

# The VOXAIR

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## Sea King rescues two in flood relief effort



By Captain Laurie Kannegiesser

A Sea King crew made a dramatic early morning rescue of two truck drivers trapped by rising flood waters near Domain, Manitoba on April 29. The two large trucks had entered a restricted area to work on construction of a dike south of Winnipeg but were three hours overdue at an army checkpoint when the Sea King crew, already airborne, began their search.

"We were in the air on med-evac alert," said crew commander Major Gary Cherwonick. "They gave us a relatively accurate position to start looking." The crew spotted the two trucks surrounded by water at a rural intersection at about 4 a.m. One truck had jack-knifed and was partially submerged in about three meters of water.

Uncertain whether the drivers were still with the vehicles, the crew lowered Warrant Officer Don Traboulee to the ground. "As I walked, I could feel mud oozing underneath my boots. And then I started to sink," he said. "If I'd continued to try to get out of this truck, it could have been three of us needing to be rescued!"

WO Traboulee was lifted back into the helicopter and Maj Cherwonick and co-pilot Captain Adam Lowes moved the helicopter into position to aim the search spotlight into each truck's cab. The lights of the one truck were on but there was no other indication there was anyone there, said Maj Cherwonick. "We were just about to say there's nobody there when we saw a hand move and then a face appeared but the person beside him didn't appear to be moving. We figured the best thing to do was get them out of there."

Operating directly above power lines, the two pilots maneuvered into a stable hover. The navigator, Capt Bill Ansell, operated the helicopter's hydraulic hoist lowering WO Traboulee into the box of the truck.

"It was dark and windy and there were power lines every-



Many roads and highways in Southern Manitoba have all but disintegrated from water erosion, leaving many communities with few access routes.

where. When I got down, I had to physically beat on the truck to let them know I was there and get them to open the door," he said. "When I finally got their attention, I was quite relieved they were both OK. They were both lethargic and not very responsive to questions."

WO Traboulee said the two men had no jackets or gloves despite sub-zero temperatures. Using a double-lift harness, WO Traboulee lifted the men into the helicopter one at a time. The two men were immediately assessed as mildly hypothermic by flight nurse Captain Judy-Lynn Hyatt and medical assistant Cpl Louise Groulx, both from the 17 Wing hospital in Winnipeg, and the patients were transported to a Winnipeg hospital.

The Atlantic Television Network (ATV) named WO Traboulee, a native of Glace Bay, Nova Scotia, 'Maritimer of the Week' following the dramatic rescue. He will receive a certificate and videotape of his after-action interviews when he returns to Shearwater.

The Sea King crew, from 423 Maritime Helicopter Squadron, deployed to Winnipeg to support the flood relief mission on April 26. In all, three Sea King helicopters, 12 aircrew and nine aircraft technicians flew two days to Winnipeg. The detachment has since grown to 35 personnel.

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LCol Sam Marcotte  
(204) 833-2500 Ext 5281

**Managing Editor/Directeur-Gérant**  
Maj Cheryl Walton-Simm  
(204) 833-2500 Ext 5895

**Office Manager**  
Maureen Walls  
(204) 889-3963

**Office Assistant**  
Sandra Henneberry  
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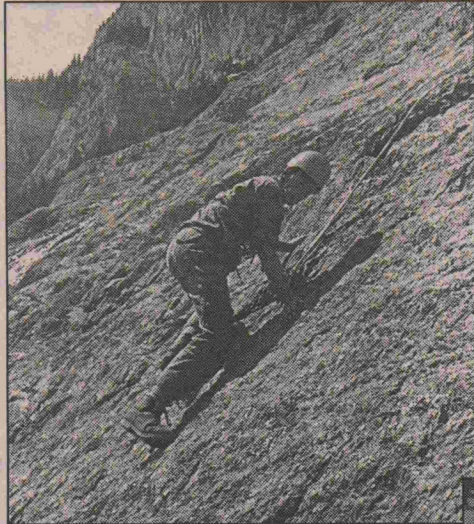
Westwin Community Centre

# Banff National Army Cadet Training Centre Inside View

By Major CM Walton-Simm, Managing Editor

Even if the Army Cadets and the Banff Park residents and tourists were to lose this important training institution, the many benefits resulting from the work and public events of the cadets over the summer months, the memories and impact it has had on

so many individuals will always remain. As they say, a picture says a thousand words and there are thousands of pictures that attest to the exceptional training that has been provided to young, high-caliber army cadets from across Canada and the world. Below are a few of the photos and some of the sentiments evoked in these young Cadets.



**Cadet Rock Climbing:** Clinging valiantly to a sheer mountain wall by just your fingernails. Feet scratch across the smooth surface to gain some type of edge for upward propulsion. Muscles strain and cramp in an attempt to avoid the abyss below. Eyes wide and heart pounding, somewhere, somehow, the courage is found within to take charge, muster the necessary courage and expend the last reserve of energy. With a gasp, you crawl over the top! A flood of emotions engulfs you; jubilation, victory and a feeling of self confidence blossoms after slaying your internal dragon and successfully scaling the intimidating mountain wall.



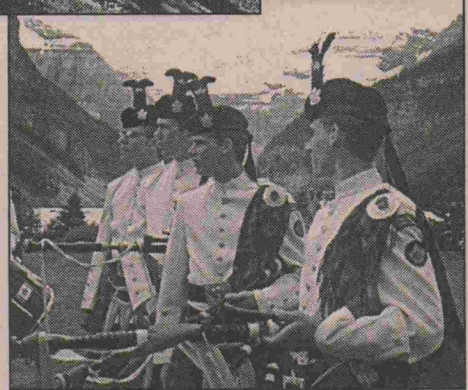
**Watermanship:** Paddling among the spectacular scenery of the Bow and Kananaskis Rivers. "It is easy to think, before one has ever tried it, that nothing could be easier than to drift down the river in a canoe on strong current. That is because when one thinks of a river, one is apt to think of that river as a thing - great, singular and flowing - that one puts one's boat into and lets go. But it is not like that at all..."



**Park Projects:** Parks Canada has been pleased with the results of the unique and valuable contributions the cadets make annually to the mountain parks and the environment: building new hiking trails, reconstructing old ones and replacing foot bridges in the Banff area; preparing logs for the reconstruction of backcountry warden's cabins.



National Army Cadet Pipes and Bands performing in the Banff Park.



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# Chinthe Bits

By MCpl Steve Shrewsbury

Water levels rising, frustration levels rising, even our pay got a raise, that's how April will be remembered. At times like this it is hard to think of anything else but how you will be affected by all this, but the small conciliation is we are all in the same boat - so to speak. It is to be hoped that by the time you read this, the worst of the situation will be over and things will be on their way to being normal, or as normal as they can be around this place.

Where to start? There is so much going on all at the same time. I guess maybe starting with some good news would be appropriate. The rumor that there is no promotion was shattered when it was announced that WO Dave Alex moved up another step to MWO and along with the promotion a posting. Dave will be heading back to his old stomping grounds across the way at the Crystal Palace; he will be working at the new ICAD.

While not the same as promotions, postings can have the same joy and there will be a

couple aside from the ones already mentioned. Kip Cormier has been wanting a bigger fishing boat and recently he took one step closer to realizing his dream, the only problem might be what to do with the fish he does catch. Kip is off to Shearwater this summer to play with them Sea Thing helicopters. Joining him, for a second time in Shearwater, will be John Kernick. John has plans to become a slum landlord and Christmas Tree tycoon. To say that John's wife Angie is happy would be a gross understatement - tomorrow will not come fast enough.

