



THE VOXAIR



OUR MILITARY FAMILY COMMUNITY NEWSPAPER

Vol. 49, Issue 10

17 Wing Winnipeg / 17e Escadre Winnipeg

30 May 2001 / Free

Team from 17 Wing prepares for 85th annual Nijmegen Marches

By Cheryl Gudz & Captain Michael Mietzner
17 Wing Public Affairs

The Princess Pats aren't the only ones marching away to far-off lands...

A team of approximately twenty-one military members have been marching around 17 Wing and the St. James area for the last couple weeks preparing for a shot at making the eleven-person 17 Wing Nijmegen Team.

Where is Nijmegen? Nijmegen is a small city on the Waal River, near the German border in the province of Gelderland, Netherlands. It is a rail and water transportation point and an industrial center with a population of close to 150,000.

When are the Marches? The 85th Four Day Marches will be held from July 17 - 20, 2001.

What are the Nijmegen Marches? Origin of the Nijmegen Marches: In 1908, the idea of a four-day march was created by the Royal Dutch League of Physical Education (KNBLO), in an effort to promote physical fitness. In 1909, the idea was officially realized, and over the years has proved to be an excellent way to promote international goodwill between participating countries. Since 1925, Nijmegen has been widely considered to be one of the world's largest walking events. Strictly performance-oriented, the Marches are not intended to be competitive in nature, but rather an exercise in team building.

Originally the Marches were open only to military personnel, but now the overwhelming majority of participants are civilians. Every year, approximately 35,000 people take part and about 6,000 of those are military personnel. The Marches are divided into several categories, but are open to people of all ages. Representing their individual countries, military teams march a demanding 160 km course over four days with a heavy rucksack on their backs. Teams are awarded the distinguished "group medal" if they complete the Marches with 90% of the team intact.

Introducing Your Team-in-Training for Op Nijmegen: The 17 Wing Nijmegen Team started training the week of April 9 - 12 gradually augmenting the length of each exercise. Beginning at a distance of 7 km an outing, the team will eventually build its way to the distances expected to be



Warming Up - Capt Al Bruce, Team Leader (right), leads a smiling team the first few hundred metres north on Whytewold Road on a brisk morning start to one of the first 7-kilometre training marches. By the time they are ready for the four-day 160-kilometre Nijmegen Marches in July, the team will have marched in excess of 885 Kilometres around the Winnipeg area.

Photo by Capt Michael Mietzner, 17 Wing Public Affairs

marched during the week of June 19 - 22. In that week, they will march 125 km in four days, with two of those days being back-to-back 40 km days. Training initially took place in the afternoons after 2 p.m., but the group is now training before the normal workday starts in the mornings (usually 7:00 a.m. or earlier) with the onset of summer temperatures. By the time they head to The Netherlands, the team will have completed over 885 kilometres of marching around the Winnipeg area. As of this issue of Voxair's deadline (18 May) the team has completed 285 kms or just under 1/3 of the total training distance.

The group is led by Capt Alistair Bruce, of W HQ, and

assisted by MCpl Dick Groen, WTIS. While Capt Bruce is a novice to the Marches, MCpl Groen has four under his belt and is a fountain of knowledge when it comes to the required training. The potential team also includes:

Capt Cary Campbell, CFANS
2 Lt Colin Marks, ICAD, A3 Special events
Cpl Darryl Seymour, 402 Sqn
Capt Elizabeth Iijima, 1 CAD, A4 Log
Lt(N) Fraser Boyes, Pers Admin
Maj Gary Banks, WTIS
Cpl Gregory Mavin, WTN

Continued on page 2

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Op Nijmegen

continued from front

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 MCpl Kellie Smith, WTN
 Sgt Marjorie Lague, WTIS
 Capt Rhonda Crew, 1CAD, DSurg
 Cpl Sean Hubbard, 402 Sqn
 Capt Stéphane Bilodeau, Cadet Det
 Capt Timothy Cooper, 402 Sqn
 Cpl Wayne Mockford, 1 Air Mov Sqn
 Capt Michael Mietzner, W Paff
 Capt Andrew Davey, W EME

2 Lt B.J. Tinsley, W Paff
 OS James Dalebozik, W Hosp
 MCpl Greg Morris, Base Post Office

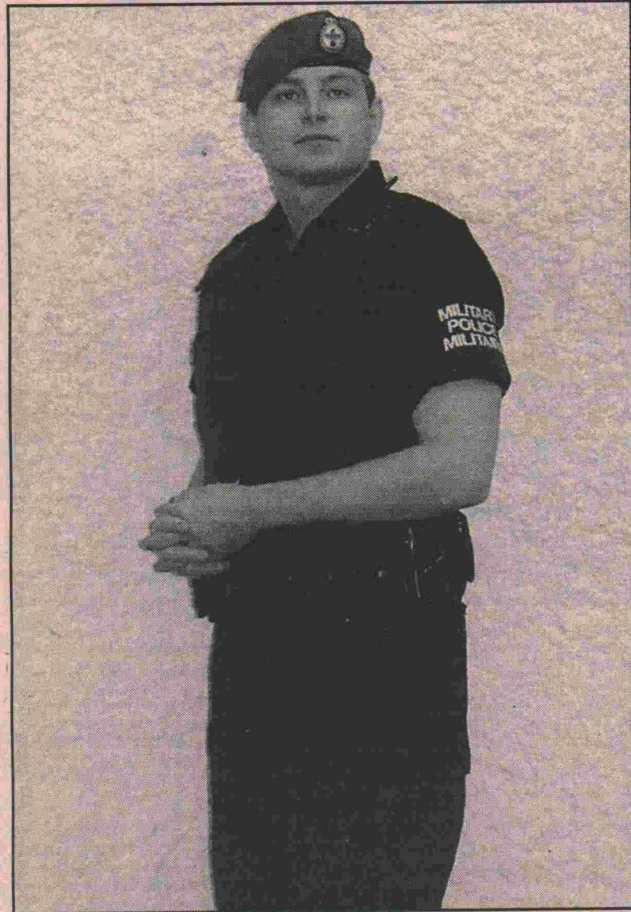
This will be the second time 17 Wing Winnipeg has sent a team to the Nijmegen Marches, the first time being in 1998. When you're #2, you try harder!!

Watch future issues of Voxair for training updates. Best of luck to all Nijmegen enthusiasts!

Pictured at right: Hydrate! Hydrate! Hydrate! As any athlete or trainer will tell you, it is critical to maintain fluid levels during physical activity. Training for Nijmegen is no different. After having trained for three weeks and completed the first 100 kilometres (with plenty of water being consumed enroute!) the team practiced a "Beer Tent Entrance" at Club 90 on 27 April to celebrate the milestone. Photo by Capt Michael Mietzner, 17 Wing Public Affairs



New Military Police Patrol Dress



By Cpl Rod Jackson

If you happen to see in the next few months some Men In Black walking around the Wing and PMQ areas carrying futuristic accoutrements don't panic! No, it's not Tommy Lee Jones searching for Alien Invaders, it's just your friendly neighbourhood MPs dressed in their new occupational patrol dress.

Recently the Canadian Forces has upgraded the two major pieces of the Military Police member's patrol uniform, namely the web-belt and the patrol dress. The new uniform consists of a black short sleeve shirt, black tactical combat pants and black combat boots.

The patrol members will still wear their environmental specific beret, the "Military Police Militaire" arm band on the left arm and wear a black polyester jacket in the winter.

The new patrol dress has been well received by members at other Bases across Canada who are wearing it and the military community has also been very receptive.

Issue of the patrol dress

should occur for 17 Wing MPs later in May and the public can expect to see them wearing it shortly thereafter.

The uniform was designed for various reasons, namely:

- safety;
- to address the need for a uni-

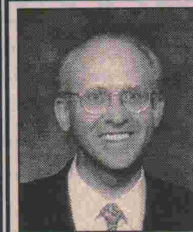
form which is functional for the MP in the variety of environmental and demographical conditions they work in; and

- to act as a distinct identifier to the military and civilian community that the members dressed as such are Peace Officers.

