

The VOXAIR

Vol. 46, Issue 21

17 Wing Winnipeg / 17e Escadre Winnipeg

November 25, 1998 / FREE

XIII Pan American Games Coming to a Wing near you

By Capt Laferriere
WPAffO

The 1999 Pan American Games will be the largest multi-sport event ever to be held in Canada, and it will be happening right here, in Winnipeg, from 23 July to 8 August 1999. A total of over 5000 athletes and some 1500 coaches and officials from 42 countries are expected to converge on Winnipeg to compete in 41 different sports next summer. These numbers surpass the total of athletes, coaches and officials who took part in the 1988 Calgary Winter Olympics and the 1994 Victoria Commonwealth Games combined.

The XIII Pan American Games will also rank as the third largest sporting event to be held

on North American soil, surpassed only by the 1984 Los Angeles and the 1996 Atlanta Summer Olympics.

The Pan American Games Society (PAGS) also expects some 2500 media representing all three Americas to come to Winnipeg and report to more than 400 million people throughout the American continents. The Netherlands is also planning on sending a TV crew to broadcast live back to their country, which in itself is an interesting fact since Dutch athletes are not competing in the Pan American Games.

As was the case for many other high profile sporting events held on Canadian soil, the Canadian Forces are heavily involved in supporting the XIII Pan American Games. The lead

agency for CF support to next year's event is Land Force Western Area (LFWA), however, most resources (personnel and equipment) will come from Winnipeg-based units. This support will involve ceremonial activities such as guards of honor, bands, artillery salute troops, the Snowbirds and the Skyhawks, and other major services such as VVIP helicopter transport and field ambulance support.

17 Wing will play a major role in the overall plan as the base was identified as one of the locations to host one of the three major athlete's villages. The 'CFB Athlete's Village', as it was named, will house about 1200 athletes in four barrack blocks and the base will provide all related services such as

rations, cleaning services, recreation (gym, theatre, pool...), the use of DND facilities and telecommunications services.

The 1999 Pan American Games will provide many excellent opportunities to showcase 17 Wing and the CF as an important part of the community to a worldwide audience. The planning for the CF's involvement in next summer's Games has been ongoing for many months already but many will notice an increase in Pan Am related tasks over the next few months as Christmas 1998 is knocking at our door, which will mark seven months before Games time.

For more information on the Pan American Games, visit their site at: www.panamgames.org

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The VOXAIR

JUMPING TO THE PUMP 3

435 Squadron proves capable of running Strategic AAR missions in addition to their Tactical AAR operations.

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Eleven members of 17 Wing Winnipeg run the gauntlet at this year's Nijmegen March.

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1998 Wing Transportation United Way Breakfast

"Sunny side-up, scrambled, or easy over", those were the orders coming in over the counter in the Transport Canteen on 21 Oct, at the very successful United Way/Health Partners Charity Breakfast.

Pictured here is head chef, Mr. Doug Smuland. Assisting him in the kitchen were Mr. Wilf Jones and Cpl Kelly Smith. Many other volunteers contributed to the tremendous success of this event which raised \$935.85 for the United Way.

A big "THANKS" to all Wing personnel and 1CAD folks who came out and supported this event.



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VOXVIEWS

Arena of Dreams 17 Wing Women's Invitation Hockey Tournament

By Major CM Walton-Simm
Managing Editor

If we build it, they will come. Which is exactly what is unfolding here in Winnipeg 9-11 February 1999. For the 1st time ever, women from across the country will be competing at the national level in a hockey tournament. The concept was conceived a year ago in Cold Lake, however, the tournament there was cancelled due to unforeseen circumstances. The 17 Wg Fitness & Sports (F&S) Director, Mr. Al Brazeau, took the concept on and, with the assistance of some local volunteers and the support of the 17 WComd, is turning vision into reality. It is hoped that this will prove to be a catalyst for the inclusion of women's hockey in the CF sports programme.

Much work in organizing the tournament

has already occurred behind the scenes with the potential of seeing 8 teams participating from the following locations: Gagetown/Shearwater; Greenwood; Valcartier; St Jean/Bagotville/NDHQ/Ottawa; Trenton/Kingston; Borden/Petawawa/North Bay; Cold Lake; Edmonton/Esquimalt/Comox; and Winnipeg/Moose Jaw/Shilo.

We are hoping the tournament will encompass a comprehensive hockey package that will meet the needs and wants of both new and seasoned hockey players. The tournament will open with a hockey clinic and practice ice for all teams on the 1st day, followed by round-robin games Tuesday to Thursday with the playoffs scheduled for Friday. Each team can expect to play 2 games per day Tuesday to Thursday, so there is much hockey to be had!

There will be a meet and greet on Sunday

evening and a dinner scheduled for Tuesday evening with both being held at the JR Mess which will be the 'Centre for Activities' during the tournament. Planning is underway to ensure that some female referees have the opportunity to participate. Sponsors, guest speakers and a Patron are being solicited and all the necessary logistics are in place locally. Quarters and local transportation have been reserved and all support representatives have been notified. However, the onus will be on the participants to make their way to Winnipeg. 'We are building it - they will be coming.'

For further information, please contact Mr. Al Brazeau, F&S Director at ext. 5509; myself, Maj Cheryl Walton-Simm at ext. 5221; or Capt Deanna Manson, 1 Air Mov Sqn at ext. 2347.

1999 Voxair Deadline & Publishing Schedule

DEADLINE DATE	PUBLISH DATE	DEADLINE DATE	PUBLISH DATE
January 8	January 20	June 11	June 23
January 22	February 3	July 9	July 21
February 5	February 17	August 6	August 18
February 19	March 3	August 20	September 1
March 5	March 17	September 3	September 15
March 19	March 31	September 17	September 29
April 1	April 14	October 1	October 13
April 16	April 28	October 15	October 27
April 30	May 12	October 29	November 10
May 14	May 26	November 12	November 24
May 28	June 9	November 26	December 8


Vox BACK

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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Jump to the pump

By Capt Peter Jaeggi
435 Sqn PAFFO

The 435th Transport and Rescue Squadron is now the only squadron left in Canada to provide air-to-air refueling (AAR) capability since the retirement of the CC-137 (Boeing 707) back in April 1997. 435 Sqn utilizes the KCC-130 Hercules (a Canadian tanker version of the C-130) as a mid-air refueling platform.

In the past, the KCC-130 has predominantly been used in a tactical AAR role. By tactical AAR, we mean the inflight refueling of a variety of aircraft, which are engaged in specific air operations. 435 Sqn has established and maintained a well-deserved reputation in the tactical AAR business. Our latest deployment to Kuwait in February 1998 gave us a lot of recognition and appreciation from the big players out there. Our Sqn is well known for its determination to deliver. In Kuwait, our Sqn AAR detachment had one of the highest serviceability rates among all the different AAR units involved in Operation Southern Watch.

Recently, 435 Sqn has proven to all skeptics that the KCC-130 is also capable of conducting Strategic AAR. Strategic AAR is to provide aircraft with the range to deploy rapidly to and between areas of operation. On October 5, 435 Sqn successfully completed the first eastbound transatlantic crossing of four CF-18s from Canada to mainland Europe using the KCC-130 exclusively. This was part of an aircraft rotation in support of Operation Echo. The Sqn has been a player in some previous transatlantic refueling but this was actually the first time that the Sqn was tasked to do it and with its own resources only. Our past experience was limited to provide some initial fuel off the coast and from there the receivers would meet with a different

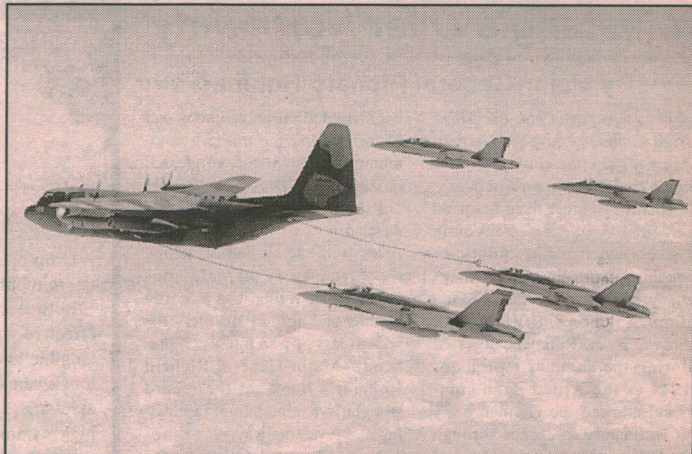
tanker enroute like the CC-137 or the KC-10, and then be escorted to safe land.

The Hercules, due to altitude, speed and fuel limitations, is obviously not the best platform available to support transatlantic AAR operations. However, we have proven without any doubt that the job can indeed be done efficiently by the KCC-130. To expedite the crossing of four CF-18s across the Atlantic we utilized two tankers prepositioned to optimize the available fuel offload.

Ten days later, on October 15, we supported the redeployment of four other CF-18s coming back from Italy. Once again the mission was carried out with two tankers from 435 Sqn. It is always more challenging to fly westbound due to the predominant westerly headwind. In addition to the headwind, we had to deal with some less than ideal weather conditions, which consequently delayed the crossing. But once Mother Nature decided to cooperate, the crossing of the four CF-18s was completed with

success.

