

THE VOXAIR

OPERATION BOX TOP PG 9

10 October 2001, Vol. 49, Issue 18, Our Military Community Newspaper, 17 Wing Winnipeg / 17e Escadre Winnipeg, Free



Cpl James Deak goes for the ride of his life 9000 ft up in the air.

2PPCLI Adventure Training

BY SGT K KARAMBOWICH

During the week of 10-15 Sep 01, several members from Bravo Company and a few from Charlie and Combat Support Companies took part in an adventurous week of skydiving. For

some, the greatest challenge of their lives was to face their fears head-on and jump from an airplane that wasn't actually on fire. For others, it was a long-time dream to fly like a bird and parachute to a soft, controlled landing thousands of feet from where they took that incredible leap.

For those who have been fortunate enough to take part in the military Basic Parachutist course, they should note that this experience is quite different.

See **SKYDIVING** on PG 2

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Pte Seth Congdon takes a leap of faith.

SKYDIVING

CONTINUED FROM PG 1

The individuals who participated in this adventure training not only volunteered, but had to climb out on to the wing strut and hang from it with the ground in plain view before releasing and falling away from the plane. Most Basic Para candidates do not see the ground until their chute is already open. Skydiving takes a lot of courage, especially if you have a natural fear of heights.

The majority of the participants in the skydiving training took the "First Jump Course" and did gradual free fall progression starting from 3000 feet, working their way up to 9000

feet in about ten training jumps. Others opted for the "Tandem Assisted Free Fall Course" and did all their jumps from 9000 feet and were self-supervised after only seven jumps.

All in all, the training went very smoothly and all participants enjoyed their experience, and some are even planning to continue skydiving in the future. There is even talk about starting a 2VP Para Club and using Adventure Skydiving as a base of operations in Steinbach, MB about 45 minutes east of Kapyong Barracks.

Well done to all who participated and we look forward to seeing you all in the air again in the near future.

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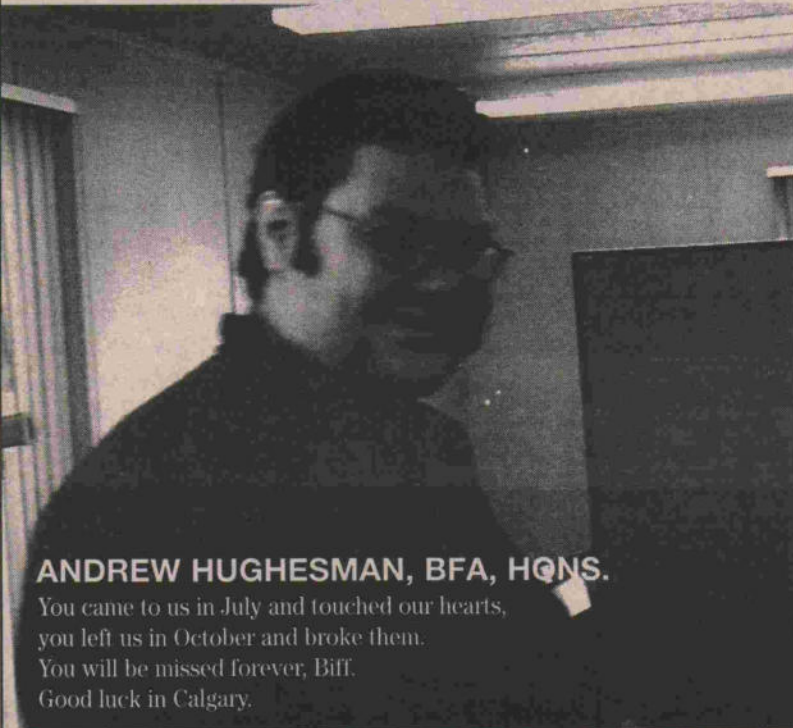
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Goodbye friend.




ANDREW HUGHESMAN, BFA, HQNS.

You came to us in July and touched our hearts, you left us in October and broke them.

You will be missed forever, Biff.

Good luck in Calgary.

THE VOXAIR



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Col D.C. McLennan, WComd, gets dunked for United Way.

Workplace Charitable Campaign kicks off

BY KAREN POETKER

The Government of Canada Work-place Charitable Campaign saw its kick-off Friday September 21st with a full day of activities, including volleyball, a barbecue, and a dunk tank.

The day started off with Capt Wosnitza addressing the crowd of eager volleyball players in the north-side main gym.

Sharon Palson, from the Muscular Dystrophy Association, was presented with a cheque for \$2000, the donations gathered from the September 7th Boot Drive, as an exciting way to kick off the campaign.

Joe Seewald, a city firefighter who has been given a leave of absence to become a loan representative, was happy to see the turnout and commented on the far-reaching consequences the acts of terrorism in the United States have had for the world. The fragility of life and the importance of the United Way to so many people was the message Seewald sent out to the crowd.

Another important message was given by Nicole Johnson of the MFRC, who told the crowd that the MFRC is one of the charities that depends on donations, and that one of the benefits of donating to the United Way includes the ability of donors to ask that their donations be funneled to the MFRC, or other charities of their choice.

