



THE VOXAIR



NOV 29 2000

OUR MILITARY FAMILY COMMUNITY NEWSPAPER

Vol. 48, Issue 20

17 Wing Winnipeg / 17e Escadre Winnipeg

November 15, 2000 / Free

Next Deadline
Nov 17
for Nov 29

GET IN THE GAME



CF Womens Hockey

Whats Inside

ARAF
A REWARDING
CAREER 2

WORKPLACE
CHARITABLE
CAMPAIGN NEWS .. 4

435 SQN
CURRENT EVENTS
..... 6-7

17 Wing Operations SITREP

22 - 28 Oct 00

Op Calumet, Egypt 1
Op Danaca, Golan Heights 8
Op Echo, Italy 4
Op Palladium, Bosnia 9
CFS Alert, Nunavut 5
1 CAD INDIV Tasks 0
CF Incremental Tasks 33
General Tasks 0
MAMS Tasks 0
MTAP, Cornwallis 0
Total Deployed 60

2000 Airlift Support Competition A Resounding Success

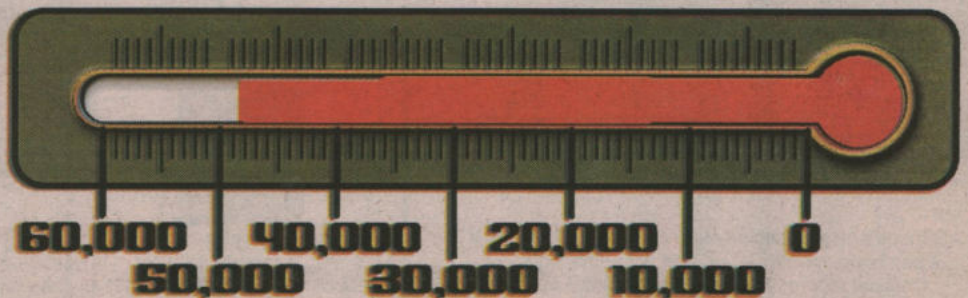
By Capt D.M. O'Neill

You had to see it to believe it. The Annual Airlift Support Competition which enables Air Force Traffic personnel from across the country to compete in various team events for bragging rights in the Air Movements community was contested for during the week of 15-18 Oct 00 here at 17 Wing Winnipeg. Team East (a mix of Greenwood, North Bay and Ottawa), 2 Air Mov Sqn Trenton, Team West (Cold Lake) and the hometown favourites from 1 Air Mov Sqn met in several friendly but highly competitive events. The competition was kicked-off with a Meet n Greet Sunday evening when all participants, judges and organizers had the opportunity to re-acquaint friendships and bring out stories of old. Opening ceremonies occurred the next day and the tone of the competition was set by BGen Lucas, A4 Sp from 1 CAD HQ, when he stated "Competition - I love this stuff. It is great for morale and it is great for the Air Force!"



Clean Sweep of Trophies. 1 Air Mov Sqn's Competition Team: Front L-R, Capt Doug O'Neill, Cpl Laurie Moore, Cpl Mick Toutant, Maj Brook Bangsboll, Back L-R, Sgt Don Fougere, Cpl Lorne Simms, Cpl Rick Burke, Cpl Tom Baker, Cpl Jack LeBlanc and MCpl Don Forbes. (missing CWO Gaetan Chasles)

Continued on next page 2



Scale above (thermometer) displays donations to date.

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Resounding Success continued

The "First and Finest" from Winnipeg set the standard with several quick victories in some of the early "sports" events including netting and strapping a load onto a 108" pallet (Cpl Lorne Simms, MCpl Don Forbes), MB-1 chaining (Cpl Simms, Cpl Rick Burke, Cpl Mick Toutant and Cpl Laurie Moore) and pulling a 40" X 48" container through an obstacle course with a pallet jack (MCpl Forbes, Cpl Toutant). 2 Air Mov Sqn managed victories in three "sports" events and Cold Lake had one win. The finale of the "sports" portion was Ball Hockey. The main event for this sport occurred early as arch-rivals 1 Air Mov Sqn and 2 Air Mov Sqn met in the opening match. From a Trenton perspective it was ugly early as Cpl Tom Baker scored three quick goals for Winnipeg. Continued offense from Cpl Baker, Cpl Burke and Cpl Moore produced two more goals and the Winnipeg defense of MCpl Don Forbes and Capt Doug O'Neill and goalkeeping by Cpl Jack LeBlanc proved to be too much with the final score being 5-0. The final game (Winnipeg vs Team East) went 5-1 in favour of the home towners. The hard work that team leader Sgt Don Fougere put into pre-competition training for the 1 Air Mov Sqn Team was paying early dividends as six of the ten "sports" events went to Winnipeg including the Sports Overall Winner. As for the Core events, the momentum stayed with 1 Air Mov

Sqn. Of the five events that counted for points- Large Forklift, Warehouse Forklift, Team Load Preparation, Team On/Off Load and Combined Team Load - well let's just say that all of the hardware is still in 1 Air Mov Sqn's trophy case. The combined team load event was shared by Winnipeg and Cold Lake as it was truly an East vs West event. In the end, the final team overall scores were as follows:

- 1st Place 1 Air Mov Sqn 4366 pts
- 2nd Place Team West 3645 pts
- 3rd Place Team East 3380 pts
- 4th Place 2 Air Mov Sqn 3215 pts

For all organizers, judges, and supporting personnel from 1 Air Mov Sqn, a giant Bravo Zulu has to be passed on for putting together such a first class and entertaining competition. A special thanks to BGen Lucas (A4 Sp 1 CAD HQ), Col McLennan (17 Wg Comd) and Maj Rendall (NDHQ J4 Mov) for their participation and support.

Per Lentitium Robur



Photo Above: Vehicle being off-loaded during the Team On/Off Load event.



Left side photo: Maj Bangsboil and CWO Chasles during the lighter side of competition.

ARAF - A rewarding career

By Sgt G.J. Nymoen, ARF CClk



Sea Land or Air, Cpl Colleen Southern has been able to demonstrate over the years that hard work, dedication and professionalism are key elements to a rewarding career with the Canadian Forces Reserves component. As a career reservist, Colleen has been successful at juggling her three careers as a member of the military, mother and wife. Cpl Southern originally joined the Militia in 1977 as a Supply Technician. She eventually decided to pursue other interests, met her spouse Wayne and became a mom to Shane and Leah. She re-enrolled in October 1991 and joined 33 Service Battalion in Halifax. Her outstanding performance and dedication earned her a promotion to Corporal. As is often the case with reserve members, Colleen followed her spouse on a transfer, requested an environmental transfer and joined HMCS Cabot in October 1993. During her time at HMCS Cabot Leading Seaman Southern took

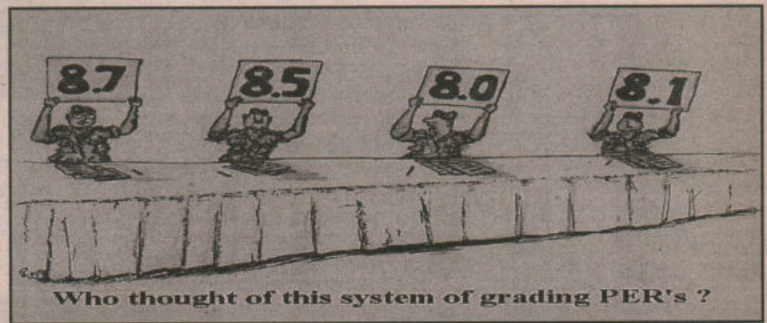
the opportunity to broaden her knowledge by taking several courses through the local Community College. She also completed her Qualification Level 5 Supply Technician.



