

The VOXAIR

Vol. 45, Issue 17

17 Wing Winnipeg / 17e Escadre Winnipeg

October 1, 1997 / FREE

**Inside
This
Issue of**

**The
VOXAIR**

**NCM?
NCO?3**

17 Wing CWO enlightens us on the exact definition and proper use of the terms 'non-commissioned member' and 'non-commissioned officer'.

**RIGGING FOR
RESCUE6**

SAR Techs from 435 Sqn spend a week in the Columbia Valley, 'learning the ropes'.

**SABRE
RETURNS7**

The last Canadair F-86 Sabre, sent home by the Pakistan Air Force, takes its rightful place on display at the Western Canada Aviation Museum.

**FIRE
PREVENTION
WEEK8**



October 5th to 11th marks this year fire safety awareness week. Your participation is encouraged by entering the contests & attending an open house.

Chinthes take three of five events at SAREX 97

by Capt Laferriere and Capt Pamplin

In the end, they had to use penalty points to break the tie and proclaim the overall winning team. Both 424 Squadron, from Trenton and our own 435 Squadron were at the top, with the same amount of points, while the team with less penalty points would leave the other one behind. They were both hoping to see their squadron's number on the coveted Diamond Trophy that Thursday night at the Awards Banquet. Both squadrons felt they had the advantage: the members of 435 Sqn had won three of the five events, while the members of 424 Sqn had taken the last two events and did well in all five.

The winds played a significant role throughout the competition. In fact, winds as strong as 20 - 25 knots caused the judges to eventually call a halt to the parachute accuracy and rescue events on the first and second day. The parachute accuracy event is the one in which the SAR Techs have to jump from 2,000 feet and land as close as possible to a yellow dot in the middle of a 30 cm black,

round pad. The vast majority of jumpers were in danger of being dragged across the infield, regardless of the quality or accuracy of the landing. If not for the many helpers on hand at the pea gravel bowl, many of the SAR Techs could have gone for a "bumper-shine ride". Fortunately, the last day was more favorable and all those whose events had been rescheduled now had the advantage of a calmer day.

For those of you who still don't know which one of 424 or 435 Squadrons was declared winner, I will give you a clue: our SAR Techs completed all of their accuracy jumps in high winds... The parachute accuracy event is, in fact, what made a difference for the Chinthes. "We didn't do too well (in the parachute accuracy event), the combination of high winds and our team's light weight was a factor," explains MCpl Moroni.

Alas, 424 Sqn was declared overall winner of SAREX 97, but they are missing a lot of the trophies including the Pararescue Honor Roll Trophy which stays with 435 Sqn for the second year in a row.



SAREX 97 RESULTS

Rescue Event
435 Sqn

Medical Event
435 Sqn

Maintenance
Event
435 Sqn

Team Parachute
Accuracy
424 Sqn

Search Event
424 Sqn



MCpl Beauchamp from 435 Sqn touched down 0.10 meter from the dot on one of his jumps.

Photo by Cpl McLeod, Wing Imaging



The medical event was one of the three events dominated by 435 Sqn.

Photo by Cpl McLeod, Wing Imaging

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

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Printed By
Pembina Printing Ltd.
(204) 325-4771

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DEADLINE 3 OCTOBER 97
DATE DE TOMBÉE 3 OCTOBRE 97
NEXT ISSUE 15 OCTOBER 97
PROCHAINE ÉDITION 15 OCT 97

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VOXVIEWS

Wagering on our winter weather

by Major CM Walton-Simm, Managing Editor

Have you noticed that winter reminders are popping up everywhere, from Halloween advertising, Thanksgiving planning to the Christmas "Wish Book"? It's hard to take, after Mother Nature sent us a horrific, bitter winter last year and introduced spring with the "flood of the century". Then, almost as a peace offering, she graced us with a beautiful summer. It's difficult to let go of summer when you know what lies around the corner - or do you?

The problem is that we can't get anyone in or out of the weather reporting business to give us a straight answer. The Farmer's Almanac says we should have a winter even worse than the last one (I didn't think a worse winter possible). The "Old" Farmers' Almanac says we should have a mild winter (yahoo). Winnipeggers in the north end of Winnipeg believe that, if there is a huge spider population in the summer, a severe winter will follow (thank you for that vote of confidence). On the other hand, scientists indicate that the "El Nino" weather phenomenon brewing in

the Pacific Ocean may provide some winter relief to this part of the world.

For those of you who don't know, El Nino is a warming of the waters off equatorial South America, which causes climate abnormalities around the world. Its name, a Spanish reference to the Christ child, comes from the historic Christmas-time peak arrival of the system's warm waters in South America. El Nino normally occurs every 3 to 5 years and can last up to 12 months. The last bout was in 1993 & 1994. Past El Nino winters have been mild over western Canada and parts of the northern US but also caused devastating droughts and floods in other parts of the world, as well as effecting agriculture and the ocean's ecosystem.

In reality, I would settle for good weather until October and a "green" Halloween. If the weather we are having of late is any indication then perhaps we have a winter savior in El Nino. But if I was to make a wager in the prediction of the weather, I think I'd rely on my Spidey Senses!

Battle of Britain Sunday

Continued from last issue

by Chris Charland, Associate Air Force Historian

Canada's one and only regular fighter squadron (based at Dartmouth, Nova Scotia), had been a permanent peacetime unit before being called to prepare for active duty overseas on the 22nd of May, 1940. The decision had been made to send an R.C.A.F. fighter squadron to England, along with Army co-operation air units, in support of the 1st Canadian Division, which was being readied for duty in France. The move overseas was to take place after the unit was amalgamated with No.115 (Fighter) Squadron. Montreal Quebec's No.115 Squadron which mobilized at the outbreak of war, possessed only six aircraft, all of which hardly could be considered fighter material (3 North American Harvard Mk.IIs and 3 Fairey Battles). A number of personnel from units based in Nova Scotia (Nos.8, 10 and 11 Bomber Reconnaissance Squadrons) filled in the remaining slots needed to bring No. 1 up to full squadron complement.

The unit left Halifax on the 8th of June, 1940 aboard the *Duchess of Athol*. Arriving at Liverpool England on the 20th, they proceeded to their new home at R.A.F. Station Middle Wallop. The station was part of Fighter Command's No.11 Group. The hostilities in France were over and the Battle of Britain was about to begin. The Hawker Hurricanes that the squadron brought over were not up to R.A.F. specifications. The aircraft were quickly traded back to the R.A.F. for more modern airframes. No.1 (F) Squadron carried out training as the Battle of Britain was going on all around them.

While attached to No. 111 (F) Squadron R.A.F. at Northolt, the commanding officer S/L Ernie McNabb of Rosthern, Saskatchewan, shot down a Luftwaffe Dornier Do. 17Z-2 of 6 Staffel/Kampfgeschwader 3, also known as the "Blitz-Geschwader" scoring the first R.C.A.F. victory in the Battle of Britain. A few days later the squadron was moved to the Northolt Sector and declared operational. During its second patrol on the 26th of August while temporarily operating from

North Weald northeast of

London, the squadron tangled with a formation of 25-30 Dornier Do. 17's. The score at the end of the bout was No.1: three destroyed and three damaged. On the Luftwaffe's side, it was three precious Hurricanes downed. Flying Officer R.L. Edwards of Cobourg, Ontario was killed in action, while the C.O. and Flying Officer J.P.J. Desloges of Ottawa were forced to land their crippled aircraft, of which both were write off's.

Engagements were numerous and often ferocious with the inevitable loss of man and machine. No. 1 Squadron was actively involved on September 15th, which has already been described as the turning point in the battle. The score at the end of the day's fighting was:

For the Luftwaffe: F/O Deane Nesbitt of Westmount Quebec, while flying Hurricane #P3080. Nesbitt had shot down one Bf-109 earlier that day, and despite suffering a head injury, he managed to bail out successfully; Flying Officer R. Smither of London Ontario, killed in combat while flying Hurricane #P3876 over South London; Flying Officer A. Yuille of Montreal Quebec suffered a wound to the shoulder, but managed to bring his aircraft back safely after exchanging gunfire with a Heinkel He-111 south of London.

For No. 1 Squadron: Three Bf-109's and one Heinkel He-111 destroyed, one Heinkel He-111 and one Bf-109 probably destroyed, two and one half Heinkel-111's, one Bf-110 *Zerstorer* and one Dornier Do. 215 damaged.