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New Deputy Commander in town

By Allison Zegalski

WINNIPEG - 1 CAD/CANR Headquarters has a new Deputy Commander for the Canadian NORAD Region (DCR). Brigadier General Kenneth M. DeCuir arrived in Winnipeg on 18 April to assume his new position as the senior American military representative in Canada.

DeCuir replaces Brigadier General R.C. Gelwix as the principal advisor to the CANR Commander. His new duties include assisting the Commander in the implementation of the NORAD mission in Canada and acting as the Region Commander in the absence of the Commander.

Born in Fort Worth, Texas, DeCuir grew up in an air force family, spending his childhood in Japan and the Philippines and in a variety of locations across the United States. He graduated from the University of South Carolina in 1973

with a Broadcast Journalism degree and entered military service in 1974 through the Air Force ROTC program.

"I always wanted to be in the military", explained DeCuir. "I guess flying is in my blood. Both my father and my brother were pilots, so I joined the Air Force. I really made no decision to make it a career, but I liked it and enjoyed what I was doing, and one thing led to another."

That 'another' turned out to be a distinguished 27-year career with the U.S. Air Force, with tours in Korea, Europe, and the Pentagon as well as combat duty in operation Desert Storm. DeCuir has also commanded a fighter squadron, a fighter operations group and a flying training wing.

Prior to becoming DCR, he was the commander of the 354th Fighter Wing at Eielson Air Force Base in Alaska. DeCuir says that posting was the highlight of his career.

"There's not that many Wings out there, so not only do you have to be good to get the job, you also have to be lucky," said DeCuir candidly. "And if you're lucky enough to be a wing commander, it's a very rewarding job because you get to contribute to the welfare of the nation."

Brigadier General DeCuir is looking forward to the challenges facing him as the new Deputy Commander for the Canadian NORAD Region.

"There's a lot of turmoil going on out there within Russia and other countries. And during a time when there's no apparent threat, when it's out of the media, there's a public perception of out of sight, out of mind. But I think that's unfortunate, because there is a lot of activities that are going on that require vigilance. And that's NORAD's job, to be vigilant."

The Brigadier General says that he and his wife are adjusting nicely to their



Brigadier General Kenneth M. DeCuir

Photo by Sgt. Sandy Gallant, 1 CAD/CANR HQ

new life in Winnipeg.

"It's the first time we've been stationed in a big city in a really long time. And we have a lot of friends in the Canadian Forces too. General Lucas was in my class in the Canadian

National Defence Course in Kingston. Canada is like our second home."

As the newest Deputy Commander for the Canadian NORAD Region, DeCuir's enthusiasm for his new surroundings is evident. One hopes that, hav-

ing thrived in Alaska's harsh winters, surviving January in Winnipeg will prove to be just another of the Brigadier General's many accomplishments.

Allison Zegalski is a Public Affairs officer at 1 CAD/CANR HQ in Winnipeg.

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No Place for a Lady

Capt Leslie Wenzel, shown here being presented with a copy of Shirley Render's book "No Place for A Lady" by Mr. John Allingham, Chairman of the Board of Southport Aerospace Centre, joined the Canadian Forces in 1985 as an Administrative Clerk.

Wenzel became an Air Navigator in 1991 and served on peacekeeping tours in El Gorah and Kosovo.

She recently transferred to the Pilot occupation and in a ceremony on 23 Mar 01 at 3 CFPTS in Southport she received both her Pilot's Wings and the Gos Goulding trophy for best rotary wing student.

The author, Shirley Render, is a respected historian from Winnipeg who has long been associated with the Western Canada Aviation Museum - now the second largest such museum in Canada.

Her interest in aviation began in 1973 when she obtained her pilot's licence at the Winnipeg Flying Club and incidentally won the Women's Award for the highest marks on the flight and the written exam.

Since then, she has obtained a Master's degree in history built on the thesis "The Development of

Commercial Aviation in Canada".

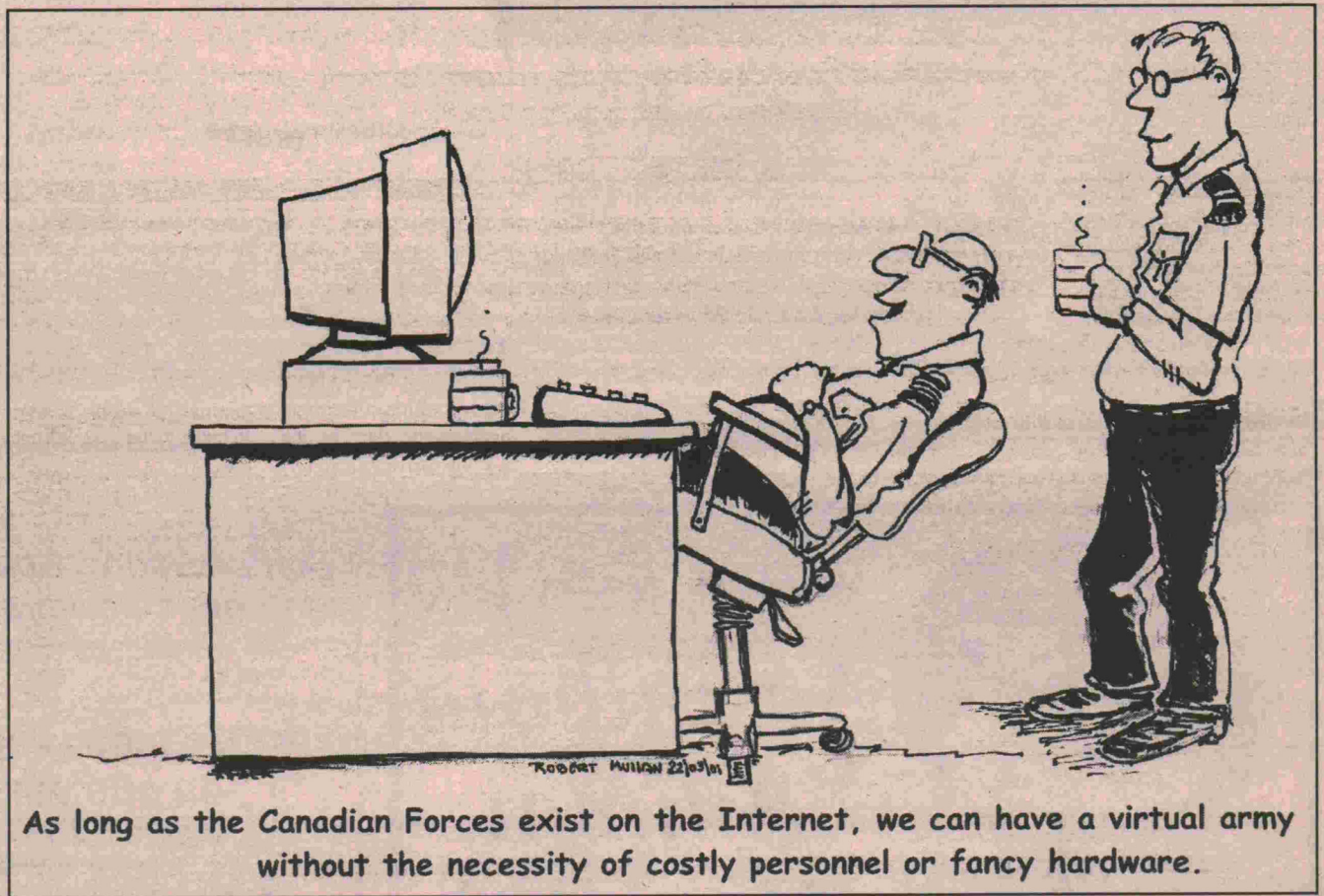
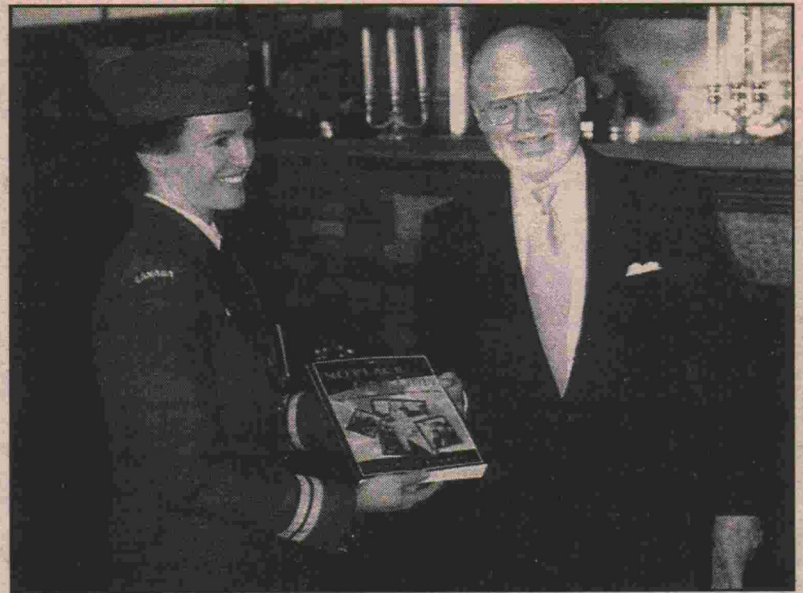
This, and other research, formed the background for her book "No Place for a Lady" which is the first ever record of the stories of Canada's women pilots.

