

The VOXAIR



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VOXVIEWS

A Poppy for our thoughts

By Major CM Walton-Simm
Managing Editor

Although not everybody knows the meaning of the poppy or how the poppy became so closely associated with remembrance of the war dead, each November over fourteen million poppies bloom in Canada. The association was not new when the poppy was adopted in Canada in 1921. In fact, at least a 110 years before that time, a correspondent wrote of how thickly poppies grew over the graves of the dead. He was speaking of the Napoleonic War and its campaigns in Flanders.

But a Canadian medical officer was chiefly responsible for this association, more so than any other single known factor. John McCrae was a tall, boyish 43 year-old member of the Canadian Medical Corps from Guelph, Ontario. An artillery veteran of the Boer War, he had the eye of a gunner, the hand of a surgeon and the soul of a poet when he went into the line at Ypres on 22 April 1915.

The 1st attack failed, so did the next and the next. For 17 days and nights the allies repulsed wave after wave of attackers. During this period, McCrae wrote "One can see the dead lying there on the front field and in places where the enemy threw in an attack, they lie very thick on the slopes of the German trenches." Working from a dressing station on the bank of the Yser Canal, LCol McCrae dressed hundreds of wounded, never taking off his clothes for the entire 17 days. Sometimes the dead or wounded actually rolled down the bank from above into his dugout. While awaiting the arrival of batches of wounded, he would watch the men at work in the burial plots, which were quickly filling up.

Then McCrae and his unit were relieved. "We are weary in body and wearier in mind. The general impression in my mind is one of a nightmare", he wrote home. But McCrae came out of Ypres with 13 lines scrawled on a scrap of paper. The lines were the poem, which started: "In Flanders field the poppies blow..."

These are the lines now enshrined in the hearts of all soldiers who heard in them their innermost thoughts. McCrae was their voice. The poem circulated as does a folk song, by word of mouth. Men learned it with their hearts. In the United States, the poem inspired the American Legion to adopt the poppy as the symbol of Remembrance. In Canada the poppy was officially adopted by the Great War Veterans Association in 1921 on the suggestion of a Mrs. E. Guerin of France.

In Flanders Fields

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

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

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

John McCrae
December 8, 1915

But there is little doubt that the impact of McCrae's poem influenced this decision.

VOXBACK

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.

I have read Capt. Vaillancourt's comments of the offensive way people do answer the phone. I agree wholeheartedly on her view of the way some members answer in this manner. This sensitive issue is severe enough to be published in both official languages and in now two military publications. But, there are other ways to find a solution to this problem and others that are deemed offensive.

Prior to the rapid and sudden integration of women in the CF some members, myself included, have been taught this response that she feels is offensive and have not been re-educated on a more liberal fashion. This

unfortunately does not help with past experiences that she has had to deal with, where pride quickly vanishes.

Firstly, when she does hear this improper response she should use the chain of command. She could ask her peers from the offending unit if the individual is aware of how to answer the phone correctly and if this has been passed on down. Furthermore, she could proactively pass a memo up from her chain of command to help in the educating of other units in the proper response to help in the push of integration for women.

This small step of simply answering a phone in a sensitive manner could be a large leap in changing the old fashioned, patriarchal, and con-

servative mind set some still have. Next could be the standards of dress the CF have in making women more feminine (i.e. hair policy, earrings).

This would ensure members of the CF that integration is equal for all.

MCpl D.J. Neepin

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Lettre à l'intention des canadiens et canadiennes au sujet du dernier jour du Souvenir du siècle

Dans quelques semaines seulement nous tournerons la dernière page d'un siècle et d'un millénaire, et il est tout à fait naturel que nous réfléchissions sur le passé et pensions à l'avenir. Demeurant au Canada il est facile d'oublier que le 20ième siècle s'est avéré l'une des plus violentes périodes de l'histoire humaine.

À partir de deux guerres mondiales durant la première moitié, du siècle jusqu'aux opérations de l'OTAN dans l'ancienne Yougoslavie, près de 1.4 millions de canadiens se sont portés volontaires pour servir dans nos

Forces militaires et notre Marine marchande, et plus de 116.000 de ces individus ont donné leur vie. Alors que le nombre d'anciens combattants et de survivants et survivantes diminue graduellement, il incombe à chacun et chacune de nous de s'assurer que leurs sacrifices ne soient pas oubliés.

Le prochain jour du Souvenir sera un jour spécial: Le 11ième jour du 11ième mois à la 11ième heure, il y aura silence. La Légion royale canadienne et Anciens combattants Canada demandent à tous les canadiens et canadiennes de simplement

faire une pause de deux minutes. Les stations de radio et de télévision cesseront leurs émissions, les magasins, maisons d'affaires, usines et fermes cesseront leurs activités, et la population canadienne pourra consacrer quelques moments pour réfléchir sur la guerre et la paix et penser à ceux et celles qui ont sacrifié tout pour nous. La période de silence débutera à Terre-Neuve et traversera le pays comme une "Vague" lorsque l'horloge sonnera 11h00 locale dans chacun de nos fuseaux horaires.

Le silence est rare et dramatique dans notre société

frénétique; par conséquent la "Vague de Silence" se manifesterà en une déclaration éloquente qui nous aidera à conserver notre croyance en notre passé tout en démontrant notre confiance en la paix durant le nouveau millénaire.

Je participerai à la "Vague de 2 Minutes de Silence" et encourage tous les canadiens et canadiennes à prendre part à ce projet dans la mesure où il est pratique et sans danger de la faire. Quel que soit l'endroit où vous soyez à 11h00 locale, le 11 novembre, veuillez cesser vos activités pour quelques minutes.

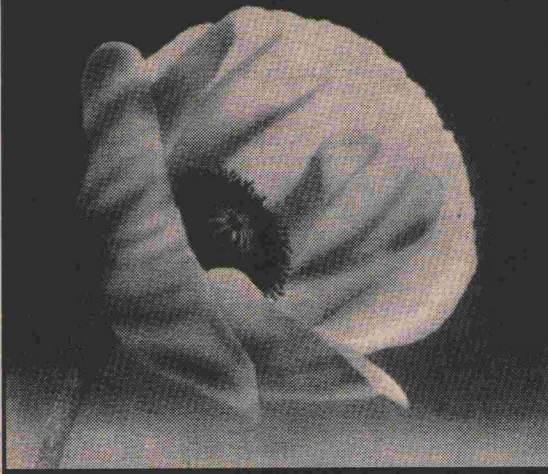
Il s'agira de deux minutes consacrées à une noble cause avant la fin du présent millénaire.

Vous pouvez obtenir plus d'information au sujet de la "Vague de 2 Minutes de Silence" en communiquant avec: Le Coordonnateur du projet de la "Vague de 2 Minutes de Silence". La Légion royale canadienne, 359 rue Kent, Ottawa, ON, K2P 0R7; Courrier électronique: wave@legion.ca; Site Web de la Légion: www.legion.ca

Chuck Murphy
PRÉSIDENT NATIONAL

THE ROYAL CANADIAN LEGION

OUR SILENT REMINDER



A Letter to Canadians on the Last Remembrance Day of the Century

In just a few weeks we will turn the final page on a century and a millennium. It is only natural that we reflect on the past and look to the future. Living in Canada today, it is easy to forget that the 20th Century has been one of the most violent periods in human history.

From the World Wars in the first half of the century to NATO operations in the former Yugoslavia, more than 1.4 million Canadians have volunteered to serve in our military and merchant navy and more than 116,000 have given their lives. As the number of veterans and survivors gradually falls, it is up to all of us to make sure that their sacrifices are not forgotten.

This Remembrance Day will be a special one. On the 11th

day of the 11th month, at 11 a.m. there will be silence. The Royal Canadian Legion and Veterans Affairs Canada are asking all Canadians simply to pause for two minutes. Radio and TV signals will stop, shops and businesses, factories and farms will be still. Canadians will be able to take a few moments to think about war, about peace, and about those who gave up everything for us. The silence will begin in Newfoundland, and sweep across the country like a wave as 11 a.m. strikes in each time zone.

Silence is rare and dramatic in our noisy world, so the Wave of Silence will be an eloquent national event that will help us keep faith with our past and demonstrate our hope for peace in the new millennium.

I will be participating in the 2-Minute Wave of Silence and encourage all Canadians to take part, where safety and practicality allow. Wherever you are at 11 a.m. on November 11th, please pause in what you are doing for a couple of minutes. It will be two minutes well-spent, before the minutes of the millennium run out.

You can get more information on the 2-Minute Wave of Silence by contacting: The Royal Canadian Legion, Wave of Silence Project Coordinator, 359 Kent St. Ottawa ON, K2P 0R7; e-mail: wave@legion.ca Legion Web Site: www.legion.ca

Chuck Murphy
Dominion President
Royal Canadian Legion



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The Supply Line



by Cpl Stephen Clark
General Stores

1. Over the past year, we here at General Stores in Wing Supply have undergone several new projects in addition to keeping up with our daily routine of supporting the various units on this base as well as other units throughout Canada. We are now the supporting base for all of the units in Saskatchewan, Manitoba and Ontario as far as Thunder Bay. So we cover an area that is larger than some countries. Mr. Al Henderson in our publication section not only supports this new area, but he also receipts and demands publications as far away as Great Britain, Australia, and New Zealand.

