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## Government Responds to Quality of Life Report

OTTAWA - The Minister of National Defence, the Honourable Art Eggleton, tabled in the House of Commons 25 March 1999 the Government's response to the Quality of Life report of the Standing Committee on National Defence and Veterans Affairs (SCONDVA).

"The Quality of Life needs of our Canadian Forces members and their families have been a priority for this Government for over a year," said Minister Eggleton. "We heard what our members and their families told us, we heard what SCONDVA told us, and today we are delivering on our commitment to the dedicated men and women who serve Canada each and every day."

The Government, through the Department of National Defence and Veterans Affairs Canada, is acting on all of the 89 recommendations in the report. Fifty-nine have been accepted as written, twenty-four are accepted in principle and are being addressed in a different way, and six will see their underlying issues addressed in other ways.

"The components of this announcement are comprehensive and far-reaching, and are a concrete symbol of our commitment to the peace of mind and quality of life of our military families," said Veterans Affairs Minister Fred Mifflin. "At Veterans Affairs we have been looking after the needs of our veterans for 55 years and we are just as committed to providing the same quality of service to Canadian Forces members."

One of the key recommendations in SCONDVA's report was a pay raise of all Canadian Forces members. On Apr. 1, all Canadian Forces members received a pay increase that exceeds what was recommended in the SCONDVA report, particularly at the entry-level ranks. These new pay rates reflect comparability with the Public Service, and include an additional increase that recognizes the unique conditions of military service, also known as the military factor.

Privates received an average increase of 14.4 percent, all other non-commissioned members a 7.28 percent increase, most second lieutenants and lieutenants an 18.1 percent increase, and captains, majors, and lieutenant-colonels a 12.05 percent increase which includes the pay comparability adjustments. Some of these raises are retroactive to April 1, 1997.

SCONDVA recommended the pay comparability program be completed by December 1999. Treasury Board approved pay comparability adjustments to restore the identified shortfall for

general service officers of 14.7 percent and a shortfall of 6.7 percent for non-commissioned members to their public service counterparts.

In addition to the pay raises, Canadian Forces members will see an increase in their environmental allowances - sea pay, field operations allowance, and aircrew allowance - of 6.84 percent.

The Government also recognizes the value and leadership of our senior officers - Colonels, Captains (N), Generals and Admirals. The Canadian Forces cannot hire these senior officers off the street. These men and women must be specially

trained with years of experience. No other job can prepare them for defending Canada, providing natural disaster assistance or assisting with ensuring world peace.

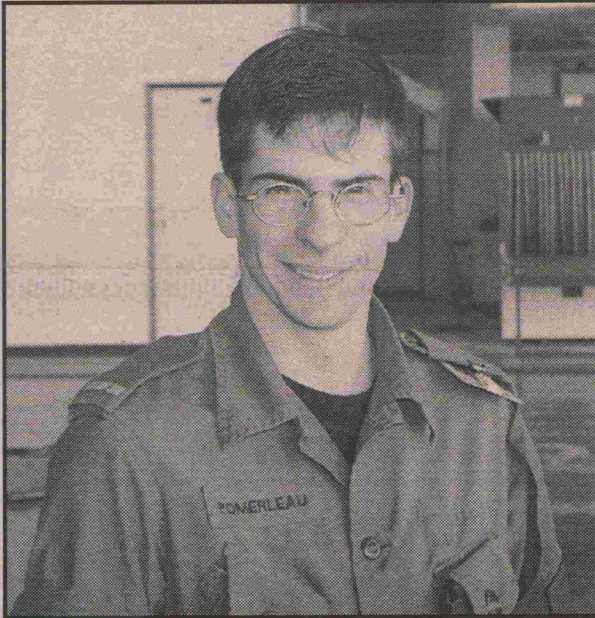
As recommended by SCONDVA, senior officers received an average pay raise of two percent.

Another key area of concern by SCONDVA was the state of married quarters. The Government is addressing this by making repairs to married quarters a priority. This year the Department of National Defence is allocating \$40M toward upgrading this housing. Further allocations will be made on a yearly basis.

SCONDVA also noted that more should be done to take care of Canadian Forces members who are injured while serving their country and their families. National Defence and Veterans Affairs will continue the close cooperation

they started a year ago on assisting the injured, retirees and their families through often traumatic circumstances. A new joint National Defence-Veterans Affairs Centre will provide a monitoring, referral and assistance service to ensure care and compensation is properly and promptly provided to CF members. It will be staffed by both DND and VAC representatives and will be open for business April 13, 1999.

The Government is also introducing amendments to the Veterans Affairs Pension Act to provide pension benefits from date of application to all those CF members disabled by service related injuries incurred in Canada. They will also be given access to the Veterans Independence Program for their pensioned conditions and based on an assessed health need. These changes will ensure equity of access to services and benefits to all CF members, regardless of whether the injury occurred in Canada or on a foreign deployment.



**Pte Ken Pomerleau from 1AMS appreciates the 14.4% increase on his income**

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# VOXVIEWS

## Canadian Forces Personnel Assistance Fund (CFPAF) - Fiscal Year 98/99 in Review at 17 Wing



By Major CM Walton-Simm  
Managing Editor  
(with input from the 17 Wing CFPF Coord)

With the close of another Fiscal Year, we in the Canadian Forces turn a new leaf with respect to many financial concerns, from operating budgets, to Business Plans to our own personal finances. A part of this includes the CFPF, a program offered by the military providing financial aid to serving or former members of the Canadian Forces and their immediate families, when warranted by distress or other qualifying circumstances. Fiscal Year (FY) 98/99 was another busy one for the CFPF program at 17 Wing, with the approval of 308 self-improvement loans totaling \$466,000. The average amount of loans was \$1,513 and distribution included all 17

Wing integral and lodger units.

Although many other Wings and Bases have opted to fill the CFPF Coordinator position with full-time military and/or civilian personnel, the 17 Wing position continues to be a secondary duty. In the year 2000, this position will be the responsibility of the PERSONNEL SUPPORT PROGRAM (PSP).

The current 17 Wing CFPF Coordinator, MWO C. W. Hutchings (Financial Management Officer) works closely with the respective unit or squadron representative, thereby ensuring the proper management of this very important financial program. The unit representatives provide a valuable contribution to the process by vetting requests at the local level, where they better understand the needs of their personnel.

The loan denominations available to eligible applicants range in amounts from \$500 to \$4000. Once again, the allocation of CFPF funds for FY 98/99 at 17 Wing was sufficient to meet the

demands that the CFPF Coordinator received from eligible applicants. This means that for the third FY in a row, the allocation of CFPF funds at 17 Wing has been sufficient to meet the demands and that not one eligible applicant was denied assistance. To be eligible, requests must be screened through eligibility conditions set out by the CFPF Board of Directors in Ottawa, and then prioritized by the Wing CFPF Coordinator, based on the severity of financial distress.

Below is a breakdown of the CFPF loans issued in FY 98/99 by request type. This list highlights the fact that these loans are fulfilling the CFPF mandate of 'preventing financial distress'. Full particulars of the CFPF Strategic Plan, including eligibility conditions, are contained in the CFPF Manual (A-PS-007-000/AG-001). For additional information on the CFPF program, please contact your unit or squadron representative or the Wing CFPF Coordinator at 5823.

### TYPES OF CFPF LOANS APPROVED - FY 98/99

1 APR 98 TO 31 MAR 99

Reason for loan requests	No of loans approved in FY 98/99	Total of loans approved in FY 98/99	% of loans approved in FY 98/99	Avg of loans approved in FY 98/99
Debt consolidation	37	75,500	16.2%	2,041
Debt payments	54	83,700	18.0%	1,550
Vehicle repairs	87	114,800	24.6%	1,320
Home repairs/improvements	31	49,500	10.6%	1,597
Household appliances/furniture	39	48,900	10.5%	1,254
Legal fees	15	24,200	5.2%	1,613
Education upgrading expenses	16	25,400	5.5%	1,588
Compassionate travel expenses	11	15,000	3.2%	1,364
Medical/dental expenses	7	10,500	2.3%	1,500
Newborn expenses	4	7,000	1.5%	1,750
Funeral expenses	4	5,000	1.1%	1,250
Computer purchases	3	6,500	1.4%	2,167
<b>Totals</b>	<b>308</b>	<b>466,000</b>	<b>100.0%</b>	<b>1,513</b>

**Note:**

The 308 loans approved in FY 98/99 were of the following denominations:  
 - in the amount of \$500 17  
 - in the amount of \$700 3  
 - in the amount of \$1,000 136  
 - in the amount of \$1,200 7  
 - in the amount of \$1,500 57  
 - in the amount of \$2,000 53  
 - in the amount of \$2,500 12  
 - in the amount of \$3,000 6  
 - in the amount of \$3,500 3  
 - in the amount of \$4,000 14  
 Total loans approved - FY 98/99 308



ON 1 Apr., the Air Force celebrated their 75th Anniversary in the Atrium at 1 CAD HQ, where MGen Lloyd Campbell, Commander of 1 CAD/NORAD Region HQ and Col Win Koch, Headquarters Commanding Officer jointly officiated.