Next Issue: Final Engagement



Letters to the Editor

We welcome your letters of comment or concerns and will feature them here, in our 'Letters to the Editor' column. Please forward your letter to the Voxair, 17 Wing Winnipeg, Box 17000 Stn Forces, Winnipeg, MB R3J 3Y5 or drop off at the Voxair office.

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From 17 Wing CWO

Greetings! It has been my intention to speak to you through the VOXAIR previous to this issue but, somewhere along the way, it was put on the back burner, left to simmer and not dealt with until now.

What to speak on? What would hold your interest? etc. etc. etc. This month the answer was quite simple as a number of 17 Wing members, myself included, have either misused or expressed dissatisfaction over the terms "non-commissioned member" (NCM) and "non-commissioned officer" (NCO). Two terms easily confused, not fully understood but explained fully in Personnel Newsletters 11/89 and 6/96.

To assist me, I will take the liberty of quoting the most recent letter as its explanation should clear up confusion and help those who have problems keeping the terms straight.

Firstly, definitions:

NON-COMMISSIONED MEMBER (NCM) - means any person, other than an officer, who is enrolled in, or who pursuant to law, is attached or seconded otherwise than as an officer to the CF;

NON-COMMISSIONED OFFICER (NCO) - means the rank of Corporal, the appointment of Master Corporal and the rank of Sergeant;

JUNIOR NON-COMMISSIONED OFFICER (Jr NCO) - means the rank of Corporal and the appointment of Master Corporal;

SENIOR NON-COMMISSIONED OFFICER (Sr NCO) - means the rank of Sergeant; &

WARRANT OFFICER (WO) - means those ranks between commissioned officers and non-commissioned officers, exclusive of Officer Cadet, specifically Warrant Officer, Master Warrant Officer and Chief Warrant Officer.

The equivalent Navy ranks and certain Army Regimental or Corps rank designators fall into the appropriate definition above.

Consequently, the term NCM is used to collectively describe all members of the CF other than officers. Within this collective term, it is correct to use the terms NCO, Jr NCO, Sr NCO and Warrant Officer.

In conclusion, we should use SR NCO vice SR NCM which is not a meaningful or legitimate term, NCO i/c and not NCM i/c and the Warrant Officers and Sergeants' Mess vice the Sr NCO/NCM Mess.

Hopefully, this may clear up any misunderstandings. Until the next time -

CWO Lynda Ann Smith sends



CWO Lynda Ann Smith



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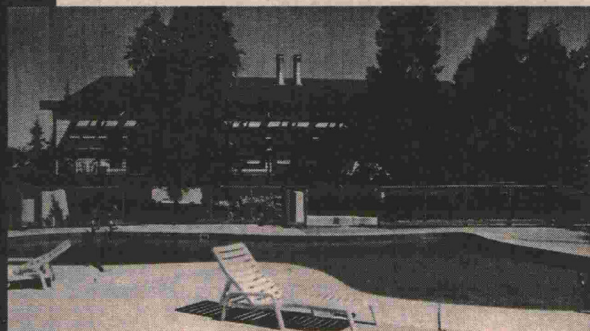
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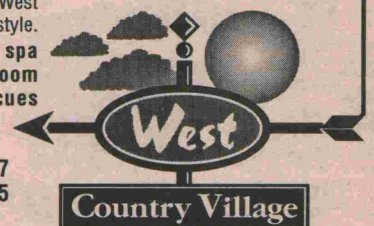
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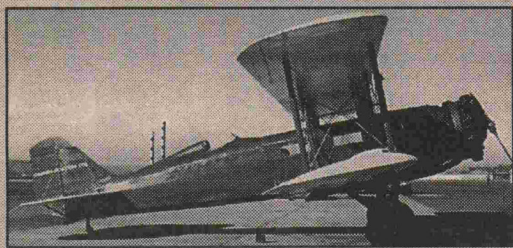
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Civvy-life strikes twice at TMPC

The Canadian Forces Training Material Production Centre held a double-header retirement luncheon September 9th, honouring the lengthy service and dedication of both the former CO Capt Stew Macdonald and his 2IC

Sgt Dahyle Steinmar. Capt Macdonald capped his 30-year career with six of the best at CFTMPC, presiding over the evolution of the civilian-staffed publishing unit into a full-service communications unit, which now

produces everything from multilingual documents, brochures and posters to 3D animation, web sites and CBT products.

Sgt Steinmar served the last three of her 20 service years at the CFB Wpg lodger unit, and the Nova Scotia native did much to improve and streamline the administrative operations of the unit she leaves behind.

Best wishes to both from their comrades left behind.



Sgt Dahyle Steinmar (ret)



Captain Stew Macdonald (ret)

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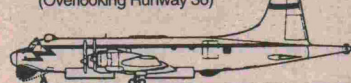
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Community Policing Corner Bicycle Registration

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

You may think it strange talking about bicycle registration in October, however, as the WSAMP Found Property Custodian, I can attest it is never too late to think about the safety of one's personal property. It is as simple as recording the bicycle's serial number, make, model and colour, at the same time you are wiping the dirt off & oiling any parts that need oiling for a long winter storage.

In this article, I would like to inform you about a program that has been running since 1995, and is sponsored by both Winnipeg Police Services, as well

as this SAMP Sqn. It consists of people volunteering to have their bicycle or bicycles registered, in the event that they are stolen, and later recovered.

More than 4,000 bicycles are stolen in Winnipeg each year. While only about 1,500 are recovered, only about 10 percent of those recovered are able to be returned to their rightful owners. In 1995, there were approximately 2,683 reported stolen bicycles, with a reported value exceeding \$1,100,000. The city of Winnipeg established the Bicycle Recovery Section, which in 1995, recovered 1,320 bicycles, of which only 7.2%, or 95, were claimed by their rightful owners. The City of Winnipeg sold the remaining 1,225 bicycles by public auction. This was due to these bicycles not being registered with the bicycle registration program, and there being no way of learning who their owners were.

In April 1995, the City of Winnipeg Community Services Department introduced a new initiative known as a voluntary "one-time bicycle registration" program. This program is strictly voluntary & applications can be obtained year round at the SAMP Sqn main desk, the Battalion RP Section, or the MFRC, located at 350 Doncaster, in the South PMQs.

The cost for this one-time registration is \$5.35 per bicycle. If you are interested, all you have to do is pick up an application form, fill in the information, and mail back, with the \$5.35, to the address on the form. This information will be entered into a computer database, and can then be used in matching against recovered bicycles. In return, you will receive a sticker (one for each application sent in), that you place on the appropriate bicycle. This sticker cannot

be removed without being destroyed. On the sticker is a registration number, which can be traced through the computer database. A positive match with this number results in notification to the registered owner, who then may claim his/her property.

For those members of the CF who are posted on a frequent basis, this registration program can also apply. The information about your bicycle is also accessible through CPIC, which is a Canada-wide police computer network. So, even if you are posted from Winnipeg to parts unknown in Canada, you can still have comfort of mind, knowing that your bicycle can still be recovered, if found.

As mentioned earlier, this is a voluntary program. You are the one who has to decide whether you feel your bicycle or bicycles are worth protecting. Also remember that you should take additional measures, such as locking your bicycle when not in use, securing it in a garage, or storing it in your residence for the winter. It is also wise to lock your bicycle to a fixed object when it is in your garage. In this manner, should a person gain access into your garage, they cannot steal your bicycles. This also applies to any other attractive objects stored in your garage as well. All it takes is a long piece of chain that can be passed through all of the items, and a lock.

One should keep a copy of such important information as serial and model numbers, description, colour and cost of expensive items in your household. This will not only aid the police but your insurance company as well. You should also consider engraving all of your attractive items, both inside and outside of your residence. This service is offered free of charge by this SAMP Sqn.

If you have any questions about this program, or on how to properly document or engrave your valuables, please contact myself at 833-2500, ext. 2474.

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Rigging for Rescue

by Sgt Ed Holleman, 435 Squadron

Since 1986, participants from across North America have a way of finding the small town of Wilmer, B.C. situated in the Columbia Valley. Since late May the entire SAR Tech Section at 435 (T+R) Sqn have been fortunate to be course loaded among the five different seminars this year. 'Rigging for Rescue' is a technical ropework seminar owned and operated by Kirk and Katie Mauthner who review, test, evaluate and teach numerous ropework techniques - often exposing assumptions about ropework that are assumed safe and correct. Their data-based approach has led to the introduction of practical techniques that are gentle to the rope, patient, and rescuer - while maintaining high levels of safety.