Much of the content of this book chronicles the contribution made to

Canada by female aircrew during two World Wars.

The presentation of this book to Capt Wenzel, and to other female pilots to come, celebrates this rich tradition of service and encourages even greater participation of women in today's Armed Forces.

Photo by Ms Cathy Ward



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1 CAD HQ Member Receives Leadership Award



Cpl Carolyn Abgral receives the K.M. Gravell Award for Sabre Flight from BGen Doug Langton.

16 Wing Borden - It was with great pride that Cpl Carolyn Abgral from Winnipeg, marched to the front of the parade to accept the Leading Aircraftman (LAC) Gravell Award for exemplary leadership demonstrated throughout her course.

The 31-year-old RMS Clerk had spent the previous seven weeks on a Junior Leadership Course at the Air Command Professional Development and Training Centre at 16 Wing, in Borden, studying topics such as leadership, military law, effective communication and drill.

The LAC Gravell Award is voted by candidates themselves and is presented to one student for each of the three Flights who demonstrated exceptional personal commitment to the support and assistance to his or her fellow students.

"I felt very honoured," said Cpl Abgral after receiving the award for Sabre Flight, "but I'm sure that the members of my Flight who nominated me don't realize how much they helped me, more than I helped them. In fact, that's what I found the most interesting on the course: the team work, the group dynamics."

Cpl Abgral has been a Reservist with the Canadian Forces in Winnipeg for 11 years serving with Air Command and 1 CAD HQ.

Wing TISS Connects

By Capt Kilmeny Jones

Greetings from Wing TISS! Winter appears to have departed, and in its wake has left Wing TISS with entirely new sorts of seasons - PER Season, Parade Season, Posting Season and Projects Season, all at once! All the while trying to install all of the end of fiscal year acquisitions.

As the PERs loomed overhead like a particularly malicious vulture, the SCWO, CWO Bob Goch, concluded that the perfect remedy for the resultant nerves was a parade - everyone loves a parade, right? It would appear that the Squadron agreed with his assessment, because on 2 May, the Wing Commander, Col DC McLennan, acted as reviewing officer for a Wing TISS medals and presentations parade. The parade weather was perfect - sunny, with a stiff breeze snapping the flags at the dais impressively. A significant number of Wing TISS personnel received presentations, and the Squadron dress, drill and deportment were commended.

Canadian Peacekeeping Services Medals were awarded to WO Bob Gaumont, Sgt Don Hedges, Cpl Lisa Edgar, and Cpl John Gillich.

The second clasp to the Canadian Decoration was presented to CWO Bob

Goch. At the same time, it was announced the CWO Goch will be taking on the additional "hat" as 17 Wing Logistics Branch CWO effective this summer.

First clasps to the Canadian Decoration were presented to Sgt Marjorie Lague and MCpl Dan Leblanc.

Canadian Decorations were presented to Cpl Al Bouthiette, Cpl Lisa Edgar, Cpl Don Lemieux and Cpl Joe Bell.

Col McLennan also presented Wing Commander's Commendations to Sgt Don Hedges, MWO Frank Arsenault and Capt Mike Rehman. LCol GD Ward, 1 CAD/CANR/A6, presented a commendation to the Squadron as a whole for the support provided to the TIPS Conference held in late November last year.

Finally, the promotion of MWO Frank Arsenault to the rank of CWO, effective 20 Jun 01, and the promotion of Capt Mike Rehman to the rank of Maj, effective 19 Jun 01, were also announced.

Posting messages are also flying fast and thick around Wing TISS. We have already said good-bye to Sgt Phil Fisher of the Line Section. After 20 years of service, on 10 May, he became Mr Phil Fisher, and is moving to Ottawa to take up a second career as a civilian.

Finally, in the midst of the rest of the Seasons, pro-

jects designed to keep Wing TISS personnel frantically busy are mounting up almost daily. For instance, reorganizations within 1 CAD/CANR, the renovations to Building 90 and the new MFRC site require wiring for voice and data; Secure Common E-Mail and Windows 2000, complete with security profile requirements dictated by Ottawa which will not be popular with our users, are scheduled for summer/fall installation; and an automated system of distributing Unclassified and Protected A messages is being engineered.

The end of the fiscal year saw the delivery of almost 1500 new workstations to replace older models, in particular those not capable of running Windows 2000. Most organizations on the Wing will already have seen our technicians showing up at your doors bearing gifts. We are working through the testing and installation of these workstations and beginning of the flip side of this project; the return through the Supply System of the 1500 old machines.

Wing TISS is busy. We solicit your patience, but remember, if you have a problem, call the HelpDesk at 2244 or if WTISS is not meeting your expectations in some way, please address your concern to the WTISSO, Maj Gary Banks at 5733.

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PM Announces New Chief of the Defence Staff

May 22, 2001, Ottawa, Ontario - Prime Minister Jean Chrétien today announced that Lieutenant-General Raymond Henault, currently Deputy Chief of the Defence Staff, has been promoted to the rank of General and appointed Chief of the Defence Staff, effective June 28, 2001.

Lieutenant-General Henault was born in

Winnipeg, Manitoba and graduated from St-Jean Baptiste Collegiate in 1967. He holds a Bachelor of Arts degree from the University of Manitoba.

He joined the Canadian Forces in 1968 and has held progressively more senior positions, particularly in the Air Force, since that time, including Commander 10 Tactical Air Group in St-

Hubert; Chief of Staff Operations, Air Command Headquarters; and Chief of Staff for Joint Operations; then Assistant Chief of the Air Staff at National Defence Headquarters in Ottawa.

In his current role as Deputy Chief of the Defence Staff, Lieutenant-General Henault is responsible for running all contin-

gency operations inside and outside Canada.

The Prime Minister took the opportunity to thank General Baril for his dedication and excellent service during a long and distinguished Canadian Forces career of 40 years, most recently as Chief of the Defence Staff, and to wish him a rewarding retirement.

Lieutenant-General Raymond Roland Henault, CMM, CD

Date of Birth: April 1949

Education:

National Defence College Course No. XLVII in Kingston, ON; French Air Force Staff College (École supérieure de Guerre Aérienne); Bachelor of Arts, University of Manitoba

Professional Experience:

1998-2001 Deputy Chief of the Defence Staff
 1997-1998 Acting Deputy Chief of the Defence Staff then Assistant Chief of the Air Staff
 1995-1996 Chief of Staff Operations, (Air Command Headquarters) then Chief of Staff J3/Director-General, Military Plans and Operations, National Defence Headquarters.
 1994-1995 Commander, 10 Tactical Air Group (10 TAG),

(St-Hubert)

1992-1993 Deputy Commander, 10 Tactical Air Group, (St-Hubert)

1990-1992 Base Commander, (Portage la Prairie)

1987-1989 Commanding Officer, 444 (CA) Tactical Helicopter Squadron, (Lahr, Germany)

1985-1987 Responsibility for Doctrine and International Programs, Directorate of Land Aviation then Project Director, Canadian Forces Light Helicopter Project, National Defence Headquarters

1981-1984 Twin Huey Flight Commander, 430e Escadron tactique d'hélicoptères (Valcartier)

1970-1980 Various positions in the Air Force

1968-1970 Joined Canadian Forces & underwent pilot training



Lieutenant-General Raymond Roland Henault, CMM, CD

National Aboriginal Awareness Week

MAY 21 to 26 2001 - Aboriginal Awareness Week (AAW) was developed in 1992 in response to the Government's announcement of the Aboriginal Agenda. The purpose of this event is to increase awareness and promote the contribution of Aboriginal peoples in Canada.