Cpl Colleen Southern

Time to move again! Following Wayne, LS Southern arrived in Winnipeg in September 1997. What to do? Winnipeg offers the unique opportunity to serve in all three reserve environments. Weighing her options, LS Southern decided to request an environmental transfer to the Air Reserves. Since 1997 Cpl Southern has continued to perform outstandingly as a Supply Technician. She was nominated for Deserving Air Reservist and received several letters of appreciation. Cpl Southern will be attending her Junior Leadership Course in Borden early in the new year. Keep up the great work Colleen!!

As a component of the Canadian Forces, the Air Reserves offers rewarding and exciting careers. 17 Wing Air Reserve Flight has several positions available for skilled and unskilled applicants. Should you be interested in a career with the Air Reserves please contact 833-2500 extensions 5764 or 6968. Per Ardua ad Astra!



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HCol Ben Van Ruiten to stay on at 17 Wing another year

By Cheryl Gudz, 17 Wing Public Affairs

What exactly is an honorary colonel and how can you be one? Well, if anyone wants to be the Honorary Colonel of 17 Wing you'll have to fight HCol Van Ruiten for it, because he's not leaving anytime soon.

In January of 1994, Wing Commander of 17 Wing, Colonel J.R.B Proulx appointed Mr. Ben Van Ruiten to be the Honorary Colonel of 17 Wing. Recently, he has accepted the second extension of his position that will prolong his commitment from January 2001 to the end of the year 2002. "I'm really very pleased. I'd like to do it as long as I can - as long as I'm healthy and I feel that I can contribute."

HCol Van Ruiten was an interpreter and an accountant in The Netherlands before emigrating to Canada where he joined the Florists Supply Co. in 1952. In 1972 he became General Manager and in 1979 became President and C.E.O. of the company. In this time, HCol Van Ruiten was also President of the Cecil Delworth Foundation, and was the National President of Flowers Canada Inc. He was the Honorary Consul of the Netherlands to Manitoba from 1977-94 and has been the chairman of the Manitoba International Tattoo since 1998.

The history behind the position of the Honorary Colonel can be traced back to the day when the King of Britain would appoint a courtier to be the colonel of an army regiment. These colonels would

be people of high social standing who could afford to pay for the regiment's expenses. The Colonel would then hire someone more capable of running the regiment.

Today, each unit is commanded by a lieutenant-colonel and the colonel position has evolved into the honorary colonel position, responsible for looking after the morale and the wider interests of the unit. An honorary colonel does not have to be a former member of the Canadian Forces. In fact, the position only requires someone who can be a good liaison between the community and the military, while attending as many Wing functions as possible. The honorary colonel should be a distinguished citizen with solid business connections in the community. HCol Van Ruiten fits the bill, but he does have a couple of his own reasons for accepting the extension. "I



HCol Ben Van Ruiten

feel like I have a debt to pay to the veterans who have made the ultimate sacrifice. And I like being involved with the young people through the cadet organization."

When asked if being 17 Wing's Honorary Colonel places a large demand on his time, he says, "If you want to do the job right, it is time-consuming." His extension for the 8th year of service to the community and to 17 Wing would imply that he is indeed doing the job right.

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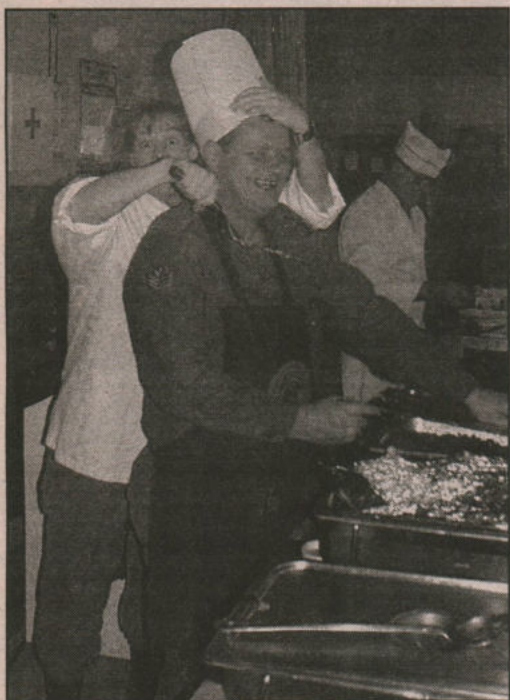
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PLACEMENTS TRIMARK

Workplace Charitable Campaign: Plenty o' pennies, bacon, and books

By Cheryl Gudz, 17 Wing Public Affairs

As the Government of Canada Workplace Charitable Campaign comes to a close, it's a good time to reflect on the activities that have taken place in the last few weeks. On Tuesday morning, October 24th, Wing Transportation hosted a breakfast for the entire Wing. The menu comprised of 2 eggs, hash browns, beans, bacon or sausage, toast, coffee, juice and tea for a reasonable \$4 per plate. Cpl Piccolo of WTN and OPI for the breakfast estimates that there were about 300 people in attendance, who had a hand in raising \$916 for the campaign.



Fun and food at the WTN Breakfast.
Photo by Capt Mike Mietzner

The 17 Wing Book Fair was held in the atrium at 1CAD on Friday, November 3rd.

The event was sponsored by Books Are Fun Ltd., a "travelling bookstore" offering a wide selection of books for all ages. About 10% of net sale proceeds raised will be donated to the charitable campaign.



Sgt Randy Thompson of A2 Intelligence browses through the racks of the book fair held at 1 CAD.
Photo by Cheryl Gudz

Avid participation in small fundraising events has made the campaign particularly successful, and United Way, Health Partners, and other charities of choice are sure to benefit from the outpouring of generosity from the Wing. The figures as of November 3rd look promising, showing that the amount of money raised is just over \$50,000.



Members of the Wing Headquarters orderly room get in the spirit and dress up for the Halloween theme on Casual Day. Photo by Cheryl Gudz

The penny drive proved to be quite successful as well as close to \$500.00 was raised, up from \$260.00 the last time a penny drive was held. Here is a list of the sections that participated and the weight of their pennies in pounds.

1. 1 CAD	115 LBS
2. 435 SQN	43 LBS
3. CFANS	30 LBS
4. HQ	20 LBS
5. WCE	16 LBS
6.402 SQN	13 LBS
7. Community Centre	10 LBS
8. CFSAT	10 LBS
9. NDQAR	3 LBS
10. CFSAS	2.5 LBS



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Wing TIS Connects

By Capt K.M. Jones, ISS CPO

Greetings from the 17 Wing Telecommunications and Information Systems Squadron. This long handle explains why we prefer to use our abbreviated squadron title - Wing TIS.

So who is Wing TIS, and would you notice if we disappeared? Well, if you use a phone or a computer in the course of your work, the answer to that is a resounding 'Yes!' However, Wing TIS does do more than computers and phones.