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# New 17 Wing Signs: Communicating Safety Messages

By Capt Dan Naylor

Do you remember the electronic display signs at the Whytefold and Air Force Way (Sharpe) Gates? For various reasons, those signs are now long gone. They were expensive to maintain, and not as effective as they could have been.

Yet a need still exists to heighten safety awareness at 17 Wing. To this end, the Wing has purchased two commercial pattern signs, one for the Whytefold Gate and the other for the Air Force Way Gate. The new signs are black on white, 6 feet in height by 8 feet in length with changeable

lettering. The Wing General Safety Officer, Mr. Chuck Haaisma, is the controlling agent, coordinating the submissions of Unit General Safety Officers.

The signs are designed for use by all 17 Wing integral and lodger units for safety messages. For example the signs will be promoting:

National Safety Week (May)  
Wing General Safety Officer

Fire Safety Week (October)  
Wing Fire Services

Safe Driving Week  
(December) Wing Transport

Directorate of Flight Safety  
Briefing Flight Safety

The message will be changed every week or two which will provide space for 26 to 52 messages per year. If your Squadron has a safety week, a safety message, or a safety theme which you would like to see promoted, contact your Unit General Safety Officer (UGSO), who will get in touch with the Wing General Safety Officer. 17 Wing is always looking for ways to promote safety, and the signs have the potential to reach thousands of people each day with safety messages.



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Part III

# Improve yourself through RMC



**By Dr. Carl Christie**  
RMC War Studies  
Liaison Officer

Last month we introduced readers to the Royal Military College of Canada's undergraduate and post-graduate Continuing Studies programmes that are open to CF members and their spouses, as well as to civilian employees of DND. Anyone interested in taking a correspondence course this summer should move quickly because registration for the session closes on 30 April 1999. As a reminder, the following offerings are available: CME 304, Military Chemistry; POE 201, Introduction to Politics and Government; POF 488, Le Droit des Conflicts

armees; and PSE 312, Military Psychology of Armed Conflict.

Prospective students should also think about their plans for next fall and winter. RMC hopes to offer HIE 274, Introduction to Modern Military History, and PSE 123, Fundamentals of Human Psychology, in the September-December 1999 term. In January 2000 PSE, Group Dynamics, and HIE 408, History of Canadian Defence Policy, will give local members an opportunity to study some important and relevant subjects. Either of the Psychology courses is generally accepted as a prerequisite for the popular PSE 312, Military Psychology of Combat. All four of these courses

will be taught locally by academically qualified professors and are in addition to any offered through correspondence or other distance learning means.

To register for the summer session, or for further information about any of the programmes, contact the RMC Office of Continuing Studies, Box 17000, Stn Forces, Kingston, On K7K 7B4, or by e-mail (attention of the SO Correspondence): bmasc@rmc.ca or phone 1-800-352-8979 (attention of academic counsellor), or reach the undergraduate counsellors directly at 613-541-6706 (CSN 270-6706); or talk to your Personnel Selection Officer or Wing Training Officer.

## Together in Church



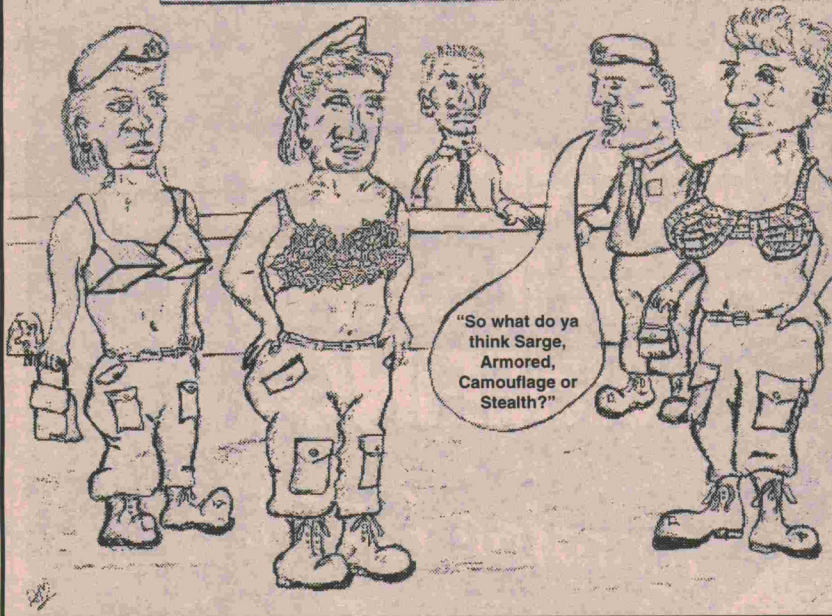
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**SECRETARY:** Carol Cochrane 833-2500 ext. 5087  
**MASSES:** Sat 4:30 PM, North Chapel  
Sun 9 AM, North Chapel & Sun 11 AM South Chapel  
**RELIGIOUS EDUCATION:** Religious Education classes are available to all students from Preschool to Grade 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.

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Padre Bob Sparks (Presbyterian) - Office 833-2500 ext. 2267  
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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 7:00 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.  
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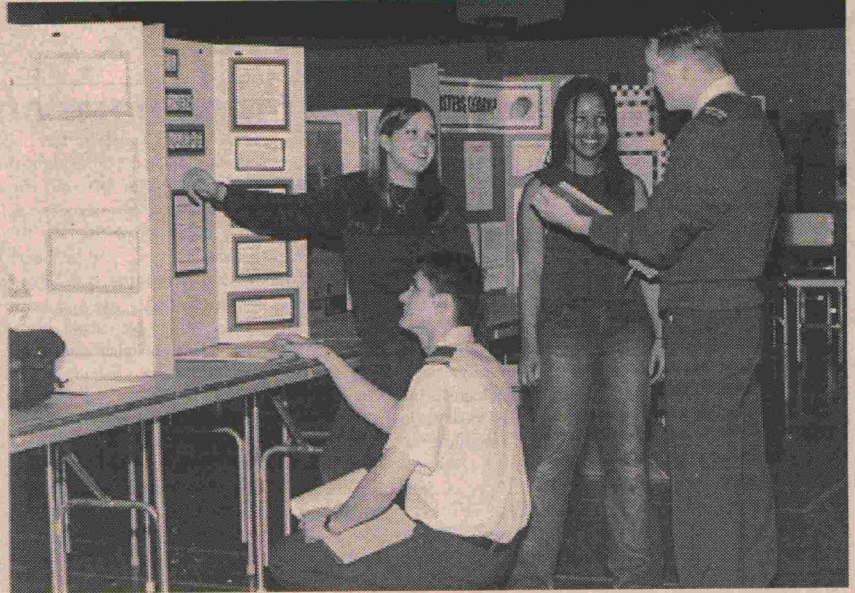
# Fair to students' Science

**2Lt Doyon-Gosselin**

Once again, 17 Wing did it's share to help the community. Five military members were sent to Golden Gate Middle School on March 23 to participate in a science fair. As usual, it was a big success and everyone from the principal to the 6th grade students were happy to have military members take part. En tant que militaire, ce genre d'activité demeure un excellent moyen d'apporter un soutien à la ville de Winnipeg et de faire de la promotion indirecte auprès des jeunes citoyens. Que ce soit en français ou en anglais, les projets étaient

intéressants et l'expérience fut enrichissante pour tous.

As you can see in the pictures, projects were displayed in the gymnasium. It is always a great reward to see grade school students interested in science as early as 12 years of age. The best projects will compete in a regional competition and if chosen, could end up at the national level. Une autre belle collaboration entre la ville et l'escadre qui se continue chaque année. Tout le monde est encouragé à participer, c'est très valorisant. Faut dire que les beignes ne nuisent pas non plus...



Above: 2Lt Richard Langlois (kneeling) from 17 Wing Public Affairs and 2Lt Jeff Brunet (standing) from CFANS question grade 8 students Chelsea Moore (left) and Chanelle Orrington (right) on their science project, the development of the fruit fly, at Golden Gate Middle School in Winnipeg.



Above: Grade 6 student, Kieran McDougal explains the theory of his "Solar Magic" experiment to Navy Sub-Lieutenant Linda Forward, Airmedical Training Flight Commander at CFSAT.