It is very clear to us that the KCC-130 will be used primarily in the tactical AAR role, and that is exactly what this tanker was designed for. However the proof is there that it can be used as a strategic AAR platform when other suitable means are not available. The issue of Strategic AAR deficiency is currently under review by higher authorities. There are many options out there to be considered. Under the current budget restraints however, it is very likely that the immediate best option is indeed the KCC-130. The infrastructure, the aircraft, the flying crews and the maintenance side of the house are



Two CF-18 Hornets 'jump to the pump' while two more await their turn at the refueling drogue of a KC-130 Hercules.

all already well established. We will see what the future reserves for us but one thing is clear, 435 Sqn has gained a substantial amount of experience in the AAR domain. Our latest deployments and our increasing cooperation with other nations in the AAR business are resulting in a well-deserved reputation. And this simply means that 435 Sqn's involvement will be more and more solicited in the future for both tactical and strategic AAR roles.
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Patton's Gap

Mustang's Over Normandy

By Major-General Richard Rohmer

On 13 August 1944, the Allied High Command gave the German Army a gift - the chance to fight again and take more allied lives.

Richard Rohmer lived firsthand the futility of war as a young fighter-reconnaissance pilot during the Second World War. What many of us came to understand through the recent film *Saving Private Ryan*, Rohmer witnessed during the summer months of 1944 as the Allied High command allowed the German army in Normandy to escape through the Falaise Gap. As the whole of the German Seventh Army and the remnants of the Fifth Panzer Army slipped through, the allies lost the opportunity to win the war in Europe then and there.

How had this been allowed to happen? As the war dragged on and many more lives were lost, Rohmer vowed to find those responsible for this horrendous military blunder. The result was **PATTON'S GAP: Mustangs Over Normandy** - the book that not only answered his question,

but caused a sensation among war historians and the military community when it was first released in 1981.

Praised at that time for his descriptions of the great battlefields from the air and for telling the "true story of infamous Falaise, identifying it as a 'costly blunder and military disaster,' the seriousness of which few comprehend," Major-General Richard Rohmer's book set the record straight in a stimulating, fascinating and revealing way.

Now, 17 years later, comes the second edition of this best-selling book. And this time, Rohmer not only adds new material of the Falaise Gap controversy, but also reveals the identity of the young Canadian pilot who caught Field Marshal Erwin Rommel - the notorious Desert Rat - at a Normandy road one July morning and effectively changed the course of the battle for Europe.

PATTON'S GAP: Mustangs Over Normandy (2nd Edition) available in books stores now.

Voxair Vignette

The answers to last issue's Remembrance Day Quiz are:

1. In what year was it officially proclaimed a holiday by an act of parliament - to be known as Remembrance Day?

Answer: 1921

2. In what year did the first Poppies appear in Canada?

Answer: 1921

3. An American woman was working in a New York YMCA canteen when she starting wearing the Poppy in memory of the millions who had died during World War I. What was her name?

Answer: Moira Michael

THERE WERE NO WINNERS

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Wing scores hat trick at Nationals

Excerpts from 'The Pegboard', the newsletter of 500 (City of Winnipeg) Wing, Air Force Association of Canada.

Three Wing members honoured at Halifax

This year's Annual General Meeting of the Association 7-9 October in the Nova Scotia capital had Wing President Chris Nielsen going to the podium not once, not twice, but three times to accept honours awarded 500 Wing stalwarts.

Receiving the Meritorious Service Award this year were Bert Aldrich and Jack Bessey, with an Award of Distinction going to Norman Clark. All three recipients have devoted years of dedicated service to the Wing and the Association and all are currently heavily involved in the Garden of Memories project.

Some other highlights from this year's AGM included:

- an increase in national membership as of last June 30 to 15,815, as opposed to 15,239 members at the same date the previous year;
- the increase is totally Members at Large. Group membership actually decreased; and
- a resolution submitted by Ontario Group, that surviving spouses of deceased Wing members be allowed the privilege of regular membership was passed.

Battle of Britain service well attended

Sunday, September 20 saw an excellent turnout at the 17 Wing Chapel by members of 500 Wing, 1 Cdn Air Division HQ and Band and 17 Wing to pay tribute to "The Few", those who fought and died to save Britain against overwhelming Nazi odds during the summer of 1940. The fortitude displayed by the men and women of the Royal Air Force, including many Canadians, stands out in the annals of modern warfare. To this day, their sacrifice is not forgotten by the members and veterans of Canada's Air Force.

In Memorium

Wing Service Officer George Demare reports with regret the following deaths:

- Wilfred P. Sweeney, father of Mike Sweeney on July 9;
- Trudy Gallipeau, wife of Jerry Gallipeau on July 31;
- James A. Mullen, Member at Large on August 16;
- John Paul Saliga, Member at Large on August 26;

- Germaine Demare, mother of George Demare on Sept. 7;
- Kenneth Skundberg, Wing member on September 15;
- Alfred H. Turner, Past Wing President on October 2.

President's year end message

Editor's note: as the Pegboard is now being published every two months, the next edition will hit the streets in January 1999.

1998 has been a memorable year for the Wing. We are well on our way with the Garden of Memories; sod was broken on 10 September and we expect it to be completed before freeze-up. We still need working capital and memory stone subscriptions will provide it. To date, over 280

stones have been subscribed. Interest is really picking up from overseas; Australia, New Zealand and Britain are certainly starting to come on board.

As we near the year's end, Midge and I wish you all the best for a very Merry Christmas and a safe and happy New Year. Thanks for your increased attendance at meetings. It's a great show of support for your Executive Committee.

Sincerely, Chris Nielsen

New Member

Rita Green, Membership Chairperson is pleased to announce that Ed Czuczvara has signed on as a new member. On behalf of the President, Executive and Members, welcome Ed!

Mustang technical gen sought

402 Squadron Association are involved in the restoration of an RCAF P-51 Mustang fighter in Sqn colours. If you have any photos, technical drawings or publications of the Mustang in

RCAF service, give George Demare a call at 837-3177.

Upcoming Dates

- December 8: Wing Executive meeting, 1900 hrs. at the Mess.
- December 15: Monthly general meeting at the Mess.

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 - possession (for the firearms you now own)

OR

 - possession and acquisition (if you plan to obtain firearms, even if you own firearms now).
3. Registration of all firearms begins December 1, 1998. All firearms must be registered by January 1, 2003. You register your firearms only once. You may do so at one bulk price (one price for any number of firearms you register all at the same time).
4. Fees for licences and registration are on a sliding scale. It's cheaper in the first twelve months.

Possession licence	\$10	December 1998 – November 1999
Possession and acquisition licence (non-restricted rifles and shotguns)	\$60	from December 1998 onwards
Registration (bulk)	\$10	December 1998 – November 1999
5. You can get licence and registration forms at the post office, or by calling, toll-free, 1-800-731-4000.

To find out more, call 1-800-731-4000 or visit our Web site at www.cfc-ccaf.gc.ca

FIREARMS SAFETY IS EVERYONE'S CONCERN

Canada

Attention Single Military Parents

Are Single Military Parents being overlooked in the larger scheme of things?

**By Captain Cathy Sherman, Chairperson
Single Military Parents of Winnipeg**

Imagine my disappointment and the disappointment of all single military parents here in Winnipeg, when the initial QOL report summarized by Mitch Gillett, staff writer at D-news, appeared in the Voxair. I have invested at least a year, following the events of Personnel-Friendly, Forces-Friendly policies dating back to September 1995, as all the policies make their way to stone. Single military parents account for approximately five percent of the Canadian Military and number approximately 3000 or greater.

Now, it's a reasonable assumption that with the amount of hard work put into the report, that it is undoubtedly, in whole, quite a lengthy document. So now, what remains to be seen is whether or not single military parents' needs are on the list of "Quality of Life" issues and I am looking into that as this goes to press.

General Baril specifically stated, in his presentation in the House of Commons, in June of this year,

"To further enhance the quality and quantity of support that we provide to the military families, a child care support allowance that meets operational requirements, irregular working hours and short notice call-out for operations is required. Increasing numbers of single parent members and married service couple families have created an ongoing need for child care support options to ensure that operation capability and effectiveness are not adversely affected. We cannot leave these parents to themselves."

So, I am asking ALL single military parents and everyone who knows a single military parent to assist me in a timely fashion, to ensure that our concerns are addressed equally and with compassion. Call me at ext. 5116. Leave your name, work ext., home phone number, age and gender of dependants. As well, if anyone knows of a single military parent who is currently dealing with a tasking, course or deployment, I would like his or her name as well.

The CDS, General Baril, has everyone's best interests at heart in this endeavor. It behooves us to have the uniqueness of our situation addressed.

Together in Church



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CHAPLAIN: Father Joe MacLean 833-2500 ext. 5272
PASTORAL ASSOCIATE: Padre Tess Drabick 833-2500 ext. 5349
SECRETARY: Carol Cochrane 833-2500 ext. 5087
MASSES: Sat 5 PM, North Chapel
 Sun 9 AM, North Chapel & Sun 11 AM South Chapel

RELIGIOUS EDUCATION: Religious Education classes are available to all students from Preschool to Grade 6. Please call the office for information on registration.

CONFESSIONS: The sacrament of reconciliation is offered by appointment. Contact the Chaplain's office.

BAPTISMS: We recommend that you contact the Chaplain's office for an appointment prior to the birth of your child.

WEDDINGS-MARRIAGES: Contact the Chaplain at least six months in advance. A Marriage Preparation Course is a requirement.

CATHOLIC WOMEN'S LEAGUE: Meets the second Tuesday of the month at 1900 Hrs alternating between the North and South Chapel Annexes.