Through increased awareness and recognition of Aboriginal Peoples, progress will be made in recruitment, promotion and retention of Aboriginal peoples.

DND celebrated Aboriginal Awareness Week 21 - 26 May 2001. The Department's participation in this annual commemorative event reinforces its commitment to promoting activities for

Aboriginal Peoples. By encouraging awareness, we will bring a greater understanding of Aboriginal peoples among members and employees of our defence team. In addition, Cross-cultural awareness sessions help to sensitize managers and leaders to Aboriginal issues and make them receptive to the concerns of Aboriginal employees.

One of our human resource management principles states that "diversity is recognized and welcomed; all team members are treated with dignity and respect". With greater awareness, future

employment opportunities for Aboriginal peoples will become a reality - not only in DND and CF, but also throughout the Public Service.

The province of Manitoba is venturing into exciting times, particularly within our Aboriginal communities. The progression of the community in areas such as employment, education and training, capacity building, and economic

development is essential to the overall well being of our province.

Today more than ever the Aboriginal community is gathering strength and taking a proactive approach to the issues they face. A strong feeling of pride and the movement toward self-sufficiency and self-government drives the sense of urgency to build capacity within the community and the province.

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Member of 1 AMS Receives Leadership Award



Corporal Brian Wurm receives the K.G. Spooner Award from Brigadier-General Doug Langton. Photo by Master-Corporal Paul Howe

16 Wing Borden, Ontario - It was with great pride that Corporal Brian Wurm, a member of 1 AMS in Winnipeg, marched to the front of the parade to accept the Leading Aircraftman (LAC) K.G. Spooner Award for exemplary leadership demonstrated throughout his course. The 30-year-old Traffic Technician had spent the previous seven weeks on a Junior Leadership Course at the Air Command Professional Development and Training Centre at 16 Wing, in Borden, Ontario, studying topics such as leadership, military law, effective communication and drill.

The LAC Spooner Award is presented to the student who has achieved top marks on the course. It indicates that the recipient has demonstrated superior leadership qualities and conduct. "I am quite pleased to receive this award, although I'm sure many of my teammates also deserved it," said Corporal Wurm after the presentation. "By far, the most challenging and at the same time the most interesting portion of the course were the practical leadership exercises."

Presently serving at 17 Wing in Winnipeg, Manitoba, Corporal Wurm has been with the Canadian Forces for 12 years. He has previously served in Shearwater, Nova Scotia, as well as in peacekeeping tours in Kuwait and the Western Sahara.

402 Sqn Promotions and Postings

402 Sqn CO, LCol Bert Doyle, presents Capt Todd Murphy, MWO Lou Viens, MCpl Brett Seymour and Cpl Bill Bennett with their promotions. MWO Viens is also posted to 1 CAD and MCpl Seymour is off to 408 Sqn in Edmonton.

Good luck to both in their new endeavors and congratulations to all.



Cpl Bill Bennett receives his promotion from LCol Bert Doyle.



Capt Todd Murphy receives his promotion from LCol Bert Doyle.



MCpl Brett Seymour receives his promotion from LCol Bert Doyle.



MCpl Brett Seymour receives his promotion from LCol Bert Doyle.



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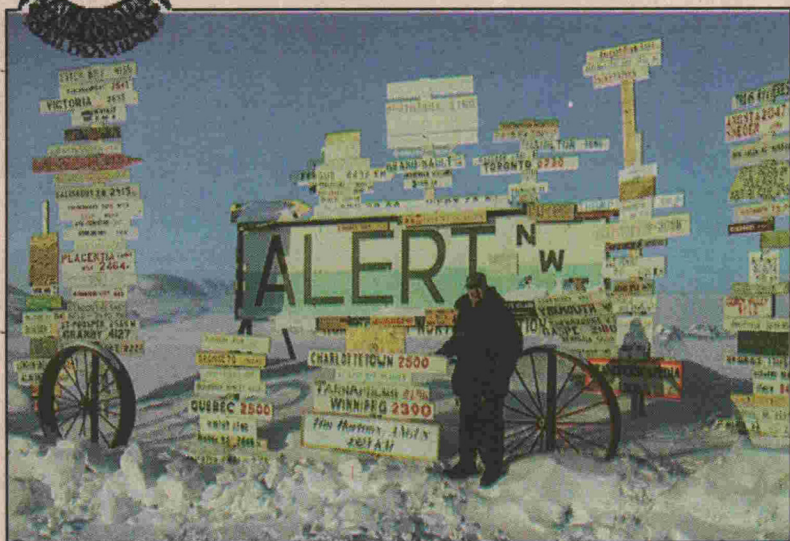
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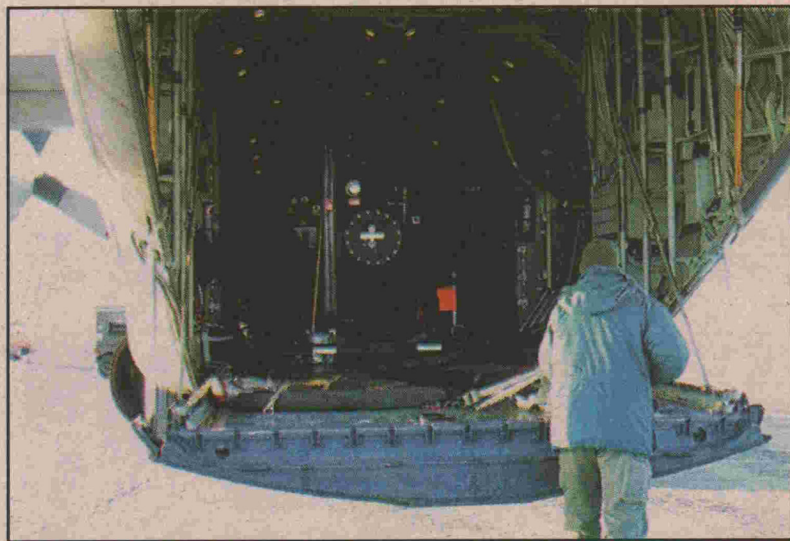
or e-mail us at voxair@autobahn.mb.ca



Chinthe Bits...



Warrant Officer Justin Bernard, posing in front of the well-known distance-from-home sign in Alert.



Fuel, loaded in the cargo compartment of a CC-130 Hercules.

By Capt Véronique Briand

There were some major deployments for 435 Squadron over the recent weeks: operation BOXTOP and a search and rescue (SAR) exercise. If you are interested in finding out more about our SAREX, you should find details of it in this issue of the Voxair and in the June 2001 edition of the Maple Leaf. For now, here are a few words on BOXTOP.

For anyone who still doesn't know what BOXTOP is, the bi-annual operation consists of non-stop re-supply flights between the Thule Air Force Base, in Greenland, and the Canadian Forces Station Alert, in Nunavut.

The flights take place over a period of about two weeks with usually a few of them scheduled to Eureka, a very small settlement also located in Canada's arctic region.

Supplies brought to the northernmost inhabited station

include mainly fuel, but also food and other amenities that personnel may need after their long dark isolated winter.

Personnel and aircraft from the whole CC-130 Hercules community along with one CC-150 Airbus were deployed for the whole duration of the operation.

The contingent from Winnipeg was made up of three aircrews and two Hercules with, of course, support and maintenance personnel.

402 Sqd News & Views...FOD for Thought

By MCpl BA Ripley

For those who work around aircraft, one of the sure signs of spring is the start of the weekly FOD walks.



What is FOD? Well, simply put, FOD (Foreign Object Debris) is anything that is where it doesn't belong. This can be anything from a stone on the flight line to a screwdriver left behind in a circuit breaker panel.