"It's hard to establish oneself in the community, especially if you are part of a military family and particularly transient," commented Capt Wosnitza, emphasizing the importance of the MFRC to military families.

Although attendance was down a bit due to the high alert on the base, everyone at the volleyball tournament was eager and excited to be there.

Cal Sinclair, one of the many volleyball players in attendance, expressed his concern about the chance that the "volleyball tournament might be cancelled because of the high alert and [was] glad it wasn't because it's good for morale."

"There just aren't enough bodies to do everything this year," explained Capt Christine Bannerman. Both the golf and slow pitch tournaments were cancelled, along with the truck pull. However, a dunk tank was added to the list of events this year, with some of the main contenders being Frank Charest from the Recreation Centre kicking off the dunk tank festivities, with Maj Garand following up the list, and finishing with a shot at the Wing Commander himself.

The GCWCC program runs for six weeks, and hopes to raise \$65,000 for United Way. About 85% of the donations given generally come from payroll allotments.

"If everyone gave just \$5 a month, we'd raise about \$200,000," stated Capt

Wosnitza.

There is a canvasser for each unit, and within the next six weeks, as each base member is approached, there are hopes of raising money.

Tuesday October 23rd will see the Annual Wing Transport Breakfast, which helped to raise over \$900 last year. The cost this year will be \$4/person or \$7 for two. There are also raffle draws starting soon, with each ticket costing only one dollar.

Furthermore, units are encouraged to run their own fundraising events, providing assistance for needy United Way causes, while at the same time generating a friendly competitive atmosphere between units.

Casual dress Fridays saw their kick-off Friday, October 5th, beginning with Hawaiian shirt day for \$2.

The book fair is another upcoming event, which, due to security measures on the base, has unfortunately been up in the air. According to Capt Stephane Isabelle, the ICAD GCWCC Coordinator for the book fair, last year about \$3700 worth of books and gifts were sold through ICAD alone, with ten percent of the proceeds going to United Way.

Whatever way you can help the campaign is greatly appreciated and with all the events, finding a way to contribute by way of financial support is fun and easy.

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GOVERNMENT OF CANADA WORKPLACE CHARITABLE CAMPAIGN



Col D.C. McLennan, WComd, makes his contribution to help the overnment of Canada Workplace Charitable Campaign.

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CHART

Examples for 2001-09-28

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- 05 Oct 01 - Hawaiian Shirt Friday
 - 12 Oct 01 - Funky Hat Friday
 - 19 Oct 01 - Sports Jersey Friday
 - 26 Oct 01 - Costume
 - 02 Nov 01 - 70's Theme (Retro)
- (You can wear your jeans with the appropriate shirt!)
Cost: \$2.00
Pay your Unit Canvasser.
Wear your sticker.
This shows your support for the GCWCC.
(We reserve the right to rescind this at any time!)
Any questions, call Capt Bannerman @ 5621

WING TRANSPORT BREAKFAST

Tuesday 23 Oct 01 WTN will be holding their Annual Transportation Squadron Government of Canada Workplace Charitable Campaign (United Way) Breakfast.
Tuesday, 23 October 2001
0630hrs - 1030hrs
\$4.00 a person or \$7.00 for two
Last year was a big success, raising \$912.99 for a great cause. Let's try and make it an even bigger success story this year by matching last year's total or beating it. Come one and all and watch your favourite trucker cook his/her heart out.

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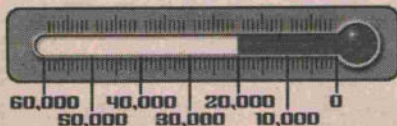
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Service Before Self

BY CWO T.J. (BULL) SECRETAN, CD

It's 1045 in the morning Monday 17 Sept 01. Just a few minutes ago I had the unpleasant task of informing a Sgt from my unit that he was chosen to be an instructor at the new BRT School on the west coast. Also that he was expected to be there by end of this week (Thursday) and he would be gone for about eight months.

What made it such an event to me was that it reconfirmed my belief in the serving members. That NO, we are not all here just for our own personal agenda. Let me explain.

A couple of weeks ago 17 Wing was tasked to provide two members (1 x Sgt & 1 x MCpl) for attached posting to the west coast for instructor duties at the new BRT School. Like all units here at 17 Wing, we at 402 Sqn are working at a minimum manning level for normal Ops and any extra tasking has a direct impact on our ability to meet this tasking. However we were directed to forward names and we did so! After the names were forwarded, the Sqn was initially informed that neither position would be coming from our unit. I told the individuals to stand down. Then I got the phone call this morning from my DCO. Things had changed! Our Sgt was now slated to go. Here comes what made me so proud.

I called the Sgt into my office along with his WO. I informed the member he was now the chosen Sgt for the tasking to the west coast and had asked him if anything happened in the past couple of week that would preclude him from going. He said no, and asked why he was suddenly going. I explained I did not have the answer for that, but was given my direction from 17 Wing Headquarters and he was now going. I asked him if he had anything else. Here's the good part. He looked me straight in the eye with no whining or bitching and said, "I JOINED TO SERVE".

