

**Inside
This
Issue of
The
VOXAIR**

**FREE STUFF
..... INSIDE**

Name the object in this month's "Voxair Vignette" for your chance at 'Free Stuff'.

SAREX 975

Gimli, MB will play host to this year's SAREX competition 21 - 26 September.

ASC GRAD9

The 49th Aerospace Systems' Course honours high achievers and recent graduates.

**REGISTRATION
FAIR 10**

Several organizations and clubs will be represented at the 5th Annual Fair. Don't miss the demonstrations!

**SUN
SEPT
14**

**THE
Terry
Fox Run
for Cancer Research**

Message from the Wing Commander Leading an excellent team

As the summer posting season is coming to an end and the routine at the Wing is slowly returning to normal, I wanted to write you a brief message; first of all, to tell you that it is an honor to have become your Wing Commander. As many of you are aware, I have spent a good part of my career in Winnipeg and it has become "home" for me. I very much look forward to facing, with you, the challenges that this new job will bring. I would also like to take this opportunity to thank those who were involved in the change of command ceremonies. Your presence and your enthusiasm made that day a memorable one for both Colonel Sharpe and myself.

As you all know, our Air Force has entered an era of dramatic change. We have been asked to keep fulfilling our operational roles with a significant decrease in our human and financial resources. You have already experienced many of these changes at the unit level in the form of reductions in personnel, decreases in budget and modifications of the unit's organization, all designed to make the Air Force leaner and more effective. The closure of the air groups and the move of Air Command and Chief of the Air Staff to Ottawa should be the last of the big changes for a while. I hope that we can look forward to a period of some stability to adjust to the new working relationships and to the implications of the recent changes.

The people of 17 Wing have earned a reputation for their innovation and adaptation to the realities of the 90's and a great deal of progress has been made. However, we have not completed all the work that needs to be done and it is too early to declare victory. Our commitment to excellence and continuous improvement must be maintained. It is only through this process that we will be able to live up to our obligation to perform our roles and provide our services at the least possible cost to the taxpayer. It is also through this process that we will find the money to improve



Colonel Watt, 17 Wing Commander

our facilities and fund our quality of life programs.

The 17 Wing response to the flood of 1997 was exceptional, and is proof that our troubles, both fiscal and otherwise, have not compromised our ability to react and do the job we are here to do. I am pleased and proud to be here as Wing Commander and I look forward to leading an excellent team.

CFS Change of Command



Central Flying School held a Change of Command Ceremony on Monday, 21 July 1997 during which time Lieutenant-Colonel Mike Spooner (left) handed over command of the school to Lieutenant-Colonel Bert Doyle (right).

Brigadier-General E.A. Findley, COS Personnel and Training, 1 Canadian Air Division presided over the ceremonies.

SHELL/CIRCLE K FOOD STORES
COKE 12 PACK CANS \$3.99 plus tax
 OFFER VALID UNTIL SEPT. 30, 1997
 CLEAN PLUS CAR WASH 2501 Portage Avenue Winnipeg, MB R3J 0N8 Phone: (204) 837-2842
 PHIL HILL, Manager 31 Osborne Street Winnipeg, MB R3L 1Y1 Phone: (204) 475-6148

VANITY HAIR studio
 (204) 831-5535
 2369 Ness Ave. Winnipeg, MB R3J 1A5
 Mon., Tues., Fri. 9 - 6
 Wed., Thurs. 9 - 8
 Sat. 9 - 5

Who's on first & should it matter?

by Major CM Walton-Simm, Managing Editor

The May edition of *Defence 2000* discussed the issue of gender integration as part of our evolving culture. Gender integration, it outlined, is a matter of policy in the Canadian Forces (CF), which emphasizes:

- commitment to "a discrimination-free environment", where all qualified individuals can work and progress on a fair and equitable basis and be treated with respect";
- treating everyone "equitably", accommodating differences where it makes sense and is practical;
- treating co-workers and their superiors with the same respect, regardless of gender; and
- no matter where you fit into the organization, your workplace attitudes and actions can make a difference to the strength and quality of the CF, today and in future.

Having recently participated with the 17 Wing Women's Fastball Team this summer, it's disappointing to see that attitudes are changing much slower than policies are. It's almost standard in military fastball that the women's teams receive lower quality or outdated uniforms and/or equipment, and this season was no exception. Our team manager spent many frustrating hours trying to ensure that we were treated fairly & with

the same respect as the men's team.

The treatment of the women's and men's teams, during the Prairie Region fastball tournament, in Cold Lake, saw subtle differences as well. For example, the use of profanities on the field during men's games was accepted by the umpires (as long as they weren't directed at the umpires), whereas, it was not allowed during women's games, period. Furthermore, after making it to the semi-final game, the women's team was rewarded by being apprised of a "Good Luck" message from 17 Wing that was addressed specifically to the men's team. These may seem like minor issues, but they demonstrate that those attitudes and behaviors still vary depending on gender. This kind of behavior doesn't go unnoticed and is demoralizing to women who deserve the same respect, support and treatment as their male counterparts.

Nevertheless, change is in progress, especially at the macro level, which should filter down to include those subtle little attitudes and behaviors we encounter on a daily basis. Apparently, the message from 17 Wing was intended for both teams and we did receive one prior to our final game. In a perfect world we will all be treated like human beings no matter who we are. When we achieve this level of equitability and tolerance, morale will never be a problem...

What new Human Resource Information Technology can mean to you

These days it seems like everything within the Department of National Defence (DND) is being shaken up and cut to the bone in order to funnel as many resources as possible to operations. Every second word we hear these days is "reengineering" and to many of us it's a mind-boggling array of new structures, equipment and processes all designed to make us the proverbial lean, mean, fighting machine.

In many cases this process is long overdue and will bring surprisingly positive results for those of us willing to adapt to change, particularly in the realm of information technology. For example, a new leading-edge human resource information system called *PeopleSoft*, already used extensively within other government departments and industry, is currently being customized within DND to support human resource management. This shared system approach will save money in system development, training, testing and management.

The new DND system, called *Enterprise*, will replace the current systems which are outdated and for the first time, use one integrated data base to provide support to both military and civilian employees. *Enterprise* will be implemented in two phases: the initial rollout, fall 97, will deliver personnel administration, position management, staffing, priority management, military occupation structure, assignment and leave management to base orderly rooms and base civilian personnel office staff; and the second rollout will deliver additional human resource processes such as performance appraisal, training and grievance tracking to HR specialists and departmental managers by the fall of 1998.

What does this mean to you? It will provide the information necessary to the people who are accountable for results. Traditionally, the assistant deputy minister (personnel) and other personnel specialists at NDHQ controlled all human resource

processes. Now, authority to make decisions can be passed to bases and units.

Currently, creating a position can take up to six months because the system is not automated. Using *Enterprise*, bases and units will be able to create positions directly on the system. Built-in rules will let you know when you have the authority to create a particular position.

After the system rollout is completed, the ADM PER Group will be able to provide greater access to HR information to all employees, service members, and managers. Future plans call for access to *Enterprise* to update some of a member/employee's information such as address or dependent information. Employees/members will also be able to access information on what jobs may be available and skills required to perform these jobs. Security similar to PIN numbers currently used by automated bank machines will guarantee privacy.

The *Enterprise* system was tested at CFB Petawawa, ON, last summer in base and unit orderly rooms and in base civilian personnel organizations in order to test the system before the first phase of the program gets underway this fall. The system performed well during the trial, and helped the project team design customizations of the commercial software for the unique DND requirements.

Despite its many exciting attributes, *Enterprise* is still not the only solution to managing human resources in the future. Partner programs or "bolt-ons" will be built to support the department's human resources processes that are not currently within the *Enterprise* product. Continual enhancements will ensure that the system keeps pace with ever-evolving technology in order that DND has the most up-to-date human resources management system available.

The VOXAIR

Following the Canadian Forces

OFFICE HOURS

MON. to FRI. 0815 - 1100 hrs (DEADLINE DAY FRIDAY)

HEURES DE BUREAU LUNDI à JEUDI de 8h15 à 11h00

TELEPHONE

869-3963 / FAX 885-4176

Telephone-answering system operater remainder of week Repondeur automatique pour le reste de la semaine

Editor-In-Chief/Rédacteur-en-chef

LCol Sam Marcotte (204) 833-2500 Ext 5281

Managing Editor/Directeur-Gérant

Maj Cheryl Walton-Simm (204) 833-2500 Ext 5221

Office Manager

Maureen Walls (204) 889-3963

Production

Networks Design Group (204) 825-2371

Systems Coordinator

Sgt Bill Spruiell (204) 889-3963

Advertising Sales

Mr. Jim Holland (204) 832-0115
Sgt Alain LeBlanc (204) 869-3484

Volunteer

MCpl Herb Romer (204) 833-2500 Ext 5347

Volunteer

Dianna Erwin

Printed By

Pembina Printing Ltd. (204) 325-4771

VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col. G.E. Sharpe, CD. Opinions and views expressed do not necessarily reflect those of the Editor, the Wing Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. We will not be responsible for any loss or damage to any advertisement or for any resulting from the failure of an advertisement to appear in any of our editions or from any error or omission in any advertisement which is published.

Correspondence should be addressed to: VOXAIR, 17 WING WINNIPEG, PO BOX 17000 STN FORCES, WINNIPEG MB R3J 3Y5 E-MAIL: voxair@vulcan.acq.dnd.ca

VOXAIR est le journal non officiel de la 17e Escadre Winnipeg et est publié avec la permission du Commandant de l'Escadre, le colonel G.E. Sharpe, C.D. Les opinions et les points de vue qui y sont exprimés ne sont pas nécessairement ceux de l'éditeur, le Commandant ou le ministre de la Défense nationale. L'éditeur réserve le droit de modifier ou refuser la publication d'un article ou d'une annonce publicitaire. De plus nous ne sommes pas responsable pour perte ou dommage envers un annonceur ou un tiers par suite de non-publication d'annonce dans nos éditions, d'erreur ou d'omission dans les annonces qui sont publiées.

Toute correspondance doit être adressée à: VOXAIR, BFC WINNIPEG, CP 17000 SUCC FORCES, WINNIPEG MB R3J 3Y5 E-MAIL: voxair@vulcan.acq.dnd.ca

This newspaper is printed using environmentally safe inks. Ce journal est publié en utilisant des encres qui ne nuisent pas à l'environnement.

DEADLINE 05 SEPTEMBER 97
DATE DE TOMBÉE 05 SEPT 97
NEXT ISSUE 17 SEPT 97
PROCHAINE EDITION 17 SEPT 97

Please ensure name and unit appear on the back of any photographs submitted for publication in The Voxair. The Voxair does not guarantee the return of photographs which do not bear name and unit on back.

Second Class Mail, Reg. No. 1725 ISSN 0300-3213

WING RECREATION LIBRARY

Hours

Monday, Tuesday, Wednesday & Thursday
1300 - 2000 hrs
Saturday
1300 - 1600 hrs

Westwin Community Centre

JOHN W. BARBER B.A., LL.B
Attorney - Mediator - Notary Public

Legal Services

Wills & Estates * Real Estate * Family Law
(Real estate fees conform to CF Relocation Guidelines)

Mediation Services

"Resolve disputes by mediation, not litigation"



BARBER LAW OFFICE 3651 Roblin Blvd. 949-3240

Call 94-FUTON
943-8866

SAVE \$10⁰⁰

BEST PRICES IN TOWN
70 ALBERT ST.
"We appreciate our military"



abulous futon Factory

One coupon per purchase.

Limited time offer.

Change of Command at local Recruiting Centre

by Sgt Angus J. MacFarlane

Change of commands are a common occurrence in a military environment. They range from formal parades to informal ceremonies; it is a fact of military life. On July 25, 1997, a change of command ceremony took place at Canadian Forces Recruiting Centre (CFRC) Winnipeg, marking the end of a very busy time owing to ongoing reorganization efforts at the national level and a change of location for the centre itself. The ceremony took place at the centre with the Winnipeg recruiting team present to take part in and witness the occasion.