The consequences can range from inconvenient delays to mission cancellations to catastrophic losses of aviation assets.

FOD (Foreign Object Damage) is the leading cause of premature engine failure, wasting valuable resources.

A FOD (Foreign Object Detection) Program can reduce the FOD (Foreign Object Damage) caused by FOD (Foreign Object Debris) but the

program does not work without the people to support it.

A successful program combines prevention with detection involving everyone from the aircraft maintainer, who does a thorough survey of their work area to ensure nothing is left behind, to the Transport driver who does a check of their vehicle as they enter the flight line.

There are many FOD (Foreign Object Disposal) cans located throughout the hangars and on the flight line, so if you see it pick it up.

A little of your time now will save a lot later.

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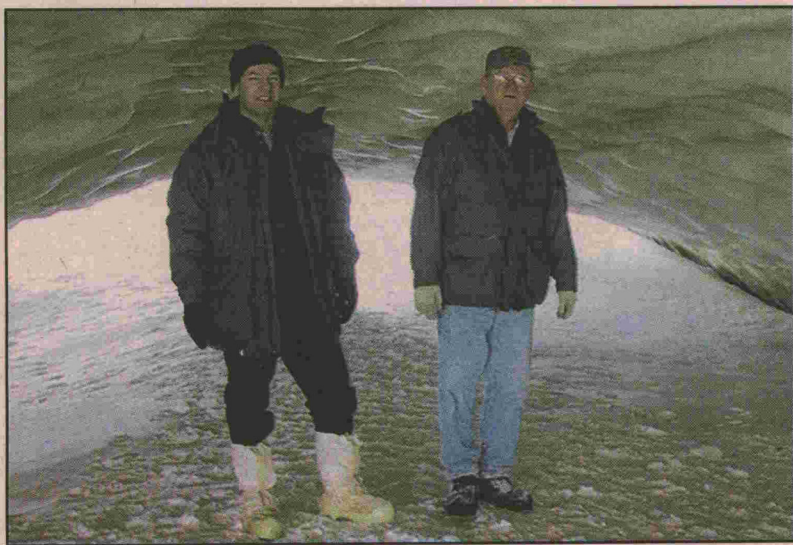
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Operation BOXTOP



Major James Bound and Captain Jeff Hunter, two navigators from 435 Squadron, visiting ice caves.



Aerial shot of mount Dundas, with the Thule AFB in the background.

In spite of the numerous hours spent in the air, 435 members took the opportunity to discover some of Thule's main attractions.

While some members did go sliding and touring ice caves in the area. Others, perhaps discouraged by the cold weather, chose to fill their leisure time by enjoying the creature comforts of the 'Top of the World' Club.

At last, out of the 120 planned chalks, the Hercules

crews completed a total of 90.

All five planned chalks to Eureka were effectively carried out.

As it turned out, the uncompleted chalks had more to do with external factors - such as snow falls or de-icing problems. Therefore, the operation was overall a very successful one.

In total, the crews flew approximately 300 hours, shut-

tled 20,000 pounds of cargo and 370 000 imperial gallons of fuel in support of the remote locations.

Well, this is it for now. I apologise to our air-to-air-refuelling members for not including activities having to do with their section.

Perhaps the next Chinthe Bits article will have more to do with the tankers, but don't the crewmembers deployed for BOXTOP somehow qualify as refuellers?

435 Squadron to participate in SAREX 01

May 7, 2001, WINNIPEG - Approximately 45 personnel and two CC-130 Hercules aircraft from 435 Squadron and 17 Wing

conducted a major Search and Rescue (SAR) exercise, called SAREX 01, out of the Lethbridge Alberta Airport from 7 to 11 May, with most of the flying activity taking place over the Rocky

Mountains in southern British Columbia.

In addition to the Winnipeg-based airmen and women who will form search headquarters staff, aircrews and aircraft servic-

ing personnel, four crewmembers and one CH-146 Griffon helicopter from 4 Wing Cold Lake, Alberta, also took part in the exercise along with many volunteers from the Alberta Civil Aviation Search and Rescue Association

(CASARA).

There were two parts to the exercise.

The first part consisted of an actual search scenario, to provide practice for an appointed searchmaster and his staff, as well as the flying crews.

The second part consisted of planned mountain training for SAR Technicians.

This training included mountain searching, parachuting into confined areas, as well as casualty assessment, stabilization and casualty evacuation.

435 Squadron is responsible for maintaining a capability to conduct a major search away from its home location of Winnipeg.

A major search would be initiated if preliminary search efforts for a missing aircraft, vessel or person in distress were unsuccessful.

To maintain this proficiency, an exercise such as SAREX 01 is organized annually by the squadron.

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Hazmat Corner

Safer Substitutes for Commercial Cleaners

By Craig Oversby
17 Wing HMC/ESO

Here are some recipes for safer versions of household cleaners.

Before using the recipes on valuable objects, always test a small area first.

HOUSEHOLD CLEANERS

Air Freshener - Vinegar or baking soda in an open dish.

All-purpose Cleaner - 1/4 c. baking soda and 1 q warm water.

Aluminum Pan Spot Remover - For the inside of pan, add 2 tbsp. cream of tartar to 1 qt water. Bring to a boil and simmer 10 minutes. For the outside of pan, scrub with baking soda.

Brass Cleaner - Worcestershire sauce.

Chrome Cleaner - Use vinegar and wipe dry. To remove soap scum, clean with baby oil. Remove excess oil with soap and water.

Copper Cleaner - Clean with a lemon juice and salt mixture, using a scrubbing pad.

Dishwasher Soap - Mix 1 part borax and 1 part washing soda. Adjust proportions for hardness of water.

Drain Cleaner - 1/4 c. baking soda, 3 tbsp. salt and 1/2 c. vinegar-pour down drain in that order, let sit 10 minutes, flush with hot water.

Floor Cleaner - 1 c vinegar to 1 gal warm water

Furniture Polish - Olive or almond oil - let stand several hours then polish.

Glass Cleaner - 3 tbsp. vinegar and 1 quart warm water.

Odour Eliminator - 1/4 c. vinegar and 1/4 c. water -

mix, rub and rinse with water.

Oven Cleaner - Scrub with baking soda and water. Do not use baking soda on heating elements or wiring.

Porcelain Stain Remover - Scrub with baking soda or cornstarch and a wet sponge.

Silver Polish - 1 q warm water, 1 tbsp. baking soda, 1 tbsp. salt and a piece of aluminum foil on the bottom of the pot. Make sure the silver is covered by water and boil for 3 minutes

Stain Remover - Apply club soda to stain and scrub.

Tub, Tile and Toilet Cleaner - Sprinkle baking soda and scrub. Vinegar should remove hard water scale. For tub and tile, cut a lemon in half and dip it in borax. Rub surfaces with lemon and rinse.

Wood Polish - 1/4 c. mineral oil and 1/8 c. lemon juice mix and apply with cloth.



PEST CONTROL

Aphids - Spray plants with a "bubble bath" of dish suds or soapy water. Rinse off when insects are dead.

Ants - To prevent ants from coming in: Put chili powder, chili pepper seeds, dried bay leaves or lemon peels at point of entry; put lemon juice in holes. To kill ants: Mix 1 egg

white, 2 tbsp. sugar, 1 tbsp. boric acid and 1/2 cup water together until boric acid is dissolved. Spoon into jar lids and set lids in areas where ants appear and travel. Refill the lids when solution dries out. Allow

three to four weeks for poison to take effect.

Caterpillars - Use "stickum" made from 1 1/2 cups rosin (from athletic supply store), 1 cup linseed oil, 1 tbsp. melted paraffin. Paint around tree trunks.

Fleas - Sprinkle non-iodized salt on carpets: kills larvae but won't hurt rugs.

Flies - Well-watered pot of basil.

Mice and Rats - Mashed potato powder or buds - place in strategic places with a dish of water.

Mosquito Repellent - Plant basil around the house.

Moths - Cedar chips, dried lavender or rosemary and mint - place wherever clothes are stored.

Roaches - To repel roaches: Powdered sugar and baking soda.

