

The VOXAIR

Vol. 45, Issue 19

17 Wing Winnipeg / 17e Escadre Winnipeg

October 29, 1997 / FREE

**Inside
This
Issue of**

The VOXAIR

**CHINTHES IN
THE SOUTH
PACIFIC6**

Cruising for warmer weather and delivering relief supplies on LRT agenda.

RAAC7

The Winnipeg chapter of the Recreational Aircraft Association remains very active with some 20 amateur built aircraft projects currently underway.

**HALLOWEEN
SAFETY
TIPS13**

Cpl D.R. Menard, SAMP Sqn, offers some basic advice to ensure a safe and enjoyable halloween.

**SPORTS SPORTS
SPORTS14**

Voxiar's sports section runs over with winter activity updates!



11 NOV 97..10
Various squadrons and associations pay silent tribute to fallen comrades.

Presentation of Wings

By Captain Elizabeth Cameron
Unit Information Officer

On September 26, 1997, 17 students from the Basic Helicopter School and the Multi-Engine School received their Canadian Forces pilot wings from Major-General G.E.C. Macdonald, Commander 1 Canadian Air Division/Canadian Norad Region.

The presentation of Wings was held at the 3 Canadian Forces Flying Training School (Southport Aerospace Centre). Families and friends of the graduates were present for the occasion.

Mayor Carlson presented the City of Portage la Prairie trophy awarded to the students with the highest overall flying results. Lieutenant McCallum from the Basic Helicopter School and Lieutenant Eyre from the Multi-Engine School were the recipients. Lieutenant Cooke received the Wing Commander's trophy for Officer Development.

From the Basic Helicopter School, Lieutenant Mike Mondry is posted to 424 Sqn 8 Wing Trenton where he will fly the Labrador helicopter. Lieutenant Francois Gadoury and Lieutenant Keith Pringnitz are posted to 427 Sqn Petawawa where they will fly the

Griffon helicopter. Lieutenant Darren Henneberg and Lt Ryan McCallum are posted to 408 Sqn 18 Wing Edmonton where they will fly the Griffon helicopter. Lieutenant Chris Hollett, Lieutenant Barry Leonard and Lieutenant Perry Comeau are posted to 423 Sqn 12 Wing Shearwater where they will fly the Sea King helicopter. Lieutenant Gary Watson, Lieutenant George Barnes and Second Lieutenant Sean Reid from the Jamaica Defence Force will return to Jamaica for further continuation of their career.

Of the Multi-Engine graduates, Lieutenant Jeff Andrews is posted to 442 Sqn 19 Wing Comox where he will fly the Buffalo. Lieutenant Grant Cooke is posted to 407 Sqn 8 Wing Comox where he will fly the Aurora. Lieutenant Marc-Alain Fortier is posted to 429 Sqn 8 Wing Trenton where he will fly the Hercules. Lieutenant Ryan Eyre is posted to 434 Sqn 14 Wing Greenwood where he will fly the Challenger. Lieutenant Kelly Jerrett is posted to 436 Sqn 8 Wing Trenton where he will fly the Hercules. Lieutenant Craig Isenor is posted to 440 Sqn Yellowknife where he will fly the Twin Otter.



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VOXVIEWS

All Hallows' Eve

By Major CM Walton-Simm
Managing Editor

The calm of evening is shattered by a loud spine tingling howl that echoes through the darkness. Fallen autumn leaves crackle under light, quick steps that are followed by haunting giggles and demands of "trick or treat". All Hallows Eve, October 31: a time for all ghouls and goblins to reappear in spirited celebration.

Where did this festival originate and why? Customs and superstitions gathered through the ages contribute to the celebration of Halloween, the Christian festival of All Saints. It has its origins, however, in Autumn festivals of earlier times.

The ancient Druids had a three-day celebration at the beginning of November. They believed that on the last night of October, spirits of the dead roamed abroad, so they lit bonfires to drive them away. In ancient Rome, the festival of Pomona rejoiced the fall harvest and nuts and apples, symbolizing the winter store of fruit, were roasted on huge bonfires. But these celebrations had a sinister aspect, with ghosts and witches thought to be on the prowl.

These beliefs and customs influenced the Christian festival of All Saints. Some tried to foretell the future on that night by jumping over lighted candles. In Scotland young people played games to determine who would marry during the year. In the British Isles great bonfires blazed and young people disguised in grotesque masks, carved lanterns from turnips and carried them through the villages. Immigrants to the US, especially the Irish, introduced many of these Halloween customs.

Today Halloween celebrations reflect many of these early customs. Jack-o-lanterns still symbolize the winter harvest, games are still played by children, people dress in fanciful masks and outfits and go to costume parties. The modern "spirits of the dead" are children dressed as ghosts and goblins, witches and bats, black cats and pumpkins rushing from door to door excitedly sharing in the celebration.

Times do change, however, with much of the free spirit of Halloween tempered by modern society and technology. It's not always safe for children to be prowling around at night knocking on stranger's doors. So, this October 31st, while you're saluting Autumn and the origins of Halloween, take special care to ensure children are escorted, wearing florescent clothing and ensure the foods they gather are examined carefully.

Battle of Britain

The stuff heroes are made of...

Continued from last issue

By Chris Charland, Associate Air Force Historian

When you're on the tail of an enemy aircraft in the heat of battle, and you find the guns are out of ammunition, what do you do? That is the dilemma that faced Flight Lieutenant Howard Peter Cowboy Blatchford of Edmonton, Alberta as he lined up in his sights an Italian Fiat CR.42 Falcon. The blundering and pompous buffoon Benito Mussolini, had convinced his friend the Reichsführer Adolf Hitler, that the Regia Aeronautica (Italian Air Force) could help with the final victory for Fascism in Europe, despite the express misgivings of the 47 year old Reichsmarschall Hermann Goring, Commander-in-Chief of the Luftwaffe.

On the 11th of November, 1940, as a retaliatory measure for the British Fleet Air Arm's attack on the Italian fleet at Taranto, the Regia Aeronautica, which had been training under Generalfeldmarschall Albert Kesselring of the Luftwaffe's Air Fleet Two, set out on a daylight raid to attack a convoy near the English port of Harwich. A small number of Luftwaffe Bf-109's accompanied the formation. They were intercepted by Hurricanes of No.s 17, 46 and 257 Squadrons. Cowboy Blatchford of No. 257 Burma Squadron was flying Hurricane #V6962 when, upon discovering much to his disgust that he was out of ammo,

rammed a Fiat CR.42 Falcon with his propeller. It subsequently chewed up the enemy's top wing, sending the fabric bi-plane plummeting to mother earth. The aerial duel was described by Mr. Donald Connacher, second mate of the ship Charles Parsons (he was a survivor of two previous ships lost during the battle). "Hurricanes met them, and the Italians tumbled out of the sky like falling leaves. They didn't get close and they didn't hit a ship." Upon landing, Blatchford, to his amazement, discovered nine inches missing off two of his three blood covered propeller blades. For his daring escapades, he was awarded the Distinguished Flying Cross on the 6th of December 1940.

Sadly, as with so many fine young men, Wing Commander H.P. Cowboy Blatchford, age 31, was killed in action. On the 3rd of May, 1943 he was leading the Colitshall Wing of No. 12 Group on a ramrod, escorting 12 Lockheed Venturas which were to bomb a new power plant in Amsterdam. He and his Spitfire were last seen by the crews of several fishing trawlers coming down some forty miles off the English coast. His body was never recovered.