2. One of the larger projects that we have undertaken is a total rewarehousing of our stock to make our jobs easier and efficient. No longer do we have to climb up and down ladders to pull our stock. The majority of our stock has been lowered so it is an easy grasp. We are in the process of moving our shelving, making

room for a bulk area for our large awkward items.

3. Cpl Stephen Clark has been working on a project where he has been responsible for a 100 percent stock check on all the line items within our warehouse to ensure the quantities and locations are correct. In September, Cpl Clark will be relocated to 16 Hangar and Cpl Dave Gowen will be taking over at General Stores.

4. Mr. Al Grabowski, who came to us in May of this year from Repair and Disposal, has been looking after the issue section. He has also been instrumental in identifying items that we have in our stock which are no longer required, and has contacted the Item Managers in Ottawa for redistribution or disposal action.

5. Mr. Jim Ventnor, our term employee, is working on the receipt side of the house as well as working on relocating stock, moving shelving and improving the appearance of our warehouse.

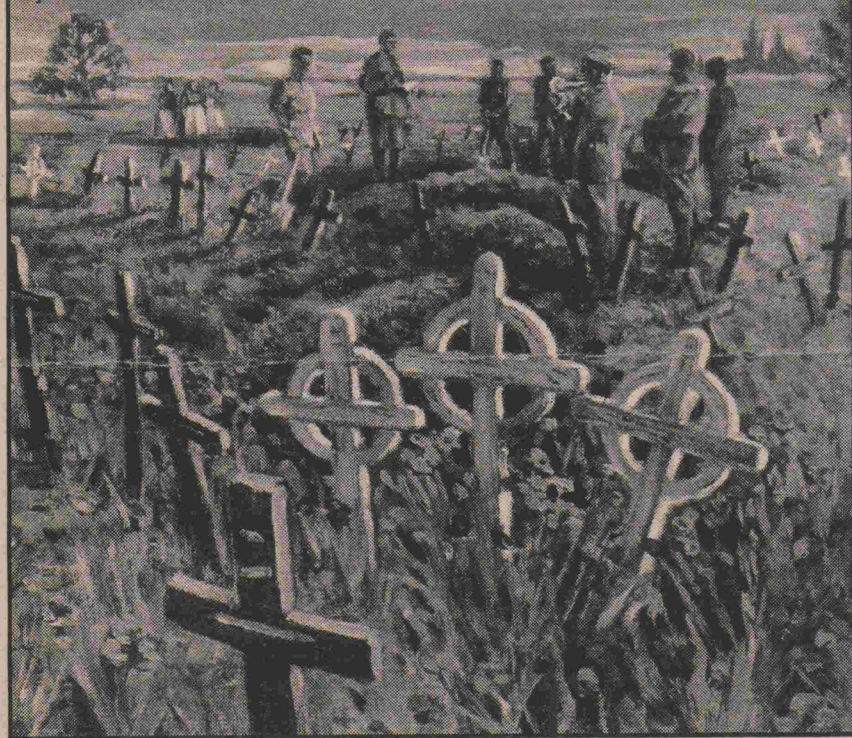
6. Mr. Karen Elson (who is our "office manager", please don't address her as this!) has been busy with filing, working on numerous reports, as well as looking after the weapons lock up.

7. The Major Equipment office, which was being handled by Cpl Brian Gough, no longer falls under General Stores. It has been moved to the Repair and Disposal area. In September it will be taken over by LS Paul Bertrand.

8. During the Pan Am games, we had Cpl Gough and ten other Supply Technicians tasked with the games. Cpl Clark was on call with WASF. We were also called upon to provide supply support for the games and had to battle with Ottawa for things like boxes for box lunches.

9. We here at General Stores have been busy trying to improve our operation so that we may serve the customer more efficiently and with greater speed.

by Janet Wilson



Together in Church



CATHOLIC

CHAPLAIN: Father Paul Gaudet 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.

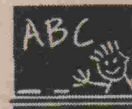
DUTY CHAPLAIN: After normal working hours, the Duty Chaplain can be reached at 227-4751.

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17 Wing truckers exhibit their "DRIVE" at Rodeos

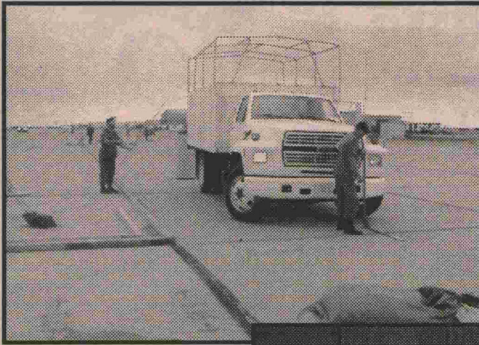
Each year MSE Ops and MDO (civilian driver) competitors across the country take part in the CFPDC (Canadian Forces Professional Drivers' Competition) or Truckers' Rodeo. Throughout the course of the spring and summer, the truckers at each base/wing compete in their respective local level competitions. At this level, the top three competitors in each event earn the right to represent their base/wing at the regional level. The regional level of competition is held in different locations within each region yearly. 17 Wing Winnipeg will be the host of the Western Regional Rodeo in year 2000.

The competition is comprised of five different vehicle class events, including straight truck (3-ton), HLVWs (heavy logistics vehicle wheeled), tractor-trailers, bus and staff cars (Road Rally).

The competition for tractor-trailer, straight truck, HLVW and bus consist of a series of specific exercises which are laid out on the tarmac using obstacles that are constructed to represent some of the difficult maneuvers that operators may encounter in the course of everyday duties. These obstacles test the operators familiarity with the quirks of a specific vehicle, their maneuvering skills, depth perception and response to time restraints as the course must be completed in a specified period of time. Each competitor must complete the course twice, having their combined score added for both runs.

The road rally is somewhat different in nature, as it requires teamwork and unsupervised competition. Each team consists of two privates or corporals from the same base/wing who must use their map reading and plotting skills to follow a predetermined route which takes them, in several hours, over hundreds of kilometers. Enroute, the teams must reach a number of check-points and answer a list of skill-testing questions provided by officials at each check-point. This gruelling, time-factored event stresses safe driving, teamwork and common sense in addition to map skills and attention to detail.

Before the physical level of competition begins all competitors must also complete a written test that included questions on safe driving practices, first-aid, air brakes, dangerous goods, emergency vehicle procedures



and general rules of the road. The competitors are also scored on their personal knowledge of their respective competition vehicles by finding five intentionally planted defects while completing a time-limited daily inspection.

This year the Local competition was held on the 2PPCLI Parade Square during 11-16 Aug. '99. The competition was fierce within the Squadron, with all involved displaying the professionalism, sportsmanship and support for each other, which exemplifies the Transport trade. The competitors in the Local Rodeo consisted of and placed in the following order:

Road Rally Teams:

1. Cpl Naylor / Cp. Wiswell
2. Cpl C. Proctor / Cpl Giguere
3. Cpl Arsenault / Cpl Laviolette
4. Cpl Robichaud / Cpl Lefuguey
5. Cpl Wilson / Cpl Lapensee

Straight Truck (3-Ton):

1. Cpl Fortin
2. Cpl Lapensee
3. Mr. Krcadinac
4. Cpl Fialski
5. Mr. Young
6. Cpl Wilson
7. Cpl Laviolette
8. Cpl D'Eon

HLVW:

1. Cpl Fialski
2. Cpl Fortin
3. Cpl Laviolette
4. Cpl D'Eon

Bus:

1. Mr. Krcadinac

2. Cpl Fortin
3. Cpl Fialski
4. Cpl Laviolette
5. Cpl Huffman
6. Mr. Young

Tractor Trailer:

1. Cpl Fortin
2. Cpl Fialski
3. Cpl Laviolette
4. Mr. Young

Although operational commitments prevented us from sending a full complement of competitors (three competitors for each event and two road rally teams) to the Regional Competition, 17 Wing was represented by a strong team of nine competitors. The Regional Competition, this year was held at 4 Wing Cold Lake, Alberta. The "17 Wing Team" consisted of:

Road Rally Teams:

1. Cpl Lefuguey / Cpl Robichaud
2. Cpl Fougere / Cpl Wilson

Straight Truck:

1. Cpl Laviolette
2. Cpl Lapensee
3. Mr. Krcadinac

HLVW:

1. Cpl Fortin
2. Cpl Laviolette

Bus:

1. Mr. Krcadinac
2. Cpl Fortin
3. Cpl Huffman

Tractor Trailer:

1. Cpl Fortin
2. Cpl Laviolette

The competition was fierce as each

(National Competition) each of the four competing regions sent three competitors for each event and two road rally teams. The level of competition and the caliber of competitors were among the best in the country. All competitors who competed should be very proud of everyone's achievements.

After three days of exceptional competition at the National Championship, the winners

were announced. The competitors from 17 Wing, Cpl Mark Laviolette and Mr Rick Krcadinac performed admirably. Cpl Mark Laviolette placed in the top six with two steady runs on the HLVW, Mr Rick Krcadinac placed second in the bus competition, after a very favorable outing on the second run of competition. Both competitors were instrumental in assisting the Western Region Team in achieving the highest overall Team scores resulting in the Western Team winning the Aggregate Trophy for the first time ever. Also a huge thank-you to 2PPCLI for use of their Parade square for local competition and practice before the National Competition.