The most recent crew should have had some premonition as to what might go wrong that week. One of the SAR Techs enroute from Calgary to Invermere in a rental vehicle had difficulty figuring out the case of the phantom radio. As most of us know or have experienced, radio controls can be operated both in the front and the back. This particular individual had no clue why the controls kept changing as soon as his hand approached the dial. DUH! The laughing should have given it away.

Anyway we finally arrived at class the first day. A typical morning would consist of lectures, demonstrations and discussions. Around noon, we would assemble our equipment and put our new found knowledge to use with practical hands-on field exercises and challenges. Thinking then that the day was over, we were jolted into reality with the news that supper break was not for a couple of hours. After the supper break, all students returned to complete exercise analysis, literature evaluation, rope rescue findings, consideration of new equipment and suggested techniques. The combination of class and fresh air resulted in occasional glazed looks and saturated data banks from every student. It was great just to put your head on the pillow and pass out with relief.

This course which is considered the bare minimum, as background, to be an effective instructor, lasted seven full days (70+ hours) & covered basic principles of ropes, knots, harnesses, belaying, rappelling anchor points and rope systems. In conjunction, we practiced command and control of rescue operations, litter rigging and patient packaging. Among our seminar dates were firefighters, rescue personnel, industrial rescuers & professional mountain guides. We all were encouraged to bring our thinking caps, be interactive and conduct critical analysis on all rope systems.

Prior to going out and setting up the rope systems, we explored the physics of pulley systems. As early as 350 B.C. Aristotle had left a record of a "sophisticated" pulley arrangement, showing how half the effort was required to lift a load. Sometimes also referred to as a "block and tackle", pulley systems are common to other

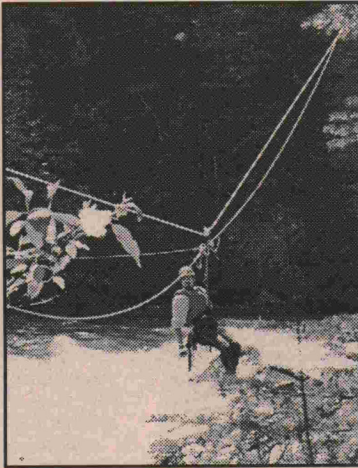
fields such as seamanship, construction and even auto mechanics; most cranes and hoists use some kind of block and tackle systems.

The use of the pulley systems allowed us to tension a 'highline'. This term refers to a system that uses rope to suspend a load (people, equipment) over a span. Whether the evacuation is conducted in a remote area or from a water tower in a city, the same principles still apply. The key variables that determine how a highline will be set up are: the span, the angle between end stations, length of ropes, available equipment, access limitations to either side, the terrain, number of people, the size and location of the load and communication considerations. As one might expect shouting over the roar of a raging river or the echo of rock canyons is self defeating therefore a radio (with fresh batteries) was the only and most suitable choice.

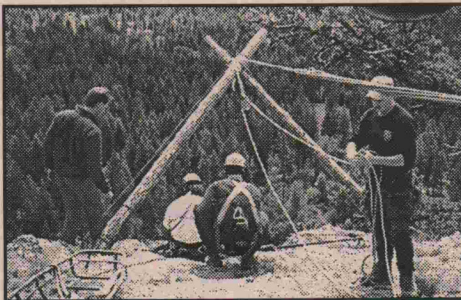
Although there are many ways to categorize highlines, there is a distinction drawn between horizontal (10 degrees or less), sloping (10-45 degrees) and steep (45+ degrees). The routine involves having two teams, one at each end. Often the greatest difficulty is getting the first line across. Pre-planning which equipment needs to be at each end, and once the first line is across, prioritizing which ropes and equipment will be ferried back and forth, is the key to efficiency. If the span is very short, the main rope and safety ropes themselves may be tossed to the other side. However if this cannot be done, a small diameter messenger cord may be needed to haul the ropes across. There are various ways to accomplish this. It can be carried, thrown, or shot across with a line gun, compound bow, slingshot or solid, air fueled rocket, or it may be transported across the water by a boat in river rescue. Be sure that you select a person with a true throwing arm. We went through 4 people who may have believed that they were finalists for the major leagues. Alas, we succeeded. After attaching the main rope to the messenger cord, it is pulled across the span, tied off and slightly tensioned. A tag rope (safety

rope) is attached to the main line with a carabiner and sent across in the opposite direction. Its primary purpose is to pull the load from one side to the other and act as a safety if the main rope fails. The person or load is suspended from the main rope via a very large pulley. This device is capable of sustaining multiple direction forces. Although the fun is to ride the pulley across with the rest of your team grunting and groaning due to your lack of dietary foresight, the class begins with a critical analysis to determine if the system is correctly connected and what happens if it fails. In all cases the interlocking main and belay ropes act as a safety. In addition there is no 'one-correct-way' to rig highlines, therefore each student involved must have a thorough understanding of rigging and operating principles and concepts to the specific rescue at hand. As one might appreciate, the theory can be dry, but placed in context with practical training, allows us to focus on developing our critical thinking on all rescue systems.

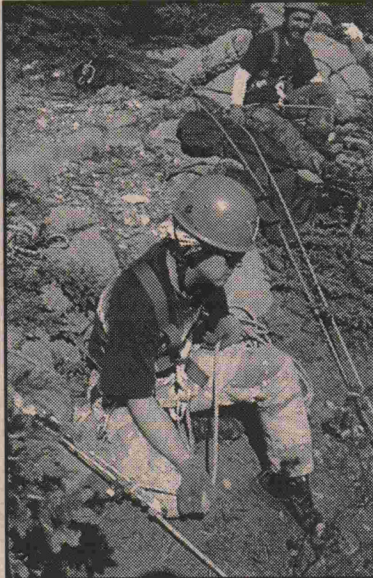
Kirk always stressed to his students that knowledge provides understanding, skill provides ability, practice provides proficiency, and from these, together with experience, comes judgement.



Traversing the gorge on a high-line.



These rescuers are constructing a 'Bi-pole', or 'A-Frame.' It is used to effect safe extraction from the side of a mountain.



Belay that rope! The person in the foreground is called the 'belayer.' Sometimes he is also referred to as the brake man.



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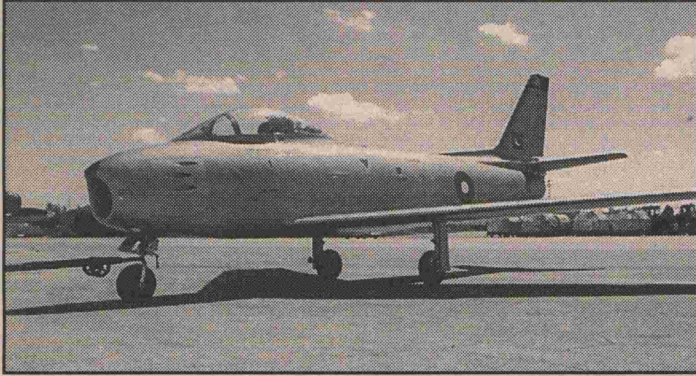
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Sabre #1815 returns to Canada



F-86 Sabre #1815, the last Sabre built in Canada by Canadair, shown here leaving the Air Canada maintenance hangar in Winnipeg en-route to the WCAM, August 8, 1997.

Photo by Beverley Tallon, WCAM



Members of SPAADS (RCAF Sabre Pilots Association of the Air Division Squadrons) gather to pay tribute to their old aircraft - the Sabre jet.

Photo by Beverley Tallon, WCAM

by Gwen Kerr, WCAM Marketing Officer

Rolling a gleaming, newly-painted Sabre Jet into a hangar for the first time is a sight everyone will remember but very few will ever experience. Four hundred guests assembled at the Western Canada Aviation Museum (WCAM) in Winnipeg, August 8, 1997, for just that experience. The Museum was about to welcome Canadair Sabre #1815, the last Sabre ever built in Canada, into its already impressive aircraft collection.

The story actually began a number of years ago when the WCAM sent a letter to the Pakistan Air Force (PAF) inquiring about the possibility of acquiring a Sabre that was about to be retired from the PAF's active service list. (Built in Canada, Sabres represented the leading edge of modern jet technology in the 1950's and as a result, served in Air Forces all over the world right up to the 1970's.) Not receiving a reply to the request, the WCAM went about its business until 1996 when the PAF's Air Commodore Kamran Qureshi contacted the WCAM to see when they were coming to get their airplane! With the wheels now in motion and with the help of 435 Squadron, the Museum was able to retrieve the Sabre in May of 1996. Tragically, the very helpful and generous Air Commodore died in a drowning accident within hours of seeing the Sabre off to its new home.