The Wing TIS OC is Maj Gary Banks, and the squadron itself consists of a headquarters staff and four flights. Information System Maintenance (ISM) is headed by Capt Mike Rehman and is responsible for maintaining and operating all secure communications on the Wing. This includes the message centre and the local area networks and standalone systems in the AOC. Information System Operations (IS Ops) is headed by Mr Dave Evitt and is responsible for maintaining and operating all non-secure networks and standalone systems on the Wing; the help desk works for this flight. All admin LAN software and hardware purchases and maintenance are IS Ops responsibility,



ties, as is managing the 17 Wing Internet LAN. Technical Maintenance (TM) is headed by MWO Frank Arsenault, and looks after all audio-visual systems, including PA's at parades and other such events, as well as all projects involving the moving, running and

removing of cables, including telephone lines and connections. Finally, Information Systems Security is the responsibility of Capt Kilmeny Jones, and oversees certification and accreditation work for all new information systems, provides information system security awareness training, and information system security incident reporting.

17 Wing itself, North and South sides, is a fairly large area of responsibility, in terms of providing information system and phone support. There are over 2000 computer terminals connected to our Admin LAN alone. However, Wing TIS responds to trouble calls from Reserve, Regular Force and Cadet units from Saskatchewan through Thunder Bay, as well. We provide true tri-service support to army, navy and air force units throughout this area, with the exception of CFB Shilo. We also intend to provide a more consistent presence in VoxAir, to ensure that we're not 'just' remembered when things don't work!

The SHADOWS of Christmas 17 Medical Squadron Nursing Officers

By Capt Hyatt, 17 Wing Med Sqn

The season of Christmas cheer is fast approaching and although a time of much anticipated happiness and family get togethers not everyone looks forward to it. Some of us do not have family, nor do we go home to visit, we have no children, spouses or relatives that live at our current posting. We have a hard time seeing other families laughing and celebrating love. The greens and reds of the season fast become the "BLUES".

Everyone gets "depressed" from time to time because of disappointments or frustrations of daily life. After a short period of feeling unhappy or sad, however, circumstances may change and our mood improves. But for many people, the symptoms of depression are more severe and last longer. Sometimes it gets to the point where it affects our activities of daily living.

Depression is a medical illness not unlike diabetes, high blood pressure or a broken leg. Other people can't always see that you have it. A person with depression can not change his or her mood any more than diabetics can use willpower to change their blood sugar level. Depression is most often associated with four types of symptoms: CHANGES IN MOOD, PHYSICAL SYMPTOMS, CHANGES IN THOUGHT PATTERNS, AND ANXIETY.

Depression is a medical illness that can be treated- like that broken leg. So, if you are concerned about your blues, it is important to seek help as soon as possible. You can see a Physician (5595) a Nurse (5116/5621/5906), or come in on sick parade. (We are open on weekends from 1000 to 1200.) You can also see a Padre (5087), or a Social Worker (5086). You can call the MFRC (489-7003) or The Member Assistance Program at 1-800-268-7708.

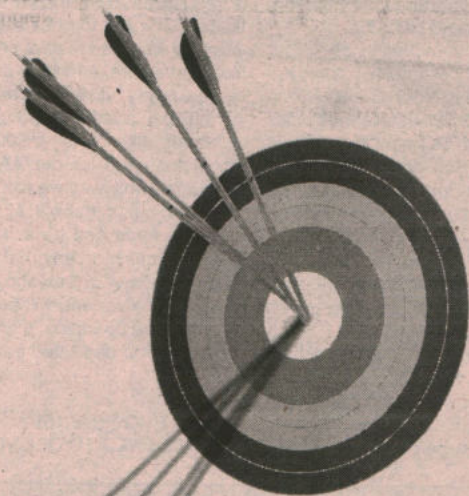
All are confidential. You can call direct to any of these numbers. If you choose a route outside of the actual medical department (i.e. Doctor/Nurse) the information is private unless a concern is raised as to you harming yourself or someone else, then a doctor *must* become involved in your care.

Unfortunately society has placed a stigma on depression; but like snowflakes it abounds in plenty and no two are alike. Treatment does help and can put more colours back into your life. You just have to be willing to make that first step. We are here and we care.



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435 Squadron

Chinthe's contribution to Unified Spirit 2000

By Capt Pete Jaeggi, 435 Sqn



Mission accomplished once again by the 435 Sqn "Hoser" detachment who made a significant contribution to the Unified Spirit 2000 (US00) Exercise. Before we elaborate on 435 Sqn's involvement in US00, let me define what exactly US00 is all about. To start with, Unified Spirit is a NATO Joint LIVEX (live exercise) that took place during the month of October 2000, predominantly on the American East Coast in the operating areas of Virginia. A medium level of NATO participation was also part of the exercise with diverse level of contribution from the following countries: Canada, Germany, France, Denmark, the United Kingdom and obviously the United States.

The Canadian contribution to this joint exercise came from various units and HQ and from all three elements. The Maritime Force was present via the Maritime Atlantic Canadian Task Group. 1 RCR, 4 AD Regt, elements of 2 CMBG and HQ personnel mainly represented the Land Force. The Air force deployed 1 KC-130, 6 CF-18, 4 CT-133, 1 CP-140, 4 CH-124, 1 TPS-70 and 8 ACCS with their new mobile ATS. To this summary list of players, we have to add a number of staff and support personnel from many units and HQs.

As far as our Sqn contribution goes, our Air-to-Air Refueling detachment deployed to MCAS Cherry Point, North Carolina from Oct 16 until Oct 28, 2000, established office and based all our sorties from Cherry Point. We deployed as a Sqn detachment of 21 personnel broken down in 2 flying crew (permitting 2 sorties per day and more if required), 7 of our best Servicing techs and one very busy Ops Officer. In conjunction with the Sqn Detachment itself, we filled one "Tanker liaison officer" position on the USS Mount Whitney.

If we put our contribution in numbers, here is what it looks like:

- 15 missions flown, including one deployment refueling of 5 CF-18 from Bagotville to Cherry point, almost half of those sorties

were during night operation;

- 245 700 lbs. of jet fuel offloaded (144 530 litres);

- Tasked to refuel a variety of receivers including the CF-18, USMC/USN F/A-18, USMC AV-8B Harrier, USN F-14 Tomcat, USN S-3 Viking and EA-6B Prowler.

Nowadays, it is almost unavoidable to measure the success of any specific operation by all the stats and numbers associated with it. However, it is also crucial to understand that the evaluation of our Sqn contribution to US00 goes way beyond the stats point of view. Every time the Sqn deploys a detachment to any specific exercise or to a real theater of operation, we practice our mandated capability to deploy one KC-130 with two flying crews and required maintenance anywhere in the world with a 10 days notice to move period.

US00 was an excellent platform to enhance some skills that we do not normally practice on a regular basis like secure communications, Intelligence briefs tailored to each sortie, tasked via ATO/ACO and SPINS, practice Combat Search and Rescue procedures, refuel receivers like USN F-14 that we do not operate with on a continuous basis, and the list could go on and on. After every deployment, we come back with many lessons learned; US00 was no different in that perspective. With a constant roll over of personnel at the Sqn, it becomes crucial to practice those skills on a regular basis to ensure that the lessons learned are not forgotten and to sustain a pool of knowledgeable and experienced crew members, servicing and support personnel ready for deployment.

