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Repondeur automatique pour le reste de la semaine

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Pembina Printing Ltd. (204) 325-4771

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

DEADLINE 03 SEPTEMBER 99
DATE DE TOMBÉE 03 SEPTEMBRE 99
NEXT ISSUE 15 SEPTEMBER 99
PROCHAINE ÉDITION 15 SEPTEMBRE 99

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Publications Mail Agreement No. 1482923

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Westwin Community Centre

VOXVIEWS

Community support and involvement

by Major CM Walton-Simm
Managing Editor

As 17 Wing's involvement in the PANAM Games quickly winds down, preparations are already underway for other local community support activities, in particular the Health Partners Campaign (formally called United Way) and the Run for the Cure. It seems that

everywhere you turn, military support, in one form or another, is found. Without digging too deep, activities we have been involved with in the past have included:

- Special Olympics
- Blood Donor Clinics
- Neighborhood Watch
- Hero's Program
- Wheelchair Basketball
- 24 Hour Relay for Kids

- Christmas Cheer Board
- Operation Red Nose
- Military Police Fund for Blind Children

Support to the community is conducted on an organizational and individual basis, so the above list is by no means all inclusive. So, we thought it would be interesting to conduct a survey with the aim of capturing as much of our

community spirit as possible. Therefore, we're asking that you complete the following survey and forward to the Voxair Office. In a subsequent issue of the Voxair we hope to provide readers with a more comprehensive overview of who does what, when & where. The why is obvious but the diversity of our community spirit should be interesting.

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ADDITIONAL COMMENTS:

RETURN TO: VOXAIR, 17 WING, PO BOX 17000 STN FORCES, WPG, MB, R3J 3Y5

More comfort for CF members deployed in Bosnia

by Manon Côté

Since December 1996 thousands of CF members have been living in various camps of the Canadian Contingent of the Stabilization Force for peace (CCSFOR) in Bosnia. For the sake of added comfort, many soldiers have used their free time to make their living environment more appealing. They do it just to be able to call out "Home Sweet Home" after returning from a daily patrol or occasional exercise!

During Rotation 4 of Op PAL-LADIUM, many improvements were made to the existing facilities. For example, at Camp Black Bear in Velika Kladusa, the hangar for the approximately 40 members of the 430 Tactical Helicopter Squadron (Tac Hel Sqn) from Valcartier has been renovated. Among the more impressive accomplishments of the crew is the "Falcon's Nest," a room - sometimes used for conferences

and at other times for relaxation - that is housed in a shipping container equipped with couches, a large-screen television and a VCR



Capt Jean-Yves Taschereau and his colleagues from the 430 Tac Hel Sqn from Valcartier, will clearly leave their mark after their departure from Camp Black Bear in Velika Kladusa, Bosnia, next August.

for watching videos and audio-visual presentations. The members of the 430 Tac Hel Sqn also expanded the entrance to the hangar so the helicopters could be

brought in with their propellers extended. They also installed a protective tarp on the dusty floor of the hanger and built a small

season once their work day is over. Their mess hall has been extended with the addition of an outdoor terrace. Their colleagues at Camp Maple Leaf have no reason to be envious though; their terrace now provides access to a small pool.

Camp Drvar has equipped itself with a new septic tank system and underground piping. The more athletically minded residents can enjoy the climbing gym, which has a new inclined wall for climbing possibilities.

All these improvements were proposed by soldiers to the various committees in charge of improving living conditions in the CCSFOR camps. The money used to purchase the construction materials and necessary equipment comes from a budget specifically allotted to these committees. CF members who will be flying to Bosnia next August will get their turn to enjoy these little bonuses that will make their stay more comfortable.

place for relaxation outside the building.

At Camp Holopina in Coralic, the non-commissioned officers can now take advantage of the summer

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435 Squadron

Train to fight - a 435 Sqn mission chronicle of a rescue



by Mcpl Dave Lazarowich
435 Sqn SAR Tech section
Local 2408

When is an aircraft not an aircraft? The answer is; when it's a mangled, twisted wreckage hidden in a remote corner of expansive Canadian wilderness. To the SAR crews of Winnipeg's 435 Squadron these former aircraft are known as search objects or NOCL's (notice of crash location). It is part of 435's mandate to train and be ready when the call comes to search for and if necessary rescue souls in distress over land or sea.



Preparing to drop medical supplies

When a downed aircraft is found, a NOCL message is composed by the search aircraft and sent off to the nearest Rescue Co-ordination center in a type of code. What's contained in this message will directly affect the next actions to take place.



Impact crater

The message Alpha-affirmative, means yes the missing aircraft has been located. Next, Bravo and the position is given in latitude and longitude. Then Charlie, this is probably the most ominous portion of the NOCL message. It contains the medical condition of survivors and victims found at the site. It is the answers to the questions on the minds of the next of kin.

So when the SAR Techs of Rescue 336 radioed up to their circling Hercules the message, 'Alpha-affirmative, Charlie I-red, I-black', what we really were saying was, we have a survivor, and he's critical! Paradrop the full medical kit and find us a helicopter!

Just minutes earlier, aboard Rescue 336, our crew had been homing in on the familiar signal of an ELT, an emergency locator transmitter. The ELT had been first heard that Friday afternoon by high flying airliners, then a SRSAT satellite had reported an approximate position to ground stations. Rescue 336 was launched in response. The position was somewhere in central Manitoba near Baren's River and we were now drawing closer every minute. Taking off among the afternoon thunderheads and flying low for 150 miles the sky suddenly cleared as we progressed northward. It was a good day for SAR.

Having just completed AUP conversion, our 'bird's' new systems proved capable when the search object was suddenly spotted on the first pass over the area. The downed blue and white aircraft was situated

in trees beside a lake and it was obvious that the craft had suffered severe damage. Several low passes later with no sign of movement or signals the SAR Tech team leader and Aircraft Commander agree that a penetration of the site by parachute is required. We go dressed for a bush

hazards and scan the carnage for people. Pulling brush aside to gain access it's soon apparent only one of the two aviators has survived. The NOCL goes out.

Rescue 336's navigator immediately relays the message to Rescue

man tells us he thinks he's in shock. Torn clothing, bloody face and bent limbs are witness to the impact experienced by the injured man. We take his vital signs, dress open lacerations, apply a cervical collar and look for life threatening injuries. Covering him for warmth and protection



Note: The space in the trees made by the falling aircraft



The surviving occupant was found inside the wreckage

Co-ordination center and adds the wreckage position. At the same time the pilot and remaining SAR Tech and loadmaster work together to drop a C-8 smoke to calculate the wind drift for the supplies that are required immediately. A low pattern is briefed to take the Herc over the crash site at only 300 feet above ground for an accurate cargo delivery. On the next pass medical bundles swing below good parachutes and crash loudly through the bush close to us. My partner quickly retrieves both.

Inside the crumpled wreckage, we talk to the casualty and begin a medical assessment. Covered with mosquitoes, pale and shivering, the

against the miserable insects we start the oxygen and begin to consider an area a helicopter would be able to land.

A short spine board is selected, and the man, now considered a patient is secured to it for removal from the wreckage. I disable the emergency locator transmitter in the tail of the plane and the sound of a floatplane arriving overhead catches our attention. It lands on the water and five minutes behind it a Bell forestry helicopter settles on the muddy shore of the lake beside us. Our aircraft, Rescue 336 still circling overhead has broadcast for any available assistance to our situation and

received two responses. Forty-five minutes have elapsed since we arrived on scene. The last splint is applied and we together gently transfer him across soft ground to the hard floor of the waiting chopper.

Winnipeg is our destination and we take off, planning a refueling enroute. The sky ahead is still imbued with thunder showers so Rescue 336 flies top-cover advising of weather, routing, and making necessary radio calls ahead. Despite the pounding vibrations of the helicopter we manage to insert an intravenous line into the man's veins and recheck his wounds. Shifting uncomfortably and moaning he asks to know how much longer till we arrive. It's a painful ride.

Finally, settling on to the pad at Shell we meet the Winnipeg paramedics who are waiting to complete his journey to hospital. With the hand over complete I wish him good luck. We head back to the hangar to meet up with the rest of the crew and reflect that a lot of things went right today. Training and teamwork have played their part.


This mission was carried out in late June and was one of three missions that required a parachute jump this spring by 435 Squadron SAR Techs. One of the others was made to a crash site at 6000 feet in the mountains near Jasper, Alberta. The other to a swamp just inside the state of Minnesota.

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By Dr. Carl Christie
Associate Professor of War Studies *pro tem* and RMC War Studies Liaison Officer

Ever wonder why so much fuss is made of Napoleon Bonaparte? What influence did this 19th century military leader have on how later generations fought their wars? And what about those flying machines with which we all work - directly or indirectly? Where do they fit into the question? To what extend did the invention of the aeroplane change the nature of warfare?

Any reader with the remotest curiosity about such matters is urged to register for one of the military history courses being offered by RMC on the base this fall. This is History such as you never had in school.

An introductory survey of modern military history for credit towards a Bachelor of Military Arts and Science degree meets

for the first time at 1830 hrs on Wednesday 15 September, in Building 52. Learn how a young artillery captain from Corsica seized the initiative as the leaders of the French Revolution struggled against a coalition of European powers and in the process revolutionized how wars were fought. And much more.

In our own century, aircraft have added a third dimension to the conduct of war, while also precipitating numerous new questions. For example: When is a civilian centre a legitimate target of aerial bombardment? War Studies' students working on masters degrees have an opportunity for an in-depth look at this intriguing, controversial, and important subject when a graduate course on air warfare meets for the first time, in Building 52, at 1830 hrs on Thursday 16 September.