Now that we have the east coast covered, let us go west. Howie Boone is headed off to Cool Pool (Cold Lake) to work on those plastic planes. No word on degree of happiness about the posting, but there is lots of good hockey there. Now on to Comox and Christine McCorrison's posting. It was inevitable as

Christine and T.J. (hubby) had just purchased the house after almost nine years in Winnipeg. They just finished repainting the house the way they wanted it and had plans to upgrade the bathrooms when, bang, the posting came. So if you are interested in a

**Quality Standard For Aerospace Engineering & Maintenance is the latest in the new department.**

nice place... Anyway to all of you 'good luck' in your new jobs and if you wish to take a piece of Manitoba with you, TAKE THE WEATHER!

Moving on, 435 recently hosted the Hercules Maintenance Review Meeting. Working groups were spread out all over from 16 Hangar to Mynarski Hall at AIRCOM. Out-of-town participants stayed at the new base Hotel and were duly impressed with the accommodations. The two-day gathering was

deemed to have been a success and all who were involved in organizing the event did a fantastic job.

As you are more than aware, things around here are changing daily and new policies and organizations are popping up all over. Quality Standard For Aerospace Engineering and Maintenance (AF9000 Plus, derivative from ISO9000) is the latest in the new department. Capt Lucy Rourke, Sgt Ron Tagg and MCpl Mark Smith have had the task of starting from the ground up and it has virtually been an uphill battle getting this off

the ground as time constraints, manning and classroom availability have all conspired against a timely implementation. In a nut shell AF9000 Plus is a new way of controlling quality of work.

Quickly before I run out of space, a few things worth mentioning: Grant Forness has opted to abandon the single life. Congratulations to Grant and Danielle on their engagement. Bill Stamper has been walking around with a permanent grin on his face and is currently looking to purchase a suitable dwelling - for two people. What could this mean, Bill?

Till next time, Ciao!



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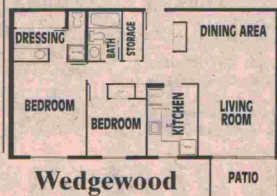
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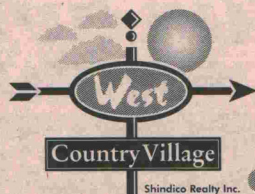
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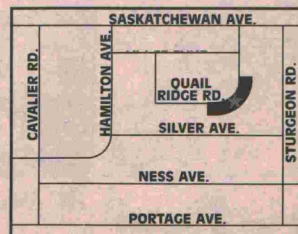
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# SAR Team hosts former East Bloc Military

Military officers from 17 former east bloc nations gathered in Cornwall, ON on 18 May to learn why the Canadian Forces Search and Rescue (SAR) team is the world's leader in the field of 'saving lives'.

The two-week exercise, known as Cooperative Zenith '97, was the first time Canada has hosted this prestigious NATO series of activities which are designed to increase understanding and stability among participating nations.

Exercise highlights include an overland air SAR demonstration at CFB Trenton on 26 May and a marine SAR demonstration in Sydney Harbour, Nova

Scotia on 29 May. Other events include practical workshops and seminars at the NAVCAN Training Institute in Cornwall, ON from 18 to 22 May, and at the Canadian Coast Guard College, Sydney, NS, 27 to 29 May. The delegates will observe how the Canadian system is structured and what elements they can adapt for use in their nations.

A SAR industry display, highlighting developments in personal location technology, will be held at CFB Trenton on 26 May, and cultural events in Toronto and Louisbourg will round out the program.

NATO initiated the Partnership for Peace series of

exercises in 1994. The time had come to promote a spirit of cooperation with the former Cold War adversaries. This new spirit assists the participating nations to expand their capabilities in the fields of peacekeeping, search and rescue, disaster relief and humanitarian operations.

The partnership nations include: Albania, Bulgaria, the Czech Republic, Estonia, the Republic of Georgia, Hungary, Kazakhstan, Krygstan, Latvia, Lithuania, Moldova, Poland, Romania, Slovakia, Former Yugoslav Republic of Macedonia, Ukraine and Uzbekistan.

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As you know, the CFCCN puts members of the military community in touch with college programs and services, all across the country. This web site is another way of reaching out, especially to people who might not come in contact with routine orders, unit briefings and the like.

What can you do at the web site? First and foremost, you can find out how the CFCCN can help you earn a college diploma or certificate. You can hook up with your local CFCCN coordinator, or you can link to your local college to learn about their programs and registration procedures. If you're being posted this summer, you can link to the college and coordinator at your new base, and start making plans for continuing your education in the fall.

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Or maybe you'd like to find out how your military training and work experience can be applied for college credit, or for professional certification in your trade. You can visit the site to learn about prior learning assessment and about trade evaluations performed by the Canadian Council of Technicians and Technologists.

But why keep reading about it, when you can go and see for yourself? The site is full of information and it's easy to use. Just set your web browser to <http://www.inforamp.net/~dgreig/cfccn>, or look up "Canadian Forces Community College Network" using one of the standard search engines.

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# WCE bids farewell to departing members



WCEO Maj M. Desjardins presenting The Canadian Military Engineer plaque to Lt(N) Wayne Graves on his retirement.



Eng O, Capt J. Gagnon presenting MWO Asher with a plaque on behalf of the 171 Airfield Engineering Flight.



Maj Desjardins presenting Mr. Don Lloyd with a certificate signed by the PM on the occasion of his retirement from the federal service.



Greg Kubinec is presented with a WCE plaque by the WCEO Maj Desjardins

On Friday 21 Mar, a Retirement and Farewell Luncheon was held at the WO's & Sgt's Mess to reminisce and honour several long-serving members of the construction engineering squadron.

The following members were honoured at this special occasion: Lt(N) Wayne Graves who retired after twenty-eight years of fire-fighting and construction engineering management service for the navy and air force; MWO Cam Asher who left us after twenty-years of loyal and dedicated, albeit multi-tasking service to both Electrical Generating Systems trade and construction engineering management; Greg Kubinec who served up to fourteen years in the federal service as assistant shift engineer; Don Lloyd who served twenty-four years in the military and an additional ten years as assistant shift engineer in the Central Heating Plant; and Lea-Ann Stevens-Malthouse who served up to nine years as glazier/painter in the CE paint shop.

Over sixty persons gathered into the lounge area of the WO's & Sgt's Mess to enjoy some refreshments prior to dining on a delicious Chicken Kiev meal. Worthy of note, was the courteous and prompt service provided by the entire kitchen staff which helped make this event most memorable.

Following the meal, the WCEO Maj Marc Desjardins led the group to the lower lounge for speeches and for the presentation of plaques and gifts to each departing member. We wish them all well and good luck in their future endeavors.

This event was also an opportune time for the WCEO to make public announcement on recent postings and promotion messages, new appointments and noteworthy achievements by members of the CE organization.

By all accounts, the farewell lunch was a huge success and this can be attributed to the numerous CE members who assisted in the making of this important event.