Back at the Museum, preparations were being made to restore Sabre #1815 to its former condition. The decision was made to honour Air Commodore Qureshi by painting the Sabre in PAF colours and to add the Air Commodore's name on the rim of the cockpit. Winnipeg's 402 Squadron took on the task of restoring the body of the aircraft and Air Canada donated the time and skill to paint and apply the markings.

By August 8th, the Sabre was ready and the WCAM's guests gathered in the hangar to hear fascinating speeches by former RCAF Sabre pilots Andy MacKenzie, Syd Burrows and Jim Pugh. Also providing welcoming remarks were Pakistan Delegate Dr. Khaliq Ahmed, MP John Harvard, WCAM President Bill Tweed and Executive Director George Elliott. As Jim Pugh raised his champagne glass in salute, the hangar doors opened and the Sabre moved forward into the Museum to the strains of the Air Force March. It was a very dramatic and touching moment that brought some to the point of tears.

The Sabre now has a place of honour in the Western Canada Aviation Museum's permanent collection and can be seen Monday to Saturday 10 am to 4 pm and Sundays 1 pm to 4 pm. For more information please contact the WCAM at (204) 786-5503.



Squadron Leader Andy MacKenzie DFC, CD, thrills the audience with a passionate speech about his experiences as a Sabre pilot and POW during the Korean War.

Photo by Beverley Tallon, WCAM

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Fire Prevention Week

Fire Prevention Week is fast approaching and is a good time to stop for a few minutes to check at home and work for any fire hazards. You should always be aware of the potential for fire and keep your home and workplace safe.

This year Fire Prevention Week runs from the 5th to the 11th of October 1997. The theme for this year is "KNOW WHEN TO GO: REACT FAST TO FIRE," and is a timely reminder of the perils of facing a fire situation.

Fire Prevention Week, always runs to include the 9th of October in memory of the Great Chicago Fire, which was one of the most colossal disasters in American history. It all began on the 8th of October 1871, when a fire started on the southwest side of the city. Historians believe the fire started in a barn owned by Mrs. O'Leary. According to the legend, a cow kicked over a lite lantern in the barn. Fanned by strong winds, the flames raced north and east through the city. The fire grew so large it leaped across the river and chased panic-stricken families fleeing north toward Lincoln

Park. Hundreds of other families fled into the cold waters of Lake Michigan.

The fire raged for more than 24 hours, wiping out the downtown area and most north side homes. By the time it was over the fire had killed at least 300 people and left 100,000 homeless. The fire also destroyed about \$200 million worth of property.

To commemorate the Great Fire, the Americans decided to have the first Fire Prevention Day in 1911. In 1922, Canada and the United State observed National Fire Prevention Week - the first campaign to educate the public in Fire Safety.

During Fire Prevention Week the Fire Department will be hosting an open house on the 11 October 1997 from 1300-1530 hrs. Everyone is invited to come and join us for demonstrations of the air bag and the jaws of life.

The Fire Department will be happy to answer any questions you may have. Please come and enjoy this afternoon of fun.

FIRE FACTS

- A hostile fire occurs approximately every 8 minutes in Canada.
- Fire departments answer over 67,000 fire calls annually in Canada.
- A fire death occurs on average every 20 hours in Canada.
- About 80% of all Canadian fire deaths occur in home fires.
- A fire injury occurs on average every 2 hours in Canada.
- Approximately 4,200 fire injuries are reported annually in Canada.

Hey kids and adults, here are two contests just for you

FIREFIGHTERS
are your friends.
If there's a fire, it's
their job to put
it out.



NAME: _____
PHONE #: _____
AGE: _____

Firefighters can also help you learn how to keep fires from starting.

The first contest will be a word puzzle game. This contest is open only to military personnel and their dependants and Department of National Defense employees and their dependants. First prizes will be a 5 lb. ABC fire extinguisher; and second prizes will be battery operated smoke detectors.

The second contest will be a coloring contest. This contest is open only to military and Department of National Defense employees and their dependants.

Age categories are as follows: 3 - 5, 6 - 8 and 9 - 10 years old. Entries will be judged with winners receiving cash prizes. Parents please print the name, age and phone number of the child that coloured the picture.

All entries should be in by 10 October 1997, and the final judging will take place on 13 October 1997. Winners will be notified by phone and their picture will also be in the Voxair.

Send all entries to: MFRC, 350 Doncaster Street, Winnipeg, MB R3N 1W8.

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The Adventures of Mr. Greentree

SAVE THE RAIN FOREST

STOP STRIP-MINING FOR BAUXITE**!!

Meanwhile... at the aluminum company...

Bad news, boss We can't get enough recycled cans.

Hello...get me the mine!

Right, mine!

Later that day, deep in the rain forest...

Okay men, the boss wants more Bauxite, so clear those trees away so we can mine there.

Mr. Greentree says...

Let's break this cycle kids! Think globally, but act locally!

*BAUXITE is what aluminum is made from

CFANS Change of Command Parade

On Thursday, 24 July 1997, command of the Canadian Forces Air Navigation School changed hands when Lieutenant-Colonel Ken Kerr (left) signed over command to Lieutenant-Colonel Stephan Kummel (third from left).

The parade was comprised of staff and students of CFANS, with music provided by the Air Command Band. Colonel T.F. Watt, 17 Wing Commander presided over the ceremonies.



Fire Prevention Week Proclamation



Wing Command, Col Watt (right) presents the Fire Prevention Week Proclamation to the acting Wing Fire Chief, Sgt J.D. Robertson (centre) and Fire Inspector, MCpl B. Gauthier.

Certificate of Service



MGen Macdonald (right) presents LCol Harwood with his Certificate of Service to commemorate his dedicated and outstanding service. LCol Harwood spent the last of his 24 years as the Senior Staff Officer Accounts & Finance at 1 CAD.

Chapels are for Children

by Padre Robert Sparks

It is great to see so many people getting into the swing of the fall programs at 17 Wing. All the clubs and groups are coming out with their fall schedule of activities.

I want to tell you about the Sunday School activities at the chapels. But first, let me fill you in on the Vacation Bible School held in August.

Over 60 children were involved. They were divided into four classes by age. There were equal numbers of teachers from the Roman Catholic and Protestant communities. We didn't even take a count of which communities the children were associated with. I think that it all bids very well for the cooperation and fun that the chapel communities can have together.

The theme of the studies was "keeping promises." The curriculum was from the Standard Publishing Company. We had many excellent Bible stories. These stories are very well presented for the ages of the children and very appropriate to address modern situations for all ages.

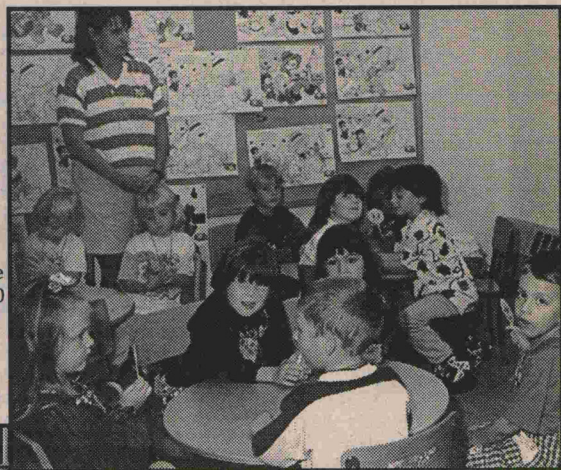
As you can see from the pictures, everyone was having a truly great time. The day began with the arrival of a bus with families from the south site. First we sang songs and then Padre MacLean was our daily storyteller. Then it was off to the four classes. A special thanks to our teachers: Padre Ohs, Mr. McLeod, Mrs. Bernard and Mr. Graham. Next was snack time. The small registration fee as well as several generous donations of snacks helped to make this an enjoyable break. Following snacks were crafts. This curriculum provided many outstanding theme-related crafts. The crafts were also very appropriate for each age group. The morning ended with the whole group together to sing songs.

Finishing up the week was as much fun as the early part of the week. On Friday, we had a lunch of hotdogs, etc. Then, on Sunday we had a special worship service for all those graduating from Vacation Bible School. The church was full with parents and friends. The children sang their new songs and showed off

the completed craft projects.