Today's CF wants more members to have degrees and senior

officers to have at least two. RMC makes the pursuit of both bachelor and masters degrees easy and fun. It is now possible to study fascinating and relevant subjects, for credit, almost anywhere one is stationed. Try not to get left behind. Join the move to continuing education.

To register for a course, or for further information about any of the programmes, contact the RMC Office of continuing Studies, Box 17000 Station Forces, Kingston, On K7K 7B4, or by e-mail (attention SO Correspondence): bmasc@rmc.ca or phone 1-800-352-8979 (attention academic counsellor), or reach the undergraduate counsellors directly at 613-541-6000 ext. 6797/6798 (CSN 270-6797/6798), fax 613-541-6706 (CSN 270-6706); or talk to your Personnel Selection Officer or Wing Training Officer. Information is also available at the Military Families Resource Centre.

Sparkey's Desk

According to the Canada Safety Council only 15% of Canadian households have carbon monoxide detectors even though carbon monoxide poisoning is blamed for about 200 deaths a year in this country. Because it cannot be seen, tasted, or smelled it has the ability to injure or kill without being detected. Even when symptoms such as nausea, headaches, and fatigue are felt by CO poisoning sufferers, it is often thought to be the flu and treatment is not sought until it is too late. Carbon Monoxide, which basically robs the brain of oxygen, can cause cardiac trauma, brain damage, coma and even death and most often strikes while the victim is sleeping.

Carbon Monoxide is the result of incomplete combustion and is caused by operating sources incorrectly, in airtight conditions or when appliances malfunction. Sources of emission include gas or oil furnaces, water heaters, fireplaces, wood stoves, charcoal grills, gas ranges and space heaters. The problem of CO accumulating in high amounts is compounded by the modern emphasis on energy efficiency - keeping homes airtight and insulated to prevent heat, and unintentionally CO, from escaping outside.

Many illnesses and deaths could be prevented by taking some simple maintenance precautions and by purchasing a carbon monoxide detector

that normally sell for between \$30-80. Here are some steps you can take to protect your household from the "Silent Killer".

1. Install an ULC certified CO detector outside sleeping areas. Test the audible alarm weekly and change the battery at least annually. There is a range of plug-in and digital detector available but insure they are equipped with an audible alarm. Follow the instructions for installation and avoid placing the detector near appliances.

2. Have a qualified technician inspect fuel-burning appliances once a year and clean and repair as necessary. Conditions ranging from a cracked heat exchanger to a blocked

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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.
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chimney can cause a rise in CO levels in a home.

3. Never use charcoal grills inside homes, campers or tents. Do not leave a vehicle running inside an enclosed garage, even during those January morning "warm ups".

4. Be aware that CO poisoning may cause flu-like symptoms such as headaches, tightness of chest, dizziness, fatigue, confusion and

breathing difficulties. CO poisoning also causes a rise in blood pressure so the victims skin make take on a pink or red tone.

Inspections, detectors and increased awareness is the best way to guard against carbon monoxide poisoning at home. If you have any questions about CO detectors please do not hesitate to call Fire Prevention at local 5501.

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The George Cross Recipients

In a previous issue, the significance of the George Cross was described. This issue we look at the recipients and the acts for which they were recognized. The danger inherent in their actions can be seen in the fact that three of the five died while trying to save their comrades.



AC1 Frost with George Cross (courtesy National Archives of Canada)

Aircraftman 1st Class Ernest Ralph Clyde Frost, GC, CD

Aircraftman Frost was born in Trois-Rivieres, Quebec. After finishing high school, he worked at a number of menial jobs, before deciding to go to England. He reached England in 1938 by working on a tramp steamer. On arrival, he promptly joined the Royal Air Force.

On 12 March 1940, while service with 90 Squadron, RAF, at West Raynham, AC 1 Frost observed two Bristol Blenheim aircraft collide. Despite the flames, he and Leading Aircraftman Campion entered one of the burning aircraft. AC Frost checked the fuselage to find that there were no other occupants. He then helped LAC Campion remove the trapped pilot. This they managed to do just as the fuel tanks exploded. For their actions, both AC 1 Frost and LAC Campion were awarded the Empire Gallantry

Medal. This was converted to the George Cross when this award was instituted. AC 1 Frost received his George Cross on 21 October 1940.

After the war, AC 1 Frost joined the Royal Canadian Air Force. He retired in December 1964 as a Squadron Leader (Major). He then served as chief pilot for Great Lakes Airlines, now Air Ontario.



Air Commodore Ross (courtesy National Archives of Canada)

Air Commodore Arthur Dwight Ross, GC, CBE, CD

A native of Winnipeg, A/C Ross entered Royal Military College in 1925. Upon graduation, he received a commission in the Royal Canadian Air Force, service in Winnipeg, Toronto and Ottawa. At the start of the Second World War, he was involved in anti-submarine operations on the East Coast, then served in Calgary at a British Commonwealth Air Training Plan school. In November 1942, A/C Ross went to Britain, later assuming command of No. 62 Base, Linton-on-Ouse, in February 1944.

On the night of 28 June 1944, A/C Ross was watching bombers of his Base returning from a raid. A damaged Halifax bomber crashed into a fully

loaded bomber on the ground. A large fire started, with bombs exploding in the midst of the chaos. A/C Ross led the rescue effort. Shrapnel from an exploding bomb nearly severed his right arm, resulting later in its amputation. For his heroic actions, A/C Ross was awarded the George Cross, the highest ranking officer ever to receive this honour.

After the war, A/C Ross continued to serve with distinction in the Royal Canadian Air Force, commanding several major Commands. He retired in February 1961.



LAC Gravel (courtesy National Archives of Canada)

Leading Aircraftman Karl Mander Gravel, GC

Leading aircraftman Gravel was born in Sweden but moved to Canada with his family in 1936. He was always fascinated by aircraft, so when he was old enough, he enlisted in the RCAF.

On 10 November 1941 LAC Gravel was a passenger in a Tiger Moth which crashed into a schoolyard near Calgary. He managed to free himself from the burning wreckage. Despite the loss of one eye, severe burns and his clothing being on fire, Gravel returned to the aircraft to free the pilot, not knowing that he had been killed instantly

in the crash. Only when a school teacher, Mrs. R. Walsh pulled him from the wreckage and forcibly rolled him on the ground to put out his burning clothes, did Gravel stop his rescue attempt. Sadly, he died of his burns several days later.

In his honour, a creek in southern British Columbia was renamed Gravel Creek. He was posthumously awarded the George Cross on 11 June 1942.



LAC Spooner (courtesy National Archives of Canada)

Leading Aircraftman Kenneth Gerald Spooner, GC

Leading Aircraftman Spooner was born in Smith Falls, Ontario. He worked in the public service as a clerk and then as a rodman for the Canadian Pacific Railway. He enlisted in the Royal Canadian Air Force on 31 July 1942, subsequently undergoing training as a navigator at No. 4 Air Observer School, London, Ontario.

During the early evening of 14 May 1943, LAC Spooner was a student navigator in an Avro Anson on a training flight. When the pilot suddenly fainted and the aircraft started to rapidly descend, Spooner took control of the aircraft, although he had no experience in handling or flying a plane. Three crew members parachuted to

safety. LAC Spooner, the pilot, Sergeant D.A. Nelson, and one instructor, Sergeant W.J. Brown, died when the aircraft crashed, about one hour after the pilot passed out.

Leading Aircraftman Spooner was posthumously awarded the George Cross on 7 January 1944.

Flying Officer Roderick Borden Gray, GC

Flying Officer Gray was born in Sault Ste. Marie. He originally joined the Canadian army in June 1940, but transferred, in October 1941, to the Royal Canadian Air Force. Three of his brothers also served in the Canadian Forces during the war.

F/O Gray conducted part of his training in Winnipeg, at No. 1 Air Observer School. In October 1942, having just returned from his honeymoon, F/O Gray was sent overseas where he served as a navigator of a Vickers Armstrong Wellington with No. 172 Squadron, Royal Air Force Coastal Command.

On the night of 27 August 1944, F/O Gray's aircraft attacked a surfaced U-boat in the Bay of Biscay. The U-boat's anti-aircraft fire was so severe that the Wellington crashed in the ocean. Despite a broken leg, F/O Gray rescued two of his comrades, placing them in the lone inflatable dinghy that had survived the crash. Although his friends pleaded with him to get into the dinghy, F/O Gray refused, realizing the dinghy was already overloaded. He died of his wounds and the icy Atlantic waters before the group could be rescued.

Flying Officer Gray was posthumously awarded the George Cross on 13 March 1945.

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Le mot de l'approvisionnement



par Capt Benoît Bisson

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Dans le passé, l'escadron d'approvisionnement attendait que l'escadron de transport déclare un surplus de véhicules. Les véhicules supplémentaires à ce moment étaient entreposés dans la cour de l'édifice P2 jusqu'à ce que l'on leurs lui trouve un acheteur. Les acheteurs potentiels étaient prévenus par l'entremise de la corporation de disposition des biens de la couronne. Ces personnes pouvaient venir et inspecter la condition du véhicule et si elles étaient intéressées, soumettaient une offre. L'offre la plus élevée

déterminait l'acheteur. Une fois, l'achat terminé, l'acheteur prenait possession du véhicule.

La situation mentionnée ci-dessus décrit très bien le processus usuel de la vente de tout matériel en surplus au ministère de la Défense national (MDN). De l'équipement lourd pouvait être parfois vendu à un encan.

L'ancienne façon de fonctionner est bonne, cependant pour toute vente effectuée par l'entremise de la corporation de disposition des biens de la couronne, approximativement 35% du revenu de la vente leur est versé comme frais de vente. La balance de l'argent est remise au ministère du trésor. Suite à des études, les autorités ont conclu que le pourcentage gardé par la corporation était trop grande. De cette observation une grande quête commença, le MDN com-

mença la recherche d'un contracteur qui achèterait tous nos véhicules en surplus sans le processus d'offre et sans passer par la corporation habituelle.