PROTESTANT

CHAPLAINS

Padre Doug Ohs (ACC) - Office 833-2500 ext. 5417
 Padre Brad Busch (Luth) - Office 833-2500 ext. 5785
 Padre Steve Merriman (Free Methodist) - Office 833-2500 ext. 6022
 Padre Bob Sparks (Presbyterian) - Office 833-2500 ext. 2267

SECRETARY: Carol Cochrane - Office 833-2500 ext. 5087
SUNDAY SERVICES: 0900 Hrs South Chapel & 1100 Hrs North Chapel
 ACC Eucharist is sometimes offered at 1015 at the North Chapel. Check the weekly bulletin for dates.

SUNDAY SCHOOL: Sunday School is held during the service for children ages 3 to 12. Childcare is provided on a required basis for children under 3 years of age.

MARRIAGES: Six months' notice is required for marriages as counseling is necessary to prepare couples for Christian marriage. A Marriage Preparation Course is also required.

BAPTISMS: The Sacrament of Holy Baptism is available by contacting a chaplain. Time is required to give sufficient instruction about the meaning of baptism.

PROTESTANT LADIES' GUILD: The Guild meets the first Monday of the month at 7:30 PM in the North Chapel Annex. All women are welcome.

FOOD BANK: The Food Bank is a joint under-taking by both Catholic and Protestant congregations. Please help by giving any food you can spare. The donation box is located at the rear of the chapel.

DUTY CHAPLAIN: After normal working hours, the Duty Chaplain can be reached at 227-4751.

OTHER PHONE NUMBERS: For your convenience, a phone number has been set up to provide callers with information on service times and contact with the Chaplain of your choice. Phone 833-2500 ext. 6800 and follow the prompts.

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The Herc Winter Challenge is an individual competition consisting of 10 events: Log Sawing, Crawl/Run/Crawl, Chair Carry, Sled Pull, Gerry Can Slalom, Canoe Push, Tire Discuss, Sledge Hammer, Football Block & Snowshoe Run.

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Three Cadets receive Hubble award

The Royal Military Institute of Manitoba annually selects the top three cadets, one in each of the Sea, Army and Air Cadet leagues, and presents them the "Hubble" award, which consists of a \$100 cheque and a mounted certificate describing the award.

The recognition is to the three cadets who best demonstrate the attributes of good citizenship, leadership, support of their sponsoring element, physical fitness and a contribution to the community outside the cadet movement.

All three have excellent records

in all categories of the criteria.

The winners are:

Sea Cadet - CPO2 Kendra Bumstead of Daewood Unit.

Army Cadet - MWO Amber Hill of 226 Fort Garry Horse Unit.

Air Cadet - WO2 Tammy German of 220 Red River Squadron.

The awards were presented during the 3rd Annual Manitoba Military Tattoo at the Winnipeg Arena on Saturday, November 7th, 1998.

Congratulations Cadets.

Wing Comd's Commendation

17 Wing Commander, Col T.F. Watt, presenting the Wing Commander's Commendation to Ms Bonnie Bileski, 17 Wing Properties Officer, for her undertaking of an exhaustive review of all areas of real property management that impact the amount of payment in lieu of taxes for Manitoba and Ontario properties under 17 Wing control. Her tireless efforts and exceptional skills in identifying and ensuring the correction of anomalies and inaccuracies have resulted in savings of \$600,000 to 17 Wing and have provided an accurate, reliable real property portfolio and real property data. Ms Bileski's exemplary sense of duty is a credit to 17 Wing.



Reading Corner

LIBRARY HOURS

Monday - Thursday

10 a.m. - 8 p.m.

Saturday 1 p.m. - 4 p.m.

Here is a list of the new books now available at the Library:

Piers Anthony - Shame of Man; Maeve Binchy - Tara Road; Tom Clancy - Rainbow Six; Mary Higgins Clark - All Through the Night; Ray Coleman - Sinatra; Patricia Cornwell - Point of Origin; Ken Follet - The Hammer of Eden; Alan Dean Foster - The Dig; Dick Francis - Field of 13; Stephen Gadsden - The Authoritative Canadian Guide to Understanding Retirement Options; Bill Gibson - How to Get a Job; Albert Jackson and David Day - Collins DIY Projects in a Weekend; Robert Jordan - The Path of Dagger; Stephen King - Bag of Bones; Victoria Looseleaf - Leonardo Up Close and Personal; Anne Rice - The Vampire Armand; Nora Roberts - The MacGregor Grooms.

Christmas is coming & we have a number of Christmas stories and craft books to choose from.

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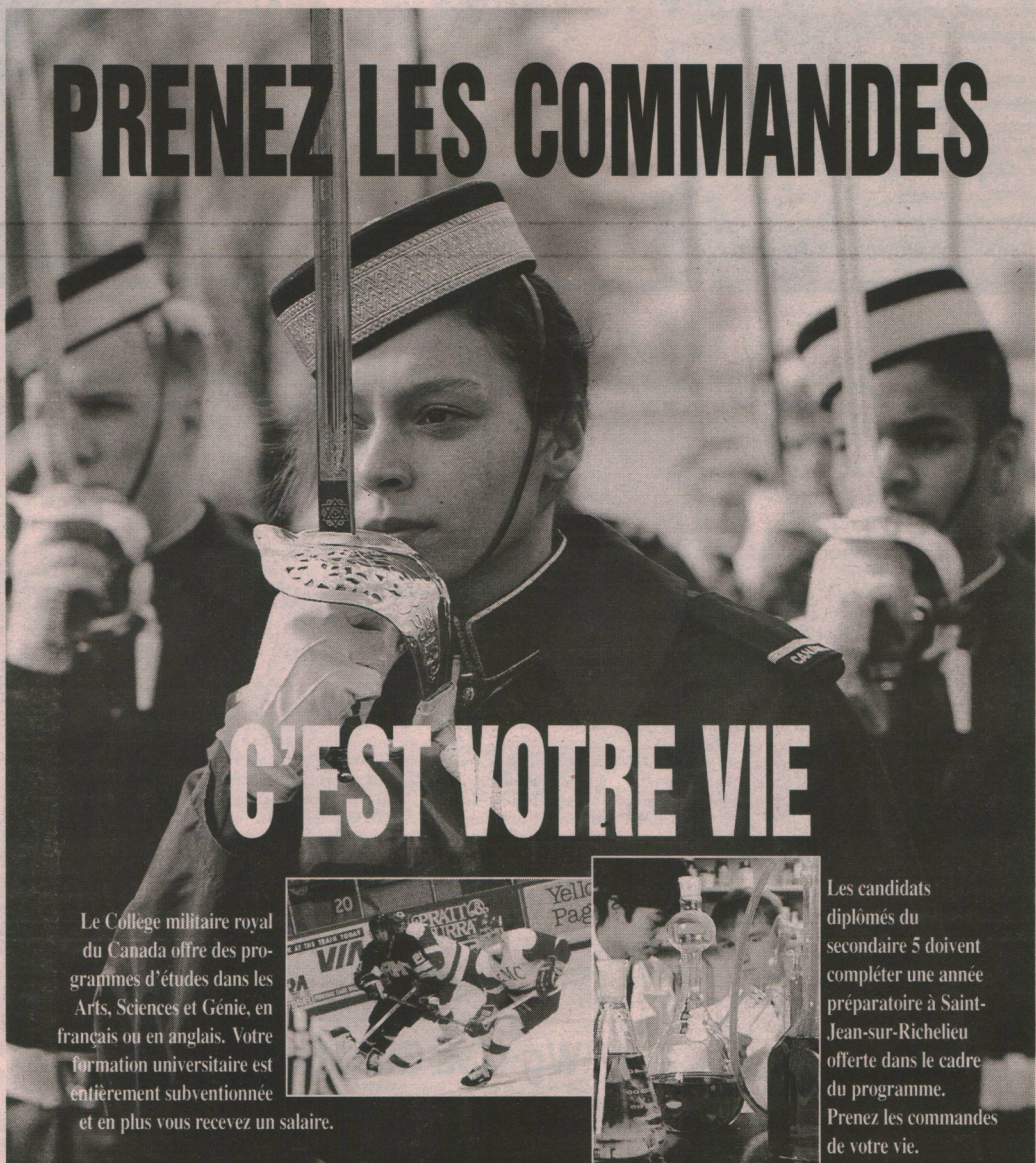
Dancing To Live Bands

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Meat Draws

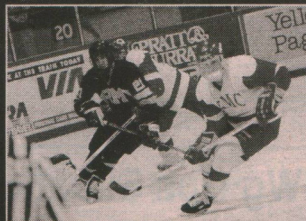
Every Sat. 2 pm - 5 pm

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CFS Presentations



On 9 October, LCol B.M. Doyle, Comdt CFS presented Maj W.L. Ryan with the Air Command Flying Instructor's Award. Maj Ryan achieved the elite A-I instructor's category on the CT-114 aircraft on 24 June 1998. Congratulations from the staff of CFS.

Capt C.A. Hope of CFS CT-114 Standards received his Canadian Forces Decoration on 9 October. The award was presented by the Comdt CFS, LCol B.M. Doyle. Congratulations from the staff of CFS.



LCol B.M. Doyle, Comdt CFS presented Capt D.F. Kavalench with the Air Command Flight Safety Award on 9 October. Capt Kavalench achieved 2,000 hours of accident-free flying in the CT-142 aircraft as of 4 March 1998. Well done Spike.



Around the Canadian Forces

Did you know...