To kill roaches: Mix 16 oz boric acid, 1 cup flour, 1/4 cup sugar and pieces of finely chopped onion. Add water a little at a time to make a soft dough. Shape into small balls and place where roaches travel.

Snails and Slugs - Fill a shallow pan with stale beer and place in the garden, or overturn clay pots to attract the slugs. Collect and destroy!

Poisons are meant to kill. Keep out of reach of children and pets!



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WING SPORTS

A Sweeping Victory



The winning team of (left to right): Eileen Brydges, Barry Neyedley, Jackie Long and Ladean Morton.

It was fun and a well-deserved break for those who attended the Wing Admin Branch Curling Bonspiel on 22 March 2001. The winning team Eileen Brydges, Barry Neyedley, Jackie Long and Ladean Morton literally swept themselves to an undefeated victory. Once again thanks to everyone who participated in making the bonspiel a huge success and an extra special thanks to Ross and Chuck from the Curling Club in making the event possible.



Francine Douville and Cpl Colleen Smyth show 'em how it's done.

17 Wing Winnipeg Sports Awards Ceremony

Thu 7 June 2001 1400 hrs, Club 90

Please contact the sports coordinator, Chris Merrithew, at local 5511



17 Wing Women's Fastball Team

If you are interested in playing for the WOMEN'S FASTBALL TEAM please contact MCpl Kellie Smith at local 6659 or the sports coordinator, Chris Merrithew, at local 5511

17 Wing Community Recreation Summer Sports Camps - Jul /Aug

Non-Competitive, "everyone plays" sports camps/activities for 17 Wing Rec Cards Holders. All camps are free of charge. Must register with Com Rec Dept at loc 2059.

Soccer Camp 3-6 Jul 01 Lipsett Hall

0915-0945 hrs Ages 4-6 (max 20)
1000-1040 hrs Ages 7-9 (max 20)
1045-1130 hrs Ages 10-16 (max 20)

Volleyball Camp 9-11 Jul 01 Bldg 90 Gym

1000-1100 hrs Ages 10-16 (max 20)

Soccer Camp 9-12 Jul 01 Bldg 90 Gym

0900-0935 hrs Ages 4-6 (max 20)
0945-1030 hrs Ages 7-9 (max 20)

Mini Putt Golf 13 Jul 01 Golf Dome 1205 Wilkes

0900 hrs All Ages (max 50) Register at loc 2059

Baseball 16-18 Jul 01 Lipsett Hall

0930-1015 hrs Ages 6-8 (T-Ball) (max 18)
1030-1115 hrs Ages 9-16 (max 18)

Synchronize Swim Camp 16-18 Jul 01 Lipsett Hall Pool

1500-1615 hrs Ages 7-16 (max 12)

Ball Hockey 19-20 Jul 01 Lipsett Hall

0900-0930 hrs Ages 4-6 (max 12)
0945-1015 hrs Ages 7-9 (max 12)
1030-1115 hrs Ages 10-12 (max 12)

Basketball Camp 23-25 Jul 01 Bldg 90 Gym

0930-1000 hrs Ages 7-9 (max 14)
1015-1100 hrs Ages 10-13 (max 14)

Waterpolo Camp 23-25 Jul Lipsett Hall Pool

1500-1600 hrs Ages 7-16 (max 16)

Ceramics 27 Jul 01 Community Centre

0900-1200 hrs Ages 11 & up (max 10) Paint on Bisque (wear old clothes)

Glow Bowling 27 Jul 01, 30 Lanes at Academy Lanes

1300-1500 hrs All Ages
Registration required at loc 2059

Soccer Camp 30 Jul - 3 Aug 01 Lipsett Hall

0915-0945 hrs Ages 4-6 (max 20)
1000-1040 hrs Ages 7-9 (max 20)
1045-1130 hrs Ages 10-16 (max 20)

Soccer Camp 7-10 Aug 01 Bldg 90 Gym

0900-0930 hrs Ages 4-6 (max 20)
0940-1015 hrs Ages 7-9 (max 20)
1020-1100 hrs Ages 10-16 (max 20)

Waterpolo Camp 7-9 Aug 01 Lipsett Hall Pool

1500-1600 hrs Ages 7-16 (max 16)

Fencing Camp 13-17 Aug 01 Lipsett Hall

0830-1130 hrs Ages 9-15 (who have never Fenced before, max 20)

Synchronize Swim Camp 13-15 Aug 01 Lipsett Hall Pool

1500-1615 hrs Ages 7-16 (max 12)

Basketball Camp 15-17 Aug 01 Lipsett Hall

0930-1000 hrs Ages 7-9 (max 14)
1015-1100 hrs Ages 10-13 (max 14)

Ball Hockey 20-23 Aug 01 Bldg 90 Gym

0900-0930 hrs Ages 4-6 (max 12)
0940-1015 hrs Ages 7-9 (max 12)
1020-1100 hrs Ages 10-12 (max 12)

Ceramics 24 Aug 01 Community Centre

0900-1200 hrs Ages 11 & up (max 10)
Paint on Bisque (wear old clothes)

Volleyball Camp 27-29 Aug 01 Lipsett Hall

1000-1100 hrs Ages 10-16 (max 20)

Ball Hockey 27-30 Aug 01 Lipsett Hall

0930-1000 hrs Ages 4-6 (max 12)
1015-1100 hrs Ages 7-9 (max 12)

Glow Bowling 31 Aug 01, 30 Lanes at Academy Lanes

1300-1500 hrs All Ages
Registration required at loc 2059

Computer Centre (Westwin Community Centre)

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Jul & Aug Dates/Times to be confirmed

Additional Camps and activities may be organized. Stay tuned to the Voxair.

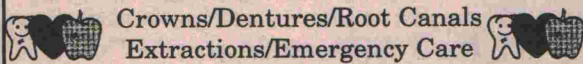
To register for all events, for more info or to volunteer to assist with the camps, please contact the Community Recreation Director at loc 2059.

Note: MFRC & Chapel have additional camps.

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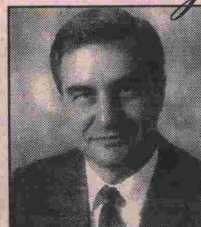
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CFCCN Upcoming Courses

By Kenn Garrity

Good afternoon ladies and gentlemen: I pray you all had a glorious Victoria Day Long weekend (regardless of the weather). There have been a few queries concerning the content of the of the upcoming course on "Teambuilding & Leadership" so I thought I'd publish the course specs. Kenn

MDP 900 — TEAMBUILDING & LEADERSHIP : 2 - 3 June 2001

Cost - Tuition \$ 130.00 + Text \$ 39.00 = \$ 169.00

This course will examine the fundamental changes which have occurred in organizations and the evolution of the team based organization. This will be accomplished by identifying the paradigm shift which has occurred and continues to occur. Upon completion, the diligent student will be able to: a) describe the importance of organizational teams as they relate and are integrated into the organizational success of the new paradigm; b) differentiate between a work group and a team in the workplace; c) describe and be able to implement, the benefits of work teams in the organization by well known corporations; and, d) describe and implement the five (5) basic elements required for teams to develop in any organization.

Modules Include:

- Module 1 — Past, Present and Future
- Module 2 — Building Your B.E.S.T. Team
- Module 3 — Communication and Work Assignments
- Module 4 — Conflict Resolution and Teams
- Module 5 — Special Function Teams
- Module 6 — Self-Directed Work Teams
- Module 7 — Self-Evaluation Models
- Module 8 — Building Corporate Supports
- Module 9 — Leadership Skills for a Team Based Organization
- Module 10 — Leadership and Organizational Development

Please Note: These courses will be run over a weekend (Saturday & Sunday) and the cut-off date for registration will be the Wednesday prior to the start date

If there are "not" a minimum of 8 students registered by 2100hrs of the Thursday before the course is scheduled, those students who are registered will receive a call informing them of the course cancellation, no call, the course runs. As for payment, cheques or cash only please as I have not the capability to receive credit cards. If you desire to pay by cheque, please make out two of them as the tuition and book departments are separate entities at Seneca.

Graduate & Undergraduate University Courses : Through RMC

There are many courses offered in the Calendar for the upcoming year so if you have a particular area of interest or are interested in perhaps beginning a degree program and RMC intrigues you, please give me a call at 5115 and we'll arrange to sit down and look at possibilities.