C'est sans dire que cette démarche pris un certain temps et nous ne pouvions plus vendre de véhicule pendant cette recherche. Les véhicules en surplus commencèrent à s'accumuler dans la cour de P2. Enfin en novembre dernier le contrat fut complété. Ce nouveau contrat implique plein de changement pour l'escadron d'approvisionnement, l'escadron de transport et l'escadron du génie mécanique. Aujourd'hui, lorsque l'escadron de transport déclare qu'un véhicule est en surplus, sa valeur doit être estimée à l'aide du livre rouge. Ce livre est un document produit deux fois par année qui estime tout véhicule séparément sur le marché. Une fois ceci complété le véhicule est par la suite trans-

féré à l'approvisionnement à l'édifice P2. Les membres du génie mécanique (EME) ont alors la tâche de déterminer les coûts approximatifs de réparation. Contrairement au passé, nous sommes non seulement en mesure de vendre le véhicule dans l'état actuel mais d'également effectuer certaines réparations afin de faire un certain profit supplémentaire lors de la vente. Les coûts de réparations sont couverts par les fonds de la base (RMC), toutes réparations sont effectuées par EME, par contre plutôt que de retourner les profits au fond du trésor, ils sont retournés dans les fonds de la base. Ceci incite donc les gens à faire un profit, ce qui augmente le rendement et l'efficacité des escadrons. Le processus décrit ci-dessus est encore en négociation mais c'est ce qui devrait arriver.

L'approvisionnement pendant tout ce temps est responsable de

l'administration de la vente ainsi que de contacter tous les partis impliqués dans ce processus. Bref, c'est l'approvisionnement qui est responsable du système de la mise en vente.

Nous pouvons voir que cette façon innovatrice de vente nous permettra de vendre tous nos véhicules, peut importe leurs conditions, à un seul acheteur. Ce qui nous sauve d'ailleurs plusieurs jours d'attente avant de recevoir une offre d'un acheteur potentiel. Cette méthode nous permettra aussi de garder les profits fait lors des ventes. Le seul point négatif est que le processus est plus complexe et nécessite donc plus de ressources administrative. Mais c'est sans dire que cette nouvelle manière de disposition est une amélioration du vieux système.

Le premier groupe de véhicules à être vendu de cette manière le sera en avril.

Loadmaster!!! What's a Loadmaster?

by Sgt Neil Franklin

If you have ever flown on the Hercules, you've seen the person in the back. You know, the one with the clipboard. They hand out your box lunches and are constantly shining a flashlight around. Have you ever wondered what, exactly, is their job? Where do they come from? Why are they here? In this article I will answer those questions, and maybe even a few more.

Canadian Forces Loadmasters are Traffic Technicians by trade. They must be a minimum rank of MCpl and have served two years at an Air Movements Squadron. In addition, they must pass a complete aircrew medical to be selected. Now comes the fun part, a grueling nine-week course at 426 Sqn in Trenton. The course, divided between classroom and flying time, is designed to teach the new Loadmaster the basics of the Hercules. Long nights memorizing emergency procedures plus the limitations and capacities of the CC130 (and trust me there are a lot of them) are the order of the day. In addition there are all kinds of new publications. From Flying Orders, 1 CAD Orders, Checklists

and Aircraft Operating instructions, the publications never seem to stop. Not to be forgotten is the Weight and Balance of the aircraft. No aircraft can fly unless the cargo is balanced correctly, and calculating the Centre of Gravity is the bread and butter of the CC 130 Loadmaster. Figuring out the percentage of the Mean Aerodynamic Chord becomes old hat. Terms like Take Off Weight and Basic Index, creep into your vocabulary. The weight and location of every passenger and every piece of cargo become vitally important. (The Weight and Balance form is contained in a silver clipboard. So now you know why we always have a clipboard)

Upon graduation, the Loadmaster wings (open wings with a fulcrum in the middle) are presented. They are now fully operational Loadmasters, right? Wrong! Upon arrival at their assigned squadron, six more months of "On The Job" Training await. In addition to correctly answering instructor's questions

and scenarios, a myriad of currencies such as CPR, Safety Systems, First Aid, as well as Dangerous Cargo, Crew Resource Management must now be maintained and tracked. From Customs procedures to Engines Running On/Off loads, a wide variety of subjects are covered in detail until the training cell is satisfied with the candidates' progress.

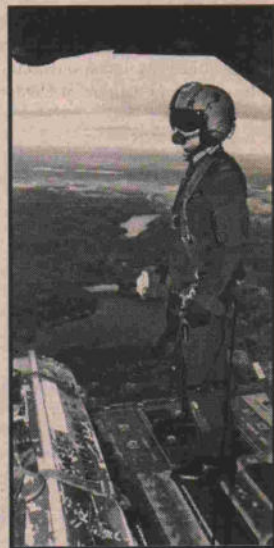
Now it's time for the upgrade check ride. Under the watchful eye of a Standards Loadmaster, the candidate is put through the paces. All aspects of their training will be covered, with particular attention paid to emergency procedures and equipment. Upon successful completion of the check ride, the restricted Loadmaster will become operational.

The story is not over yet though. After a short period of time, the Loadmaster will find himself on other courses. It could be the Air to Air Refuelling course, where the

Loadmaster is trained to be the eyes of the refuelling mission; then a Search and Rescue course, learning to dispatch the SAR Techs and their equipment; or perhaps, if you're a Loadmaster at one of the Trenton Squadron's, the Tactical Airlift course, where he/she will be taught everything they could ever want to know, about dispatching paratroopers and equipment from the back of a Hercules while flying 1000 feet above the ground.

A Loadmaster could find himself loading vehicles in Resolute Bay one day, participating in a search in Grand Prairie the next day, then becoming part of an Air to Air Refuelling mission heading to Kuwait right after that. As you can see, there is more to a Loadmaster than handing out a box lunch. Oh, and by the way, when they shine that flashlight around, they're not checking your pupils, they're checking the aircraft hydraulics.

Photo by Guy Tardiff



MCpl Dennis Patterson, a 435 Sqn Loadmaster, participates in Search and Rescue training.

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Meat Draws
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The ultimate village experience

by Cheryl Gudzwon
Public Affairs

The Pan American Games have been over for three weeks, and soon CFB's Athlete's Village will only be a memory. But for those who didn't get to go into the village, the memory was never made. Here's an inside look at the make-up of the very successful and popular CFB Athlete's Village.

The parameters of the village were clearly defined from the get go. Fencing and Pan Am posters lined the village, and passing through a security tent was the only way inside. Gaining access into the village was somewhat of an obstacle course for me, as my original request for accreditation was denied. Instead, a daily call to a media relations representative put my name on the Day Pass list, reserved for local media. An accreditation pass was the only way to get in, and any thoughts of sneaking into the village were dismissed once confronted with two levels of security. At the gate, Pan Am security checked my pass and questioned my intentions before leaving me in the care of Outdoor Box Office who performed Airport security procedure, (no

joke) on my belongings and myself.

The precautions weren't that bothersome, for once I had walked through the metal detector, I felt as though I had entered a whole new world. My eyes took in all the colorful sights... though the unofficial color of the '99 Pan American Games, the color pink, seemed to stand out the most. Pan Am signs and banners were everywhere, adding life to all the buildings. Athletes' uniforms were bright and their spirits were high - their enthusiasm rubbing off onto everyone. There were people buzzing all



popular place among athletes as they would eat at all times of the day in the upstairs dining hall, watch TV and play games in the lower lounge, or e-mail friends and family back home via the Internet at the "Surf Shack".

There were people strolling from building to building, visiting, or just taking in the beautiful weather that graced the weeks of the Pan Am Games. Athletes with pins could do some pin trading at a special table that was set up. A genre of strip mall was in place in the midst of the village, where a convenience store, a florist shop, a post office, and laundry and sewing services were available for the athletes' convenience. Athletes were seen sitting outside

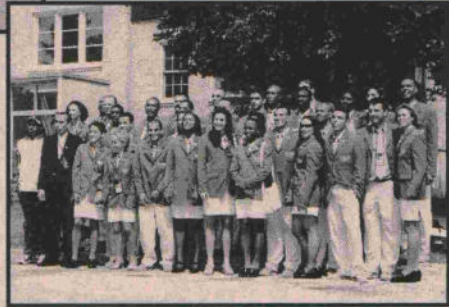
on patio furniture, playing cards or just listening to the music playing throughout the village. A sound system located behind the Warrant Officer's mess played traditional Caribbean, Latin, and Reggae music, but the athletes could have their favorite contemporary CD's played, as the sounds of hip hop artist, Lauryn Hill, frequently echoed around the village.

Patriotism was evident in every form. National flags were hanging in the residences and athletes were sporting their country's colors and uniforms at all times. I was approached

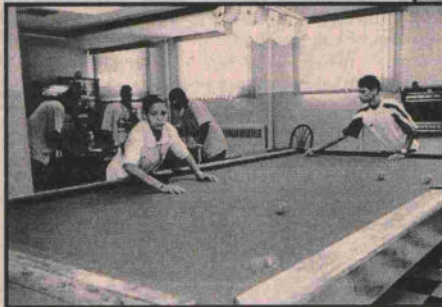
many times after exposing my camera and notepad, and was asked "Take a picture, and write a story about Aruba", or about any other country depending on who the subject was. The athletes were friendly, courteous, and even flirtatious, as it seemed everyone was having a really good time, and worries were at an ultimate low. Once the first week of competition had passed, it was noticeably quieter on the grounds. By then a good number of athletes had left for home, and even though a second batch of athletes was arriving for the final week of competition, the village was less busy.