To Sgt Simon Beaulieu, I thank you for restoring my confidence in our serving members and to you, for your understanding and commitment to our core military values the first of which is "SERVICE BEFORE SELF".

WE STAND ON GUARD!



17 WING SUPPORTS OP PALLADIUM

CAPT BLAIR SPRINGATE

Two 17 Wing members have deployed for Op Palladium - Roto 8 as part of the Task Force Bosnia-Herzegovina Helicopter Detachment. WO Rory Waters, a weather Observer-Briefer with 17 Wing Operations, and Capt Blair Springate, an Instructor at the Basic Helicopter School at 3CFPTS, have spent the last 6 months as part of the Helicopter Detachment's Operations Cell. The Helicopter Detachment is comprised mostly of members from 408 Sqn, Edmonton.

Training for Capt Springate started last October, as he required a conversion to the CH146 Griffon helicopter. This was carried out at 408 Sqn in Edmonton. WO Waters went to Edmonton last November for the pre-deployment training. After a week of PSTC (Peace Support Training Centre) training, individual and squadron training, and a week-long evaluation exercise, WO Waters and Capt Springate deployed to Bosnia-Herzegovina on March 8th.

WO Waters first joined the military in June 1979. He completed his Weather Observer's course in December 1979 and was qualified as a Weather Briefer in 1986. WO Waters' previous

postings were in Comox, Victoria, Baden, and Cold Lake. WO Waters worked in Alert in 1990, and he spent 6 months in Haiti in 1995 - 96. The Roto 8 Helicopter Detachment Operations Officer, Capt MacDonnell says of WO Waters: "WO Waters' previous peacekeeping experience, as well as his extensive meteorology background, allowed him to easily function as the IC of the Meteorology Section. This contributed greatly to the Operations Cell providing, as accurately as possible, up-to-the-minute weather information to Canadian and other nations' aircrews."

Capt Springate qualified as a pilot in December of 1993, and was posted to 427 Sqn to fly the CH135 Twin Huey, the predecessor of the Griffon. During this period, he spent 6 months in Haiti in the summer of 1995. In 1997 he was posted to 3CFPTS, in Portage La Prairie. Says Capt MacDonnell: "Although Capt Springate is relatively new to the Griffon, his operational and flying backgrounds make him an excellent choice as my Deputy Operations Officer; his hard work and sense of humour have greatly helped the Hel Det accomplish its mission here in Bosnia."

WO Waters and Capt Springate returned to Canada on October 4th.

SAILORS MAY FACE CLOSE SHAVE

BY RUTHANNE URQUHART, D-NEWS

Sailors may be reintroducing themselves to longtime friends-clean-shaven shipmates-if the Navy decides to ban beards for safety reasons.

At sea, all sailors are firefighters, and the efficiency of the respirator mask they must wear may be diminished by facial hair. Sailors also wear respirator masks during nuclear, biological and chemical warfare exercises, and Navy divers need

masks, often the new full-head variety, when working in increasingly polluted waters around the world.

For sailors, however, their beards represent a tradition that dates back to the beginning of long sea voyages. Salt water doesn't lather well and irritates the skin, and until the late 19th century, fresh water, let alone hot fresh water, simply wasn't available on board for shaving.

The facial hair policy review will be completed later in the fall.

LES MARINS NE RIRONT PAS DANS LEUR BARBE

PAR RUTHANNE URQUHART, RÉSEAU D-NOUVELLES

Les marins pourraient devoir se présenter de nouveau à leurs amis de longue date - des marins rasés - si la Marine décide de bannir le port de la barbe pour des raisons de sécurité.

En mer, tous les marins sont des pompiers et l'efficacité des masques de respirateur qu'ils doivent porter pourrait être compromise par le port de la barbe. Les marins mettent aussi des masques pendant les exercices de guerre nucléaire, biologique et chimique. De plus, les plongeurs de la Marine sont obligés de porter des masques, qui couvrent souvent

toute la tête, lorsqu'ils travaillent dans des eaux de plus en plus polluées partout dans le monde.

Pour les marins, toutefois, le port d'une barbe reflète une tradition qui date du temps des premiers longs voyages en mer. L'eau salée ne mousse pas bien et elle irrite la peau. Jusqu'à la fin du 19e siècle, les navires n'avaient pas suffisamment d'eau douce à bord, sans parler d'eau chaude, pour que les marins puissent se raser.

L'examen de la politique sur le port de barbe sera terminé plus tard à l'automne.



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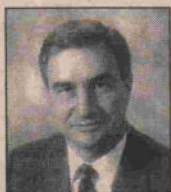


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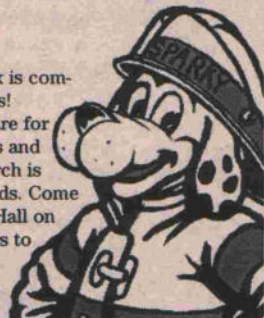
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Always have two ways out in case of fire. Feel the door. If it's hot, you may have to use the window. Practice with a grown up.

