

# The VOXAIR

Vol. 47, Issue 16

17 Wing Winnipeg / 17e Escadre Winnipeg

September 15, 1999 / FREE



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The VOXAIR

Muscular Dystrophy Association of Canada



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September 17th  
North Base

Please have your  
change ready

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## Quality of life update

By Cheryl Gudzwon  
W Public Affairs

The Quality of Life Working Group is putting on a hardhat this fall. The group, which is comprised of 13 military and civilian members of various ranks and sections, has been actively taking on new projects and is determined to bring a fresh look to the Wing. Listed below are a few of the Projects that the Q of L working group is currently working on.

### Childcare Center

Quality of Life funding has brought a brand new and much needed Childcare Center to the Wing. The Childcare Center's opening date is set for 15

December 1999, but Don Brennan of MFRC Winnipeg says that construction is slightly ahead of schedule. A second registration session will take place in October. Mr. Brennan says that there will be ample advertising in the Voxair and other sources to let the public know when the session will take place. The number of children registered will determine the amount of staff, but they're looking to employ about a dozen certified childcare workers. The Childcare Center will be officially opened to the public in January 2000.

### Computer Learning Center

The Quality of Life group is also in the process of planning

the construction of a Computer Learning Center to be located in the Westwin Community Center. Funding for the project is near the \$60,000 mark. The funds will go into buying computer equipment and restructuring an existing room. The CLC will provide many services, including Internet access and computer courses for military and DND civilian personnel. The center will also be open evenings and weekends and is expected to be ready by the end of the year.

### Q of L Presentation

A PowerPoint presentation about the Quality of Life Working Group has been put together, highlighting the group's objectives and their implication

with base projects. All 17 Wing personnel are strongly encouraged to view this presentation. Included in the presentation are pictures of projects and renovations, information on submitting a request, and an outline on how to contact members of the group.

Along with the larger projects, the Quality of Life Working Group has some smaller projects on their agenda. This includes attempting to visit every building on the base and evaluating Quality of Life conditions through an on-site survey. The group will be out in full force this fall. They welcome all comments and suggestions and will do their best to turn them into a reality for the benefit of the community.



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Westwin Community Centre

# VOXVIEWS

## More than just a race

by Major CM Walton-Simm  
Managing Editor

The Race for the Cure® is a series of events conceived, designed and implemented by The Susan G. Komen Breast Cancer Foundation to promote positive awareness, education and early detection of breast cancer. Since its origination in Dallas in 1983, the Race For The Cure® has grown from one local race to a series of five-kilometer (5K) and one-mile fitness runs/walks, in both the United States and Canada.

The Susan G. Komen Breast Cancer Foundation, Inc., (a Texas non-profit corporation) (Foundation) was formed in 1982. The stated mission of the Foundation is to eradicate breast cancer as a life-threatening disease by advancing research, education, screening and treatment. Volunteers work through local chapters and Race for the Cure® events to further the Foundation's mission.

Eight years ago, in Canada, a group of volunteers organized the first 'Run for the Cure' event to raise money in support of breast cancer research, education, diagnosis and treatment.

This event was based on the Race for the Cure®. The expected turnout for 1992's race was 300 people; instead, 2,000 Canadians donated their time and energy to foster increased breast cancer awareness. The event continues to grow. In 1998, over 56,000 volunteers, runners, walkers and joggers helped raise \$4.4 million in the hope of giving those affected by breast cancer a better chance in the struggle against the disease.

Canadian Imperial Bank of Commerce (CIBC) has been the title sponsor of the Canadian Breast Cancer Foundation's (CBCF) Run for the Cure event since 1997. Devoted entirely to raising funds for breast cancer research, education, diagnosis and treatment, the Run for the Cure is the highlight of October's Breast Cancer Awareness Month. Together with the CBCF, CIBC is committed to making this annual event a great success.

The CIBC Run for the Cure started as a volunteer initiative and continues to be made possible thanks to thousands of dedicated Canadians willing to donate their time and energy. The CIBC Run for the Cure

event is more than just the chance to raise money for a good cause. It represents the opportunity to heighten breast cancer awareness among women of all ages. The CIBC Run for the Cure is a community event, bringing together thousands of Canadians for a single cause. Although the disease strikes a single individual, it affects an entire family. Those afflicted with breast cancer are mothers or grandmothers, aunts, sisters, or friends. And yes, men can also develop breast cancer. The CIBC Run for the Cure event provides a unique opportunity for Canadians to unite and help find a cure for breast cancer.

Sometimes the best way to help fight a disease is to teach people about it. Promoting breast cancer awareness is part of the CIBC Run for the Cure mandate. Breast cancer is currently the leading cause of death among Canadian women between the ages of 35 and 55. One in nine Canadian women can expect to develop breast cancer during her lifetime and one in twenty-five will die from this disease.

The most significant risk factors are increasing age and family history; 70% of women

developing breast cancer have no risk factors. Early breast cancer detection can mean a survival rate of greater than 80%. Research conducted on breast cancer expands our knowledge of all types of cancer. This includes understanding more about how and why cancers develop, how they can be prevented and how they can be treated.

In 1999 the CIBC Run for the Cure will take place in 22 cities across Canada. Winnipeg is one of these cities. Department of National Defence (DND) in the Winnipeg area have formed a team 'TOTAL FORCE', with a planned membership of over 100. Last year the local DND team 'TEAM AIRFORCE' had 52 members participate in the fundraising and run. Fundraisers included a Car Wash/BBQ on 8 Sep 99 and a Bake Sale 15 Sep 99. If you are interested in participating in the Run for the Cure please contact Major Barry Gordon at local 6798 or CWO Starr Black at local 6590.

Run for the Cure is about much more than just running a 5K. For many people it's an act of support, love and commitment to someone who has battled breast cancer.

### RUN FOR THE CURE Winnipeg Run Day:

Sunday, October 3, 1999  
Investors Group Athletic Centre,  
University of Manitoba

**8:00 am:**  
Final registration, race package pick-up and pledge form drop off : Investors Group Athletic Centre, University of Manitoba

**9:40 am:**  
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**10:00 am:**  
Start of Run: Investors Group Athletic Centre

**11:15 am:**  
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# Operation Boxtop led by 435 Sqn

by Cheryl Gudz  
Wing Public Affairs

Usually at this time of the year, it's time to take out those warm winter clothes. But if you're a Chinthe and you're taking part in Operation BOXTOP, the winter clothes have come out a month ago. This year, Op BOXTOP was led by 17 Wing's 435 Sqn in a resupply mission to the northernmost point in Canada: Alert, N.W.T.

Unlike past BOXTOPs, the operation was run almost entirely by 435 Sqn using four Hercules aircraft. This was the first time that 435 Sqn was the sole operator. Why? 17 Wing is the only Wing so far to incorporate the Avionics Update Program. 8 Wing Trenton, is usually the force behind this operation with 20 CC-130 Hercules. Trenton took a backseat on this mission, sending a minimum of personnel and no aircraft. Search and Rescue (SAR) operations tem-

porarily moved to 4 Wing Cold Lake, Alberta, while four SAR techs used a CC-115 Buffalo aircraft from 19 Wing Comox for their runs.

On the 18th of August, the first of four CC-130 Hercules aircraft left Winnipeg to complete the two week operation. As of August 23rd, 180 aircrew and support personnel, including about 120 people from 17 Wing, began the missions from Thule, Greenland, to Alert. Thule is an American base that has reduced its infrastructure, employing less than 200 personnel. As a result, the base does not operate seven days a week. It costs approximately \$270,000 to keep Thule running on weekends. Nevertheless, the operation is very important because of Alert's remote location. Supplies cannot reach Alert by truck, or train. 450,000 lbs of dry goods were sent to Thule by a chartered civilian ship from Montreal, along with 270 000 Imperial gallons of

fuel. Supplies were flown to Alert in 130, four-hour roundtrip missions.

Before leaving for the mission, Deputy ALCE Commander, Major Kaz Oreziak was very optimistic.

"We're happy to be doing it as an entire squadron. It will give us a chance to practice deployed operations. In fact, we'd like to send more people."

Because of limited bed spaces, Op BOXTOP operated with the minimum number of personnel required to do the job. But since the operation takes place semi-annually, 435 Sqn can train twice the number of people.

"Our crews have a good mix of experience, from the trainees to the experienced, and everyone feels a sense of accomplishment from being involved with a meaningful mission."