As the final days approached, a feeling of sadness drifted from person to person, including the workers and the volunteers. Those 15 days had had a magical quality to them that was hard to let go of. People who were strangers before the Games, had become friends. Old and young, military and civilian, worked together to

provide the ultimate village experience for the visiting athletes. The athletes, who made themselves very accessible, were great to chat with and cheer on at their events. Everyone



involved in CFB's Athlete's Village had profited from the experience, and even the naysayers were a little sorry when the Games came to a close. In retrospect, the trouble I had getting in to the village didn't match the trouble I had leaving the village...and the second time was because I didn't want it all to end.



over the grounds, either by golf cart and four-wheeler, or by foot. Volunteers, athletes, coaches, and military personnel were mingling and trying their best to communicate with one another. People were coming in and out of the gate, catching buses or heading to the Jr. Ranks mess hall to grab a bite to eat. The latter was a very

College Corner

20 August 1999:

Hello again! Just in case you missed one of the last issues of Voxair, my name is Kenn Garrity and I'm the new CFCNC (Canadian Forces Community College Network) Coordinator here at Base Winnipeg.

The CFCNC has been helping military people and selected civilians achieve their goals for the past 5 years. Tremendous opportunities have been created for military members and their spouses to upgrade their education, regardless of the hectic schedules of young families and unpredictable operational demands.

The CFCNC is about opportunities for you to acquire knowledge and skills to deal effectively with change, change in your workplace as well as a change in your career and lifestyle. If you prepare effectively, change is not an adversary to be feared but an ally to be embraced and enjoyed.

The CFCNC is a network of 21 colleges who have joined with DND in recognizing the unique challenges faced by CF members and their families as they pursue post-secondary education. These colleges have agreed to provide special services to CF members (regular/reserve/retired), civilian employees of the CF and families of all groups.

RRC and the other 20 colleges have agreed to:

- * Reduce residency requirements to 25%;

(residency requirements refers to the % of courses that students must take at the College granting the credential. Normally this is 50-75%, so the reduction is both significant and beneficial to the transient CF population);

- * Apply credits earned through other network colleges to RRC programs;
- * Offer various subjects/programs on-base as interest dictates; and,
- * Assess military training/experience as credit towards a related certificate/diploma.

Current college courses to be taught on base:

- * MDP (Management Development Program) from Seneca College is a 6 course certificate provides student with the management skills required for those aspiring to supervisory positions or wishing to upgrade their current skills;
- * Taught on weekends (Fri(evening)-sat-Sun);
- * Taught on base;
- * One course per month approx, Sep-Jun;

Upcoming MDP Courses:
MDP 100 Oct 29-31
MDP 700 Nov 26-28

If you are interested in taking either of these two management courses, please contact me to register ASAP. I can be contacted by phone at 833-2500 local 5115 or visited in person at the WPSO's office in Bldg 52 most Tuesday afternoons from 1pm until 4pm and most Thursday mornings from 9am until noon. While everyone is more than welcome to come over and chat over a "cuppa-T", give a call before you drop in to ensure I'm here and not out visiting someplace, just so you don't make the trip for nothing. Hope to see ya later, and I'll be happy to assist you in anyway I can.

ELECTIONS MANITOBA

KEEPING YOU INFORMED

Election Day Information

Election day is Tuesday, September 21, 1999.

If you are a qualified voter, you will be able to vote at your polling place between 8 a.m. and 8 p.m.

You qualify to vote if you:

- Are a Canadian citizen.
- Are 18 years of age or older on or before polling day.
- Have resided in Manitoba for 6 months immediately before polling day.

The location of your polling place is written on the enumeration record given to you when you were enumerated. If you don't have an enumeration record, contact your Returning Officer to find out where you vote.

If your name is not on the Voters List and you are eligible to vote, you can take an oath at your polling place. You will have to show a driver's licence or 2 other pieces of identification that together confirm your identity.

In most cases, regular polls are accessible to voters who are physically disabled. Contact your Returning Officer to confirm that your poll is accessible.

Templates are available at the poll for voters who are visually impaired. If you cannot mark the ballot for any physical reason or if you have difficulty reading the names of the candidates, you can request that an election official help you at the poll.

For more information contact your Returning Officer or consult your Voter's Guide.

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The Garden

The old saying "From small acorn grow big oak trees" might well be appropriate for the Garden of



Memories. What started as three old guys sitting around sipping on a cup of coffee in August of 1996, discussing what we might do to celebrate the 75th anniversary of the RCAF as a Wing of the Air Force Association of Canada, ended up being a place cherished by thousands of people from across the globe.

As one idea after another was raised, discussed, chosen or eliminated, it finally dawned upon the three of us that what was needed was something that would be different; something that would be a recognition of what was perhaps the greatest period in history of the RCAF. I mean, of course, the Second World War and the impact it had not only on the community of Winnipeg and the province of Manitoba, but all across Canada. A project that revitalized the

nation from the Depression deserves recognition. The project that took representatives from Canada, United Kingdom, New Zealand



Australia months to negotiate, finally produced a groundswell of enthusiasm wherever it saw light, in small towns and villages as well as the big cities, all across this country.

Even today, it is still in operation albeit under a different name and with not as many people involved. Today, some 60 years after it was

founded, remains of it can still be found. From East to West, old Hangars and runways are still in

use in a variety of ways. What we are talking about is the British Commonwealth Air Training Plan (BCATP), formerly called the Empire Air Training Scheme. This plan brought together young men from many parts of the world, but predominately from Australia, New Zealand, United Kingdom, and from all parts of this great country. They came to be trained as aircrew and ground crew. Thousands of men and women were also needed to administrate the plan. Civilians joined in to make these young men, who in the majority of cases were

thousand of miles away from home, feel welcomed in their communities. They were welcomed at the railway stations as they made their way from either Halifax or Vancouver, to wherever they were destined to go.

The rest is history, as they say, but we felt that it was a part of not only Canada's history, but also of Manitoba's part in the overall scheme of things, and we wanted it to be remembered for future genera-



tions. Once a general idea of what we were going to do was established, we had to formulate a plan of campaign to bring it to reality. First we needed the land to put it on, so we approached the 17 Wing Commander, at the time Col G.E. Sharpe, for his permission to use the land we had selected. This, he readily agreed to.

Then it was a succession of meetings to determine what had to be done and by whom, the fundraising, and how much we would need to complete the task we had given ourselves. Mr. Don Pearson, Air Force Heritage & History, was our sounding board. He directed us to who we would need for assistance and he spoke for us when we, as a committee, went to speak to the Government of Manitoba. The Honorable Linda McIntosh, who at the time was the Minister of Education, was our contact person, because her father had been an instructor at Virden during the years of the Plan, and she very quickly saw the

NIS investigates possible poisoning of two soldiers

By Tina Crouse
OTTAWA - The Canadian Forces National Investigative Service (NIS) is exploring allegations that two former soldiers were intentionally poisoned while serving in Croatia in 1993.

Brigadier General Patricia Samson, Canadian Forces Provost Marshal, says her concern for the health of these soldiers prompted her to advise them they may have ingested naphtha gas over an extended period of time while in theatre.

Warrant Officer Matt Stopford, who has suffered serious health problems he believes resulted from exposure to PCBs and bauxite in 1993, and another soldier of lower rank received a letter from BGen Samson August 5 indicating that the gas may have been systematically put in their coffee.

"I don't believe that's true, not for a heartbeat," WO Stopford said at a news conference Thursday. "I had no cowards in my platoon, and that would be a cowardly act. It's a farce."

WO Stopford said the letter called into question his leadership and the conduct of his troops, and might be an attempt to divert attention away from

the issue of soldiers' potential exposure to toxins.

"It's such an insulting letter to me and my troops. How dare they insinuate that Canadian soldiers would kill Canadian soldiers. It's a smoke screen."

In response, BGen Samson said, "I did not imply (in the letter) the investigation we are doing is instead of the PCB and bauxite situation or that there was anything wrong with the leadership of anyone."

The investigation of the allegations concerning WO Stopford and the unnamed soldier comes in addition to the probes into soil contamination and the removal of memos from soldiers' files.

"What I put down in the letter was that we were sensitive to the issues of health and wanted to bring them to the attention," of the two soldiers involved.

BGen Samson said she does not know if the allegations are accurate or not, but "once the allegations were brought to my attention, I found them very serious. I was caught in an ethical and moral dilemma - my concern for the health of WO Stopford and my concern for the conduct of the investi-

gation. I recognized the investigation could go on for months and that the health of WO Stopford could be impacted by the information we had learned."

The Provost Marshal served in Yugoslavia for a year, and said that if she were the subject of such allegations, "I would be very upset if it was not brought to my attention."

BGen Samson said she was aware "there was a risk in telling and a risk in not telling. I had to make the decision, and I made it. Some may say this was an extraordinary measure to take, well, this was an extraordinary situation demanding an extraordinary decision. I knew the risks."

RCMP Insp Russ Grabb, who is leading the investigation team, said the allegations are not rumours or theories, but information coming from "two independent, credible sources." One source also indicated battery acid might have been added to WO Stopford's food.

The allegations concerning the poisoning of WO Stopford and the other soldier were one of the reasons the NIS investigation into what happened in Croatia in 1993 became a criminal investigation, he said.

Tutor aircraft grounded

By Tina Crouse
Canada's fleet of ageing CT-114 Tutor jets has been grounded.

Earlier this month, routine maintenance on one of the jets, the type used by the Snowbirds aerobatic team, revealed a problem with the O-ring seals on the plane's ejection seat mechanism. An inspection of nine more jets turned up missing or damaged O-rings on a third of them.