Each of the aforementioned competitors served as excellent ambassadors as they represented 17 Wing throughout each respective level of competition. The maturity with which these individuals handled the stress of such strong competition was commendable and each of them gave 17 Wing a great deal to be proud of. The tremendous sense of esprit de corps that developed throughout the time spent together as a team in pursuit of the right to have 17 Wing represented at all levels of competition was an achievement in itself.

It is our sincere hope that when the initial glow of success for our CFPDC team fades, that sense of team identity will endure throughout time. We can state categorically that this group of individuals participating in all levels of competition exuded both professional conduct and attitude. It has been a source of personal pride for us to support each of them through-out this CFPDC experience.

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Military lifestyle means special needs for investors

24/7 access to investments an important consideration

By G. Mark Towhey, CD

Like most of you, my military career was punctuated by frequent and often rushed moves from one posting to another. Thirteen moves in 14 years, in fact - and, compared to many of my colleagues, I consider myself lucky with the relatively infrequent number that represents!

Once you've decided to build an investment plan to soften your retirement years, it's important to choose a financial provider that offers the best retirement savings plan, or RSP, for your needs. Two factors that military personnel often value highly are: control and accessibility.

"We've learned from our military clients that it's very important they be able to stay in control of their investments, no matter where their duties take them," explains Ciaran Devine, Managing Director of Group Services for Canada Trust - managers of the Service Savings Plan, the Canadian Forces' official group retirement savings plan for regular and reserve, serving and retired military personnel and their spouses.

"Military investors are transferred more often than most non-military clients, and they often spend months at a time in truly remote locations where mail service is sporadic at best," adds Devine. "They shouldn't have to change RSP providers, or give up control of their investments, when duty calls."

Being in control of your investments means more than just boosting your morale by watching the numbers grow. As your circumstances change, you may occasionally want to fine-tune your investment plan. Either, to adjust your

asset mix to reflect a change in your investment personality, personal situation, or just to take advantage of a one-time opportunity - like additional income during an operational tour.

Even though postings are supposed to slow down due to budget constraints, it's important to find an RSP provider who can meet your needs whether you're living in Comox, B.C. today, or Argentina, Nfld. tomorrow. By move number four or five, I discovered that keeping my address up to date with friends and business contacts was, shall we say, a challenge. I began to pine for an easier way to manage my financial affairs, without having to open a bank account in every city in the country. Bank machines and any branch banking were a Godsend, but managing investments remained, for a long time, a challenge.

Internet and telephone access ideal for military investors

These days, more and more of the best RSP providers offer telephone and Internet access to your accounts. Although accessing the Internet while on patrol in Kosovo may still be impractical, it may be easier on a long-term posting somewhere else. Telephone access may be easier from other postings around the CF world.

If you're already a denizen of the Internet - then accessing your bank accounts, and your RSP investments, through the net is a dream come true. The best providers offer real-time access to your accounts where you can see up-to-the-minute balances in cash accounts as well as daily closing values of mutual funds and your whole investment portfolio. You can buy, sell and trade assets, or give instructions to your

RSP provider through their Internet access site - all with password protected, state-of-the-art security.

12 time zones from home? No problem

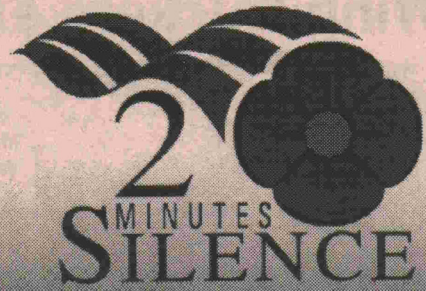
No access to the net? No problem. The best RSP providers also offer telephone banking services for RSP clients. You can monitor and manage your investments from virtually any telephone in the world - and you can call when it's convenient to you.

So, how do you find an RSP provider that offers Internet and telephone access to manage your investments? It's easier than you think. In fact, you don't have to look farther than the Service Savings Plan - the official group RSP for the Canadian Forces.

Recognizing the unique requirements of military investors, the plan includes 24/7 services in English and French for members through Canada Trust's award-winning EasyWeb Internet service and a dedicated telephone call centre. Toll-free telephone access numbers are also available from many parts of the world.

So, when choosing an RSP provider, don't forget to consider control and accessibility as two major factors - especially given the unique demands of military service. After all, do you know where you'll wake up next week?

For help planning your retirement, speak to a qualified financial advisor in your area. For more information about the Service Savings Plan - the official Group RSP for serving and retired members of the CF - see your pay office or call Canada Trust at 1-888-363-7526 within Canada, or visit them online at www.canadatrust.com/service-plan.html.



Le 11 novembre 1999 sera le dernier jour du Souvenir du 20^{ième} siècle.

En vivant au Canada il est facile d'oublier que le 20^{ième} siècle a été l'une des périodes les plus violentes de l'histoire humaine. Plus de 1.4 millions de jeunes canadiens et canadiennes se sont portés volontaires pour servir dans nos Forces militaires et notre Marine marchande, et plus de 116,000 ont donné leur vie.

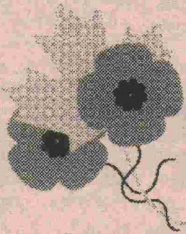
En hommage spécial à ces individus, la Légion royale canadienne demande à tous les canadiens et canadiennes de faire une pause de deux minutes à 11 h 00 heure locale, le jour du Souvenir. Les stations de radio et de télévision cesseront leurs émissions, les magasins, écoles, usines et fermes cesseront leurs activités. La période de silence traversera le pays comme une vague lorsque l'horloge sonnera 11 h 00 heure locale dans chacun de nos six fuseaux horaires.

Joignez-vous à cette vague avec vos collègues de travail, vos ami(e)s et votre famille, et consacrez deux minutes pour réfléchir à la guerre et à la paix et pour penser à ceux qui ont tout sacrifié pour nous.

la Légion royale canadienne
wave@legion.ca

(613) 235-5180, ou visitez www.legion.ca.

SOUVENONS-NOUS



**CANADA REMEMBERS
LE CANADA SE SOUVIENT**

Oops...

In the 27 Oct edition of *The Voxair*, photo credit in the "2nd BN PPCLI on the Hill in Ottawa" article should have gone to Cpl W.C. Gomm. Sorry for any inconvenience this may have caused.

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Millennium music competition

OTTAWA - The Minister of National Defence, the Honourable Art Eggleton, is pleased to announce a competition for three new parade music compositions for the Canadian Forces. Open to all Canadians, including members of the Forces, the music competition offers cash prizes for a Quick March, a Slow March, and a Lament for solo bagpipes.

"Military music has a long and glorious history in Canada," said Mr. Eggleton. "It is one of the strongest most emotive and most thrilling expressions of Canada's military heritage. The stirring strains of military music have been, and remain, an integral part of all the major events in the life of the Forces. At the same time,

the special music of our military is equally essential to all the historic events in the life of the country. The creation of three new compositions, therefore, is an ideal way not only to mark the arrival of the millennium but also to honour Canada's military legacy."

The Quick March and the Slow March will officially debut at the Canadian Forces Massed Bands Beating Retreat Ceremony scheduled for July 20 to 22, 2000. The third composition, the Lament, will receive its first public rendition at the ceremony commemorating the Repatriation of Canada's Unknown Soldier to be held in May 2000.

The winning composers of the

Quick and slow Marches will each receive \$3,000, while the author of the winning bagpipe composition will receive \$1,000. Additionally, all entrants will receive a Certificate of Participation, and a professionally recorded CD of their composition.

The competition is being conducted by the Department of National Defence's Directorate of History and Heritage and the Canadian Forces Music Centre. All entries will be judged by a selection board chaired by Lieutenant-Colonel Denis Bouchard, Canadian Forces Supervisor of Music. The board will consist of recognized leaders, military and civilian, in the field of music.

REMEMBERING

War no one wins
 Enemies who used to be friends.
 Who can say why it begins
 We only pray for its end.
 Boys pushed to become men
 Mothers and wives are left behind.
 Strength and courage heroes made
 Freedom has a heavy fine to pay.
 YET:
 In our heart pride resides
 Truths we've never forgotten.
 Burns brighter on this day
 For those souls lost, those gone away.
 No value can be given
 To what we've gained.
 Priceless is freedom and
 The lives war has cost.
 But to thank our fellow man
 Where today peace still struggles.
 Bow our heads in sorrow and regret
 For those LEST WE FORGET.

Debbie Chaytor

17 Med Squadron lends a hand



GENERAL INFORMATION

Many things can cause chest pain. It may be from a problem in the heart, lungs, digestive tract, or muscles and bones of the chest wall. Some causes are serious or life threatening, but many others are not. You may or may not have other symptoms besides chest pain, depending on the cause.

Typical Symptoms of a Heart Attack could include any or all of the following:

- Chest pain/pressure or squeezing
- Pain extending from chest to arm, shoulders, neck or face
- indigestion or nausea
- shortness of breath
- light headed feeling
- sweating
- sense of apprehension

Chest Pain!