Training in a tactical and operational environment like this US00 exercise is absolutely vital for our AAR detachment. This is the only way we can learn, train and exercise our capability to interact with a coalition force and have a significant and positive impact on any real time operation.

Once again, 435 Sqn showed its determination to deliver and will be ready to do so in any future operation, thanks to all its professional and dedicated personnel.

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A KCC-130 Hercules taking off from MCAS Cherry Point on a refueling mission in support of Exercise Unified Spirit 2000. Photo by Sgt Sandy Gallant



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Printed By/Imprimé par

Pambina Printing Ltd. (204) 325-4771

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VOXAIR, BFC WINNIPEG, CP 17000 SUCC FORCES, WINNIPEG MB R3J 3Y5

E-MAIL: voxair@autobahn.mb.ca

Website: www.autobahn.mb.ca/~voxair

OUTLOOK: Walls M@3CFSTS@Winnipeg

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

Publications Mail Agreement No. 1482823

DEADLINE 17 NOVEMBER 2000

DATE DE TOMBÉE 17 NOVEMBRE 2000

NEXT ISSUE 29 NOVEMBER 2000

PROCHAINE ÉDITION 29 NOVEMBRE 2000

Please ensure name and unit appear on the back of any photographs submitted for publication in The Voxair. The Voxair does not guarantee the return of photographs which do not bear name and unit on back.

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current events

435 Squadron's 56th Birthday

By Capt Veronique Briend, Squadron Public Affairs Officer

If you were driving your vehicle on base Wednesday afternoon, Nov 1st, you might have noticed a group of 435 Squadron members walking towards the senior ranks mess... making their way to celebrate their unit's 56th birthday!

Several distinguished guests attended the occasion including the 435 Honorary Col - Gen Law, the Wing Commander - Col McLennan (accompanied by his aide, Capt Manson), the Honorary Wing Commander - Col Van Ruiten, the Wing Chief - CWO Emond and, last but not least, the A1 Pers from 1CAD HQ - LCol Thuen. A number of former squadron members were also part of the crowd, an indication of how strong Chinthe's ties are and remain over time!

The event began with a few official presentations made by 435 Sqn Commanding Officer - LCol Whitburn. CD recipients were Capt Hickey, Sgt Burgess and Sgt Waters (CD1). Capt Ouellet was given a Humanitarian Bar, for his contribution to Operation Relief in Somalia. In recognition of SAR technicians work, operational certificates were given to Sgt Warden and MCpl Lazarowich. MCpl Lazarowich, whose total jumps recently reached the one hundred mark, actually received three certificates!

Members were able to enjoy a share of cake and some refreshments, preceded by an outline of 435 history by the unit CO. At a time of year where remembrance is of particular importance, it seemed appropriate to include this historical outline in this month's Chinthe Bits:

435 Transport Squadron was effectively formed on Nov 1st, 1944, at Gujrat, Punjab, India. During the campaign, the squadron flew Dakota aircraft in support of the British Fourteenth Army in Northern Burma. While in the Far East theatre of operations the squadron flew 15681 sorties.

Following the Second World War, on Apr 1st in 1946, 435 Squadron was disbanded at Down Ampney, Gloucestershire, England. The squadron was reformed later, on Aug 1st of that same year, in Edmonton, Alberta. Flying Dakota airplanes, the squadron's peacetime mission was to ensure Western Canada transport and support parachute training at Rivers, Manitoba.

In 1952, the squadron was re-equipped with the Fairchild C-119 Flying Boxcar. Due to its larger cargo capacity, greater range, and ease of loading, the Boxcar played an incredible role in opening up one of

Canada's last frontiers: the Arctic. The aircraft was also instrumental in the airlift of the United Nations Emergency Force from Italy to Egypt in the fall and winter of 1956-57.

The first of the Lockheed C-130 'B' model Hercules aircraft arrived in 1960. Once again, the squadron had an aircraft more capable than the last. The squadron exchanged its 'B' models for the newer 'E' models in 1966. From 1973 to 1992, the newer 'H' model Hercules were purchased to supplement the older 'E' models of the fleet.

Finally, in the summer of 1994, 435 Squadron was relocated to Winnipeg after having spent 48 years in Edmonton.

Congratulations to all present and former squadron members for contributing to 56 years of Determined Delivery! Congratulations also to all those medal and certificate recipients, who showed a true example of that determination with their accomplishments and dedication to the service. Indeed, time does fly by, perhaps even more so in the air force?!

Chinthe Bits

By Sgt B.D. Neeve, 435 Sqn flight engineer section

The squadron has been kept rather busy of late, with crews and airplanes scattered all over the place! This was especially true with the Air-to-Air Refueling section, who deployed one airplane and a group of about twenty members to represent the squadron in Exercise Unified Spirit. The exercise took place at USMC Cherry Point, North Carolina, from Oct 16th - 30th. The Air-to-Air Refueling course was also underway Nov 14th - Dec 1st. Capt Lizotte (Plt), Maj Oreziak (Nav), Sgt Neeve & Sgt Blanchet (FE) and MCpl Marin (LM) will be the newest Oilers around.

435 Sqn has responded to a few distress calls in the past month, namely an overdue Jetski in Thunderbay (ON), an overdue airplane in Port Radium (NWT), and two Emergency-Locator-Transmitters in northern Alberta.

The SAR technicians shop sent a four member team off to Port Hardy (BC) to participate in a Divex from Nov 4th - 6th. On Nov 13th - 17th, our SAR technicians are doing their night jumps into the Shilo Ranges as the squadron conducts its scheduled Flarex.. They are also undergoing Medical Bridging Training at the SAR School in Comox (BC) and the Justice Institute in New Westminster (BC). This will make our SAR technicians comparable paramedics and hopefully get them a certification (once all the details are worked out between departments).

While aircrews are away on long range trainer and cadet familiarization flights or

CASARA training and evaluation sessions, the ground crews are also getting their fair share of work. In effect, the maintenance section is busier than one armed paper hangers these days, due to a heavy rotation of our qualified technicians with no replacements. Surprisingly they still manage to get serviceable airplanes on the line, enabling the accomplishment of our various missions.

As 435 Squadron just celebrated its 56th birthday, here is a list of other occasions where members may get to spend a little bit of time away from their busy schedule (see the notice boards for details):

Dec 6th	Officers at home to the WO & Sgts
Dec 8th	Squadron Christmas Party
Dec 10th	Christmas Concert
Dec 13th	Jr. Ranks Christmas Dinner
Dec 14th	Sticky Floor Party

At last, welcome back to no longer acting/lacking WO Woods and WO Gillan from their little sojourn to St-Jean in La Belle Province, where they hopefully successfully completed the Senior Leaders Course.



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Air to Air Refueling Crew on its way to Cherry Point. L to R - Capt Andrews, Capt Latt and Capt Polycar.

1 CAD / CANRHQ Honours and

Commander of 1 Canadian Air Division/Canadian NORAD Region Headquarters, Major-General S. Lucas, and 1 Canadian Air Division A/HQ CO, LCol Z.T. Szykowski, preside at an Honours and Awards Ceremony for 1 Canadian Air Division Headquarters held 27 Sep 00 in the Atrium of the Billy Bishop Building in Winnipeg.



MCpl C. Brace receives his CD for twelve years of dedicated service.



MWO Y.L. Boisclair receives the first clasp to her CD for twenty-two years of dedicated service.