Blatchford's name is inscribed on the Runnymede War Memorial at Englefield Green, Egham, Surrey, England. Incidentally, only one Ventura made it back to England.

Wing Commander H.P. Cowboy Blatchford's final tally was six destroyed, three probables and two damaged.

Oops!

On page 3 of the 15 October 1997 issue of the Voxair, we missed a typo on the original, submitted text. The headline should have read "17 Wg SAMP Sqn 'Operation Impact'" vice "SMAP".

We apologize for any confusion this may have caused.



Letter 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 signed 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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Promotions and Presentations



A/W Sup O, Capt Potts (right), and SAO, CWO Smith (left), present LS Lichty with his new Master Seaman rank. Well done Ken.



Well done to MCpl Rob Hillman on his recent promotion. Capt Potts (right), A/W Sup O and CWO Smith (left), SAO, present.



Cpl Neil Brown is shown receiving his CD from Capt Potts, A/W Sup O.



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REAL ESTATE SPOTLIGHT

ADVERTISING FEATURE

West Country Village, where Homestyle meets Lifestyle

When you walk around the finely designed and maturely landscaped grounds of West Country Village, one feeling in particular is sure to strike you — it feels like home.

Nestled in sunny St. James on Quail Ridge Road, this warm and inviting condominium community lives up to its billing as a community where Homestyle meets Lifestyle. It is one of Winnipeg's newest condo communities and easily one of the most unique. It is a safe and serene place where the comforts of life and amenities abound. For starters, there's the hub of the community — an exquisitely-crafted and well-appointed facility called the West Country Club, a meeting place for residents and guests that is among the highlights of living at West Country Village. The clubhouse may appear small from the outside, but this is indeed a community where looks can be deceiving. The clubhouse comes equipped with a regulation size racquetball court, a fully-equipped weight room, full size sauna and a whirlpool, change rooms and showers. There's also a billiards area, a well stocked library and a cozy multipurpose lounge with a beautiful stone fireplace, not to mention a large screen television and video lounge.

The clubhouse is neighbored by such outdoor facilities as tennis courts, a spacious picnic and patio area, barbecues and swimming pool. The club also has a social room that residents can book for private functions.

"A real plus for a lot of people moving to West Country Village is the amenities and attractions. There are so many options, it's phenomenal," says Gay Erickson, realtor for the condo community. "One of those attractions is the clubhouse, which I think is second to none in the city for sure."

Another wonderful feature, Erickson notes, is the setting itself. Located near Sturgeon Creek, West Country Village is surrounded by park-like areas which give the residents opportunity for such things as cross-country skiing, peaceful walks and such. In fact, a popular activity in the community is to relax in front of the luxurious clubhouse fireplace after a day of cross-country skiing in the beautiful nearby trails.



Gay Erickson (right) and Dianne Sigvaldason in one of the spacious condos.

Even though the community is sheltered and quiet, it is still only minutes away from such things as Unicity Mall, fine restaurants, and brand new Superstore and Safeway outlets. The airport is only minutes away as well, but the community lies well outside any flight path, so the peaceful atmosphere is not disturbed.

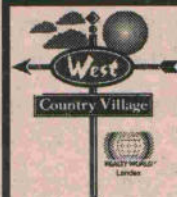
The condos are among the finest built that you'll find anywhere. There are eight-inch steel trusses between floors, capped off with two-and-a-half-inch concrete topping to increase privacy between neighbours. Each building in the community is three storeys, with each condo coming complete with fridge, range, dishwasher, wall-to-wall carpeting, color-coordinated drapes, and either a balcony or patio deck. There's also the added options of having your own washer and dryer, cozy in-suite fireplace, parquet floors, French doors and track lighting.

Carefully crafted to provide the residents with spacious comfort and privacy, the condos range in size from 691 to 1,006 square feet, and you can choose from 18 different floor plans. One-bedroom

condos are available from \$42,000 to \$59,000, and two-bedroom models range in price from \$55,000 to \$79,000. There is also ample storage space in each condo. Erickson says the reasonable prices at West Country Village have made for a diverse community. While most condo communities cater to specific age groups, the residents here range from seniors and empty-nesters to young couples, singles and people starting over. The community also welcomes people with small pets.

"There's a security guard on the premises at night, and during the day there's staff on hand to help you with whatever you need," Erickson adds. The designers even had the presence of mind to set aside two guest suites for residents who are expecting out-of-town visitors, available to residents for a nominal fee.

The brochure for West Country Village says the community is "like belonging to a private country club" which offers its residents the opportunity to escape without having to leave the village. It truly is the perfect choice for every lifestyle.



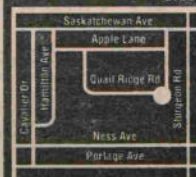
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The CFCCN has a new web site -
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As you know, the CFCCN puts members of the military commu-
nity in touch with college programs and services, all across the
country. This web site is another way of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

What can you do at the web site? First and foremost, you can find
out how the CFCCN can help you earn a college diploma or certi-
ficate. You can hook up with your local CFCCN coordinator, or you
can link to your local college to learn about their programs and reg-
istration procedures. If you're being posted this summer, you can
link to the college and coordinator at your new base, and start mak-
ing plans for continuing your education in the fall. Or perhaps
you've been wanting to go to school, but your schedule won't per-
mit you to attend regularly scheduled classes. Why not visit the web
site to check out the distance education programs available from
network colleges, complete with program descriptions?

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

But why keep reading about it, when you can go and see for your-
self? The site is full of information and it's easy to use. Just set your
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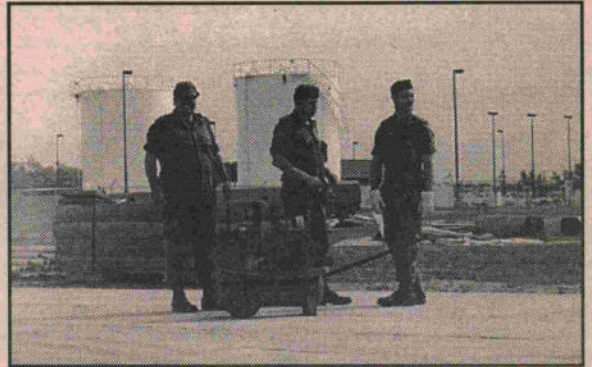
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Education Brightens Your Future!

Providing support to Ex Collective Effort

By Lt Bisson

From the 20 September to
3 October 1997, the Air
Combat Service Support
Squadron (ACSSS) deployed
to Fargo, North Dakota. The
role of the ACSSS is to pro-
vide support to deployed
Air Force units. Their task
was to train and provide
support to field Engineers
working on a runway and to
the Air Security Force. This
was the first time that the
ACSSS was deploying out of
Canada and involved major
contributions from several bases and from 1 CAD HQ.



In order for a new Contingency Support Squadron to go out of the country, plenty of support is required and that is where 17 Wing Supply came into play. Much coordination was required; material came from several bases including Cold Lake and Trenton. Among these materials were office supplies, field equipment, ammunition, and the DCON 3000, which is new NBCW equipment. We looked after 14 semi-trailers and seven 10-ton trucks full of equipment which was shipped to Fargo. As the ACSSS is a new concept, many purchases were required to satisfy initial supply levels. Several purchases had limited lead-time. Approximately 225 people participated in this exercise, of which 60 came from 17 Wing. This made for numerous clothing issues which were handled well by

Sgt Graham and his staff of
Clothing Stores South.