Relinquishing the reins of command is LCdr Rick Hearn. LCdr Hearn was posted from Ottawa to CFRC Winnipeg in August 1994, where he was employed as PMO TRUMP as a Project Officer in the Combat Systems section. During his tenure as Commanding Officer at CFRC Winnipeg, LCdr Hearn was involved in many activities, especially relating to the implementation of recruiting system changes and the physical move of the centre to its present location at 391 York Avenue. This past summer, LCdr Hearn was posted to HMCS CHIPPAWA as the Regular Force Administration Officer. Moving "next door" to CHIPPAWA is somewhat of a homecoming for him. In the early 1970's, before the start of his full-time military career, LCdr Hearn was a member of the Navy League and the Sea Cadets, which paraded at CHIPPAWA. The staff at CFRC wish him and his family all the best.

Taking over as Commanding Officer is LCdr Fred Schumacher. Originally from Sudbury, Ontario, LCdr Schumacher has been serving in the Canadian Forces for the past 17 years as a Maritime Engineer. He has served on both coasts and in Ottawa and most recently in Maritime Command Headquarters in Halifax, as Senior Staff Officer Technical Services. With a broad range of experience behind him, LCdr Schumacher should have no problem adapting to the recruiting world. We wish him well in his new command.

As always, the CFRC Winnipeg is preparing for another busy season. We take great pride in delivering the best possible service to our customers with the Canadian Forces as the ultimate benefactor.



Signing the Change of Command scrolls are incoming CO LCdr Schumacher (left), and outgoing CO LCdr Hearn.



RONALD HABING

Barrister & Solicitor

Serving the needs of the military community for 20 years & counting.

- Real Estate & Mortgages
- Family Law
- Wills & Estates
- Business Law

R. HABING & ASSOCIATES

- 2643 Portage Avenue •
- Phone: (204) 832-8322 • Fax: 832-3906 •

Teacher
Accompanist
Adjudicator

Piano
Theory
Saxophone

NANCY NOWOSAD

A.R.C.T., P.Mus.

REGISTERED MUSIC
TEACHER



(204) 896-4414

813 Cathcart St.

Winnipeg, MB R.5R 3C1



- Buying or Selling?
- Military Specialist
- Free Air Miles
- Call Me (24 hrs.)



Helen de Paiva
Realtor
25 Years Service
Master's Hall of Fame

Century 21
Carrie Realty Ltd.

Business:
(204) 987-2121
Fax:
(204) 987-2129

Go West

- PAYMENTS FROM \$425 per month
Includes principal, interest, taxes and condominium fees!
- UNITS FROM \$40,390
- DOWN PAYMENTS FROM \$2025
- MORTGAGE RATES FROM 4.45 %
*Special financing provided by Bank of Montreal

Let me show you your haven from today's stress filled world. Your West Country Village home can be yours for as little as \$425. per month.

Gay Erickson

987-0000

West Country Village Condominiums



Choose from one of 18 spacious floor plans featuring such amenities as plush wall-to-wall carpeting, colour co-ordinated window coverings, well equipped kitchens and some with cozy fireplaces.

FREE with your condominium is your membership to the West Country Club which has all the extras that will suit your lifestyle.
• tennis courts • heated outdoor pool • sauna • spa
• racquetball court • billiards room • exercise room
• social room • quiet picnic area with barbecues



OPEN HOUSE
Monday - Thursday 12-7
Saturday & Sunday 12-5
Closed Fridays

Exceptional Condominium Value at Unbelievable Prices.
Now is the perfect time to visit our show homes and judge for yourself.

West Country Village • 110 Quail Ridge Road • 987-0000



Go West



Chinthe Bits

by Capt Steve Rundle, 435 Sqn, SAR Operations Officer

Luckily since the arrival of our new Pilot Leader and newest SAR copilot, Maj McKenzie, 'line of sight tasks' have dramatically

diminished. Unfortunately there seems to be little the squadron can do about that pesky Squadron PAFFO. You see shortly after his promotion, (Winnipeg Sun, 13 August 1997) 'Cpl Pamplin' has been hounding me to write an article for the Voxair. Although I had followed Wayne Sippola's advice and tried to appear over worked, nothing could shake our S PAFFO. Luckily I understand there is another promotion in the works for Cpl Pamplin (1 CAD Commander), which should keep him busy enough to stop hitting us up for newspaper articles.

On the Air to Air Refueling (AAR) front, nothing major to report; more flying in circles is in the forecast followed by more pilots leaving for the airlines. Work ups will begin in September to prepare for a NATO evaluation (a.k.a. reality check) in Norway scheduled

for March 1998. Good byes are in order for Toad, Strach, and Bainer who will be passing a different sort of gas in their new cockpits. Remember gentlemen you will no longer be able to ignore 'Ride Reports'. So long to our favorite Marine Maj Brian Whetstone who recently departed for the sunny shores of California. (We understand United Airlines is now looking for a few good men). Farewell also to Jason Neal, last reported seen walking into the former Air Command HQ. As for the AAR Ops shop we will try to post somebody in there as soon as we find someone who signed an I.E. Perhaps the new U.S.M.C. exchange pilot Capt Hugh Worden arriving in September can take the job. Finally congratulations are in order for Marty Hickey and Erica Bruce recently married in London, ON.

On the Search and Rescue (SAR) front just a few things to report: more saving of hapless souls is in the forecast followed by more pilots leaving for the airlines. Ops are gearing up yet again for the National

SAREX Sep 21-26, postponed in May, because of the floods. With a little luck hopefully it goes off without any more hitches or surprises. There have been twenty-five SAR missions for the Squadron this year with two requiring SAR Techs to jump into the crash site. The first was a chopper crash near Prospect Lake, April 22nd, requiring SAR Techs Maidment and Curtis to jump in and administer first aid to the pilot who received minor injuries. The second was a light aircraft crash near Fort Smith, June 8th. SAR Techs Major and Cossette were deployed to stabilize both casualties who were in critical condition. Excellent work!

One final note: it appears that Greg, Kurt, and soon T-Gard have grown weary of conducting SAR training in Gimli and are presently pursuing the pressure of making push back times and trying not to spill coffee on their ties. The Evil-One, Randy King, has returned to his roots and is presently instructing student pilots in Riyadh. LP #1 includes 15 minutes on how to follow the yellow lines in a Cessna 172. Apparently he finds the creative and artistic environment more suitable to his chosen lifestyle. Good Bye and Good Luck.



• DÉPÔT À TERME • GIC

• RRSP • RÉÉR • CROQUIS

Services financiers **Stuart** Financial Services

Your personal planner will assist you to build a financial plan that's right for you.

Ernest Gautron
987-4875

Bruce Derraugh
987-4873

247-B Provencher Boulevard, Wpg. MB. R2H 0G6

affiliated with W.H. Stuart Mutuals Limited & W.H. Stuart Insurance Agencies Limited
SELF DIRECTED RRSP • BONDS • ASSURANCE VIE

WESTERN CANADA AVIATION MUSEUM C/R



Domenica's Hairstyling

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

North Base Side
FULL FAMILY SALON SPECIALIZING IN MILITARY CUTS

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

New Hours:

Mon.-Tues. : 9-6 p.m. Wed.-Fri.: 9-8 p.m. Sat.: 8:30-6 p.m.



Professional Styling
Products Available



Professional & Business Directory

CHAPMAN GODDARD KAGAN BARRISTERS & SOLICITERS

George E. Chapman, Q.C.
Alan R. Goddard, B.A., LL.B.
Donna G. Kagan, LL.B.
Kelly P. Land, B.A., LL.B.

George A. Derwin, B.A., LL.B.
Almer N. Jacksteit, B. Comm., LL. B.
Michael J. Law, B.A., LL.B.
Esmeralda K. Bautista, B.S.C., LL.B.

Ph: 888-7973 1864 Portage Avenue, Winnipeg, Manitoba, R3J 0H2

NEMY, BROWN & CO.

Barristers Solicitors Notaries

John C. Brown, B.A., LL.B. Jack M. Rabkin, B.A., LL.B.

200-2727 Portage Avenue (Courts of St. James Shopping Centre)
Phone: 888-8890

CANADA WEST ART GALLERY

3143 PORTAGE AVE. WPG. 889-1786
NAVY-ARMY-AIR PRINTS + LIMITED EDITION ART

Financial Investments (Western) Ltd.

Clara Jeffrey, President

RRSP GIC SHORT TERM

247 B Provencher Blvd., Winnipeg, MB R2H 0G6 Ph: (204) 987-4874 Fax: (204) 987-4878

RUTLEDGE & DYKER

R.F. RUTLEDGE, B.A., LL.B. --- A.L. DYKER, B.A., LL.B.

COUNSEL -- A.I. UNGER, B.A., LL.B.

COUNTRY CLUB PLAZA

310-3025 Portage Ave. 888-3204 Fax: 837-3638

BALDWINSON AGENCIES

Rec Centre (Whytewold Rd.)

Autopac 889-2204

TONY'S TIDY CAR MOBILE AUTO CLEANING

- Let me do the cleaning for you
- At your convenience and location
- Interior shampoo
- Engine shampoo
- Machine & hand polishing
- Basic cleaning to "Fine auto Detailing"



SGT. Tony Woodley CD.
Retired
Air Cmd. Band

CALL 781-1581 OR 837-6404
Clean is Keen!

Leather Master

Custom Tailoring For Men & Women

Full Line of Cleaning and Redyeing



Riders Attire Fashions

Repairs and Alternations on:
• Leather • Suede • Sheepskin Goods
• Sequin • Silk • Velvet & Cloth
• Custom Dress Making

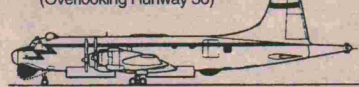
328 Hampton St. (off Ness)

885-6435
Fax: (204) 897-5457

The ARGUS Hobby Shop

(Overlooking Runway 36)

- Decals
- Vacu-forms
- Magazines
- Miniatures



- Model Kits
- Books
- Games
- Paints

Telephone: (204) 837-7677

5-2082 Ness Avenue, Winnipeg, Manitoba R3J 0Z3



Your Sport & Fitness Store

10% DISCOUNT FOR MILITARY PERSONNEL

(regularly priced merchandise)

Chris & Lynn Glowach - owners

2091 Portage Avenue, Winnipeg, MB R3J 0L1

Tel: (204) 832-7031 Fax: (204) 832-7038

Stop in for Running Club or Walking Club Info.



2255 Ness Ave. & Whytewold (North Base Side) 831-0487

- Pure Distilled Drinking Water
- Home & Office Delivery
- Coolers Sales & Rental

Redeem this ad for 2 FREE REFILLS with container purchase.

THIS SPACE COULD BE YOURS!

Call the Voxair Office @ 889-3963

Canadian Forces Community College Network

IT'S NOT TOO LATE TO REGISTER!

Red River Community College's fall term begins next week (08 Sept 97), it's not too late to "GET INTO YOUR SEAT" for these great learning opportunities:

- Family Day Care	Saturdays	13 Sept - 22 Nov	\$199
- Report Writing	Tues/Thurs	09 Sept - 30 Oct	\$199
- Orientation to Criminal Justice System	Mondays	08 Sept - 24 Nov	\$199
- Intro to MicroComputers 97	Many slots	08 Sept - 24 Nov	\$244

There are many more classes and complete programs to choose from. Call RRCC today at 694-1789 with your questions and registration requests. Don't delay, seats are limited!

UPCOMING LEARNING OPPORTUNITIES...

Seneca College presents COMMUNICATIONS, part of the six course Management Development Program taught right here at 17 Wing. This course will take place 12 - 14 September (Friday, 6-10, Sat./Sun. 9-5) at the Ground Training Classroom, Bldg 52. To find out if you may be eligible for up to two credits towards the complete MDP program, or to register call the CFCCN office today. Tuition: \$120 plus books.

RRCC'S WINTER HIGHLIGHTS

Canadian General Standards Board Training for Protection & Security Guards
Wednesdays 6-10 p.m. 10 Dec 97-25 Feb 98

Legal Considerations When Starting a New Business
Tuesdays 6-9 p.m. 09 Dec 97 - 24 Feb 98

Bookkeeping and Accounting for Small Business
Mondays 7-10 p.m. 08 Dec 97 - 12 Mar 98

And Hundreds More...check your fall/winter term guide!