Right: Grade 7 student, Colin Routledge explains his "Electrostatic" display to the judges, 2Lt Benoit Doyon-Gosselin, WCOL and MCpl Robert Parisien of 17 Wing Transport.

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# The Supply Line

## Past and Present - How times have changed

by MWO J.M. Janes,  
SAO/SGSO2

17 Wing Supply Squadron is like any other Squadron, at any other Wing, in any other city. In that times have changed drastically (even in the past four years of my tour of Winnipeg).

At one time supply's role used to be to police the stores, to ensure nobody ordered too many of something (and if they did we just cut back the quantity without asking), to lower the priority for delivery if we felt regular delivery would suffice, or to cancel the requirement if you asked for something you weren't entitled to. Now, we actually ask our customers "how may we help you", "when would you like that", "what is your financial coding" and "is there anything else we can do for you". We have finally come to the realization that without our customers - we are unnecessary.

Our manning level for Supply personnel at 17 Wing has changed as well. In 1994, we had 137 personnel (a distant cry from our soon to be 73 — the latest result of OPRAM IV). We have re-organized, re-engineered, streamlined our processes and become a "most efficient organization" (according to 1 CAD?). And believe it or not, there is still much more that we can do to improve our efficiency and effectiveness.

Do you remember when a Master Corporal was like a god? It really wasn't that long ago. And you never had access to him/her unless there was a significant problem. Now a Corporal must be a god in order to become one. We do not see promotions within the trade like we used to. And acting pay for my civilian counterparts is now a rarity where it used to be the norm.

I remember when there was never a problem to find a volunteer to go on an overseas tasking. There were never enough taskings to go around! Now it seems the taskings have increased significantly and that everyone has just come off of one.

In the past we used to have TFIGs and beer calls. It was socially acceptable to go to the "Ranks" and down a few before

going home (if you made it that far). You never left your car at the Ranks; you might need it in the morning! Now, we have social hour and god help you if you overindulge; you'd never hear the end of it. And heaven forbid if you get caught drinking and driving! Your aspiring career could come to a complete halt, or even to an abrupt end! Don't take me wrong, this is not a bad thing. It's about time we took responsibility for our actions. We lost too many people to alcoholism and drunk driving and if things had been different maybe some of our fallen comrades would still be here.

Not too long ago, it was acceptable to receive "nice things" such as donations for Christmas parties. Our regular suppliers would descend upon us

with gifts of thanks for maintaining good working relations. It certainly wasn't intended as kickbacks or promises for future business to them. It was harmless. Now "nice things" can get you into a lot of hot water (and I'm not talking about taking a bath!). So, we have adjusted to keeping our working relations so we do not violate the parameter of "conflict of interest" and politely protest to any gestures of good will.

Lately, I have heard several comments about "the good ole days" and "that's how we've always done it". Maybe the time has come to realize that some things were wrong and that just because "we always did it that way" does not necessarily make it right.

All that being said, the present

isn't as bad as you may think. Not all change is bad. DND does care about their employees and their well being. There are numerous programs that have been implemented to assist both the military and civilian population of our workforce. Things such as social workers, the SCAN program and EAP Referral program are readily available to whoever may need it. We strongly encourage our staff get any assistance they may require.

We've come a long way. Maybe some of the change has been too fast and furious for all to appreciate the benefits from it. And only time can tell whether we're headed down the right path. But if we continue to work together to provide the best service possible, I'm sure we'll all have a future in DND.

### "Help I Need Childcare!"



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- Your call will be answered through a paging system. Be prepared to leave a number where you can be reached.
- Through phone consultation, the DEC Coordinator will assist in determining your childcare needs and the services available to meet them.
- Funding is available to fully cover reasonable costs for the first 24 hrs of care and a portion of an additional 3-6 days.
- Every effort will be made to identify childcare within an hour.
- Call Catherine Chatterley for more information 489-7003

The Manitoba Government supports and facilitates quality childcare through strict operating regulations and licensing. The DEC program ensures quality service and support to our members through referral and promotion of licensed ECE professionals & regulated services.

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<b>95 LUMINA</b> 3 TO CHOOSE FROM Aerodynamic, loaded, 7 pass. <b>AS LOW AS \$9,949</b>	<b>95 INTREPID</b> Chrysler luxury Sedan, Full Size <b>\$10,849</b>
<b>98 RANGER FLARESIDE</b> Spectacular never offered at this price before <b>\$12,910</b>	<b>96 BLAZER LS 4X4</b> Fully loaded, 4 door <b>\$19,888</b>

<b>96 CARAVAN SE</b> 8 IN STOCK loaded, 7 pass., outstanding <b>\$11,830</b>	<b>97 ESCORT LX</b> 2 IN STOCK Fully equipped, Ford's Hot Selling Compact <b>ANYONE \$10,930</b>
<b>97 F-150 SUPERCAB XLS</b> 31 IN STOCK Air, tilt, cruise & lot's more <b>AS LOW AS \$13,891</b>	<b>98 WINDSTAR GL</b> 7 pass., loaded, choose from 6 <b>STARTING AT \$17,590</b>
<b>96 VILLAGER 7 PASS.</b> Fully equipped, priced to clear <b>\$14,728</b>	<b>96 SATURN</b> 72,000 kms, 4 dr. Wow what a canon!! <b>\$8,888</b>
<b>97 CARAVAN SE</b> 6 in stock dual doors, fully loaded <b>STARTING AT \$15,889</b>	<b>95 AEROSTAR XLT</b> 10 OF THEM, 7 PASSENGER never offered at this price before <b>\$9,888</b>
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# 1 AMS works for Winnipeg Habitat for Humanity

Photo by Sgt Dennis Mah  
I CAD Photo

For six weeks, the volunteers from 1 AMS toiled during their spare time on their hangar floor alongside with the local fire department and police force. With material purchased or donated to the Habitat for Humanity, a Christian based international organization formed in 1976 and active in 60 countries, they constructed a 2,700 lbs. miniature stable (without horses) that was being displayed at St-Vital Shopping Centre in Winnipeg.

This project was the brainchild of Cpl Dan Fraser, who organized and enlisted the help and time of his fellow workers. All together there are 10 playhouses and two doghouses which are being raffled off to raise money for material to construct or improve homes for the less fortunate. Shown in the photo are: (On the roof) Cpl Dan Fraser, Cpl Sean Walsh, (on the floor) MCpl Blair Sherwood, Sgt Les Oickle, Cpl France Menard and Cpl Dwayne Speer.

Habitat affiliates have built over 70,000 homes worldwide. Winnipeg Habitat for Humanity was one of Canada's first, and remains Canada's most productive affiliate. Since its inception in 1987, Winnipeg Habitat has built 65 homes and renovated 11 others.



## Reading Corner

Hours:

Monday - Tuesday

10 a.m. - 8 p.m.

Saturday

1 p.m. - 4 p.m.

Telephone:

833-2500

ext. 2490

## REVISED SUMMARY OF ELECTION EXPENSES General Election of 1997

Federal Electoral District of: WINNIPEG SOUTH CENTRE

Candidate	Official Agent	Number of Contributors	Total Contributions	Total Election Expenses	Deduct Personal Expenses of Candidate	Total Election Expenses Subject to the Limit*	Audited by
Lloyd Axworthy Lib.	Jim Smith	133	\$79,940.58	\$48,063.12	\$3,043.64	\$45,019.48	Stephen N. Rosenfield, C.G.A.

Complete details on the election expenses of this candidate and others are available on Elections Canada's Web site (<http://www.elections.ca>). The printed version of any candidate's return respecting election expenses, as submitted to Elections Canada, may be examined on request. Write to Elections Canada, Ottawa, Ontario K1A 0M6, or call toll-free 1 800 INFO-VOTE (1 800 463-6868).

\*Permitted Limit of Election Expenses for Winnipeg South Centre: \$56,168.08

All figures as reported by the candidates. Published by the Chief Electoral Officer of Canada pursuant to subsections 235(2) and (3) of the Canada Elections Act.



## SOMMAIRE RÉVISÉ DES DÉPENSES D'ÉLECTION Élection générale de 1997

Circonscription fédérale de: WINNIPEG-CENTRE-SUD

Nom du candidat	Nom de l'agent officiel	Nombre de donateurs	Total des dons	Total des dépenses d'élection	Déduire dépenses personnelles du candidat	Total des dépenses d'élection assujetties à la limite*	Vérifié par
Lloyd Axworthy Lib.	Jim Smith	133	79 940,58 \$	48 063,12 \$	3 043,64 \$	45 019,48 \$	Stephen N. Rosenfield, C.G.A.

