Monday through Friday from 10 a.m. to 8 p.m. and Saturday and Sunday from 12 p.m. to 4 p.m. Children are welcome! If you want a chance to get out of the house and meet new people, please stop by the Drop-In Centre and sign up. No experience necessary. You can also leave a message for Vickie at 833-2500 ext 6163. Shift timings are from 10 a.m. to 1 p.m., 1 p.m. to 4 p.m. and 4 p.m. to 8 p.m.



The Western Canada Aviation Museum is looking for volunteers. If you have some free time and would like to work in a unique and friendly environment, the Aviation Museum would like to hear from you. Currently, there are opportunities in visitor services, special events, and data processing. For more information, please call Corrie at 786-5503 or visit the Western Canada Aviation Museum at 958 Ferry Road, the corner of Ferry and Ellice.

NEWCOMERS' CLUB OF WINNIPEG

Are you new to the city? Feeling you need to socialize? Then come to our next NEWCOMERS' meeting on Wednesday, February 19, 1997 at 7:30 pm at the Wildewood Club.

NEWCOMERS' is a non-profit social club, comprised of ladies who have recently moved to the city and have joined to meet new people, participate in various activities, and to acquaint themselves with Winnipeg.

Our General Meeting is usually held on the 3rd Wednesday of each month (excluding July and August). This is a social evening which includes a guest speaker, with coffee and dessert served afterwards. For more information call 992-2999 and leave a message. Someone from "Hospitality" will be happy to return your call.

Visit Le Festival du Voyageur On Line!



Your cyber-guide to all that's going on at Festival '97! Here you will find profiles on the Rendez-Vous' concerts, the River Trail, Fort Gibraltar, School Program, a detailed map of all our sites much much more!
We are at the following URL on the World Wide Web:
[HTTP://www.festivalvoyageur.mb.ca](http://www.festivalvoyageur.mb.ca)
Questions? Send e-mail to
voyageur@festivalvoyageur.mb.ca

104TH BEAVER COLONY FUNDRAISER

The fund raiser for the 104th Beaver Colony is an OLD DUTCH HAMPER. This hamper consists of 6 family size packages of a variety of potato chips, popcorn and nacho chips. The cost of each hamper is \$12.00. The funding goes towards exciting and educational youth programs.

For those who have the munchies this is a great buy! Also, for those who have loved ones in Bosnia this would be a wonderful treat to send to our dedicated men in green. Each hamper is packaged well for mailing. So no need to re-pack. Postage for mailing is \$4.35.

If you are interested in supporting the 104th Beaver Colony, please contact Sheila Langlois at 489-2016.

ARMED FORCES DAY WITH THE RAPTORS

Personnel of the Canadian Forces (Military & Civilian) can save up to 36% off the regular ticket price on Sunday 23 Mar 97 at 1500 hrs when the Raptors take on the Atlanta Hawks.

Watch NBA Rookie of the Year Damon Stoudamire, NCAA Player of the Year Marcus Camby and the entire Raptors team battle it out at the Skydome against Dikembe Mutombo, former Dream Team member Steve Smith and the Atlanta Hawks. Great 100 level seats for as low as \$25. A total of 245 tickets have been reserved for Armed Forces Day (until 22 Feb 97). In order to book your seats call WO Bob Quann at (416) 973-9799. Cheque or money order or cash must be received by WO Quann no later than 21 Feb 97 in order to hold your seats.

17 WING WOODWORKING CLUB

| | |
|------------|---|
| Located: | Building 33 (Family Resource Centre) |
| Hours: | 24 hours a day seven days a week |
| Cost: | \$50 + GST per year individually or \$75 + GST family (dependants over eighteen). |
| Equipment: | full complement of stationary and hand tools |
| Sales: | limited supply of hardwoods |
| Discounts: | hardware store discount cards and access to wholesale lumber |
| Contacts: | Pres. Capt Steve Wilson ext 5809 Treas. WO Marty Wohlgenuth ext 2421 Equip. Cpl Greg Jabusch local 5254 |

Welcome to the Ceramic Club

Ceramic Club of 17 Wing would like you to visit us. The Club is located at the Community Centre on Whytewold by the main gate. There are a number of different nights available for you to come and get reacquainted or even learn a new hobby. We have experienced and friendly workshop persons willing to give you a hand. On odd Thursdays of the month our staff is bilingual.