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Ex-cadet recalls early days

BY JENNIFER PRITCHETT
KINGSTON WHIG-STANDARD, D-NEWS

When Howard Rees marched onto the parade square at Royal Military College as a first-year cadet in 1921, horseback riding was mandatory military training and it would be 60 years before women were allowed to attend Canada's only military university.

As RMC's oldest living alumnus, Rees knows more than most about the changes that have taken place since the college first opened its doors 125 years ago.

"Back when I was a cadet, there were only about 200 of us and now there are more than 900," Rees said.

"There were also a lot less buildings - there was only Fort Frederick, which is now Fort LaSalle dormitory, Mackenzie Building, the Old Gymnasium and the Stone Frigate."

On Friday September 28, he will be one of many to mark the 125th anniversary of the college as a year-long celebration kicks off with a weekend reunion of former cadets.

At 97, Rees is the only living member of his class of 1925. His strongest connection to the college is his son, Bob, who graduated from RMC in 1963.

"We often take a drive over to the college when he visits from Halifax," Rees said, adding that they will both attend Reunion Weekend.

Rees is looking forward to meeting other former cadets and said the only advice he would give to current cadets is "to behave themselves and do as they're told."

While the college has changed a lot since he was a young cadet, many of the traditions are the same, he noted with a smile.

The weekend will reflect both the rich history of the college and the many changes that have taken place over the years.

For the first time in many years, the events will also be open to the public.

"We're hoping that many people turn up," said Lieut. Cmdr. Ian Wood, who's organizing reunion festivities.

"Because this is the 125th anniversary, we wanted to make sure the public was invited to the campus.

"There will be an information kiosk as well

as guided tours that will show members of the public the academic areas and the college museum."

This year's ex-cadet weekend also includes an interfaith service - a first for the college, as well as a first for the Canadian military.

The service, which takes place on Saturday at 10:30 a.m., will consecrate the new college colours.

'MANY RELIGIONS'

"The colours have to come from the Queen and then they have to be consecrated in a religious service that will reflect the many religions of the cadets now studying at RMC," said Wood.

"The service will reflect eight of the world's religions."

Included in the service will be a Cree medicine woman, a Buddhist monk, a Roman Catholic archbishop, a member of the Sikh faith, as well as representatives from the Hindu, Jewish and Muslim communities and someone from the Zoroastrian faith.

"We wanted to include all cadets," added Wood.

The new college flags are bilingual and will replace the old ones, which were designed when RMC was English-only.

Another service on Sunday morning will rededicate the Memorial Arch, erected to remember all former cadets who died in battle.

The memorial is being re-dedicated after extensive renovations done over the last couple of months.

The alumni club spent nearly \$500,000 of the money they received through donations to spruce up the area around the Memorial Arch.

Some of the work included improving the lighting to accentuate the area at night and cutting down trees to show off the Arch.

For ex-cadet Rees, who graduated from RMC only a year after the Memorial Arch was erected in 1924, the refurbishing is just one more change at the college he looks forward to seeing.

"I can remember when the Arch was open to traffic and then they closed it," he said. "A lot has changed."

This article is reprinted with the permission of the Kingston Whig-Standard

17 Wing to Host Inaugural Career & Education Showcase

BY CAPT MICHAEL MIETZNER

"The Future Begins Today!" Well, actually, it may begin on Saturday, 13 October, at Lipsett Hall between 10:00 am and 4:00 pm

With the help of the catchy slogan, 17 Wing Winnipeg and the Military Family Resource Centre are hosting the first ever Career & Education Showcase. The idea to hold this Showcase, which is similar to the traditional "Career Fair" frequently held by and for High Schools and Universities, as well as various major employers, was conceived as part of a plan to help the transition of members of the 17 Wing Defence Team, both military and civilian, who may be leaving the Defence Department over the next period of time or who may just be looking at improving their skills, both work-related and other personal ones.

More than 50 employment and education exhibitors will be attending the Showcase to allow visitors to meet prospective employers in the National Defence, public service, health care, administration, hospitality, man-

ufacturing, high technology and retail & service sectors from the Winnipeg and Brandon areas.

Also participating will be universities, business schools and colleges, representing the academic and training institutions.

The event is open to the general public and is free of charge. As such, there is expected to be a large turnout. The CF Recruiting team will also be present for anyone interested in more information about the CF.

By being open to the general public, it is also a great opportunity for any individual, not just members of the 17 Wing Defence Team, who may be in a career and academic transition, to find out what is needed to attend university/college or obtain a specific employment opportunity by getting their information at a "one-stop shopping" location.

Lipsett Hall will resemble a small-scale trade fair with aisles upon aisles of booths staffed by eager folks willing to tell the visitor everything they ever wanted to know about a particular institution or opportunities to work there.