Know the Symptoms -
 It may save your life!

SEEK MEDICAL ATTENTION OF YOU HAVE THESE SYMPTOMS

Dial 5333 (Med Sqn) or call 911 -
 Do not drive yourself to the hospital

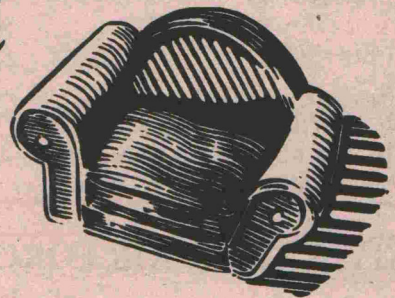
17 Wg Ops Situation Report

18 OCT 99 - 24 OCT 99

OPERATION	COUNTRY	PERS DEPL
Op Calumet	Egypt	1
Op Danaca	Golan Heights	14
Op Echo	Italy	4
Op Kinetic	Kosovo	16
Op Palladium	Bosnia	3
Op Prudence	Central Africa	1
CFS Alert	Nunavut	0
1 CAD/INDIV Taskings*		5
CF Incremental Tasks**		2
General Tasks***		0
MAMS Tasks****		0
TOTAL PERS DEPLOYED		46

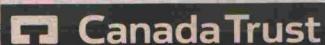
* 1 CAD/INDIV TASKS - AIRFIELD FIRE FIGHTER SUPPORT 5 WG (2), OP KINETIC ASF TRG - VAL CARTIER (2), MED SPT TO OP TOUCAN FLT 1377 (1) ** CFSME GAGETOWN AF ENGR PH IV (1), INTERMED LOG OFFR ORB, BORDER (1) *** GENERAL TASKS - NONE **** MAMS TASKS - NONE

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What Canadians Have to Remember

Flanders field stands alone,
many dead, some unknown.
Poppies growing in this field,
soldiers' bodies they do shield.

Fourteen thousand died for us,
wear a poppy, for that we must.
Why wear one, do you say,
especially on Remembrance Day?

Poppies appearing on the field,
war and sadness to conceal.
Poppies growing over graves,
bleak landscape,
they seem to save.


Painful were the wounds they got,
just simply doing what they ought.
The fearless ones, they do complete,
in the blistering and bloody heat.

In the foreign fields they are lain,
never to return again.
To everyone they love and know,
struck down by their maddened foe.


These people died for us to see,
how great it is, to be free.
So wear a poppy, and in this way,
you show you care, it is
Remembrance Day.

Ericka Samulaitis






**Lest We Forget
In Remembrance of Our
Fallen Comrades**
1914 - 1918
1939 - 1945
and Korea



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


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



**IN MEMORY OF OUR FALLEN COMRADES
IN TWO WORLD WARS
1914 - 18 AND 1939 - 45 AND KOREA**

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In Remembrance



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IN TWO WORLD WARS
1914 - 18 AND 1939 - 45 AND KOREA**

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Lest We Forget
In memory of our fallen comrades in
two World Wars
1914-18 • 1939-45 • 1950-53 KOREA
MANITOBA AND NORTHWESTERN
ONTARIO COMMAND
THE ROYAL CANADIAN LEGION
— We Will Remember Them —





**Their Memory
Lives Forever
1939 - 1945**




**THE WAR AMPUTATIONS OF CANADA
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ARMY, NAVY & AIR FORCE

IN REMEMBRANCE OF OUR
FALLEN COMRADES

WE WILL REMEMBER THEM



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In Remembrance of Our Fallen Comrades
"WE WILL REMEMBER THEM"
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**IN REMEMBRANCE OF OUR
FALLEN COMRADES**
1914 - 1918
1939 - 1945
AND KOREA




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OUR FALLEN COMRADES**

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CITY OF WINNIPEG**





Remembrance Day

Today is a very special day
It's the eleventh of November
When the people across this land
Pause, and take a moment to remember

They'll think of those brave heroes
Who voluntarily went to war
And gave up all their tomorrows
For things worth dying for

Like family, friends, and country
And the right to live in peace

To do the things that must be done
So our freedom would never cease

And they will also never forget
The maimed, the blind and others
And those who really grieved the most
The lonely Silver Cross mothers

So pledge yourselves anew
Our glorious freedom to maintain
So those who gave up their tomorrows
Will not have died in vain.

Bert Cheffins



ARMY, NAVY & AIR FORCE VETERANS IN CANADA LADIES AUXILIARY

MANITOBA AND N.W.
ONTARIO COMMAND

We Will Remember Them

the Commissionaires

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IN FOND REMEMBRANCE OF OUR
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**Lest We Forget
In Memory
Of Our Fallen Comrades**

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In Remembrance of
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"WE WILL REMEMBER THEM"

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**IN MEMORY
OF OUR
FALLEN
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THE LIFE LINE
OF THE WORLD
1939 - 1945

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*To the memory of our departed
comrades, ever remembered*

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WE WILL REMEMBER THEM

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**IN MEMORY OF
OUR FALLEN COMRADES
OF PAST WARS.**

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Of Our
Fallen Comrades
of Past Wars

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ARMY, NAVY & AIR FORCE VETERANS IN CANADA

MANITOBA AND N.W.
ONTARIO COMMAND

We Will Remember Them



**In Memory
of Our
Fallen Comrades**

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Interview with Lois Johnson

Director – MFRC Child Care Centre

The new MFRC Child Care Centre is well on its way to completion! Those driving by the corner of Whytefold and Silver have been watching the progress of the building since the summer and can see it is getting closer to the finish mark. We thought that this might be a good time to offer an "up close and personal" interview with the woman who will be running the show as Director of the new facility, Lois Johnson. Although the centre is not open yet, the work behind the scenes of getting it set up and ready is incredible. We caught up with Lois last week and asked her the following:

1. How long have you been working in early childhood education?

I have been working in the field of childcare since 1986. I returned to school in 1988 and received my level two Early Childhood Education training and then completed my level 3 training at Red River College with a post diploma in special needs care in 1997. I am the mother of three children ages nineteen, sixteen and twelve. I live with my husband and children in Starbuck, Manitoba.

2. How many years have you been working for the MFRC?

I began employment with the MFRC in February of 1994. At that time I was hired to teach the Nursery School program at Lipsett Hall. I facilitated both Nursery programs (Westwin and Lipsett from 1996-99). I also developed and facilitated a music, gym and movement, literacy program and tot shop program.

3. How do you see this child care centre enhancing the programs the MFRC already offers military families?

The Centre will offer full time care for employed parents at hours that are more compatible with the military lifestyle. It will also be available for casual care, respite care and holiday care if spaces are available. The centre is under the auspices of the MFRC so our programs will balance with other MFRC programs and offer as wide a selection for parents as possible. Communication between programs will be ongoing to ensure a constant flow of information for military families.

4. When is the centre scheduled to open?

The completion date for the construction of the centre has been slated for 15 December, with a completed move in date of around mid-January.

5. How is registration going? Are you nearing capacity?

Registration is ongoing. Our infant care (6 months - 2 years) is full but this does not mean we are not taking anymore registrations. Our infants will move into the preschool program at age two, thus creating available spaces throughout the year. We still have space for full and part time children in our pre school program and also space is available in our school age program. For more information call me at 833-2500 ext. 2495. I am only employed three days a week until December so leave a message if you get my voice mail or if you prefer you can contact Wendy Richardson at ext. 2491.

6. What programs will you be offering when you open in January 2000?

We will offer full time care for infants 6 months to 2 years, full time, part time or part day care for preschoolers age 2-6 and before and/or after school care, in service and holiday care for school age children (age 6-12 years). Our centre will offer a safe, secure and stimulating environment with high quality and inclusive programming. Children will be involved in large and small muscle play, indoors and outdoors with emphasis placed on social, emotional and language skill development.

7. What will your hours of operation be? And will you offer overnight and evening care?

At the present time our hours which are 6:30 a.m. to 5:00 p.m. have been set by the needs of the parents who have registered. It is our hope that in future, if we are advised of the need, we will be able to create flexible hours for parents of varying job specifications.

8. Will you be offering transport to and from school?

We were very excited to find out that school transportation can be provided free of charge for children attending Ecole Tache, Bannatyne, Golden Gate and Strathmillan schools. The bus would pick up and drop off the children at the centre. The only stipulation would be that this would be the only pick up and drop off point which the family could use. (Meaning that if you were sending your child part time you would be responsible to get your child to this location on the days they did not attend day care). It would be the responsibility of the parent to advise the school if they required transport from the Centre.

9. Who could most benefit from using the centre?

If you are a working parent, a parent of a special needs child, or a parent who wants more social experiences for your child, the centre could address those needs.

10. Why do you think they would choose this centre over a civilian centre in their community?

A civilian centre may not be as closely situated to your work environment and may not be able to meet the changing needs of military life. Also, a civilian centre may not be as closely aware of what is happening in the military community i.e. Early hours, changing hours, deployment, postings, flexible hours. It is our hope, through the support of the base and the MFRC, that all these needs may be met.