The crews from 435 Sqn, along with other 17 Wing personnel, returned to Winnipeg on 4 September.

# Together in Church



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CHAPLAIN: Father Joe MacLean 833-2500 ext. 5272  
PASTORAL ASSOCIATE: Padre Tess Drabick 833-2500 ext. 5349  
SECRETARY: Carol Cochrane 833-2500 ext. 5087  
MASSES: Sat 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.

## PROTESTANT CHAPLAINS

Padre Doug Ohs (ACC) - Office 833-2500 ext. 5417  
Padre Brad Busch (Luth) - Office 833-2500 ext. 5785  
Padre Steve Merriman (Free Methodist) - Office 833-2500 ext. 6022  
Padre Bob Sparks (Presbyterian) - Office 833-2500 ext. 2267  
SECRETARY: Carol Cochrane - Office 833-2500 ext. 5087  
SUNDAY SERVICES: 0900 hrs South Chapel & 1100 hrs North Chapel  
ACC Eucharist is sometimes offered at 1015 at the North Chapel. Check the weekly bulletin for dates.

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

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

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

PROTESTANT LADIES GUILD: The Guild meets the first Monday of the month at 7:00 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.

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

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

# More time off given for relocations

by Tina Crouse

Members of the Canadian Forces are now guaranteed leave to take care of details before and after relocations, making moving less stressful and hectic.

Prior to the implementation of the new special leave for relocations policy, a Canadian Forces Administrative Order (CFAO) "stated the member should be given two days to be present for the loading and packing, but there was no firm policy stating they had to be given any time off, at all," said Dennis McLaughlin, Quality of Life (QOL) consultant.

This meant that, sometimes, members of the CF wouldn't be available to take care of personal administration or supervision of the move. "They would be working away while the family looked after details. At the other end, the same thing - a day or two to unpack and get back to work, unless they decided to take annual leave.

"It was a very informal arrangement. Some people would get time off, others wouldn't. Some would get more, some less." McLaughlin said senior officers typically don't have a problem finding three or four days on either end of a move, "but it doesn't work that way for junior ranks, or in the kinds of jobs where (the member) can't be spared, such as air traffic controllers."

In response to a recommendation of the Standing Committee on National Defence and Veterans' Affairs (SCONDA), CF members will now

receive between two and five days special leave from duties at both ends of their future moves, depending on whether family and furniture are accompanying the member or not.

"If a member is sent on an attached posting to Bosnia, he doesn't normally have to move his furniture and family, but he or she still needs the time off to do personal administrative things, so he or she would get two days. If you are doing a full move, it would be five days on each end," McLaughlin said.

Those leaving for an overseas post-


ing will receive eight days leave, and those returning from overseas will receive 10 days to readjust to living in Canada.

The policy "is a recognition that members of the Canadian Forces need time to take care of business before and after relocation, such as packing, unpacking, securing licences for vehicles and report cards for children," said Gerry Keogh, team leader Compensation and Benefits for QOL. "It is in the interest of DND and the Canadian Forces to provide that."

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# 737 (Saskatoon) Communication Squadron Change of Command Parade

by Cpl A. Haug

The 10th of April marked the close of another chapter in the history of 737 Comm Sqn, as well as the opening of a new one. After four years of dedicated service in command of Saskatoon's Communication Squadron, Major Durwin McLellan, CD handed over the role of Officer Commanding to Captain Ian Pedley. The Change of Command Parade was reviewed by Lieutenant Colonel Hoekstra,

CD, the Commanding Officer of 73 Communication Regiment.

Major McLellan, a Saskatoon native, enrolled at 737 Communication Troop in 1984 and served as a Radio Teletype Operator until 1990, when he was commissioned as a Lieutenant from the rank of Sergeant. In 1995, Captain McLellan was appointed Commanding Officer of 737. In January of this year, Major McLellan was appointed as Officer Commanding 737

Communication Squadron as the unit amalgamated with four other units to form 73 Communication Regiment. He has overseen the orchestration of many changes as the unit evolved from a purely training organization to one with a demanding operational role. During his command, this unit sent soldiers to the Manitoba floods, the Ontario Ice Storm and, more recently, to assist in preparations for Operation Abacus. In addition, over the last four years, unit members have participated in

UN tours in the Golan Heights and Yugoslavia. Major McLellan has been very committed to this unit and encouraged unit members to uphold their excellent reputation, matching their dedication with his own. After accepting a position as Deputy Commanding Officer of the newly formed Communication Regiment in Victoria, B.C., he has passed on a tradition of strong, professional leadership to his former Second-in-Command, Captain Pedley.



Capt Pedley receives Command of 737 Comm Sqn



737 Comm Sqn - The new OC presents the squadron to the CO LCol Hoekstra

Photos by Sgt Cliff Erhardt



MCpl Pelletier receives the trophy for Soldier of the Year from LCol Hoekstra

An experienced officer, Captain Pedley has served in the Communication Reserve since 1989, accepting his commission in 1991. Not only has he received training in the CF School of Communication and Electronics in Kingston, ON, he has also trained with the Communication Command Interallied Confederation of Reserve Officers (CIOR) team and competed with the National and Defence Information Services Organization CIOR teams in International Competitions. Captain Pedley brings his high standard of excellence to this unit, and is committed to maintaining a strong operational and training role.

In addition to the honouring of the change of command, the parade recognized a unit tradition of the awarding a trophy to "Best Overall Soldier" in Junior Ranks. The Soldier of the Year award is presented to an individual who demonstrates exemplary qualities in marksmanship, field craft and fitness as well as performance abilities, professional initiative and co-operative military bearing. LCol Hoekstra presented this year's award to Master Corporal René Pelletier, the current Radio Sergeant, who has demonstrated a high level of dedication and leadership over the past year.

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## The Supply Line

# Materiel Distribution Centre

by Sgt Bob Andrews  
MDC Supervisor

What is MDC? "The Materiel Distribution Centre is conceived as a Traffic/supply team dedicated to moving freight as quickly as possible to the end user." A small amount of boring background information is required next to assist in describing our task.

"Drastic reductions to budgets and establishments throughout the 90's resulted in a materiel distribution system which no longer enjoyed its accustomed luxuries of large stocks on hand and large numbers of personnel. At the same time, DF materiel support was in transition from a centrally-managed, entitlement-based process to an organization based on decentralized, procurement and rapid movement of materiel."

"The MDC concept was endorsed by the inaugural Logistics Support Analysis working group under A4 LSR (Jul 97), which concluded that an MDC concept of operations should be developed and implemented. Concept development was conducted by an A4 LSR working group (AR Mov 3-2, A4 Tfc, A4 Sup 7) Sep 97 - Jan 98." The working group staff probably outnumbered the number of staff in a typical MDC.

"The MDC goal is to deliver freight to customers as quickly as possible, with minimum handling, handoffs and paperwork, and within the standard limit of one working day from the time the materiel arrives at the Wing. The MDC is also a section under the W Sup O tasked to provide a cross-docking function. The

MDC encompasses all the former CMTT, R&D, Forward Delivery, Packaging, and External Issues functions. The aim of MDC implementation is not to eliminate or subordinate one military occupation in favour of another. Rather, successful implementation requires the functional expertise of Traffic Technicians, Supply Technicians, Mobile Support Equipment Operators, and the related Public Service classifications, working together as a Materiel Distribution Team."

All that official jargon aside, what do we do for you? Most personnel that deal with MDC will be looking to ship or pick-up unaccompanied baggage (UAB).

When shipping UAB, authorization is required. The member receives that authority from the

unit Orderly Room staff on the proper form in DVAO 20-15, Annex A, Appendix 3 (CH21/96). It is suggested that you make an itemized list of the contents of your UAB in the event of loss or damage. Take your UAB, with the form, to Building P2, Kenaston at Taylor, during normal working hours where it will be shipped to your requested destination.

UAB returning to your unit in Winnipeg shall be picked up at the same location. Phone local 6097 to confirm the arrival of your UAB to avoid making an unnecessary trip. Proper identification and your signature will be required to receive your luggage.