A special thanks to all those who helped organize, teach, lead and play music, prepare snacks or just helped out. Next summer watch for another Vacation Bible School.

In the meantime, Christian training continues. If you would like to enroll your children in regular Sunday School classes, please call and/or leave a message at our office 833-2500 ext 5417 and we will direct you to the appropriate Sunday School, North or South, Protestant or Catholic.



Cold or Flu - what to do?

SLt D. Dynes, Community Health office

Whenever you are concerned about your health, you should report to the MIR for examination. However, knowing the difference in symptoms between colds and influenza (the flu) may help bring you some peace of mind and help you decide how best to care for yourself. The Flu Facts sheet lists the different symptoms of colds and influenza.

Both illnesses are viruses. At present there is no cure for colds or influenza, but there are ways to help avoid and to treat the symptoms of both.

It is important in the avoidance of any illness to maintain a healthy lifestyle. This includes eating a healthy diet, sufficient in quantity and quality; keeping yourself well hydrated; avoiding smoking; drinking alcohol in moderation, if at all; resting properly; exercising regularly; and managing your stress.

Good hygiene is also important, especially practicing proper handwashing. Doorknobs, keyboards, telephones - any object touched by many people every day is a great home for viruses and bacteria. Washing your hands after using the washroom, sneezing or coughing, before and after eating, etc. is an important preventative measure. Think about where your hands have been, and try to make sure they are clean before coming near your face.

Symptomatic treatment can be achieved using over the counter medicines, but there are some extremely effective treatments you can use at home, for low cost. For sore throats, gargle salt water. Put about 1/2 teaspoon of salt in a glass of water and gargle the li-

quid, several times a day. Start this treatment as soon as your throat feels "scratchy" or a bit sore. Drink as much liquid as you can. This doesn't have to be orange juice, although orange juice is good for you. Any liquid you like is good because you will drink more of it, however alcohol and caffeine should be limited because they can contribute to dehydration by causing your body to eliminate more liquid. A drink that some find soothing is a mixture of about a tablespoon of lemon juice, hot water, and honey to your taste. The pharmacist is a good resource person to consult regarding any over the counter medication you choose to try.

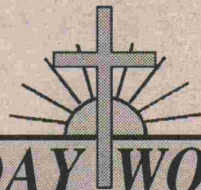
In general, colds are less severe than influenza. Both can be treated symptomatically, but will last as long as the virus persists in your body; therefore, the best treatment is to follow a healthy lifestyle so that your immune system is at its best, then begin the at-home treatments as soon as symptoms begin. Always see a doctor if you are concerned about your symptoms.

A word about the flu shot: it will not prevent colds, nor will it definitely prevent influenza. It cannot give you the flu. It helps prevent influenza, or reduce its severity. Most people do not need the flu shot. Some reasons to get it include chronic illness, active asthma, frequent infections with influenza in the past, working in health care areas. The vaccine is usually available early in the fall.

For more info on colds & influenza or the flu shot, feel free to contact the Community Health office at 5116.

FLU FACTS

SYMPTOMS	COLD	INFLUENZA
Fever	Rare	Characteristic high (38 - 40°C); sudden onset lasts 3 - 4 days
Headache	Rare	Prominent
General aches and pains	Slight	Usual; often quite severe
Fatigue and weakness	Quite mild	Extreme; can last up to a month
Prostration	Never	Early & prominent
Runny, stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate; hacking cough	Common; can become severe
Complications	Sinus congestion or earache	Bronchitis, pneumonia; can be life threatening



SUNDAY WORSHIP SERVICES

NORTH SITE		SOUTH SITE	
0900 hrs	Roman Catholic	0930 hrs	Protestant
1100 hrs	Protestant	1100 hrs	Roman Catholic

Roman Catholic Mass
Saturday, 1700 hrs, North Site

For Baptisms & Marriages, contact the appropriate Chaplain:

Roman Catholic	Padre MacLean	5272
Anglican	Padre Ohs	5417
Methodist	Padre Merriman	6022
Presbyterian	Padre Sparks	2267

For marriages, it is best to plan well ahead. Six months or more is reasonable planning time. The first thing to do is to contact the Chaplain and reserve the Chapel. If the Chapel is not available, there is no use in planning the rest of the celebration. The pre-marriage course and premarriage counselling can come later.

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.

F
CARRIÈRE
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R
E

Pluri-elles (Manitoba) Inc.

Premarriage Course

On the weekend of 17 and 18 Oct, we will offer a course to prepare couples for marriage. The title may be slightly misleading because we accept other couples for the course as well. Due to the exigencies of being in the Forces, some people cannot schedule the course until shortly after their wedding. Another group that we accept registrations from is those who are setting up a commonlaw relationship. The course is designed for couples who are working at beginning a relationship and a life together.

There are several benefits to this course. Studies have shown that couples who attend this course have a 50 percent lower rate of separation in the years to come. The great majority of couples also say that they have more joy and a much better relationship. This course will fulfill the course requirements for most denominations. This course is also a good prerequisite for a marriage enrichment course that a couple might take 7 - 15 years into their marriage.

What is taught in this course? Although this course is coordinated by the Wing Chaplains' Office, this course is not specifically a religious course. (Religion is mentioned in the section on personal values).

There will be a one hour teaching and discus-

sion time on each of the following topics:

1. Expectations and Reality
2. Identity and Values
3. Roles within the Relationship
4. Communication - Talking and Listening
5. Communication - Intimacy
6. Creative Conflict
7. Sexuality
8. Lifestyle
9. Future Growth

Several other offices at 17 Wing are assisting in teaching this course. These include the Social Workers of Wing Hospital and the MFRC.

The course runs from 1900 - 2200 hrs 17 Oct, and 0900 - 1600 hrs 18 Oct. There are coffee breaks between each session and you are asked to bring a bag lunch for Saturday. In the civilian world, I have seen this same course advertised for \$120.00 - \$200.00. We ask \$5.00 per couple to cover coffee, tea, and donuts.

The number of couples to be registered will be limited to afford for good discussion. You can register by calling Padre Sparks at 833-2500 ext. 2267. Please leave a message including your home phone number and I will call you to confirm registration.

PRIDE		FAITH
IN		IN
OUR		OUR
PAST		FUTURE

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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

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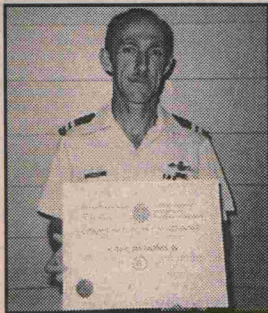
17 WING SPORTS SECTION

Fitness Awards for Aerobic Excellence

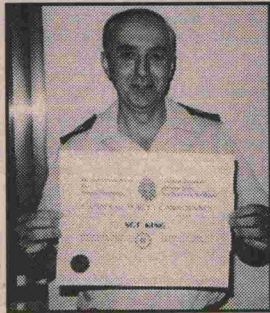
Need a little something to motivate you to get back into shape. The Canadian Forces Physical Fitness Award for Aerobic Excellence could be the answer. It provides recognition for members who demonstrate an exceptional level of aerobic fitness. All it requires is accumulating 2000 units from participation in aerobically oriented activities in less than two years. You can accumulate units through participating in one or more of the 12 activities that are offered: swimming, jogging, snow-shoeing, cross-country skiing, skating, walking, aerobic classes, cycling and stationary cycling, rowing, stationary rowing, cross-country skiing machine and stair climbing. In recognition for your hard work, you will be presented with a scroll and the appropriate seal achieved. There are six different seals to achieve for each scroll and a total of seven different scrolls to accumulate. You don't have to achieve all of them but why not achieve one, or better yet, why not phone your Fitness Coordinator, Lori Ann Mundt, local 2056, to register to get started. Remember, what you put into it, is what you will get out of it.

Congratulations to Capt Dymond for achieving his fourth scroll and red seal, Sgt King for achieving his second scroll and red seal, MCpl Rootes for his first scroll and red seal, Cpl Hamilton for achieving his first scroll and blue seal, (picture not available) and WO Belzile for achieving his first scroll and red seal, (picture not available).

KEEP UP THE GREAT WORK!



Capt Dymond - Scroll #4, Red Seal



Sgt King - Scroll #2, Red Seal



MCpl Rootes - Scroll #1, Red Seal

NOTE: AEROBICS CLASSES

We are still looking for an instructor! If you know of anyone who is certified to instruct or if you yourself are interested, please contact the Fitness Coordinator, Lori Ann Mundt, ext. 2056.