11. What will the cost be for each individual program?

The cost for each program is as follows:

Infant care full time \$27.45/day
Pre-school full time \$18.40/day
Part day \$9.20 (this is less than 4 hours in a.m. or p.m.)

Part time \$18.40/day (on days attending, i.e. Mon, Wed, Fri)
School age

\$5.85/one slot (before OR after school care)

\$9.60/two slots (before AND after school care)

\$18.40/day (holiday and in-service days)

This fee is based on a full time (260 day) year including statutory holidays. Fees must be paid while personal holidays are taken to maintain the child's space in the Centre. All fees are based upon the legal requirements of Manitoba Day Care.

12. Who is entitled to enroll their children here?

There has been much talk about this! The priority of enrollment is as follows:

First priority - Children of Military families, DND employees, and Reservists. Full time over part time. Second priority - Children of civilians in the community. Full time over part time. Priority is also given to siblings of children already enrolled in the program.

13. Will subsidies be available?

Families who are unable to meet the cost of the daycare can apply for financial assistance through the Manitoba Government Daycare Office Subsidy Program. Applications are available from the Centre Director or call the Day Care office at 945-4269.



14. Why do you need to leave a deposit? Does that go towards my first installment?

A deposit is a sign of "good faith". The nature of childcare is such that staff hiring and budgets cannot be created until we know enrollment numbers. This is due to provincial standards that create ratios of staff to children. These standards are needed and appreciated but create a challenge to supply adequate staffing over the total time a centre is open. Therefore its imperative that we know a person is serious when they register their child. A non-refundable deposit often shows us that this is the case.

Childcare centres have different policies regarding this deposit. Some have it go to a first payment at the centre, some refund it after the child has attended the centre and then leaves, others create a non-refundable deposit. At this time, because we need to maintain financial viability, and because we get no other funding except through parent fees, we have opted to make this deposit non-refundable. This is not to say that at some future date the policy may be changed. (As an added note: the initial set up and maintenance fees will be covered by 17 Wing - but this money is not transferable to program requirements).

15. In closing Lois, is there anything you would like to tell those interested in the centre?

Yes, I would just like to say that I am very excited about the new centre!!! I have been busy developing staff and centre policies, creating parent handbooks and class schedules, selecting furniture, appliances, toys and program supplies. This is going to be a great facility and an excellent addition for the military community. I would be happy to talk with anyone who has questions or is just curious about the new centre! Give me a call (local 2495) or drop into my temporary office in Westwin Community Centre. I have pictures of the Daycare and the plans are on my wall for anyone who would like to see them.

Thank you Lois for taking the time to answer all these questions! We hope for the readers interested in the new centre we have provided some useful information. Watch for the next issue of the Voxair as we take a look "inside" the facility.

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Thursday 12-8:30 pm; Friday 8:30 am - 3:00 pm

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La recherche au service des Canadiens et Canadiennes atteints d'arthrite

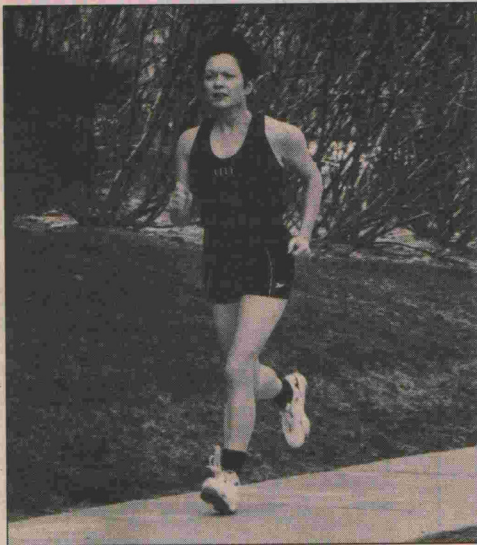
Depuis des siècles, l'homme mène un combat contre l'arthrite. Encore aujourd'hui, pour un Canadien ou Canadienne sur sept, douleur et inflammation font partie du quotidien. Heureusement, nous en savons beaucoup plus maintenant sur cette maladie. Des années de recherche et d'investissements commencent à porter fruit sous la forme de progrès importants dans la façon dont on traite l'arthrite.

Les premiers antiarthritiques ont été conçus sans que l'on comprenne précisément leur mode d'action. Les médicaments employés le plus souvent pour traiter l'arthrite sont connus sous le nom d'anti-inflammatoires non stéroïdiens, ou AINS.

Le premier médicament de ce type, et probablement le plus connu, l'acide acétylsalicylique (AAS) ou aspirine, a été découvert il y a 100 ans. Toutefois, ce n'est qu'en 1971 qu'un scientifique, Sir John Vane, a découvert que les AINS fonctionnaient en bloquant une enzyme responsable de la douleur et de l'inflammation.

Aujourd'hui, deux millions de Canadiens et Canadiennes prennent des AINS. Bien que ces derniers soient très efficaces pour soulager la douleur et l'inflammation causées par l'arthrite, ils peuvent également provoquer de sérieux problèmes gastro-intestinaux, comme les ulcères d'estomac, qui sont parfois mortels. Nombre d'arthritiques au Canada, comme Anne Malo, ont dû essayer divers traitements en vue d'éviter ces effets indésirables.

Les scientifiques ont poursuivi leurs recherches afin de comprendre le mode d'action des médicaments et de trouver des



Atteinte d'arthrite, Anne Malo célèbre sa vigueur retrouvée, grâce à un antiarthritique novateur, Celebrex, mis au point après une découverte révolutionnaire.

moiens d'utiliser ces connaissances pour mettre au point des agents plus efficaces et plus sûrs. Une des percées les plus prometteuses depuis des décennies en matière de traitement de l'arthrite est survenue au début des années 90, lorsque le Dr Philip Needleman a découvert qu'au lieu de bloquer une seule enzyme, les AINS inhibaient en réalité deux formes d'une même enzyme. Tandis qu'une forme - la « mauvaise » - participe au déclenchement de la douleur et de l'inflammation, l'autre - la « bonne » - joue un rôle protecteur dans l'estomac.

Forts de cette découverte

révolutionnaire, les scientifiques de Searle se sont concentrés sur la mise au point d'un médicament qui inhiberait l'enzyme spécifique qui cause la douleur et l'inflammation, tout en laissant intacte la « bonne » enzyme, dont le rôle est de protéger l'estomac. Le résultat : un médicament novateur appelé Celebrex[®], qui a été approuvé par Santé Canada en avril dernier. Ce nouveau médicament est indiqué pour soulager à court et à long terme les signes et les symptômes de l'arthrose et de la polyarthrite rhumatoïde (PR) chez l'adulte.

Au cours des essais cliniques,

on a constaté que Celebrex était aussi efficace que les AINS traditionnels à l'étude (naproxène, diclofénac et ibuprofène), mais qu'il était beaucoup plus sûr car il causait nettement moins d'ulcères du tube digestif. En raison d'une sécurité d'emploi sans précédent, Celebrex connaît l'un des dépôts les plus fulgurants de l'histoire.

« Étant donné que Celebrex constitue une solution de rechange beaucoup plus sûre aux traitements antiarthritiques traditionnels, cela nous permet de traiter nettement mieux les arthropathies », a mentionné le Dr Boulos Haraoui, rhumatologue et directeur de la recherche clinique du Service de rhumatologie du Centre hospitalier de l'Université de Montréal (CHUM). « Bien que Celebrex comporte un faible risque d'ulcération gastrique, les patients doivent demeurer attentifs aux signes et aux symptômes d'hémorragie du tube digestif, puisque de graves ulcères peuvent survenir sans qu'il y ait de symptômes avant-coureurs, et ce, même chez les patients qui ne prennent pas de médicament », a-t-il poursuivi.

Anne Malo a participé aux essais sur Celebrex au cours des deux dernières années. Maintenant, elle prend Celebrex une fois par jour, son arthrite est maîtrisée, elle ne souffre plus des effets indésirables de nature gastrique causés par les antiarthritiques traditionnels et elle a pu reprendre une vie normale. En définitive, ceux qui auront bénéficié le plus de cette recherche et de son extraordinaire aboutissement sont les quatre millions de Canadiens et Canadiennes atteints d'arthrite.

November is Diabetes Month

Diabetes is the leading cause of death by disease in North America. Its complications kill more people each year than AIDS, breast cancer and lupus combined. More than 1.5 million Canadians are already affected by the disease and an additional 750,000 have not yet been diagnosed. November is Diabetes Month and its purpose is to create awareness about the seriousness of the disease and the need to find a cure.

"Many people think that insulin is a cure. It's not. It's simply a control," says Ron Forbes, President, Juvenile Diabetes Foundation. "Juvenile Diabetes Foundation is determined to find a cure for this disease by raising much needed funds for vital diabetes research. A cure must be found."

Call 1-877-CURE-JDF or visit the website at www.jdfc.ca to make a donation.

Diabetes Data...