THE MINISTER

17 Nov 1998 - Woman to Head Defence Advisory Board on Employment Equity

A report stated that Defence Minister Art Eggleton has named Sandra Perron to be chairperson of the Advisory Board on Employment Equity and Gender Integration. Coverage noted that Perron was the country's first female infantry officer and that she is the woman who was tied to a tree in a 1996 hazing incident. The report noted that Perron subsequently left the Armed Forces. In an interview following her appointment, Perron commented that she believes that "what makes a good soldier is not what he has between his legs". Perron added that in her view the inclusion of women "will make the army more operationally effective". She underlined that she is not bitter about her experiences in the army, saying that the army has "realized it has made mistakes and they are willing to learn" (Ctz A3).

16 Nov 1998 - NATO Troops to Remain in Bosnia

A report stated that NATO commander U.S. Gen. Wesley Clark has told NATO that the "32,000 NATO-led peace implementation force was still needed to support the civilian operation" in Bosnia. The report notes that the force includes 1,300 Canadian troops. The piece includes the assertion by Associate Executive Director of the Canadian Institute of Strategic Studies Jim Hanson that, based on this decision, the Canadian government will have to consider raising the current \$9-million military budget. The article mentions that the SCONDVA report has recommended increased spending on the military but that Minister Eggleton has not received a commitment from Cabinet. *Esprit des Corps* editor Scott Taylor reportedly stated that the Canadian government should have recognized that the obligation in Bosnia would be lengthy (Ctz A12-14 November).

OTHER ISSUES

19 Nov 1998 - Honduran Relief Effort

A report by Susan Semenk described the work being done as part of the DART mission in Honduras. She focussed on the reconnaissance missions being conducted by construction engineer, Chief Warrant Officer Jacques Plante, in seeking out remote settlements where people were hit by Hurricane Mitch. Comment was also cited from Montreal nurse, Capt Caroline Price, who described the children in the village where she is at work. Semenk said the Canadian soldiers are regarded as heroes in these Honduran villages. Armed Forces physician Captain Paul Bradford said he had never seen sights like these before, and that it's "hard to see children so sick living in such poor conditions" (Gaz A1, TStar A18).

19 Nov 1998 - Stolen Government Property

A report stated that nearly \$4.4 million in federal government property was stolen or destroyed by vandals last year. It listed some of the items that have been stolen from the federal government. The report noted that National Defence had to replace a \$3,195 saxophone, a \$250 drum and a \$125 bugle, and lost \$499,826 when 1,000 cadets disappeared without returning their uniforms, combat gear and kits. The report also mentioned the loss of nearly \$8.2 million in gear and equipment, including a firing control mechanism for a 57-mm gun that fell overboard from a Canadian warship (Ctz A5, NP A1).

19 Nov 1998 - Nuclear Disarmament

Journalist Mike Trickey wrote the House of Commons committee that is reviewing Canada's nuclear policy will recommend that the Government try to persuade the U.S. to remove its nuclear defence umbrella from Europe. According to a report obtained by the National Post, this recommendation is likely to bring Canada into conflict with its closest ally and primary defender. The report was said to include other potentially controversial elements, notably the commitment of all NATO states to the eventual elimination of nuclear arsenals and a revised NATO nuclear policy (NP A7).

19 Nov 1998 - Military Career

Anthony Testa of Orleans advised Canadian Armed Forces Cpl St-Arnaud, who compared voting in the Quebec election to buying a new car, that if he does not see that Canada is the best country there is, he should change careers since the "military is not for the weak of heart or mind" (Ctz A16).

18 Nov 1998 - UN Weapons Inspections in Iraq

A report noted that UN weapons inspectors have returned to Iraq, but said that many of them believe that their task is doomed to failure before it begins. Ewan Buchanan, a UNSCOM spokesman, noted that many of his colleagues have been "lied to, cheated and blocked in the past, so they are skeptical" that Iraq will change. UN chief weapons inspector Richard Butler has asked Iraq to hand over weapons documents. He plans to write to Iraq deputy minister Tariq Aziz requesting two specific documents that deal with chemical and biological weapons (NP A15, Ctz A18, TStar A31).

17 Nov 1998 - Military Rejects Claim of Injured Pilot

CBC's Fifth Estate tonight will air a feature story about the eye damage sustained by Sea King helicopter pilot Captain Patrick Barnes, who maintains that the injury was caused by a laser beam. A top U.S. military doctor concluded later that the damage suffered by Barnes and U.S. navy Lieutenant Jack Daly came from a laser weapon aboard the Russian cargo vessel *Kapitan Man* which the two men photographed. According to the report, Foreign Affairs told military officials that it was urgent to file a protest to the Russians about the incident. A military spokesman affirms that Barnes suffered no medical injury from laser exposure during the mission. Pacific commander Col Terry Rogers said that medical examinations of Barnes indicate a pre-existing medical condition, not laser damage; however, a U.S. military laser expert disagrees. The report notes that Barnes' flying career is over and that without the CF's acknowledgement that he was hurt in the line of duty, he will not receive a full medical pension. Capt Marc Theriault said the military is "not going to react before we see the interview" (Ctz A5, NP A6).

16 Nov 1998 - Canadians Want More Spending on the Military

A CTV news item reported that in response to last week's question - "Should Ottawa put more money into the Canadian military?" - of 162 callers, 86% said yes (CTV Sun, Edition 15 Nov).

16 Nov 1998 - Canada Leads Nuclear Abstention Vote

It was reported that on Friday, Canada and Germany let 10 NATO countries to abstain in a vote for a resolution calling for speedy negotiations to abolish nuclear weapons. Columnist Christina Spencer wrote that a Foreign Affairs committee proposal that Canada ask NATO to renounce its "first strike" nuclear option has provoked shrieks of horror from defence experts. Spencer commented that NATO has, in fact, steadily embraced the concepts favoured by Foreign Affairs Minister Lloyd Axworthy for years, and argued that he is not as out of sync with the alliance debate as one might think. She said that in the end the question is whether renouncing a first-strike option is the right thing to do since rogue states seek and will acquire nuclear capabilities, with Iraqi leader Saddam Hussein being a prime example (Ctz A9).

17 Wg Ops Situation Report 9 NOV 98 - 15 NOV 98

OPERATION	COUNTRY	PERS DEPL
Op Danaca	Golan Heights	11
Op Palladium	Bosnia	5
Op Calumet	Egypt	1
Op Echo	Italy	1
CFS Alert	Canada	1
Indiv Tasking*		6
DCDS Taskings**		2
CANZEX 98	New Zealand	2
Op Central	Honduras	34
TOTAL PERS DEPLOYED		63

* Indiv Tasking: Dundurn (1), Winnipeg (4)

**DCDS Tasking: CFB Borden (1), Italy (1)

We did it!

By Cpl Bell, 402 Sqn

From 21 to 24 July 98, eleven members of 17 Wing participated in the 82nd annual Nijmegen March. Participants marched approximately forty kilometers a day, for four consecutive days, while carrying a twenty-five pound rucksack.

We arrived in Nijmegen around noon on 18 July, after travelling for about seventeen hours. After settling into our new quarters, we carried out a recon of our surroundings. Camp Heumensoord is a temporary facility, which, for one week each year, is the largest military installation in the Netherlands. Quarters are pre-fabricated structures, erected for the occasion.

The Canadian Contingent formed up at 5 a.m. on Tuesday, 21 July, and marched out of the camp. We quickly found that our training was effective, as we started passing other Canadian teams almost as soon as we were out of the gate. We started as the fifteenth Canadian team and finished the day in third (while Nijmegen is not a race, there was certainly a lot of competitive spirit between the Canadian teams).

Day one introduced us to some memorable features of the march. Foremost was the incredible crush of participants - over 35,000 people marched, including 6,000 military personnel. The road was jammed with people of all ages from around the world and the military teams sang to help part the mob. MCpl Murray earned the nickname "Speed Deanna" for her ability to lead us weaving through the crowd in single file.

In every town, people stood or sat alongside the route and cheered. Businesses shut down so that people could participate. Occasional shouts of "Canada" came from the crowd, along with enthusiastic applause. In some places, the number of spectators was so great that there was hardly any room to squeeze through. Kids were also present in great numbers. They stood along the side of the road, holding shopping bags,

taking anything they could get. Following another Canadian team through a town, we watched as they were mobbed by perhaps a dozen kids-looking for stickers.

Day one was the longest march for us - about forty-five kilometers, because the camp was at the opposite end of the city from the route. The march went quit well, and we felt confident as we separated from the civvies and headed back to camp. However, fatigue showed quickly after the 40th km. Finally the camp came into sight, but those last five kilometers were the longest part of the day.

Day two dawned about an hour and half after the "quick march". To our amazement, the road was already busy with civilian walkers. Some of them were speed walkers and they zipped by us like we were dawdling. Day two featured a long stretch through the Dutch countryside, made even more pleasant by sparse crowds, because the military and civilian marchers took separate routes for part of the day. By the end of the day, most of us were still in good shape, but definitely feeling the effects of seven and a half hours of marching two days in a row. Painkillers and anti-inflammatories, moleskin, tape and bandages were in great demand.

We had been told during our training that the second day was the hardest and that it would get easier from then on. Since we had done two forty kilometer marches during training, and had now completed two forties, we felt confident that the last two days would not pose too much trouble. As it turned out, we were very wrong.