Courses being offered "On Base" (Fall & Winter 2001-2002)

Undergraduate Course - PSE 228A Group Dynamics

Inst: Mrs. Caroline Beaudoin
Time: Thursdays 1800hrs to 2100hrs
Dates: 13 Sep 01 to mid Dec 01

Undergraduate Course - HIE 205B Canadian Military History (from New France to 1899)

Inst: Capt James Pickett
Time: Wednesdays 1800hrs to 2100hrs
Dates: 16 Jan 02 to mid Apr 02

Post Graduate Course - WS 524 "The Impact of Total War in the 20th Century"

Inst: Dr. Christie
Time: Thursdays 1800hrs to 2100hrs
Dates: 13 Sep 01 to mid Apr 02

Kenn Garrity CFCCN/RMC Coordinator 833-2500 ext. 5115

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Tuition Assistance for Primary Reserves

By LCol PL French, A/DTEP 2, 995-6763

Non-Commissioned Members as well as officers of the Primary Reserve now have an opportunity to recover part of their tuition while serving in the CF. As a result of the Standing Committee on National Defence and Veterans Affairs recommendations to improve access the higher education for Non-Commissioned Members, a trial of Education Reimbursement for Primary Reserve Officers has been revised to include NCMs.

Designed for part-time members of the Primary Reserve, this program will provide 50% of tuition (limited to \$2,000 annually) for Naval, Army, Air and Communication Reservists who have completed initial undergraduate degree courses as well as any college post-secondary courses which are formally recognized as an equivalency for the member's military occupation. Payment will be made each September through Primary Reserve units to members who have successfully completed basic military training and their academic studies.

To be eligible, members must:

- be on the effective strength of a Primary Reserve Unit;
- be registered at a Canadian post-secondary institution;
- register courses started on or after 1 September 2000 with the Base/Wing Personnel Selection Officer; and
- successfully complete the basic military training course specified by the Primary Reserve element

These benefits are the result of a full review of the Personal Enhancement Program in response to Quality of Life initiatives. Improvements to education reimbursement benefits for Regular Force and full time Reservists are described in a separate article. A study of further education benefits for the Reserves is underway in the Directorate of Training and Education Policy to identify the needs of the Cadet Instructors Cadre and the Canadian Rangers as well as a broader range of courses for Primary Reservists.

Full details of these new benefits will be made available by this summer through Base/Wing Personnel Selection Officers.

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We thank all applicants for their interest, however only those candidates identified for further consideration will be contacted.

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Spar Aerospace Limited, is one of Canada's largest, most experienced and reliable service centres for commercial and military aircraft maintenance. We are committed to sustained growth and aggressively expanding our share of the aviation services market.

In order to meet these objectives, we are recruiting for the above positions in Edmonton, Alberta.

Applicants should possess a minimum of three years aircraft heavy maintenance experience. Preference will be given to individuals who hold a Transport Canada AME license and/or who possess experience working on C130 Hercules, Aurora, or Boeing 707 aircraft. Post-secondary aviation training is also an asset.

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M . F . R . C .

489-7003

Volunteering at the MFRC



- ☛ Do you like to have fun and meet new people?
- ☛ Do you have a skill, talent or just some extra time?
- ☛ Do you want to learn new skills and have new challenges?
- ☛ Do you have what it takes to be part of our dynamic team of volunteers?

If you answer yes to any of the above questions, the Military Family Resource Centre needs you!

With as little as one hour a week you can provide much needed support to your MFRC. Volunteers are required in many programs and for upcoming special events. All volunteers receive training, orientation, a small monthly childcare allowance and mileage reimbursement.

For more information on becoming a volunteer at the MFRC, please call 498-7003.

MFRC CHILD CARE CO-OP

Want to be able to go shopping, attend a 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 services at NO CHARGE. Basic guidelines, monthly meetings and membership conditions keep the co-op running smoothly. Members have a military police check and Provincial Child Abuse check done.

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

TEEN BABYSITTERS... WE NEED YOU!

Parents at CFB Winnipeg are searching for babysitters to provide care to their children while they are out. If your teen has completed a babysitting course and would like to be added to the **MFRC Babysitting list**, please drop into the MFRC at 350 Doncaster St. to fill out the required forms. Parents of teen sitters can rest assured that the MFRC teen babysitting list is not for general distribution or posting. Parents seeking sitters must sign a waiver form, while the actual listing gives only the name of sitter, phone number and generalized home address (i.e. North side). A great way to make some money and contribute to your community!

CHILDCARE RESOURCES

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

- ✓ All Licensed childcare providers in Wpg.
- ✓ Community childcare listings
- ✓ MFRC Drop off childcare schedule
- ✓ NOW OPEN! "The MFRC Childcare Centre"

CALLING ALL CHILDCARE PROVIDERS!

All community childcare providers (licensed and unlicensed) are welcome to advertise at the MFRC. Your advertisements should be on a 8 1/2 X 11 page and outline your range of childcare services including location, hours of service and contact numbers. Many Military Families are looking for care with extended/flexible hours to accommodate early timings and operational commitments. Drop-off or fax your ad to the MFRC at 350 Doncaster St. fx. 489-8587. Your ad will be placed at all three MFRC locations ensuring accessibility to our entire community.

For more information call Catherine at the MFRC at 489-7003

Special Needs Parents' Network

Join us for
Guest Speakers, Information
and Discussion

1st Wednesday of each month, 1-3 p.m.
Conference Room, Westwin Com. Centre, North Side

The Special Needs Coordinator is pleased to announce that monthly meetings will resume effective June 6. We will have a slight change in that we will meet in the afternoon rather than the evening. For more information, contact Victoria Lambert, Special Needs Coordinator, 489-7003.

Please support the MFRC's Special Needs Department by partaking in a

PANCAKE BREAKFAST

JUNE 2 & 3, 9-12 A.M.
CHARLESWOOD FAIR

Held by the Charleswood Tuxedo Lions Club
(A chapter of Lions Foundation of Manitoba & Northwestern Ontario)

Part of the funds raised by the Lions at this event will be donated to the MFRC Special Needs Department for the purchase of equipment/devices for the special needs of a child in a military family. Thank you for your support. For more information contact Victoria Lambert at the MFRC, 489-7003

Military Family Resource Centre

Annual General Meeting

1900 Hrs
North Site Chapel
13 June 2001

Come out and help shape
the future direction of the MFRC.

Volunteer Appreciation
will follow the AGM.

WHAT'S HAPPENING

— OFFICERS' MESS — FATHER'S DAY SMORGASBORD

SUNDAY, 17 JUNE, 1700-20000 HRS (BY BOOKING)

COST: \$101 PER MEMBER AND FAMILY, \$15 NON MEMBERS.

DRESS: RELAXED

SIGN-UP: REQUIRED. OPEN 24 MAY TO 8 JUNE

CHILD'S MENU AVAILABLE

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Lori 896-0425
Doreen 889-1530
Area Office 775-3003

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17 WING RECREATIONAL LIBRARY

Building 33, Whytewold Road by Building 90

Telephone: 833-2500 LOC 2490

HOURS OF OPERATION

MON 4-9PM

TUE 4-9PM

WED 4-9PM

THU 10-1 & 4-9PM

FRI & SAT CLOSED

SUN 2-5PM

The Library receives a number of magazines. National Geographic, Maclean's, People. Focus on living has provided us with Beaver (Canadian History), Biography, Canadian Living, Chickadee, Chirp, Home Computing, & Owl. There are a number of new children books, adult fiction, romance & science fiction books.