There are myriad tasks, too numerous to mention performed by MDC staff. Dangerous cargo

shipments, in particular, are of concern to the staff. International law requires us to follow stringent guidelines, with severe financial penalties issued for noncompliance with those laws. If you require any assistance for any of your materiel shipping or receiving requests, please call our helpful staff. The shippers are at local 6099, while the receivers use local 6097. Information regarding incoming items ordered from commercial companies, purchases through Ottawa contacts, or through the Customer Support Unit, may be reached at local 6049 or 6050.

If you have read this far without falling asleep, then our space in the Voxair was not just a tree-burning exercise and my task is complete.

## 17 Wing Environmental Champion 1999



Thanks to a long time family commitment to environmental protection, Capt. Bob Tetz and family received the 17 Wing nomination for the Environment Week Environmental Champion for 1999. Noreen, Bob and their family were on hand August 24 at the Fort Whyte Centre for Environmental Education to note the boardwalk plaque honouring their family.

Noreen, "being good stewards of our environment has been the right thing to do for a long time". Daughter Amy and son Steven agree, "we practiced the 3 R's of reduce, reuse and recycle long before it became fashionable to do so in the early 90's". Noreen, who worked as a Pan Am volunteer, remarked that many visitors were extremely impressed with Canada's clean drinking water and healthy environment. The

whole family expressed their strong conviction that a healthy environment is not something that can be taken for granted but must be cherished and protected.



According to Bob and his wife

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# 17 Wing Flight Safety "For Professionalism" Awards

An award that recognizes acts that reflect a superior professional attitude that has averted or reduced the severity of an aircraft accident or serious incident.



Cpl Albert Camphuis from 435 Sqn receives a Flight Safety "For Professionalism" Award from Colonel M. Legault, Director of Flight Safety. Cpl Camphuis identified damaged brake units in a mobile aircraft arrestor system. If undetected, this may have contributed to an arrestor system failure during the recovery of jet aircraft. Well Done Albert!



Cpl Kendra O'Neill from W Sup receives a Flight Safety "For Professionalism" Award from Colonel M. Legault, Director of Flight Safety. Cpl O'Neill discovered two different aviation oils that were identified with the same NSN. Her knowledge of the risks to aviation in mixing two different lubricants and timely reporting of the error mitigated a chain of events that may have resulted in the loss of an aircraft and crew. Exceptional work Kendra!



Cpl Rob Konkin, Wg EME, receives a Flight Safety "For Professionalism" Award from Colonel M. Legault, Director of Flight Safety. During routine maintenance Cpl Konkin discovered evidence of an internal explosion within a refuelling tender. Cpl Konkin recognized a potentially catastrophic problem and took immediate steps to correct the situation. Great job Rob!

Photos by 17 Wing Imaging

## Proper braking...If you don't know how, then what's stopping you?

by Cpl Rod Jackson  
17 WSAMP Sqn

Hello everyone! This article deals with something that every driver in Winnipeg has dealt with. Namely, driving in adverse weather & traffic conditions. While many like to believe that they are excellent drivers, the amount of braking accidents I've attended or seen, shatters that belief.

Braking action involves perception time and reaction time. First, you have to decide to push the brake pedal. That's perception time. Then you have to actually do it. That's reaction time. Average reaction time is about 3/4 of a second, but again, that's only an average. Age, physical condition, alertness, coordination and eyesight all play a part. But even in one second, a vehicle moving 50 km/h travels 39 feet. That's a lot of distance in an emergency. So, keeping your distance from the vehicle in front of you is important. Of course, the actual stopping distance varies greatly with the type of road surface (pavement or gravel), condition of the road (wet or dry), tread condition and condition of your brakes. You can see there are numerous factors which come into play when braking.

So here are a few tips to help you when you are driving and braking.

1. Don't Tailgate! Give yourself plenty of distance to stop. Remember the two-second rule. Under ideal circumstances, you need 39 feet to stop at 50 km/h,

or double this distance in snowy conditions. Let's be honest, how many of you driving down Kenaston Blvd give yourself 39 feet between cars. Not too many I'm sure. But by the same token, how many of us in Winnipeg have seen countless rear-end collisions on the same road caused by people not paying attention and following too closely. Quite a few I'm sure. But perhaps, you're saying it's too hard to leave that much distance? Not really. Just back off. If another vehicle pulls in front after you've backed off the car in front of you, just do the same. It may sound awkward, but it's better than being responsible for an accident. Remember, in a rear-end collision, the rear vehicle is always at fault irrespective of circumstances. It does not matter if the driver in front fails to signal or merely slams on his brakes for someone in front of him. The vehicle colliding from the rear is at fault. The reason: The law puts the responsibility on the rear driver to leave ample stopping distance between himself and the car in front according to weather and road conditions. Giving yourself lots of room isn't just a pipedream. Recently in Winnipeg, a five-car chain reaction collision occurred as a result of people following and stopping too closely behind one another. When you stop behind another vehicle, you should be able to see the bottom of the rear tires. In this collision, one car simply rear-ended another at a line up at an intersection, and the reaction carried down to the fifth car.

Surprisingly, the speed of impact wasn't very fast and the road and weather conditions were clear. It was just a case of following and stopping too closely behind other vehicles.

2. Avoid needless heavy braking. Some people do jackrabbit starts and stops, heavy acceleration followed by heavy braking, rather than keeping pace with traffic. This is a mistake, as your brakes may not have time to cool. That translates into greater wear on your brakes. Riding your brakes can also cause them to overheat which results in a decrease in performance. This could mean that your brakes can't stop your vehicle in time to avoid an accident. When brakes are hot, they require more pedal to slow your vehicle down.

3. There is a common belief that Anti-lock brakes are the "Grand Solution" for all braking problems and can stop you faster than normal brakes. This is simply not true. Anti-lock brakes are designed for two major benefits. To help prevent skidding and to allow the driver to steer through some emergency situations. Notice how I said that Anti-lock

brakes do not stop skidding, but only help to prevent it. Anti-lock brakes do not change the amount of time needed to get your foot up and onto the pedal. If you are too close to the vehicle in front of you, you won't have time to apply the brakes, period.

4. If you do get into an accident or your car breaks down in the middle of the road, (how many times have we seen that one on Kenaston!), remember these tips: They could actually save your life. Put on your emergency flashers, get out of your car and get off the road. As simple and as easy as this may sound, some people are just too absent-minded to do it. I have seen or heard of people remaining in the car waiting for help, and to compound matters, they don't put on their flashers. The problem then is another vehicle comes along and rear-ends the broken down car! Next, if you're in a minor accident with another vehicle, don't get out and start exchanging

information with the other driver and inspecting the damage on the road! Put on your flashers, get yourself onto the sidewalk, and exchange information where it is safe to do so! Again, common sense, but people don't exercise it. Just recently a woman was killed in Winnipeg while she was exchanging information with another driver with whom she had a minor accident. She was standing in between the two vehicles when her car was rear-ended by another. You can guess the rest. Also, if you are involved in a minor accident in the middle of an intersection, there is no requirement to leave your vehicle right there until you've inspected the damage. If the vehicles are drivable, get them out of the intersection and pull over somewhere safe to exchange your information.

So remember these tips and drive safely. Don't forget, if you can read that bumper sticker on the car in front of you that says "I

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# Gonzo Grapevine - Exercise Putting the adventure back



Would they still be smiling if they knew what was in store for them?

by Capt Mark McGahey

It seemed like a good idea at the time.

When CFANS Training Development Officer, Capt Denis Forest, first approached me in early spring with the idea of an adventure training trip in the form of a canoe expedition, I jumped at the chance. My head filled with visions of an idyllic paddle down a heritage wilderness river, running raging rapids, eating fresh caught walleye every night and maybe getting a tan and some much needed exercise. Evidently, these visions were shared by many of my peers, as the allotted eight spaces quickly turned into ten, due to demand. A few disappointed souls were left behind with promises of "next year". And so the lucky ten began planning in earnest. A nine day expedition, beginning in Wallace Lake in east central Manitoba, lake hopping and portaging to the Gammon River, downstream to meet the Bloodvein River and finishing at the Bloodvein First Nations reserve on the eastern shore of Lake Winnipeg. There, a ferry would take us to the other side of the lake for pickup. All told, 220 km with lots of rapids and a few lengthy portages. Challenging enough for the experienced adventurer but forgiving enough for the novice. It was a good plan, and it seemed like a good idea.