Once in Fargo, 17 Wing
Supply personnel were part of
the ACSSS. The campsite con-
tained over 100 modulares.
Supply was responsible for the
QM and the laundry and bath
unit. This exercise permitted 17
Wing to better prepare for the
next ACSSS deployment. Much
of the credit to our supporting
success goes to MCpl Ezeikel,
who looked after the overall
coordination of Supply for the
Exercise.



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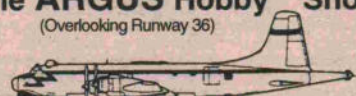
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Happenings in the Support Services Orderly Room

By Cpl A Cuthbert

Firstly, we would all like to welcome the new staff to our Branch! Secondly, is it almost Halloween?! Has APS 97 finally ended? Almost...

The Base Support services Orderly Room (BSSOR) have been combined since April of this year. R & D, Rcds, Pay and Claims are now all in one office from A-Zzzz! The integrity, hard work, sacrifices and dedication that our "front lines" staff has put into combining and renovating (thaxx CE!) our new BSSOR has begun to pay off. As you arrive in our nearly new BSSOR you will meet our 'guard dogs' at the front desk! It's actually much easier and efficient for you (our support-ees') to phone 5391/5212 to make an appointment and they will direct you to your applicable cell and (super) clerk.

Our Branch would like to say "excellent job, well done!" to Cpl Sharon Dixon, Cpl Rohan Wilson, MCpl Alana Flint and Sgt Lynn Leclerc who, at the end of September and beginning of October, were spending many hours, days, nights, and weekends participating in Exercise Collective Effort, Fargo, ND.

The BSSOR let some of the Staff escape and let loose in Jasper National Park for Adventure Training from the 29 Sept - 03 Oct 97. Cpl Lee Williams, Cpl Heather Demchuk, MS Cindy Burke and Cpl Kal Kuzyk were still smiling when it was raining and they still had many miles to go on their hike. The sun eventually came out when they reached their destination!

Our BSSOR Admin Supr/Vice PMC JR (N) Mess (MCpl Melina Hamm) would

like to remind and see everyone at the WCWO Coffee Breaks!! She would also like to see everyone at the Halloween Party on Saturday, Nov 1st.

Last, but not least! Special hellos and wishes are extending from their families and everyone in The Branch to Cpl Dwayne McDonald and Sgt JoAnne Paquette who are on OP DANACA and OP BISON respectively. We miss you!!!

Happy Halloween - Stay and Play Safe!!
Signing off, over.

Servire Armatis & Servitium Nulli Secundus.

Fire Prevention Week Contest Winners



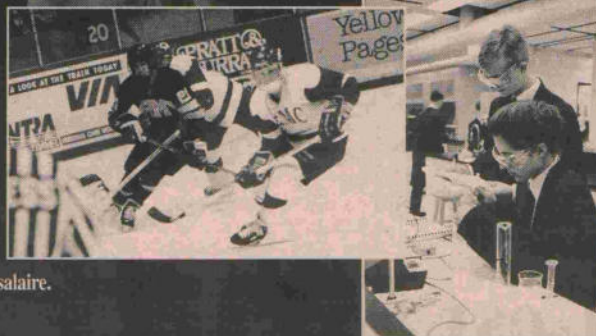
Fire Prevention Week coloring and puzzle contest winners from left to right: MCpl Norm Price, Derek Wosnitza, Kari Wosnitza, Shelby Leeming, Brittney Leeming, Kayla Doucette, WO Doug Goodings. Missing from the picture is Heather Haslam.

PRENEZ LES COMMANDES



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Chinthes in the South Pacific

With the cold weather already back in Winterpeg, some distinguished members of the prestigious Chinthe Squadron had the good idea to plan a long-range trainer to a somewhat warmer climate.

Long range trainers (LRT) are used as proficiency training missions with the aim to train our flying crews in different areas of the globe. However, on LRT 1534 we had a secondary mission: to deliver some warmth to the children of North Korea. In order to accumulate enough warmth for the North Korean children, our LRT was scheduled to stop at some very harsh locations such as San Francisco, Maui, Fiji, Australia, Guam and Japan, all this of course, to capture enough warmth... No, our secondary mission was to airlift some 4,000 winter coats donated by Wal-Mart Canada for the people in need in North Korea. You probably all heard of the devastating situation the North Koreans are faced with on a daily basis, not to mention the floods and the famine associated with several years of poor crops.

Our mission was to airlift those 4,000 winter jackets to Yokota, Japan, which is an American Air Force Base near Tokyo. From there, the Canadian Embassy, in association with the Canadian Red Cross, was responsible for the final shipping of the precious cargo to its final destination. We should also mention that a second load of winter coats has been airlifted by Canadian Airlines free of charges.

We have to admit that this was an unusual load for a LRT, not very heavy but quite bulky. The humanitarian freight was on 3 pallets, we also had a Yukon galley to feed all 17 crew members on board, the Yukon seats to accommodate everyone and another pallet with all the food, water and other essential items to survive 12 days in a Hercules. Therefore, we were not too disappointed to leave this cargo in Yokota. This also gave us the chance to set up our Taj-Mahal in the back!

However, what an adventure it was to unload our cargo in Japan. First of all, you have to be cleared by customs, then make your way through all the dignitaries and then unload the aircraft...so far so good. The only problem was that we had to bring the empty pallets back to Canada. No problem, we decided to store the cargo in a nearby hangar. To our great surprise, there wasn't any Air Movement Service available. We then decided, as a real crew determined to deliver, to unload everything by hand, which is kind of unusual, but no big deal. But it is something else when everyone is waiting 45 minutes for the slowest truck driver in NATO to find his way to the hangar!

Nevertheless, we were very glad to take part in this humanitarian mission. It is good to see that a Canadian consortium (the Canadian Armed Forces in conjunction with Wal-Mart Canada, the Canadian Red Cross and Canadian Airlines) put all their efforts together for a great cause like this one.

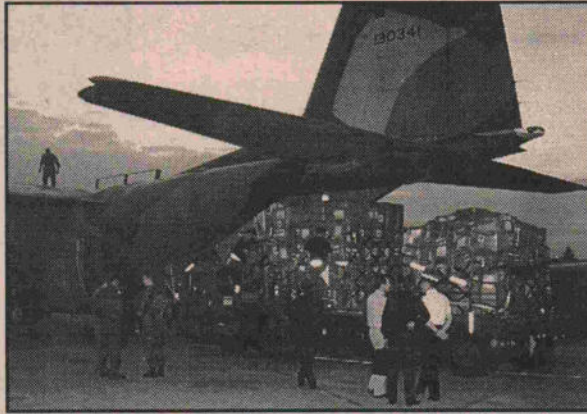
Now, let's come back to our primary objective of this

LRT: training. It is very different to fly in some parts of the South Pacific. Most countries don't have the same rules as we generally have in North America. Their airspace is separated differently from ours, the altimeter settings are different and each country has its own little particularities. Therefore, it is crucial to conduct a thorough route study. The weather was also a big player in this area. At this time of the year, it is not unusual to see some severe weather storms developing in this part of the world. We were lucky to avoid any major torna-

instead of using feet for the altitude, they are using meters and for the speed, they are using meters per seconds. Anyway, thanks to the Russian cooperation, we were able to take advantage of the great winds in the Northern Pacific, that brought our route over the Kuril Islands and the Kamchatka Peninsula to make the trip from Yokota to Elmendorf in less than 9 hours and 20 minutes.