YOUR CFCCN COORDINATOR

has regular office hours Thursdays 9-11:30 a.m. at the Military Family Resource Centre, 350 Doncaster and 12 noon - 4 p.m. Bldg 52, PSO. Call ext. 5115 for an appointment. Bring your questions to the 17 Wing Registration Fair, Sat., Sept. 13. Meet your CFCCN Coordinator, staff from Red River Community College and also the Coordinator of the CF University program at the U of M.

Keep watching this space for upcoming learning opportunities on-base and excerpts from the CFCCN Distance Learning Guide 97/98. For more information about these or any other educational goals you may have, call the CFCCN today. The CFCCN serves reg/ret/res members, civilian employees and family members of all groups.

CFCCN COORDINATOR - CATHERINE MAYOR 833-2500 EXT. 5115

Education Brightens Your Future!

Coming soon... SAREX '97

21-26 September 97

Gimli, MB



This month, 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 to spend a week competing, comparing notes, and high-lighting search and rescue in Canada. More than one hundred SAR Techs, aircrew, maintenance personnel, judges, VIPs and representatives from the aviation industry will be a part of the exercise. SAREX 97 will be a competition, a conference,

and a celebration of search and rescue in Canada.

Which SAR unit will win the Diamond Trophy for best overall performance? Will the Chintees of 435 Squadron hold on to the Pararescue Honour Roll Trophy for best performance in the rescue event? Come out to the Gimli airport to find out for yourself. The competition will be open to the public on Tuesday and Wednesday 23-24 September 97.

This year marks the 50th anniversary of Canadian Forces air search and rescue. SAREX 97 is just one of many events to celebrate this historic occasion. We hope to see you in Gimli in September!

Forest Computers

1111 Henderson Hwy.

Ph: 339-7789 Fax: 339-7787

Contact Phil, Jeff or Stewart Hayek

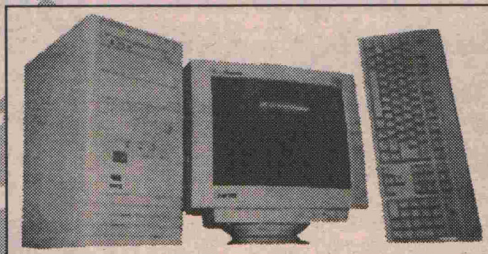
e-mail address: forest@forestcomputers.com

TOP SELLING

PENTIUM 166 MMX SYSTEM

- Intel Pentium 166 MMX CPU.
- AGER Motherboard w/HX Chipset & 512k Pipeline cache.
- 32Mb 72 pin EDO RAM (upgd. to 256Mb).
- Quantum ST 3.1Gb EIDE Hard Drive.
- 3.5" 1.44Mb Floppy Drive.
- ATI "Rage II" 2Mb 3D PCI MPEG Video Card.
- 15" 28 dp SVGA Digital Color Monitor.
- 104 key Win'95 Enhanced Keyboard, Mouse & Pad.
- 16x CD-ROM Drive.
- SoundBlaster 16 bit PnP Stereo Sound Card.
- 200W Amplified Stereo Speakers.
- Supra 33.6 Internal Voice Fax/Modem.
- Windows'95 on CD Version 2 (installed).
- 170Mb Shareware Package (includes games, anti-virus, e-mail, etc.)
- Mid tower case w/230Watt Power Supply.
- 2 High Speed Serial & 1 Parallel Port.
- 5 Year Labour, 2 Year parts Warranty.

Now \$1919



**MICROSOFT & COREL
EDUCATIONAL
SOFTWARE
NOW AVAILABLE
FOR ELIGIBLE CUSTOMERS**

If you want a
Quality System,
then give us a call.

Our computers contain only
superior quality components.
Lower quality
components are not stocked
and are available
through special order.

TURN YOUR 386/486 INTO A PENTIUM SYSTEM

What you get:

- Intel Pentium 166 MHz
- Triton VX chipset w/512 Pipeline cache
- 16Mb EDO RAM
- 1Mb PCI Video Card w/MPEG
- Installation included

**UPGRADE
SPECIAL \$499**

"Harmful to the environment"

What, exactly, does that mean?

by Drew Craig with additional research by Nick Monteiro

Over the past year the environment office hosted the Unit Environmental Officer's Course three times. We have been very pleased with the enthusiasm of all course participants. Many attendees brought helpful ideas and questions from their individual units. One item that seemed to be on many attendees minds was the reasoning behind the various environmental laws.

Very few members of the general public seem to be aware of the direct effects of poor hazardous materials management on the environment. In the mainstream media it is often reported that hazardous materials such as fuel and pesticides are "harmful to the environment". What exactly does this mean? How are these substances harmful?

Most people assume that the vast majority of fuel spilled worldwide is the result of industrial accidents such as the Exxon Valdez spill in Alaska. In fact, more than twice the volume of fuel spilled by the Valdez is spilled every year by Canadian boaters. Fuel spills affect both our environment and economy.

Gasoline and other fuels contain a variety of harmful substances such as benzene, naphthalene and pyrene. All of these compounds fall into the broad category of polynuclear aromatics (PNA's). PNA's are suspected carcinogens and mutagens - they cause cancer and genetic mutations. Once these products get into the environment they persist for long periods of time and cause damage to both humans and animals. Most of these effects are long-term and difficult to measure accurately.

Fuel dumped into sewers has an immediate effect

on human health. Fuel fumes can enter buildings causing headaches, nausea - even explosions. As a consequence personnel may be temporarily sent home at the expense of the organization involved.

Fuels and lubricating oils are just some of the products mankind uses that are harmful to our health and well being. Recently, there has been growing international concern over the growing use of pesticides and herbicides. Many pesticides and herbicides persist in the environment for long periods of time causing thinning of bird eggshells, and mutations in both humans and animals. In addition, many pesticides and herbicides in use today are suspected cancer-causing agents. Once these products are released into soil they may leach into lakes and streams damaging groundwater and commercial fishing grounds. These effects are usually short lived. Other contaminants such as mercury cause more permanent effects.

In Ontario, several lakes are polluted with mercury. Most mercuric pollution comes from pulp and paper companies, but mercury is also found in household items such as batteries. Unlike many hazardous materials that biodegrade over time, mercury is an accumulating toxin. Bottom dwelling fish consume invertebrate containing mercury which in turn are consumed by larger predators such as pike - which in turn are consumed by humans. As a consequence, many formerly prosperous fisheries in Ontario are now shut-down. In addition to the economic damage, mercury attacks the central nervous system causing neural damage. Permanent disorders such as delirium, depression, birth defects and parkinson-like symptoms often result from exposure to mercury.

The contamination of fish with toxic chemicals and the resulting restriction on fish consumption by humans is of growing international concern. These effects are long-term and difficult to measure. The effects of products such as phosphate soaps are immediate. The growth rate of algae is limited mainly by the availability of phosphate. In nature, phosphate is found in extremely small quantities, which keeps algal numbers in check. Once phosphate enters a body of water such as a lake the algae grow at an exponential rate and quickly consume all of the oxygen in the water causing massive fish kills. It often takes a lake polluted with phosphate more than a year to recover.

What can you do as a concerned citizen?

Fuels and Lubricants - Use care to ensure that fuel does not enter the environment. Take care to clean-up even minor spills.

Pesticides and Herbicides - Never use these products near a body of water. Take care to ensure these products are properly diluted; overly concentrated herbicides and pesticides don't give a bigger bang for the buck.

Mercury - Dispose of spent alkaline batteries at R & D. The Wing Environmental Office also accepts used alkaline batteries.

Phosphate - Phosphate-based soaps are no longer commercially available, however older products may contain phosphate.

Hibernation proven unnecessary in humans

by Stt D. Dynes, Community Health Office

School is back in session, the leaves will soon fall, the days are getting shorter, and the weather is turning cooler. This time of year, most of us prefer to enjoy the end of summer rather than thinking about the coming winter, but it is important to plan ahead a bit, fitness wise.

Many people who want to lose weight or keep from gaining have spoken with me about diet and exercise. I always emphasize that exercise is the best way to maintain a healthy weight.

Frequently, during the winter, I heard that the sports and exercise people enjoyed were summer activities, and that they would start exercising when it warmed up and the snow melted. Unfortunately, that meant up to 7 months of inactivity...unsatisfactory!

Now is the time to start thinking about winter sports

and activities, doing some pre-season training, maybe joining a team or club, fixing up or buying equipment. Winter activities don't necessarily have to be outdoor activities, although the sunlight and fresh air can be very therapeutic.

Choose activities you enjoy, or some new ones you'd like to try. Motivate yourself now, so that you are looking forward to your winter activities, instead of spending the whole winter hibernating and waiting for spring.

Learn tax preparation from the people who wrote the book...

Learn how to minimize your tax liability and keep more of what you earn. Study with Canada's number one tax preparation firm, and you'll discover how to make the tax laws work for you. You'll also learn what you need to know to begin earning money as a qualified tax preparer.* Enroll in an H&R Block tax training course. (Includes computerized instruction.)

Call 949-5008 or drop in at 857 Portage Ave.

H&R BLOCK

* Completion of the course is neither an offer nor a guarantee of employment.

Please place pic. of woman on phone (provided).

OPEN HOUSE

Saturday September 6th 857 Portage Ave.

FABRICARE DRYCLEANERS

Share your cleaning problems with us!

Professional Drycleaning
Shirt Service Household Items Drapery Service
Suede and Leather Cleaning
Military Discount

889-2380

2543 Portage Ave., across from Holiday Inn

The Staff & Management of
NESS IGA
would like to welcome
MR. PERRY PACHKOWSKI
as our new Meat Manager.

Perry invites all

CF members to visit our Meat

Department, say hello & check out the services offered.

Hours of operation are Monday - Saturday
9:00 a.m. - 9:00 p.m. & Sunday 12 noon - 6:00 p.m.

YOUR MOBILITY DEALER IN MANITOBA

MTS Mobility

- WIDE SELECTION OF CELLULAR PHONES & PAGERS.
- FEDERAL GOVERNMENT DISCOUNT ON ALL MONTHLY RATE PLANS FOR CELLULAR.
- 20% DISCOUNT ON MOST CELLULAR ACCESSORIES FOR DND PERSONNEL.
- QUICK ACTIVATION OF TRANSFERS FROM OTHER PROVINCES.
- QUALIFIED COMMUNICATIONS STAFF TO ANSWER ALL YOUR QUESTIONS

Rolo Park 1300 Portage Winnipeg
Shopping Centre Avenue Square
982-0300 786-6541 982-0302

Advance QUALITY ELECTRONICS



Training makes a better employee

by Jennifer Faubert

Misconceptions and wrong information can cripple a company. So when Flight Plan for Life heard that many air reserves were discontented with the limitations on training and career advancement, we knew we had some work to do. So we went to the source, SO Reserve Training and Management's top gun, Major Grimshaw.

He fully admits that there are flaws in the system, but points out that his team is looking at alternatives, and changing the way that they do business.

Traditionally, air reserves are provided with regular force courses whose training tends to be intense and longer. It has become increasingly difficult to get reserve slots on regular force courses due to cutbacks, restructuring and reduced recruitment and training.

"There was a time when two or three trade courses were offered each year at the schools. This is not the case today," he said. "Course serials are not 'commissioned' until sufficient demand or nominees are known."

In essence, training has become demand driven. Unless the minimum number of participants, (which is determined by the system) is available, the course may not be scheduled. Yet, this is where Maj Grimshaw sees opportunity. If the air reserves can forecast their demands, and match these needs with the regular force or other reserve elements, courses can be commissioned.

In fact, under this system, it is conceivable for reserve training to initiate courses and offer slots to the regular force. "The regular force can round

off the numbers required for the courses much easier because they are a captive audience who can go at any time," explained Maj Grimshaw.

Typically, reserves are only available during certain time periods and are not always available for lengthy courses. Yet for those who are able to attend, it is worth their time as they are afforded with the same standard and recognition which allows for an effortless assimilation into a total force environment.

However, all is not lost for those who can not afford the time. Another alternative falls under the trade accreditation program. Many MOCs have an equivalent counterpart in the public sector. Where military courses are not available, community college programs are being considered.