Le détail des dépenses d'élection de ce candidat et d'autres candidats se trouve sur le site Web d'Élections Canada (<http://www.elections.ca>). La version imprimée du rapport de tout candidat concernant les dépenses d'élection, telle qu'elle a été présentée à Elections Canada, peut être examinée sur demande. Veuillez écrire à Elections Canada, Ottawa (Ontario) K1A 0M6 ou téléphonez, sans frais, au 1 800 INFO-VOTE (1 800 463-6868).

\*Limite permise des dépenses d'élection pour Winnipeg-Centre-Sud: 56 168,08 \$

Les chiffres sont tels que rapportés par les candidats. Publié par le directeur général des élections conformément aux paragraphes 235(2) et (3) de la Loi électorale du Canada.



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# Gonzo G

With the arrival of spring most schools start to contemplate the end of the school year and shutting down for the summer. Not so here at CFANS. With two new courses in house we are operating at near capacity and it does not look like things are going to slow down anytime in the near future. Even as we were celebrating the graduation of course 9709 in March, we were welcoming courses 9805 and 9806 to

more than make up for the loss of student bodies.

With 9709 safely off to their operational training units, 9801 find themselves all alone on the 'old' syllabus; when they graduate in late May, all the remaining students will be working on the new and much improved program. This will be a welcome situation for the staff, who have been wearing two hats for the last year while the new course was

phased in and the old was phased out. It will no doubt be a relief to '01 as well, as they have found themselves in the unenviable position of being on a course that will graduate later than the course which started after them, all the while listening to people talk about how much better the 'new' course is than the one they are on. Hopefully they can take some solace in the fact that all of their instructors and everyone in the

operational community are graduates of the old course, and we seem to be doing just fine, thank you very much. The Guinea Pigs (or 9802 as they prefer to be called) are knee deep in the tactical phase of their training. They are scheduled to graduate May 6 and will be the first new syllabus students to test their wings in the operational world.

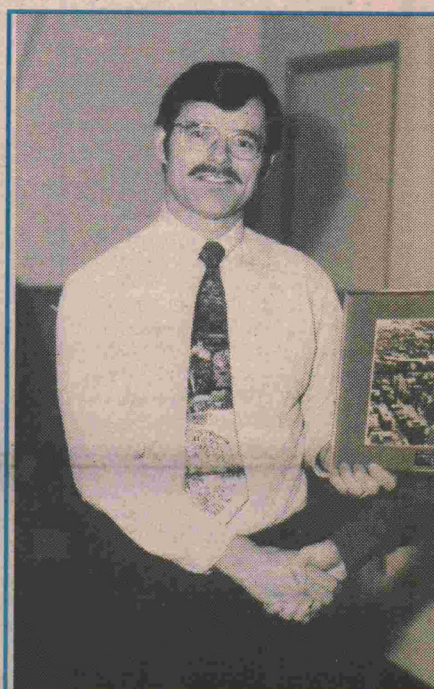
9803 have reached the mid-point of their course and are off to Corpus Cristi, Texas to practice their nav skills in busy American airspace. 2Lt Chantale Brais, apparently suffering from climate shock between Winnipeg spring and tropical Texas, has developed an ear infection, preventing her from returning with the rest of the course. Hmm. Although there was no shortage of volunteers to stay behind and nurse her back to health, it was decided that the rest of the course would fly back on the Gonzo and Chantale will have to suffer through a commercial flight home after a suit-

able period of convalescence. Tough break Chantale.

9804 are also moving right along and are just getting into the advanced phase of their training. Getting back to 9805 for a moment, it would appear that the consensus among the instructors that these guys are a bunch of clowns would appear to be legitimate. We don't normally like to slight a class (in public anyway), but when all the classes going



LCol Kummel presents Capt Marc Moffat with a plaque for 1000 hrs on CT-142



LCol Kummel presents Mr. Barry Konzelman many years of dedicated and enth

## Around the Canadian Forces

### Did you know...

**19 Apr 99 - Canada to Send Additional CF-18s**

Canadian Brigadier-General Dave Jurkowski reportedly stated yesterday that the Canadian CF-18 pilots have begun to fly combat air patrol. Canada said it will send another six CF-18s to the campaign as NATO has requested. Jurkowski reportedly said it could be up to two weeks before the additional aircraft and accompanying staff from Cold Lake, Alta., will be ready for the mission because further training is needed (G&M A7, TSun 34, Gaz A1, TStar A1, Sol A8, JM 10 - 18 avril).

**19 Apr 99 - Landmine Conference**

Russian government has said privately that it would like to send delegates to the landmine eradication treaty meeting in Mozambique, it cannot afford the entrance fee. Other non-signatories who have yet to declare whether they will attend include the U.S., India and Pakistan. The report noted that Canada will be represented by Foreign Affairs Minister Lloyd Axworthy, who helped to forge the treaty (NP A16).

**19 Apr 99 - Canadian Forces Beef Up Security**

Canadian Forces officials are concerned that protestors will vandalize military property in Victoria to demonstrate against Canada's role in the conflict in Kosovo. The demonstrators have not identified themselves, but they have struck twice. The attacks on the property are being investigated by Canadian Forces National Investigation Service in Victoria (G&M A7 - 17 April).

**20 Apr 99 - Canadian Relief Squad Returns Home**

Forty members of 436 Squadron have returned home because of a lack of funding after they delivered food and relief supplies to Macedonia and Albania. The Squadron was part of Task Force Mikado, which was sponsored by the Cdn. International Development Agency (Ctz A6).

**21 Apr 99 - Favoured Trade Status**

Foreign Affairs Minister Lloyd Axworthy has scheduled a meeting in Washington on Friday with U.S. Secretary of State Madeleine Albright in an effort to avert a trade dispute that could cost Canada's defence and aerospace industries as much as \$5-billion annually in lost exports. The contracts are being threatened by a State Department decision to virtually eliminate Canada's special exemption granted to military, satellite and aerospace companies because American officials contend Canada has failed to sufficiently guard U.S. military technology and it has not responded adequately to American security concerns (NP A1).

**21 Apr 99 - NATO to Decide on Use of Ground Troops**

Prime Minister Jean Chrétien has indicated that he will not stand in the way of a collective NATO decision to send ground troops into Kosovo. Chrétien stressed that NATO decisions are made collectively and insisted that "everything is decided on the basis of consensus". He explained that decisions to bomb a particular base or bridge are made by the military. The PM stressed the importance for NATO to "deliver the goods" once it had threatened to bomb Yugoslavia if Serb president Slobodan Milosevic defied the Alliance. He expressed disappointment that Milosevic did not accept the agreement reached in Rambouillet, France. Chrétien cited a number of occasions on which Canada has acted without UN consent. The PM confirmed that he expects NATO leaders will discuss the sending of ground troops into Kosovo at a meeting in Washington this weekend (G&M A1, Ctz A7, TSun 12, TStar A7, NW 9:00 pm, CBC-T 10:00 pm, SRC-T 22 h).

**21 Apr 99 - Chief War Crimes Prosecutor Seeks Evidence of Kosovo Crimes**

Chief war crimes prosecutor Louise Arbour was given British intelligence material to assist her in her job of gathering evidence of alleged war crimes in Kosovo. Arbour underlined that she is conscious of NATO's tactic of holding her tribunal up as a warning to Milosevic and his military chiefs of what they may expect to face as a result of their part in the war, but insisted that her tribunal is "entitled to and must seek state cooperation to discharge its mandate" (Gaz A17, NP A12, Ctz A7).

**21 Apr 99 - Landmine Ban**

An AP brief noted that reports that landmines are being laid in Kosovo and Angola have added new urgency to the upcoming conference on the landmine ban. Another report asserted that three signatories to the treaty have been seen planting new lethal devices. Robert Fowler, Canada's ambassador to the UN, said the three will suffer the "general opprobrium of the international community" (Gaz A18, NP A14).

**21 Apr 99 - House of Commons discussion of Kosovo Conflict**

NATO spokesman Jamie Shea noted that Serb troops crossed into Albania and shelled Albanian troops, and have engaged in other hostile acts. He stated that NATO must be "vigilant to any attempt to try to create out of a domestic crisis an international crisis". In the House of Commons, NDP foreign affairs critic Svend Robinson criticized Prime Minister Jean Chrétien's statement that he would "not be the only one not to agree" if NATO makes the decision to send ground troops. Robinson said this comment confirmed that "Canada has no independent policy in NATO on the Kosovo crisis, and that we are simply a lapdog for the U.S.". The PM explained that the air strikes will continue for some time, and said that if one day we are "confronted with the necessity to change, to send some ground troops, we will do so with the others". Reform critic Bob Mills described the PM as behaving like "some sort of king who can simply send his peasants off to war" without putting the matter to a vote. NDP leader Alexa McDonough urged Chrétien to show leadership by pushing for a diplomatic solution at the NATO meeting (Ctz A8, TStar A14, TStar A3, NW 9:00 pm, CBC-T 10:00 pm, CTV N1 10:00 pm, CTV 11:00 pm, Global 11:00 pm).