But the Fates had their own plan. What follows is the personal diary of the author (with liberal plagiarization from the diary of expedition 21C), kept throughout the planning, execution and recuperation stages of

exercise Bloodvein Voyager 99. The key players in this endeavour were: Capt Denis Forest (Expedition Leader), Maj Tim Truant (Det Commander and Expedition 21C), Capt David Proteau (Navigator), Mark McGahey (Scribe and Designated Whiner), Kurt Luneburg (Medical Guinea Pig and Water Depth Tester), Steve Maude (Comic Relief and Profanity O), Colin Hourie and Doug Slaunwhite (Robo-canoeists), Al MacMillan (Pest Control O) and lastly Flt Lt Pete Roberts (Commander of the Tintanic and Subversive Plotter).

**D-Day -30**

Reports of low water on the Gammon. Had to plan alternate route to NE through Artery Lake. Looks pretty far, but Expedition Leader says "No problem".

**D-Day -27**

Measure new route on map with Navigator. 285 km! 15 km of portages on first three days when packs will be heaviest! Expedition Leader says, "It will be tough, but doable. There will be a couple of tough days and we may have to stop at every 1700 instead of 1600 hrs." Would not make eye contact while saying this. Starting to have concerns.

**D-Day -2**

Went grocery shopping with trip partner (Luneburg). Bought food for a month, just in case.

**D-Day**

Brought kit to work, seems pretty heavy. Others laughed but offered no suggestions for lightening the load. Truck arrived at 1400 hrs with canoes. This is first time we've seen them. Four of them appear to be made of brightly coloured Tupperware, while the last is a 17 foot aluminum monstrosity that must weigh over 100 pounds. Pete and Al will have the honour of lugging that one over the rocks. Drive to Wallace Lake without incident, except for running over a couple of the few hundred bunnies along the road. At least we won't starve. Set up camp and got canoes ready for an early start (up at 0530). Will start early first couple days till we get the worst of the portages out of the way and then ease up once we get into the current of the Bloodvein. Rained hard just after hitting the rack. Tent appears to be waterproof.

tomorrow, looking forward to a day of straight paddling.

**Day 2**

Luneburg tested water depth for the first time this morning before getting in canoe. Appeared to be about 5'5" deep, using his chin as a benchmark. This part of the country has been without rain for eighteen days. Until today. It started out sunny, but by the time we had been on the water for an hour it had started to rain. Then it started to rain hard. Then the wind, thunder and lightning showed up. And stayed. I have never seen it rain that hard for that long in all my life, and I did my last tour in Comox. Spent the day stopping and starting, trying not to be on the open water when the lightning was very close. Kurt and I stayed pretty close to the Tintanic all day in the hope that it would draw any strikes away from us. Stopped and had a fire to dry out and warm up at lunch and then paddled until about 1800 hrs. we had wanted to cover more distance today but by the time we found some semblance of a camp site most of us were hypothermic so decided not to push any farther. No dry kindling to be found anywhere near our campsite so it took all ten of us, a tarp and 2 litres of naphtha to get a fire going. Naphtha rationing starts now. Stopped raining around bed time. Go figure. Will have to start making some

them up into one hellish marathon of despair. Started on a floating bog (the novelty has worn off) which led into a swamp which led to a cliff. As we were negotiating the cliff it started to storm again, making the footing treacherous and life just a little more miserable. The swamp/cliff cycle was repeated two more times before we got back into the requisite floating bog to finish. Roberts says that in New Zealand they tend to do most of their canoeing on the water and is quite intrigued by the Canuck method of carrying your canoe and kit everywhere you go. Of some concern is the fact that the Profanity O ran out curses at the top of the first cliff. The rest of the group is pitching in to pick up the slack, but we still have six days to go and none of us are specialists. At least we are finished with the long portages and have made it to the headwaters of the Bloodvein so it's all downstream from here. Pest Control O Al MacMillan found his first wasp nest today. Bravely drew them away as the rest of us portaged by. Reported medium intensity stings. Also made first contact with the leeches. After much experimentation determined Deet to work better than fire or salt to remove them. Made camp at a very nice spot tonight beside a small rapid and a few of the guys got their first taste of white water. The Tintanic ate its first rock but seems to have held up well. The coup is set to take place at midnight tomorrow. Some dissension as to whether the navigator should be spared or not.

**Day 4**

Expedition Leader Denis Forest introduced us to the term 'pool and drop' today. The gist of this is that the long awaited downstream current of the Bloodvein does not exist. The river system is in fact one long chain of skinny lakes connected by rapids that may either be run, lined or portaged. For many of us, this was our first experience with whitewater which was extremely enjoyable. As we have gotten behind our planned mileage we really pushed today, not making camp until 2200 hrs which meant having supper and setting up camp in the dark. It appears that the Expedition Leader is a little more wily than he looks, as after our fourth exhausting day in a row we are all too tired to carry out the mutiny as planned. Promises of shorter days ahead may also have



Note the elevation difference between the canoe and the water.

Having trouble sleeping, can't seem to shed this sense of impending doom.

**Day 1**

Well, Thank God, the worst is over. Spent the day portaging, covering as much distance overland as on the water. Each portage gets progressively worse, each in its own special way. The theme of the day appeared to be to start each portage with 500 metres of knee deep quicksand, navigate over a couple kilometres of rock that would make a Bighorn Sheep think twice, then finish up with another slog through the mud. Started one portage on a floating sphagnum bog. Really cool, like walking on a giant sponge, until you found the inevitable hole and went through up to your waist. Profanity O Steve Maude is doing an excellent job so far, coming up with a few expletives that would make a bosun blush. He reached an all time high when he lost his sandals to the suction of the mud on the second portage, he's in for a long, wet nine days with only hiking boots left. As hellish as this day was, at least I did not have to haul around the giant aluminum canoe like Pete and Al. They have dubbed it the Tintanic. Stopped at about 1930 hrs and had time to make a few casts before collapsing in bed. No portages

time soon or it will be tough to make it to the ferry next Friday. Fun factor is pegged firmly on zero. Have heard whispered rumbling of a coup coming from Pete and Al's tent the last two nights. Will throw in with them if conditions do not improve soon.

**Day 3**

About the best thing I can say about today is it made the last two days seem like a cakewalk. We had only one portage to negotiate today, but it managed to take all that was bad about the last two days and roll



Is the canoe half empty, or half full?

## 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
<b>TOTAL PERS DEPLOYED</b>		<b>45</b>

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

# Exercise Bloodvein Voyager 99 Back in Adventure Training

helped stave off violence, for tonight at least. It is looking doubtful that we will make the ferry on Friday so there is no need to kill ourselves trying. Everyone is exhausted, bruised and battered, but fortunately no serious injuries so far.

**Day 5**

A better day today, still exhausting, but the weather was better, with only one brief downpour and no long portages. Dave Proteau caught a nice walleye at lunch, but caught the stringer on a rock while shooting a rapid and lost the fish. Steve and Maj Truant broke the yoke off their canoe today. It still floats, but is shaped more like a saucer than a canoe and appears constantly to be on the verge of capsizing. The Tintanic has eaten a couple more rocks and is slowly taking on water, thankfully we have a lot of gun tape so if Pete and Al are a little careful on the rapids they should be able to remain afloat. Everyone had a chance to run a few rapids today and they always provide a little excitement and/or comic relief. Al McMillan is taking his pest control duties seriously and managed to collect five leeches on one foot at one time. Had a close encounter with a bear shortly after bed time. It came sniffing around and up against the tent, but disappeared when he heard my manly command to clear out (okay, maybe it was a whimper of fear).