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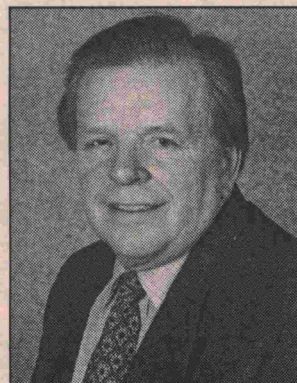
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## John Harvard, MP



Thank you to all military personnel and their families for their assistance with the flood effort.

Authorized by Alec Parlin, Official Agent for John Harvard.

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# Leadership Role for Canada in Haiti



DND Photo

## OPERATION STABLE, HAITI, UNSMIH

### BACKGROUND

On September 30 1991, Haitian President Aristide was overthrown in a coup d'État by the Haitian Armed Forces. Efforts by the UN and the Organization of American States to resolve the situation realized only limited success. In June 1993, the United Nations Security Council imposed an oil and arms embargo against Haiti.

In July 1993 President Aristide and General Cédras, the commander of the Haitian Army, reached an agreement to allow President Aristide to return to Haiti. The Governors Island Agreement called on the leadership of the Haitian military to retire, and requested UN assistance in modernizing the armed forces and establishing a new police force in Haiti.

After weeks of heightened violence and intimidation, armed gangs loyal to the regime refused to allow UN peacekeepers to assume their duties. In October 1993 the United Nations Security Council approved the enforcement of UN sanctions against Haiti.

Canada participated in an international maritime embargo to ensure that cargo bound for Haiti did not violate UN sanctions. Further Security Council resolutions sent military personnel to Haiti, and authorized a Multinational Force (MNF) to "use all necessary means" to



DND Photo

implement the Governors Island Agreement. The American-led MNF secured Haitian ports of entry and airports, and President Aristide returned to power in October 1994. Under his guidance free and fair elections were held in 1995. He disbanded the Haitian military and developed plans to improve the National Police Force and the Haitian economy.

For the first time in Haitian history, the peaceful transition of power between two democratically elected Presidents, Jean Bertrand Aristide and René Préval, occurred in February 1996. At the request of President Préval, the UN extended its mandate to assist in sustaining the secure and stable environment and professionalizing the Haitian National Police. In May 1996, the Government of Haiti requested that the United Nations maintain a peacekeeping force in Haiti, and the United Nations Support Mission in Haiti (UNSMIH) was created on 1 July 1996.

### AUTHORITY AND MANDATE

UNSMIH was established by United Nations Security Council Resolution 1063 of 30 June 1996. Its mandate is to assist the Government of Haiti in the professionalization of the Haitian National Police and to maintain a secure and stable environment. UNSMIH also supports activities to promote institution-building, national reconciliation and economic rehabilitation. The Mission's mandate has been extended until 31 July 1997.

UNSMIH has a ceiling of 1,300 military personnel, and is led by Canadian Brigadier-General Pierre Daigle, stationed at Mission Headquarters in Port-au-Prince. The UN funds 500 personnel of the military



DND Photo

component of UNSMIH while the remaining 800 soldiers are funded by voluntary contributions from the United States and Canada.

### CANADA'S ROLE

With a strength of approximately 750 personnel, the Canadian contingent is the largest in UNSMIH. Its duties include:

- A small reconnaissance battalion conducts patrols and other operations in Port-au-Prince and throughout Haiti;
- An engineer squadron provides a range of capabilities such as route maintenance, vertical and horizontal construction, explosive ordnance disposal, water supply, power generation and other engineering services;
- A Helicopter squadron provides the UN force with casualty evacuation, a day/night mission capability and a medium airlift transportation capability;
- A military police platoon provides a criminal investigation capability;
- A Military Information Support Team provides timely and accurate UN information to the civilian population;
- A Logistic Group provides virtually all support services to administer and sustain Canadian units deployed with UNSMIH. It includes a maintenance platoon, a logistics platoon, a transport platoon, a medical platoon, and an administrative and headquarters platoon. It also provides supervisory capability to the UN heavy workshop and transportation sections.

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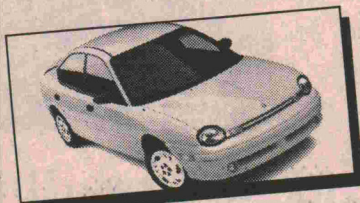
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# Operation ASSISTANCE

## Downsizing

Taken from the Department of National Defence Web Site:  
<http://www.dnd.ca>

### MAY 15, 1997 (as of 2:00 p.m. E.D.T.)

Water levels continue to fall throughout the area of operation and no major incidents have been reported. Military engineering support to road and infrastructure in rural municipalities south of Winnipeg will now be the main Canadian Forces effort. In Sector South, all major tasks have been completed with the focus now shifting to engineering support. Residents of evacuated areas are being allowed to return home now that flood waters have receded to safe levels.

In sector North, all units of 2nd Canadian Mechanised Brigade Group are now deployed to the brigaded staging area for redeployment. The group is scheduled to depart for their home base in Petawawa, Ontario, today and tomorrow. Major-General Bruce Jeffries, the Joint Force Commander, has returned to Alberta and will be commanding the remainder of the operation from his headquarters in Edmonton.

### MAY 16, 1997 (as of 2:00 p.m. E.D.T.)

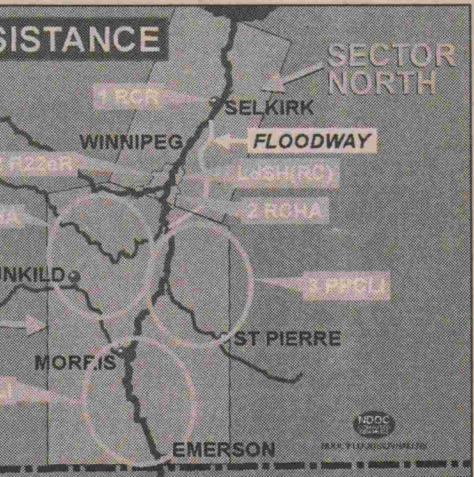
Canadian Forces men and women are now beginning to return to their home base. The gratitude expressed from Manitobans for their efforts has led to a deep sense of satisfaction for all members of the Canadian Forces. "The workload was overwhelming, but now, so is the appreciation level," said Captain Karen Mair, Joint Task Force Public Affairs Officer.

Notwithstanding the sense of accomplishment, military personnel remain ready to intervene should

any unexpected problems arise. Although water levels continued to drop throughout the area of operation yesterday, serious flood conditions still exist. The Canadian Forces will therefore keep a presence in the area as long as required. Military activities are reduced but still include important tasks such as verification of dike integrity, damage assessment, sandbag removal and engineering support to roads and infrastructure.

The operational command of the Canadian Forces dedicated to assisting in the flood control operations was passed this afternoon to Colonel Joe Sharpe, Commander of 17 Wing in Winnipeg, by Major-General Bruce Jeffries, Commander of the Canadian Forces Joint Force. "This change in the command structure signifies the final phase of Operation Assistance during which over 8,500 men and women of the Canadian Forces from across Canada were brought in to assist the civilian authorities in battling the Red River," stated General Jeffries. While overall command and control will remain with Major-General Jeffries from his headquarters in Edmonton, Colonel Sharpe will exercise daily operational command of the Joint Task Force from Winnipeg.