MWO M.A.C.F. Johnston receives the first clasp to her CD, in recognition of twenty-two years of dedicated service.



Sgt A.L. Miller receives the first clasp to her CD, in recognition of twenty-two years of dedicated service.



Maj G. Window receives the second clasp to his CD, in recognition of thirty-two years of dedicated service.



MWO V.S. Keefe receives the second clasp to his CD, in recognition of thirty-two years of dedicated service.



WO E.J. Bergin receives the second clasp to his CD, in recognition of thirty-two years of dedicated service.



2Lt D. Meister receives his Commissioning Scroll.



Lt J.P. Kubryn receives his Commissioning Scroll.



LCOL G. Ward receives the United States of America, The Meritorious Service Medal (First Oak Leaf Cluster) for meritorious service 16 Jul 96 - 30 Jul 2000 as Chief, Command Control Communications and Computer Systems Program Branch, Directorate of Command Control Systems, North American Aerospace Defence Command.



Maj G. Window receives the 1 CAD Commander's Commendation in recognition of his excellent work in the preparation for the NORAD OPERATIONAL EVALUATION May 2000 at 1 CAD HQ.

Awards Ceremony - Sept 00



Col D. Edgar, LCol R. Hunt and MSgt E. Cannon receive the 1 CAD Commander's Commendation in recognition of their outstanding contribution to the preparation of the 1 CAD/CANR HQ Battle Staff for the NORAD OPERATIONAL EVALUATION May 2000 at 1 CAD HQ.



CWO J. Thivierge receives his Chief Warrant Officer's Scroll.



Mr. R. Anderson receives his Govt of Canada 35 Years Svc award.



Mr. M. Vogt receives his Govt of Canada 35 Years Svc award.



Presentation to 1 CAD HQ by the Corps of Commissioners.
 THE MANITOBA NORTH WESTERN ONTARIO DIVISION OF THE CANADIAN CORPS OF COMMISSIONAIRS HAS BEEN TESTED AND PASSED THE RIGID STANDARDS SET BY THE ISO AND HAS BEEN AWARDED THE ISO 9002 CERTIFICATE. THIS CERTIFICATE IN TURN WAS PRESENTED TO 1 CAD TO SHOW THAT THE COMMISSIONAIRS ARE DEDICATED TO MAINTAINING THE INDUSTRY STANDARDS AS WELL AS TO PROVIDING THE BEST SERVICE POSSIBLE TO THIS HQ.



Mr. R. Cook receives his Govt of Canada 25 Years Svc Award.



Mrs. A. Gillich receives her Govt of Canada 25 Years Svc award.

C
F
S



Lieutenant-Colonel P.K. Young, Commandant Central Flying School, presented 2 Lt Ken Mills with his commissioning scroll on 16 October. 2Lt Mills is currently attach-posted to CFS awaiting training. Congratulations from the staff of CFS.

Plan your staff Christmas Party at
Assiniboia Downs
 Christmas Luncheon
 (\$12.95 Buffet served in the Terrace Dining Room)
 or
 Christmas Dinner
 (\$21.95 Buffet including dancing in the Terrace Dining Room)
 Live Simulcast Racing
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 For further information call
 Lynn Greaves at 885-3330 Ext. 206

What's Happening

WING RECREATION LIBRARY

Telephone: 833-2500 LOC 2490
HOURS OF OPERATION

SUN	2-5PM
MON	4-9PM
TUE	4-9PM
WED	4-9PM
THU (split)	10-1 & 4-9PM

CLOSED FRI & SAT

Interested in a Story Time for pre-school and kindergarten, during the afternoons, leave your name and number at the library.

Did you know that you could reserve and renew your books over the telephone, just call Michelle, I will be happy to assist you.

On behalf of the library patrons, I would like to thank Ulysse Hamelin and Gunter Wenzel of WCE Paint Shop, for their generous donations of books. I would also like to thank Lynda Smith for her contribution of current authors. Charlene and Stan Martiens for their donation of fiction and non-fiction books. In addition to named donators, I would like to thank all the anonymous contributors. Books received with great enthusiasm. Any donated books that we are unable to use will in turn be passed to a non-profit charity.

Junior Book Club is off to a great start; if interested you may join us any Sunday 3-4 at the library.

For more information on these or any other topics, please contact Michelle at the library. Come check us out

2 PPCLI DEPLOYMENT AWARENESS

Throughout the upcoming period of deployment it is important that 17 Wing deployed personnel and their families, who keep the home fires burning, know their fellow Canadians are thinking of them and we hope to recognize this. We would like to hear from you with words of pride, encouragement and support during the time they are away, especially for birthdays, anniversaries and Christmas. As we celebrate here at home, we can think proudly of our deployed personnel and the job they are doing for our country. The following are deadline dates for you to submit your messages via the Voxair to our troops:

November 17/00 December 1/00

17 Wing Ceramic Club

Hours of operation are as follows:

Sun - Tues 1800 - 2200
Office closes at 2000
Phone 833-2500 ext. 2496
Building 33, Westwin Community Centre
Whytefold Road
17 Wing Ceramic Club
Hours of operation are as follows:
Sun - Tues 1800 - 2200
Office closes at 2000
Phone 833-2500 ext. 2496
Building 33, Westwin Community Centre
Whytefold Road

ARE YOU READY FOR CHRISTMAS???

Having trouble finding that perfect gift for the one you love.....why not try ceramics. People will love getting something homemade straight from the heart. We have a wide assortment of Christmas molds to choose to from. Come in and see what we have.

We also offer a wide variety of molds to choose, ranging from those little kitchen caddy's that everyone loves to the most intricately detailed ornament we all like to admire. Join us and you'll find out why so many people love our craft.

If you require information please contact June at 888-6059, Cindy at 885-6718 or Michelle at 831-0113.

"Help, I Need Childcare!"

For CF members deploying on short notice and to support the families of members who are employed away from home...

You can access the MFRC Deployment Emergency Childcare Service 24 hrs by calling 935-7733



Your call will be answered through a paging system. Be prepared to leave a number where you can be reached.

Through phone consultation, the DEC Coordinator will assist in determining your childcare needs and the services available to meet them.

Funding is available to fully cover reasonable costs for the first 72 hrs of care and a portion of an additional 3-6 days.

Every effort will be made to identify childcare within an hour.

Call Catherine Chatterley for more information 489-7003

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

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

MASSSES: 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 (Evangelical Luth) - Office 833-2500 ext. 5785

Padre Kevin Klein (Luth) - 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 an as required basis for children under 3 years of age.

MARRIAGES: Six months notice is required for marriages as counselling 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.

EMERGENCY CHAPLAIN: After normal working hours, the Emergency Chaplain can be reached through Wing Ops at ext 2700 or 2 PPCLI Duty Centre ext 2727.

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.

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.
Contact:	Pres: Capt Steve Wilson lcl 6674 V President Cpl Marco Fillion lcl 2327 Treas: WO Greg Speakman lcl 5555 Secretary: Capt Sylvain Gazaille lcl 5154 Equipment Mgr: Sgt Gilles Lantagne lcl 5305

MFRC

Volunteer Program

Thank you to all the volunteers that helped out at the Teen and Pre-Teen Dances on October 28th. It was great to see that we had lots of eagle eyes keeping tabs on the kids. Thanks go to; Chad Swayze, Jason Kwok, Sandra Lawless, France Lecuyer, Heather Sawatzky, Perry Pachowski, Mr. & Mrs. Forbes, Mr. & Mrs. Stott, Denise Bevan, Nicole Robidoux and Fritz.