**Day 6**

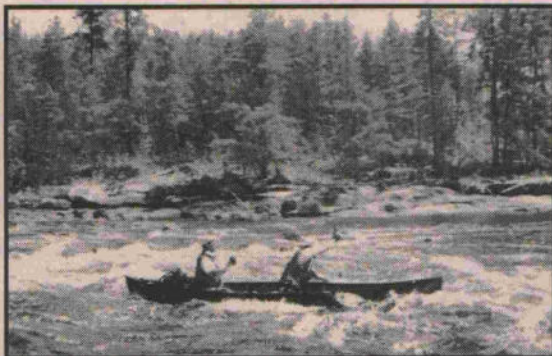
Mostly sunny today with a shower around lunch time. Denis and Pete dumped our canoe this morning with all our kits in it. Just as my pack was starting to get lighter from the food I've eaten, it has now gained twice that weight in water. The VHF radio I was carrying so carefully in my dry bag was in my pack today because the helo from CFS was due to show up to check on us. It appears to be destroyed. Fortunately we were on the water, close to where we had predicted, when the helo did show up, so they were able to spot us and land beside the river. We told them we were still aiming to reach the ferry by Friday and asked them to check on us again on Thursday if possible. The temptation to abandon the canoe and get a lift home was almost insurmountable. The days are still very long, averaging about 12 hrs and 33 km on the water, but we are making

better time as we are able to run or line most of the rapids, so not as much portaging. This is a good thing as there are a lot of foot injuries among the group. Along with the expected blisters, there are some really neat looking colours on a couple guys' toenails. Lunenburg has picked up a very painful parasite of some sort on his feet and I have not been able to feel my right foot since the end of day one. Looks like a mass trip to MIR will be in order on Saturday morning. Luney tested the water depth getting into the canoe after lunch again today. Looked like about 4'7". Pete broke my canoe seat today while running a rapid. He promises to fix it tomorrow. Nice campsite tonight on a point on a lake. We had to kick a bear out before we could move in, but he went quietly and didn't show up again.

**Day 7**

Beautiful sunny morning this morning and made great time (19 km before lunch). Briefly poured this afternoon with one really close lightning strike that had me racing for the shore like a madman. The rest of the day was pretty nice with a lot of rapids and some interesting wipeouts. Steve and Maj. Truant dumped their canoe and some of their kit floated off downstream. Luckily everything floated and was recovered. They also broke the seat in their canoe. Pete fixed my seat using the spoon from his KFS of all things. Will have to get him to help out Tim and Steve as well. Denis and Dave bashed in their canoe as well and Pete and Al continue to test the limits of the Tintanic with their own particular style of shooting rapids, which involves a lot more guts than talent. The only canoe not to have suffered any major structural damage so far belongs to Doug and Colin. They continue to silently stroke their way downstream at about twice the speed of the rest of us, they appear to be in a trance when they are on the water, disap-

pearing into the distance before stopping and waiting for us mortals to catch up. Maj Truant and Steve dumped their canoe again this evening while negotiating a class zero rapid. We decided to stop for the evening as it was getting close to supper time anyway. Really cool campsite beside a long rapid and for once we had time for a leisurely dinner and some fishing. It was the world's biggest kit explosion tonight as it was sunny, warm and breezy so everyone took advantage of the weather to dry out their kit. I caught a nice walleye which we shared for a bedtime snack. The mosquitos the last couple nights have been unbelievable. Once the sun goes down they literally swarm you, with hundreds landing on any exposed skin within seconds. It's kind of neat to lie in your tent and just listen to them swarm around trying to find their way in. A few of the guys are playing euchre and sharing some tequila and lemonade before racking tonight. All in all it has been the best day of the trip so far. I hope it keeps up.



The expedition leader and navigator vainly attempt to outrun their irate team.

**Day 8**

It didn't. Another exhausting day today, nobody is playing cards tonight. We covered about 28 km today, with lots of rapids and smaller portages. We were ready to hit the water at 0700 as usual this morning but were delayed by about an hour by a wicked thunderstorm. It has now rained at least once every single day of the trip, but at least there has not been a repeat of day two's biblical deluge. Everyone is starting to have trouble with the portages as we get more and more tired, and our feet get more and more abused. Kurt's feet have him in agony all day now, and he is barely able to walk. No one knows what it is that he's got, but most of the skin on his feet is either gone or raw and bloody. We ran into a couple of park patrols at lunch time. They were working their way up river in a canoe with a small motor. Briefly contemplated commandeering the motor and zipping off downstream, but restrained myself as there are only a couple days left. Dave has been introducing us to his version of nav math these last two days. This is where he tells the group at lunch time that there are twelve kilometres and three rapids left before we make camp and then tells you exactly the same thing three hours, three rapids



The Tintanic beats another girly man rapid into submission.

and twelve kilometres later. The group understands that it is a difficult job, but we all still wish something bad would happen to him. The Expedition Leader has been reduced to a quivering mass of goo by our constant ribbing, bitching, and complaining. This brings much satisfaction to the group. 50 km left to go. We plan on doing 35 km tomorrow and the last 15 km Friday morning. Looks like we might just catch the ferry after all. Watched a gigantic CB develop over the course of an hour or so and were lucky that it passed just north of us. Tons of lightning provided quite a light show.

**Day 9**

Our last full day on the water. We covered 37 kms today, our best day of the trip, distance wise. Pete and Al were determined to get all the white water they could today, in a vain attempt to get their Mojo back. They capsized twice, with one rather spectacular spill on a very long class two rapid. Al abandoned ship and swam to safety but Pete elected to stay with his sinking ship and had a long, bumpy swim downstream, very nearly getting decapitated by his canoe along the way. Good laughs all around. The camp tonight was on a high rocky point beside a rapid just outside of the reserve. Everyone is in pain but feeling better knowing we are almost finished. More cards with vodka and tang this time tonight. The inside of the tent is now a lovely shade of red from the hundreds of mosquitos that have been crushed against it. Up earlier at 0515 tomorrow to make sure we make it to the ferry on time.

**Day 10**

Everyone was moving with a sense of purpose this morning, anxious to get to the ferry on time. We made quick work of the last fifteen km, flat water the whole way. The navigator, who has had a CPS at hand the whole trip, decided to pack it at the bottom of his dry

bag this morning. As we approached Lake Winnipeg, the river widened out and branched off into a myriad of channels. The navigator proceeded to lead us on a brief exploration of a couple dead ends before we finally made it to the ferry dock. As we actually made it on time we decided to let him live. We took the obligatory 'after' pictures and scrambled to the store to fill up on pop, junk food and sandwiches. The ferry arrived shortly after and the canoes were quickly loaded and we were underway. It was a beautiful day and everyone laid back in their canoes and just enjoyed the ride. There were a couple of other expeditions on board, but they had flown into the Bloodvein well beyond the tough portages, and took longer to reach the Lake than we did for the whole route. We looked down upon them with disdain.

We were picked up by transport on the other side and made our way back to the base where everyone quickly dispersed to a much needed two weeks of leave. I'm sure Capts Proteau and Forest are looking forward to two weeks without hearing our voices, maybe I'll give them a call tomorrow morning just to see how they are doing. I can't believe Maj Truant is leaving tonight to drive to Southern Ontario with his family. There were no serious injuries, however, we are, as a group, a podiatrist's dream come true. The hottest topic on the van ride back to Winnipeg was what the weekend MIR hours were during Pan Am, so I'm sure there will be a mini reunion tomorrow morning. I think everyone is deservedly proud to have covered a grueling 285 km route in nine and a half days. No one gave up (not that there was a choice) despite the aches and pains, exhausting days and short nights. This is not to say that there was no complaining along the way (this was in fact my specialty), but everyone pulled together to ensure that we all ended up on target, on time. If the goal of adventure training is to exercise leadership, teamwork, physical activity, survival skills and navigation, then I think it can safely be said that we accomplished our goal in spades.



The Profanity O with his game face on.



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Our firm intention is to have every advertised item available for purchase during the period of the promotion. If, for any reason, an item is not in stock, we will issue a raincheck (unless "no raincheck available" is specified on an item) on request for the merchandise to be purchased at the sale price as soon as it becomes available, or will offer a similar item at a comparable reduction in price. Due to space limitations, some smaller outlets may not carry all of the items advertised, but will be pleased to obtain them through special order. We reserve the right to limit quantities.

# 17 WING SPORTS

## 17 Wing Mens' Fastball team wins Gold at Regionals

During the week of 15 August 1999, the 17 Wing Winnipeg Hogs won the Prairie Region Men's Softball Championship at 15 Wing Moose Jaw. This achievement allowed the Winnipeg team to compete in the CF Men's Softball Championship at CFB Borden from 12-17 September 1999.

The fourteen members of the team, most of whom play in the Charleswood Mens' Fastball league, worked hard during their after work practices to ensure that they would be serious competitors during the Regionals.

Cpl Chris Spafford from 402 Sqn could not accompany the team because of the birth of his new baby girl. MCpl Chris Kelly, hard-hitting pitcher from CFS-SAT, picked up the slack for the team.

The team departed Winnipeg by van at 0900 hrs on 15 Aug, arriving in Moose Jaw 8 hours later.