**22 Apr 99 - Cost of Yugoslav Mission**

Ottawa announced that so far \$32-million had been spent on the NATO air strikes in Yugoslavia related to the CF-18s, the crews, the bombs used in the air war as well as money spent during the nine months of preparation.

### 17 Wg Ops Situation Report 12 Apr - 18 Apr 99

OPERATION	COUNTRY	PERS DEPL
Op Boptop	NWT	51
Op Calumet	Egypt	2
Op Danaca	Golan Heights	6
Op Echo	Italy	6
Op Guarantor	Macedonia	2
Op Kayak	Kumanovo	0
Op Palladium	Bosnia	3
Op Prudence	Central Africa	1
CFS Alert	NWTF, Canada	5
DCDS Tasking*		2
1 CAD/Indiv Tasking**		3
1 AIR MOV Sqn Tasking***		9
<b>TOTAL PERS DEPLOYED</b>		<b>90</b>

\* DIRECTING STAFF - ALOC CRSE, CFB BORDEN (2)  
 \*\* 1 CAD/INDIV TASKING - CFAD DUNDURN (1), OP ICESHELF, CFS ALERT (2)  
 \*\*\* 8 WG TRENTON - TATEX 9901

# Grapevine

ough on at the school are interrupted by peals of laughter and a floppy footed, orange haired, red nosed vocalist named Ditzv singing Happy Birthday, well, you be the judge.

Even with the awarding of the contract to produce the new procedural trainer to Software Kinetics Limited, improvements and refinements to the interim trainer seem to be showing up daily. It has become somewhat of a full time job for the

instructors and students to keep up with Capt Rejean Paquet's latest upgrades. Dubbed the "Rej-O-Matic", the Temporary Tactical Awareness Trainer (TTAT) is a PC based system, produced entirely in-house at CFANS, to fill the gap until the new, commercially produced, permanent installation is in place next summer. The TTAT allows nav students to practice on the ground, most of the skills and procedures

required of a navigator in an operational environment. It is a significant improvement over the old Air Navigation Procedures Trainer (ANPT) in that it actually mimics the instruments and performance of the CT-142 Dash-8 aircraft currently used by CFANS. Another distinct advantage of the TTAT is its ability to provide radar functions and a tactical display system similar to that found on the operational aircraft most of the students will be flying after graduation.

Congratulations Rejean, this is another great example of CF personnel being able to improvise solutions to complicated problems.

Meanwhile, work continues to implement the Tactical Display System (TDS) onboard the Dash-8. It appears likely that it will be in place and useable in the training environment in time for summer. The TDS will provide the students with a visual representation of the

tactical picture, allowing for more complex (i.e. realistic) training scenarios, involving multiple assets and contacts. Upgrades to the GPS and FMS systems will also improve the capabilities of the Gonzo; however, they have the unfortunate side effect of taking each of the planes out of service for a month in rotation while the upgrades are done. Fortunately, CFANS scheduling guru, Sylvia Thordarson, seems to thrive on such

complications and training will continue uninterrupted, albeit with slightly less ink in everyone's log books over the summer.

That about catches up the news here at CFANS. Stay tuned for the next installment of the Grapevine (subtitled The Exodus?) which should hit the stands just as all our live-in students are evacuating the base to make room for the PanAm Athletes Village. 'Gators out.



man with photo of CT-142 in appreciation of his enthusiastic met instruction at CFANS



LCol Kummel presents Capt Todd Sharp with his 1000 hr plaque on CT-142



Above: "Proud Papa" Capt Rejean Paquet (foreground) demonstrates the TTAT to L-R: Maj Ruiter, LCol Kummel (CO CFANS), LGen Kinsman (CAS) and Col Watt (WComd)

Photos by 17 Wing Imaging Section

Below: "Baby Navs" New BANC Course 9805 L-R (F): Capt Bill Brown, Lt Darren Daigle, Capt Tim Blakesley. (B) 2Lt James Radnore, 2Lt Kevin Peterson, 2Lt Bill Snyder, OCd Eric Swedersky, OCd James Brown



# 17 WING SPORTS

## Humanitarian Assistance - Kosovo Refugees

As this situation continues to unfold, the Chaplain General has received many inquiries as to how local communities can become involved in offering support to those traumatically affected. The chaplaincy continues to play a significant role in forwarding financial assistance to those in need, through the Canadian Forces Protestant Emergency Relief Fund and through the generosity of the Roman Catholic Military Ordinariate. Concerned personnel wishing to contribute to such support may make donations through regular Sunday chapel collections, or forward them to the Wing Chaplains' Office, Room 237, Bldg 62. All such donations should be sealed in an envelope clearly marked "KOSOVO REFUGEE FUND" and with your full name and mailing address. Monies thus marked will make their way to the national level for disbursement under the auspices of the Chaplain General. Receipts will be issued for Income Tax purposes. Donations are also being accepted by the Red Cross, OXFAM and World Vision, and members may also contribute through these and other civilian agencies. The Chaplain General wishes to express his appreciation of the continued support afforded such humanitarian projects by Canadian Forces personnel, their families, our Department of National Defence civilian employees, and the rest of the defence team. Their demonstration of compassion and generosity reflects on their truly Canadian identity. May God bless you.

## Pan Am Games mark 99-day countdown with Portage and Main celebration

### Olympic Cyclist Tanya Dubnicoff and special guests help usher in Games

The 99-day countdown to the 1999 Pan American Games kicked off today with the unveiling of a large countdown clock and an outdoor celebration at Winnipeg's historic Portage and Main intersection.

The event, which also featured the lighting of a "Spirit of '67 Flame" by Winnipeg's Olympic cyclist Tanya Dubnicoff, marked the 99-day countdown to the Opening Ceremony of the XIII Pan Am Games, which Winnipeg will host from July 23 to August 8.

The "Spirit of '67 Flame" symbolized the rekindling of the volunteer spirit that made the 1967 Pan Am Games, also hosted by Winnipeg, a resounding success. "The legacy of those Games lives on in this communi-

ty," said Games Chairman Sandy Riley, whose uncle Culver Riley was the Chairman of the 1967 Games. Dubnicoff, who will go for gold at the Games, spoke of the significance of competing on home turf for her and her fellow Canadian athletes.

The colourful countdown clock, which will remain at Portage and Main until the Games arrive, was provided courtesy of Swatch, the Official Timekeeper of the 1999 Games. The clock will continually display the number of days, hours, minutes and seconds until the Opening Ceremony of the Games at 8 p.m. on July 23. As the Games draw nearer, the clock will also display news related to the Games, such as ticket availability.

The clock was unveiled by Manitoba Premier Gary Filmon, Winnipeg Mayor Glen Murray, federal Pan Am Board member Leo Cholakis, and Yann Gamard, President of the Swatch Group for Canada and the USA. Mayor Murray also recognized former Winnipeg mayors Bill Norie and Susan Thompson for their contributions to Winnipeg's successful bid for the Games.

The 1999 Pan American Games will be the largest sporting event ever to be held in Canada, and the third-largest multi-sport event ever held in North America. The 1999 Games will feature more than 5,000 athletes from the 42 countries of North, South, and Central America and the Caribbean.



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**AUTHORIZED PATRONS ONLY**  
**28 APR-9 MAY 1999**



# 17 WING SPORTS

## Water at Manitoba Moose home games in April will flow aid to Kosovo refugees

Fans at the Manitoba Moose April home games have helped to help the refugees in Kosovo receive desperately needed emergency relief.

For each bottle of Royal Canadian Moose Spring Water purchased at the concession stands at the Winnipeg Arena during the remaining Moose home games, a 50 cent donation will be made to UNICEF, to assist the UNICEF Kosovo Relief Appeal.

"It's an opportunity to see some excellent team work in action. The fans get to watch our

great hockey team, the Moose, in action. And with the purchase of a bottle of Royal Canadian Moose Spring Water, our hockey fans, known world wide for their enthusiasm, will join the Manitoba Moose, Winnipeg Enterprises, Aramark and the Royal Canadian Beverage Co. in supporting UNICEF's aid efforts to Kosovo refugees." Said Helen Norrie, Chairperson for UNICEF Manitoba.