Day three, "the day of seven hills", saw the Canadians set off at four a.m. The contingent planned to rendez-vous at the Groesbeek cemetery at eleven a.m. for a remembrance service. Groesbeek is a large Canadian war cemetery with 3,800 Canadians buried there.

Our team lost a member at the day's first rest stop. Pte Eddy Penner had a severe reaction to his medication and was taken off the

march by British medical personnel.

During training we joked that the 'seven hills' would be no larger than those we encountered in Winnipeg. Once again, our information was not exactly correct. The route ascended gradually for most of the day. As we approached the town of Groesbeek, though, the hills started getting a little more imposing.

By this time, everyone was suffering significantly. One of the guys required a gentle push to keep him going up the final hill, which was about 75 feet high (but felt much higher).

We arrived at the cemetery a couple of minutes before 1100 hrs, having pushed hard for a couple of hours. We expected to have the ceremony right away, but there were only three teams on site, so the decision was made to delay the parade until 12 noon. We took advantage of this most welcome break to do foot repair and replenish fluids. Some mustered the energy to wander the cemetery grounds. The upkeep of the grounds was impressive. Not a weed in sight. The grass was neatly trimmed and all the gravestones were equally maintained.

Day four could not pass quickly enough. The pounding of combat boots on pavement took a serious toll on our feet and legs. In isolation, the days' marches were not so bad, but with no recovery time between the marches, minor problems soon became very painful. A small blister or hot spot at the end of day one became a large, raw patch by day four. Nearly everyone was taking painkillers or anti-inflammatories on the final day.

Halfway through the third leg, we stopped at a roadside kiosk. Six ounce bottles of Coca-Cola were on sale for two and half



Over one million people have earned the Nijmegen medal in its 82 year of existence. Lt Bisson presented the medal to Cpl Jim Bell from 402 Sqn.

Photo by Cpl Sean Hubbard

Dutch guilders a piece, which works out to \$3.50 for a twelve ounce can. I bought two.

Despite the injuries we had all suffered, we maintained our target speed of six kilometers per hour through the last day. At least we did until we reached the town of Cuijk. The road narrowed, went through a tunnel and led onto a pontoon bridge. The pace slowed to a crawl, and then stopped. We were literally elbow to elbow in a sea of marching humanity. Once across the pontoon bridge, we took our last official rest stop. Nine more kilometers to go!

By now, we knew that we would complete the march. While the last leg was a long haul, the pain seemed a little less, the breeze a little cooler, the cheers definitely louder. The last leg was an endless straight stretch. We could see the marchers ahead of us for at least a kilometer, so the end was definitely not in sight. Cpl Paul Van Helvert, our navigator, tried to keep our spirits up by understating the distance remaining. It wasn't very effective as each "ten minutes or so" passed with no sign of the final stop.

But we had to finish eventually. The feeling of relief, walking into the final stop, was incredible. It was, quite simply, the greatest physical and mental challenge I have faced since I joined the air force. According to people who

have done both, the Nijmegen march is more difficult than a marathon.

At the final stop, Lt-Gen Cuppens presented Lt Bisson with his second Nijmegen medal. Lt Bisson then presented our medals. Proudly wearing our well-deserved medals, we fell in for the Victory March through the centre of Nijmegen. For the last time, we marched amongst the cheering crowds, this time behind the band of the Royal Hussars.

A day after the march, any of us would have said, "I'll have to think about it," if you asked us would we do it again. Now that the pain has faded and the positive memories remain, we all want to go back.

In closing, the team members would like to thank our COs and supervisors, who allowed us to take the time necessary for the intensive training, and Sgt Jeff De Ruiter of Wing EME for his help and guidance.

17 Wing Nijmegen team members were: Lt Ben Bisson, W Sup, Team Commander; 2Lt Tim Neal, 402 Sqn; WO Louis Viens, 402 Sqn, 2 i/c; MCpl Deanna Murray, 402 Sqn; Cpl Jim Bell, 402 Sqn; Cpl Pat Charbonneau, 402 Sqn; Cpl Paul Van Helvert, 402 Sqn, Navigator; Cpl Sean Hubbard, 402 Sqn; Cpl Austin Wilson, 1 Air Mov Sqn, Token Army Guy; Pte Eddy Penner, 402 Sqn; Pte Andrew Semper, 402 Sqn.



MWO Herrick is presented with his new rank by Col McLennan.



Capt Herrick is presented with his new rank by MGen Campbell. Hmmmm... two promotions in one day. I wonder what his bar tab was that night?

FINANCIAL PLANNING & INVESTMENTS

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Mr. Market on...

'Having a plan & sticking to it'

"Ben Graham, my friend and teacher, long ago described the mental attitude toward market fluctuations that I believe to be most conducive to investment success. He said that you should imagine market quotations as coming from a remarkably accommodating fellow named Mr. Market who is your partner in a private business. Without fail, Mr. Market appears daily and names a price at which he will either buy your interest or sell you his.

Even though the business that the two of you own may have economic characteristics that are stable, Mr. Market's quotations will be anything but. For, sad to say, the poor fellow has incurable emotional problems. At times he feels euphoric and can see only the favorable factors affecting the business. When in that mood, he names a very high buy-sell price because he fears that you will snap up his interest and rob him of imminent gains. At other times he is depressed and can see nothing but trouble ahead

for both the business and the world. On these occasions he will name a very low price, since he is terrified that you will unload your interest on him.

Mr. Market has another endearing characteristic: He doesn't mind being ignored. If his quotation is uninteresting to you today, he will be back with a new one tomorrow. Transactions are strictly at your option. Under these conditions, the more manic-depressive his behavior, the better for you.

But, like Cinderella at the ball, you must heed one warning or everything will turn into pumpkins and mice: Mr. Market is there to serve you, not to guide you. It is his pocketbook, not his wisdom, that you will find useful. If he shows

up some day in a particularly foolish mood, you are free to either ignore him or to take advantage of him, but it will be disastrous if you fall under his influence. Indeed, if you are not certain that you understand and can value your business far better than Mr. Market, you do not belong in the game. As they say in poker, 'If you've been in the game 30 minutes and you don't know who the patsy is, you're the patsy.'"

Excerpt taken from the Berkshire Hathaway Inc. Letters to the Shareholders 1987.

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NO MANAGEMENT FEE WHILE IN THE FUND*

(FULLY RRSP-ELIGIBLE)**

PROUD SPONSOR OF THE CANADIAN NATIONAL ROWING TEAM

DYNAMIC

YOUR PARTNER FOR DYNAMIC PERFORMANCE

*Normal management fees will apply on money after it is transferred to selected Dynamic mutual funds. **The range of eligible equity funds include those that are fully RRSP-eligible and those that qualify as foreign content when held with other RRSP-eligible securities. Past performance may be no indication of future returns. Use value and investment return will fluctuate. Important information about this mutual fund is contained in its simplified prospectus. Obtain a copy from your financial advisor and read it carefully before investing. DYNAMIC is a trademark of BDO/Bell & Company Ltd.

17-WING

SPORTS

Winter activities
get underwayWomen's
Hockey

17 Wing Women's Hockey Invitational Tournament will be held 9 - 11 February 1999. Practice ice and clinics available on 8 February 1999. For further information, please contact Mr. Al Brazeau, ext. 5509; Maj Cheryl Walton-Simm, ext. 5221; or Capt Deanna Manson, ext. 2347.

Aqua-Fit
Classes

At Lipsett Hall Pool every Tuesday and Thursday from 1830 - 1930 hrs, instructed by Jill. Classes will also be held every Saturday from 1200 - 1300 hrs, instructed by Leana.

Cost is \$3 per visit 'drop-in' fee. You must have a rec card. Call Carla at ext. 2059 for more information.

Badminton
Club

The 17 Wing Badminton Club offers several different levels of play and a very relaxing, social atmosphere. Sun. and Wed. evenings, 2000-2300 at Lipsett Hall. Open to all military members and their dependants.

For more information contact Sgt Joe Runge ext. 2252, Capt Mike Lillico ext. 5345 or Mr. Brian Wong ext. 5298.

Adult Swim

At Lipsett Hall, Tuesday and Thursday evenings, 1930-2030.

For more information, contact Carla, Community Rec. Directory at ext. 2059.

Aerobics

Every Monday, Wednesday and Thursday evening from 1900 - 2000 hrs at Lipsett Hall. \$4 per

visit 'drop-in' fee or \$15 per month. Must have a 17 Wing Rec Card. Contact Christine at 888-9629 or Carla at ext. 2059 for more information.

Adult Co-Ed
Volleyball

Every Monday night at Lipsett Hall, 'drop-in' from 1830 - 2000 hrs. Must have 17 Wing Rec. Card and be 18 years of age or older.

For more information contact Carla Ryan, Community Rec. Directory at ext. 2059.

Women's
Broomball

Practice every Wednesday at Highlander Arena, 1515 - 1645 hrs. Weekly games in Winnipeg Women's Broomball League.

Contact Capt Dee Manson at ext. 2347 for more information.

Coaching &
science...

The next few lines are by an anonymous reader. We decided to have them published for the sake of argument...

I believe coaches, only through experience, develop what may best be described as "intuition" about prescribing training, monitoring and interpreting the performance of their athletes. There is no substitute for having a coach to look over the shoulder of the athlete when training, if only to provide an objective viewpoint.

A good example is changes in mood state with overtraining; athletes are unlikely to detect changes themselves. An education in sport science can hardly equip one with this intuition. Alternatively, coaches without additional sport science education cannot expect to appreciate the ins and outs of training adaptations, nutritional supplement, etc.