The Joint Task Force will consist of elements from 17 Wing, HMCS Chippawa, and 2nd Battalion Princess Patricia's Canadian Light Infantry, all from



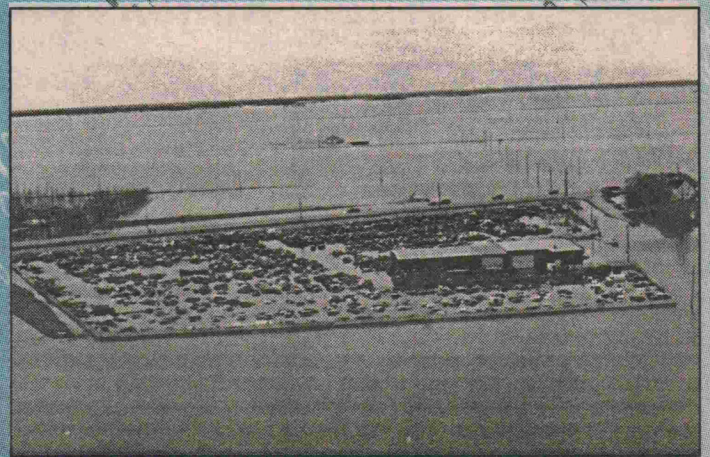
Taken from DND Web Site, map created by NDOC Computer Graphics

Winnipeg. Also included are soldiers from 1 Royal Canadian Horse Artillery of Shilo, Manitoba, and a significant engineer presence provided by 4 Engineer Support Regiment from Gagetown, New-Brunswick, and 8 Airfield Engineer Squadron which is headquartered in Trenton, Ontario.

The latest breakdown of troop commitments to Operation ASSISTANCE as of 6:00 p.m. May 15 is as follows:

Joint Force Headquarters	482
Land Forces Western Area	1,147
Land Forces Central Area	486
Land Forces Atlantic Area	238
Maritime Command	39
Air Command	1,284
<b>TOTAL</b>	<b>3,676</b>

## Views of Manitoba



# Certificates & Promotions

*LCol GLP (Gary) Boudreau  
was presented his  
'CERTIFICATE OF SERVICE'  
by MGen BC Horseman  
DComd Air Command  
on 19 Mar 97.*

*Congratulations!*



*Maj Mitchell, W Ops O, presents Cpl Doug Button his promotion to MCpl effective 6 March 1997. MCpl Button is posted to Cold Lake, AB this APS.*



*Maj Mitchell, W Ops O, presents Capt Stewart of W Ops her promotion to Major effective 18 June 1997. Maj Stewart is posted to Comox, BC this APS.*

## Situation Report from Bosnia

### Hot off the grill at Rations Platoon, Camp Coralici

*By Sergeant Mark Simm*

Over 1000 SERVED! It seems like only yesterday that Rations Platoon first arrived here in Coralici, the 2PPCLI Headquarters (HQ) and home to the Battalion HQ staff, Alpha Company HQ, Mortar Platoon, some of 12 Field Engineer Squadron and half of Administration Company.

After donning that ever-so-popular white paper cap, we in Rations Platoon found ourselves jumping from the frying pan to the fire. With the realization that this was not going to be as easy as baking a cake, changes were quickly initiated. Many factors, that were hindering our ability to produce quality meals and satisfy diners, had made us come to this conclu-

sion. These factors included: unpredictable equipment, size of kitchen space, and eating patterns/requirements.

Fortunately for all, new state-of-the-art equipment began to arrive from Canada and the engineers added three sections of ISO to our facilities. The biggest challenge turned out to be addressing our diners' likes and dislikes with respect to the original cycle menu. With some innovative thinking, we were able to overcome obstacles, from difficulty in getting some food products to maintaining nutritional requirements, in order to modify the menu. These changes now offer many of our diners a wider variety of their favourite choices and, most importantly, increased overall morale.

Other activities that have been keeping Rations Platoon busy are the many successful functions that we cater to such as Meet & Greets, Blue Room Luncheons and Dinners, and Camp or Company BBQs.

Rations Platoon would like to express our deepest appreciation to the many people who eagerly volunteered their services during these special events.

In closing, Rations Platoon has many more special events cooking for the next couple of months. Unfortunately, we cannot divulge any vital details, so be patient and hold on to your cutlery for a smorgasbord of surprise.

# Monument celebrates Search and Rescue volunteers

A monument, to honour those military aircrew and civilian volunteers who have sacrificed their lives while searching for missing aircraft, was unveiled on Saturday, 10 May in the CFB Winnipeg Heritage Park.

The volunteers, whose memory is being immortalized for future generations, were members of the Civil Air Search and Rescue Association - CASARA.

This special cadre of citizens give their time to fly their own aircraft, act as spotters on Canadian Forces aircraft, and work alongside CF personnel during search and rescue missions (see facing page).

The guest of honour at the ceremony was the Lieutenant Governor of Manitoba, the Honourable Yvon Dumont. Lieutenant-General Al DeQuetteville, the Commander of Air Command, and Mr. Schott

Broughton, representing Transport Canada, unveiled the monument.

The ceremony coincides with the 50th anniversary of search and rescue in Canada, under the leadership of the Canadian Forces, which is being celebrated at events across the country this year.

## Sunshine... on my snowbank, makes me happy!

This lovely spring weather we are having might be deceiving even the most vigilant user of sun protection. Even though we still have snow on the ground well into May this year, we must keep in mind that the sun's rays care not about snow: ultraviolet radiation is reaching us more directly with every passing day.

Environment Canada's forecast UV index for Friday, 11 April, gives a low rating to the Winnipeg area. However, southern Ontario, southern Quebec, and Victoria are already in the moderate category. A rating of above 4.0 is considered moderate, and while we have not quite reached that level, our rating is 3.6. It will not be long before we too are experiencing moderate levels. This means that at present, exposed, unprotected skin may burn in an hour or more, but when we are up above 4.0, the time to burn will be reduced to about 30 minutes.

Snow can increase the effects of the sun as it reflects some of the radiation. Anyone who has gone skiing in the late spring or summer, or has been sunburned while swimming, has experienced this reflection effect. Extra caution should be exercised over the next few weeks, and of course into the summer, to protect the eyes and skin of your-

selves and your children.

The short-term result of inadequate sun protection is of course sunburn, which can be very painful, and occasionally disfiguring. Cumulative sun damage can result in skin cancer. Although it has been reported that repeated sunburns early in life can be the cause of skin cancers occurring later, it is never too late to start protecting your skin. Many people continue to tan, in the sun or in tanning beds, even though they know of the potential harmful effects of UV radiation. Reasons for doing so include a boost in mood and enhanced appearance. The boost in mood can be achieved by being physically active outdoors but with protective clothing and sunscreen. Physical activity, combined with a healthy diet and 2 litres (8 glasses) of water a day, will result in improved skin and a healthy appearance. Die hard sun worshippers should look further than the tan in their role models; usually, people whom we wish to emulate because they are tanned, are also fit and happy looking. People who simply tan often develop a leathery look and appear older, earlier.

The treatment and detection of many types of cancer has improved greatly in the past several years. Skin cancer, however, is one of the types

that is increasing in frequency. Sun exposure is a major factor in most skin cancer; thus, with proper preventative measures we can vastly reduce the death and disfigurement rates skin cancer causes.