100% of all donations made to the UNICEF Kosovo Relief Appeal goes directly to support the refugees.

UNICEF is currently providing medical supplies, health care, and basic survival equipment for Kosovo refugees. The need for assistance will grow in the next few months as UNICEF will focus its efforts on health, water and education. There is a major focus on reunification of children who have been separated from their parents and dealing with the physical, social and psychological trauma most children are experiencing from this ordeal.

For more information contact: Helen Norrie, UNICEF Manitoba Chairperson, 488-0740.

## Lifestyle Tips: Steer clear of pain and injuries

CFLRI: The Researchers in Active Living

Over half of Canadians believe that participation in physical activity leads to injuries. In addition, 42% of Canadians believe that participation leads to ongoing pain and stiffness in joints and 27% agree that physical activity makes people too muscular, according to the 1997 Physical Activity Monitor conducted by the Canadian Fitness and Lifestyle Research Institute.

In fact, becoming more active is very safe for most people. Canada's number one activity, walking, is a very safe activity. And many other activities such as line dancing, tae chi, carpet bowling and exercising to music in shallow water have little potential for injury. If you have concerns about the safety aspects of any activity, talk to a qualified instructor or consult your family doctor.

In addition to choosing the right type of activity for your physical condition, there are a few things you

should do to keep the odds on your side.

- Wear the proper shoes and clothing to increase your comfort and reduce the chance of strains or injuries.

- Use proper equipment, wear protective clothing, and follow safe procedures, especially if you take up higher-risk activities. For example, if you opt for cycling, wear a bicycle helmet and obey the rules of the road.

- Do warm ups and cool-downs to prevent muscular damage. If you participate in team sports, make sure you have built up enough strength to handle sudden, pivotal movements. Learn and use the proper techniques for each sport you participate in.

If you associate physical activity with pain and stiffness, think again. Do you do vigorous activities cold and then ache for three days? Then start slowly and gradually increase

time, frequency and intensity.

Do you suffer from arthritis and think that physical activity will only make things worse? Then reconsider exercising. Recent research on osteoarthritis suggests that not exercising aggravates joint pain and stiffness by allowing muscles to grow weaker and joints to become more painful.

- exercise moderately: avoid bouncing or high-impact exercise.

- use range-of-motion exercises to relieve stiffness, restore flexibility and help with joint movement.

- strengthen your muscles because weak muscles add to joint problems.

Steer clear of pain and injuries by choosing the right type of activity and the right intensity for your fitness level. If you're a beginner walking is a good way to start. It's a very safe alternative to vigorous activities, it will not make you too muscular, and it is unlikely to add to injuries or result in pain and stiffness.

## Kanadische Kickers Players Profile



#17 Matt Hindle

Matt was born 22 April 1977 in Halifax, Nova Scotia, where he played soccer since the early age of eleven. His soccer journey took him through four years high school league, two years second division and eight years first division. The "kickers" will be his first military team.

Matt is a very talented and knowledgeable player. His

aggressive style and quick thinking makes him an excellent playmaker. Due to his physical fitness and skills, Matt can play in the mid-field or fullback positions. Although quiet by nature, his hard competitive style speaks volumes on the field. Expect Matt to leave his mark in this upcoming season in the Manitoba Central Soccer League.

### Stained Glass Classes

We carry a full line of supplies for the stained glass artist.

We also offer free assistance on design, colour and structural problems.

### Starting Soon

Beginner  
Advanced  
Lamp Classes

### Prairie Stained Glass

587 Sargent Ave  
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- Crown & Bridge • Root Canals • Orthodontics

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240-3025 Portage Ave.

958-9500

## DOMENICA'S UNISEX HAIRSTYLING

- Military Cuts & Flat Tops...\$6
- Perm & Cut...\$34
- Colour & Cut.....\$28
- Frost & Cut...\$34
- Children's Cuts.....\$6 - \$8
- Ladies Cut...\$12
- Facial Waxing.....\$7
- Ear Piercing...\$10

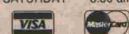
885-3665 or 832-6978

North Side

HOURS: MON & TUES 9 am - 6 pm  
WED to FRI 9 am - 8 pm  
SATURDAY 8:30 am - 6 pm

2255-G NESS

at Whyteford Rd. in the Ness Family Food Mall



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OUR		OUR
PAST		FUTURE

Welcome...

ST. JAMES LEGION  
Branch No. 4

Royal Canadian Legion  
1755 Portage Avenue  
Winnipeg, Manitoba

### Bingo

Every Wed. - Fri. & Sat.  
6:30 pm

### Line Dancing

Every Tues. & Wed.  
8:00 - 10:00 pm

### Dancing To Live Bands

Fri & Sat 9:00 pm - 1:00 am

### Meat Draws

Every Sat. 2 pm - 5 pm

## GEORGE'S BURGERS & SUBS

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2255 Ness Avenue Winnipeg, MB R3G 0Z8  
PH 897-2095 FAX 888-6221

# MFRC ANNOUNCEMENTS

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

## Volunteer Opportunity

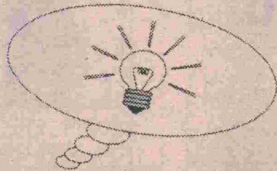
The MFRC requires new volunteers for the Warm Line Program

Volunteers provide empathetic telephone support to people whose partners are away on a deployment. The volunteers in this program work out of their own homes with a time commitment of approximately 2 hours per week. There is training provided that requires more time, and all volunteers who complete this training will receive a certificate in peer counselling. (Training will be starting around the end of May)

If you think that this is an area that you can make a difference for your community, please call Celine at 489-7003

The MFRC and the Nursery School Staff would like to extend a big thank-you to all the volunteers that helped out at the Nursery Schools. Unfortunately the names are too many to list. But your volunteer commitment is very much appreciated. Volunteers helped out with everything from making play dough, providing snacks and working at the cleaning bees. The Nursery School is a great program because of all the parent volunteers. A special thanks go to Gail Sneddon for her artistic flair painting the W.C.C. Nursery School, and to Carol Lewis for all her administration support and Cook Book help. Thanks everyone for a great year!

## Have any bright ideas?



Help us find a name for the new

## MFRC CHILD CARE CENTRE

We invite you to submit your ideas in English and/or French to:

"Bright Ideas"

Military Family Resource Centre

350 Doncaster Street, Winnipeg, MB R3N 1W8

Fax: 489-8587 or Email: wpgmfrc@autobahn.mb.ca

Contest Deadline: 30 April 1999

The winner will receive a gift certificate for dinner at the new "Montana's" Restaurant (located on Empress near Chapters)

## Childcare Resources at the MFRC

The MFRC compiles and updates a variety of childcare resource listings, which are available by stopping by the MFRC during regular working hours. Listings include:

- Licensed daycare centers and family home daycare listed by region of the city (copies also available by calling the Manitoba Child Daycare Office at 945-2197);
- Community childcare providers
- Coming in the Fall of 99, The MFRC Daycare - schedule and services
- Long term childcare services;
- Extended Hour Childcare resources;
- 24hr Childcare and Health support services, and
- The Teen babysitters list.



### WE NEED COMMUNITY CHILDCARE PROVIDERS!

As of May 1st the "Childcare registry" is changing to reflect the above services. All community childcare providers (licensed and unlicensed) are welcome to advertise at the MFRC. Your advertisements should be on a 8 1/2 X 11 page and outlining your range of childcare services including location, hours of service and contact numbers. Care providers who are presently included in the Childcare Registry will be contacted and encouraged to submit up to date information in this format. Ads will be posted with the Community Childcare Providers listings and will be far more accessible to the Military Community. In order to keep this resource current and maintained, submissions will be dated and posted for 6 months at a time. Caregivers are responsible to update their information as required, or remove advertisement if spaces are not available.

Just a note...the MFRC has a computer available for community access...need help creating an ad to post, c'mon in! We have pre-made ads...just ad your own text!



## Deployment Emergency Childcare Service

The goal of the DEC service is to support the ability of CF members to be available for deployment, operations and training by providing immediate, affordable, regulated childcare in times of emergency.

- The emergency may be the result of an unexpected or short notice deployment/operations/training, where the member does not have sufficient time to implement his/her Family Childcare Plan. An emergency might also arise while the member is deployed and the spouse encounters medical or other problems, which disrupts the usual childcare arrangements and requires immediate alternative arrangements.
- The DEC program also provides general childcare resources to military families and referrals to services for community members experiencing a childcare emergency.
- For childcare emergencies arising from deployment/operational related events, funding has been made available to fully cover reasonable cost incurred during the first 24hrs and pro rated partial reimbursement up to a (max) 7 days.
- Call your DECC, Catherine Chatterley, for more information, emergency services or assistance with childcare resources

489-7003 or after hours emergency 935-7733

## 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.

## NURSERY SCHOOL

Our nursery school offers the preschool child the opportunity to socialize in a happy stimulating environment. Children are free to choose from various activities including learning centres, stories, music and movement, arts and crafts, games, drama and free play. Children must be three by the end of December to start nursery school in the fall.