The question of basic vs. applied research has also been raised. Wayne Goldsmith pointed out that it is just not feasible for sport scientists to implement a long-term case study on the effect of some training intervention or ergogenic aid on athletic performance.

In summary, coaches should be educated about sports science to any level they require and that sport scientists need to start becoming service providers.

Bottom line: Enhancement of athletic performance will only continue if better communication occurs

SWIM TEAM

between these two parties (Sports Scientists and Coaches).

Coaches Corner

As the endurance phase of our training comes to an end, its time to cross the T's and dot the I's.

Technical and tactical along with lots of speed work is the main focus right now.

I have to say, I am very impressed with the attitude and progress of all the athletes. Progress takes time, hard work and patience by all involved.

The first meet of the season went quite well, I might say. With only 6-7 weeks of training, most of the swimmers surpassed or got close to times swum last year after a season of training and racing. In other words, what took them all season to do last year, they have done this year in those first few weeks. (I'm not surprised.)

This is progress in a straight forward motion. Well done to all swimmers!

And to all Parents; Keep up the support. Until next time, Refuse To Lose....

Steve

For more information on the FTST please contact the President at 833-2500 ext. 5513 during working hours or 831-1404 during the evening.



Centre
canadien des
armes à feu

Canadian
Firearms
Centre

ÊTES-VOUS PROPRIÉTAIRE D'ARMES À FEU ?

Comment la Loi sur les armes
à feu vous touche-t-elle ?

1. La sécurité avant tout : le cours et l'examen de sécurité dans le maniement des armes à feu, et les règles d'entreposage, de transport et d'exposition, déjà prévus dans la loi, font maintenant partie de la *Loi sur les armes à feu*.
2. Chaque personne aura besoin d'un **permis** d'armes à feu pour enregistrer ses armes à feu (votre AAAF est un permis). Il y a 2 sortes de permis (renouvelables aux 5 ans) :
 - possession (pour les armes à feu que vous avez maintenant)

OU

- possession et acquisition (pour posséder et pour obtenir des armes à feu).
3. L'enregistrement de toutes les armes à feu commence le 1^{er} décembre 1998. Vous devez enregistrer toutes vos armes à feu d'ici le 1^{er} janvier 2003. Vous enregistrerez vos armes à feu une seule fois. Un taux fixe s'appliquera si vous enregistrez toutes les armes à feu que vous possédez d'un seul coup (peu importe le nombre).
 4. Les frais de permis sont établis selon une échelle croissante. C'est moins cher les douze premiers mois.

Permis de possession	10 \$	de décembre 1998 à novembre 1999
Permis de possession et d'acquisition (carabines et fusils de chasse sans restrictions)	60 \$	à partir de décembre 1998
Enregistrement (prix fixe)	10 \$	de décembre 1998 à novembre 1999
 5. Vous pouvez obtenir les formules de demande de permis et d'enregistrement dans les bureaux de poste, ou en appelant, sans frais, le 1 800 731-4000.

Pour en savoir plus,
composez le 1 800 731-4000 ou
consultez notre site Web à www.cfc-ccaf.gc.ca

LA SÉCURITÉ DES ARMES À FEU,
C'EST L'AFFAIRE DE TOUS

Canada

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CANADA
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• Exciting, unique and
unusual aircraft

• Children's

interactive area
Gift Shop



At the Corner of Ferry Road & Ellice,
Phone : (204) 786-5503
Open Daily 10-4
Sundays and Holidays 1-4

MFRC ANNOUNCEMENTS

MILITARY FAMILY RESOURCE CENTRE, 350 Doncaster Street, Winnipeg MB, R3N 1W8 489-7003

17 WING / CFB WINNIPEG

Christmas Concert

Sunday, 13 Dec 98, 1900 hrs
Building 21

Admission is FREE

Donations of non-perishable food items for the MFRC's Emergency Food Bank are encouraged.



PARENTING PROGRAMS

PARENT EDUCATION PROGRAMS FOR FALL 1998

For more information call Victoria Lambert, Coordinator, 489-7003

DEVELOPING CAPABLE PEOPLE

Teaching adults how to assist children and teens reach their full potential. Due to popular demand, the Developing Capable People program will be offered during the evening in January. If you are interested, call me at 489-7003.

PARENT'S MORNING

Tuesday mornings, 9 - 11 a.m. at Westwin Community Centre.
Coffee, conversation, guest speakers and group activities.

If you're new in town, drop by for a warm welcome and a chance to meet new friends. Childcare available - must be booked at least 24 hours in advance by calling Wendy 833-2500 ext. 2491. Cost \$2/hour for first child, \$1/hour for second, free for third child in same family. Lower rates available for parents staying with their child in the playground.

Parents of Children with Special Needs

Support, liaison and advocacy services are available at the MFRC.

Having difficulty understanding your Public Service Health Care Plan?

Benefits differ according to each individualized plan. If unsure, contact the insurance company currently providing coverage or consult your benefits booklet. We can assist you with this. Call Victoria at 489-7003.

CHILDREN'S PROGRAMS

The Military Family Resource Centre offers children's programs at two locations.

Lipsett Hall Children's Centre is located on the south side & the Westwin Children's Centre is on the north side.

Both centers are licensed nursery schools. They are licensed through the provincial government. The Manitoba government is a strong supporter of childcare and facilitates quality childcare with strict regulations and follow up inspections. Both centers are subject to regular health and fire inspections. The staff are trained in early childhood education and are all certified in first aid.

SATURDAY PLAYGROUP

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

Lipsett Hall Nursery School
9:30 a.m. - 11:00 a.m.

Please bring a snack for your child.
To register call 833-2500 ext. 6846

DROP-OFF CHILD CARE

This service provides members of the community the opportunity to leave their children in licensed care while they run errands, work out in the gym, attend other MFRC programs, or just have a break from their children. We provide care for children from 18 months to 6 years. Children must be registered at least 24 hours in advance. It is advisable to book a week in advance since these programs are very popular.

Westwin Children's Centre
9 a.m. - Noon Tuesdays
9 a.m. - Noon Thursdays

Lipsett Hall Nursery School
1 - 4 p.m. Tuesdays
9 a.m. - Noon Wednesdays & Fridays

To register call 833-2500 ext. 2491

To register call 833-2500 ext. 6846

Cost: \$2.00/hour for the first child and \$1.00/hour for the second child in the same family. Parents must provide a snack and a drink for their children. Please remember that our centre are PEANUT FREE due to the large number of children with allergies.

Rock & Roll show hits 17 Wing with injury prevention message

Students in Winnipeg will get a chance to experience something they will never forget:

HEROES

North America's largest travelling injury prevention show

Unlike any other presentation, HEROES puts safety into a fun context through upbeat messages that focus on every student's desire to be in control.

The show is a fast-paced blend of rock and roll, computer controlled images and hard hitting stories told by injury survivors. During the one hour performance, students get a chance to learn that "life is about taking risks", which means choosing to act on five simple steps emphasized during the show. They are: Buckle Up • Drive Sober • Look First • Wear the Gear • Get Trained

HEROES will be performed

November 30 at 7:00 p.m.
Building 21, North Side

Space is limited to 400 people so pick up your free ticket today. Tickets are available on a first come, first served basis at the Winnipeg Military Family Resource Centre, 350 Doncaster Street. Please note that the recommended age is 13 years or older.

Toy Lending Library

LIBRARY HOURS

Monday	1:00 pm - 3:00 pm
Wednesday	11:00 am - 1:00 pm
Friday	9:00 am - 11:00 am

WE HAVE MORE NEW TOYS!

The Library has also added computer CD games for ages 18 mths to 6 yrs. Come check it out. Membership is only \$10 a year.

For more information, please call 489-7003.

-- VOLUNTEERS NEEDED --

YOUTH CENTRE

The Youth Centre is located at 347 Doncaster Street
Youth Centre phone: 488-4821.

Any questions or concerns regarding the Youth Centre, please contact Diane Brine, Youth Services Coordinator at 489-7003.

DROP-IN PROGRAMS: Activities at the Youth Centre include N64, Videos, Computers, Foosball, Airhockey, Crafts and Board Games. There is a small reference library at the Centre with books and articles of interest to youth. The Youth Centre supports a canteen. All funds raised from the canteen go back into the centre. Pop, juice, water, coffee, hot chocolate, chips, chocolate bars and gum are usually available.

Monday to Thursday 4:00 - 5:30 p.m.
for youth in elementary school.

Monday to Thursday 5:30 - 8:00 p.m.
for youth in middle and high school.

Fees for drop-in programs:

.50¢ a day or buy a membership for \$10 (privilege card holders), \$20 (non privilege card holders).