### What can you do?

- Use sunscreen of at least 15 SPF daily. This applies to men and women of all skin tones. Make it a daily habit—a large proportion of our UV exposure happens during commuting, walking to lunch etc. Usually, we will use sun protection when planning outdoor activities, but we think nothing of the 10 minute walk to the mall, or the 20 minute drive home with the left side of our face and left arm exposed to the sun. If you will be outside for extended periods, reapply sunscreen every two hours. (Also after it may have worn off as in after swimming or perspiring). Some sunscreens reporting a sun protection factor (SPF) of 45, 60 etc. are available. The SPF refers to how long you can be exposed to the sun without burning. For example, on a sunny day in July at noon, an unprotected, fair skinned person might begin to

- burn in 10 minutes. SPF 15 means the person can stay out for 15X10 minutes or about 2 1/2 hours. Unfortunately, the same person who uses SPF 45 and stays out from 0930 until 1700 will likely be rather crispy. The skin can only absorb a small amount of the lotion, and 7 1/2 hours in the sun will cause quite a bit of sweating. Dermatologists generally recommend using a maximum of 30 SPF and reapplying often. Remember your sunscreen on cloudy days too.
- Minimize your time in the sun between 1000 and 1500 when the rays are most direct.
- Wear tightly woven clothing that covers your body, face and head, and remember to use UV protective sunglasses (a bonus to the use of sunglasses is less development of crow's feet).
- Avoid unnecessary UV exposure in tanning beds, sunlamps.
- Do not smoke (contributes to the development of cancer, and premature skin aging).
- Check your moles daily. Note changes in appearance, and report changes to a doctor. It is best to check them yourself (or have someone else check moles you cannot see),

because you will notice changes. A doctor can recognize an abnormal mole, but cannot see changes, as he has nothing to compare it to. Noticing a change can result in early detection, which vastly improves the outcome.

### A Special Note on Children

Children are especially vulnerable. Babies under 6 months of age should be sheltered from direct sun and protected with clothing and hats. Do not use sunscreen on babies under 6 months of age. Use frequent applications of sunscreen on children older than 6 months, but use discretion in allowing their sun exposure time. The sun is strongest and most likely to burn tender skin between 1000 and 1500.

This information is provided by SLT Dynes, Community Health Nurse. Any further questions can be directed to me via e-mail or at 5116.

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# Civil Air Search & Rescue Assoc.

The Civil Air Search and Rescue Association (CASARA) was formed in 1986 following a joint study by the Departments of National Defence and Transport Canada, which recommended the establishment of a nation-wide volunteer organization to foster aviation safety and augment dedicated search-and-rescue (SAR) resources.

CASARA is represented in all Provinces and Territories, with over 3300 members and 796 aircraft at 105 locations. The members undergo an extensive ground training program and fly more than 3200 hours a year on search training exercises. An average of 1000 hours each year have been flown on actual search operations under the control of the Canadian Forces Rescue Coordination Centre, and CASARA members have flown thousands of hours as spotters on dedicated military SAR air-

craft. In 1996, CASARA was involved in 1179 search-and-rescue cases across Canada. The Mynarski Trophy was presented to the Association in 1991 in recognition of its contribution to search-and-rescue. Also, in October 1996 the "Outstanding SAR Achievement Award" was presented to the President of CASARA, Mr. Mike Daniels. He received this award for his tremendous contribution to search-and-rescue as a volunteer.

CASARA makes a significant contribution to the National Search and Rescue program through participation in search operations, but it is possible that its greatest contribution, which cannot be measured, is in the number of accidents that have been prevented because of participation in aviation safety programs. CASARA works with the cooperation of

Transport Canada in conducting and sponsoring aviation safety programs that reach not only its own members but other members of the aviation community. The Association has developed training and evaluation guidelines to ensure

**An average of 1000 hours each year have been flown on actual search operations...**

pilots, navigators, and spotters are trained to a common standard across Canada.

CASARA pilots, navigators and spotters must complete thorough, detailed training courses before they take part in searches. Each year they com-

plete continuation training to ensure they retain the knowledge and expertise needed to safely and effectively conduct a search. As a volunteer organization, the only source of funds for this training is through Department of National


Defence and Transport Canada grants and contributions.

The success of CASARA has not come about without paying a heavy price. Over the past eleven years, CASARA was involved in two separate and fatal air crashes. In 1986, a military Twin Otter with a crew of three and carrying five CASARA spotters crashed in the

Canadian Rockies while searching for a missing aircraft. Then in 1996, a CASARA search aircraft with three CASARA aircrew on board crashed in British Columbia while on a search for a missing aircraft.

On May 10, 1997, at the Heritage Park, Winnipeg, CASARA paid tribute to those who have died in the two fatal air crashes. The Commander of Air Command, Lieutenant-General DeQuetteville, and the Regional General Director PRN for Transport Canada, Mr. Scott Broughton unveiled a monument to honour the victims. Many family members and friends attended the ceremony.

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### Annuaire

Les annuaires des services en français au Manitoba 1997, offerts par la société franco-manitobaine sont disponibles au Centre de ressources des familles militaires (CRFM) situé au 350 rue Doncaster. Si vous avez des questions à propos de la vie française au Manitoba, composez le 233-Allou! Un accueil chaleureux vous attend au Centre d'information.

### Recontre Francophone

Venez rejoindre le groupe! 1 fois par mois nous nous rencontrons dans un restaurant pour discuter, échanger et surtout bien manger.

### Welcome to Town!

### Yes, We Make House Calls!

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welcome committee volunteer or myself. These visits provide a wonderful opportunity to get your bearings around Winnipeg while enjoying friendly conversation in a relaxed atmosphere. If you don't know a soul in the city, your newcomer visit will provide the remedy.

## ADULT & PARENT SERVICES

### NEW & EXPECTANT MOMS' CLUB

Do you feel overwhelmed with the responsibilities of parenting? Do you need to get out and talk to adults? Do you want to share your baby's milestones with other moms? If your baby is under a year old then join this support network of like minded individuals.

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### NEW & EXPECTANT MOMS

Are you a new or expectant Mom with no family in town or a spouse who is away a lot? Would you like to be paired up with a "seasoned" parent who will provide support to you in this demanding job? Phone Mavis at 489-7003 for more information.

### FUN & FAMILY FITNESS

Until June 25th, parents can access the exercise room, weight room or gym while the children are involved in a music and movement activity program. Bring a snack for your child.

Where: Lipsett Hall Nursery School Time: Wed. mornings 9:30-11 a.m. Fee: \$2 per week or \$20 for 11 weeks

EVERY WEDNESDAY WE HOLD A WATER AEROBICS CLASS.

Where: Lipsett Hall Pool Time: 9:45-10:45 a.m. Fee: \$2 Drop-in fee.  
Child care available. Everyone is welcome! Call Mavis at 489-7003.

## CHILDREN'S SERVICES

### MFRC CHILD CARE CO-OP

Join the MFRC Child Care Co-op. We're a group of parents who exchange parenting services for NO charge. Basic guidelines, monthly meetings (kids welcome) and membership conditions keep the co-op running smoothly. Members have a military police check done. For more information call 489-7003. We're always looking for new members.

### CHILD CARE REGISTRY

As a service to caregivers and parents, the MFRC maintains a child care registry. Names on the registry include licensed group care, licensed and unlicensed family day care and teenage caregivers. Phone Mavis at 489-7003 if you have suggestions on how MFRC can support your role as caregiver. To get names from the registry and sign a disclaimer, you must drop in to 350 Doncaster, Monday - Friday from 8:30 a.m. - 4:30 p.m.