That was the plan but obviously this was too nice to be true. About four hours back from Elmendorf; we had a fuel leak near number two engine. It doesn't take a rocket scientist to figure out that fuel leaking close to a burning hot engine isn't quite the perfect match for a smooth ride. Therefore, number two engine was shut down in the middle of the Pacific to prevent any risk of fire. It is on those days that you are glad to fly on a Hercules with 4 engines. So with 3 engines left, fuel wasn't a problem, obstacle clearance was not critical either, however our ground speed took a hit, to the great disappointment of our pilots who will have to pad their log book by an extra 10 minutes...

Overall, this LRT was one of the best in the way that we went almost everywhere we were supposed to, except Sydney because we broke down in Fiji for two days. We delivered the humanitarian load. But the most important aspect of the LRT was the extensive and diversified training involved in flying in a different part of the world, and I firmly believe that it is crucial to have a certain degree of flying expertise in all parts of the world. We all know when the next major deployment will take place: during Christmas but who knows where it will be? If you look at the present geopolitical situation between both Koreas, chances are that we just might have some more business in the Pacific Rim.



Pallets of relief supplies, destined for North Korea, are off loaded at Yokota AFB, Japan.

dos or hurricanes but we still had to find our way around some significant weather in the ITCZ.

We also crossed the equator (0 degree North or South?) which brought us to an extraordinary discovery: the toilet in the aircraft was now flushing in a reverse spin, obviously affected by the mysterious Coriolis Forces. The equator crossing was also the perfect opportunity for a different kind of training called "The King Neptune Ceremony". No details are to be divulged on such a secret ceremony, even if some players (Capt Wright) have taken it way too seriously. Thank God there are no pictures!

It also took some training to get rid of the brain's auto-reflex of inputting West longitude in all the computers once you jump the International Date Line. The worst part of this is when you leave Japan at 09h00 on Sunday morning, you arrive in Elmendorf (Alaska) at 02h00 on the same Sunday morning, confusing isn't it!

One of the most interesting parts of this mission was to overfly Russian airspace. For most of the crews on board, this was a precedent. Of course, we had previously requested a diplomatic overflight clearance, which is something crucial, especially for a military aircraft. It was a very good experience to find out that their clearances and procedures were very simple and their English was surprisingly good. The Russians have some particularities however:

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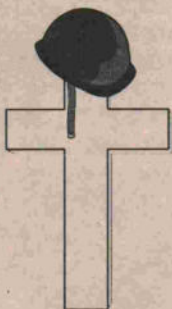
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Recreational Aircraft Association

By Capt Dennis Scharf, 435 Sqn

Throughout the years within the aviation community, those who share a common interest in aircraft and flying have continued to pool their resources to establish organizations and associations. This requirement for mutual support has never been so successful as within the amateur built aircraft community.

The most notable organization in Canada is the Recreational Aircraft Association of Canada (RAAC), with its headquarters based in Brampton, Ontario. This is an organization of people who enjoy a wide spectrum of aviation related activities whether it is flying, building or just dreaming. The RAAC is composed of around 40 chapters across Canada. A similar organization is established in the United States called the Experimental Aircraft Association (EAA), which maintains a devoted Canadian following due to the many services and benefits they provide.

The basis of our membership is to focus on virtually every aspect of aviation - designing, building, restoring, flying or enjoying the dynamic nature of flight. Membership is open to all that wish to participate. Input is always encouraged and has led to the steady growth in Canada since it was founded as the Ultralight Aircraft Association over 35 years ago. This type of atmosphere encourages the open exchange of information, the discussion of new ideas and the transfer of skills from one person to another and from generation to generation.

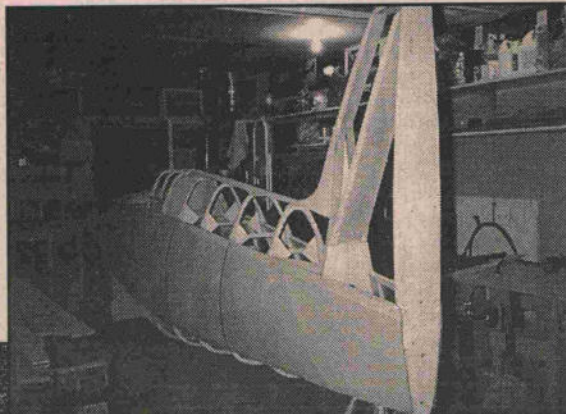
The Winnipeg Chapter of the RAA is an active group of around 55 members and their families from Winnipeg and the surrounding area. The group holds monthly meetings, social outings, and other activities providing a forum for education, information sharing, builder support, and socializing to chapter members. This past year our activities included numerous barbecues, chapter project tours and the very successful Manitoba Air Fair at Lyncrest Airfield last August. Also many chapter members have donated their



Capt Scharf's aircraft is a KR-1 Special yet to be painted. It's first flight is expected in the spring - 1600 hours of work so far.

time and effort towards the EAA Young Eagle Program. This is a nationwide initiative to expose young people from ages 8-18 to the personal flight experience. The program's goal is to fly 1 million Young Eagles by the year 2003, which incidentally is the 100th anniversary of powered flight.

At present, there are 20 amateur built aircraft projects underway in the Winnipeg area with an additional 10 presently flying. Several of our members are



Paul Riedles' 3/4 scale, all wood Supermarine Spitfire under construction. An awe-inspiring project to be powered by a 350 HP Chevy 350 auto engine.

in the process of selection or design of their dream project, as well as a respectable compliment of ultralight aircraft. This, though, does not include the numerous aircraft restoration projects including everything from a Piper J-3 Cub to a Harvard and 3 Japanese Zero's from World War II. Also in the works is a chapter aircraft project, which will be built by chapter mem-

bers to provide skills and education in the varying construction methods, and once completed, be able to fly the aircraft as an active member of the chapter.

Most people are unaware of the ever-increasing number of amateur built aircraft being built in the world today. According to the United States Federal Aviation Administration (FAA) statistics, the amateur built experimental aircraft fleet has increased consistently from 2,100 in 1470 to almost 23,000 today. In Canada, since January 1997, there have been 230 requests for final inspection prior to their first flight, compared to around 800 south of the border.

The chapter meetings are presently being held at the Western Canada Aviation Museum on the third Thursday of each month. For anyone interested in obtaining further information about the Chapter and meetings, or receiving copies of our newsletter, please contact Dennis Scharf (204) 832-4551 or Harry Hill (204) 888-3518. Check out our web site www.freenet.mb.ca/raac-wpg.

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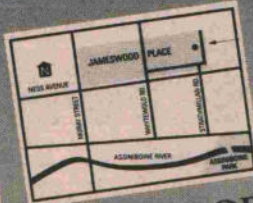
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Trenton's 424 Sqn declared overall winners at SAREX 97

Gimli, Manitoba - Thursday evening, 25 September 1997, 424 Transport and Rescue Squadron received the Diamond Trophy for the best overall performance at The National Search and Rescue Competition, SAREX 97. The Trenton-based team posted the highest cumulative standings in all five events of the competition along with Winnipeg's 435 Transport and Rescue Squadron. The tie was broken by comparing total penalty points, of which the Trenton team had less. Six teams represented the Canadian Forces; five SAR squadrons and three combat support units competed in the annual event, which was held at the Gimli Industrial Park from 23-25 September, 1997.