- More than 2.25 million Canadians have diabetes, many of them children.
- Sixty thousand new cases are diagnosed in Canada every year.
- Every year, twice as many women will die from diabetes as from breast cancer, AIDS and lupus combined.
- 75% of stroke sufferers have diabetes.
- Diabetes is the underlying cause of 50% of all heart attacks.
- Diabetes and its complications cost Canada more than \$9 billion a year in healthcare, absenteeism and lost productivity.
- Diabetes is the single most common reason for physical visits, use of hospital outpatient facilities and admissions to hospital.
- Diabetes reduces life expectancy by up to 30 per cent (or 20 years less than people without diabetes)
- Insulin is not a cure - it is simply a control.
- Complications include blindness, kidney failure, nerve damage, gangrene, amputation, heart disease and stroke.
- A family having one child with diabetes will spend approximately \$3,600 per year to manage the disease and \$200,000 over a lifetime.

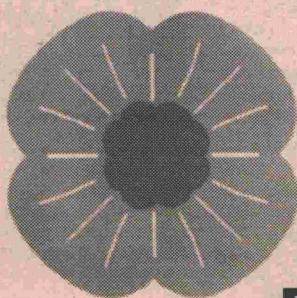
Kanadische Kickers Players Profile

#8 Terry Gingell

Terry was born 23 Oct. 62 in Oyam, British Columbia and for the past seventeen years has been synonymous with the Kanadische Kickers.

Terry's long soccer career has many highlights including team captain for fourteen years, international soccer in Europe, winning the CR national title, four Amateur World Cup appear-

ances in Holland and recently winning the prestigious "lifetime achievement award" for his dedication and leadership in soccer, as voted on by his peers across Canada. In excellent physical condition, Terry personifies hard work on the field and continues to build a first class club in the Manitoba Central Soccer League.



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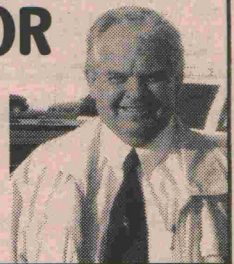
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MFRC ANNOUNCEMENTS

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

Ukrainian Buffet

Theme Luncheon

Our next trip takes us to the Ukraine.

Come join us on...November 19th at 1130-1300 hrs
At the Combined Mess Building 61

Cost is \$8.00 for all you can eat buffet.
\$1.50 goes to support MFRC programs.

For more information Please Call the MFRC at 489-7003.

MFRC CHILD CARE CO-OP

Want to be able to go Xmas shopping, attend an Xmas party or just an outing without having to pay a babysitter?

HERE'S HOW!!!

Join the MFRC Child Care Co-op. We're a group of parents who exchange parenting service at **NO CHARGE**. Basic guidelines, monthly meeting (Kids welcome) and membership conditions keep the co-op running smoothly. Members have a military police check done.


For more information contact the MFRC at 459-7003,
or Theresa at 832-1209 (evenings).



Operation Abacus...Are you Ready?

With the millennium fast approaching 17 Wing personnel are gearing up for any eventuality. Many CF members, both regular and reserve will be on stand by from late Dec 99 until Jan 00. Just a reminder to ensure that you have secured care for your children in case of call-out during this period. This is especially important for our intra-service couples and single parent members. The MFRC compiles and updates a complete listing of childcare resources at 350 Doncaster St. to assist you. Resources for elder-care and dependants with special needs are also available upon request. Prepare now, have your plan in place!

Call Catherine at 489-7003.



CHILDREN'S PROGRAMS

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

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

Both centers are licensed nursery schools. They are licensed through the provincial government. The Manitoba government is a strong supporter of childcare and facilitates quality childcare with strict regulations and follow up inspections. Both centers are subject to regular health and fire inspections. The staff are trained in early childhood education and are all certified in first aid and CPR. Please remember that our centres are peanut free when you provide snacks for any of our programs.

NURSERY SCHOOL PROGRAMS

Our nursery school offers the preschool child the opportunity to develop emotionally, socially, physically, and intellectually in a happy stimulating environment. Our centres are set up to create a safe, secure and healthy environment where children can develop and learn through play. Children are free to choose from various activities including learning centres, stories, music and movement, arts and crafts, games, drama and free play. Children must be three by the end of December to start nursery school in the fall.

Lipsett Hall (English) Mon., Tues., and Thurs. mornings 9:00 to 11:15 a.m.	Westwin (English) Mon., Wed. and Fri. mornings 9:00 to 11:15 a.m.
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NEW FOR FALL 1999-FRENCH IMMERSION NURSERY PROGRAM

This program will offer your pre-school child the unique opportunity to be exposed to a French atmosphere during our nursery school program. Westwin Children's Centre, Monday, Tuesday, and Thursday afternoons. 1:00 p.m. to 3:15 p.m.
 Cost: All nursery school programs are \$72 per month. The annual registration fee: \$15 (non-refundable).

Toy Lending Library

The Toy Lending Library is open on Fridays from 9:00 a.m. to 2:30 p.m. The location is 350 Doncaster Street. Membership is only \$10 a year.

Toys may be borrowed two at a time for a two week period.

Would you like your membership free? Become a Library volunteer and complete 12 hours of volunteering and your membership will be reimbursed. Children are welcome during this volunteer opportunity. Volunteering is a great way to meet your community.

For more information on the MFRC Toy Lending Library please contact Céline at 489-7003



Over three months has gone by since the Newcomer Event took place on August 21st. Everybody still remembers what a beautiful day we had, the sumptuous breakfast, the hearty lunch and the nice walk we took down in the Exchange District. This day was made possible with the generous help of various local merchants. We would like to thank them for their generosity, without them the day would have not been as successful as it was.

Il y a de cela trois mois, le 21 Août, nous tenions notre Activité Annuelle pour les Nouveaux Arrivants. Vous vous rappelez sûrement cette belle journée ensoleillée, le petit déjeuner, le lunch et le tour guidé du centre-ville. Cette journée a été possible grâce aux donations de plusieurs marchands locaux. Nous les remercions pour leurs généreuses contributions, sans eux la journée n'aurait pas eu un tel succès.

Here is the list of the contributors:
Voici la liste de ces contributeurs:

George's Burgers & Subs Subway Le Croissant Bakery Safeway Tuxedo Sweet Delights Dairy Queen Grabbajabba Scoop 'n' Weight Harvest Bakery Bagels & Bagels on Academy Gillian Fortin 17 Wing Ceramic Club 435 Transport & Rescue Squadron Canex Librairie a la Page	La Boutique du Livre La Boutique/Centre Culturel Franco-Manitobain Vanity Hair Studio Shannon's Hair Design Dominica's Unisex Hairstyling Tuxedo Family Chiropractor Academy Massage Vita Health Intuitive Guidance Linda Belisle Manwin Insurance Brokers Ltd Teresa Morris/Regal Representant First Place Gifts & Cards Winnipeg Tourism MFRC/CRFM
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BIG THANKS TO YOU! UN GROS MERCI!!

<h3>Christmas Cards</h3> <p>Special because you made them yourself. We will layer papers and embellish with raffia to create special cards for your loved ones for the Holiday Season. You will be given supplies for 10 cards.</p> <p style="text-align: right;">South Side Chapel Annex \$10.00 (incl. Supplies) December 1, 1999 6:30 - 8:30</p> <p>Register at 350 Doncaster by 24 November</p> <h3>Gift Bags</h3> <p>Gift bags are great because they are quick, reusable and fold flat for storage. Come and make a supply of your own for upcoming giving season. (5+ gift bags)</p> <p style="text-align: right;">South Side Chapel Annex \$10.00 (incl. Supplies) December 8, 1999 6:30 - 8:30</p> <p>Register at 350 Doncaster by 1 December</p> <h3>Thank You Cards</h3> <p>The use of thank you cards is a gentle tradition that not only confirms the receipt of a gift but also makes a connection with the giver. We will use variations of a card making technique to create cards for acknowledging the gifts of the holiday season.</p> <p style="text-align: right;">South Side Annex Chapel \$10.00 (incl. Supplies) January 12, 2000 6:30 - 8:30</p> <p>Register by 6 January at 350 Doncaster</p>	<h3>Handmade Paper</h3> <p>These 2 step-by-step classes will teach you how to make handmade paper from recyclables. Specialty equipment will be provided for your use. You will bring home the sheets of paper that you create. Please bring a pen and paper for taking notes. Classes will be held in the South Side Chapel Annex.</p> <table style="width: 100%; border: none;"> <tr> <td>Confetti Paper</td> <td>January 19, 2000 6:30-8:30</td> <td>\$10.00</td> </tr> <tr> <td></td> <td>Register by 12 January at 350 Doncaster</td> <td></td> </tr> <tr> <td>Naturals Paper</td> <td>February 9, 2000 6:30-8:30</td> <td>\$10.00</td> </tr> <tr> <td></td> <td>Register by 2 February at 350 Doncaster</td> <td></td> </tr> </table> <h3>Notecard Gift Set</h3> <p>When you need "a little something" for someone special. Using calendar pages we will create note cards with a holder that will be perfect for those occasions.</p> <p style="text-align: right;">South Side Chapel Annex \$10.00 (incl. Supplies) February 16, 2000 6:30-8:30</p> <p>Register by 9 February at 350 Doncaster.</p> <p style="text-align: center;">Samples of these crafts are on display at the MFRC</p>	Confetti Paper	January 19, 2000 6:30-8:30	\$10.00		Register by 12 January at 350 Doncaster		Naturals Paper	February 9, 2000 6:30-8:30	\$10.00		Register by 2 February at 350 Doncaster	
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Dental team receives unit commendation

By Mitch Gillett

Ottawa - When Swissair Flight 111 crashed September 2, 1998 off the coast of Nova Scotia, there was only one group in Canada trained in the ability to identify all 229 passengers and crew through dental records. For their efforts in identifying those who died in this tragic air disaster, members of the Canadian Forces Dental Services Forensic Team were presented with a unit commendation October 12.