The Hogs' opening game of the competition, saw them win 16-8 over team Edmonton. The second game for the Winnipeg squad was a hard-fought game against Moose Jaw. When all was said and done, Winnipeg came out on top with a 18-17 win. The Hogs later defeated the Cold Lake Team by a score of 19-9. With a 3 win, 0 loss record at the completion of the round robin portion of the tournament, the Hogs were in first place. With a bye into the final game, Winnipeg awaited the winner of the semi-final game between Cold Lake and Moose Jaw. Timely hitting by the Winnipeg team, coupled with Moose Jaw's inability to cash in on potential scoring runners, resulted in a 16-8 victory for the 17 Wing Winnipeg Hogs.

All members of the Hogs are congratulated for earning their Gold medals in this competitive championship. Good Luck at the Nationals, Guys!

## 17 Med Squadron lends a hand

School has started again and so another year begins at 17 Med Squadron. We will endeavour to keep all 17 Wing personnel up to date on changes that occur within our establishment and any news that will affect you. The following lists include available services and phone numbers. If there are any questions or concerns that you would like to see addressed please call Capt Hyatt at 5621.

**HOURS OF OPERATION (0730-1600)**  
**EMERGENCY PHONE:** ambulance, accidents etc local: 5333  
**SICK PARADE:** 0730-0900 (local: 5595)  
 -Sick Parade is for walk ins needing immediate care who cannot wait for an appointment (you may be asked to book an appointment if the problem is a long-standing concern or a problem that can wait)  
**BOOKED APPOINTMENTS:** 0900-1600 (local: 5595)  
 All MIR appointments are 15 minutes. PLEASE if you know your concern is a lengthy one tell the staff when booking that you need 30 minutes. THEN RESPECT that time period so that others are not kept waiting.  
**MEDICALS:** 1300-1600 (local: 5283)  
**SPECIALISTS APPOINTMENTS:** (local: 5831)  
**PHARMACY:** 0730-1215; 1330-1600 (local: 5263)  
**SOCIAL WORK:** 0800-1630 (local: 5086)  
**WING ADDICTIONS COUNSELLOR** - available for addictions referral and counseling as well as unit visits: Monday & Tuesday 0900-1630; Wednesday 0900-1200 (local: 5086)  
**ORDERLY ROOM:** claims, optical contracts (local: 5830)  
**PREVENTIVE MEDICINE:** (local: 6676)  
**MEDICAL SON TRAINING/LIBRARY** (local: 5121)  
**AIR EVAC STANDARDS AND TRAINING** (local: 5906/5728)  
**WING DRUG AND ALCOHOL EDUCATION COORDINATOR** (local: 5621)  
**EMERGENCY CONCERNS ARE WELCOME AT ANY TIME**

**CLINICS:**  
 Changes as to when clinics are held may happen anytime so it is always best to phone first and confirm  
**OPTICAL CLINIC** (local: 6625) - Tuesday, Wednesday and Thursday 0930-1200; 1300-1530  
**IMMUNIZATIONS** (local: 5116) - Tuesday and Thursday 0930 to 1200  
**BLOOD PRESSURES** (local: 5116) - Monday and Wednesday 0930 59 1200  
**NUTRITION/DIET CONCERNS** (local: 5116) as referred or requested  
**WHOLE LIFE WORKSHOPS** (local: 5121) - requests are accepted for training on any issue important to you and your family.  
**WELL WOMAN'S EXAMS:** (5540) Lt (N) Dynes will assist you with annual exams, prenatal workups and other concerns special to the female population. PAPS are done by the nurse in the Woman's Clinic unless you have special concerns that require a physician. If this is your preference, please call 5595 and request a 30-minute appointment with a Medical Officer and state it is for a PAP to ensure the proper time is booked with a doctor.

If you require medical care AFTER HOURS for a life or limb emergency by all means use whichever facility is closest. For all other concerns that CANNOT wait for 17 Med Sqn to be opened please use a walk-in clinic or the Misericordia Urgent Care Facility. Be prepared to wait!!! It is then your responsibility to report to the MIR the next working day to see a doctor if necessary and to fill out paperwork that explains your reasons for using these other facilities.

**FAILURE TO DO SO MAY RESULT IN YOU GETTING THE BILL**

If you are admitted to a hospital please call ASAP either through the MIR during working hours or through WOPS (local 2700) after hours.

## Kanadische Kickers wins Regional Soccer Championship

The Kanadische Kickers, representing 17 Wing, recently won the Regional Soccer title at CFB Shilo 23 - 27 Aug. After a three week block leave period, the team came out flat for the first game against Shilo, losing 5 - 1. This was the most goals scored against the team this season and served as a wake up call. The

following games saw wins over Cold Lake 10 - 8, Wainwright 7 - 1, and Edmonton 3 - 0 in the semi-final.

With a depleted team due to injuries to Geoff Chin, Matt Hindle and Gord Currie, the team advanced to the finals against Shilo looking for a little revenge. In 33 degree heat the score was

tied until Shilo scored on a penalty shot making the score 2 - 1 at half time. The second half was very intense until Randy Turner scored at the 25 min, mark to even things up. The highlight of the tournament came at the 30 min. mark when Bruce Breustadt received the ball at mid field, held off a hard running Shilo

defender, beat the keeper at close range, sending the ball into the left corner for a 3-2 victory. The level of team play was very high throughout and in a tournament where yellow cards were abundant, only one caution was received by the team. At the beginning of the season the "Kickers" set out to achieve three goals. Winning the Regional title was one and now with the team currently in first place in the city league, the Division championship is within reach and should account for number two. The third goal is winning the CF Nationals at CFB Borden. With the esprit de corps and talent on the team coupled with the excellent support from Al Brazeau and his staff, 17 Wing may have another champion on 20 Oct. 99.

## 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 5571 • Celine Fillion at 453-7560 • Cheryl Walton-Simm at local 5221

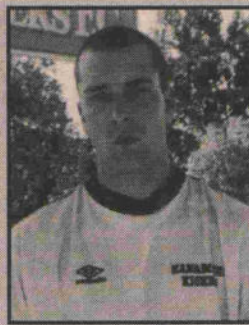
## Kanadische Kickers Players Profile

### #13 Geoff Chin

Geoff was born 30 March 78 in Burnaby, British Columbia where he started playing soccer at the age of five years. During high school he played on the fifteen and seventeen year old Provincial teams, winning the championship on both occasions.

Geoff plays the sweeper

position where his abundance of soccer skills and talents make him a formidable opponent. It is certain he will be under the scrutiny of the CISM soccer scouts at this year's CF Nationals in CFB Borden. A key team player, Geoff is having an excellent season 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

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# ANNOUNCEMENTS

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

## Toy Lending Library

Library Hours: Friday 9:00 am - 2:30 p.m.

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.

## 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 le premier pas vers la maternelle. 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!

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

Activities: • The Wacky Shack! • Face Painting  
• Clown • Cotton Candy • 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.

# CFN brings Canada to Europe

by Tara Chester

"You're listening to the Canadian Forces Network, 91.5 in Brunssum/Geilenkirchen, 100.5 in SHAPE (Supreme Headquarters Allied Powers Europe), Belgium and 101.9 in Ramstein, Germany. The RCI (Radio Canada International) news is coming up at the top of the hour, but first, here's new music from Canadian artist Alanis Morissette..."

It's 0645 Central European Time and Olaf Guillaume is up before most of the Canadians in the area. He has to be, because he's the host of Canadian Forces Network's (CFN) popular program Daybreak. It's not easy trying to get everyone out of bed and on their way to work, but it's all part of his job as station manager.

Guillaume has been working at CFN for more than seven years and, by now, producing and broadcasting a program are like second nature. He announces, engineers and handles programming and scheduling—the jobs of five or six different people at a commercial radio station. He's also the manager, which means dealing with the business and administrative side of the operation. Guillaume says this is quite challenging, but it gives him a better understanding of how a radio station works. "You get experience in different areas," he says. "That's usually not possible at a commercial radio station."

Captain Pux Barnes is a volunteer at CFN and he says he's been lucky enough to have it assigned as his secondary duty. "The opportunity CFN provides to Canadians in Europe is priceless," he says. "I've always loved

radio and the chance to do some radio work is great...and we've got a very friendly audience, so if I make mistakes, I'll hear about it from our listeners."