Hours of Operation
Monday to Thursday 6 - 10 pm
Contact Persons:
Pres. June 888-6059
VPres. Chantale 888-5192 (bilingual)
Club 833-2500 Ext 2496

Drop in and see what we have to offer you. Visit even if you are not sure this is for you, at least you will meet some very interesting people.

PERSONAL CLASSIFIEDS

EVERYBODY'S MARKETPLACE

CARPOOL

CARPOOL? Leaving Island Lakes 0645 hrs. Leaving North Base (Bldg 100) 1600 hrs. Monday to Friday. Carpool arrangements are flexible. Contact J. Gagnon at (home 253-5203 / (work) local 5506.

CHILD CARE

Looking for sitter for 6 month old starting March 3. Our home or yours. References & receipts required. South Site PMQs. Call 897-3313.

Child Care for Shiftworkers - N/S mother of 5 year old boy has spaces avail for children needing care during days, evenings, overnights & week-ends. First aid and CPR qualified. Meals & snacks provided. Situated south of Portage Ave between Berry & Ferry St. For more info contact Irene at 889-6284.

HOUSE FOR SALE

St. Francois Xavier, MB - \$121,400.00 Bungalow, 3 bdrm, 1328 sq. ft., on 1 acre lot 10 min. west of perimeter. Close to schools. Home features: fireplace, patio door in livingroom, main floor laundry, 4-pc bath & 2-pc ensuite, central/vac, new hot water tank, forced air electric furnace, hwd floors in kitchen & dining area. Large carpeted rec room area, additional bdrm, work, storage room, 6-person spa, 3-pc bath, 24 x 26 attached garage. School bus service. For more info please call 1-204-864-2404. or 1-204-385-3269.

THRIFT SHOP

Community Council
Family Thrift Shop
54 Bourkewood Place
888-5283

Tuesday 6-8 pm,

Thursday 1-3 pm

Saturday 10 am - 3 pm

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Volunteers Needed!

Material Donations

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MISC. FOR SALE

For Sale - 2 snow tires, 185/R14/60 mounted on VW Jetta rims, only travelled 6,000 kms, original cost over \$300.00, yours for \$140.00. Call or leave a message 837-6460.

For Sale - 2 black iron ornamental fireside candle-stands with large gold coloured candles, combined height 32 inches. Original cost \$275.00, excellent condition. \$25.00. Call 253-9249.

Coffee/end table, glass top 28"L x 20"W x 20"H. Slatted bottom shelf, solid oak, excellent condition \$100.00. Call 253-9249.

For Sale - 2 wooden night tables/ cabinets 21"H x 15 1/2"W x 14"L, top drawer - bottom shelf, new condition, \$150.00. Call 253-9249.

10-Pin bowling ball - 16 lbs with Brunswick case. Bowling shoes size 8 with case \$45.00. Call 253-9249.

For Sale - Upright freezer 15.2 cu. ft. capacity, excellent condition \$450.00 OBO. Dining room table & 4 chairs \$150.00 OBO. Spanish Provencal bedroom suite \$375.00 OBO. Two stacking beds w/ mattresses, single beds, \$150.00. Please call 831-0150 for any more info.

WANTED

Filing Cabinet -2 or 4 drawer, legal size, locking filing cabinet. Call Peter at 334-7274.

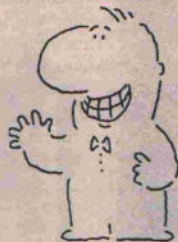
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