How 'bout curling?

The CFB Winnipeg Curling Club will commence Regular Season Curling on Sunday, 5 October 1997. There is still room for teams and individuals in all leagues. For information on space availability, call any of the following personnel:

Men's	All Leagues	Merv Satterthwaite	889-0546 home 633-9600 work
Ladies'	Tuesdays	Terry Hebert	889-9132
Ladies'	Fridays	Dolly James	889-2193
Mixed	All Leagues	Stu Brown	488-6518 home 287-8812 work
Club Manager		Ross Forbes	888-4354

Additionally, Junior Curling for curlers from the age of 9 to 20 (as of 1 July 1997), will begin on 20 October 1997. Registration for Junior Curling will take place at the Club on Monday, 6 October 1997, from 1630 - 1800 hrs (4:30 p.m. - 6:00 p.m.). Those interested who cannot make the registration, or who would like more information on the Junior League, are requested to contact Robin Nelson at 489-9826 (home) or 775-8835 (work).

SPECIALIZING IN DOMESTIC & ADVANCED LEVELS OF FIRST AID & CPR

OFFERING COURSES IN: FIRST AID / CPR, WILDERNESS FIRST AID, SEARCH AND RESCUE, WHMIS, FIRE PREVENTION, ACLS, BTLS, ADVANCED FIRST AID LEVELS 1 & 2.

DATES FOR THE FOLLOWING COURSES AT THE VISCOUNT GORT HOTEL, 1670 PORTAGE AVE., WINNIPEG, MB.

ALL FULL DAY COURSES INCLUDE LUNCH

PRICE INCLUDES TAX

CPR: OCTOBER 11 OR 12 OR NOVEMBER 29 OR 30 1/2 DAY \$25 - FULL DAY \$42
ADULT: 0830 - 1200 A.M. INFANT/CHILD: 1300 - 1600 P.M.

EMERGENCY & STANDARD FIRST AID: NOVEMBER 1 NOVEMBER 1 & 2 EMERGENCY \$44 STANDARD \$64

OTHER COURSES:

ADVANCED FIRST AID: OCT. 24 (EVE), 25, 26, NOV. 1 & 2 OR NOV. 24 TO 28
SEARCH & RESCUE: NOV. 8 & 9 OR NOV. 22 & 23
WINTER SURVIVAL: NOV. 15 & 16 OR DEC. 6 & 7
WILDERNESS FIRST AID: 2nd & 4th WEEKEND OF EVERY MONTH

ARCTIC STAR

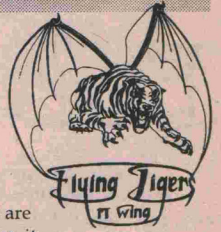


PHONE 792-4759 TO RESERVE YOUR POSITION.

ARCTIC STAR WILDERNESS MEDICINE, 162-2025 CORYDON AVE., WINNIPEG, MB

WILDERNESS MEDICINE

What it's all about...



Now that the dust has settled, try-outs are over and the Registration Fair is behind us, it seems that many of you have seen or heard of the Flying Tigers Swim Team (FTST) for the first time. Time was short at the fair, and although we had an excellent response, we didn't have time to talk to everyone.

The FTST was established and affiliated with Swim Manitoba in 1991 and although not a "learn to swim program" (must be able to swim one full length of the pool, 25 meters), your youngster will have his/her first experience (maybe) in the non-competitive level group. This group emphasizes stroke and skill development, start and turns, competitive strokes and will start developing endurance.

If it is her/his first experience with a swim team, it is probably the best place to start. It will increase their self confidence and they'll also have room to improve where needed and get better where they are already strong. They will be guided by our qualified coaching staff and when ready, they will be offered the opportunity to compete. Competition is not automatic, however, they have to work for it and they have to want to compete.

Competitive Group Level I - this is the rookie year. First competitive level in the team. The competition is strong and practices are long. There is intense stroke and skill development, competitive rules, endurance and sprint training and psychological training.

Competitive Group Level II - for the more experienced, 'older' swimmers who have a few competitions under their belts. They have good ability and competitive spirit and they are not afraid of long workouts (up to five days a week).

But don't worry, while learning and improving quickly, they have a lot of FUN, and that is probably one of the most important, if not THE most important, ingredients to success.

If you want to know and see more about the Flying Tigers Swim Team, drop by the Lipsett Pool; we are here every day at 5 p.m. See you at the pool, Tigers!

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MFRC ANNOUNCEMENTS

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

Fun Day Follies

On Saturday, 13 September 1997, the Military Family Resource Centre hosted their Family Fun Day. With a great time had by all ages and over \$1000 raised for the MFRC Youth Centre, the event was definitely a success!

The Family Fun Day featured, among other events, the 2nd Annual MFRC Chili Bake-Off. Thanks to all who brought Chili and thanks to all who judged. The winner of the 1998 Entertainment Treasure Chest Book for the best Chili was A.J. Doirion; boy, was it hot!

THANK YOU

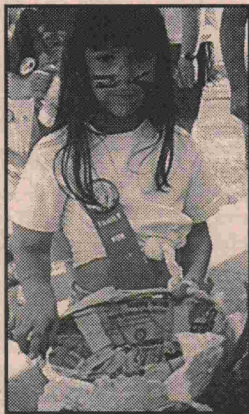
The list of volunteers, supporters and donations is long, but here it goes... Vlasta Amizic, Jeff Belisle, Jelle Blom, Marcia Blom, Jarrod Brennan, Jen Dilts, Tricia Brennan, Keith Brine, Irene DeHmage, Heidi Doirion, Nancy Galarneua, Terri Hastings, George Hayward, Rob Hillman, Laurie Johnson, Lois Johnson, Sheila Longlois, Catherine Mayor, Tricia McIntyre, Yvette McRae, Tarla Mistry, Gaetane Pineault, Katie Merriman, Gus Poole, Gayle Quick, Michelle Quirron, Kim Reading, Shell Ryan, Brittney Seyour, Beulah Spence, Rob Taillon, Diana Taylor, Danielle Thuen, Rochelle Werry, Sara Wiseman.

WING SUPPORT: W Comd, 2PPCLI, W Foods, W Tn, W Telecom, Fitness and Sports, Fire Hall, Community Council, WMCA, W Supply, W Samp O, NPF, CE



W Commander Col Tom Watt presents the runners-up car rally award to (L to R) Michael, Nigel and Emily Jenkins. The Car Rally/Poker Derby winners were: Best Hand - The Girard Family; Runners-Up - The Jenkins Family; Lead Foot - The Wren Family; Dead Last - The Solar Family; Worst Hand - The Blom Family. Thanks to everyone who participated in the Second Annual MFRC Car Rally. See you next year!

The Dunk Tank was incredibly funny thanks to the following great sports (victims): Col Tom Watt - W Comd (pictured at right), Col Dave Fraser - CO 2PPCLI, HCol - Ben Van Ruiten, CWO Smith - Base Chief, DCO - 2PPCLI, W Sup O, W Surg, CWO Smith (Supply), Capt Potts (Supply), Capt "Happy Birthday" Priestman (now that's a sport!), Mayor - Lt Lillico, Don Brennan and Jelle Blom, MFRC. We would like to commend Lt Bison for his skillful and innovative approach to getting the W Sup O and CWO additional time in the Dunk Tank.



Raven Galarneau enjoys Fun Day activities.

DONATIONS: Bleachers (Whytewold), Ceramics Club, IGA on Ness, Gerry's Bakery on Ness, Robins Donuts on Ness, Big Sand Volleyball on 167 Garry Street, Superstore on Grant Ave., Big Brother's Organization, Golf Land Driving Range Golf Course Miniature Golf and Batting Cages at 1565 Niakwa E. St. Boniface, Old Dutch Potato Chips Ltd. (discount), MTS.

Special thanks goes to Master Seaman Paedant and Cpl Davidson who cooked for Family Fun Day. A great job! We really appreciate you volunteering your time.



VOLUNTEER OPPORTUNITIES

The MFRC is always accepting volunteers for programs that run all year round. Time commitment is up to you. It is always a great way of meeting new people in your community. If you have a special talent, like children or just like to keep busy.

- Nursery School Programs
- Newsletter Delivery
- Fundraising
- Youth Programs
- Office
- Toy Lending Library

For more information on any of these volunteer opportunities, please contact Linda Belisle at the MFRC 489-7003.