17 WING SPORTS

Bldg 90 Gymnasium Schedule - (winter) Sep 98 - May 99

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0630-0700	MIL TRG		MIL TRG		MIL TRG		
0700-0730	WG TPT		WG TPT		WG TPT		
0730-0800	BSSOR MP	WCE % GYM MINTO % GYM	BSSOR MP % GYM MINTO % GYM	WCE % GYM MINTO % GYM	BSSOR MP % GYM MINTO % GYM		
0800-0830						CLOSED	CLOSED
0830-0900	MIL TRG		MIL TRG		MIL TRG		
0900-0930							
0930-1000							
1000-1030	20 MSR	CFSSAT	CFSSAT	MIL TRG	MIL TRG		
1030-1100		COOKS	COOKS	COOKS	COOKS		
1100-1130							
1130-1200							
1200-1230	IG VBALL	MIL NOON FITNESS	IS VBALL	MIL NOON FITNESS	MIL NOON FITNESS		
1230-1300						CASUAL REC	CASUAL REC
1300-1330							
1330-1400	20 MSR	20 MSR	20 MSR	1AMS	MIL TRG		
1400-1430							
1430-1500							
1500-1530	CFAS #1	CFANS	CFAS #1	CFANS	CFB MET		
1530-1600							
1600-1630							
1630-1700	CASUAL REC	LADIES MENS VBALL	CASUAL REC	LADIES MENS VBALL			CLOSED
1700-1730							
1730-1800							
1800-1830							
1830-1900	MENS SBALL	CASUAL REC	MENS SBALL	CASUAL REC	CASUAL REC	CLOSED	
1900-1930							
1930-2000		LADIES SOCCER					CASUAL REC
2000-2030	SPECIAL OLYMPICS						
2030-2100	% GYM	WG FOODS	CASUAL REC	LADIES SOCCER			
2100-2130	CASUAL REC						
2130-2200							

Bldg 90 Pool Schedule - (winter) Sep 98 - May 99

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0630-0700	MIL SWIM		MIL SWIM		MIL SWIM		
0700-0730							
0730-0800							
0800-0830						CLOSED	CLOSED
0830-0900							
0900-0930	MIL TRG	MIL TRG	MIL TRG	MIL TRG	MIL TRG		
0930-1000							
1000-1030							SCUBA CLUB
1030-1100					WG FOODS		
1100-1130							
1130-1200							
1200-1230	MIL SWIM	MIL SWIM	MIL SWIM	MIL SWIM	MIL SWIM		CLOSED
1230-1300							
1300-1330	MIL TRG						
1330-1400	WG FOODS					CASUAL SWIM	CASUAL SWIM
1400-1430		MIL TRG	MIL TRG	MIL TRG	MIL TRG		
1430-1500							
1500-1530	MIL TRG						
1530-1600							
1600-1630							
1630-1700		CLOSED		CLOSED			
1700-1730							
1730-1800							
1800-1830							
1830-1900	CLOSED	CASUAL SWIM	CLOSED	CASUAL SWIM	CLOSED	CLOSED	CLOSED
1900-1930							
1930-2000							
2000-2030							
2030-2100		SCUBA CLUB		SCUBA CLUB			
2100-2130							
2130-2200							

Bldg 21 Gymnasium Schedule - (winter) Sep 98 - May 99

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0700-0730	OPEN		OPEN	OPEN	OPEN		
0730-0800	WTIS	OPEN	WTIS	WEME 1 CAD	WTIS		
0800-0830							SPECIAL FUNCTIONS
0830-0900	BAND		BAND	BAND			SPECIAL FUNCTIONS
0900-0930							
0930-1000		20 MSR		20 MSR			
1000-1030							
1030-1100	MIL TRG		MIL TRG		MIL TRG		
1100-1130							
1130-1200	AEROBICS/ BADMINTON/ INDOOR SOCCER		AEROBICS/ BADMINTON/ INDOOR SOCCER		AEROBICS/ BADMINTON/ INDOOR SOCCER		
1200-1230		IS VBALL		IS VBALL			176 SQM RCAC
1230-1300							
1300-1330							
1330-1400	20 MSR		20 MSR				176 SQM RCAC
1400-1430							
1430-1500		MIL TRG		MIL TRG			
1500-1530			CFAS				
1530-1600							
1600-1630							
1630-1700							
1700-1730	OPEN	OPEN	OPEN	OPEN	OPEN		
1730-1800							
1800-1830							
1830-1900							SPECIAL FUNCTIONS
1900-1930	117 SQM						SPECIAL FUNCTIONS
1930-2000		176 SQM RCAC	CUBS/ SCOUTS	AIR CABRET BAND	176 SQM RCAC TO 2300 HRS		
2000-2030							
2030-2100							
2100-2130		CLOSED					
2130-2200							

Building 90 Gymnasium update

SPORTS STORES - is open Monday-Friday from 0730-1600 hrs. PLCC card must be presented each time. For further info. contact the Facility-Coordinator at ext. 2055.

PERMANENT LOCKERS - are available on a first come basis to full time military employees. PLCC card must be presented. For further info. contact the Facility-Coordinator, ext. 2055.

SQUASH COURTS - 4 X courts available. Reserved for full time DND/military personnel. Eye wear and non marking footwear must be worn. 1130-1300 hrs, Monday-Friday. Same day bookings only, ext. 2055 or 5511.

THEATRE BOOKINGS - are available for military/DND employees, Monday-Friday, 0730-1800 hrs. Contact the Facility-Coordinator, ext. 2055.

SUNTANNING ROOM - users must be 16 years of age. Cost is \$1.00 for 5 minutes, max. 20 minutes. Same

day bookings only, ext. 2055 or 5511.

SAUNA - co-ed, users must be 16 years of age. Maximum recommended time is 15 minutes.

CARDIO/WEIGHT ROOM - must be 16 years of age.

12-15 years of age only if closely supervised by a parent or legal guardian. Proper attire must be worn. For further info. contact the Facility-Coordinator, ext. 2055.

CASUAL REC GYM FLOOR - is available for use evenings and weekends for badminton, basketball, volleyball, indoor soccer and floor hockey. Proper gym attire must be worn (ie: non marking shoes, appropriate shorts and shirts). Contact the Facility-Coordinator, ext. 2055.

SWIMMING POOL, BLDG 90 - is available for military/DND length swim, Mon.,

Wed. and Fri., 0630-0730 hrs and on Mon., Thur. and Fri., 1130-1330 hrs. Open swim is also available on Tuesday and Thursday, 1800-2000 hrs and Saturday and Sunday, 1300-1600 hrs. Contact the Facility-Coord., ext. 2055.

Giggles 'n Grins Children's Center

- Shift, Part-time, Full-time, Temporary or Drop-in Care Welcome - 18 mos - 12 yrs -
- 1st in offering flexible programming -
- Friendly Family Atmosphere -
- Sizzling Summer School-Age Programs -
- Currently Expanding to Meet Your Needs -

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

★ NEW ★ Subsidy Available ★ NEW ★
For more info call 897-GRIN (4746)

Aerobic Awards

- Congratulations to:
- Sgt O'Leary for receiving his red, white, blue and bronze seals for his first scroll
 - Cpl MacNeil for receiving his red seal for his first scroll
 - MCpl Murray for receiving her red seal for her first scroll
 - MCpl Fritsch for receiving his red seal for his first scroll
 - WO Brake for receiving his bronze seal for his 2nd scroll
 - Capt Dymond for receiving his blue seal for his fourth scroll

The Aerobic Award of Excellence is a program that is designed to acknowledge one's hard work and dedication to one or many aerobically oriented activities such as swimming, running, snowshoeing, cross-country skiing, walking, cycling (indoor & outdoor), rowing and skating (ice & roller). An individual must accumulate 2000 units in less than 2 years to receive a scroll and/or the appropriate seal(s). If anyone is interested in joining or would like more information please contact Fitness Coordinator Lori Ann Mundt at ext. 2056.

GASTHAUS GUTENBERGER GERMAN RESTAURANT

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

CINEMA / THEATRE SHOWTIME 8:00 P.M.

One True Thing

Friday, Saturday, Sunday, Monday
November 27 - 30
Parental Guidance, Mature Theme

RONIN

Fri. Sat. Sun. Mon. • Dec. 11 - 14
Parental Accompaniment, Violence

WHAT DREAMS MAY COME

Fri. Sat. Sun. Mon. • Dec. 4 - 7
Parental Accompaniment

The Theatre will be
CLOSED December 15 - 25
RE-OPENS December 26

Merry Christmas Everyone

COMING ATTRACTIONS
ANTZ • HOLY MAN • THE MIGHTY • BELOVED

ON THE TOWN



mmmm
MARIGOLD
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine

Dine In Take Out Catering

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

OFFICERS' MESS

17 Wing WINNIPEG

WING COMMANDER'S COFFEE BREAK
EVERY WEDNESDAY 1000 - 1030 HRS

FRIDAY, NOVEMBER 27 TGIF - CHICKEN
You must be signed in by 1730 to be eligible for the 80/20 draw.

FRIDAY, DECEMBER 4 CHRISTMAS BINGO
Cost: \$5 includes one card. Additional cards 50¢ each.

FRIDAY, DECEMBER 4 TGIF - CHIPS & PRETZELS
You must be signed in by 1730 to be eligible for the 80/20 draw.

SUNDAY, DECEMBER 6 CHRISTMAS SMORG
Reservations: Close 2 Dec 98 • Dress: Relaxed
Cost: \$12 adult, \$6.50 6-14 yrs. Free for children under 6 yrs.

WHAT'S HAPPENING

17 WING CERAMIC CLUB

Westwin Community Centre

Hours of Operation are
Mon - Wed 6 p.m. - 10 p.m.
Office Closes at 8 p.m.

The Ceramic Club will be
CLOSING
for the Christmas Holidays
17th Dec 98

Last day for firing will be
the 14th Dec 98.

The Club will
RE-OPEN
4th Jan 99

WE DO GIFT ITEMS!

For more info phone
June 888-6059
Marilyn 889-0571

NOW ON SALE Christmas Flight

Christmas Music CD
performed by
The Band of
1 Canadian Air Division

Only \$15

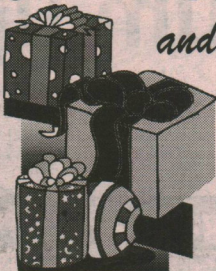
All proceeds donated to the MFRC.