O-ring seals prevent gases from

escaping the ejection system. Missing or damaged O-rings could lead to a loss in pressure and the inability of the ejection mechanism to work properly.

As a precautionary measure, each of the 93 Tutor aircraft in the fleet will receive special inspection and repairs, if needed, prior to upcoming flights. The jets should be back in the air by Tuesday. Their temporary grounding caused the Snowbirds to postpone an appearance in Newfoundland.

| 17 Wg Ops Situation Report | | |
|----------------------------|----------------|-----------|
| 1 AUG 99 - 15 AUG 99 | | |
| OPERATION | COUNTRY | PERS DEPL |
| Op Calumet | Egypt | 2 |
| Op Danaca | Golan Heights | 12 |
| Op Echo | Italy | 6 |
| Op Kinetic | Kosovo | 15 |
| Op Palladium | Bosnia | 4 |
| Op Prudence | Central Africa | 1 |
| CFS Alert | NWT, Canada | 2 |
| DCDS Taskings* | | 1 |
| 1 CAD/INDIV Taskings** | | 2 |
| 1 AIR MOV Sqn Taskings*** | | 0 |
| TOTAL PERS DEPLOYED | | 45 |

* DCDS TASKING - BRUSSELS (1) ** 1 CAD/INDIV TASKING - BOTC INSTR BFC ST-JEAN (1), JEFX TARGETEER NCO (1) *** N/A

of Memories



rehearsal on Saturday, 5th June, the job was nearly completed.

Dedication Day dawned bright and sunny, but that soon changed to a final kick of the cat that just prior to the ceremony brought rain once more, thankfully not for long. We were graced with the presence of His Honor the Lieutenant Governor of Manitoba, the Honorable Peter Liba, Major-General Campbell, Colonel Watt, Mr John Harvard, Honorable Linda McIntosh, Councillor Peter De Smedt, the three Air Attaches from the United

Kingdom, Australia and New Zealand, and some 1,300 members of the public. The whole ceremony, including a flypast by a Tiger Moth and a Harvard went off smoothly. The ICAD Band provided an appropriate variety of music along with a very moving service conducted by Padre Ohs and Padre MacLean. Following the dedication, the scene was set by a march pass by the Old Guard, many of whom had served or trained in the air force at the time of the Plan. Many members of the public who attended came to pay tribute to loved ones lost many years ago; husbands, brothers and friends.

This project could not have succeeded without the support of many groups and individuals, and

I would like to record my appreciation to the following:

Officers and NCMs at 17 Wing, especially WCWO Linda Smith and her staff for their support, and Wing CE for their knowledge and skills.

Officers and NCMs at ICAD, especially the Heritage & History section and the graphic arts section. Without the help of both sides of

whose names that are listed on the benches and planters, the families of those whose names are on the stones, my sincere

I would especially like to recognize the North Shore Brevet Club of Auckland



New Zealand, and particularly Mr. Bill Phillips and Mr. Robin McGrath who through their supreme efforts raised in excess of \$30,000.00. Also, thanks to another New Zealander, Mr. Charles Clarke of Wabowden, who donated all the flowers that surround the monument.

Finally, how much did it cost? We originally thought about \$55,000.00. The final cost was almost \$185,000.00. How many stones are there in the Garden of Memories? The total number of stones available is 1,600, of which 880 are sold as of July 14. So there are still a substantial number of stones available for those worthy individuals who deserve a place in history. Each stone can be engraved for a donation of \$100.00.

For further information on purchasing a stone or contributing toward the upkeep of the site for future generations to see, please call (204) 889-4242. Tax receipt will be issued for donations made.

Photos by 17 Wing Imaging

merit of our idea. From that point in time, it became a task of writing to anyone who might have been interested in supporting us: levels of government, foundations, businesses, Veteran Associations, and of course individuals; people who had gone through the Plan during those years.

After a thousand letters, hundreds of phone calls, meetings, discussions, etc., on September 8, 1998, in the presence of the Wing Commander, Col Tom Watt and other dignitaries, the official sod turning took place. For a frantic few weeks, until the snow came, our idea slowly became a reality. When work started again in the Spring of this year, with the 6th June as a date for the 75th Anniversary of D-Day, there was still a lot of work to be done, and the weather man was not very kind to us. Rain and then more rain, followed by more rain, left us with only a few days toward the end of May to get a whole mass of work done. If you had seen the site those first days of June, it resembled the battlefields of the First World War. But by a super-human effort from the main contractor and members of the 500 Wing, by the time of the

field this whole event could not have happened.

To organizations such as Winnipeg Foundation, The Thomas Still Foundation, Bristol Aerospace, Standard Aero, Chapel Lawn Funeral Home, Astra Credit Union, Wartime Pilots and Observers Association, to all

THANKS to you all for your support.

To those whose support is to be recognized in the registry which will be completed after all the stones are sold, your help has been of an outstanding nature.



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.

Dear Colonel Watt.

Now that the shouting has died down, I thought that this would be an appropriate time to write and say THANK YOU for all the support and encouragement we have received from everyone at 17 wing including yourself, during the building of the British Commonwealth Garden of Memories.

From Day 1 when the Construction Engineering section was asked to provide us with whatever professional advice we needed, right through to last Sunday we have had nothing but a positive response to each and every situation.

We are fully aware of the difficulties and shortages that the military is having to put up with so it makes it all the more special to us, when in response to our requests, your reply was to assist us in every way possible.

Please be so kind as to thank Wing Chief Warrant Officer Smith for her tireless efforts in bringing all the pieces together, Warrant Officer Kalagian for his knowledge and expertise in the parade, and to all NCO's and men and women for their assistance. From those who were ushers or made the guard, the men and women in the kitchens who cut the sandwiches, the military policemen who controlled the traffic.

My special thanks go to CPO Frazier, WO's Tonneff and Proulx, their organizing skills helped make the day the resounding success it was. To put it bluntly, WE COULD NOT HAVE DONE IT WITHOUT YOU.

Those of us with previous military experience, all know what efforts are required for anything to succeed, and from the very flattering comments we have received from those in attendance, 17 Wing rates at the top for efficiency, professionalism, deportment on parade, and general attitude.

My personal thanks to you, for these past weeks have been very worrying from

my perspective of wanting everything to be just so. And, as I said previously, your message through CWO Smith to support us in every way possible, made it a day for me that will last for a very long time.

I have Sir, the honour to be.
Yours sincerely.

Norman G. Clark
Project Chairman

Norman G. Clark,
Project Chairman

Pan Am/17 Wing useless (but interesting) statistics

1. 300 lbs of ice and 30 cases (approx 1400 bottles) of water delivered to CFB Village each day, during the three week period.
2. Athletes medals featured the XIII Pan Am logo on one side, with text in English, French and Spanish, while the other side included a rendering of one of four stone-carved sculptures on the dome of the Manitoba Legislature Building, framed by components of the Games logo.
3. The Cayman Island delegation was so impressed with their experience of the CFB Village that they awarded the Village Staff "Verbal Gold Medal" for championship performance.
4. Over 3,000 keys were cut by the CE Locksmith to support Pan Am requirements.
5. Approx 500 patients totalling 1,400 separate appointments, visited the Dental Clinic.
6. Joint Force Stats (in support of Op Mandolin/Pan Am Games):
 - 33 different units represented
 - 364 personnel (not including 17 Wing personnel in support of CFB Village)
 - 69 officers (19%); 295 NCMs (81%)
 - 295 Reg Force (81%); 61 Res Force (19%)
 - 33 Female (9%); 331 Male (91%)
 - 110 Cadets (Army, Navy and Air Force)
 - between 1 Jul and 12 Aug:
 - 29 MSE Op personnel drove 11 vehicles on 1650 details and covered 54,350 km.
 - 2225 passengers were carried
 - 5524 lbs of gas and 220 lbs of diesel fuel were used
 - 1 minor accident reported
 - 408 Sqn Helicopter Detachment:
 - flew 22 missions (35 salties) for 110.5 hrs.
7. Over 5,000 personnel received Accreditation passes at 10 Hangar.
8. Nine false fire alarms due to high humidity; all in BB65.

17 Wing Food Services in support of the Pan Am Games

by MCpl S.M. Seymour
PRO 17 W Food Svcs

Now that the 1999 Pan American Games are a part of our history, we can let out a sigh of relief. The gates are down and we no longer have to pack a lunch for the walk to work. I would like to take this opportunity, on behalf of Food Services, to extend our heartfelt thanks to all of the military and civilian personnel who made

our contribution such a success.

All three messes participated in the support of PAGES. The Officers' Mess was the location of the Mayor's Office, as well as the VIP Lounge. They were also gracious enough to take in our displaced living - in personnel. The Dispersed Meals kitchen provided the many box lunches required by the Pan American Games in addition to their regular

support of 17 Wing flying operations.

Within the Athletes' Village, the Combined Kitchen provided outstanding service to 800 volunteers and 1200 plus athletes from 13 different countries. This kitchen was open 24 /7, with the dining room serving 18 hrs/day. Here are some of the details to indicate just how extreme this venture was:

Daily:
300 lbs of pasta
2500 servings of ice-cream (Drumsticks, Popsicle's, etc.)
6500 glasses of pop
800 sandwiches
400 apples
360 oranges
400 bananas
42 lbs of watermelon
160 lbs of grapes
2500 individual ketchup
24 bottles of tobasco sauce
And the bottled water.....
And there were no drugs except for caffeine

24 Days of PAGES:
7,200 lbs of pasta
60,000 ice-cream
156,000 glasses of pop
19,200 sandwiches
9,600 apples
8,600 oranges
9,600 bananas
1,008 lbs of watermelon
3,840 lbs of grapes
60,000 individual ketchup
576 bottles of tobasco sauce

Whew!! No wonder we're all taking leave!