"We had one case where we needed a plumber/gas fitter. If we had not been able to provide in-service training, we were prepared to go the community college route for the civilian plumber course and upon graduation, provide the member with prescriptive training to fill in the missing pieces," he said. "So we do try to consider the member and keep an open working relationship to meet their needs."

Prior to enrollment, community college graduates or persons with civilian work experience will be examined on an individual basis by a MOC branch or career manager. They will determine what or how much prescriptive training is required to bring a recruit up to QL3/QL5 standard.

The training cell has also become more flexible and innovative. They are considering modularizing courses

and breaking training into phases. However, Maj Grimshaw cautions that the concept will not work for all MOCs and courses. To date they have modularized Basic Recruit Training and Professional Development Level 2 to accommodate air reserve officers in two phases. They will also determine whether JLC can be conducted this way, after results and recommendations of a military study have been received.

Another variation on training is the Basic Helicopter training conducted at Portage la Prairie. Currently civilian helicopter pilots can take a threshold knowledge test and be slotted into a regular force course, where they supplement their knowledge and experience. Once they have met the standard, they are graduated.

"We have two pilots there now on a trail basis. The course was not specifically designed for them, instead, they occupy a course position and take the required training to fill in the blanks determined by their threshold knowledge course," he explained.

Often there are selected tasks a reservist can do without needing the full training of a regular force trade. For that reason, they developed a number of reserve 500 series occupations.

"Reservists in these new MOCs have a meaningful and important job but focus on fewer aspects of the trade," he explained, citing 515 servicing techs, which is part of the 514 aviation tech trade, as an example. This particular MOC only deals with one aspect of the trade, which is servicing aircraft. Even though it seems limiting, a 500 series trade person could conceivably end up supervising

their own crew in due time and will become experts in their field. In addition, there is always the opportunity to continue one's training and eventually become a full aviation tech.

Many initiatives and opportunities exist for air reservists with regards to training. Gone

are the days of haphazard recruiting and back to back courses. Continued planning and foresight will ensure that reserves are afforded the same training opportunities, and their existing skills recognized, thus ensuring a flawless transition into the total force environment.

Voxair Vignette

Identify the object in this photo and be eligible to win two Free Passes & a T-shirt from 'Tin Lizzie' Car Barn.



Object Identity _____

Name _____

Phone Number _____

Additional Comments _____

DEADLINE FOR ENTRIES: SEPTEMBER 10, 1997

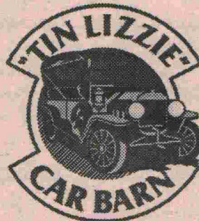
PLEASE NOTE: 'Voxair Vignette' will feature one item & prize for two consecutive issues ending with the above deadline, at which time one winning entry will be drawn. GOOD LUCK!

Visit Fliverville

PRETTY AND HISTORIC ST. FRANCOIS XAVIER

JUST 10 MINUTES WEST OF THE CITY OF WINNIPEG, MB

Travel down the Assiniboine Trail, Hwy. 26, to Thee Olde Nunnery, a charming designated historical site. This renovated former Grey Nuns convent now houses several interesting shops as well as a two level restaurant.



NOW OPEN

ON THE SAME LOCATION

A two-level "old barn" filled with vintage and classic cars, related memorabilia, car buffs shop, Sweet Shop, and

"Henry's Diner and Pour House". Join us in "Fliverville" for a trip down nostalgia lane. Bring the family and spend the day.

Open all year round. Tour Groups welcome.

Phone: (204) 864-CARS (2277) or (204) 864-2300

Fax: (204) 864-2409

SECOND CAREER!!

the **Commissionaires**

EX-Service personnel are invited to apply for membership with

Manitoba Division

Canadian Corps of Commissionaires

942-5993

301- ONE Wesley Avenue R3C 4C6

BEST LONG DISTANCE RATES IN CANADA
10¢/minute
 ANYWHERE IN CANADA
(after 6 p.m. & weekends)
 or **15¢/minute**
 ANY TIME, ANY DAY
889-5649
 Business opportunity available.



Lorna Stevens

A House SOLD Name

989-5000



- Royal LePage "Manitoba Top Ten Club" AND President's Round Table
- WREB Medallion Club Recipient
- DELBRO Top Producer
- DELBRO Award of Excellence
- DELBRO Outstanding Achievement Award
- DELBRO Community Service Award
- Recipient of The Commemorative Medal for the 125th Anniversary of the Confederation of Canada
- National Health & Welfare Canada "Award of Merit"
- Premier's Volunteer Service Certificate of Recognition
- 22 YEARS of success in the Winnipeg re-sale market
- Relocation Specialist

"Helping to Make Your Dreams a Reality"

WATKINS HOME DELIVERY

INDEPENDENT REPRESENTATIVE

Josh & Elaine Cormier Phone 697-1145

Wing Administration Honours

Presentation of Wing Commander's Commendation by previous Wing Commander Col Sharpe to 17 Wing Orderly Room Support Services Personnel represented by Cpl Pelletier and Cpl Trepanier.



Presentation of the Public Service Medallion for 40 years of Service to Mr. Ed Burchat by previous Wing Commander Col Sharpe.



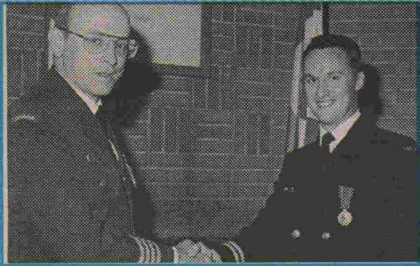
Presentation of CD1 to Sgt G. King by previous Wing Commander Col Sharpe.



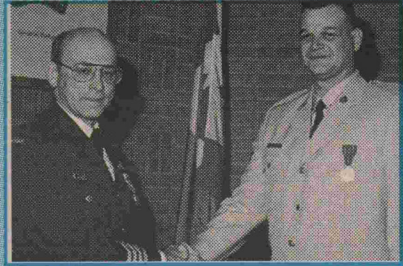
Presentation of CD1 to Lt (N) D.L. Didsbury by previous Wing Commander Col Sharpe.



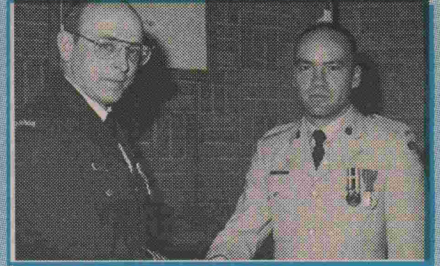
Presentation of CD1 to Capt C.C. Overton by previous Wing Commander Col Sharpe.



Presentation of CD to Lt (N) K.J. Power by previous Wing Commander Col Sharpe.



Presentation of CD to Cpl M.D. Therrien by previous Wing Commander Col Sharpe.



Presentation of CD to Lt R.J. Juneau by previous Wing Commander Col Sharpe.

Safety Scents



by Cpl Dan Menard, 17 Wing SAMP Sqn, Community Policing Representative

For those of you who receive the Voxair newspaper, you may have read my other articles entitled "Community Policing Corner". For the most part, this article is geared towards personal and residential safety for adults. Realizing that there are younger 'readers' as well, I have decided to create this article strictly for them. This is the first article of "Safety Scents", and as such, I feel it only fitting to start off with a COLOURING CONTEST.

The contest will be for children between 4 and 10 years of age. Judging will be based upon three age categories: 4 - 5 years, 6 - 7 years, and 8 - 10 years old. Therefore, it is important that you put your first and last name, address, age, and

home telephone number on your submission.

The following are the contest rules and how to submit your entry:

- you must be between 4 - 10 years old;
- cut out the larger picture with this article from the Voxair newspaper;
- colour in the picture;
- write a safety question on your submission that you think is important to you and your neighborhood;
- submit your coloured entry and question to: Cpl Dan Menard, 17 Wing SAMP Sqn, Community Policing Representative, Bldg 95; and
- all entries must be submitted no later than 30 Sep 97.

Judging and prize presentation for the three winning entries will take place in

October, with an announcement to be issued in the Voxair newspaper. The judging will be based upon the special colours you selected for your entry, and how well you coloured, and your personal safety question.

This article will be used to address safety questions written to myself by the young children of our community. The questions can deal with whatever they feel is a safety issue to them, and they would like an answer for. This article will hopefully portray police as friends with whom children can go to for assistance or help.

In future articles, from the safety questions received, I will choose a question to answer. The question will be published in the next available Voxair newspaper, along with the answer to it, and the name of the young person who wrote the question. Through the "Safety Scents" articles and questions submitted, I hope to help all children identify safety hazards in their neighborhoods, and educate them on what to do or not to do should they ever come across such a hazard.

For the Colouring Contest, remember to cut out the larger picture, colour it as best you can, and submit it before 30 Sep 97 to myself. Also, do not forget to include a safety question with your entry.

GOOD LUCK!



Name: _____

Address: _____

Telephone: _____ Age: _____

Safety Question: (Please use extra paper if required) _____

Central Flying School Presentations



Capt Chris Hope received the Air Command Flying Instructors Award from LCol M. Spooner, Comdt CFS, on 7 July 1997. Congratulations Chris on achieving the elite status of an A-1 instructor on the CT-114 aircraft.

Capt Hope was also awarded the Air Command Flight Safety Award recognizing 2,000 accident-free instructional flying hours. Well done and congratulations from the staff of CFS.



Capt Darryl Dash of CFS BH-06 Standards was awarded the Air Command Flying Instructors Award for achieving an A-1 Instructors Category on the BH-06 aircraft. The award was presented by LCol M. Spooner, Comdt CFS, on 7 July 1997.

Capt Dash of CFS BH-06 Standards was also awarded the Canadian Forces Decoration on 7 July 1997. Congratulations Darryl from your fellow staff members and these outstanding achievement.

ASC 49th Graduation

This past June saw the graduation from CFSAS of the 49th Aerospace Systems Course (ASC). The ASC is an often gruelling course that stretches over 10 months. Its aim is "to provide occupationally qualified officers with specialized training that will enable them to fill appointments associated with the definition of operational requirements and the acquisition, analysis, and evaluation of aerospace systems."

Graduates of the ASC arrive at their new jobs with the knowledge and skills required to perform such tasks as managing an aerospace equipment project or testing and evaluating the incorporation of a new system on board an aircraft. To successfully perform these tasks, the graduates are well versed in such subjects as technical writing, project management, and a wide range of aerospace technology and basic sciences.

At the graduation ceremony, several awards were presented. These individual awards recognized the top performers on the course.

Capt Andre Gloumeau was presented with the Commandant's Award for the Aerospace Systems Course Honour Graduate. The award is presented to the best overall student on the course, based on test results, report writing, individual project presentation, professional qualities and attitude. Capt Gloumeau is an ANAV posted to 1 CAD/DCOS Rdns.

Capt Michael Rehman was presented with the Aerospace Systems Course General P.D. Manson Individual Project Award. The award is presented to the student who produces the best individual project paper, and is based on such factors as content, style, organization and grammar. Capt Rehman's project paper was entitled "Protection Against Laser Beam-Rider Weapons". Capt Rehman is a CELE posted to 1 CAD/A6 DCOS TIS.

Capt Adam Cybanski was presented with the Aerospace Systems Course Individual Project Presentation Award of Excellence. The award is presented to the student who does the best job in presenting his/her project results to a select group of guests. Capt Cybanski's project was on "Emerging Technologies of Helmet-Mounted Displays". Capt Cybanski is a PLT posted to 403 SQN/LATEF in Gaagetown.

Other graduates of ASC 49, their respective MOCs, and their new postings are:

Capt Conrad Bourgeois	CELE	1 CAD/A6 DCOS TIS
Capt Chris Bowen	ANAV	14 Wing/MP & EU
Capt Maurizio Braggio	ANAV	14 Wing/405 Sqn
Capt Dave Cooper	ANAV	17 Wing/CFANS
Capt John Cooper	AERE	NDHQ/PMO EST
Flt Lt Dave Hockley (RAAF)	ANAV	RAAF School of Air Navigation
Capt Theresa Holla	AEC	1 CAD/A3 DCOS Rdns
Capt Jim MacNair	ANAV	17 Wing/CFANS
Capt George Roth	ANAV	14 Wing MP & EU
Capt Marc Servant	AEC	NDHQ/PMO R/SAOCC
Capt Gurminder Singh	AEC	NDHQ/DGAD
Capt Gary Stone	ANAV	4 Wing/AETE

Congratulations and best wishes to all graduates.