Volunteers are needed for many programs and special events at the MFRC. We need you to help keep essential services and programs going.

Upcoming special event: CAD CHRISTMAS CONCERT ON DECEMBER 10TH

*Volunteers are needed to help set up chairs at Building 21 for the concert. Set up will be on Friday December 8th at 1330 hrs. We also need help putting chairs away after the concert on the 10th.

*The Youth Centre is still in need of volunteers to help supervise drop in programs. Commitment is as little as two hours a week!! Why not help out where you really can make a difference in your community.

*The MFRC is also looking for individuals who are able to assist in our Office. Volunteers perform reception duties on a regular basis, i.e. during staff meetings every other Thursday morning. There is also a requirement for office help for occasional half days.

If you would like more information on the volunteer program please contact Celine 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 and membership conditions keep the co-op running smoothly. Members have a military police check done.

For more information contact the MFRC at 489-7003, or Teresa at 832-1209 (evening) or Dawn at 831-5953 (days).

GCWCC Raffle

The first of two draws has been completed for the Raffle in support of the GCWCC. Please contact Capt Proteau at 833-2500 ext 5809 or Capt McMillan ext 5810 to collect your prize.

The list of winning numbers with the associated prizes follows:

-1 Pair of Club Seat tickets for a Moose game	#8609911 (yellow ticket)
-1 Hooters T-Shirt and posters	# 8608328 (yellow ticket)
-1 Sports Mart back Pack	#8609224 (yellow ticket)
- Winnipeg Goldeyes package (hat,photo,etc)	#8609481 (yellow ticket)
- 5 Subway subs (6")	#8608985 (yellow ticket)
- Chapters Gift Certificate	#8608474 (yellow ticket)
- Athletes Wear Gift Certificate	#8609076 (yellow ticket)
- Urban Barn Candle	#8608812 (yellow ticket)
- Urban Barn Decorative Bottle	#8609090 (yellow ticket)
- Kelsey's Gift Certificate	#8609384 (yellow ticket)
- Flashlight provided by Holiday Inn	#8608820 (yellow ticket)
- First Aid Kit	#8608482 (yellow ticket)
- Disney's Children's Book	#8608321 (yellow ticket)

Youth Services

Sleepover at the Museum of Man & Nature

On Friday, Dec 29th the MFRC Youth Services will be holding a sleepover at the Museum of Man and Nature.

After arriving at the Museum at 6:30 we will explore the Science Centre, Nonsuch, Urban Gallery and the Planetarium and have a snack of pizza. There will be a treasure hunt and flashlight tour of the galleries! Then we'll be tired, it will be bedtime in the Science Centre. Parents will pick up their campers at 9:00am Saturday.

The cost of the program is \$25.00 per camper. (If you have a Youth Centre Membership the cost is \$20.00.) This program is open to all school-age children.

Adult volunteers are welcomed. If you would like more information, please contact Diane at 488-8563. Please register by November 24th with payment. This program will not take place if the minimum registration does not occur.

Entertainment 2001 Books

Have you got your Entertainment 2001 book yet?

Time is running out!

Each year the MFRC Youth Services sells the Entertainment book in the community. This book is a 2 for 1 coupon book and has many great offers throughout the city including Safeway, M&M Meats, McDonalds, sporting events & the ballet. All money raised through the sale of these books is used by Youth Services to offset the cost of programs like Kidventures summer program and the drop-in programs. Cost of the book is \$35.00 and is available now. If you are interested in purchasing a book, please contact us at 489-7003. We will be happy to deliver the book to your office.

Childfree Shopping

Childfree shopping is a service provided by the Volunteer Youth Corps. The Corps will look after your school age children at the Youth Centre while you shop. The Volunteer Corps will have crafts and activities planned. The service is free, however we will gladly accept a donation to the Volunteer Corps. You are required to pre-register for this service. Call 489-7003 to register.

The next Childfree shopping day is November 18 from 9:00 - 12:00 at the Lipsett Hall Children's Centre.

Volunteer Youth Corps

Teens - are you bored?

Are you looking for something to do?

The MFRC is looking for new members in the Volunteer Youth Corps. We provide training, leadership development and ongoing assessment. The Corps works in the community through various activities. These include special event set up & tear down, facepainting, working canteens, flyer deliveries, childcare and supervision of programs in the Youth Centre. There is also a junior Youth Corps for anyone 10 - 12.

Volunteering is a great way to meet new people, learn new job skills, make friends and it looks great on your resume.

There will be a meeting of the Youth Corps on Friday October 20 at 6:30. Meet us at the Youth Centre for pizza and a discussion of this year's projects. For more information, contact Diane Brine at the MFRC Youth Centre, 488-8563.

Get Real

Get Real is an interactive group for girls 11 - 15. We meet every second Monday night. If you are interested in joining this group, or would just like some more information, please contact Diane at 488-8563.

Cornerstone
Lodge # 179



Ancient Free
and
Accepted Masons

Meets Second Tuesday each Month 8 p.m.
2746 Ness Ave

Membership Inquiries Welcome
for Information Call:

Jim Walker 831 - 8204 or John Windsor 772 - 5395

Sports

CF Womens Hockey



The Praire Region Womens Hockey Invitational Tournament will be held at 4 Wg Cold Lake:

13 - 18 March 01

The 17 Wing Winnipeg Womens Hockey team is presently competing in the 17 Wing Intersection Hockey League and practicing every second week. New players from across the Manitoba and Saskatchewan region are welcome to play.

If you are interested in playing contact:
Team Manager Captain Deanna Manson

CSN 257-2500 ext 2345

Comm (204)833-2500 ext 2345

17 Wing Sports Coordinator Mr. Frank Charest ext 5511

~ TAE - BOX ~

When: Mon/Wed/Fri 1200 - 1300 hrs
Where: Bldg 21 (Gym next to 1 CAD HQ)
Who: Professional Instructor ~ Janie Keith
Cost: \$3.00 per class

Come out and join us for some fun & exercise !!
For more info, contact, Cpl Morton at local 6819



Canada Goju 17 Wing News

The Dojo opened on the fourth of July at Lipsett Hall, we are now located in the annex of the south side chapel. We at the Dojo are fortunate to have two very dedicated senseis who make learning karate fun and challenging at the same time. We have many new students, who are all working hard to learn the way of karate. Already, one of our students has earned his yellow belt, which is no small accomplishment since the training is both mentally and physically challenging. Congratulations Norm Thoughton on your grading on October the 6th to yellow belt. Norm really made our Dojo proud and is a good example to us all. We practice Tuesday, Thursday and Sunday evenings and we are presently looking for more adult members to join us. If you are interested in any information please call sensei Jim Taylor at 832-8348 or sensei J.P at 895-8784.