CHILDREN & YOUTH 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)

Gym & Movement

Come and learn to play with your child. Program includes developing large muscle skills, creative movement, parachute games and co-operative games. Lipsett Hall, Thurs. 1 - 2 p.m. Starting 2 October. Cost is \$20 for 10 weeks. Parent participation is required.

Nursery School

We still have space in the A.M. Nursery School, Wednesdays & Fridays. \$50 per month. \$15 annual registration fee.

Prématornelle Française

Le centre de ressources pour les familles militaires offre un prématernelle française au "Westwin Children's Centre" trois après-midi par semaine. Nous donnons aux enfants de 3 et 4 ans la chance de socialiser dans un environnement joyeux et sain. Parmi les activités nous retrouvons de histoires, chansons, bricolages, jeux de langage et des jeux libres. Nous possédons aussi un endroit pour faire des jeux moteurs. Westwin Children's Centre, lundi, mardi et jeudi après-midi de 13h00 @ 15h15. Coût: 67\$ par mois 15\$ de frais d'inscription par année. Pour s'inscrire, téléphonez 822-2500 poste 2491.

Creative Tot Shop

This program is the first step towards Nursery School. Here's a chance for parents and young children to come together to create and play. The toddler/pre-schooler can explore the world of arts, music, movement and story. Parent participation is required. For information call 833-2500 ext. 6846. Please bring a snack for your child. Lipsett Hall Nursery School, Monday 1:30-3:00 p.m., \$2 per session.

Playgroups

Come and meet some neighbors and give your pre-school child the opportunity to play with other young children. Westwin Children's Centre, Tuesdays from 6:00-7:30 p.m., \$2 per family. Lipsett Hall, Saturdays from 9:30-11:00 a.m., \$2 per family.

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. Westwin Children's Centre, mardi 9h30-11h00, 2.00\$ par famille.

THE WOMEN'S CENTRE

A social get-together each Tuesday and Thursday morning 9:30 - 11:00 a.m. for spouses in the military community. Though we meet in St. George's Chapel on the southside, we are strictly a social group rather than a religious one and all denominations are welcome.

Our baby-sitter gives mothers of children 18 months and older a welcome break to spend their time visiting, uninterrupted with their friends and neighbors. For the small fee of \$1.50 per child, the baby-sitter provides structured crafts, snack and play time. Babies under 18 months are welcome to stay with their mothers.

Drop in and have coffee with us. This is an excellent opportunity to meet other families in the military community. We all enjoy a break from the house and little time out from the children.

Hope to see you soon. More information can be obtained by calling Sandy Hatch, 489-7709.

S.T.E.P. Course

(SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING)

Monday evenings 20 Oct. - 24 Nov. Westwin Community Centre, Rm #2

7 - 9 p.m. \$20 per family

Facilitator Mavis Lewis-Webber, MFRC Parent Education Coordinator

For more info. or to register call 489-7003.

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)

QUALITY OF LIFE PROGRAMS

For information on the following program contact Val Hudson, Coordinator, 489-7003.

CHRISTMAS CRAFTS

Pergamano Angel - This beautiful little angel is perfect for the tree or table. If you have a pergamano pen, please bring it along. 16 Oct. from 6:30-9:00 p.m. at the Westwin Community Centre Rm. 2. Fee is \$6 with a pen or \$8 if you need one. Register by October 10.

Dipand Drape Angel - This would be an elegant addition to your home when decorating for Christmas either by itself or in a grouping. 23 Oct. from 6:30-9:00 p.m. at the Westwin Community Centre Rm. 2. Fee is \$10. Register by October 17.

Stained Glass Christmas Ball - This is a new use for beeswax. The wax is used to create an authentic looking frosted glass finish in a stained glass design. Beautiful. 6 Nov. from 6:30-9:00 p.m. at the Westwin Community Centre Rm. 2. Fee is \$4 for the 3" and \$5 for the 4" ball. Register by October 17.

ALL OF THESE CRAFTS WILL BE ON DISPLAY AT THE OFFICE, 350 DONCASTER, IF YOU WOULD LIKE TO SEE THEM BEFORE REGISTERING.

Christmas Cards - Make your own Christmas cards this year. With some helpful hints from our instructor and your own creative ideas, you will have a unique Christmas greeting this year. 29 Oct. from 7 - 9 p.m. at the Chapel Annex on Kenaston. Fee is \$2. Register by Oct. 24.

DINING & ENTERTAINMENT

WO'S & SGT'S MESS 17 WING

FRIDAY, OCTOBER 3, 1997 TGIF GAMES NIGHT
 • Members Choice • Time: Food 1800 hrs - games to follow • Dress: Relaxed
 WEDNESDAY, OCTOBER 15, 1997 WCOMD COFFEE BREAK
 FRIDAY, OCTOBER 17, 1997 ALL RANKS OKTOBERFEST
 • Time: Food 1830 hrs • Dress: Theme Attire/Relaxed • Cost: \$10 per person
 • Advance ticket sales only. Tickets on sale now till 14 Oct 97 from mess office.

OFFICERS' MESS 17 WING WINNIPEG

17 WING COMMANDER'S COFFEE BREAK EVERY WEDNESDAY 1000-1030 HRS
 FRIDAY, OCTOBER 3, 1997 TGIF - SUBS
 • Time: 1730 • Dress: Casual or DOD • REMEMBER: You must be signed in for the 80/20 draw by 1730 to win.
 FRIDAY, OCTOBER 10, 1997 TGIF - CHICKEN & CHIPS
 • Time: 1730 • Dress: Casual or DOD • REMEMBER: You must be signed in for the 80/20 draw by 1730 to win.
 SUNDAY, OCTOBER 12, 1997 THANKSGIVING DAY FAMILY SMORG
 • Time: 1730 - 1930 • Dress: Relaxed • Reservations close 8 October • Cost: \$10 adult, \$6.50 child, \$3.60 yrs & under
 FRIDAY, OCTOBER 17, 1997 TGIF - PIZZA (MTGIF)
 • Time: 1730 • Dress: Casual or DOD • REMEMBER: You must be signed in for the 80/20 draw by 1730 to win.
 FRIDAY, OCTOBER 17, 1997 OKTOBERFEST
 • Where: Sergeants' & WO's Mess • Time: 1900 hrs • Cost: \$10 • Contact the mess office at 5245 to reserve.
 UPCOMING EVENTS: OCTOBER 25, 1997 HALLOWEEN PARTY



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THURS & FRI • OCTOBER 2 & 3
 General

JURASSIC PARK

THE LOST WORLD
 THURS & FRI • OCTOBER 9 & 10
 Parental Guidance. All may attend.

George of the Jungle

THURS & FRI (EVES.) • OCT. 16 & 17
 SATURDAY MATINÉE • 2 P.M. • OCT. 18
 General

CONTACT

SAT - SUN - MON • OCTOBER 4 - 5 - 6
 Parental Guidance. All may attend. Foul Language

AIR FORCE ONE

SAT - SUN - MON • OCTOBER 11 - 12 - 13
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FACE/OFF

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Served with blue cheese, celery & a pitcher of Molson or Labatt draft



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 and a side of fries \$6.99
 Large Blue draft \$2.49
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 The ultimate ham and cheese sandwich served
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 Large Club draft \$2.49
- WEDNESDAY**
 10 chicken wings with a bowl of curley fries
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 Large OV draft \$2.49
- THURSDAY**
 Soup of the Day (clam chowder also available)
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 Philly cheese steak sandwich served with a
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 Large Club draft \$2.49
- SATURDAY**
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- SUNDAY**
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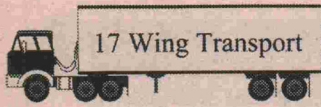
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ANNOUNCEMENTS



Highway Cleanup

17 Wing Transport continued a tradition of community service on Thursday, 18 September. The Squadron again carried out the Adopt-A-Highway cleanup of "our" 8 kilometer stretch of highway. Twenty-four personnel from Transport, ably assisted by five of our EME counterparts, made use of what may be one of the last warm mornings, to collect 100 bags of roadside garbage.

This is Transport's third year of doing the twice-yearly cleanup. There was not as much garbage on the roadside and on the median this year, except near the Petrocan Truckstop. So it is our hope, as intensive highway users ourselves, that people are becoming more aware that a clean environment includes the roadside.