Back Row (left to right): Capt Bourgeois, Capt Gloumeau, Capt Bowen, Capt Holla, Flt Lt (RAAF) Hockley, Capt Braggio, Capt Roth, Capt Singh, Capt Rehman.

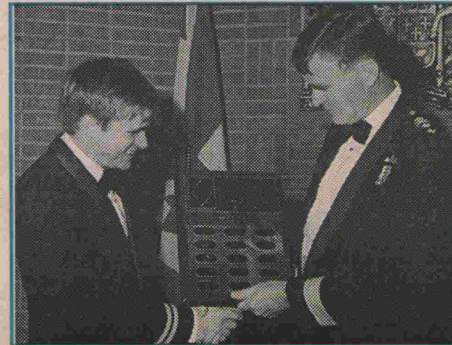
Front Row (left to right): Capt D. Cooper, Capt Cybanski, Capt Stone, MGen Horseman (Guest of Honour), Capt MacNair, Capt J. Cooper, Capt Servant.



MGen Horseman presents Capt Andre Gloumeau with the Commandant's Award for the Aerospace Systems Course Honour Graduate.



MGen Horseman presents Capt Michael Rehman with the Aerospace Systems Course General P.D. Manson Individual Project Award.



MGen Horseman presents Capt Adam Cybanski with the Aerospace Systems Course Individual Project Presentation Award of Excellence.



Community Policing Corner

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

This is the fourth in a series of six articles in the Voxair, that deal with such topics as home and personal security. As mentioned in previous articles, these helpful hints can be utilized at any time of the year, at your home, apartment, or cottage.

GENERAL PERSONAL SAFETY FACTORS

- 1. BE AWARE OF WHAT'S GOING ON AROUND YOU AT ALL TIMES** - Keep your head up and look around for anything that just doesn't look or feel right. Never mind looking for that elusive quarter that someone may have dropped. It probably won't make a great difference in your lifestyle even if you do find one. Look at the people around you, and for anything out of the ordinary, such as someone who just doesn't fit in. Watch the body language of others, such as someone paying too much or too little attention to you, obviously avoiding face to face contact.
- 2. TRUST YOUR INSTINCTS** - We all, subconsciously, react to other people or to situations without even being aware of it. Pay attention to where you are, what you are doing, or where you are going. When you are walking, pay attention to your surroundings.
- 3. LEARN TO ASSIST OTHERS WITHOUT PLACING YOURSELF IN JEOPARDY** - If you are alone, do not stop to help "stranded" motorists especially at night or on lonely streets. It may be a trap. You can acknowledge that you see them and call for help from the next safe location (all night store, gas station, etc.), or by utilizing a cellular phone in your vehicle if you own one. Never hitch-hike or pick up hitch-hikers.
- 4. PLAY IT LIKE YOU ARE ALONE - HAVE A PLAN** - It doesn't matter what you look like or what you wear. The criminal is only concerned with opportunity, privacy, and remaining anonymous. The most important thing is to think, be aware, and have a plan. Do not waste time waiting for others to come to your aid.
- 5. DENY PRIVACY** - An example of NOT denying privacy is taking a short cut to your car, such as down a back alley, especially at night. By doing this, you would be offering privacy to a criminal. It may take a little longer, but it is much safer to stick to the well lit, more public route, with other people around. Deny privacy and/or anonymity to the criminal and you will probably avoid becoming a victim.

SAFETY WHILE TRAVELLING

- 1. CITY BUS SAFETY** - You should sit near the bus driver if possible. If you are in a city other than Winnipeg and utilizing a light rail transit (LRT), Metro, Skytrain, commuter trains, etc., try to stay with the largest group of people. Never get onto an

empty coach if at all possible. Remember, DENY PRIVACY. At the station, stay in well lit areas or in range of surveillance cameras or security personnel.

- 2. TAXIS** - If you are having problems with a cab driver, or are starting to feel uncomfortable about the driver, write down the name of the driver and the cab number. This may not deny privacy, but it does deny anonymity, which is the next best thing. By doing this, you can later make a report to his supervisor or the dispatcher.
- 3. AIRPORTS AND AIRPLANES** - This mode of transportation is relatively safe due to the presence of police patrols, as well as surveillance cameras in the buildings and on the grounds. Make a mental note of the location of the security office and avoid isolated washrooms. Use the washrooms near the security checkpoints in the departure or arrival lounges. Also, never deliver or mail anything for anyone, unless you know them and what the item is.
- 4. LUGGAGE** - Never leave luggage unattended, even for a minute. Always keep it in your sight, even to go to the washroom. It does not take long for someone to steal it, or insert an illegal item or substance in it, and utilize you as an unknowing carrier. If you are going to attach a luggage identification tag to your bags, consider putting your business address and phone number on it instead of your home address. If your bags are stolen or lost, and later recovered, you can still be contacted, but you have not supplied a would-be thief with your home address and telephone number. When attaching tags to your luggage, attach the tags in such a manner that they have to be flipped over to be read. In this manner, no one standing beside you can gain personal information such as your address. If a person does gain such information, they could wait until your plane has left, and then break into your residence, knowing you are out of the area. Inside the aircraft, place overhead baggage where you can see it. Luggage going into the baggage compartment is pretty much out of your control, however, you should always place your carry on luggage where you can keep an eye on it.

Questions concerning the above or other safety tips, please contact myself at 833-2500, ext. 2474.

POSTINGS TO 17 WING

I would like to end this article with a warm welcome to some new faces, and their families, at 17 Wing SAMP Sqn. They are: MWO GALWAY, MS BIDEN, Cpl BUMSTEAD, LS CHOQUETTE, LS FARRELL, Cpl HALL, Cpl JACKSON, Cpl MCAVOY, Cpl ROACHE, Cpl TOUROUT, and bienvenu to MCpl FREEMAN - back from a one year French language course. On behalf of Capt SANSTERRE, WSAMPO, and all the members of 17 Wing SAMP Sqn, we wish you and your families all the best here in Winnipeg.

5th Annual Registration Fair

The fifth annual 17 Wing/CFB Winnipeg Registration Fair will be held on 13 Sep 97 from 0900 - 1200 hrs in Bldg 21 for all base personnel, their families and associate members.

The aim of the Registration Fair is to provide a "one stop shopping" event for personnel to familiarize themselves with the programs. Displays and/or registration booths will be set up by groups offering a variety of programs for the community. It will also be an opportunity for the "Recreation Cards" & Swim Registration sign-up blitz.

Last year's event was a great success. Let's make this year's even better. For information, contact Elaine Parent, Rec. Services at 833-2500 ext. 5976 or Carla Ryan, Community Rec. Director ext. 2059.

THE FOLLOWING IS A LIST OF GROUPS ATTENDING THE FAIR TO DATE:

- | | |
|----------------------------------|--|
| Wing Community Council | CF Community College Network |
| Badminton Club | Military Police (finger-printing/photos) |
| Woodhobby Club | Community Recreation Services |
| CF University Programs | MFRC Youth Services |
| Pipe Band | Brownies & Guides |
| Wing Fire Hall | St. George's Women's Group |
| Canine Club | Military Family Resource Centre |
| Fencing Club | Protestant Chapel Ladies Guild |
| Judo Club | Aerobics |
| 51* and 104 th Scouts | Library |
| Ceramics Club | Canex |
| Kardio Kix | Flying Tigers Swim Team |
| Toastmaster's | Swim Lessons - Registration |

DEMONSTRATIONS:

TIME	GROUP	TIME	GROUP
0930	Pipe Band	1045	Kardio Kix
1000	Judo	1100	Fencing
1030	Aerobics	1130	Pipe Band

RECHERCHE D'EMPLOI

- Aimeriez-vous identifier vos aptitudes et vos intérêts?
- Voulez-vous perfectionner votre curriculum vitae en français et en anglais?
- Connaissez-vous les obstacles à votre recherche d'emploi?
- Voulez-vous apprendre des techniques d'entrevue?
- Êtes-vous prêt(e) à vous engager pour une durée de deux (2) semaines?

Si vous êtes à la recherche d'emploi, nous vous offrons le programme de services d'aide à l'emploi, «Faire Carrière». Les ateliers, animés en français, sont offerts aux femmes et aux hommes. Ce service est entièrement gratuit et il est possible grâce à une subvention du ministère du Développement des ressources humaines Canada.

Pour des renseignements, appelez Lucienne ou Mariette au 233-1735 ou 1-800-207-5874.

EMPLOYMENT OPPORTUNITY

Are you prepared when a job presents itself?
Why is it so difficult to get a job?
85% of all job opening are not advertised!

But...The program «Faire Carrière» can change that for you!!!

- We will help you identify your career or employment objectives.
- We will help you prepare your resumé in French as well as in English.
- We will help you identify obstacles in your job search.
- We will help you develop interview techniques.

For information please call Mariette or Lucienne at (204) 233-1735 or 1-800-207-5874. This service, a collaboration between Pluri elles (Manitoba) Inc. and Human Resources Development Canada, is free of charge.



COMPLETE FAMILY DENTISTRY DR. STEVEN LAWSON

D.M.D.

- PREVENTATIVE • DENTURES • ORTHODONTICS • WHITENING
• CROWN & BRIDGE • ROOT CANALS • EXTRACTIONS

- ALL DENTAL PLANS ACCEPTED -
- EVENING & SATURDAY APPOINTMENTS AVAILABLE -
- NEW PATIENTS AND EMERGENCIES WELCOME -
- PAYMENT OPTIONS AVAILABLE -

240-3025 PORTAGE AVE.

958-9500

Gordon Moore, B.A., CDI

Independent
Investment
Planning

229 ▲ 530 Century Street
Winnipeg, Manitoba ▲ R3H 0Y4

SUMMIT
securities ltd

Private Line: (204) 988-1194
Fax: (204) 988-1186

email: gordwmoore@aol.com



Repair
Custom Fit
Re-Grip

GOLF
IS
EVERYTHING

1745 Portage Ave.
Winnipeg, MB R3J 0E6
PH: (204) 832-5526
FX: (204) 897-7941

17 WING SPORTS SECTION



Flying Tigers

In our last article (if you missed it, shame on you) we were inviting you to the Team try-outs at the Lipsett Hall Pool, commencing 2 September 97 for two weeks (until the registration day on 13 September 97). What we forgot was to let you know the time. Our coaches will be on the pool deck at 1630 (4:30 p.m.) to evaluate the performances of all swimmers for the 97/98 season.

On a different note... you may or may not know, the Flying Tigers have a philosophy we strongly believe in. This team was founded on the belief that swimming offers an exiting and valuable experience in a person's life. It was created on the base, to enhance the quality of life for the military community, it was also created to provide an alternative to off-base clubs with their financial and fund-raising commitments. No child should be denied a sport, because the training is not affordable.

One way to avoid big financial commitments is "VOLUNTEERS". The Tigers are managed entirely with volunteers from the community. It's not that it is very demanding, but you have to have the "want to make a difference in a kid's life" thing. And we are looking (as always) for members to fill-in or help out. The rewards are countless when you see the end results. On that note, the Executive have come up with the following price for the 97/98 swimming season: Pre-Competitive Group: \$10.00 per month plus Swim Manitoba fees (\$10.00 per Year). Competitive Group I & II: \$15.00 per month plus Swim Manitoba fees (\$60.00 per year). Monthly fees and Swim Manitoba fees for session I are due at time of registration. See you at the pool TIGERS!!

Mike Bergeron Fitness Instructor

Mike is a fitness instructor with 17 Wing Wpg. His involvement and understanding of the Canadian Forces stems from his years as a military dependant on numerous bases. This lifestyle has provided him with numerous opportunities to participate in various sports and fitness activities. He achieved his Bachelor of Physical Education Degree from the University of Manitoba and feels his knowledge and experience will enable him to effectively meet the needs of the military community.

If you're looking to take your fitness to a higher level or just get started on the road to fitness, Mike's your man!