GCWCC raffle winners

The winners of the first raffle draw on October 5 were:

NAREEN MASOOD (435 Sqn): Magic Heat Emergency Heat Kit; \$15 Gift Certificate from the Royal Crown Revolving Restaurant; and a book "Practical Encyclopaedia of Container Gardening";

KEVIN MOFFATT (1CAD A4 AflD Eng): Magic Heat Emergency Heat Kit; \$15 Gift Certificate from the Royal Crown Revolving Restaurant; and a book "The Ultimate Gardening Book";

CAPT IJIMA (1CAD A4 Log): Magic Heat Emergency Heat Kit; \$15 Gift Certificate from the Royal Crown Revolving Restaurant; and a Far Side desk calendar;

PTE SMIT (Wing Tnp): Magic Heat Emergency Heat Kit; \$15 Gift Certificate from the Royal Crown Revolving Restaurant; and a pen/notepad set.

Enter to win in our next draw on October 13. Good luck!



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Career & Education Showcase

13 October 2001 @ 10:00 a.m. - 4:00 p.m.

On October 13, 2001, the Military Family Resource Centre and 17 Wing Winnipeg will be hosting the inaugural Career & Education Showcase.

Through the support of the 17 Wing Commander and the MFRC Executive Director, a venue has been established for members of the Winnipeg-based Defence community (civilian and military) to address their employment and life-long learning concerns.

Military members in career transition and military family members, as well as their civilian counterparts, are encouraged to attend this exciting event.

A number of highly reputable employers and educational institutions will be on hand to share the opportunities they are offering to the Defence Team community.

Questions that could be answered at the Career & Education Showcase:

- What skills are employers looking for in today's economy?
- How do I transfer my courses from one university to another?
- How do I start my own business?
- What self-improvement opportunities are offered?
- Where can I find no or low-cost training opportunities?
- What employment opportunities are available in Brandon?
- How do I find out the job market trends in Winnipeg?
- How can I get my military experience and training recognized?

These and many more questions can be answered on October 13, 2001, from 10:00 a.m. to 4:00 p.m. at Lipsett Hall (Kenaston Blvd and Grant Ave)

Drop-off Childcare will be provided (please call 489-7003 for information)

For further information on this event, please contact: Major André Thivierge, Wing Personnel Selection Officer, at 833-2500 extension 5247, or Mr. John Chabih at 489-7003 or 833-2500 extension 2494.



The Future Begins Today



Summer in Thule

BY SGT RODGERS

A new task and new mission to boldly go where many have gone before - Operation "Box Top". The task was to go north, way up north and enjoy the vast wilderness of Thule, Greenland. The mission was to restock the north, primarily CFS Alert, with plenty of dry goods and then re-supply the fuel required to keep them warm through the winter. As part of the advance party, the trip began by getting to the AMU by 04:30 for a 05:30 departure. As per Murphy's law "if things could go wrong they will" and they did. We were delayed five hours while the servicing crew fixed the crash position indicator which would not stay seated in its holder. After the five-hour delay and approximately six hour Herc ride we arrived on the ramp in Thule, Greenland.

As this was the first trip for myself and others to the great white north, getting off the aircraft and seeing the glacier to the east and the water to the west which was full of icebergs getting ready for their long journey south, it was a sight of beauty. Looking to the north and the south you could only see the mountains of Greenland.

The quarters that were assigned for ground crew was the old North Star and the New North Star for aircrew while the MAMS per-

sonnel were housed in what is called the flat tops, which look like Atco trailers on stilts.

For the next three days until the full contingent of support staff and air force personnel would arrive, the advance party sorted out and designated the layout of the equipment, set up modular tents as offices and briefing rooms. The hardest working on this mission, the MAMS techs worked to prepare the pallets of dry goods for shipment.

Seeing the operational commitment to restocking the north before bad weather settles in was very interesting and complex. Every item being placed on the aircraft had to be weighed and tagged and identified for which mission. All Box Top operations equipment stored in Thule had to be found and brought out for usage such as the bulk fuel delivery tanks and maintenance equipment.

Our Operations Commander informed us that travel off the base was restricted. The week prior to our arrival, Thule had endured a flood of great magnitude, which had caused considerable destruction to the base. All entrances to and from the base were washed out. Damage to the base and roads was estimated at 10 million US dollars. The roads had washout spots of 30 feet wide and up to 10 feet deep.

The Greenland Contractors and US military

had a big task of getting the base and roads rebuilt and making sure there were no environmental disasters caused by the flood. The Danish Police was there in great response to keep and support the security of the base while the contractors and military repaired the roads and rebuilt bridges to allow for traffic over the glacier run off.

At the end of each day we had plenty of time to go sight seeing on the base and explore many activities (over 1001) that the base provides for their personnel, such as video golfing, mini-golf, bowling, the gymnasium, and the library/recreation centre.

As Saturday arrived and all personnel and equipment were now on the ground, time was taken for familiarization, rest, and socialization of maintenance personnel and aircrews. Sunday was briefing day for all on Operation Box Top, with briefings from the Base Commander, and the Military police welcoming us to Thule. Our own Operations Commander went over the rules of which we must follow on and off the airfield. As the 435th was tasked with the first of the servicing shifts, our work schedule started Sunday evening. We got to work preparing the aircraft for Monday morning and the first departure of dry goods.