"Defence was the only institution in Canada able to provide a highly trained, well organized dental forensic team capable of undertaking a large, complex and time-sensitive humanitarian operation," said Ottawa-based

Colonel John Currah, senior dental officer of the CF Dental Service.

"This team performed in keeping with the highest of public standard of ethos, values and professionalism."

Nova Scotia's Chief Medical Examiner, Dr. John Butt, called in the military dental team when he realized the enormity of the task at hand.

"I am convinced that there was no other way that the dental forensic records could have been met without the support provided by this outstanding group," said Dr. Butt in a letter. "Canada would have had to face its inability to fully handle the crisis and ask for foreign assistance. Great credit has been brought to the

Canadian Forces for their superb performance in all areas and in the dental forensic area in particular."

The dental team set up procedure and protocols for the identification effort, called Operation Persistence, as divers started to bring the remains of the Swissair Flight 111 passengers to the surface. By the end of the operation, October 30, 1998, the forensic team had compiled and transcribed 198 Ante-mortem and post-mortem dental records, produced more than 2000 dental radiographs and made 102 positive identifications.

"One of the most difficult aspects of the identification process is that while comparing

ante-mortem and post-mortem records, the remains become humanized," said Col Currah. "There is a sudden and unavoidable realization that the unrecognizable flesh and bones were once a son or a daughter, a wife or a husband."

Participating in the awards ceremony, which was held in the concourse of National Defence Headquarters, were 28 of the 44-member forensic team, which was made up of military dentists and dental assistants from across the country.

For Sergeant Nora Larocque, dental assistant with CFB Halifax's 1 Dental Detachment, the commendation provided closure.

"Finally, we can put it away.

"It's time," she said. "Doing this has brought back some memories and it is not really good. This will be the last time and we can put it away after a year."

Master Corporal Dave Hal, dental assistant with CFB Kingston's 1 Dental Detachment, said "It means a lot to me. It is recognition and, for me, personally, it puts a close to things. We saw a lot and did a lot."

"It was not a pretty time in Halifax," said Lieutenant-Colonel Bob Hart, a dentist with Ottawa's 1 Dental Unit Headquarters. "It was a very difficult time under very trying circumstances."

"I am very pleased the recognition is there."

Fall into the habit of planting spring bulbs!

Have you ever envied a neighbor's yard that overflows with bright tulips and daffodils every spring? Ever wished you had the time, tools and talent to do the same in your own yard? Well, get out your trowel because this year you're going to do it.

Here's the big payoff. A couple of weekend hours this fall means a beautiful springtime yard for years to come. Bulbs are perennials - they come back every year - and some even naturalize, meaning they multiply on their own.

The most popular spring bulbs include anemones, crocuses, daffodils, grape hyacinths, iris, snowdrops and tulips. And while bulbs are traditionally associated with Holland, where most of the world's hardy spring flower bulbs are grown, most bulbs have their origins in the Middle East or Southern Europe. Prized and traded among emperors and kings, many bulbs were first introduced by soldiers returning from the Crusades who wanted to propagate exotic flowers in their native countries.

Bulb basics
Spring-blooming bulbs become available in garden centers and hardware stores in late summer. It is a good idea to buy them early

when the selection is best, and plant them as soon as the days get cooler. Assorted bulbs can be purchased in pre-packaged mesh bags or individually.

It helps to select bulbs the way you choose fresh fruit, according to John Mansz of The Home Depot.

"Choose fat bulbs that aren't mushy when they're squeezed," he says. "I also like to smell the bulbs. If they have an odor of mildew or rot, the bulbs probably won't make it through the winter."

Gardening 101
Bulb planting is a relatively simple procedure, provided the gardener has the right tools: a trowel, a gardener's knee pad, bone meal and a sense of good timing. In the north, spring bulbs are usually planted between mid-September and early November, before the ground freezes. Once in the ground, bulbs function like factories, storing and processing their own food through the cold winter months.

In warm climates, spring bulbs can be more challenging to gardeners since the winters are not cold enough to make many bulbs go dormant. So it is best for southern gardeners to store their bulbs, package and all, in the

refrigerator anywhere from four to eight weeks before planting. This will give them a chance to "chill out" before going into the garden in early spring.

"Make sure there is no ripening fruit in the refrigerator with the bulbs," says Mansz. "The fruit can give off bulb-damaging gases."

Traditionally bulbs are planted by digging a hole about three times the depth of the bulb itself. A mixture of compost and bone meal is added to the bottom of the hole before the bulb is placed into it root side down. Bulbs prefer sunny areas with well-drained soil. If soil appears a little too wet, mix in a little sand to promote more effective drainage.

Planting bulbs in a shady area is fine as long as the trees are deciduous. For a landscaped look, arrange the bulbs in groupings - a few widely spaced for the larger flowers, several closer for smaller ones.

One of the reasons bulb gardening is so popular, is that the planted areas are usually low maintenance. However, there are some advantages to topping the beds with compost or a 5-10-5 fertilizer in the fall and again in early spring. Deep watering also is a good idea if the summer has been particularly dry.

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COMING ATTRACTIONS

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REMEMBRANCE DAY



In this last year of this century of wars, The Royal Canadian Legion invites you to participate in a special tribute to Canada's war dead. The "2 Minute Wave of Silence" is a Legion Millennium Event designed to enable Canadians to stand in silent tribute to those gallant men and women at 11 a.m. local time on 11 November. As the clock strikes 11 a.m. at the 01 time zones, take a short break to honour those whose minutes on this earth ended so early. The effect will be a "Wave of Silence" rolling from coast to coast. Join the wave and make this Remembrance Day a living memory for all who participate.

THE ROYAL CANADIAN LEGION

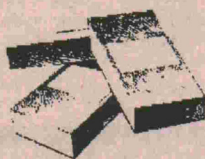
WHAT'S HAPPENING

The Deer Lodge Centre Auxiliary Christmas Craft Sale will be held at the Centre, 2109 Portage Avenue, Saturday, November 13th from 10:00 a.m. to 3:00 p.m. As well as a large selection of home baking and handicrafts, we will feature crafts such as jewelry, wooden ware, toys, ceramics, silk flowers and Christmas decorations.

Come Fly With Us!

The Western Canada Aviation Museum is looking for Volunteers to help in Admissions, the Gift Shop, and as Tour Guides for 1 - 2 half days per week. Please call Sharon at 786-5503.

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The Westwin Badminton Club

Is currently looking at the feasibility of developing a Junior Program within our club. Before we proceed with this idea I would like to canvas all military personnel to see what interest there may be in such a program. If you have any dependents age 10-16 that are interested or if you have any questions about the Westwin Badm Club please contact WO Joe Runge loc 2301, or Mr Brian Wong loc 5298 or either of us via email. Be reminded that this is only to determine what level of interest there may be, and that there is no junior program established at the Westwin club.

GARDEN OF MEMORIES UPDATE

AS OF MID-OCTOBER, A TOTAL OF 973 STONES HAVE BEEN SUBSCRIBED. THERE WAS SOME VANDALISM IN THE FORM OF BICYCLE TIRE MARKS FOUND ON THE ROUND, HOWEVER THEY HAVE BEEN SUCCESSFULLY REMOVED. THE ENGRAVED STONES IN THE NEW ZEALAND SECTION HAVE BEEN PHOTOGRAPHED, AND THE NEGATIVES SENT TO NEW ZEALAND, WHERE THEY WILL BE DEVELOPED AND DISTRIBUTED.

A BEAUTIFUL PAINTING OF THE GARDEN OF MEMORIES BY LOCAL ARTIST DON MCKEY WAS SHOWN AT THE OCTOBER MEETING. THE ORIGINAL WILL GO TO THE NEW ZEALAND NORTH SHORE BREVET CLUB, AND LITHOGRAPHS WILL BE PRESENTED TO 17 WING AND TO 1 CAD HEADQUARTERS. A LIMITED NUMBER OF LITHOGRAPHS WILL BE PRODUCED FOR SALE TO WING MEMBERS AND THE PUBLIC, IF ENOUGH INTEREST IS SHOWN. CONTACT NORM CLARK OR JOHN WHISTON FOR DETAILS.

From August 3rd to the 6th, 2000

The Timmins High & Vocational School Reunion Committee will be hosting Homecoming 2000.

This event-packed weekend should see upwards of 5000 former students of TH&VS returning to the City With A Heart of Gold to share memories and good times with friends and relatives.

If any of the citizens of your fine community are former students of Timmins High & Vocational School, and are interested in attending, please consider this an invitation to register today for the millennium event of the year!