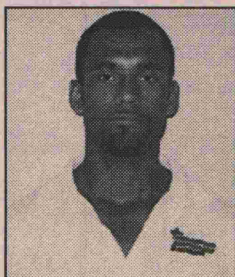


James Follette Fitness Instructor

James is another one of our new and highly motivated fitness instructors. He has a degree in Physical Education and Recreation from the University of Manitoba and was the recipient of a National Award for his outstanding leadership qualities in the field of Physical Fitness from the Prov. of MB. James has an extensive background in exercise prescription and really enjoys working with people of all fitness levels.

He relates very well with his clients and his personal goals are to help others reach their physical fitness potential. James has participated in many sports at the Provincial and National level and is actively involved in the coaching ranks.

James is looking forward to meeting you and your family. His working motto is "Helping You to Help Yourself".



Women's Soccer

The season has come to an end. Although it has been rocky, having players on deployment, leave and other commitments, we have managed to do not too badly. We played both regular season games and cup games.

We did rather well in the cup games losing in the semi finals in a shoot out. The game was tied 1-1 after 90 minutes, and after two five minute overtime halves, the game remained tied, leading to the nerve racking shoot out. It came down to the final shot, when their player placed the ball perfect in the top right corner to win the game.

Having our hopes crushed at making the finales, we have one more regular season game to play and the year will be over, then the indoor season will begin. If anyone (military or dependents) is interested in playing, please contact Capt. Tanya McLeod at ext. 5858. Thank you to all our supporters and hope to see some new players in the indoor season.

Calling all Marathoners!

Are you up for a challenge? The US marines VS Canada's finest! CF marathoners are invited to compete against a 5-10 person team of US marines at the 26.2 mile event on 26 Oct 97. If you're planning a fall marathon and are up for the challenge, contact National Capital Marathon race director Terry Welch at (613) 241-4092. Please note that CF participants who choose to compete will do so as part of their own personal recreation program.

Shauna Leduchowski Fitness Instructor

Shauna is another one of our new fitness instructors with 17 Wing Winnipeg. She is involved in a number of various sports and enjoys participating in the base's intersection programs. Shauna is currently finishing her degree in Food and Nutrition at the University of Manitoba and hopes her experience and specialized training will introduce the military community to a more healthy fitness lifestyle.

Shauna is a certified aerobics instructor and will be developing a new aerobics program in the fall.



Michelle Seggie Aquatics Supervisor

Michelle has a very knowledgeable aquatic background participating in a number of different water activities. She has been lifeguarding & instructing at 17 Wing for the past 6 years and has now decided to take on a new, exciting challenge as Aquatic Supervisor.

Michelle has received her National Lifeguarding along with a number of aquatic & first aid courses from the Red Cross and Royal Lifesaving Society. She intends to incorporate her knowledge and skills into the new aquatic program. One of her main goals is to achieve the maximum participation in both Bldg 90 & Lipsett Hall pools. The programs are designed for all military personnel; book your section or unit today to enjoy a maximum aquatic workout. There are over 10 different types of programs plus a number of water sports. There are also many aquatic programs for all military families.

Michelle encourages you to give her a call and set up an aquatic program that best suits your section. You can contact Michelle at 6847.





ROBLIN CHOICE MEATS

5606 Roblin Blvd. Charleswood
889-1881 896-1500

FOR ALL YOUR FRESH & FROZEN MEATS PLUS MANY SPECIALTY FOODS:

- Chinese Fondue
- Marinated Beef Ribs
- Social Packs
- Freezer Packs



GEORGE MELDRUM APPRAISALS INC.

Bus: 832-1323 Pager: 932-3211 Fax: 889-3615
E-mail: gmeldrum@MTS.Net
www.mts.net/~gmeldrum/gma.html

Residential, Cottage & Condo Appraisals and DND Home Equity Assistance Plan

Shirl Smith George D. Meldrum, CD, CRA Chris McKee

PRIDE		FAITH
IN		IN
OUR		OUR
PAST		FUTURE

Welcome...
ST. JAMES LEGION
Branch No. 4
Royal Canadian Legion
1755 Portage Avenue
Winnipeg, Manitoba
Bingo
Every Wed. - Fri. & Sat.
6:30 pm
Line Dancing
Every Mon. & Tues.
8:00 - 10:00 pm
Dancing To Live Bands
Fri & Sat 9:00 pm - 1:00 am
Meat Draws
Every Sat. 2 pm - 5 pm


LOWEST RATES IN WINNIPEG

404-167 Lombard Ave.
982-7587 or 955-3732 (24 hrs)

A+

Financial Mortgage Brokers
Services Ltd. Since 1993

We Specialize In Mortgages - Preapprovals within 24 hours
Loans... Lines of Credit... Debt Consolidation... Auto... Vacation
We Represent 30 Different Lenders
Let Us "Shop The Market" For You



Telephone: (204) 888-7463

Crestview Veterinary Hospital

Dr. Ab Hague 3067 Ness Avenue
Dr. Lorraine Walker Winnipeg, MB R2Y 2G3

MFRC ANNOUNCEMENTS

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

MFRC FUNDRAISER

FAMILY FUN DAY

Westwin Community Centre & Bldg. 90

13 SEPTEMBER 1997

1030 - 1900 hrs

\$3 per person or \$10 per family

• There will be shuttle bus from Lipsett Hall to the W.C.C. •

2ND ANNUAL CAR RALLY

Begin the Fun Day with a Car Rally-Poker Derby style at 10:30 a.m. from the W.C.C.

Registration & Route Info will be available at 10 a.m. along with coffee & donuts for participants.

CHILI BAKE-OFF

For all who dare - prepare your best chili and enter it in the bake-off. 50¢ lets you be a taste judge!

BONFIRE

4 p.m. - 7 p.m. Marshmallow Roast & Campfire Music.

The Fire Hall will be on hand with a truck for the kids to explore.

ALL DAY

Bike Rodeo	Sports Tabloid	Animal Balloons
Face Painting	Prizes	Dunk Tank
Fish Pond	Food &	Magic Show
Pinata	Refreshments	Pool Events
Beach Volleyball	Slap Shot Hockey	Quarterback Toss
Horseshoes	Crazy Golf	Family Badminton

SUPPORTED BY WMCA/WGCC/F&S DEPT



Our thanks go out to all these people who created our web page and updated our computer systems: (left to right) Dave Stillwell, Major Chaiscon, Jennifer Faubert, Isabelle Robitaille & Vince Streimer.

WING LOTTO SIGN-UP

This year everyone that signs up before September 15th will have a chance to win a free membership!

Each membership is \$26. There are 2 numbers drawn every two weeks for 6 months. Only 300 tickets sold.

For more info contact Linda or Celine at 489-7003.

WING LOTTO WINNERS

14 AUGUST 97

Lt. McCullins
435 Sqn

Linda Belise
MFRC

NOW ACCEPTING FALL REGISTRATION

Giggles & Grins

Children's Centre

Located close to Whytewold & 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)

Little People's Portrait Studio

Specializing in Infant, Child, Family, Wedding, Business

Wayne Ferrand
photographer

Mobile, in-home portraits
By appointment only

(204) 992-2706



CHILDREN'S PROGRAMS

For information on any of the following program contact Wendy Richardson at 833-2500 ext. 6846 (Lipsett Hall) or ext. 2491 (Westwin Children's Centre)

Drop-Off Child Care

This program provides casual childcare for children 18 months to 6 yrs. The fee is \$1.50 per hour for the first child and .504 more for the second child in the same family. All children must be pre-registered 24 hours in advance. Lipsett Hall (southside) Fri. a.m. & Tues. p.m.; Westwin Children's Centre (northside) Thurs. a.m.

Parent and Child Swim

Enjoy a peaceful swim with your child on Tuesday afternoons at Lipsett Hall starting 16 September, 1:15-2:15 p.m. Must have a recreation card to use facilities.

Fun With Music

This is a program for 3 - 5 yr. olds. Music concepts such as rhythm, pitch and sound making will be developed as well as listening skills, creativity and an appreciation for music.

Gym & Movement

Come and learn to play with your child. Program includes developing large muscle skills, creative movement, parachute games and co-operative games. Start date: 25 Sept. 97

Mom's Morning Off

Parent Education Seminars will be available for parents to attend while the children are cared for. Bring a snack for your children. Start date: 8 Sept. 97

Fun & Family Fitness

Parents can access the exercise room, weight room or gym while the children are being cared for. A music and movement activity will be offered to the older children sometime during the morning. Bring a snack for your child. Start date: 10 Sept. 97. Must have rec card.

Babysitting Course

This course offers basic instructions in first aid, fire safety & child care. Must be 12 yrs old.

Bambins Créatif

Ce programme est la premier pas vers la prématernelle. C'est une occasion pour les parents et leur jeunes enfants d'être ensemble pour créer et jouer. Les jeunes peuvent explorer le monde des arts, de la musique, le mouvement et les histoires. La participation des parents est requise. Apportez une collation pour votre enfant.

Playgroups

Come out and meet some neighbors and give your pre-school child the opportunity to play with other young children. Start dates: 23 Sept. Northside & 27 Sept. Southside.

YOUTH PROGRAMS

For information on any of the following program contact Diane Brine at 489-7003.

After School Club

Drop-in activity program for children in elementary school. Games, simple crafts, computers, homework help, videos are all available. Open Tues. & Thurs. from 3:30-5:30 p.m.

Eco-Kids

Environmentally based program for children 7-11 years. We will explore eco-systems in the city with visits to museums and outdoor activities. Meets Mondays from 4-5 p.m.

Hangin'

Drop-in program for youth (grade 7-12). This is a free time program. Youth may work on the computers, play games, meet with friends of just "hang-out". Mon. & Thurs. 6:30-9:00 p.m.

Movie Night

Second Friday of the month is designated movie night. Popcorn and drinks will be available at a nominal charge. Doors open at 7 p.m., show starts 7:30 p.m.

Craft Club

Back by popular demand, this club will be held every month on the third Saturday. Each session the children will create 2 crafts. Children must be at least in grade one.

Girl Talk

This program is designed for girls in grade 6 - 9. Girl Talk meets on Friday evening from 7 - 9. With the guidance of a facilitator, the girls will explore issues and concerns that they may have. Alternates between the Youth Services building and the Westwin Community Centre.

Kid Zone

Kid Zone is a recreation based program for children 8 to 12 years. The children will decide at monthly meetings what activities they would like to do throughout the year. Meetings are held on the last Sunday of every month at the Youth Services building.

PD Days

If the Youth Services is given advanced notice of PD days, the Youth Centre will be opened for children from 1 - 3:30 on PD days.

PARENTING PROGRAMS

For information on any of the following program contact Mavis Lewis-Webber at 489-7003.

New & Expectant Mom's Group

This group provides an opportunity to share your joys, questions and stresses with other new parents. This casual, drop-in group is open to all new or expectant parents with children up to 1 yr.

Friendly Visitor Program

Do you sometimes feel overwhelmed and exhausted with being a new parent? The MFRC Parent Education Co-ordinator is developing a Friendly Visitor Program. Volunteers will be matched with new parents. The volunteer will provide a friendly ear to share their experience as a parent, run errands or care for the baby so mom can grab a quick nap.

Parent Discussion Group

This group and the weekly topic of discussion is directed by you. Your input will be sought on topics of interest to you. This program will be starting 8 September 1997.

Developing Capable People

Parents will learn how to empower children and teens to become capable, responsible and resilient young people prepared for the challenges of the 21st century! This program runs from 22 Sept. - 24 Nov., 1997, on Monday evenings.

Toy Lending Library

The MFRC Toy Lending Library is \$10 for a yearly membership. Two toys may be borrowed at a time, for a 2-week period.

Open Line For Parents Info

with Mavis Lewis-Webber, Parent Education Co-ordinator. If you have a parenting issue you would like to discuss please call 489-7003 on Tuesdays from 1:30 - 3:00 p.m.