## YOUTH SERVICES

### CRAFT CLASSES

**JUNE 7 - FATHER'S DAY** Not just Mums get great stuff. This session will be devoted to making something just for Dad. This session is scheduled for the Southside Chapel.

All craft sessions are from 9:30 to 11:30. Pre-registration is required for all sessions. A minimum of six children are required for each session. Payment of \$5 per session is due prior to start. For more information contact Diane Brine, Youth Services Coordinator at 489-7003.

### ECO KIDS

The organization is open to kids 7-12 years. Through activities and discussions the children will learn about their environment. Meets Wednesdays starting June 11 at the Westwin Community Centre. Cost is FREE.

### AFTER SCHOOL CLUB

The After School Club is closed for the year. Look for the grand opening of our new youth centre in early Sept!

## WINNIPEG MILITARY COMMUNITY COUNCIL

IS SPONSORING

### THE FIRST ANNUAL SPRING FLEA MARKET

24 MAY 1997 AT LIPSETT HALL

(south side, near corner of Kenaston & Grant)

DOORS OPEN: Vendors - 0800 hrs Public - 0900 hrs  
Ends at 1400 hrs, Vendors have until 1500 to 'tear down'

Registration for the Flea Market may be made by contacting Lt Mike Lillo at 889-2715 after work hours or ext. 5345.

\$10 per table with privilege card / \$20 per table without.

Only 80 tables available, so register early.

## YOUTH GET AWAY

Youth Services at the MFRC have been invited to attend **THE PRAIRIE YOUTH EXCHANGE** at CFB Shilo, 30 - 31 May 1997

Youths in grades 5-8 are invited to attend this weekend event.

Youths from Shilo and Moosejaw will also be in attendance.

This is a wonderful opportunity to meet other military youth and perhaps see some old friends as well. Activities planned will include a dance, craft sessions, a visit to the regimental museum, swimming and discussion groups.

The cost of this weekend is \$15 per child.

This cost covers transportation costs, food and craft supplies as well as any other incidental fees.

For further information contact Diane Brine at 489-7003.

## WING LOTTO WINNERS

8 MAY 97

MCpl Rob Taillon, 2PPCLI  
Sgt Fulford, Base Dental

## MILITARY FAMILY RESOURCE CENTRE ANNUAL GENERAL MEETING

1900 hrs 4 June 1997

Westwin Community Centre

Open to all members of the Winnipeg Military Community.

This is your opportunity to input into the programs and activities of the Military Family Resource Centre. Come out and join us. Lots of refreshments, food and door prize available.

- AGENDA:
1. Call to Order
  2. Chairperson's Report
  3. Treasurer's / Auditor's Report
  4. Executive Director's Report
  5. Old Business
  6. New Business
    - a) election of new board members
    - b) election of auditor
  7. Open Discussion
  8. Adjournment

## NOW ACCEPTING FALL REGISTRATION

### Giggles & Grins

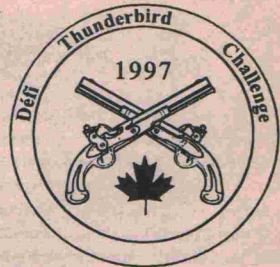
Children's Centre

Located close to Whytefold & Ness  
3 minutes from CFB Winnipeg (North)

• MOVING? • We offer DROP-IN care  
to take your mind off your little ones.

For more info: Call 897-GRIN (4746)

# Thunderbird Challenge 1997



With the extreme flooding in southern Manitoba this spring and the numerous military presence providing aid to the province, Thunderbird Challenge 97 was touch and go, however with better weather in the forecast and the winding down of Op Assistance, the competition will go on.

Air Command Security and Military Police (SAMP) first started the Thunderbird Challenge competition in 1993. This competition is very important to the SAMP because it reinforces and demonstrates some of the basic skills needed to survive, not only in peace time but in the field as well, as a member of the Airfield Security Force, UN peacekeeping force, or any other contingency operation.

For the fourth consecutive year, 17 Wing Winnipeg will host TC 97 between 3-5 Jun 97. This year the competition will be represented by the 10 Wings as well as a

team from CFSU (O) SAMP and CFSIS Borden.

The gruelling physical fitness obstacle course and C7 combat rifle competition will be held at St. Charles Range and the 9mm handgun competition at the Firing-Line, 750 Century Street.

Spectators are welcome to attend and cheer on the competitors. Look for the flyers circulating around the Wing for details.

On completion of TC 97, a "Best of the Best" team will be picked to represent Air Command at Peacekeeper Challenge held at Kirtland AFB, New Mexico.

## DINING & ENTERTAINMENT

### OFFICERS' MESS 17 WING WINNIPEG

EVERY WEDNESDAY .....WING COMMANDER'S COFFEE BREAK • Time: 1000-1030 hrs      • Dress: DOD	SATURDAY, 14 JUNE .....DOWN HOMER'S NIGHT • Reservations: Open 27 May - Close 11 June • Dress: Casual or 'Downhome' dress
EVERY FRIDAY .....TGIF May 23 1730      Pizza May 30 1730      Chili & Garlic Toast June 6 1730      Bratwurst	FRIDAY, 20 JUNE .....SUDS CUP • Where: Teulon Golf Club      GOLF TOURNAMENT

### WO'S & SGT'S MESS 17 WING WINNIPEG

FRIDAY, 30 MAY .....MEAT DRAW • Food: 1800 hrs • Dress: Relaxed • 5 draws ticker 5 for \$1.00	SATURDAY, 14 JUNE .....LOBSTER NIGHT/ FATHER'S DAY DANCE • Cocktails: 1830 hrs      • Food: 1900 hrs • Dance: 2100 hrs      • Dress: Informal
FRIDAY, 6 JUNE .....GOLF TOURNAMENT • Place: South Interlake Golf & Country Club (Warren) • Details: TBA	WEDNESDAY, 18 JUNE .....WCMD'S COFFEE BREAK • Place: Officers' Mess      • 1000 hrs

### JUNIOR RANK'S MESS 17 WING WINNIPEG (NORTH)

FRI., 6 JUNE .....BOSSSES NIGHT • Farewell Theme for departing members • Karaoke!      • Dunk Tank	WED., 11 JUNE .....WCWO COFFEE BREAK • 1000 hrs
- REMINDER -	
WCWO COFFEE BREAKS: Second Wednesday of every month at 1000 hrs (excluding June & July due to APS)	

### GASTHAUS GUTENBERGER GERMAN RESTAURANT

Authentic German & continental cuisine:  
schnitzel, beef rouladen, homemade spatzle,  
fine German desserts, fine wines and German Beer.  
Open Daily Monday-Friday 11 am - 10 pm  
Saturday 5 pm - 11 pm Sunday 5 pm - 9 pm  
2583 Portage Avenue (1 block west of the new bridge)  
Phone: 888-3133 for reservations  
— Special Discounts for Military Personnel —



Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine  
Dine In Take Out Catering



1245 Inkster Blvd 2591 Portage Ave 1380 Ellice Ave 1755 Pembina Hwy	885 Henderson Hwy 718 Osborne St 487 St. Mary's Ave 245 King St
--	--

## Rumor's Restaurant & Comedy Club

would like to thank our friends in the forces for all their hard work in saving our fannies.