Photos by 17 Wing Imaging



**Stuck on a wait list for Daycare??
We can help!**

**Can't get your registration deposit back??
We'll give you your first day free!**

Giggles 'N Grins Children's Center

Located 3 minutes from North Site on Braintree Crescent
(off Whytwold) in Jameswood School.

Knows military daycare needs intimately!

Call 897-4746 (GRIN)

- Owned and operated by a military family • Owned and operated by parents of 6 children, who understand affordability!
- Family rates available • Government subsidies available (if qualify)
- School-bus transportation available • Extended operating hours - 7:00 a.m. to 5:30 p.m.
- Vacation credits for full-timers • Registration fees only \$10.00!
- FIRST to offer shift program in St. James!!
- Programming to meet individual needs • We help toilet teach • We help prepare for kindergarten
- Trained, caring staff, small numbers • Care for ages 18 months to 12 years • Full-time/part-time/shift/seasonal/casual and drop-in
- Extra care available at Christmas for Saturday shopping.

Shop around! THEN come to Giggles!

17 WING SPORTS

Fencing coach wins Olympic coaching scholarship

The Canadian Olympic Association recently awarded a Petro-Canada Olympic Torch coaching Scholarship to Patti Howes, Head Coach of the 17 Wing Lightning Fencing Club, at a banquet held July 22nd in Winnipeg. Patti was one of only three coaches in Manitoba, and the only fencing coach in Canada to receive a scholarship this year.

The funding provided by this scholarship will allow her to attend the National Coaching Institute in Winnipeg as a full-

time student over the next two years, to complete all of the required Level IV/V sport theory courses. It will also assist her in completing all of the technical and practical components necessary to become qualified as a national coach.

Fencing programs for beginner and advanced children and adults will resume in September at Lipsett Hall. For more information or early registration please call 489-3404, or come out to the 17 Wing Registration Fair on September 11th at Bldg 21.



Patti Howes, Head Coach of the Lightning Fencing Club at the Petro-Canada Olympic Torch Scholarship banquet held July 22nd in Winnipeg.

Getting back to fitness

It's back to school and back to fitness. With the fall season fast approaching, many of us will be getting back into more of a regular routine. This also means tailoring your personal fitness program to your present level of activity. If you haven't been in the gym all summer, but you have been active then your transition will be much easier.

First of all you will need to assess what types of activities you have done for the past few weeks. With a summer filled with biking, roller blading, swimming, hiking, (to name but a few of the endless activities) you can come back to the gym with the same frequency ie 3.4 or 5 times a week. These sessions should last anywhere from 20 minutes to an hour. Remember to work hard enough so that your heart rate is elevated in your target heart rate zone. On a scale of 1-10 you should be working between a 7 and 8.5. Set a goal and work towards it.

When it comes to weight training, your progression should be as follows:

- You've been keeping up your routine as per normal, establish training goals to decide where you want to go from here. Think about increasing the number of days per week that you train, sets/ reps. Exercises, or talk to one of the PSP fitness instructors for more details.
- You decided to cut back a bit (after all it is summer!) so you went from working out 4-6 days each week down

to 2-3 for maintaining those previous goals. Evaluate what your next goal is and work towards it by increasing frequency and adding on new exercises. By changing your set/rep scheme or changing the format you can also attain certain goals. For example if you were doing a time saving routine like a circuit, tri-set or super-set you could go back to doing a standard routine of completing all sets of a particular exercise (with the appropriate amount of rest in between sets). This is only one of many training techniques you can use.

- You've done absolutely nothing all summer (don't worry - you're not the only one!) so you're best bet is to start where you started, not where you left off. Go back to 2 or 3 days per week with 1 exercise for each muscle group. Your sets and intensity should be decreased so make sure you only start with 1 or 2 sets at a light weight. Make sure you listen to your body. Gradually progress towards your fitness goals!

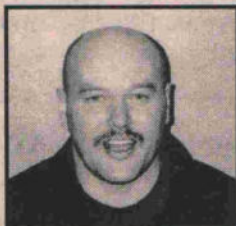
Just remember getting back into a fitness program doesn't have to be a daunting task. If you're not sure how to get started again, call LoriAnn @ local 2056 to book an appointment for a fitness consultation and program. You can also talk to James, Shauna, Jodi, Don or Frank, your PSP Fitness Instructors. We hope everyone has had a fantastic summer and we're looking forward to seeing you this fall!

Kanadische Kickers Players Profile

#1 Graham Rowe

Affectionately known as "Rosie", Graham was born 28 June 63 in London, England but started his soccer career in Toronto, Canada upon immigration. For the past fifteen seasons Graham has played for the "Kickers" as a fullback converted into a goalkeeper. His longevity as a player is a testament of his passion for the game. Some highlights of Graham's career include touring Europe playing exhibition games, playing in the German league for four years and winning the CF National title. Possessing a very hard shot and an

intimidating presence, Graham is a key player within a solid defensive row which has allowed the fewest goals against in the Division. Graham is having an excellent season and is regarded as one of the premier goalkeepers in the Manitoba Central Soccer League.



OLD TIMER HOCKEY TRYOUTS

17 Wing will be holding tryouts for the Wing Old Timer hockey team. The tryouts will take place at the Highlander Sports Complex located on the corner of Ellice Ave and Ferry Rd. Dates 14, 16, 21 & 23 Sept, time for each of the practices is 1515-1615 hrs. All positions are up for grabs. Any questions can be directed to CWO John Kamperman local 5466

Women Hockey Players Wanted

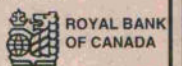
The 17 Wing Women's Base Hockey Team is preparing for a new season which includes an intersection Team and participation in a Regional level tournament hosted by CFB Edmonton. All interested military, civilian DND and NPF women are encouraged to contact: Chris Merrithew at local 3517 • Celine Fillion at 453-7560 • Cheryl Walton-Simm at local 5221

HOME BUYERS & HOME SELLERS SEMINAR!!

DATE: TUESDAY, SEPT. 14, 1999
 TIME: 7:00 P.M.
 PLACE: "WILDEWOOD ROOM" AT THE WILDEWOOD CLUB (761 NORTH DRIVE)

Topics include: Real Estate, Mortgage Financing, Legal Information, Insurance Specialists

TO PRE-REGISTER CALL YOUR HOSTS:
SHEILA JENSON OR ED DALE
 AT RE/MAX REAL ESTATE
477-0500



Door prizes for all who pre-register and more draws for all in attendance

MFRC ANNOUNCEMENTS

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

FUN WITH MUSIC

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

Location: Lipsett Hall Nursery School
Time: Mondays from 11:20 a.m. to 11:50 a.m.
Fee: \$20.00 per family for a 10 week session
Start Date: Monday, September 20 (no class on Monday, October 11th)

To register please go to 350 Doncaster by Monday, September 13th.

GYM AND MOVEMENT

Come and learn to play with your child. This program includes developing large muscle skills, creative movement, parachute games and cooperative games.

Location: Lipsett Hall Nursery School
Time: Thursday from 1:15 p.m. to 2:15 p.m.
Fee: \$20.00 per family for a 10 week session
Start date: Thursday September 23rd

To register, please go to 350 Doncaster by September 16th.

Babysitters Course

This course offers basic instruction in first aid, fire safety and childcare. Participants must be 12 years old to complete the course. All three sessions must be attended to complete the course.

Location: Westwin Children's Centre
Cost: \$8.00
Times: Wednesdays, October 13th, 20th, 27th and November 3rd.

To register please go to 350 Doncaster by October 1st. For information call Wendy Richardson at 833-2500 ext 2491 or Diane Brine at 488-4821.

MOTHER GOOSE

This is an interactive program for parents and caregivers that want to enhance their interactions with 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 at 833-2500 ext. 2491. To register come in to the main office at 350 Doncaster by September 15th. Please bring a snack for your child.

Location: Westwin Children's Centre
Cost: \$25.00/family for a ten week session, starting September 29th (last class is December 2nd)

Creative Tot Shop

This program is the first step towards nursery school. It provides the opportunity for parents and young children to come together to create and play. The toddler or preschooler can explore the world of art, music, movement and story. Parent participation is required.

Bambins Creatif

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

Location: Lipsett Hall Nursery School.
Time: Monday 1:30 - 3:00 p.m.
Fee: \$25.00 per family for 13 sessions from September 13th to December 13th or pay \$2.50 drop in fee. Please bring a snack for your child.

Military Family Resource Centre's

FAMILY FUN DAY!

September 18, 1999!

Mark it on your calendar and watch for details.

Time: 12:00 p.m. - 3:00 p.m.
Location: 350 Doncaster Street
and surrounding area

Activities:

- The Wacky Shack! • Face Painting • Clown
- Balloon Animals • Antique Car Show • Free BBQ

VOLUNTEER OPPORTUNITY

NURSERY SCHOOL PROGRAMS



Job Title: Nursery School Volunteer
Purpose: To assist in the operation of the Nursery School
Duties: Assist with group activities.
Help with snack preparation.
Prepare craft materials
Other duties to assist staff.
Parent Committee

Time Requirement: Varied
Length of Commitment: Varied
Qualifications: An interest in working with children.
Willingness to take direction from staff
Patience and a cooperative attitude.

Orientation: MFRC orientation by volunteer Coordinator and Nursery School staff.

Benefits: Personal satisfaction of working with young children. Experience in the child care and early education programs. Two volunteer appreciation special events per year.

For more information please call Celine at 489-7003.

YOUR TIME, ENERGY AND COMMITMENT CAN MAKE A DIFFERENCE.