Get your copy today at:
MFRC, 489-7003; 1 CAD Band, ext. 5182;
Bldg #33, ext. 2059 or ext 5976;
WPAffO, ext. 2212 or 1 CAD Kit Shop



CHARLESWOOD Y-NEIGHBOURS ANNUAL

Christmas Craft, Talent Auction and Bake Sale



Saturday, November 28
Charleswood Seventh-Day
Adventist Church
416 Cathcart
7:00 p.m. - 10:00 p.m.

\$1 Admission includes coffee, dainties
and a chance at a door prize.
Please call 885-4205 or 895-4756
to reserve your seats.

17 WING BASE

Christmas Concert

Sunday, 13 Dec 98

1900 hrs

Building 21

Admission is FREE

Donations of non-perishable food items for the
MFRC's Emergency Food Bank are encouraged.



Breakfast with Santa

Grace General Hospital Auditorium 400 Booth Dr.

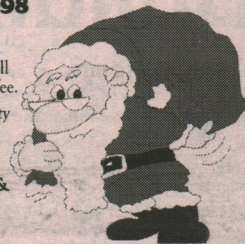
December 5 & 12, 1998

Doors open at 9 a.m.

Breakfast costs \$5.50 per person and will
consist of pancakes, sausages, juices & coffee.
There will be a visit from Santa, the Charity
Bear, Khartum Temple Clowns & others.
Each child will receive a gift & candies.

Tickets must be purchased ahead of time &
are available at the Hospital Gift Shop.

Parking will be free.



REUNIONS

Otter Sqn RMC-CMR

will be hosting the
25th Anniversary Celebration
of the UTPNCM program of
both the military and civilian
universities in Canada

May 7 - 9, 1999

All UT graduates are to forward
their current address & particulars
via one of the following to receive
further info:

Ph (613) 541-6000 ext. 6084
or (613) 549-4356
E-mail: utclub@rmc.ca
Fax: (613) 353-7394

Riverview Collegiate Moose Jaw

will be hosting a
40th Anniversary
Celebration
July 1 - 4, 1999

Please contact the school to
update your address and indi-
cate the year you graduated.
306-693-1331 or

Terry Wallace, Box 613,
Moose Jaw, SK, S6H 4P4
Phone 306-693-7259 or
twallace@sk.sympatico.ca

RAF/RCAF/CFB 15 Wing Moose Jaw

for all military & civilian workers
July 8 - 11, 1999
Moose Jaw, SK

What Time is it?

It's time to get your ticket for the
17 Wing Transportation Squadron

Custom Made Curio-Cabinet Clock Raffle

Designed & built by MCpl Serge Page, Wing Transport

TICKETS: \$2 each or 3 for \$5
DRAW DATE: December 5, 1998

TICKETS AVAILABLE FROM:

MCpl Wilkinson ext 2460 • Cpl Todd ext 5424 • Mary-Lou
ext 6869 • Sgt Jordan ext 5016 • Sgt Southern ext 5609 •

See it at Bldg 87, Transport Orderly Room

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 6674
Vice Pres.: Maj Dave Connell ext 5407
Sec.: Cpl Austin Wilson ext 2399
Treas.: WO Greg Speakman ext 5556
Equipment: Cpl Jean Tremblay home 832-2773

Western Canada Aviation Museum

1999 Heritage Lottery Calendars NOW AVAILABLE

\$12,075 in prizes to be won!
Only 3000 calendars printed

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Wednesday of each month. The many monthly activities, includ-
ing 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."

Get involved

The virtues of playing base-level sports

By Capt Deanna Manson
1 Air Mov Sqn

I was posted to 17 Wing Winnipeg the first time as a 2LT, fresh out of university and fresh into the 'real world.' Scary! How does one get things done? Who do you call for what? Everyone was a stranger and everything was unfamiliar. But that winter I decided to get involved in sports on the base and the benefits were obvious. I had played broomball as a kid on the rink at a grade school with only four classrooms and no gymnasium. At recess a barrel of brooms (the corn ones of various sizes and states of destruction) was placed outside and after we fought for our weapon we got out there and batted the ball around. Usually after two or three days the ball cracked from the cold. With this vast experience in the sport behind me (!?) I decided that I would give women's broomball on the base a whirl.

When I showed up for the first

practice and met some of the other players I realized one of the greatest features of getting involved in something like this: contacts! No, not full contact as I would realize later but CONTACTS: getting to meet people on the base. There in one little room was a Fin Clerk from the Wing Orderly Room, a Supply Tech (or two) and the coach worked at Wing Ops. Oh, so that's who I call! And what a great opportunity to learn about what other people do on the base as we sat after games and chatted about the meaning of life. Fascinating!

As a base-level team we also got to travel quite a bit. The highlight of the season was 'regionals' - the CF Prairie Region Championships. That's where we got together with the other bases and wings in the region and battled it out during four days of rock 'em sock 'em broomball. I was in heaven! Not to mention the fact that now we

could meet people from all sorts of other places. So when I go on TD to Cold Lake and my laptop blows up...I know who to call.

This year the 17 Wing Women's Broomball Team is back at it again. Our roster is fourteen strong and we have two great coaches that are putting the team through its paces: thanks (!?) to MCpl Gerry Drisdelle, W Tn Sqn and MCpl Jerry Marin, 1 Air Mov Sqn. The team is a member of the Winnipeg Women's Broomball League (WWBL) and league games are played Saturday nights at Vimy Arena and Sundays at noon at Ice Sports (the Highlander) Arena.

The first game was a 1-3 loss to 'The Bandettes' but no worries - this is just the beginning. By the time we are sitting on a plane destined for regionals in CFB Edmonton (14 - 19 Feb 99) we will be a force to be reckoned with...I just have this hopeful feeling.

PT Class of the month

This month's PT class of the month is WEME. WEME is a group of 20-30 enthusiastic fitness members. WEME has organized pt three times per week. Every Monday, Wednesday, and Friday PSP fit-

ness staff are greeted with welcoming smiles and good mornings by our participants. WEME has just completed their fitness testing for the year and the results are remarkable, they're sitting at a 99% passing rate. Not

only is WEME involved in organized fitness but also their participation in intersection sports is outstanding. Good job to all the members of WEME and keep up the great work.

PERSONAL CLASSIFIEDS

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LESSONS

Highland Dance Lessons, starting Jan 99, Robin Park Community Centre, Wednesdays 5:30-6:00 ages 7+; 6:00-6:30 ages 3-6. Call Jodi, 487-1624.

CAR POOL

Car Pool - Windsor Park/Southdale to CFB (N). Leave home 06:45, leave work 16:20. Contact JRC Manager MS Cormier 5427.

MISC. FOR SALE

For Sale - Do you need a cheap holiday? I have a 1 week (5-12 Dec 98) time share that I can no longer use. It is in Cancun, Mexico, has 2 bdms, full kitchen, swim-up bar and much more; only \$250. For more info call 488-4952.

For Sale - Piano, Yamaha model WX-1, select American walnut colour, warranty, like new, \$7500 OBO. 864-2138.

MISC. FOR SALE

For Sale - 1949 Mercury 1/2 ton, modern power train, ground up restoration, saftied, \$17,000 invested, asking \$12,000 OBO. 864-2138.

For Sale - 1947 Chev 2 door Fleetliner, orig. body stripped, ready for paid, orig. power train, \$2,000. Call 467-8875.

For Sale - Bionaire Humidifier, model 204 ultrasonic w/demineralization cartridge and electric filter, removable 11L tank, \$25. Call 487-1372.

For Sale - Hockey Equipment: Vaughan goalie trapper, left hand, junior model fits 10-15 yrs., exc. cond., \$65 OBO. 864-2138.

For Sale - Multifunction EX-10 Organ with bench and manual, 52 keys, 13 foot pedals, 3' 5/8"L, 1' 1/2"W, 2' 8/2"H, \$955. Phone 453-5870.

For Sale - Storage Shed, 8' x 8', barn style, new floor. Also Patio Deck, 10' x 16', construction - 2x10 and 2x6, railing - 2x4 and 4x4. \$300 each or both for \$500. Can be seen at 112 Hargus Street or call Dan or Marie at 831-1404.

MISC. FOR SALE

For Sale - Large Arborite Kitchen Table, 4' x 3', plus extra leaf, ideal for crafts or cottage, \$30; New Low Dolomite Walker, easy brake handles, has seat, tray and basket, was \$595, receipt for insurance, asking \$400. Phone 889-4442.

For Sale - Collectables, firm prices: 10" Royal Doulton plate, Bird of Paradise, circa 1920s, \$80; Missen Vase, 10", white with floral sides, gold rimmed, \$200; Hummels: Happy Pastime \$140, Wayside Harmony \$125, Chimney Sweeper \$120. Phone 889-4442.

For Sale - 30" Range, like new, \$125. Phone 489-5399.

For Sale - Peregó Stroller, excellent condition, \$30. Peregó High Chair, \$15. Little Tykes Toddler Swing seat with cord and hooks, \$7. Call 487-1372.

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Spitfires Schedule

Women's Soccer Indoor Season



Nov 22, Sunday	11:00	Wise Gals vs Spitfires
Nov 29, Sunday	05:00	Apm Thunders vs Spitfires
Dec 6, Sunday	09:00	Spitfires vs Panik
Dec 15, Tuesday	11:00	Challengers vs Spitfires

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