17 WING WINNIPEG HOCKEY STATS AS OF 1 NOV 00

"A" Division	GP	W	L	T	GF	GA	PTS	PIM	GF-GA AVG
2 PPCLI	7	5	0	2	41	21	12	48	20
1 CAD Stars	8	6	2	0	37	20	12	40	17
Wing Supply	7	4	1	2	45	12	10	12	33
435 (A) Team	7	5	2	0	33	19	10	57	14
Wing EME	7	2	4	1	24	33	5	36	-9
Wing CE (Beavers)	5	2	2	1	24	20	5	16	4
CFANS	6	2	4	0	20	28	4	16	-8
1 AMS (A)	4	2	2	0	10	13	4	24	-3
Wing SAMP	7	0	6	1	12	52	1	9	-40
Fat Boyz	6	0	5	1	10	38	1	18	-28
"B" Division	GP	W	L	T	GF	GA	PTS	PIM	GF-GA AVG
Air Command Band	6	6	0	0	21	7	12	22	14
435 Sqn (B) Team	6	4	2	0	27	11	8	8	16
1 CAD Old Timers	6	3	3	0	29	14	6	37	15
402 Hounds	6	3	3	0	22	15	6	12	7
1 AMS Ice Dogs	6	2	4	0	14	39	4	9	-25
Dixie Sticks and Studs	6	0	6	0	7	34	0	4	-27

St.James Collegiate, St.James, Mb. 50th Reunion Special Event

to be held October- 5 to 7,2001. We are looking for all former students and staff for the years 1951 to date. To receive information on the event please send your name and address to:

Phone: (204)888-4867
Fax: (204)889-0830
E-mail: csmith@sjsd.net

Swimming Lesson
Registration
Lipsett Hall
December 9, 2000
9:00 - 12:00

Lessons will run beginning the week of January 8, 2001 for 10 weeks.
Lesson times Saturday morning and Tuesday night (Red Cross)
Sunday night Lifesaving Lessons if enough interest.
Any questions please call Leana 6183 or Carla Ryan 2059
Rec. Cards required for lesson registration



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- Fax: 832-3906 •

Taste the WORLD

Every Thursday



Each Thursday night Assiniboia Downs will be hosting an All You Can Eat Taste the World Buffet in the Terrace Dining Room. Each week we will feature a different ethnic region for only \$12.95 per person. The buffet will be available from 5:00 p.m. to 8:00 p.m.

- Thursday, November 16 **ORIENTAL NIGHT!**
- Thursday, November 23 **ITALIAN NIGHT!**
- Thursday, November 30 **FRENCH NIGHT!**
- Thursday, December 7 **CARIBBEAN NIGHT!**
- Thursday, December 14 **MEXICAN NIGHT!**

Every Thursday night in November visit the Club West Gaming Lounge and enter our Dice Game Sweepstakes for a chance of winning \$500 in cash. Total of \$1,500 cash is up for grabs every Thursday in November!

\$2.00 OFF

Visit Assiniboia Downs for a Thursday Taste the World Buffet or Sunday Brunch & Save \$2.00 off your meal!

Please present this coupon before ordering. Valid only on Taste the World Thursdays or Sunday Brunch in the Assiniboia Downs Terrace Dining Room. Limit one coupon per customer per visit. No Cash Value. Reservations recommended, phone 885-3330. Offer expires December 14, 2000

Assiniboia Downs 3975 Portage Avenue 885-3330

Sunday Brunch

11:00 a.m. - 2:00 p.m.

- Designer Omelettes,
- Waffles, Hot Entrees,
- Salads, Fruits,
- Vegetables,
- Homemade Pastries,
- Desserts & More...

only \$13.95 per person

Winnipeg Military Community Council

presents

Christmas 00 Craft & Bake Sale

Saturday 18 November

9:00 AM - 3:00 PM

Lipsett Hall Recreational Centre

(near corner of Kenaston & Grant)

Open to the Public

Admission One Dollar

17 yrs & younger free

Handmade Unique Gift Ideas

Nowhere Else In The World! But at the Western Canada Aviation Museum Can you

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Craft Sale

Roblin Park C.C. Nursery will be hosting a craft sale on Saturday, November 18th, 2000. Wide variety of crafters, baking, perogies and a kid's table will be available. Door prize and silent auction table. Admission \$1.00 adults and children 12 and under free. A few tables still available, for more information please contact Noelle at 896-0183, leave message.

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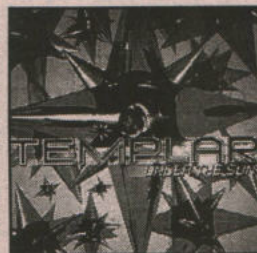
Music Review

Templar

Under The Sun
(EMI)
Music type: Rock, Techno



Vancouver band Templar are being treated as the Millennium's first big thing by EMI. And at first blush, it seems that the media giant's A&R staff have found something to brag about in this West Coast outfit. Presenting rock songs with major techno overtones, Templar fits in the same niche occupied by bands like Rage Against the Machine and Edwin. The songs on Under the Sun are hit-and-miss in that they are incredibly well-produced and sonically interesting, but they remain ultimately devoid of any soul, like very good renditions of songs we've heard before on hard rock radio. Maybe this familiarity will make these songs stick, and let's hope so for Templar, because originality is not in the mix here. (stephane.ipper-siel@videotron.ca)



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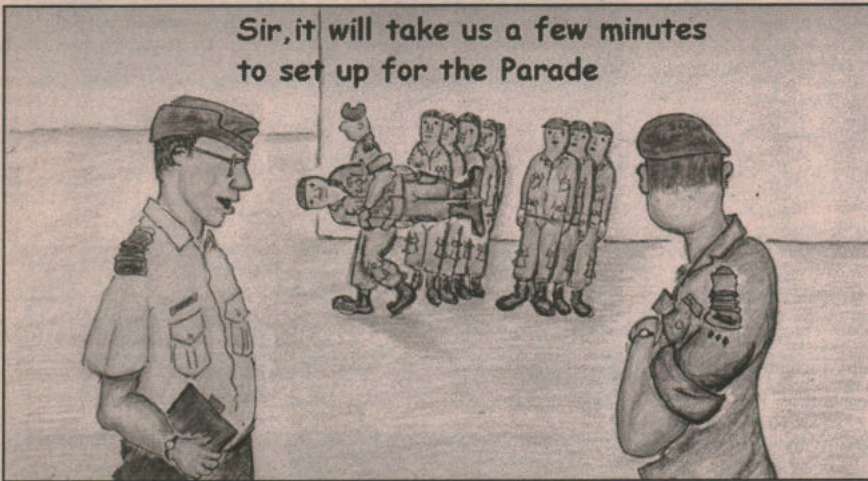
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All personnel at 1 Air Mov Sqn would like to congratulate Rob Gearns (L) and Jeff Brown(R) for their promotions to MCpl. Well done from the First and Finest.



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Contact person: Master Seaman Harvey Blais

833-2500 ext: 6901

Or: Master Corporal Scott McLellan

833-2500 ext: 5091

It's that time of year again. **Childrens Christmas** will be for members only. The cost for each child will be \$5.00. There will be no family rate.

Our sign up sheets will be available at the bar. The cut off for signing up will be no later than **Monday 20 November 2000**. It takes three weeks for the gifts to arrive in time for the party.

When you sign up your children for this event you will be required to purchase your tickets at the same time.