The servicing crews were on shift for 12 hours and off for 24 hours, which gave time

for rest and relaxation before the next shift. Although we were confined to the base itself, there was still lots to do; you just had to find what it was you wanted to do. All major after-hours activities normally scheduled during Box Top such as the "Polar Bear" swim and mountain/glacier tours were cancelled, due to various reasons beyond our control. A break in the weather did make one "Polar Bear" swim possible. Some of the people were able to participate but not the 435th, as it was our shift on duty. The availability of a vehicle on the last Tuesday evening and a bus on Thursday evening made it possible for some of us to get a quick tour of the nearby Dundas "Beer Can" mountain, Dundas village, and as well a view of the three glaciers which feed into the bay and create the icebergs. We also had the opportunity to aid a local resident who needed a tire change on the side of the road.

Having seen Thule in the summer, I wait now for a chance to see it in the winter, as I am sure it will be beautiful and frigid. You can view more pictures of Thule and Greenland by checking the following site provided by the resident meteorologist at www.jackstephensimages.com.

Walking through the Pension Process

Problems and challenges come up everyday in our lives. At Veterans Affairs Canada (VAC) we think that filling out your pension application shouldn't be one of them. This article walks you through the VAC pension process and will hopefully give you a better understanding of how to apply for a VAC disability pension and what happens when you do.

I injured my knee on duty last year and it's not going heal. Can I apply for a disability pension with Veterans Affairs? Yes, if this is a permanent disability related to your service, you can apply for a VAC disability pension.

You can apply anytime by contacting your nearest VAC District Office. Our Pension Officers can help you prepare your application. Or, you can contact the Royal Canadian Legion and their Service Officers will help you.

How does the application work? How long does it take? The first time you contact one of our offices, we register the date. This is important. If your application is

approved, this will be the date that your benefits go into pay. It's also the date that VAC may assume responsibility for medical expenses related to your pensioned condition.

Then you'll receive an application in the mail. Included with your application, there will be a letter for your doctor. It requests a current diagnosis of your medical condition. The sooner you mail the application back with the doctor's diagnosis, the sooner we can process your application.

While you are completing your pension application, VAC orders your service documents. Once we receive your completed application, the doctor's diagnosis and your service documents, a Pension Officer reviews all the paperwork and completes a summary of your case. This takes up to four months.

How can that take four months? Based on our experience, this is the average time it takes to gather all the evidence for the claim. But, don't forget, we registered the date you contacted our office. And, if your claim is successful, this will

be the date that your pension goes into pay.

So, once the summary of my case is complete, what's next?

We forward your claim to our Head Office in Charlottetown, PE. There, an adjudicator reviews your claim and determines if there is a relationship between your military service and your disability. This takes approximately three months. If it's determined that your claimed condition is connected to your service, the adjudicator assesses the degree of disability. There may be enough information included with your application to make this assessment. If not, we'll contact you and schedule an appointment with a VAC physician. The assessment part of the process takes about 30 days.

I am married and have children.

Does this make any difference? Yes, if you are married or in a common law relationship (including same sex relationships), you are entitled to additional pension for your spouse/partner. And, if you have children, you are entitled to

additional pension for each child, until they are 18 years old. The additional pension for children may last longer, if the child is enrolled in post secondary study. If your child is permanently physically or mentally disabled, it's possible the additional pension may continue throughout your child's life.

It is important to contact VAC immediately if your family situation changes. We want to ensure you are receiving all the pension you are entitled to.

Okay, this sounds pretty straight forward, then what?

We'll send you a decision in writing that explains why we approved or declined your claim. And, if your claim was approved, the decision letter will also indicate the percent of disability assessed. Approved claims then go forward for payment.

You will also receive an application for additional pension for spouse/children with your decision letter.

So, when will I receive my cheque?

You can expect a cheque about 30


days after you receive the decision letter. The first cheque will be retroactive to the date you registered the claim, then you will receive a monthly cheque.

The whole process takes nine months on average.

This article focuses on the average process for making a pension application with VAC. However, we realize that all cases are individual and encourage you to contact your local VAC District Office if you think you may be eligible. In Manitoba, please call 1-800-368-1594 or 1-204-983-2860.

Veterans Affairs Canada contributes quarterly to this publication. Our Winter 2001 article will cover the Pension Appeal Process. If you have any questions you want addressed in this forum, please write to Veterans Affairs Canada, Prairie Region Communications at PO Box 6050, Winnipeg, MB, R2V 4J1 or gxklimes@vac-acc.gc.ca.


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**THE
VOXAIR**

October is Women's History Month

Women's History Month represents an opportunity to highlight the past and present contributions of women to Canadian society and to recognize the achievements of women from all walks of life as a vital part of our Canadian heritage. It also provides an opportunity to highlight how we all benefit today from the achievements of our foremothers in the quest for women's equality. And, foremost, it represents an ideal opportunity to instil a sense as to provide role models for all Canadians.