The National Search and Rescue Competition (SAREX) highlights the skills of Canadian Forces search and rescue (SAR) personnel in the spirit of friendly competition. The duties of hosting the event rotates annually between the Canadian Forces' five SAR units across the country. This year's event was hosted by Winnipeg 435 Transport and Rescue Squadron. Next year the competition is being held in Trenton, Ontario.

The winning teams of the five competitions are as follows:

Team Parachute Accuracy	424 Squadron, Trenton, Ontario
Search Event	424 Squadron, Trenton, Ontario
Rescue Event	435 Squadron, Winnipeg, Manitoba
Medical Event	435 Squadron, Winnipeg, Manitoba
Maintenance Event	435 Squadron, Winnipeg, Manitoba

Other winners included:

Individual Parachute Accuracy	Sgt Brian Weir, 413 Squadron, Greenwood, NS
Over 40 Parachute Accuracy	Master Warrant Officer Bob Verret, 442 Squadron, Comox, BC
Best team esprit de corps	424 Squadron, Trenton, Ontario



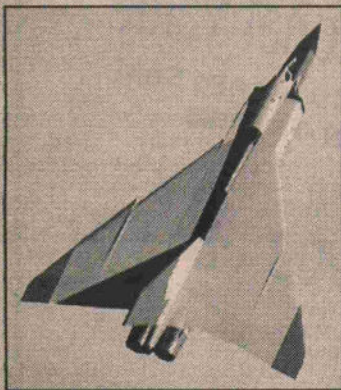
The 435 Sqn SAREX 97 crew proudly displays their awards for the Rescue, Maintenance and Medical event.



424 Sqn won the parachute accuracy event, while everyone did well despite the high winds.

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You may deliver your completed entry form to the Voxair office or e-mail us with the above information at voxair@vulcan.achg.dnd.ca

GOOD LUCK!

Object Identity _____

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Additional Comments _____



The Diamond Trophy was presented to 424 Sqn LCol Perrett by MGen Macdonald for best overall performance in all events.



Much credit goes to Food Services for their essential role in feeding the hungry crews.

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Unforgettable

By Major CM Walton-Simm, Managing Editor

REMEMBRANCE DAY will be observed on Nov 11th, commemorating the armistice that ended World War I (WWI) at 11:00 a.m. of that same day in 1918. Each year, on that day, we honour the war dead with ceremonies at cenotaphs in towns and villages. At the National Cenotaph in Confederation Square, Ottawa, the day is marked by a moment of silence at 11:00 a.m. and by gatherings or parades of veterans of the world wars and the Korean conflict.

Unfortunately, time has a way of fading the memories of the many young Canadians who sacrificed their lives for the freedom we enjoy today. The first World War ended 78 years ago, which obviously means that there are very few veterans of that war left to share with us their experiences. But we still have the written history, which provides graphic details of the triumphs and failures of boys who would be men and the courageous feats they performed for their country. As well, there are not a lot of veterans from World War II (WWII) or Korea or any other conflict either.

The symbol of Remembrance Day is the poppy of Flanders, replicas of which are distributed by the Royal Canadian Legion. Each year at this time, I try to determine what symbolizes Remembrance Day for me. I don't personally know a veteran from any conflict but, as a member of the Armed Forces, I do feel a personal connection to the men, women and children whose lives were permanently effected by war. And if I get really philosophical, perhaps the peace we as Canadians enjoy today is possible because people like myself have made a commitment to the protection of Canada.

There is, however, only one thing that brings it home emotionally for me - Canada's most famous war poem written 8 December 1915 by Lieutenant-Colonel John McCrae, a soldier and medical doctor. He died in 1918, but his poem and the red poppies of Flanders fields remain to remind us of the sacrifice made by so many. In WWI, 619,636 Canadians served, of these, 62,800 were killed. In WWII, 1,184,322 served, of these, 42,042 were killed. There were 516 Canadians killed in Korea. In WWI 2,854 females served and in WWII, 49,545 females served.

For each Canadian, especially the younger generations that often find it difficult to remember the wars and the thousands of Canadians that have participated and the ones that lost their lives, what symbolizes Remembrance Day may vary widely. But whatever the symbol, I hope that all Canadians take a moment, on the 11th of November, to remember the soldiers who gave their lives so that the rest of us wouldn't have to.



IN MEMORIAM

*In Memory of all who fought and those who fell
In defense of our nation;
In thanksgiving for the freedom
They so valiantly maintained
For us to enjoy.*

**From the members of 402
"City of Winnipeg" Squadron**



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Remembrances

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe.
To you from failing hands we throw
The torch, be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields

John McCrae

Dec 8, 1915



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ONTARIO COMMAND

We Will Remember Them

Butt Out

The next Butt Out course will begin in January, 1998. An information session will be held on Monday, 15 Dec at 1500 in the classroom at ground training, and a second information session will be held Tuesday, 6 Jan 1998, same time, same location, with the course commencing on Thursday, 8 Jan. The information sessions are opportunities for all interested pers (military, civilian, and spouses) to find out more about the course and to enroll. For more information, please contact SLt Dynes at 5780.

Flu Shots

Immunization against influenza will take place this fall as per usual. An order has been placed and upon delivery, which I expect will be before the end of October, administration will commence. I will put out an e-mail message when the flu shots arrive, so please ask your area supervisor to let you know. Shots will be given during normal immunization parade. **Only those who meet certain criteria will receive the immunization as it is not necessary for the majority.**

The "flu shot" does not prevent bad colds and it does not replace good hygiene and illness prevention measures. Measures such as hand washing, getting sufficient rest and nutrition, fitness, and not smoking are the best way for most people to avoid the flu.

Immunization parade is on Tuesday and Thursday afternoons, 1300 to 1600 until the end of October. Starting in November, it will be held in the mornings, Tuesday and Thursday from 0930 until 1200.

Further information can be obtained from the Community Health office at local 5116 or 5780, or in person, 2nd floor of building 62 (hospital).

A word from the Chaplain About Halloween

By Padre Douglas Ohs, Wing Chaplain (P)
Originally printed in the Voxair, 13 November 1996

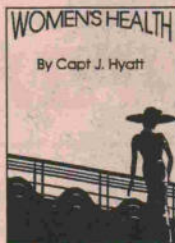
Some years ago, at a Canadian Forces Base where I served, I was tasked to respond to a letter written to the Base Commander. The letter, written by a concerned service member, asked the Base Commander to "ban" the practice of Halloween in the PMQ area. The concern was that Halloween was a pagan practice, out of date and even unhealthy for children of a modern age.

All this leads to the question "What is Halloween? Where did it come from? What have we made it into?"

Halloween takes its name from All Hallows Eve, or as we call it today "All souls". The practice started about 1000 years ago, as a day where the "faithful departed" (the dead) were remembered in solemn prayer, in churches (Anglican, Roman Catholic and Orthodox) throughout the world. Those honoured in prayer were not saints, martyrs or notable persons. There was nothing special about the way they lived or died - they were just people, too numerous to mention every Sunday in church, or even once a year. So, the church in its wisdom, set aside one day a year to commemorate them collectively, hence 'All Souls Day'!

Of course, in our 20th century, free enterprise has discovered a way to capitalize, even on the dead. The profits for candy and costume manufacturers are enormous this time of year. But that aside, Halloween is a great occasion for our children. I remember as a child dressing in my father's hat and coat, a moustache painted under by nose and goodie bag in hand. My children did the same.