DINING & ENTERTAINMENT

WO'S & SGT'S MESS 17 WING

FRIDAY, SEPTEMBER 12, 1997 GOLF TOURNAMENT
Mess Championship - Register at the Mess NLT 9 Sep 97.
FRIDAY, SEPTEMBER 12, 1997 MEAT DRAW
WEDNESDAY, SEPTEMBER 17, 1997 WCOMD'S COFFEE BREAK
THURSDAY, SEPTEMBER 18, 1997 NOON HOUR BBQ

OFFICERS' MESS 17 WING WINNIPEG

17 WING COMMANDER'S COFFEE BREAK EVERY WEDNESDAY 1000-1030 HRS
NOTE: 17 SEP WING COMMANDER'S COFFEE BREAK WILL BE HELD AT THE WO'S & SGT'S' MESS

FRIDAY, SEPTEMBER 5, 1997 TGIF - SUBS
• Time: 1730 • Dress: Casual or DOD • Remember: You must be signed into the 80/20 draw by 1730 to win.

FRIDAY, SEPTEMBER 12, 1997 TGIF - CHICKEN & CHIPS
• Time: 1730 • Dress: Casual or DOD • Remember: You must be signed into the 80/20 draw by 1730 to win.

SATURDAY, SEPTEMBER 13, 1997 WING COMMANDER'S MEET & GREET (wine & cheese)
• Members & Member Couples Only • Reservations Close: 1200 hrs. Wed., 10 Sept. • Time: 1900 • Dress: Semi-formal

UPCOMING EVENTS

OCTOBER 17, 1997 OKTOBERFEST OCTOBER 25, 1997 HALLOWEEN PARTY
NOVEMBER 15, 1997 ... CANDLELIGHT DINNER DECEMBER 6, 1997 CHRISTMAS BINGO

THE RYE BREAD SPECIALISTS



YOUR HOT BREAD STORE

2361 Ness
Winnipeg,
Manitoba
Ph: 897-3338



Little Caesars®

Great Taste! Great Price! Great Pizza!™

Sun. - Thurs. 11 a.m. - 11 p.m. Fri. & Sat. 11 a.m. - 1 a.m.
Delivery starting at 11 a.m. daily

2365 Ness Avenue
888-3500

NESS AVENUE
PORTAGE AVENUE

CINÉMA / THEATRE

SHOWTIME 8:00 P.M.

WILD AMERICA THURS & FRI SEPTEMBER 4 & 5 Parental Guidance. All may attend.	BATMAN & ROBIN SAT - SUN - MON SEPTEMBER 6 - 7 - 8 Parental Guidance. All may attend.
HERCULES THURS & FRI SEPT 11 & 12 SAT MATINÉE SEPT 13 AT 2:00 P.M. General.	CONAN SAT - SUN - MON SEPT 13 - 14 - 15 Restricted Adult.

COMING ATTRACTIONS
OUT TO SEA • MY BEST FRIEND'S WEDDING • A SIMPLE WISH

Just Swimming around...



with PARTICIPATION®

Winnipeg's Foremost Wine Boutique



SPECIALIZING IN UNIQUE WINES & CHEESES FROM AROUND THE WORLD

- Delivery & Tasting Services •
- Permit Services •
- Gift Baskets for All Occasions •
- Weddings • Showers • Special Events

550-B Sargent Avenue
Winnipeg, MB R3B 1W5
Ph: (204) 774-WINE (9463)
E-mail: lbdv@mts.net

MENTION THIS AD AND RECEIVE 10% OFF ANY EXCLUSIVE PRODUCT

mmmm.



MARIGOLD

chinese restaurant & lounge

Great Lunches, Great Dinners


Cantonese & Szechuan Cuisine
Dine In Take Out Catering

1245 Inkster Blvd
2591 Portage Ave
1380 Ellice Ave
1765 Pembina Hwy

885 Henderson Hwy
718 Osborne St
487 St. Mary's Ave
245 King St

since 1962 Winnipeg

Pâtisserie Française, Pain, Baguette Française, Chocolats...
French Pastry, Bread, French Baguette, Chocolates...
Open Sundays.



Eric Bari Pastry

FIVE STARS IN THE WINNIPEG FREE PRESS

Tues. - Sat. 10 - 6 Sun. 10 - 4
889-8356

3416 Roblin Blvd., Winnipeg, MB R3R 0C7
Just 5 minutes from the new Charleswood Bridge



HOOTERS®

MADISON SQUARE
1624 NESS AVE

(204) 774-9464



THE PARTY PACK
(3 PEOPLE OR MORE)
10 Wings .. \$14.99 20 Wings .. \$19.99
Served with blue cheese, celery & a pitcher of Molson or Labatt draft



HOT SPECIALS

MONDAY
1/2 lb. burger with your choice of two toppings and a side of fries \$6.99
Large Blue draft \$2.49

TUESDAY
The ultimate ham and cheese sandwich served with potato salad \$6.99
Large Club draft \$2.49

WEDNESDAY
10 chicken wings with a bowl of curly fries and blue cheese and celery \$6.99
Large OV draft \$2.49

THURSDAY
Soup of the Day (clam chowder also available) with a side salad \$5.99
Large Export draft \$2.49

FRIDAY
Philly cheese steak sandwich served with a side of baked beans \$6.99
Large Club draft \$2.49

SATURDAY
Grilled cheese sandwich and curly fries \$4.99
Large Export draft \$2.49

SUNDAY
Hot dog platter served with curly fries \$4.99
Large Blue draft \$2.49

Mr D's Tart & Pie C.R.A.

Ellice Meat Market Ltd

We specialize in German & European Style Sausage and Cold Cuts

OPEN
Tues - Thurs 8-6
Friday 8-7 Saturday 8-4
Closed Sunday & Monday

FREE City Wide DELIVERY on Thursdays
on orders of \$20⁰⁰ or more.

712 Ellice Ave, Winnipeg, Manitoba (204) 783-6288

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 —

ANNOUNCEMENTS

SUNDAY

SEPT. 14

THE Terry Fox Run for Cancer Research

Mark your calendars to run, walk, bike, wheel or skate your way to a great time while raising money for cancer research!!

17 WING BASKETBALL

**ARE YOU INTERESTED
IN PLAYING SOME BALL
THIS SEASON...**



Why not join the base team? We're actively searching for new blood to compliment our squad. It doesn't matter if you're a resident pro or a first timer, come on out.

FIRST PRACTICE

4 September 1997 at Lipsett Hall, 1800-2000. All welcome. All interested parties can contact Glen at 488-1802.

ST. JAMES LEGION #4 LEGION WEEK

SEPTEMBER 21 - 27

OPENING DAY PANCAKE BREAKFAST
\$4.00 ADULTS \$2.00 CHILDREN UNDER 12

GREAT ENTERTAINMENT ALL WEEK LONG:
DANCERS, PIPE BANDS, JAIL HOUSE, LINE DANCING.

EVERYONE IS WELCOME. OPEN TO PUBLIC ALL WEEK LONG. COME ON DOWN.

FOR MORE INFORMATION PHONE 888-2767

Belly Dancing Classes

Anyone interested in Belly Dancing Classes at the Westwin Community Centre (Bldg 33) are to contact the Community Rec Director at ext. 2059. Please leave time preferences.



REUNIONS

2 WINGERS

Welcome to the
• Heart of the Continent •
Our next reunion will be held in

WINNIPEG, MB SEPTEMBER 5 - 7, 1997

The Registration, Meet & Greet, Banquet & Dance are to be held at The International Inn. We hope to see an enthusiastic turn-out of 2 Wing personnel, their guests and civilian members of the Wing.

For more info. contact Archie Gill at 204-889-2678.

435/436 Burma Sqn Assoc. 1997 REUNION

12-14 September 1997, Delta Hotel, Winnipeg
For further information contact: Mr. Al Rosati, (416) 241-9648
or 435/436 Burma Squadrons Association, Box 403 Station B,
Etobicoke, ON M9W 5L4.



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.

3rd Annual Lower Fort Garry RED RIVER CANOE RACE Sunday, September 7, 1997

Race begins at 11:30 a.m., with registration, preparation and briefing for the race beginning at 10:30 a.m.

Following the race are award presentations and a hearty historic lunch of beef stew and bannock, plus musical entertainment by "Simpson's Folly".

Entry fee for participants is \$10 per racer.

People of all ages and abilities are invited to participate, and must supply their own canoe or kayak, paddles and life jackets.

Participants are encouraged to pre-register before Sept. 7, 1997.

Supper is included in the entry fee, plus everyone who races receives a free "Red River Canoe Race" T-shirt!

For more information please call (204) 785-8577.



International Military Travel Club

Retreat & Reveille International, a military travel club for those interested in increasing their circle of military friends while traveling, has recently published its fifth annual directory. The club, open to all veterans (and families) of military organizations of any nation, provides economical lodging with other military people through discounts at bed & breakfast accommodations owned and operated by other military personnel. The directory lists almost 400 sites in all 50 states of the US and in 17 other countries. There are 17 Canadian listings in six provinces.

For yearly dues of \$25, members receive the directory, a quarterly newsletter, and a membership card that qualifies them for discounts at most of the listings. To join, send your military affiliation information and a check for \$25 (prospective international members please send international money orders) to Retreat & Reveille International, 3106 Military Road, Arlington, VA 22207-4136. Additional information is available by phone at 703-525-3372, by fax at 703-525-0520, or e-mail: RetReveille@aol.com

A.L.S. Society of Manitoba

ANNUAL GARAGE SALE

September 13 & 14 • 8:30 a.m. - 4:00 p.m.

Deer Lodge Centre Garage (South side of Portage Ave.)

The A.L.S. Society is still receiving household items and clothing.

Contact 489-3932 or 254-5337 for pickup or

items may be delivered to the Centre September 12 between 6 - 9 p.m.

FREE Identification Engraving Service

If you have any items that you would like engraved for identification purposes, please contact Cpl D.R. Menard, Security and Military Police, Community Policing Representative to arrange for an appointment at your home.

This service is offered free to military members and their dependants.

Should you have any queries concerning this service, please do not hesitate to contact Cpl Menard at 833-2500 ext. 2474.

A LITTLE OF YOUR TIME CAN MAKE A WORLD OF DIFFERENCE TO THE ELDERLY RESIDENTS OF DEER LODGE CENTRE IN ST. JAMES. A FRIENDLY VISIT, HELPING TO FEED SOMEONE, WORKING IN THE GIFT SHOP, ASSISTING IN RECREATION OR DAY HOSPITAL ARE JUST SOME OF THE INTERESTING VOLUNTEER JOBS AVAILABLE AT DEER LODGE CENTRE. FOR FURTHER INFORMATION CALL THE VOLUNTEER OFFICE AT DEER LODGE CENTRE 837-1301 EXT. 2488.

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 St. Vital (Brixton) 0700 hrs. Leaving 17 Wing (Bldg 75) 1600 hrs. Monday to Friday. Flexible arrangements. Please contact Pat Kieffert at home (257-1814) or at work (local 6875).

Carpool - Leaving River Grove (Perimeter and Main) 0700 hrs. Leaving 1 CAD HQ/Bldg 1600 hrs. Monday to Friday. Flexible arrangements. If interested, please contact Capt Todd Cox at home 339-7367 or at work ext. 2191.

CHILD CARE

Experienced mother, CPR and First Aid qualified, would like to provide child care in her south-side PMQ. Any age, full or part time. Please call 488-6104.

Mother of 3 will babysit children, ages 0-2 full time. Phone Lori at 487-2981 or 487-7243.

Experienced Mom willing to babysit in my home, located 5 minutes from South or North side base. Planned activities, bilingual, \$16 per day. Phone Nathalie 889-0320.

Qualified CPR and First Aid, 15 years plus experience. Loving and caring home, Southside PMQ area. Full or part time available. References upon request, call Gail 487-0132.

Mother of two would like to provide childcare in my home, South Side P.M.Q. after summer break. 2 years and older. Receipts as required. Please call 489-0208.

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 - Futon or Daybed, call 487-1424.

Wanted - S350 Turbo Diesel Mercedes or 350 SDL Turbo sedan or wagon. Call Hugh at 885-6137, 0800 - 1400 hrs, Wpg.

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

MISC. FOR SALE

For Sale - GE Washer and Dryer, asking \$500 for both. Wagon Wheel Green Step II, \$45. Call 889-0761.

MISC. FOR SALE

For Sale - 1996 Utility Trailer, 8'x4' bed, 1 1/2" ball, 14 inch wheels, excellent condition, just one trip Edmonton to Winnipeg. \$700, must be seen. Call 889-7734.