Larry Dick is the Director of the Canadian Military Family Resource Centre (CMFRC) on the North Atlantic Treaty Organization (NATO) Airbase in Geilenkirchen, where the majority of Canadians in the area are stationed. He says CFN is a vital service for Canadians and his family will miss it when they are posted back. "It's a glue between people in the community," he says. "It's been a little piece of Canada, especially for kids growing up here."

In fact, CFN may be the only link to Canada for some Canadians overseas—after the closure of Canadian Forces Base Lahr in 1994, it is the only Canadian Forces broadcasting facility remaining in Europe.

CFN's mandate reads that its programming should include a selection of news, public affairs programs and North American type entertainment. Where numbers warrant or special circumstances exist, the station can also make emergency announcements and broadcast locally produced programs designed to enhance the Canadian military community and morale.

All this is not easy with only two paid staff—a manager and an assistant manager—but fortunately, the station has volunteer announcers drawn from the international community. These include Canadians, Dutch, Germans, Americans, and British, both military and civilian. These announcers enable CFN to broadcast local programs that

can be heard throughout the week.

One of these programs is the extremely popular CFN Weekly Top 30 Countdown, created, produced and broadcast by Capt. Barnes. He's been doing the CFN Top 30 for almost two years and says it has made his stay here more enjoyable. "Radio has more value (in Europe) than it does back home and I want to be a part of that," he says. "We're isolated over here, and listening to the other armed forces radio stations is like listening to your parent's CD collection. Staying in touch can be quite a challenge."

And CFN has risen to this challenge. Besides Daybreak and the CFN Top 30, it carries Disc Drive, the weekday drive-home program, and local evening programs from the volunteer announcers. Canadian news every hour on the hour is also part of the package. And as of August 2, CFN has undergone major programming changes. It has increased its music content, introduced a new jingle package and has started offering live sports and a satellite feed from KOOL FM in Ottawa.

Guillaume says he hopes these changes will offer CFN listeners a better variety of programming. "We were forced to broadcast foreign language programs during the night," he says, referring to the RCI satellite feed that CFN has been airing for several years. "This will offer more Canadian content."

Although CFN reaches a lot of Canadians in Europe, it can't reach them all—the transmitters just don't have the capability to broadcast to the entire continent. Plans to go on a

European satellite will solve this problem, but they are only hopes and dreams, for now. It was only 30 years ago that the Canadian community recognized the importance of providing Canadian Forces personnel and their families with quality radio programming. Who knows what may happen as the Canadian presence in Europe

continues to grow?

Until then, the management and staff at CFN are committed to keeping Canadians in touch, not only with Canada, but with each other.

With files from Carlen Lavigne, CFN can be reached at [cfn@cobweb.nl](mailto:cfn@cobweb.nl) or on the web at <http://cfn.cfsue-usfcd.e>.



Wing Chief Warrant Officer Lynda Smith is caught snuggling with someone she just couldn't say 'No' to. This adorable little dog got lost in her neighborhood and followed her all the way to work. The dog caused a bit of a stir in Headquarters, as CWO Smith hadn't seen so many people in her office since, well since ever. She found the dog's rightful owner later that night but was content to be its guardian for at least one day. Photo by Cheryl Gudcz

## KFOR soldiers begin policing policy

by Mitch Gillett

August 30, 1999 – A marked increase in ethnic Albanian reprisal attacks on Serbs in Kosovo has expanded the role of Canadian peacekeeping troops on duty in the Balkans to include policing.

"Inhabitants from the town of Krevina Vodicha requested KFOR (Kosovo force) protection after a drive-by shooting and a grenade attack," said Brigadier-General David Jurkowski, chief of staff for joint operations, at a weekly briefing on Canadian Forces operations.

"Soldiers are now patrolling the area and conducting surveillance operations with sophisticated sensing equipment during the periods of darkness. Tensions between ethnic Serbs and Albanians are also high in the town of Kusma, 10 kilometres west of Pristina."

As a deterrent to further violence in the Pristina area, four Leopard tanks from the Lord Strathcona Horse have been sent to Kusma. One of the tanks has been parked in front of a school where Serbian children have been allowed to go to class, BGen Jurkowski said.

Under the terms of the military technical agreement signed in June, the creation of a local police force was the key to the restoration of law and order. At first, the plan was to incorporate Kosovo Liberation Army

fighters in a newly created police force, but that was scrapped. The accord prompted Serbs to abandon many of Kosovo's rural areas. They left in fear of retaliation attacks like the recent drive-by shooting and grenade attack by ethnic Albanians returning to the region.

Restoring law and order is taking longer than predicted. NATO and UN officials expected the moderate elements inside Kosovo to get stronger as time progressed, so they decided to postpone scheduled elections and concentrate on peacemaking. In the meantime, no talks about the final status of the province can be undertaken with Belgrade until the province's representatives carry a democratic mandate in the technical agreement from their own people.

For its part, the UN has been tasked with the creation of an international police force until a local force can be raised and trained. The recruitment and training process has been slow. By mid-July, only 210 potential policemen had been pledged by various governments, a fifth the number agreed to in June by the UN.

Since the first deployment of NATO troops on June 12, United Nations Officials estimate all but 30,000 of the 200,000 Serbs who lived in Kosovo have fled. Many have gone into neighbouring Montenegro where they are being

smuggled across the Adriatic illegally to Italy.

Although the Serb population inside Kosovo has been substantially reduced, there is still a visible ethnic minority presence. Most of the Serbs who fled were from the rural areas, which now appear to be pure ethnic Albanian. At the same time, about 700,000 Kosovar refugees who fled during the 78-day conflict have returned. They continue to pour into the former Yugoslav province at a daily rate of between two and three thousand.

The returning ethnic Albanian refugees appear to have helped themselves to most of the property left by the Yugoslav administrators and ethnic Serbs and self-appointed committees now run the villages.

Infrastructure damage on the ground from the air campaign is less than Western governments predicted. Most of Kosovo's housing is still usable (unlike Bosnia, where a full 60 percent was destroyed by the time the war ended in 1995). Basic infrastructure such as electricity, safe drinking water and passable roads still exist in Kosovo.

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**AMERICAN PIE**  
 Thursday, Friday, Saturday, Sunday, Monday  
 Sept 16-17-18-19-20 8:00 p.m.  
 Parental Accompaniment, foul language  
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# WHAT'S HAPPENING

## Reading Corner

**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.**

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.

### "MEMORIAL MURAL"

On Sunday September 19, 1999, opening day of Legion Week, St. James Branch No. 4 and Take Pride Winnipeg will be dedicating a mural, 60 feet by 20 feet, on the Branch west wall depicting

"Canadians Landing Juno Beach D/Day June 6th, 1944."

Dedication will be held approximately 3:00 or 3:30 P.M. following the Joint Veterans Parade at Brookside Cemetery. All veterans are welcome, especially those who landed on Juno Beach June 6th or later. Juno Covered - St. Aubin-Sir-Mer, Bernières-Sir-Mer, Courseulles-Sir-Mer, Grave-Sir-Mer.

After a short dedication service, a light lunch will be served.

### 17 WING LIBRARY HOURS

MON 1500-2000 hrs  
TUE 0900-2000 hrs  
WED & THU 1500-2000 hrs  
SAT 1300-1600 hrs

Phone: 833-2500 Ext 2490  
PLCC Card required to open Library account

### CHEERLEADING / DANCE CLASS

WESTWIN COMMUNITY CENTRE  
26 SEP 99 - 24 OCT 99  
AGES 6 - 10  
SUNDAY MORNINGS  
0930-1030 HRS  
COST: \$8.00 PER CHILD  
TRIAL DANCE CLASS  
REGISTER AT THE  
REGISTRATION FAIR OR CALL  
CARLA AT LOC 2059

### AQUA-FIT CLASS

LIPSETT HALL POOL Commencing 16 Sep 99  
EVERY THU 1830-1930 HRS - INSTRUCTOR JILL  
\$12 per Month or \$4.00 Drop-In Fee (With Rec Card)

Register at the Registration Fair. For more info contact Carla at loc 2059

### YOUTH WATER POLO (LIPSETT HALL)

COMMENCING 5 OCT EVERY TUE 1830-1930 HRS  
AGES 10-16 FREE - MUST HAVE 17 WING REC CARD

Register at the Registration Fair or For More info contact Carla 2059

### ADULT CURLING CLINICS

16 OCT 99 (Sat) at 17 WING CURLING CLUB  
NOVICE CLINIC 1000-1300 hrs (max 20 adults)

INTERMEDIATE 1330-1630 hrs (max 16 adults)

Instructors from Curling Manitoba (equipment provided)

Free with 17 Wing Rec Pass

Register with Carla at loc 2059 or at the Registration Fair

### MEMBER ASSISTANCE PROGRAM • PROGRAMME D'AIDE AUX MEMBRES

#### What is your Member Assistance Program?

It is a voluntary and confidential service, initiated by the Canadian Forces (CF) to help members and family members who have personal concerns that affect their personal well-being and/or work performance.