To show our appreciation, we would like to extend the offer of

### COMPLIMENTARY ADMISSION TO OUR FRIENDS IN THE MILITARY

All you have to do is show your ID card at the front door & you're in!

Seating is limited, so we would politely ask that you call 24 hrs. in advance, so we can reserve space.

2025 CORYDON AVE.  
Expires June 28/97

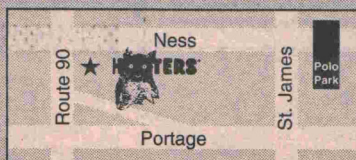


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1624 NESS AVE  
(204) 774-9464

## CINÉMA / THEATRE SHOWTIME 8:00 P.M.

### GHOSTS OF MISSISSIPPI

Thurs • Fri • Sat May 22 • 23 • 24 Parental Guidance

### EVITA

Sun • Mon May 25 • 26 Parental Guidance

### JERRY MAGUIRE

Thurs • Fri May 29 • 30 Parental Accompaniment

### Shine

Sat • Sun • Mon May 31 • June 1 • 2 Parental Guidance

# ANNOUNCEMENTS

## Newcomers' Club of Winnipeg

Are you new to the city? Feeling you need to socialize? Then come to our next NEWCOMERS' meeting on the third Wednesday of each month 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.

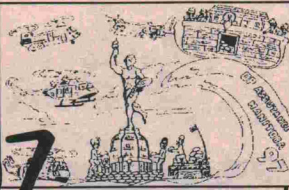


## Op Assistance Military "T" Shirt Fundraiser Flood Relief 97

Forest Green or Navy Blue  
For order forms call 833-2500  
ext. 2405 or fax your order to 833-2567

Sponsored by: 17 Wing, Manitoba  
Donated by: Marantz & Sons

All profits to  
"Manitoba Flood  
Relief Fund"



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MARILYN MAXWELL  
402 Sqn / EMT  
(204) 833-2500 ext. 6597.

**\$ 10**  
s. m. l. xl. xxl 100% Cotton

## military Ball rescheduled

Due to the flood situation in Manitoba and the present commitment of assistance by the regular and reserve Canadian Armed Forces to this emergency, the Military Ball which was scheduled to be held at the Crowne Plaza in downtown Winnipeg Friday, May 2nd, 1997

**has been rescheduled to next year  
saturday, may 2, 1998  
at the same location**

Ticket holders have been notified and refunds are being mailed out.

For further information call Ron Werry at 942-5993 or Gary Solar at 633-2445.

## CH-135 TWIN HUEY RETIREMENT

23, 24, 25 MAY 1997 CFB PETAWAWA

FRIDAY - Meet 'n' Greet SATURDAY - Golf/Fish, Displays, Ceremony, Dinner, Dance  
SUNDAY - Champagne Brunch

Fly-in! "The Last Jump" - "The Last Rappel" - "The Last Airmobile" Last Chance!

If you fixed it, rode it, flew it, worked at a Huey unit, or just wanted to, you won't want to miss this retirement event hosted by 427 Tac Hel Sqn for all associated with the Huey.

For information/registration contact Lt M Currie@C Flt@427 Sqn

613-687-5511 ext 7610 Avn 677-7610 Internet to Maj Eddie Haskins - eddiecat@msn.com

## REUNION

This year

### 415 Squadron (Maritime Patrol)

will commemorate and celebrate 40 years of service to Canada.

The Forty Year Reunion (FYR) will be held at

**14 WING GREENWOOD, N.S.**

**6-8 JUNE 1997**



The current Squadron complement invites all squadron members from years past to attend this reunion. If previous squadron members have not yet registered and wish to receive more information, they are encouraged to contact the FYR organizing committee by one of the following means:

PHONE (902) 765-1494 local 5875 FAX: (902) 765-1483 E-mail: jlafleur@atcon.com

## 33RD ANNUAL CFB WINNIPEG EARLY BIRD GOLF TOURNAMENT

CLEAR LAKE GOLF COURSE, CLEAR LAKE, MANITOBA

0700 HRS 7 & 8 JUNE 1997


• Entry fee \$65.00 per golfer, cheque payable to CFB Winnipeg Early Bird Golf Tournament. • BBQ \$10 non-golfers.  
• Tee-off times will be posted at Club House. • Accommodation is golfer's responsibility. • Entry Deadline 3 June 1997

Name \_\_\_\_\_ Phone \_\_\_\_\_ Cart Required:  Yes  No

Address \_\_\_\_\_ Mail entries to: Capt Doug Whynot

Those wishing to play together, please indicate below: 751 Garfield St., Wpg, MB R3G 2M4

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 833-2500 ext. 5908 (w) 783-9254 (h)




## SAREX 97

**SAREX 97 HAS BEEN POSTPONED UNTIL SEPTEMBER 1997.**

The decision to postpone the event was based on the current situation in Southern Manitoba.

New dates for SAREX 97 will be determined before the end of June. Further information regarding SAREX 97 will be disseminated as it becomes known.

*The SAREX 97 organizing committee regrets any inconvenience that this postponement may have caused to those people who had planned to attend.*



It is with great pleasure that we are announcing the celebration of the

## 50th Anniversary of 103 RESCUE SQUADRON 24 - 26 June 1997

**Just prior to the 9 Wing Gander Air Show**  
It also gives us great pride to announce that we will be receiving our Squadron Colours during this same time period.

Please contact Cpt Perry Kurzynski or  
WO Paul Pitcher at (709) 256-1703 ext. 342  
or Autovon 622-3342 to advise of your intentions.

## CFB Chilliwack will be holding EX FINAL CHIMO

**Base Closure Celebrations between  
30 June - 1 July 97**

Activities planned include: Golf Day, Participation in the Canada Day Celebrations, Static Equipment Displays, Bridge Building Competition, Military Band.

*All person with connections to CFB Chilliwack or CFSME are encouraged to attend this farewell to the local community.*

**For more information please phone (604) 858-1002 or fax (604) 858-1080.**

## ST. JAMES ASSINIBOIA MONTESSORI PRE-SCHOOL

accepting registration.

Lincoln School  
3180 McBey Ave. 888-5700

## 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 (dependents 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 ext 5254

# 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

Lots of T.L.C. for your children. Any age, single parents, shift-workers welcome. In my southside P.M.Q. Please call Tammie at 487-3780.

### MISC. WANTED

Wanted - 1940s Willy's Jeep, stock and original, running condition. Robert 339-1454.

Wanted - Bedroom suite, including mattress and box spring, queen size preferred, must be excellent condition and very clean, top quality. Phone 864-2138.

Wanted - Fridge, maximum dimensions 32 1/2" wide x 67 1/2" tall. Maximum 5 years old, very clean and excellent condition. Phone 864-2138.

Wanted - Computer, including monitor, printer, modem, CD Rom, etc, maximum 3 years old. Phone 864-2138.

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

### MISC. FOR SALE

For Sale - 1990 Nissan 240SX, red with black/grey int., 5 spd., factory air, cassette deck, sun roof, 60,000 kms, excellent cond., have all bills, safetied, \$9950. 488-2887 after 6.

For Sale - Great opportunity - available June 1, 1997: Shapes (women only) Fitness Centre Membership, three locations to choose from, 8 months for \$170. Call Violette at 832-5780.

For Sale - White Washer and Dryer (2 years old), \$550 OBO. White Fridge, good condition, \$75 OBO. Call France at 895-4319 or ext. 6920.