VOLUNTEER OPPORTUNITY

BOARD OF DIRECTORS



Job Title: Board of Directors
Purpose: To sit on a Board of Directors for the MFRC
Duties: Provide support and assistance to the MFRC staff
Ensure that programs and services provided meet the needs unique to the military community

Be involved with committee and special events.

Time requirement: Minimum 2 hours per month
Length of Commitment: 2 years
Qualifications: An interest in working with a team. Organizational skills, secretarial and treasurer skills an asset. The Board's majority must be made up of spouses.

Orientation: An orientation to the MFRC is done by the Volunteer Coordinator and the Board Chair.

Benefits: You will gain valuable experience in democratic procedures, grass roots planning and evaluation processes. You will be a part of a national organization with resource centres all over Canada. You will learn new skills. Mileage is reimbursed as well as child care expenses up to \$15 per month.

For more information please call Celine at 489-7003.

YOUR TIME, ENERGY AND COMMITMENT CAN MAKE A DIFFERENCE.

PARENT/EDUCATION PROGRAMS

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

New & Expectant Parents' Group

If you are expecting a baby or have a new baby (under 1 year old) join us for our last meeting before the summer for snacks, coffee, and conversation. A public health nurse is available to do healthy baby checks. Our next meeting is September 1, October 6, November 3, December 1.

MFRC, 350 Doncaster Street - First Wednesday of the month 1 - 3 p.m.

Parents' Morning

Coffee, conversation, guest speakers, parenting seminars, fitness workouts, group activities. Drop by for a warm welcome and a chance to meet new friends. Childcare available - book at least 24 hours in advance by calling Wendy 833-2500 ext. 2491 - cost \$1/hr for first child, \$.50/hr for second, free for third child in same family. Children under 18 months can stay with Mom or Dad in the kitchen. For more info contact Natalie at 889-3882.

Westwin Community Centre - Tuesday mornings - 9 - 11 a.m.

Developing Capable People

This nine-session program is based upon the belief that children and adults have inherent value and worth and that all people should be treated with respect and dignity. D.C.P. doesn't pretend to have all the answers...but it can help us, as parents, rethink our methods of parenting, educating and preparing our children for the future. Facilitated by Victoria Lambert, BSW; Natalie Fondreau-Gasc. Cost: \$35.00 individual (includes workbook) \$25.00 for spouse (includes own workbook) Spaces are limited so register soon! Start date: September 20, 1999.

Location to be announced. Monday evenings 6:30 - 8:30 p.m.

Special Needs Program

Support, liaison, and advocacy services are available at the MFRC. Are you being posted and need information regarding schools for your children? For more information contact Victoria 489-7003.

Special Needs Parents Network The MFRC now offers a forum for parents to meet on the first Wednesday evening of the month from 6:30-8:00 p.m. The format of the evening is usually informal coffee and conversation. Parents and community members have shared valuable information about resources, schools, daycares, parenting concerns, job concerns, specialists, social services agencies, and the military. However, we are primarily a social group taking a well deserved break from many responsibilities.

At the MFRC, we understand the challenges of raising a family in the military lifestyle. If you or your children experience special needs of any kind, this can be an opportunity to meet new people and share your valuable insights with others in a comfortable, confidential setting. hope to see you there!

Next meetings: September 1, October 6, November 3, December 1

MFRC, 350 Doncaster Street - First Wednesday of the month - 6:30 - 8:00 p.m.

Looking for: PMQ residents with a real sense of Humus...

**by Capt Cathy Sherman
Health Promotions Office**

In recent months, after we had determined adequate interest, the residents of PMQs at 17 Wing have been actively involved in recycling (the blue/green box depending on your address.) Everyone is to be commended for his or her support and dedication towards environmental friendliness. I personally have found a marked reduction in the amount of household waste, which goes to the curb from my house. That doesn't include bags and bags of sod and turf which I had to place in many, many garbage bags to be hauled away. Although it never ceases to amaze me what kinds of things the garbageman will put in his truck, there is still one more thing everyone can do to reduce, re-use, and recycle. It's called composting!!

Composting is a cheap, efficient, environmentally friendly and self-satisfying method of producing wonderful gardens and

greenery. Done properly, it returns vital nutrients to the soil and can make for bumper crops of flowers, fruits and vegetables. I'm looking for feedback from residents of PMQ's to determine exactly how many people would be in an undertaking of this nature. This project will not be pursued unless there is sufficient interest.

According to the Wing Environmental Officer, composting was suggested a while back but never really got 'off the ground'. Despite this, some PMQ residents already enjoy this pastime, reap the benefits and undoubtedly have beautiful gardens, having never purchased manure.

A large composter is currently located out in the community garden on the north side, but for those of us who only 'green-thumb' it in our yards, it's a little far to go. Human nature being what it is, unless a person is extremely 'dung'-ho, we won't

travel that distance to deposit our potato peels and apple cores. The kitchen garbage is too readily available!

Any PMQ resident who is interested in such an undertaking is asked to call either myself (833-2500 local 5121) or Mr. Scott Edwards W Env O (833-2500 local 6774) and leave a message with your name, address, and whether you would prefer one of your own or one that is shared with another family(s). Training instruction for composting will be provided by Mr. Edward's team of workers. For those personnel who have already responded to E-Mail, composters have already been ordered and will soon be ready for pick-up.

This type of pastime sets a wonderful example for our children and our neighbours. We are a "Green" Base and proud of it. Call now and get involved in helping to save our environment...for ourselves, for our world, for our future!



MWO Linda Patterson, a member of the 1 CAD Air Reserve Flight receiving her commission from BGen Findley and her father Mr. Harry Hayward of Brandon MB Photos by 17 Wing Imaging



Sgt Monique Oaks being presented her new rank by Col Bob Richards, 1 CAD A4 Log. As a result of her promotion, Sgt Oake has since been posted to 17 Wing's 1 Air Movements Sqn

Girl Guides of Canada Guides du Canada

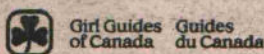
Challenges girls to reach their potential and empowers them to give leadership and service as responsible citizens of the world.

In guiding you will have the opportunity to: have FUN, play games, do crafts, work on challenges, learn new skills, go camping, and best of all make friends that will last a lifetime.

Join the Girl Guides of Canada now for the experience of a lifetime. Age groups are as follows:

- Sparks - 5 and 6 yrs old
- Brownies - 7 and 8 yrs old
- Guides - 9 to 12 yrs old
- Pathfinders - 12 to 15 yrs old
- Cadets, Junior Leaders, Rangers - 15 to 17+ yrs old
- Or be a Leader - 18+ yrs old

For more information see the booth at the WMCC Registration fair on 11 Sept 99 from 9 - noon or call the area office: 666 James Street at 204-775-3011.



ARBITRATOR

(20 Years Experience)

Need help with your
Autopac Write-off?

Call **Brad Pallen**
284-5664



Coming to C.F.B. Trenton?
Call Now for your FREE INFO PACK of the entire Bay of Quinte area.

Deal with the Best!



RE/MAX
Trent Valley Realty Ltd., Realtor
Independently Owned and Operated
Trenton Town Centre
265 Dundas Street East



Gil Rutherford

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
- Owned and operated by a military family

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

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

CFSSAT Promotions 99

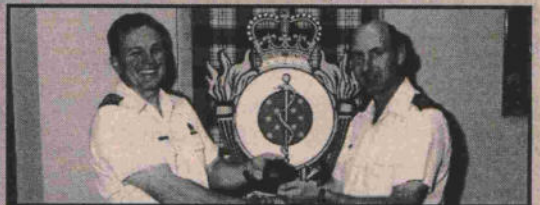
by 2LT Wayne Willmott, CFSSAT Admin O

We at CFSSAT would like to congratulate two of our staff for earning promotions in the last couple of months. WO Don Dunphy and Sgt. Ernie Augot officially received their new ranks at CFSSAT (building 75) on 24 Jun 99 from Maj Ken Glass, Cmdt CFSSAT.

WO Don Dunphy has been at CFSSAT for two years and currently holds the position of AMT STDS. He is exemplary in the performance of his duties and we are truly lucky to have him with us here at CFSSAT.

Sgt Ernie Augot has been Chief Clerk in our Orderly Room for the past two years. Unfortunately for us, Sgt Augot has been posted to the 1 CAD HQ Orderly Room as of August 10. We are sorry to see him go but we wish him the best in his new position with the knowledge that he and his hockey pools will be missed.

Again congratulations!!!



Maj. Glass presenting the WO epilette to the new WO Dunphy



Maj. Glass congratulating Sgt. Augot on his promotion.

Photos by Cpl Bill McLeod

ON THE TOWN

GASTHAUS GUTENBERGER GERMAN RESTAURANT

Authentic German & continental cuisine:

schnitzel, beef rouladen, homemade spatztle, 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

CINEMA / THEATRE

SHOWTIME 8:00 P.M.

AUSTIN POWERS THE SPY WHO SHAGGED ME

Thursday, Friday, Saturday, Sunday, Monday
Sept 2-3-4-5-6 8:00 p.m.
Parental Guidance, may offend some

COMING ATTRACTIONS

WILD WILD WEST | AMERICAN PIE

WHAT'S HAPPENING

CRAFTERS NEEDED FOR THE FOURTH ANNUAL POLO PARK Y NEIGHBORS CRAFT SHOW AND SALE OCT. 16, 1999 AT THE ST. JAMES CIVIC CENTER. FOR TABLE INFORMATION CALL SANDRA AT 895-3432

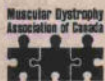
The Polo Park Y Neighbors will be holding a **CRAFT SHOW AND SALE** on Saturday, October 16, 1999 at the St. James Civic Center from 10am - 4pm. There are over 50 crafters to view! Admission for this fundraiser is \$1, children are free. With every admission, you get a chance to win one of the many door prizes.

Two of our best Fighters.