#### What types of concerns?

- \* Marital and family \* Interpersonal relations
- \* Personal and emotional \* Stress and burn-out
- \* Work-related, including harassment and sexual assault
- \* Alcohol, drugs and prescription drugs

Any other concerns that effect or could effect personal well being and/or work performance.

#### How to contact the Member Assistance Program

This is a voluntary program. Any individual wishing to talk to a professional counsellor or to make an appointment can simply call the Member Assistance Program, 24 hours a day, 365 days a year.

#### Who offers these services?

The Employee Assistance Services of Health Canada, using professional counsellors, provide these services.

With over 20 years of experience, Health Canada continues to assure a professional service of high quality to thousands of public sector employees.

#### What is the cost of the Member Assistance Program?

The cost of the program is paid for by the Canadian Forces (CF). If you need specialized or longer term help, your counsellor will refer you to an appropriate professional resource.

#### Is the Member Assistance Program confidential? Yes!

The success of such a program is based on its confidentiality. Professional counsellors are bound by their code of ethics to guarantee confidentiality.

#### Is this therapy? No!

This is a short-term problem-solving service and very often only a few sessions are required. If long-term help or a more specialized service is needed, a referral to an appropriate professional resource can be made.

For more information or for an appointment, call:  
1-800-268-7708 Hearing Impaired: 1-800-567-5903  
24 hours a day, 365 days a year

#### Qu'est-ce qu'un Programme d'aide aux membres?

C'est un service volontaire et confidentiel mis sur pied par l'Armée canadienne (AC) pour venir en aide aux membres et à leur famille, qui vivent des préoccupations qui peuvent affecter leur bien-être personnel et/ou leur rendement au travail.

#### De quels genres de préoccupations s'agit-il?

- \* Familiales et conjugales \* Relations interpersonnelles
- \* Personnelles et émotives/stress et "burn-out"
- \* Reliées au travail, incluant le harcèlement et l'agression sexuelle
- \* Alcool, drogue et médicaments

Toute autre préoccupation susceptible d'affecter le bien-être personnel et/ou le rendement au travail.

#### Comment prendre contact avec le Programme d'aide aux membres

C'est un programme volontaire. Tout individu désirant parler à un conseiller professionnel ou voulant prendre rendez-vous peut tout simplement téléphoner au Programme d'aide aux membres, 24 heures par jour, 365 jours par année.

#### Qui offre ces services?

Les Services d'aide aux employés de Santé Canada, par l'entremise de conseillers professionnels, procurent ces services.

Avec une expérience de plus de 20 ans, Santé Canada continue d'assurer un service professionnel de haute qualité à des milliers d'employés du secteur publique.

#### Quel est le coût du Programme d'aide aux membres?

Le coût du programme est défrayé par l'Armée canadienne. Si vous avez besoin d'aide plus spécialisée ou à plus long terme, votre conseiller vous dirigera vers une ressource professionnelle appropriée.

#### Le Programme d'aide aux membres est-il confidentiel? Oui!

Le succès d'un tel programme dépend de son caractère confidentiel. Les conseillers ont un code d'éthique qui protège l'aspect confidentiel des rencontres.

#### Est-ce une thérapie? Non!!

C'est de l'intervention à court terme et souvent quelques séances suffisent. Lorsqu'une aide à plus long terme ou spécialisée est requise, un aiguillage peut être fait vers une ressource professionnelle appropriée.

Pour des renseignements supplémentaires ou pour fixer un rendez-vous, téléphonez au: 1-800-268-7708; 1-800-567-5903  
24 heures par jour, 365 jours par année.

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- C. AK 348 (D,E,J,K,L,M,N,O,P,S,T,U,V,W,X)
- D. AK 349 (C,D,E)
- E. AK 356 (D,E)
- F. AK 359 (S,T)

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CANADIAN BLOOD SERVICES

# BOI results will assist claims

by Tina Crouse

Results of the Sharpe Board of Inquiry investigating the possible exposure of Canadian Forces personnel to environmental hazards could help Canadian Forces members who served in Croatia to secure a disability pension more easily, says the director of legislation and policy, benefits division of Veterans Affairs Canada (VAC).

"If our staff keep up to date on what is going on and recognize that this person was in this area during this period and was exposed to this, they will have it in the back of their head whenever they get ... claims," said Bunty Albert. The pension officer putting the claim package together can mention that the CF member was in Croatia during the 1993-95 period or the inquiry's report can be appended to a person's applica-

tion if the information is relevant, she added. However, she said CF members will not automatically be entitled to a pension just for service in Croatia. There must be a disability, and that disability must be linked to service in the area.

There have already been 1,032 disability claims registered by CF members who served in the former Yugoslavia, including Croatia, and 719 of them have been favourable, meaning it has been determined the disabilities they suffer occurred as a result of their service, she said. Over 500 of these people, or their survivors have received benefits.

Until the board of inquiry delivers its report, none of the disabilities can be directly linked to exposure to possibly toxic soil, which is among the hazards being investigated.

The applicant is given a pension based on their degree of disability.

For example, the VAC table of disabilities, which is authorized by the Pension Act, sets out a 100 percent disability for the loss of sight in both eyes or the loss of both legs. A full disability pension pays \$1,731.65 per month to a single person and \$2,164.56 to someone who is married; however, "If someone has less than 100 percent disability, they will not receive a 100 percent pay cheque," Ms. Albert said.

The idea of a disability pension is not to compensate for the inability to earn a living, but for the degree to which a person is disabled, Ms. Albert said. "That is one of the misunderstandings in the Forces today. (The disability pension) is not an income replacement program. It is Canada's payment of a debt (compensating) for a permanent disability. Programs like the Service Income Security Insurance plan and super-

annuation are supposed to replace income.

"We do good things for clients," Ms. Albert said in defence of VAC, which has taken heat for specific cases over the past few weeks. "By and large, people are happy with what they get, and get what they are entitled to right off."

There are a number of reasons

why people don't receive disability pensions on their first application, Ms. Albert said. "Some conditions, like fibromyalgia, take a long time to diagnose. We have trouble pinning down what they have and oftentimes we won't be able to say that, yes, it is related to service. If we can't say yes, we have to say no, because the evidence isn't there."

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Wanted - Air Force Officer mess kit. Jacket 42, waist 38. Contact HCol Cheffins at (204) 837-6179.

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

#### MISC. FOR SALE

For Sale - Epson Dot Matrix Printer, \$20. Infant sled, \$10. Phone 488-0501.

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 & we'll return your call asap).

For Sale - Beige sofa & loveseat set. 9 yrs. old. Replaced foam in all seat cushions 2 yrs ago. \$250 OBO. 889-6927 lve message.

For Sale - Utility trailer, 40" wide, 4' long, & 20" high, 13" tires, spare included, new wiring, \$250. Black entertainment unit, holds up to 27" TV, shelving to hold stereo, \$75. Pls call Teresa 487-3230.

For Sale - Approx. 120', 4' high, 1 year old wooden fence. Call 487-0369.

For Sale - 1 pr. Bauer Supreme 3000 skates, exc. cond. men's size 9, used 1/2 season. \$200 firm. 1 pr. Super Taks 452's men's size 9, exc. cond. \$150 firm. 1 CCNE helmet (boys) blk without cage, \$75 obo. 1 pr. Bauer Supreme 1000, short cuff senior gloves, exc. cond. Phone 885-1720.

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.

#### MISC. FOR SALE

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 - 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.

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 - 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 - Sofa sleeper, \$400. Bedroom set \$500, Palliser bleached oak mates twin bed (3 drawers) w/headboard, nightstand & large chest of drawers, includes mattress. Foos Ball table \$100. All prices negotiable. Call 489-1485.

#### MISC. FOR SALE

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.

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#### AUTOMOBILES


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

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