Registrations can be obtained from:

TH&VS

451 Theriault Blvd., Timmins, Ontario P4N 8B2

Fax: (705) 268-6603

Email: <http://www.nt.net/~happykue/thvs2000.htm>

CHRISTMAS CONCERT

The St. James Assiniboia Divisional Concert Choir will be holding a benefit concert to raise funds to help defer the cost of their spring trip. This year they will be representing the city of Winnipeg and the province of Manitoba as they tour North Dakota, Minnesota, and Ontario.

A benefit concert will be held on 14 December 1999, at 7 pm in the 17 Wing theatre (680 Whytefold Rd.). The evenings performance will include the St. James Assiniboia Divisional Concert Choir, the 1 Canadian Air Division Jazz Band, and dancers from the McConnell School of Irish Dance (performing a tribute to Riverdance and Lord of the Dance).

Truly something for everyone to enjoy.

Ticket prices will be a follows

- Adults - \$10.00
- Seniors and Children under 13 years of age - \$7.50
- Children under 3 - FREE
- Family pass - \$25.00 (maximum two adults and three children)

For tickets or additional information please contact one of the following individuals: Mark or Janet Wuennberg 888-9563

Military Community Council Family THRIFT SHOP

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Bldg. P12, 347 Doncaster Street (directly across from MFRC)

Hours of Operation:

Tues. 6 - 8 p.m. • Thurs. 1 - 3 p.m. • Sat. 10 a.m. - 3 p.m.
Volunteers Needed • Open an Account • Material donations accepted

QUESTIONS? CALL 488-4177

Help Wanted

Cadets - Civilian Instructors - Officers
Volunteers are needed to act as reporters/
correspondents for the Canard

If you can help make your Canard more informative or useful to the cadets in Prairie Region, please contact the Editor, Maj H. Mar at (204) 833-2500, extension 5183 or write to:

Editor, The Canard
Prairie Region Headquarters Cadets
P.O. Box 17000 Stn Forces
Winnipeg MB R3J 3Y5

Newcomers' Club of Winnipeg

Are you new to the city?

Would you like to meet new friends at social functions?

If so, please join us for a monthly coffee party and/or general meeting. The Newcomers' Club of Winnipeg is a women's social group who meet on the third Wednesday of each month. The many monthly activities, including book club, restaurant lunches, crafts, bridge and movie night provide an opportunity to make friends in the city.

For more information, call 992-2999 and leave a message. Someone from our Hospitality Committee will return your call. Plan to join us and remember "You are not alone."

17 WING WOODWORKING CLUB

Located: Building 33 (Family Resource Centre)
Hours: 24 hours a day seven days a week
Cost: \$50 + GST per year individually or \$75 + GST family (dependents over eighteen).
Equipment: Full compliment of stationary and hand tools.
Sales: Limited supply of hardwoods.
Discounts: Hardware store discount cards and access to wholesale lumber.
Contacts: Pres.: Capt Steve Wilson lcl 6674
Treas.: WO Greg Speakman lcl 5555
Secretary: Capt Sylvain Gazaille lcl 5154
Equipment Mgr.: Cpl Jean Tremblay 832-2773

CERAMIC CLUB

Westwin Community Centre
Building 33, Whytefold Road by Building 90

Hours of Operation are

Monday - Thursday - 6 - 10 p.m. Office closes at 8:00 p.m.
Club 833-2500 Loc 2496

Looking for something new or different. Why not join the Ceramic Club?
Adult beginner classes are Wednesday.
Children's classes will be on Tuesday's 6:30-8pm, 10 year - 16 years.
Looking for something unique to give to that special someone, or even for your own home, we will help you find that unique idea.
Anyone interested in joining or dropping by to see what we are all about, telephone June 888-6059 or Marilyn 889-0571, for more information on times and costs.

Q. What do Tim Allen, W.A.C. Bennett, Billy Jean King & James Lovell all have in common?

A. They all belonged to Toastmasters and learned how to listen, think and speak more effectively. You can too.

West Winners
Toastmasters meet
Thursdays at 12:15
at the Westwin
Community Centre.

Call Mike at 889-0875 or
Fadel at 837-8089 for info.

Reading Corner

Hours:

Monday - Tuesday
10 a.m. - 8 p.m.

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

Telephone:
833-2500
ext. 2490

POSTED TO 4 WING COLD LAKE?

Medley Family and Community Services, Medley Community Centre, Building No. 674, 4 Wing, CFB Cold Lake, PO Box 5260 Station Forces, Cold Lake, Alberta T9M 2C3; phone (403) 594-6006; office hours 0800 - 1630 Monday to Friday (including lunch hours).

Medley Family and Community Services exists to provide services and programs that serve to strengthen family and community life. Through volunteer efforts and community input, needs are identified and programs established.

We offer Information and Referral; Family Education and Preventative Programs, such as Before and After School Supervision, Youth/Teen Centre, Parenting Courses, Suicide Prevention Seminars, Connecting Friends, and Spouses of Spouses Away; Counselling (individual and family); Community Services and Events such as RV Compound, Arts and Craft Shows, Medley Days, and Canada Day; Childcare Services such as Day Care, Satellite Day Homes, Babysitting, Pre-School, Toy Library and Play With Me; Lifeskills Programme; Volunteer Opportunities and much, much more!!!

We are looking forward to your arrival. We will help you get settled in your new community. We invite you and your family to contact or visit our offices. We can help you find information you may need to get settled in, meet other members of the community and more. Give us a call or drop in!



Donna Dynes a Nursing Officer at 17 Med Sqn receives a Quality of Life Appreciation Award for her development of the **WHOLE LIFE WORKSHOP**. Her initiative provides members and families of 17 Wing with the tools, skills or expertise they need to help them cope with the demands of today's military lifestyle. Information on this program can be obtained through local 5121.

PERSONAL CLASSIFIEDS

EVERYBODY'S MARKETPLACE

WANTED

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.

Wanted - Energetic and very honest person to take over cleaning business. Must have car. Call Brenda 885-1720.

Wanted - Baby swing. Call 895-8191.

NOTICES

Santa Claus suit for rent. Two piece suit with hair, beard, hat, boot covers, bag and bells. Cost \$25. Can be booked through Kathy Cox, President 17 Wg Ladies Curling Club at 888-5659.

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.

After school childcare, laundry and cleaning, required weekday afternoons. Driver's license, non-smoking. Please call 488-7639.

MISC. FOR SALE

For Sale - 4 rims 2 used winter tires 195/70 R14, fit Dodge, Chry, Plym, \$15 each. Call after 1700 hrs. 487-3871.

MISC. FOR SALE

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 - Infant sled, \$10. Evenflo infant car seat, \$50, excellent condition. Phone 488-0501.

For Sale - 1998 GTX Limited Sea Doo for sale. Includes trailer, rear step ladder, cover, 2 cases of oil, 3 cans of fogger, 2 matching life-jackets (worth \$100 each). It is a 130 HP top of the line 3 seat sea doo with 27 functional digital display. Has only 2 hours on it. It is in mint cond. Must sell. Paid \$10500, asking \$7000. Call 227-3268 (cell) and ask for Brian Rhodenhizer, or 896-9125 and ask for Chris, or email at cejensen@pangea.ca.

For Sale - Unique 3 in 1 play structure. Swings, slide, climbing bars. There's no reason for your children to leave the safety of your own yard! Exc. cond., purchased in 1997. Asking \$300 OBO. Don't wait. We're moving Dec. 1 and the children have outgrown it. 487-0604.

MISC. FOR SALE

For Sale - two cribs with mattresses, good condition, \$75 each. Phone Stephen at 775-7097 evenings.

For Sale - Fridge & stove, 2 yrs. old, \$750. Call Don at 488-1743.

REAL ESTATE

For Sale - Furnished 3 BR House in South Winnipeg Avail. Jan 1 - June 30. Six appliances, double garage. No smokers. \$950/month + utilities. Call Ed (204) 275-6275.

AUTOMOBILES

For Sale - 1993 Dodge Spirit. Safetied, 114,000 kms, pb, ps, pw, pdl, command start, am/fm cass., allum. alloy wheels, trailer hitch. Well-maintained, winterized, non-smoking vehicle. \$6500 OBO. For more info contact Eric Park at 261-3641 or 833-2500 ext. 6033.

For Sale - 1989 Ford Ranger Custom 2.3L, 5 spd., am/fm cass., custom matching cap. 138k Km orig. Alberta owner. Safetied, well maintained, all records avail. New muffler/exhaust pipe/fr. shocks/clutch. New all-season radials 1997. New brakes & battery 1996. Extra set of winter tires and hubs. Very reliable & dependable vehicle. Good to excellent condition. \$2500 OBO. Call Kris @ 204-487-4056.

CFB Winnipeg's Base Newspaper Voxair requires an Advertising Sales Representative. This is a commissioned position. 20% on all first time ads and 15% on all subsequent ads. Prior related experience is an asset. Understanding of newspaper pre-press activities and techniques an asset. Knowledge of Military protocol an asset. Must have excellent command in English, both written and oral. Apply to Mrs. Cheryl Patterson, NPF Human Resources Clerk, P.O. Box 17,000 Suite 190, Stn Forces, 17 Wing Winnipeg, MB R3J 3Y5. Email patterson.cheryl@cfpsa.com or fax 833-2671. Closing date is 26 November 1999 at 3 pm.

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