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offered and half-time will feature fun,
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Personal Classifieds

MISC. FOR SALE

For Sale - Homemade blonde oak coffee table \$125.00 OBO
Call 589-0638 after 5pm or local 6101

For Sale - Double dresser \$20.00, small kitchen table & 2 chairs (1 yr old) \$45.00, quilting frame \$20.00, 1947 refinished buffet \$125.00, wooden shelving units \$15.00, beige swivel rockers \$25.00, Sony CD & Magnavox stereo in cabinet & speakers \$150.00 OBO, German Beer Mugs & glasses - best offer, Dark microwave stand \$15.00, electric snow shovels \$20.00, reel type push lawn mower \$30.00.
Call 831-7858 after 5pm - leave message.

For Sale - 1996 Red Ford Contour - excellent cond, keyless entry control sys, A/C, cruise, power locks, windows and mirrors, dual air bags, am/fm CD player. 66Km. Transferable warranty up to 140,000km/h. \$11,500. Call 831-5567 or leave message @ 228-2276.

For Sale - 1-1952 Dodge 3/4 Ton, M37 Cargo/Troupe Carrier, c/w Winch & Pioneer Kit. Parade/Show ready. Safetied. 1-1952 Dodge 3/4 Ton, M37 Cargo/Troupe Carrier w/ Pioneer Kit. restoration started. Safetied. 1-204-256-5517 or email rejan@escape.ca

For Sale - Man's Australian Outback Jacket, Black, 3/4 length, size medium and hat. \$175.00 (OBO)
Fridge and Stove (24") grn, good cond, suitable for basement or cottage. \$200.00 for both (OBO)
Call Wayne 294-5925 after 6pm

MISC. FOR SALE

For Sale -couch & chair, off white,very clean,1yr old. Pd \$1600 asking \$750obo. 837-8814

For Sale - Kenmore washer and dryer approx 7 yrs old. Mint cond. Various speeds and setting. \$675.00.

11X14 oval/loop area rug, various beige colours. \$50.00 Enclosed deep fryer, hardly used \$50.00 OBO. Call 667-2427

For sale - Panasonic personal pager, model #EP5F52, \$40.00 OBO.

Sub Woofer Speaker, MTX Road Thunder in own case, mint cond. \$75.00 OBO
Please call 338-4117 after 5pm.

For Sale - Boy & Girl winter snow suits and accessories. Up to 3yrs. Baby items: carseats, infant and toddler, strollers, highchairs, playpen, exisaucer, jollyjumper, swing. Many other baby items in good condition. Call Shelley 489-2014

For Sale - 1995 Pontiac Sunfire, 2 door, 4cyl, power steering, power brakes, standard transmission. Safety Inspection good until July 5th,02. Call Mike Blanchfield at (H) 489-0231 or (W) 833-2500 ext 6264

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For Sale - Best Bargain! N64 with 2 rumble packs, 2 controllers, 1 controller pack, RFS switch, Vigilante 8, Lego Racers & Goldeneye 007. Value approx. \$435.00. Selling for \$200.00 Firm. Great for Xmas. Call 5121 or 885-9302.

For Sale - Student's desk (excellent shape) \$45.00, Black stereo stand with glass door \$50.00, 2 wooden bar stools with cane seats \$20.00ea, 1 set weights (110 lb) with incline bench(includes barbell and 3 dumbbells) \$50.00, Teak d/r table with extension (seats 8) 6 chairs & buffet (good cond) \$1100.00 OBO, Dhurrie Pastel wool area rug (made in India) 9x12 \$800.00 OBO, 1 cream Berber area rug 6x9 (excellent cond) \$100.00, Stereo equip - 1 JVC turntable \$40.00, 1 Sharpe cassette player \$45.00, 1 Harmon Kardon receiver \$50.00, 1 pair Bose bookend speakers \$40.00-total Stereo pkg for \$150.00, Electrolux vacuum (older canister model) beater bar, attachments, new hose - good cond \$40.00. Call 269-0282.

For Sale -2 Cribs w/ mattresses \$90.00, 1 Fisher Price "All terrain stroller \$50.00, 1 Fisher Price infant car seat \$15.00, 1 Toddler Evenflo Scout Carseat \$40.00, 1 Wedding Dress (size 12) + veil and headpiece (only worn once) \$250.00. All items are in very good cond. Misc Toys and Toddler items for sale \$.50-2 or 3 dollars depending on item. Call 885-1325



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The Winnipeg Military Family Resource Centre is looking for community members who operate a family home daycare or casual childcare services. We would like to add you to our "Community Childcare Providers" listing. Many families are looking for care and our childcare resource listing is in high demand. Please drop-off or fax your ad to MFRC at 350 Doncaster St. fax, 489-8587. If you have questions about childcare resources, call Catherine at 489-7003.

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ARIES (March 21 - April 19): Don't let uncertainties about your own abilities stop you from opening up to new possibilities, opportunities and experiences. Changing your life depends on your willingness to believe in yourself. Time to learn how to overcome fears about limitations.

TAURUS (April 20 - May 20): Quality work will withstand future scrutiny. You've narrowed your options by focussing most of your energy on one aspect of life. Release despair by constructing a sound plan to get you where you want to go. Avoid repeating worn patterns.

GEMINI (May 21 - June 21): Time to demand some return on your emotional investment. You want to see more of the world and experience more of life? Don't wait for someone to give it to you or accompany you. Get out there and get it. Travelling lighter is not as scary as it might seem.

CANCER (June 22 - July 22): This is a time of learning, study, and tests. You're building a solid foundation on the basics. Aim for the highest marks or standards. Don't settle for less. Your future depends on it. Plan some post-Christmas fun.

LEO (July 23 - August 22): Show your individuality. Shine by getting things done through self-initiated activities and creative flair. An opportunity to travel if you're willing to make quick changes to your game plan. Things will take care of themselves so go ahead. Enjoy.



VIRGO (August 23 - September 22): Buy yourself that disk you've had your eye on. Follow hunches. Keep expecting growth. Logically and intuitively you can see a good thing. Redecorate. Turn an everyday product or idea into a gem - it will be in demand soon.

LIBRA (September 23 - October 23): Changes bring sadness and fears of instability. However a wealth of possibilities await you. Keep your eyes open for the window of opportunity. You don't want to miss it cause you're busy crying over spilled milk or get caught up in "what ifs" and "if onlys."

SCORPIO (October 24 - November 21): Prepare now so you won't have to do chores later when you're asked to help someone through a health crisis. Keep them motivated by encouraging a fresh start. Then take your own advice. It's beneficial for both of you.

SAGITARIUS (November 22 - December 21): You regret hasty, past action. You were following your beliefs, and therefore it was right for you at the time. You've burned your bridges though, so now get up and stop lying about moaning and groaning or you'll be run over by a roadrunner in an Acme truck.

CAPRICORN (December 22 - January 19): Make your ideas come alive. The more off-the-wall the more communication required. Show you care and others will respond. Thinking on your feet is critical but contemplation is required before final decisions are made.



AQUARIUS (January 20 - February 18): Get extra rest to combat feeling overtired. A lot of minor details need to be addressed but there is light at the end of the tunnel. Avoid colds by taking vitamins and dressing warmly. Invest in a good lamp that will push back the gray days to come.

PISCES (February 19 - March 20): Enjoy the process and feeling you get from creating. Have patience with disconsolate friends or family, but don't accept their worldview. Focus on what you have control over - your own life. Invest in your future.



Tarascopes for November 2000 - By Nancy - Appts call 775-8368

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