Personally, I have no problem with this fall event. It is neither pagan nor evil, but like most other major festivals and holidays in Canada, Halloween takes its root from a Christian feast day for the dead - a day still celebrated by many Christian churches.



New Moms need time to get fit

Too many new Moms I see want the weight they have gained to go fast, fast, fast. Impossible. It took nine months to get there, so it will take time to come off. I have

a friend who never looked liked she had a baby but she attributes that to having a three year old to run after. She is the exception not the rule. This friend always ate right and never gained a lot of extra weight. She always had a piece of fruit in her hand and she exercised regularly throughout the pregnancy.

So how quick should the weight come off? A study in Vancouver says it may take awhile. It would appear to be an unrealistic goal to expect a sudden weight loss. This study tracked the progress of 11 new moms that did aerobic exercise such as walking, step training, or stationary cycling for 40 minutes, four times a week.

These women were breast feeding, which in itself burns hundreds of calories daily and helps shrink the uterus to reduce the abdomen, after the study's conclusion six months later, the 11 women were still carrying an extra 5 pounds of body weight compared to their pre-pregnancy weight.

If this sounds too discouraging I can tell you that being over 40 is no easier. It feels like the old metabolism has just ground to a halt. (Wouldn't have anything to do with the food I eat...ha.) Anyway the study suggests new moms enroll in post-partum exercise programs that allow them to exercise with their babies nearby; take babies on regular long walks giving Mom gentle exercise and baby fresh air.

Stop worrying and enjoy this time, it only happens once in this baby's lifetime.



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0900 hrs Roman Catholic
1100 hrs Protestant

SOUTH SITE

0930 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

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Community Policing Corner

Halloween Safety Tips



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

The following are some Halloween safety tips:

- a) as a rule of thumb, it is always good to remember that you should never allow your child to consume something they have received that did not come in a sealed package;
- b) parents should set up arrangements ahead of time to escort groups of children;
- c) those wishing to participate in Halloween by giving out candy should leave their outside porch light on. This not only establishes to the children that you have candy, but also aids them in arriving safely at your front door;
- d) parents should carry a flashlight for safety traversing dark areas;
- e) strips of reflective tape should be attached to the exterior of the costume, or glow sticks hung by string;
- f) always ensure that your child is dressed for the weather, and that warm and comfortable footwear is worn;
- g) ensure that the costume contains bright and reflective colours. Try to stay away from all-black or all-dark coloured costumes;
- h) face paint is recommended over full-face masks. This allows your child better visual perception of what is going on around them;
- i) costumes should not be so long that they drag on the ground, and chance being tripped over;
- j) if you are taking a group of children around, frequently take a head count to ensure that you have not lost anyone;
- k) when walking from house to house, go down one side of the street first, then cross and do the other side. This way, you are not criss-crossing the street, chancing being hit by a passing vehicle;
- l) remind your children not to eat anything they have been given until you and/or the Military Police have inspected it first;
- m) always remember that before crossing any street, stop, look both ways, and proceed only when safe to do so, and if possible, only at designated cross walks or at the corners;
- n) if at all possible, try to Trick-or-Treat when there is still light outside;
- o) tell your parents what area you will be Trick-or-Treating in;
- p) if you are in trouble, go to a Block Parent Home; and
- q) never enter a home if you are invited into it - wait outside on the front steps.

Wishing everyone a safe and enjoyable Halloween.

Community Health Office

New ways to serve you better

By S/Lt Dynes

Our office is growing to provide expanded and improved services. We are very excited about the changes we have planned, and we hope you will feel free to provide us with constructive criticism and feedback about things you like and dislike. We are:

- the always charming and ever popular Captain Judy-Lynn Hyatt running the Well Women's Clinic and associated services;
- the effervescent Captain Cathy Sherman, who will be running in-house clinics such as the crowd favorite immunization clinic and the blood pressure clinic, and don't be surprised to see her popping up at your unit from time to time to bring information, answer questions, remind you of what we can do for you, and just generally brighten your day;
- the newest friendly face, Captain Chris Bannerman, who will become our Link Nurse, to keep in contact with sick and injured members and ensure community involvement in meeting the needs of these individuals;
- myself, Sub-Lieutenant Donna Dynes. I will be running individual and group teaching on nutrition topics, co-ordinating the Butt Out courses, and keeping personnel informed on health issues and services we provide.

Our team will work together on all of these services, so feel free to ask any of us about what is available and how we can help you. We will be conducting a Needs Assessment over the next few months, and we hope to achieve maximum participation in our study as it will help us determine which services and programs would be most important to you, the health care consumer. Please take the time to complete any surveys you receive - you will benefit from giving us your opinions.

Schedule Changes

In NOVEMBER we will be changing our schedule. Immunization clinics will be offered Tuesday and Thursday from 0930 to 1200 and Blood Pressure clinics on Monday and Wednesday from 0930 to 1200. It is hoped that these timings will be more convenient as they coincide with medicals.

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17 WING SPORTS SECTION

17 Wing Hockey Happenings

By MCpl P. J. Reaume, 2 PPCLI AAP

It seems as though our Indian summer is finally coming to an end and the inevitable fact that winter is just around the corner must be accepted. Take heart, for with the snow comes winter sport and the yearly start-up of the 17 Wing Hockey Team.

The 97-98 team tryouts are now in full swing with a good number of veterans returning after a year's break following the OP PALLADIUM deployment. There are also some interesting prospects in some of the newly arrived 2 PPCLI members, who are trying to find themselves a place on a team with a lot of tradition and a winning history. The pre-season workouts have consisted mainly of dryland

training and a weekly skate. Dryland training has come to be a dreaded twice weekly event, thanks to the support and efforts of the teams trainers Lori Ann Mundt and James Follette who not only put the team through its paces but also put up with a great deal of whining. Thanks to all 17 Wing Fitness and Sports staff and special thanks to Andy Oxley for his technical support.

In preparation for EX STRONG CONTENDER and the CF Nationals the 17 Wing Kodiaks play in a civilian league at the Highlander arena. So if your interested in supporting the team, looking to see what we're all about, or are interested in trying out, come to a game or a practice and talk to the staff or players. Lets make this another winning season!

I/S Hockey standings and top scorers

A DIVISION

NO	TEAM	GP	W	L	T	GF	GA	PTS
1	435 SQN A	3	3	0	0	28	6	6
7	2PPCLI (JR PK)	3	2	1	0	9	5	4
4	733 COMM SQN	3	2	1	0	17	11	4
2	2PPCLI (SGT MESS)	4	2	2	0	20	12	4
3	WEME/SUPPLY	3	1	2	0	4	8	2
5	1 AIR MOV SQN	3	1	2	0	6	25	2
6	WCE	3	0	3	0	7	24	0

PLAYER	TEAM	GP	G	A	PTS	PM
LAKE	1	1	6	2	8	0
LEWIS	2	2	2	5	7	4
AUBE	4	2	3	3	6	0
MACLEOD	1	3	4	2	6	2
BLACK	1	3	3	3	6	0
TOWER	2	2	3	2	5	2
GRAHAM	4	2	2	3	5	0
JAMES	1	3	1	4	5	2
ROBERTI	1	3	2	3	5	0
6 PLAYERS TIED WITH 4 PTS					4	