Cost: \$72 per month. Annual registration fee: \$15 (non-refundable)

Lipsett Hall (English)

Westwin (English)

Mon., Tues. & Thurs.

Mon., Wed. and Fri

9:00 to 11:15 a.m.

9:00 to 11:15 a.m.

**WE ARE NOW TAKING REGISTRATIONS FOR FALL 1999.**

Register as soon as possible so you get the times and location that you prefer.

## PRÉMATERNELLE FRANÇAISE

Le Centre de Ressources pour les Familles Militaires offre une prématernelle française au "Westwin Children's Centre" trois après-midi par semaine. Les enfants de 3 et 4 ans ont la chance de socialiser dans un environnement sain. Parmi les activités nous retrouvons les histoires, les chansons, bricolages, jeux de langage et jeux libres. Nous possédons aussi un endroit pour faire des jeux moteurs.

Coût d'enregistrement annuel: 15\$ (non-remboursable). Coût mensuel: 72\$

Lundi, mardi et jeudi 13h00 à 15h15

**ENREGISTREZ VOS ENFANTS DÈS AUJOURD'HUI POUR LA SESSION D'AUTOMNE 1999.**

## PARENT-CHILD MOTHER GOOSE

This program is a group experience for parents and their babies and young children. It focuses on the pleasure and power of using rhymes, songs and stories together. Come out and have some fun with your children. For information call Wendy or Lois at 833-2500 ext. 6846.

To register come in to the main office at 350 Doncaster by April 9.

Westwin Children's Centre

Wednesday, 1:15 - 3:15 p.m., April 14 - June 16

\$25/family for a ten week session. Bring a snack for your child.

## GYM AND MOVEMENT

Come out and play with your children. This program includes developing large muscle skills, creative movement, parachute games and cooperative games.

Westwin Children's Centre - Thursdays from 1:00 - 2:00 p.m.

\$20/family for ten weeks - April 15 to June 17

# Calling all Tigers - Past and Present!!

The 1st of April 1999, will mark a historic moment for the Canadian Forces. It is the year that the Air Force turns 75 years old. Also, on June 18th, 439 "Tiger" Squadron will receive a new set of Colours as well as awarded the Battle Honour Ribbon for its participation in the Gulf War as lead squadron of the Desert Cats. This is the first time that both ceremonies have occurred at the same time, let alone that it had been a "few" years since a unit of the Canadian Airforce had taken part in an armed conflict. This will be a day of great pride and we wish to celebrate it with past squadron members and distinguished friends.

All former "Tigers", especially those that served with the "Desert Cats", are invited to join 439 Squadron in Bagotville in commemoration of this rare event. The festivities will include a formal parade Friday the 18th, where the official retiring of the Old Colours and the acceptance of the New Colours with the Gulf War and Kuwait Battle Honour will occur. If sufficient interest exists, we hope to have an Old Tiger Flight on parade for the acceptance. We will start the festivities on the 17th with a Meet and Greet. On the 18th, following a mid morning parade and luncheon, there will be a casual dinner and dance that evening open to all former "Tigers" and guests at minimum cost.

In effort to plan appropriately, notice of intent to attend is required by the end of April 1999. Hotel and travel arrangements will be the attendees responsibility. However, we will forward a

comprehensive information package to all that intend to participate. This promises to be a wonderful chance for past and present "Tigers" to celebrate a tradition that occurs quite rarely these days. For more information and notices of intent to attend, please contact:

Capt. Ryan O'Neill  
439 Standard Committee  
439 Combat Support Squadron  
PO Box 5000 Stn Bureau-Chef  
Alouette, P.Q.  
GOV IAO  
Autovon: 661-4021  
Comm: (418) 677-4000  
ext. 4021  
Fax: Avn. 661-8439  
Comm. (418) 677-8439  
DND Remote Address (The  
DND Network): Capt. R O'Neill,  
3WingBagotville43905V.

# Eating right for Mother and Baby

Ottawa - Expectant women are "eating for two." But as new national guidelines on nutrition for the childbearing years show, healthy eating for both mother and baby is about choosing the right variety and amounts of nutritious foods, supplemented where necessary with nutrients important for the baby's development and this, even before pregnancy.

*Nutrition for a Healthy Pregnancy*, a new set of national guidelines for the

childbearing years, was recently released by Health Canada. "Pregnant women are constantly bombarded by information -- good, bad or simply confusing," notes Suzanne Hendricks, president of the NIN. "What they need is advice that is practical, understandable, scientifically valid and appropriate to their particular needs. That's what we are now able to give them."


The National Institute of Nutrition's current consumer fact-sheet HEALTHY BITES

discusses such issues as healthy weight gain and key nutrients adapted from the guidelines. We invite your readers to look at the practical tips for a healthy pregnancy.

*The National Institute of Nutrition, as private, non-profit organization founded in 1983 to foster nutrition education and research in Canada.*

Highlights from RAPPOR, our quarterly newsletter and Healthy Bites are available on the NIN website, [www.nin.ca](http://www.nin.ca).

**Osteoporosis strikes 1 in 4 women over 50 years old.**



**Osteoporosis Society of Canada**

Call 1-800-463-6842 for more information.

**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 -
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- Currently Expanding to Meet Your Needs -

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**For more info call 897-GRIN (4746)**

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Website - <http://www.stjames-vw.mb.ca> E-mail - [excellence@stjames-vw.mb.ca](mailto:excellence@stjames-vw.mb.ca)

# TON THE TOWN

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*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 —

**MARIGOLD**  
chinese restaurant & lounge

Great Lunches, Great Dinners

Cantonese & Szechuan Cuisine  
Dine In Take Out Catering

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

**CINÉMA / THEATRE**

**SHOWTIME 8:00 P.M.**


**MESSAGE IN A BOTTLE**

Friday, Saturday, Sunday, Monday  
April 30, May 1, 2, 3  
Parental Guidance


**COMING ATTRACTIONS**  
• CRUEL INTENTIONS •

**Food for thought!**

Along with eating right, daily physical activity is one of the best ways of reducing the risk of cardiovascular disease.



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# WHAT'S HAPPENING

## REUNIONS

### Otter Sqm 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 indicate 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**

1-888-551-5531  
#164-325-4th Ave S.W.  
Moose Jaw, SK S6H 5V2

### RCAF 409ers Nighthawk Assoc Saskatoon

at the Ramada Hotel

**Sept. 8-12, 1999**

Contact Harold Townsend  
102 Vincent Cres.  
Saskatoon, SK S7N 4G7  
Phone: 306-249-0763

### Lord Strathcona S Horse

(Royal Canadians)

100th Anniversary of the raising of Strathcona S Horse.

**May 17-21, 2000**

Regimental Association  
(Alberta Branch)  
Box 30004, Chinook RPO  
Calgary, AB T2H 2V8

### Pine Tree Line Manitoba July, 2000

Pierre Parent, 11 Eider Bay  
Thompson, MB R8N 0Z8  
Phone: (204) 677-2153  
Fax: (204) 677-5859

<http://www.magna.ca/~twilson/reunion.htm>

## UNICEF Canada Kosovo Relief Appeal

The Local Manitoba UNICEF committee would like to announce that it is now receiving contributions to its:

**Emergency Kosovo Relief Fund  
UNICEF Manitoba  
160 Stafford Street**

**Winnipeg, Manitoba R3M 2V8**

**Telephone: 1-204-477-4600 Fax: 1-204-477-4040**

UNICEF is concentrating its efforts in providing emergency supplies, safe drinking water, medical attention, and family reunification to all refugees, but particularly to women and children. To date 150 unaccompanied children have been identified and efforts are being made to reunite them with their parents. In addition, since the beginning of the emergency, 30 women have given birth in the Kukes Hospital, which has just been rebuilt and refurbished by UNICEF.