During Women's History Month, in the International Year of Volunteers, we celebrate the thousands of women who influenced the evolution of Canadian society through volunteering. In Canada, 54 per cent of volunteers are women. In fact, 4 million Canadian women aged 15 and over participate in formal volunteer activities. That's 33 per cent of all Canadian women! Even greater numbers - 75 per cent of women aged 15 and over - participate in formal volunteer activities outside their home, such as helping others with housework, childcare, taking care of sick or elderly people. On average, Canadian women spend 146 hours per year on volunteer activity.

Canadian women have a long tradition of volunteering. From the earliest days of Canada's development as a nation, mutual aid and cooperation were integral parts of the daily life of pioneer families as they adapted to their lives and faced the rigours of the Canadian climate. Native women also played a crucial role in the fur trade industry, acting as volunteer interpreters or intermediaries between fur-trader companies and the Natives. Thanadelthur, Chipewyan Dene woman, gained a reputation as volunteer interpreter and a peacemaker in the consolidation and expansion of the English fur trade on Western Hudson Bay in the early decades of the 18th century.

Until the influx of women in the paid work force in the later of the 20th century, volunteering was one of the few socially sanctioned extra-domestic activities available to women. The legacies of the women who

have participated in volunteer activity are impressive and countless.

Through gifts of time and money, Canadian women volunteers have built institutions, provided charitable services, and challenged social injustices. Opened doors and secured several women's rights to vote.

Whether it is at the level of militancy, public assistance, the arts, culture, leisure, sports or the environment, volunteering occupied, and continues to occupy, an important part in the lives of many Canadian women.

The volunteer sector is, without a doubt, one of the major pillars of Canadian society. However, despite the fact that it has allowed, and continues to allow, numerous women to become emancipated, to escape their isolation, and to take their place in society while participating fully in its evolution, some women consider volunteering to be double-edged sword. The very nature of the voluntary's role can also lend itself to a form of exploitation of women's labour.

By highlighting the volunteer contributions of Canadian women during Women's History Month, we are recognizing the extent, the diversity and the crucial value of voluntary action of women in this country. We hope this recognition will lead to a greater appreciation of women's volunteer contributions and will inspire you to investigate further on the topic.

Every October since 1992, Canada celebrates Women's History Month, with the highlight being Persons Day, on October 18. The theme for WHM this year is "In Praise of Canadian Women Volunteers". The month of October has been selected as Women's History Month because of the historical significance of the Person's Case decision of 1929, which represents a landmark victory in the struggle of Canadian women for equality.

17 Wing Human Resource Business Management office will be holding some special events to commemorate WHM. Look for details in the upcoming days. For information or clarification, please contact the HRBM office, Florence Bambenek, at 833-2500 ext 6715.

Wordsearch

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THE SIMPSONS

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| HOMER | MISS HOOVER | ROD AND TODD |
| MARGE | MARTIN | MAUDE |
| LISA | LEWIS | NELSON |
| BART | WENDELL | SNAKE |
| MAGGIE | KRUSTY | OTTO |
| MOE | SIDESHOW BOB | DISCO STU |
| LENNY | CECIL | SEA CAPTAIN |
| KARL | SIDESHOW MEL | REV LOVEJOY |
| MR BURNS | BORT | RADIOACTIVE MAN |
| SMITHERS | BABY GERALD | FALLOUT BOY |
| MILHOUSE | RALPH | BYCLOPS |
| KIRK | CHIEF WIGGUM | KANG AND KODOS |
| LUANNE | APU | SHERRY AND TERRY |
| COMIC BOOK GUY | MANJULA | BLEEDING GUMS MURPHY |
| BARNEY | SCORPIO | UTER |
| ABRAHAM | MOJO | CLETUS |
| SNOWBALL | PROFESSOR FRINK | EDDIE AND LOU |
| SANTAS LITTLE HELPER | PRINCIPAL SKINNER | MCBAIN |
| ITCHY AND SCRATCHY | SUPERINTENDANT CHALMERS | SANJAY |
| MAYOR QUIMBY | DR HIBBERT | FAT TONY |
| JIMBO | DR NICK | LEGS AND LOUIE |
| KEARNEY | PATTY | MR SPARKLE |
| HANS MOLEMAN | SELMA | AKIRA |
| TIBOR | TROY MCLURE | PEPE |
| ZUTROY | LIONEL HUTZ | JAY SHERMAN |
| MINDY | GROUNDSKEEPER WILLY | GUY INCOGNITO |
| GUMMY JOE | LUNCH LADY DORIS | JOEY JOJO JR SHABADOO |
| FRANK GRIMES | AGNUS | |
| EDNA KRABAPPEL | NED FLANDERS | |

Off and flying

BY CAPTAIN DAVE FOUTS

On 30 August 2001, four students from Basic Helicopter School recieved their Canadian Forces pilot wings from Col Doug McLennan, Wing Commander 17 Wing. The occasion was marked with a Wings Presentation Ceremony and formal buffet in the Combined Mess of 3 Canadian Forces Flying Traing School at Southport, where families and friends gathered to celebrate.