B DIVISION

NO	TEAM	GP	W	L	T	GF	GA	PTS
5	MP	3	3	0	0	18	6	6
6	1 CAD BAND	3	3	0	0	23	10	6
7	GEORGE'S FAT BOYZ	3	2	1	0	9	5	4
1	CFS/402	2	1	1	0	9	3	2
2	435 SQN B	3	1	2	0	6	14	2
3	402 SQN "HOUNDS"	3	0	3	0	6	17	0
4	1 CAD OT	3	0	3	0	5	22	0

PLAYER	TEAM	GP	G	A	PTS	PM
PINEAULT	6	3	5	2	7	0
MERRITHEW	5	2	3	4	7	2
THOMAS	6	3	1	5	6	2
POWER	5	3	1	5	6	2
LONEY	1	1	3	2	5	0
SANSTERRE	5	3	4	1	5	12
KELLY	5	3	3	2	5	4
BARTON	6	3	3	2	5	0
ARCHIBALD	6	3	3	1	4	0
POITRAS	6	2	2	2	4	0

Winter Workouts

Typical fitness buffs think winter is the worst time of the year. They can't run, they can't play tennis, they can't do much of anything they're interested in. What, after all, can you do when snow blankets the ground, sheets of ice cover the driveway and arctic winds cruise up and down the neighborhood's streets and alleys? A lot! Winter actually offers up a small army of unique-to-the-season fitness activities: skiing, sledding, ice hockey, snowshoeing and much, much more. And the experts agree: wintertime outdoor exercise even has some advantages over summertime sweat.

One common myth that keeps a lot of people inside when they might be enjoying themselves outside, is the notion that cold is bad for you. Anyone in good basic health can exercise in the cold without worrying about it. And freezing your lungs? Total myth, with no basis in fact. Even at 20 below zero, the air you inhale is thoroughly warmed before it reaches the lungs.

WHAT TO DO OUTSIDE

Cross-Country Skiing
Snowshoeing
Ice Skating

WHAT TO DO INSIDE

Aerobic Training (Treadmill, EFX, Stationary Bike)
Squash
Basketball
Swimming
Weight Training

Winter is an excellent time to explore other fitness activities besides your favorite, or to work at improving basic components of fitness, such as strength. The more similar the activity is to whatever you do in the summer, the more you'll get out of it in terms of improved performance.

If you are interested in a sports or fitness program, you can contact Chris Merrithew, Sports Coordinator at ext. 5511 or Lori Ann Mundt, Fitness Coordinator at ext. 2056.

Fit Tip of the month

Have you ever wondered exactly how long, how hard, or how often you should be doing Aerobic Exercises? Exactly, what is aerobic exercise? Aerobic means "with oxygen". Aerobic exercise means any activity where you are moving continuously, using large muscle groups such as the arms and the legs. Just remember:

- F - FREQUENCY At least 3 times per week
- I - INTENSITY Train within your TARGET HEART RATE ZONE. This is 70% -85% of your maximum (220 - your age).
- T - TIME A minimum of 30 minutes.
- T - TYPE Walking, jogging, swimming, cycling, cross country skiing, etc. are just some of the activities you can choose from.

Don't forget to warm up and cool down before and after your workout.

Example of a workout:

1. Warm Up - brisk walk 3-5 minutes.
2. Light Stretch - hold each stretch 10-15 seconds.
3. Aerobic Exercise.
4. Cool Down - same as warm up.
5. Flexibility - hold stretches 20-30 seconds, 2 times per stretch.

Are you looking to get back in shape and don't know where to start? Call Lori Ann at ext. 2056 and book your personal fitness program today!

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SEARCH & RESCUE: NOV. 8 & 9 OR NOV. 22 & 23
WINTER SURVIVAL: NOV. 15 & 16 OR DEC. 6 & 7
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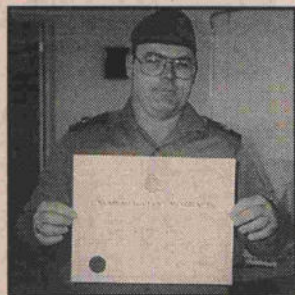
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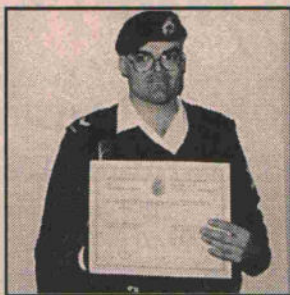
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17 WING SPORTS SECTION

Aerobic Excellence Awards



Congratulations to MCpl Lawrence (left) for receiving his red seal and LS Farrell for receiving his white seal. Keep up the great work gentlemen.



Only real Tigers can fly!

Greetings once again from the 17 Wing Flying Tigers Swim Team. The season is moving along quickly. The first swim meet of the season is being held in Brandon on the 1-2 Nov. 97 (after cancellation of the Seals meet). We're optimistic that all the swimmers will do very well. With all the hard work they've done to date, this will be a chance to show off all the talent that is in our community. We can be very proud of the swimmers for all the effort, time and practice that they have put in, always giving 100%.

On the 14th of this month, the Team held its General meeting. After the meeting there was a meet and greet where all the swimmers, parents and the coaches gathered to share in some great food provided by the parents of the swimmers.

All vacant spots were filled by willing volunteers that are eager to give their time and energies to help the team. As we all know, without volunteers, it wouldn't be possible to have such a fine organization as the Flying Tigers. Thanks to all that volunteered.

The Flying Tigers would like to extend an invitation to anyone in the youth community interested in becoming a Flying Tiger. Come down to Lipsett Hall, we are all there at 5 p.m., every day (Monday to Friday). See for yourself what a wonderful job everyone is doing and join the Team.

Till next time, remember:
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See you at the pool!



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Women's Broomball Back in Action



The 17 Wing Womens Broomball Team commenced regular season play in the Winnipeg Womens Broomball League (WWBL) this past weekend, with great improvement over last year. Saturday night the 17 Wing Flyers faced the Selkirk Hawks, Manitoba's representative this November at the Western Canadian Championships. Pumped for the game with a full roster and a new attitude, the Hawks felt the wrath of the 17 Wing Flyers. Selkirk scored late in the first period and although the Flyers were unable to answer with a goal of their own, they dominated the second half and ensured that the Hawks returned to Selkirk with ample bruises. The body checking drills paid off! The 'goon-of-the game' award goes to rookie Cpl Laurie Moore, 1 Air Mov Sqn, who sat for a couple of minutes for roughing it up with one of the Hawks.

Sunday, the Flyers played an amazing game against The Storm, the 1995 Canadian National Champions and the 1996 Manitoba Provincial Silver Medalists. Goalie Cpl Nathalie Mallet-Leyte, 1 Air Mov Sqn, kept the team in the game with save after amazing save...and a little help from the goal posts! Her valiant efforts won her the team MVP. The score after two periods was 1-1: overtime so early in the season!!! The final score of 4-2 was not indicative of the heart and intensity put forth by all members of the team. Look out WWBL: the Flyers are a new team with a new attitude and are ready to rise to the thrill of competition!!!

Come out and cheer on the team Saturday nights at Vimy Arena (7:00 p.m. or 8:15 p.m.) and Sundays at The Highlander (11:45 a.m.). Also, the team is still looking for an experienced coach. Interested military personnel or PSP employees may call Capt Deanna Manson, local 2347 or Cpl Cathy MacDonald, local 5595.

Player	Goals	Assists	Penalty Minutes
Capt Dee Manson	1		0 (AMAZING!)
Cpl Tara Langley	1		
Cpl Laurie Moore			2

Want to learn more about the great sport of broomball? Check out this great Australian (believe it or not) website on the internet: <http://www.ozemail.com.au/~kshapley/broomball.html>.