For Sale - Antique double pedestal table with 6 chairs and buffet. Very good condition, but table top requires refinishing. \$550 OBO. Phone 488-5947.

For Sale - Whirlpool Refrigerator and Stove, GE Washer and Dryer, all excellent condition, paid \$2750 three years ago. Offers? Steve 895-1860, ext. 6690.

For Sale - Brown chesterfield and 2 matching chairs. Very good condition. \$300 OBO. Phone 488-5947.

For Sale - Oak entertainment unit \$300; 7-pce bedroom suite \$600; Marcy home gym \$350; oak living-room tables \$350 for set of 3. Phone 489-1683.

## THRIFT SHOP

Community Council  
Family Thrift Shop  
54 Bourkewood Place  
888-5283

Tues. 6-8 pm, Thur. 1-3 pm  
Saturday 10 am - 3 pm

Something for Everyone!  
Open an Account!  
Volunteers Needed!

Material Donations Accepted!

### MISC. FOR SALE

For Sale - Rust coloured, 2 piece sectional sofa with fold down bed, asking \$150. Please call 837-6640.

For Sale - Wooden fence, excellent cond. \$250; wooden shed, excellent cond. \$250; metal shed, 8x10, \$50; baby stroller, good condition, \$25. Please call 488-9061 after 4 p.m.

For Sale - Small coffee table, smoked glass top, solid oak frame and shelf, 28 1/2" x 20" w x 20" h, new - unused, \$100. Phone 253-9249.

For Sale - Electric paper shredder with metal stand, top condition, one year old, \$75. Phone 253-9249.

For Sale - Tachnalon car cover, rain resistant and breathable, new - never used, original cost \$228, fits cars 16' in length, sale \$100. Phone 253-9249.

For Sale - "Kay" Bass Viol, (string bass), 45 years old, model C1 - reg. no. 15648, one owner, very good condition, \$1500 OBO. Phone 253-9249.

For Sale - Two Electrohome speakers, sets, solid wood cases, very good condition, \$100. Phone 253-9249.

For Sale - 2 bedside wooden cabinets, with top drawer and lower shelf, new, \$100. Phone 253-9249.

For Sale - 1987 Porsche 924S, 2.5L, 150Bhp, 90,000 kms, black, elec. sun roof, stored during winter, many extras, EC, sell \$12,500.

1983 Toyota Tercel Wagon, 4WD, SR5, 190,000 kms, copper colour, engine runs great, needs body work, sell \$650 OBO. Complete computer systems: two 486, one 586, all with system software and many extras, all in excellent condition. Also separate computer components: 286 and 386 mother boards, video cards, sound cards, hand scanners. For details phone Benn at 284-4440.

For Sale - Super single waterbed, bookcase headboard, six drawer pedestal, complete with bladder and heater. Phone 487-3780.

For Sale - Piano Yamaha, plus bench, model WX-1, Color Select American walnut, under warranty, like new, hardly used, \$7500 OBO. Ph: 864-2138.

For Sale - Queen size self contained Water Bed, uses regular bed sheets, complete with frame, boxspring, hardware, \$250 O.B.O., call 889-5095.

For Sale - 1990 Oldsmobile Delta 88 Royale Brougham, dark blue, 6 cyl, PS, PB, A/C, PDL, PSeats, electronic dash, good tires, aluminum wheels, luggage rack, safetied, 131,000 km, \$9,850 O.B.O. Ph: 833-2500 ext. 5088 or 832-6843 after 4 p.m.

For Sale - New food processor (Braun) \$90; kid's bedroom set \$250; 10 speed bicycle (men's) \$40; chain link fence, 70' long x 4' high, 1 year old \$250. Call 895-3268, ask for Chris or Mary.

For Sale - 8x10 wooden shed, barn style, 4 years old. Asking \$200 or best offer. Can be seen at 35 Jameswood Drive or phone 889-2812 or 833-2500 ext. 5008, ask for Henry.

For Sale - Antique truck, 1949 Mercury half ton, ground-up restoration, modern power train, \$16,000 invested, \$12,000 OBO. Phone 864-2138.

### MISC. FOR SALE

For Sale - Moving must sell (4 x 8 box) utility trailer, licensed, galvanized steel, collapsible front and rear sides with steel ribbed cage and tarp, \$800. Contact Mike Henwood, work ext. 5047, home 253-4481.

For Sale - Girl's 20" Norco Bike, hot pink, white rubber, excellent condition, like new, \$60 OBO. 864-2138.

For Sale - 1994 F150 extended cab, short box, 5 spd, well maintained with only 49,000 kms. Asking \$12,000 OBO. Call Nadine 885-1340 and leave msg., or ext 6756.

For Sale - 1977 17 1/2 Kustom Coach trailer, 3 way fridge, 4 burner stove with oven, bathroom, furnace, awning, sleeps 8, good cond. \$3,600 OBO. Phone 467-8707.

For Sale - 50th Anniversary Battle of Britain Sword, No. 27 of a world-wide issue of only 50. Selling for original cost of \$1,800. T. Lawrence 1-204-847-2168, 1-204-847-2037 or write Box 64, Foxwarren, MB, R0J 0R0.

For Sale - 1972 18' Southpark Trailer, sleeps 8, 3 way fridge, furnace, 4 burner propane stove, oven, sink, toilet, new carpet and upholstery, lots of storage space, canopy, many extras, excellent condition, \$3,500 OBO. Please call 229-5160 after 6 pm or ext. 5192 during work hours.

For Sale - Metal Shed 8 x 10 with wooden platform. Brown Spacemaker shed, barn style (4 years old). Can be seen at 459 Moorgate St. Asking \$225. Call 487-0237 after 1800.

### REAL ESTATE (Private Sales)

Private Sale - 2000+ sq. ft. executive home in immaculate condition on quiet cul-de-sac in Whyte Ridge. Three bedrooms plus main floor den, three bathrooms, main floor laundry, family room with gas fireplace, eat-in kitchen, oak cabinets and trim throughout, central air, central vac, built in appliances, jacuzzi tub in master, many extras. For more information please call 488-8708.

House For Sale - Private sale, 478 St. Charles, Winnipeg, phone 837-8174 for appointment to view. 1080 sq. ft. bungalow situated on a 50x120 lot, 3 bedrooms up, 1 bedroom down, fully developed basement with 3 pc bath, nice wet bar, lots of space, central air, large eat-in kitchen with built in dishwasher, newer flooring throughout, hardwood under carpet in living and master bedroom, front and back parking, garden doors off kitchen to nice 12x16 ft. cedar deck, landscaped, 8x10 shed, lots of upgrades, furnace 5 yrs old, appliances negotiable, must to view, home shows well, neutral colours. Asking \$98,500.

### FOR RENT

Tired of Living in Quarters? Condo For Rent - 2 bedroom, furnished condo, fridge, stove, washer, dryer, dishwasher, 5 minutes from base (north), balcony overlooking courtyard pool, great during hot Winnipeg summers, fireplace nice in cold Winnipeg winters. \$580 per month plus utilities. Available immediately. Lease optional. Phone 487-3761 and leave a message.

House For Rent - 339-6725, Cpl Smallen.

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Crib night every Thursday at 2000 hrs.

Join us for six meat draws

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"Thanks to our  
military personnel  
from across  
Canada for all  
their help during  
the Manitoba  
Flood."



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