For Sale - Triple pane window, 24" w x 37.5" h, \$125. Captain's bed with 3 drawers, headboard and mattress, \$195. Benchpress and sit-up bench with approx. 150 lbs. of weights, \$100. Tub surround, \$80. Multifunction EX-10 Organ with bench and manual, 52 keys, 13 foot pedals, 3'5.5" long x 13.5" wide x 2'8.5" high, \$100. Phone 453-5870.

For Sale - Hydraulic (tubular construction) Rowing Machine, suitable for beginners or family gym. \$50. Phone 895-9727

For Sale - Mens Formal Mess Kit (blue), size 36-38", 5'8" approx., Sgt insignia, \$150. Air Force Canex Parka, size 36-38, \$50. Blue Air Force Windbreaker, size 36, \$15. Phone 487-1424.

For Sale - Children's Playhouse, 8x8x6 ft., excellent cond., \$600 to build, will sell for \$350 OBO. Can be seen at 241 Ubique Cres. or phone 488-5947.

For Sale - 1990 Buick Riviera, 3.8 lt., dark red colour, no rust, super condition, \$9,500 OBO, details by phone. 253-9249.

For Sale - Set of encyclopedias \$150; large dog cage \$50; large freezer \$150; baby clothes, 3 - 12 months and toys; box spring \$5. Phone 897-3185.

For Sale - Baby Treker infant carrier, used twice since April 97, \$50 firm. Fisher Price Port-A-Swing, new condition, \$60. Maternity clothes (most fall/winter) less than 1 yr. old, all in excellent condition, items starting at \$5 ea. or take whole wardrobe for \$300 (includes spring/fall swing coat). York 9200 weight bench, includes 260 lbs. of weights, preacher curl, leg curl, biceps curl bar, \$250 OBO. White roller blind, 36" w x 70" l, very good quality, \$15. Light drapes, unlined, 1 pair approx. 9' w x 90" l and 1 pair approx. 6' w x 5' l, off-white color, have hooks, good cond., \$10 for both sets. Call Caroline at 488-9467 days or evenings.

For Sale - Yamaha EXL 3 Snowmobile, oil injected, electric start, new sliders and skis, \$1500. Phone 833-6547 or 896-0530.

MISC. FOR SALE

For Sale - 16 foot Sylvain Backtroller Boat, 60 hp Mercury outboard, power trim and tilt, electric 28 lb Mercury thruster, Livewell with electric aerator/bilge pump, full lighting package, rod locker and two storage lockers, full carpet, four swivel seats, LED Depth Finder with Shorelander trailer, \$4000. Phone 833-6547 or 896-0530.

For Sale - Air Conditioner, Westing House, 10,000 BTU, 5 years old, new cond., \$275. Phone 888-0712.

For Sale - Four burner range, suitable for home or MQ, good cond. \$100; King size, six drawer waterbed, new heater, good cond. \$100; Super single waterbed, \$50; Electric juicer, brand new, \$20. If interested, please call 489-7130 before 2000 hrs.

For Sale - 1880's trunk \$80; cedar picnic table with 4 detachable benches \$300; bed frame \$15; Laney 50 watt tube guitar amp \$300; Casio digital keyboard \$100; Kenwood 3 pc. stereo \$50; 2 x large Sony speakers \$50/pr; Sony Beta Hi-Fi \$40; Champs work-out bench (bands) \$60; 5 ft. aluminum ladder \$30; asst. shovels and rakes. Phone 489-0906.

ROOMMATE WANTED

Male or Female wanted to share house in nice neighborhood, close to bus, \$350 per month, utilities incl., references required. Please leave message at 204-589-7069.

FOR RENT

Duplex for rent in St. James: Lovely 1200 sq.ft., 2 bedroom home, newer carpet, flooring and remodeled bath, close to ACHQ. Rent is \$650 plus hydro and heat. Call Ed Dale 477-0500.

Nous sommes à la recherche d'une personne mûre et fiable pour avoir soin de nos deux filles, âgées de trois et cinq ans, dans notre foyer. Vous devez avoir vos propres moyens de transport, car il faudra transporter les deux filles à l'école. Heures de travail sont de 8 h à 16 h du lundi au vendredi inclusivement. Vous devez parler le français couramment. Il n'est pas nécessaires de parler l'anglais. Celles qui ont transférées du Québec sont les très bienvenues. Le rémunération comprend : un salaire, le régime de pensions du Canada, les bienfaits de l'assurance chômage et le paiement de vacance. L'engagement de départ sera le lier octobre, 1997. Pour plus de renseignements, s.v.p. composer le 477-4288.

Dr. Philip S. Pass B.S.C., D.M.D.

Complete Family Dentistry

Preventative/Cosmetics/Orthodontics

Crowns/Dentures/Root Canals
Extractions/Emergency Care

Evening and Saturday Appointments Available

420-3025 Portage Ave. ph: 987-8490

ALL DENTAL PLANS ACCEPTED

KADD

Inspector 'Auto'

2 col. x 3"
C.R.A.

Ralph's Custom Tailor Shop

Specializing In Military Apparel

Air Force, Army, Navy - Any Alterations
Mess Kits & Special Sizing

1108 CORYDON AVENUE, WINNIPEG, MANITOBA, R3M 0Y8

RALPH CANTAFIO JR. - PROPRIETOR PH: 453-8533

Karen's Flowers

Offering 15% Off for Military & Gov't Personnel



Phone: 586-9636

1469 MAIN STREET
WINNIPEG, MANITOBA R2W 3V9
1-800-267-1927

JON (HUCK) FRAISER
CITY & WORLD-WIDE DELIVERY
FAX: 1-204-586-8731

BINGO - Every Mon. Wed. Fri.

7:45 p.m. Early Bird 7:30 p.m.

Crib night every Thursday at 2000 hrs.

Join us for six meat draws

made each Saturday at 1500 hrs.

DANCING - Friday & Saturday Evening

CANADIAN FORCES PERSONNEL WELCOME

Army, Navy & Air Force Veterans

in Canada

ASSINIBOIA UNIT NO. 283

3584 Portage Avenue R3K 0Z8

Phone 837-4795

THE FRIENDLY CLUB



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!

WANTED ADVERTISING SALESPERSON

This position is operated on a commission basis.

If interested, please call the Voxair Office anytime to leave your name, address & phone number

889-3963

Unisex Scissors Hairstyling

F-580 Academy Road (corner Beaverbrook)

COMPLETE HAIR CARE & ESTHETIC SERVICES

MEN • WOMEN • CHILDREN

Military Cuts	Designer Cuts	Eyebrows, Bikini, etc.
Flat Tops	Perms (all types)	Manicures
Business Cuts & Style	Master Colorist Specializing:	Pedicures
Facials	Colors, Hi-Lites, Bleach,	Facials
Manicures	All Color Corrections	Gel Nails
Pedicures	Shampoo & Sets	Eyebrow Tint, etc.
	Shampoo & Blow Dries	Make-Up (for all occasions)

204-487-4443

Specializing in Face Shapes & Style Suitability

NEW ARRIVALS



Puzzled about
Manitoba
License Plates?

- Fire insurance?
- Contents?
- Pleasure items?
- Life Insurance?

Obtain them at your Base Insurance
Office in the Main Rec Centre

autopac

Call us or drop in to:
Baldwinson Agency

BLDG 90 (REC CENTRE)
WHYTEWORLD RD
MONDAY TO FRIDAY
8:30AM TO 5:00 PM
889-2204

SERVICE IS THE SECRET OF OUR SUCCESS



- One of Winnipeg's Top Producing Agents
- Hall of Fame Award
- WREB Gold Medallion Award each year
- Re/Max 100% Club Award each year
- Registered Relocation Specialist
- Military Relocation Specialists
- Ex-Military With 26 Years of Service
- 35 Years Combined Real Estate Service

CALL MARY, KELLY OR GRANT CLEMENTS CD, FRI, R.R.S.
RCAF/CAF RETIRED

RE/MAX REAL ESTATE INC.

300-3025 Portage Avenue., Wpg., Man. R3K 2E2

Bus: (204) 837-7000 / Res: (204) 895-9036

Fax: (204) 837-7070

TOLL FREE: 1-800-361-6789



WORKING TOGETHER TO SERVE YOU BETTER FROM COAST TO COAST!

CHAPMAN ~ GODDARD ~ KAGAN

LAWYERS AND NOTARIES

1864 PORTAGE AVENUE, WINNIPEG, MANITOBA, R3J 0H2
PH: 888-7973

George E. Chapman

Alan R. Goddard

Donna G. Kagan

Kelly P. Land

George A. Derwin

Almer N. Jacksteit

Michael J. Law

Esmeralda K. Bautista

Our fees conform to the ERS guideline"

Representing Buyers and Sellers of Real Estate in the St. James Area for Over 60 Years

MAXIMUM Realty Ltd.

adj. "The Greatest Possible"

If You WANT Understanding, Service, Results
You NEED

**Orv Malcomson, CD
(204) 777-9999**

"Service with Integrity"



Stephen Patrick

Your Residential Real Estate Specialist

2003 Portage Avenue, Winnipeg, MB R3J 0K3 PH: (204) 837-1366

Patrick Realty

Serving Satisfied Customers for over 40 Years



**BUYING OR SELLING?
EXPECT EXCELLENCE!**

CALL THE AREA SPECIALIST
AGATHA WREN, RRS

REGISTERED RELOCATION SPECIALIST

PROFESSIONAL, DEDICATED & EXPERIENCED SERVICE
YOU CAN TRUST.

CALL 837-7000 or 1-800-361-6789 or

E-mail: Awren@autobahn.mb.ca

Re/Max Real Estate Inc. - 300-3025 Portage Avenue, Winnipeg, MB, R3K 2E2



**THE PALMERS
& VAL McEWAN**

Working Together...

...For You!

SERVING ALL WINNIPEG

(204) 837-7000

1-800-361-6789



BARRY A. ROY

LAWYER and NOTARY

2643 Portage Avenue, Winnipeg MB. R3J 0P9

Phone 832-1222

Fax 832-3906

REAL ESTATE LAW, BUSINESS LAW
FAMILY LAW, WILLS and ESTATES

20 YEARS experience serving residents of St. James

Fees conform to ERS guideline



"Team Work is the Key to Our Success"



PEARL LANGEN

HALL OF FAME
Gold Medallion (WREB)
Re/Max Platinum Club
Re/Max Real Estate Inc.
300-3025 Portage Ave.
Winnipeg, Manitoba R3K 2E2



TERIE LANGEN

RE/MAX 100% CLUB
Bus: (204) 837-7000 - 24 hrs
Res: (204) 837-6397
Fax: (204) 837-7070
Toll Free 1-800-361-6789

• 23 Years Combined Experience in the Real Estate Industry

• Registered Relocation Specialist (R.R.S.)

• Knowledgeable in Military Relocation

• Contacts on all Wings & Bases



ED DALE

• #1 RE/MAX AGENT IN WINNIPEG - 1996

• GOLD MEDALLION ACHIEVER 1993-96

• MILITARY (APPROVED) AGENT

PH: (204) 477-0500

TOLL FREE: 1-800-361-0500



1996 Re/Max Platinum Club



GRAND & TOY

A Boise Cascade Office Products Company.

YOUR OFFICE SUPPLY DEALER...

- Office Supplies.
- Copy Paper.
- Computer Supplies.
- Office Furniture/Chairs.
- Imprinted Promotional Products and more...

"TIME. MONEY. WE SAVE YOU BOTH."
Ph. 284-5100 Fax 452-8971 Order Desk 284-9510



JOHN GATTA
Account Manager

"Service Makes the Difference"

Trudy M. Johnson B.A.

Registered Relocation Specialist

(204) 895-8733

OR CALL TOLL FREE

1-800-361-6789

email: trudyj@mb.sympatico.ca

Website Address: http://www.mts.net/~trudy

- WREB Award Winner • Re/Max Hall of Fame • Re/Max 100% Club



each office independently owned & operated

**20 YEARS OF SUCCESS
IN WINNIPEG'S REAL ESTATE INDUSTRY**