Next issue: "To bruise or not to bruise..."

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- Newsletter Delivery
- Office
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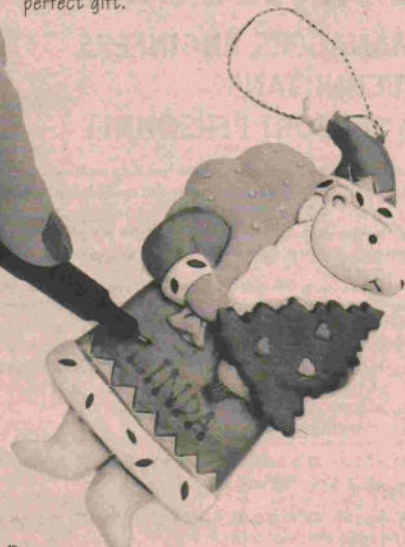
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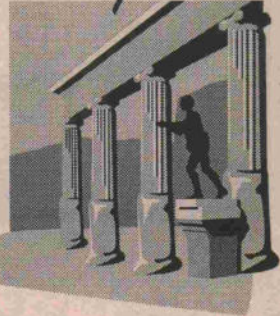
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Combined Mess, North Side

All you can eat lunch is \$8.00
\$1.50 of which goes to the MFRC.

It's time for another theme luncheon and this month we will be visiting Greece. By participating at this luncheon, you are again supporting the Military Family Resource Centre. So mark October 31st on your calendar and come for lunch.

For more information call 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)

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. Westwin Children's Centre, Monday mornings, 9:30-11:00 a.m. \$2.00 per family per week.

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. Lipsell Hall Nursery School, Wednesday mornings 9:30 - 11:00 a.m. \$2.00 per family per week.

Every Wednesday we hold a water aerobics class.

Lipsett Hall Pool, 9:45 - 10:45 a.m. \$2.00 drop in fee.

Child care is available. Must have recreation card to use facilities.

Westwin Children's Centre

Wednesdays and Fridays, 9:00 - 11:15 a.m. \$50 per month.
Please register now. Children must be 3 years by December 1997.

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.

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Ticket Prices: \$15, \$20, \$22.50 and \$30.

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Are you new to the city? Are you feeling a need to socialize?

If so, please join us for a monthly coffee party and/or general meeting. The Newcomers' Club of Winnipeg meets on the third Wednesday of each month.

The many monthly activities, including bridge, 'Bon Appetite', potluck lunch, crafts, book club, provide an opportunity to make friends in the city.

For more information, call 992-2999 and leave a message. Someone from our Hospitality Committee will return your call.

Plan to join us and remember "You are not alone."

BLOOD DONOR CLINIC

WEDNESDAY, NOV. 12, 1997

17 Wing Community Centre (Bld. 33)

1000 - 1130 & 1300 - 1600

• Please eat before donating •

• Present identification bearing full name & signature or photo •

AVOID THE WAIT!

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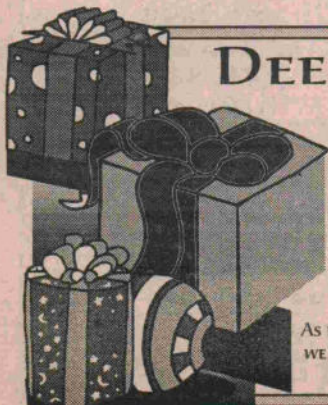
DEER LODGE CENTRE CHRISTMAS CRAFT SALE

SATURDAY, NOVEMBER 8, 1998

10:00 A.M. - 3:00 P.M.

AT THE DEER LODGE CENTRE, 2109 PORTAGE AVE.

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November 5, 1997

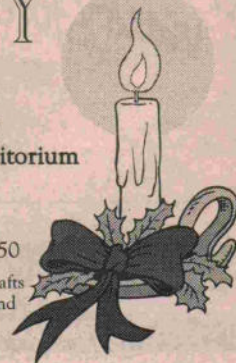
10:30 a.m. - 2:00 p.m.

Grace General Hospital Auditorium
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Luncheon

10:30 am. - 2:00 p.m. Cost \$4.50

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ADDRESSES NEEDED - DEADLINE 31 DEC 97.



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Saturday, 15 November, 9:30 a.m. - 3:00 p.m.

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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.

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.

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

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Recherche gardienne pour enfants de 1 et 4 ans. Appeler Anita au 895-9365.

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.

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 yrs & older. Receipts as required. Please call 489-0208.

CHILD CARE

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.

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

Wanted - Electric Chainsaw. Call Peter at 334-7274.

Wanted - Upright deep freeze. Leave msg. at 889-3963.

Wanted - Colour TV and remote, max dimensions 14.5" deep x 15.5" high x 16" wide, under 5 yrs old and excellent condition. 864-2138.

Wanted - Computer with desk, colour monitor, printer, modem and CD-Rom, max 2 yrs old. 864-2138.

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To Give Away - 6 yr. old German Shepherd/Collie cross female spayed. Needs fenced yard and lots of room. Very gentle. Good with children. All shots up to date. Call 779-3276.

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Lost - Man's Silver Quartz Wrist Watch with silver expansion wrist band, in vicinity of Lipsett Hall men's locker room, Sunday, Oct. 12, 1530-1800 hrs. Was 39th anniversary gift - great sentimental value. Reward for return. Call Lewis at 489-1377.

MISC. FOR SALE

For Sale - 1989 Ford Ranger XLT 4X4, fully loaded, ext. cab, fresh safety, red, 5 spd., must see! Phone 257-6206 or ext. 6920.

For Sale - Baby Stroller, 1 yr. old, asking \$70. Call Karen at 296-8762.

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

For Sale - Kenmore electric stove, excellent cond., white, \$350 OBO. GE washer/dryer, excellent cond., white, \$300 ea. OBO. Ph: 837-2892.

MISC. FOR SALE

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 - Fisher Price High Chair \$45; Herlag (Euro) Stroller \$45; Evenflo Infant Carrier/Car Seat \$40; Umbrella Stroller \$10; Little Tykes Potty \$10; Chair Booster Seat \$8. Call 889-6615.

For Sale - Yamaha Piano and Bench, model WX-1, Select American Walnut colour, hardly used, \$6,900 OBO. 864-2138.

For Sale - Fence: 6' high x 80' long, treated wood, already stained, 2 years old, all posts come complete with 1.5" post hold pegs, asking \$250, worth \$375. Already taken down, can be seen at 18 Cornwall Blvd., or call 831-0031.

For Sale - Dryer \$75; VCR \$50; Screen Door \$30; Wedding Dress, size 10-12 \$1000 firm. Call 779-3276.

Hockey Items For Sale - White Jofa helmet c/w tech goalie cage and neck plate, like new, reg. \$95, \$50 OBO; 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 OBO; Goalie neck guard in pull over top, very clean, reg. \$30, \$15; 2 garter belts, 16" - 25" and 28" - 32", good condition, \$7; Goalie protector cup/belt, Player proctor cup/belt \$5. Phone 864-2138.

For Sale - Winter tires deal - High performance Nokia NRW 185/60R14, 3000 km - for Volkswagen Golf, 1994 - 98, paid \$540, asking \$350. Also for Golf - Thule ski rack (new) with lock \$75. Thule transport box, 600 lt. (the big one) for all models \$450. Call 831-1465.

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