So, if you're on the stretch of the Trans-Canada just east of the Perimeter Highway, look for the "17 Wing Transportation Squadron" and "17 Wing Winnipeg" signs.

When a job needs doing, count on 17 Wing Transport.

GRACE GENERAL HOSPITAL AUXILIARY

USED BOOK SALE

Thursday, October 2nd 9 a.m. - 8 p.m.
 Friday, October 3rd 9 a.m. - 4 p.m.
 Saturday, October 4th 9 a.m. - 4 p.m.
 HOSPITAL AUDITORIUM 408 BOOTH DRIVE

Newcomers' Club

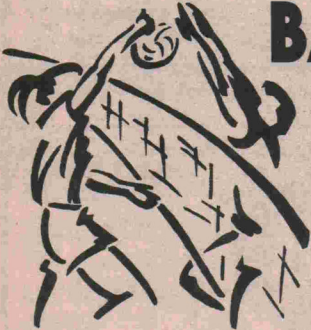
Are you new to the city? Feeling you need to socialize? Then come to our next NEWCOMERS' meeting on the third Wednesday of each month at the Wildewood Club. NEWCOMERS' is a non-profit social club, comprised of ladies who have recently moved to the city and have joined to meet new people, participate 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.

RENCONTRE

Tu veux communiquer en français ou simplement jaser avec des femmes francophones, tout et dégustant un bon souper dans un restaurant? Vien te joindre à nous
 15 oct à déterminer • ? nov Bowling
 Renseignement France Vallee 889-7942.

WOMEN'S VOLLEYBALL BASE TEAM



If anyone is interested in playing volleyball for 17 Wing Winnipeg, contact WO Belzile at 6959 or the Rec. Centre at 5511.

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

M A S S I V E

HALLOWEEN



Officers' Mess

Saturday, Oct. 25, 1930 hrs

Cost is FREE • Prizes for the best costume

Call Lori to reserve at
 833-2500 ext. 5475.

The Friendship Committee of St. Mary's Anglican Church in Charleswood will be holding a

GIANT GARAGE / RUMMAGE SALE

Friday, Oct. 3, 5 - 8 p.m. • Saturday, Oct. 4, 9 a.m. - 2 p.m.
 in the Parish Hall at 3820 Roblin Blvd. at Haney

There will be White Elephant Tables, Book Tables, a Fish Pond for Kids, as well as household items, clothing and other miscellaneous treasures for sale.

Blood Donor Clinic Report

The Red Cross Blood Donor Clinic recently held at 17 Wing Westwin Community Centre on 28 Aug 97 resulted in a total of 133 Wing personnel registered to donate blood (goal was 125). As this year's coordinator, I wish to personally thank all donors, as well as W Foods, Protestant and Catholic Chapels, W Tn section, Bleachers, Ceramics Club, Barb Desmarais, Elaine Parent and the F & S Dept. whose efforts made the clinic a success.

The next 17 Wing Blood Donor Clinic is scheduled for
 12 Nov. 97 at the Westwin Community Centre

The Fire Department

WILL BE HOSTING AN

OPEN HOUSE

11 October 1997 from 1300-1530 hrs.
 in conjunction with Fire Prevention Week (October 5 - 11)

Everyone is invited to come and join us for demonstrations of the air bag and the jaws of life. The Fire Department will be happy to answer any questions you may have. Please come and enjoy this afternoon of fun.

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CARPOOL

Carpool from the North Kildonan/Sunvalley area. Arriving at 1 CAD HQ (Bldg 25) at 0730 and leaving at 1600. If interested please contact Tamara at ext. 5177.

Seeking carpool from St. Norbert area to North Base. Phone 487-1382.

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

Ex. military mom of two will provide loving care for your child in my smoke and pet free, child safe home. CPR and First Aid. Starting Oct. 15, 1997. Whyte Ridge, 488-1416.

Mother of 2 will give TLC for your children near Buchanan and Lakewood Schools. Receipts and references available. Any day - any age. Call Laura 832-4817.

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

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. 2 years and older. Receipts as required. Please call 489-0208.

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

CHILD CARE

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

MISC. WANTED

Wanted - A ride to 1 CAD HQ (Bldg 25), preferred departure time from Linden Woods area - 0730 hrs and return, preferred departure from 1 CAD HQ - 1600 to 1630 hrs. Monday to Friday from now til end April 98. Will pay cash (no car available for carpooling). Call Tim at 489-3624.

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

Wanted - 8 h.p. Snowblower; Electric Chainsaw. Call Peter at 334-7274.

MISC. FOR SALE

Hockey Items For Sale - White Jofa helmet c/w tech goalie cage and neck plate, like new, reg. \$75, \$50 firm; Black Cooper HH1000L helmet with cage, excellent condition, reg. \$65, \$45; Red Cooper XL7 helmet with cage, minor repairs required, reg. \$60, \$25 OBO; Vaughan Trapper goalie glove for left hand, excellent quality and condition for 10-14 yr. old, reg. \$150, sacrifice \$60 firm; 1 pr. goalie knee protector pads for 10-14 yr. old, excellent condition, reg. \$30, \$15; Goalie neck guard in pull over top, very clean, reg. \$30, \$15; 2 garter belts, 16" - 25" and 28" - 32", good condition, \$5 each; Goalie protector cup/belt, \$5; Player proctor cup/belt, \$2; Black goalie blocker, right hand and trapper, great starter set, \$15. Phone 864-2138.

For Sale - Complete hunting outfit: Parker-Hale 30-06 high power rifle with scope and strap. Mauser action. 12 gauge shotgun. Each comes with gun case, ammunition and cleaning kit. Value well over \$800. For sale as set \$375. Call 487-7840, must show FAC.

For Sale - Nintendo with 18 games, 3 controllers, 1 gun, 1 Freedom stick, 1 NES Satellite, 1 code book. Asking \$125. Call 453-5870.

For Sale - 13' Boler camper, 1969 model, completely re-furnished in 1996, new cushions, stove, fridge, oak interior and flooring, light to tow (900 lbs.), sleeps 4. Invested \$3200, asking \$2100. Call 487-7840.

For Sale - Antique Iranian Tabriz wool carpet, excellent condition, \$2000. Singer sewing machine, new, \$250. Queen size iron bed frame, white colour with queen size box spring and mattress set, \$800. Antique copper pots, \$100 each. Contact 254-6356 after 5 p.m. or anytime on weekends.

For Sale - Universal Home Gym, \$200 OBO. 897-6152.

MISC. FOR SALE

For Sale - Utility trailer, 4'x8', 13" tires, solid steel frame. Asking \$600. Call 832-8303.

For Sale - Classic and impressive, turn of the century antique dining room suite, European tradition dark grained oak, large ornate sideboard with 4 drawers and 2 cupboards, applied handcarved leaf and scroll with brass fittings, fluted carved pediment hutch with mirror, hand carved top piece with scrolling and 'man of the north' figure, matching 46" dia. round extension table with 3 leaves, matching, custom-made arm chairs. Cost over \$8400, selling as set for \$4500. (Chair seats could use re-upholstering). Call 487-7840.

For Sale - Sears Kenmore super-capacity washer/dryer, 2 yrs. old, almond, \$500 pair; Montgomery Wards convection microwave \$150; Voyageur Stairmaster with moving arms and monitor, \$75. Call ext. 2110 or 889-4199.

For Sale - Fisher Price travel bed \$40; Herlag (Euro) stroller \$45; umbrella stroller \$10; patio set with 4 folding chairs \$18; spring horse \$25; Storkcraft crib and mattress \$90. Call 889-6615.

For Sale - Moving - Must Sell: Wooden fence, approx 1 1/2 yrs old, 6 ft. high, approx. 150-170 ft. long. Also 8000 BTU window air conditioner. For more info call Cindy or Kevin at 895-3412.

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

ROOMMATE WANTED

Roommate wanted: House w/swimming pool, A/C, close to base, \$400 per month, utilities included. Call 889-6922.

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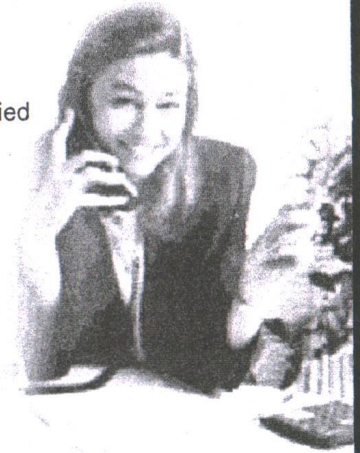
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