Leading the way in the Fight against Muscular Dystrophy. Thousands of Canadians are fighting every day against the progressive effects of muscular dystrophy. They count on the support of firefighters in their battle against muscular dystrophy and more than 40 other neuromuscular disorders. When your firefighters ask for a donation, remember the many Canadians affected by a neuromuscular disorder. And please give generously.

Until there's a cure, there's us.
1-800-567-CURE



17 WING CERAMIC CLUB
Westwin Community Centre

Hours of Operation are
Mon - Thurs 6 p.m. - 10 p.m.
Office Closes at 8 p.m.
Authorized personnel can still draw out the key

Phone June 888-6059 or Marilyn 889-0571 for more information.

KIDS CAN COPE

The Department of Psychosocial Oncology - Manitoba Cancer Treatment & Research Foundation is again offering KCC. KCC is a support group for children and teen (5-18) who have a parent or other family member living with cancer. The groups run on consecutive Tuesday, October 12th to November 16, 1999, from 4:00 to 5:30 p.m. The Fall session is held at the Manitoba Cancer Treatment and Research Foundation - MacCharles Unit, 100 Olivia Street. Registration is required. Please call 787-2191 or 787-2109 by October 1, 1999 for additional information or to register.

MOMS- ENJOY A MORNING OUT EVERY MONDAY WITH POLO PARK Y NEIGHBORS. THE FALL PROGRAM BEGINS SEPT. 20, 1999. JOIN US FOR COFFEE, INTERESTING GUEST SPEAKERS AND FRIENDSHIP WHILE YOUR CHILDREN ARE WELL CARED FOR IN OUR NURSERY. FOR INFORMATION CALL BARB AT 889-1582 OR TANYA AT 831-7904.

WE HAVE A WINNER!

The Winner of the "Name the new MFRC daycare" contest is...

Carol Lewis
her winning entry was **MFRC Child Care Centre**

Carol wins a Gift Certificate for dinner at Montana's Restaurant. Congratulations!

Thank you to everyone who participated in the contest.

RUN FOR THE CURE

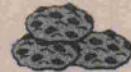


BAKE SALE



Where: Bldg. 21 Gym, there's lots of parking!
Drop in after your noon hour workout for the best selection. When everything is sold, the doors will be closed! First come first served! (PS. There may be some freebies!)

When: Wednesday, 15 September 1330 hrs.
No PRE Selling! (No sneak previews!)



What: **Homemade Baked Goods and Preserves**
Tons of great homemade goodies, breads, pies, cookies, squares, muffins, jams, pickles, etc, etc!

Why: Raise funds in support of Breast Cancer Research for our team:

TOTAL FORCE

Our team to participate in the Annual Run For The Cure run/walk, 1 or 5 km race on Sunday, 3 October, 1000 hrs.



Interested in joining this winning team?
Call now as the cutoff is 100 members!



Contacts: Maj. Barry Gordon, (North Side), local 6798, or CWO Starr Black, (1CAD), local 6590

1:23 PM
After lunch Jenny's breathing became difficult. The teacher called 911. No one knew of her allergies and she was too frightened to talk.

2:18 PM
They still can't reach you.

MedicAlert
SPEAKS FOR YOU
1-800-668-1507
www.medicalert.ca

Winnipeg Military Community Council presents
Christmas 99 Craft & Bake Sale
Saturday 23 October
9:00 a.m. - 3:00 p.m.
Lipsett Hall Recreational Center
(Near the corner of Kenaston and Grant)

- Open to the Public • Admission One Dollar
- 17 yrs & younger free

Handmade Unique Gift Ideas
For table rental call 2299 for more info

BUSINESS CLASSIFIEDS

MUSIC LESSONS

Experienced teacher taking students for Sept. Teach RCM requirements, Theory & adults lessons. 837-6517

INCOME? OPPORTUNITY?

WE CAN HELP YOU
CROWN PLAZA, CHARTER HOUSE, 330 YORK AVE.
9:00 A.M. SATURDAY 11 SEPT 99. BE ON TIME.

Avon Fashion Show

In support of Hope Breast Cancer Center
\$1.00 per ticket
Free Draws, Door Prizes & Silent Auction
Call Teresa 487-3230 for info

JUST LISTED: Two choice one bedroom condos in sunny, quiet location of The Ponds complex on Kenaston Blvd. Private ground floor entrances. One parking stall per unit. Five appliances plus garburator, air conditioner. Indoor/out-

19 Years.
50 Countries.
1 Dream.



Sunday September 19, 1999
1 888 836-9786



On 25 June, MGen Lloyd Campbell, Commander of 1 CAD presents CWO Frank Galway his Chief Warrant Officer Scroll at 1 CAD HQ. CWO Galway is employed at A3 SAMP.

Photo by Sgt Dennis Mah

PERSONAL CLASSIFIEDS

EVERYBODY'S MARKETPLACE

WANTED

Roomate Wanted - To share a two bedroom house located in Charleswood. Nice quiet location, garage, huge backyard, must be non-smoker. Only \$360/month. Price includes rent, cable, phone, heat, hydro and utilities. Contact: Bob at 895-3290 or loc. 6962.

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.

MISC. FOR SALE

For Sale - Delta "Trunkmate" ABS tool box. Fits small truck. LNC \$75. Tel: 896-9843 ext 2310.

For Sale - Childs electric riding Jeep. Large gaucho with two batteries and charger. Original price \$599. Will sell for \$200 OBO. Call 487-2425.

For Sale - Epson Dot Matrix Printer, \$20. Phone 488-0501.

For Sale - Men's Air Force Blue Mess Kit. Will fit someone approx 5'9" tall, size 40 chest, 34 waist, 29 inseam. Very good condition. Asking \$125. Contact T. Costello work local 2203, home evenings 885-7122.

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For Sale - 1 wood stove with brass accents, spark screen, 2 black stove pipes/2 insulated pipes (1 with cap) \$350 OBO. Plse call 889-3057 ask for Andrew.

For Sale - Dolomite walker, has seat, basket, tray. Brakes on handles. Receipt available, \$380. Misse vase, 10" high, floral sides on white, \$200. Water Lily plate, Wedgewood, \$90. Bird of Paradise plate, Royal Daulton, \$40. Hummel figurines: Firm prices: Happy Pastime, \$140. Wayside Harmony, \$125. Chimney Sweeper, \$120-989-4442.

MISC. FOR SALE

For Sale - Two carpets, size: 12'x26' and 12'x12'. Colour: blue/grey. Price: \$100 (12'x26) and \$75 (12'x12'). Carpets are in very good condition and are being replaced due to home renovations. Contact: Jan or Brook at 487-7752 (you can leave a voice mail message and we'll return your call asap).

For Sale - Graco Jungle Sport large size pack 'n' play, playpen. With 4 nylon mesh sides. One side has roll-down sunscreen. Washable poly-cotton fitted sheet. Includes insect net and snap on toy bag. Folds into carry bag. (paid \$149.99 receipt upon request) Used 8-10 times when travelling. Mint condition. Asking \$80. Call Mike or Sheri at 832-4456.

For Sale - Portable bed GuardRail. Retractable design offers easy storage and portability. Soft mesh fabric netting and fabric lining over sturdy metal. Approx 42" long. Asking \$15. Call Mike or Sheri at 832-4456.

For Sale - T-Rex deluxe 10" trike, single bar steel frame. Padded handlebars in Purple/Pink, Mint condition. Asking \$20. Call Mike or Sheri at 832-4456.

For Sale - Buoy-o-Boy infant life jacket (orange), good for 20-30 lbs. used very little, asking \$10. Call Mike or Sheri at 832-4456.

For Sale - Heavy-duty Little Tikes outdoor infant swing, with safety guard. Must be attached to swing set. Asking \$10. Call Mike or Sheri at 832-4456.

For Sale - 3 pc. crib bedding set. (Primary colors with satin balloon theme as seen at Sears) Reversible extra thick ruffled comforter with polyester fill, a high-end bumper pad and fitted bottom sheet. Also included 4 white balloon wall hangings with 4 different primary color ribbons and trim. Musical mobile in primary clowns. All enclosed in plastic carry case. In excellent shape. Asking \$80. A very attractive set for either sex. Call Mike or Sheri at 832-4456.

MISC. FOR SALE

For Sale - Twin-size bedding set. Included-Reversible comforter with polyester fill, one pillow sham and matching fitted sheet, flat sheet and pillowcase. (Comforter in navy with red, green and yellow triangles, sheet set in white with primary triangles. Mint shape, only used on bed for 6 mos before theme changed. Buy new at Sears for \$160 or used for \$40) Call Mike or Sheri 832-4456.

CHILDCARE

Recherche: gardienne d'enfants chez nous. Temps plein et permanent. Nous avons trois enfants, 1 1/2, 3 et 4 ans. Non-fumeuse. Permis de conduire. Renseignements Louise 284-8794.

We have 2 children attending J.B. Michell School that require quality childcare 1/2 hour before and after school along with transportation to and from starting in September. Plse contact Vanessa or Dave if interested @ 488-3583.

REAL ESTATE

For sale - Spacious 3 bedroom condo, over 1500 sq. ft., 1 1/2 baths, eat-in kitchen. Dining room overlooks living room and fireplace. Sliding doors lead to large cedar deck plus patio and quiet courtyard. C/A, finished basement and attached heated garage with additional parking. \$104,900. Phone: 897-4688.

AUTOMOBILES

For Sale - Jeep Cherokee 4x4, 1989, 4-door, 160,000 km, in good condition, safetied, air conditioning, \$7,900. Info: 235-1453.

NOTICES

Income? Opportunity? We can help you Crown plaza, Charter house, 330 York Ave 09:00 (am), Saturday 11 Sept 99. Be on time.

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