For local interviews please contact:

Helen Norrie - Chairperson, UNICEF Manitoba  
Margaret Koniuk-Petzold - Vice President, UNICEF Canada  
Janet Hossack - Program Director, UNICEF Manitoba  
through our UNICEF Manitoba Office - 1-204-477-4600.  
Donations may also be made through UNICEF Canada at:  
UNICEF/Kosovo Relief Appeal  
443 Mount Pleasant Road  
Toronto, Ontario M4S 2L8  
1-800-567-4483



## Corner Stone Lodge #179

The Gentlemen of Cornerstone Lodge #179  
wishes to welcome one and all to a

## GARAGE SALE

on May 8, 1999 between 10:00 a.m. & 2:00 p.m. @ the Sturgeon  
Creek Masonic Hall, 2746 Ness Avenue, (Just two blocks East  
of the intersection of the Sturgeon and Ness Avenues

## RCAF 75th Anniversary Activities

Several Activities are planned for the near future to both celebrate the 75th Anniversary and increase public awareness that Winnipeg is "Home of Canada's Air Force". These include heritage displays at the Red River Ex and the Winnipeg Air Show along with a monster Hangar Dance in Building 21 on June 5th. This dance will coincide with the Air Show and also be a homecoming for BCATP veterans returning to Winnipeg for the dedication of "The Garden of Memories" on June 6. For many of them this will be their last chance to pay their respects to their fallen comrades and reminisce with those still living.

I cannot, however, do all this without your help. I need volunteers to help organize the Hangar Dance or to volunteer a few hours of their time to man display booths, or both. The rewards, while not monetary, will be significant.

If you are interested in helping out, no matter how much or how little, please give me a call at local 2429 or send me an e-mail.

Let's work together to make this anniversary one to remember.

Capt M.J. Rozak - Wing Heritage Office - 1/2429

## PMQ COMMUNITY CLEAN UP WEEK 5-11 May 1999

Three Dumpsters; one at Sabre Cres., one at Mooregate and Silver and one on Doncaster near the Youth Centre, for your Disposal needs.

All PAINT's and other HAZMAT  
Material can be dropped off at the  
WING FIRE HALL

For info call Cpl Trapnell  
@ Local 6830



## Call for Papers

**5th Annual Air Force Historical Conference  
22 - 25 June 1999 - 16 Wing Borden Ontario, Canada**

**Theme: The Evolution of Military Aviation in Canada**

Papers should address an aspect of Canadian military aviation. Proposals should be submitted in the form of a one or two page abstract for consideration by the selection committee. Individuals whose papers have been chosen for inclusion in the conference will have their transportation, accommodations and meals paid for.

Abstracts may be forwarded to: Selection Committee, Air Force Historical Conference, 2157 Saturn Crescent, Orleans, ON K4A 3K2;

Fax: 204-833-2512 attn: Don Pearsons; E-mail: march.fah@sympatico.ca or pearsons@escape.ca

For more information contact either Bill March at 613-992-2322 or Don Pearsons at 204-833-2500 ext. 6276.

## Voxair Equipment

Software and computer equipment items for sealed bids:

- Abaton colour scanner.
- Apple Classic computers (2).
- Microsoft Word, French and English.
- MYOB, Caere Omnipage, etc.

**For more information call  
Voxair @ 889-3963.**

Deadline for sealed bids April 30, 1999.



## The President and the members of the ROYAL MILITARY INSTITUTE OF MANITOBA

requests the pleasure of your company at the Manitoba

## MILITARY BALL

commemorating the

**75th Anniversary of the Royal Canadian Air Force**

**54th Anniversary of VE Day and**

**125th Anniversary of the City of Winnipeg and**

**Saturday, May 1, 1999**

**Holiday Inn Crowne Plaza**

**Reception 1830 hrs - Dinner 1930 hrs - Dancing 2100 hrs**

**Dress: Mess Kit, Black Tie, Dark Business Suit, Miniatures**

**TICKETS \$65.00 PER PERSON**

**Available from your local unit or mail check to: MILBALL, Suite**

**188, PO Box 17000 Stn Forces, Winnipeg, MB R3J 3Y5 or CALL**

**(204) 633-2445, FAX (204) 632-5852**

*Proceeds to Manitoba Cadet Youth Activities*

## The St. James Assiniboia Divisional Children's Choir will be hosting a benefit concert

to raise funds to cover their trip to Ottawa for the Canada Day celebrations on Parliament Hill. This award winning group of young singers has been invited to represent the city of Winnipeg and the province of Manitoba as the youngest group of participants invited to participate in "Unison 99", a combined choir performing at various Canada Day functions.

The benefit concert will be held on 18 May, 1999, at 7 p.m. The evenings performance will include the St. James Assiniboia Divisional Children's Choir, the 1 Canadian Air Division Band (formerly the Air Command Band), and dancers from the McConnell School of Irish Dance (performing a tribute to Riverdance and Lord of the Dance). The emcee for the evenings events will be local celebrity Laurie Mustard. Truly something for everyone to enjoy.

Ticket prices will be as follows: Adults - \$10. Seniors and children under 13 years of age - \$5. Children under 3 - FREE. Family pass - \$25.00 (Maximum two adults and three children).

For tickets or additional information please contact one of the following individuals:  
Mark Wuennenberg - 888-9563; Devon Beaudry - 889-5241



Col T.F. Watt, WComd, presents 2Lt David Wray of 1 Air. Mov Sqn, with his commissioning scroll.

Photo by 17 Wing Imaging Section

## 17 WING CERAMIC CLUB

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Hours of Operation are  
Mon - Thurs 6 p.m. - 10 p.m.  
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draw out the key

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Marilyn 889-0571 for  
more information.

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### Toy Lending Library

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

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.

## Karen's Flowers

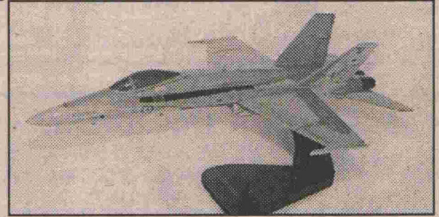
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CITY & WORLD-WIDE DELIVERY  
1-800-267-1927 [www.lpgallery.mb.ca/flowers](http://www.lpgallery.mb.ca/flowers) FAX: 1-204-586-8731

## HAND CRAFTED MAHOGANY AIRCRAFT MODELS



These 'display ready' 14" to 18" hand crafted, desktop models are meticulously detailed in authentic Canadian Air Force livery.

For a FREE catalogue contact the Winnipeg Canex at (204) 833-2500 ext. 5620 or e-mail the supplier at [airgo@direct.ca](mailto:airgo@direct.ca)

**BINGO : Every Mon - Wed - Friday at 7:30 p.m.**  
Early Bird starts 7:00 p.m.

**CRIB NIGHT : Thursdays at 8 p.m.**

**DANCING : Fri & Sat Evening**

**6 MEAT DRAWS : Saturdays at 1500 hrs.**

CANADIAN FORCES PERSONNEL WELCOME  
Army, Navy & Air Force Veterans in Canada

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3584 Portage Avenue Phone 837-4795

THE FRIENDLY CLUB



## CFB Curling Club

- Available for bookings for
- Small Weddings • Socials
  - Retirements • Farewells
  - Golf Windups
  - Ball Tournaments, etc.

- Capacity - 150 people
- Air Conditioned Lounge
- Portable Dance Floor
- Two-Tiered Deck
- Bar-B-Q Hut
- Caterer Available
- Ample Parking

For further information contact  
Ross - 888-4354 (ans. machine) • 833-2500 Ext. 6800



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#### NOTICE

Interested in another stream of income? Proven results. No gimmicks. 1-888-578-5159.

#### WANTED

Wanted - Men's Air Force Mess Kit, 44" chest, 38" waist. Please phone 782-3406 and leave msg.

Wanted - Air Force Mess Kit, 44-46" chest, 38-40" waist and 30-32" inseam. Please phone Phil Berry at W 833-2500 ext. 5249 or H 261-9451.

Wanted - Canadian Military Crests from all bases. The type that are sewn onto jackets. Needed to make a quilt. Phone Jessie 888-3131.

#### MISC. FOR SALE

For Sale - 1979 Starcraft tent-trailer. Sleeps 7, equipped with icebox, propane stove and sink. Very good condition. Asking \$1,550. Call evenings 487-0237.

For Sale - P215/75 R14 spare tire, complete with 14" rim, fits Ford Aerostar. Combination winter/summer Ford Aerostar bug screen. Best offer. Phone 833-2500 ext. 5902.

For Sale - Computer, \$900 OBO. Pentium 133, 32 MB RAM, 4.3 GB Hard Drive, 4X CDROM, 33.6 modem. Incl. mouse, keyboard and numerous software programs. Phone 488-8041 or 489-6332.

#### MISC. FOR SALE

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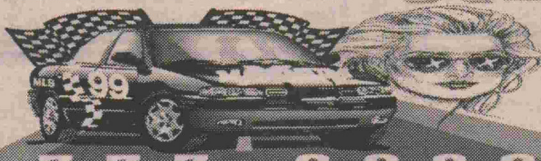
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