SUMMER SWIM LESSONS - 2001

(must have a 17 Wing Rec Card)

REGISTRATION

23 JUNE Lipsett Hall 0900-1200 All Lessons (Jul & Aug Both Pools)

21 JULY Lipsett Hall 0900-1200 For Aug Sessions

COST

\$25 per person

\$15.00 per child for Aqua-tots, Pre-School & Stroke Correction

LIPSETT HALL POOL DAY CLASSES

JUL: 3 Jul - 7 Jul (Tue - Sat) & 9 Jul - 13 Jul (Mon - Fri)
(Between 0845-1115 hrs)

JUL: 16 Jul - 20 Jul (Mon - Fri) & 23 Jul - 27 Jul (Mon - Fri)
(Between 0845-1115 hrs)

AUG: 7 Aug - 11 Aug (Tue - Sat) & 13 Aug - 17 Aug (Mon-Fri)
(Between 0845-1115 hrs)

NIGHT CLASSES

AUG: Tues & Thur Nights, August 2, 7, 9, 14, 16, 21, 23, & 28
(Between 1830-2030 hrs)

BLDG 90 WADING POOL DAY CLASSES

AUG: 7 Aug - 11 Aug (Tue - Sat) & 13 Aug - 17 Aug (Mon - Fri)
(Between 1100 -1300 hrs)
Aqua Tots, Pre-school, Level 1 and Level 2

NIGHT CLASSES

JUL: Mon and Wed, July 4, 9, 11, 16, 18, 23, 25, & 30
(Between 1800-2000 hrs)
Aqua Tots, Pre-school, Level 1 and Level 2

Please note lesson location and times
may be subject to changes.

LESSON SCHEDULES TO FOLLOW.

Adult and Bronze Med & Cross Classes based on interest.

For more info contact Leana at loc 6183 or
Com Rec Dir at 2059

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 (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

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Hours: 24 hours a day seven days a week
Cost: \$50 + GST per year individually or
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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

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through SENECA Community College

MDP TEAM BUILDING & LEADERSHIP

June 2 & 3 Cost : \$169

This course will examine the fundamental changes which have occurred in organizations and the evolution of the team based organization.

Contact Kenn Garrity, CFCCN/RMC Coordinator, 833-2500 ext.511

CLASSIFIEDS

For Sale

Bunk bed, bottom double, top single, with double size mattress, \$200. Call 896-6499 after 1800.

Fence and Shed. Comes with two gates and extra hardware. \$225. Call local 5349.

Ladies 10K yellow gold Pear-shaped Emerald Ring (faux gemstone) size 6 1/2. In great gift giving condition a birthday; in original jewelers box. \$65 OBO. Contact Mary Loc 6454 or 633-1603. If no answer, please leave a message.

Air Master (Bobby Hull endorsed) in very good condition. Includes exercise video and CD. Price \$125 OBO. Contact Mary Loc 6454 or 633-1603. If no answer, leave a message.

GE fridge & stove, almond colour, excellent cond., very clean, \$600 OBO for pair. 888-4234 evenings.

Kenmore refrigerator, 14 cu.ft., hardly used, still under warranty, purchased in Sept for \$750, asking \$600 OBO. 897-9202.

Blue coloured winged-back chair, excellent cond. Like new, \$250 OBO. 254-6356.

HOUSE FOR RENT

3 bedrooms, fenced yard, central air, includes all appliances. Available June 1st. Located 5 min. (walking distance) from base (Air Force). Call Maria Cruise at ext. 5595 or leave a message at 895-2570.

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Call 824-2390 & leave a msg.

For Sale

Chain link fence, 4'tall by 150'long, exc. cond. 885-2616.

White w/black 30" Kenmore, easy clean electric range, bought in '96 used for 6 months, in storage since, paid \$700 will sell for \$500 OBO. Call Mike or Sheri at 832-4456 anytime.

Girl's Norco Bike, Shimano gears, 20x17.5 inch blue tires, fuscia frame, headlight. In awesome condition. Selling for \$80.00 Call Kelly 487-1372

9 piece dining room set, dark walnut, table, 6 chairs, china cabinet, hutch. Asking \$1000. 832-1755.

Solitaire engagement ring and wedding band for sale. Very good quality diamond, a must see. Appraised at \$5600, will sell for \$2500 OBO. Natalie 897-9170.

96 Starcraft tent-trailer. Bought new in 98, sleeps 6, 3-way fridge, indoor/outdoor propane stove, screened awning with storm flaps, too many extras to list. \$7200. 885-1325.

Aluminum shed, 8x6x8, great shape, 5 years old. \$200. 896-7766.

Wooden play structure, self-built includes monkey bars, rope climb. Asking \$250 OBO. 489-7350.

Chain link fence with 2 doors, 4' tall by 82' long. Denis 488-4060.

Fridge & stove, Baycrest model, beige, \$300 for both. Dale 889-4940 or 833-2500 ext 6161.

For Sale

Save the GST - 1996 28' Coachman 5th wheel, mint cond, rear bunks, full size bath, all accessories incl. dual batt, spare tire, hitch & 16x8 add-a-room, \$17,000. 487-0155.

Antique oak chaise \$75; antique oak 3 drawer dresser \$100; antique wardrobe \$200; antique singer sewing machine \$30; weight bench w/weights \$65 (paid \$300); dresser 6 drawers. 488-8174.

Older model, white Westinghouse stove for sale. Very good working condition. Asking \$200.00. Julia: Work 833-2500/5913 or evenings after 4:30 837-1071.

Wedding dress, white, size 12 w/veil & headpiece, vg cond. Also water skis, like new, \$80. 885-1325.

1993 Susuki RM125 Dirt Bike, good condition, new Rental bar and grips plus a few extras. Asking \$ 2,100. Call 832-2114

1989 Ford Bronco II 4 x 4 2.9L V6, running boards, command start, loaded PW/PD AD/Tilt and cruise, new stereo w/detachable face plate, new gas tank, new gas pump \$5,000. Andrea 889-1986

WANTED

14' hard top trailer to rent. Call 6947 or 831-9658.

One pair of size 7 Garrison boots in good condition. Will pay up to \$25. Call:888-9943 or 932-6380

ARIES (March 21 - April 19): Expect the unexpected. Keep your finances in order. Money saved will be money spent very soon. A change of job or retirement may be why reviewing financial documents is required. A chance to reinvent yourself and your surroundings.

TAURUS (April 20 - May 20): Words like birds are circling back to roost. Your patience will be tested repeatedly. Remaining calm will be difficult or impossible. If you've compromised your principles and gone along with the crowd, prepare to pay the piper.

GEMINI (May 21 - June 21): Calculated risks are the only kind to take right now otherwise future plans will require more energy. Be aware that your own unwillingness to try new things is what is limiting you not other people. An adventure awaits. You have what it takes.

CANCER (June 22 - July 22): Expect enlightening discoveries concerning issues that have made you restless. Ponder your purpose. Insights come when you take a break and get away from responsibilities. Travel renews your energy when you go at your own pace.

LEO (July 23 - August 22): Lots of work is coming your way. An authority figure asks more of you. The lack of autonomy you feel at work may be due to having your answers prepared but not being asked for your input. Necessary decisions at home add to your exhaustion.

VIRGO (August 23 - Sept. 22): Communicating with a loved one is difficult right now. Messages get mixed up and taken the wrong way, especially concerning money. Tempers could flare and sides could be taken if you don't take the time to double-check the details.

LIBRA (September 23 - October 23): Sometimes saying nothing at all is the best course of action. You can see what others can't but pointing it out won't help. It is not your responsibility to ensure fairness. When the size of the pie shrinks the greedy will be obvious to all.

SCORPIO (October 24 - November 21): Stress catches up with you. A bout in bed could leave you feeling out of sorts. Avoid this by taking care of yourself. Eat well and minimize stress before bed. Organize short breaks with lots of fun.

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SAGITARIUS (Nov. 22 - Dec. 21): Money worries are tarnishing your impression of love and life. Try to take a more practical approach. Overspending or a shortage of income from a previous source means temporary adjustments are necessary. Keep sweet tempered if you can.

CAPRICORN (Dec. 22 - Jan. 19): You are the centre of attention whether you like it or not. Communication, honesty and integrity are key to keeping your image intact. Avoid conflict unless you have good allies and a strong team.

AQUARIUS (Jan. 20 - Feb. 18): Prepare for a possible move. You expected more emotional support from people but it has either come with strings or been withdrawn. Change ultimately brings more stability, but it will take at least 3 months.

PISCES (Feb. 19 - March 20): Perseverance, patience, and discipline will get you through this slow period when there is no end in sight from repetitive work. Budget sensibly. Feeling tongue tied, words are not flowing easily.

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