The graduates of course 0102 were Maj Brian Wicks, Chief Helicopter Instructor, Capt James Keenan, who is posted to 423 Sqn in Shearwater NS to fly the Sea King Helicopter, Lt Wirawan Hamidoon of the Royal Brunei Air Force, who is posted to No. 5 Sqn where he will fly the Blackhawk helicopter, Lt Omar Clarke of the Jamaican Defence Force, who is posted to his

country's Air Wing where he will fly the Bell 412 helicopter, and Capt Pete Fedak, Course Director.

Maj (ret'd) E.A. Keenan, a World War II army veteran, presented wings to his son, Capt James Keenan, and the Acting High Commissioner from Brunei presented wings to her countryman, Lt Wirawan. Lt Wirawan is the first graduate from 3CFFTS from Brunei. Mr. John Enns of the Wartime Pilots and Observers Association presented the Gos Goulding award to top student, Capt James Keenan. Col McLennan presented a CD to Oct Bill Cowan and a Canadian Peace-keeping Service Medal to local resident WO (ret'd) Rusty Rutherford.

Congratulations to all the Wings Graduates of Course 0102 from the staff of 3CFFTS, Southport.



Standing back row, L to R: Maj Brian Wicks, Chief Helicopter Instructor, Capt James Keenan, Lt Wirawan Hamidoon of the Royal Brunei Air Force, Lt Omar Clarke of the Jamaican Defence Force, and Capt Pete Fedak, Course Director. Seated front row, L to R: Lt Col Larry Caux, Comdt, 3CFFTS, Col Doug McLennan, 17 Wing Commander, Miss Noorih Yussuf, Brunei's Acting High Commissioner to Canada, and Hon Col Hal Wishart, Hon Col 3CFFTS.

SPORTS

Intersection golf playoffs wrap up

BY KAREN POETKER

17 Wing held its Intersection Golf Playoffs on September 11. The league, consisting of 42 teams, played every Tuesday, beginning May 29th, and continued through the summer months.

The playoffs consisted of two four-team divisions, aptly named Tiger Woods and Mike Weir.

In the Tiger Woods division, the first match saw CFS playing against Aircraft Supply, while the second match pitted The Fore Putts against 435 Sqn Ops "A." 435 Sqn Ops "A," comprised of Sgt Al Stark and MWO Vic Sampson, with a combined score of 75, emerged the victors.

In the Mike Weir Division, the third match saw 1CAD Safety playing against WOs' & Sgts Mess, while CE Contracts clashed with A1 Pers. The WOs' & Sgts' Mess team, comprised of CWO Boivin and Mr. Belanger, also outshot their opponents to win with a combined score of 75.

Prizes awarded to the winning teams included gift certificates from Nevada Bob's Golf Store.

Sports coordinator Chris Merrithew thanks the staff at the 17 Wing Golf Course for their help and support throughout the golf season, and looks forward to seeing everyone next summer.



17 Wing Golf Final - Tiger Woods Champions. L to R MWO Vic Sampson, Sgt Al Stark.



17 Wing Golf Final - Mike Weir Champions. L to R Mr. Belanger, CWO Boivin

Vitesse grand V pour CD

PAR ALINE DUBOIS

La livraison de la Décoration des Forces canadiennes (CD) a traîné de la patte dans le passé. En 1997-1998, le renvoi à la manufacture, pour malfaçon, de plus de 10 000 médailles, avait aussi causé des retards considérables. Aujourd'hui, les CD sont remises aux récipiendaires dans les délais prescrits. À de rares exceptions près cependant, déplore M. Normand Desjardins, chef de section - Récompenses et distinctions honorifiques de la Direction Histoire et patrimoine du MDN : "Aujourd'hui, dans 98 % des cas, les médailles sont livrées à temps, grâce entre autres au système de commande en ligne. Mais il peut y avoir des retards. Un problème persiste en effet. Certaines unités ne lisent pas les Canforgen qui disent essentiellement que chaque unité doit nous faire parvenir la liste des récipiendaires entre quatre à six mois précédant la date d'échéance. Du moment où la commande parvient à la Section, il faut compter entre trois et quatre mois pour que la CD soit livrée à l'unité. Si nous ne recevons pas les commandes à temps, il nous est difficile de livrer à temps" précise M. Desjardins, ancien militaire ayant servi 28 ans au sein des FC. D'autres impondérables sont également à la base des retards passés : "Beaucoup d'informations se sont perdues lors du transfert dans la base de données People Soft. Il a fallu les

retracer et faire les corrections nécessaires", avance-t-il. M. Desjardins ajoute qu'en cas de livraison tardive, les commandants d'unité ont l'autorité de présenter le ruban aux membres, ainsi que l'agrafe et la rosette qui s'ajoutent à la médaille de base après 22 et 32 ans de service, au moment où ceux-ci deviennent admissibles : "Si la CD n'arrive pas à temps, les militaires peuvent quand même porter le ruban sur leur uniforme, qui est disponible dans tous les magasins d'habillement des bases, comme l'agrafe et la rosette d'ailleurs. La CD est décernée aux membres de la Force régulière, de la 1ère Réserve, de la Réserve supplémentaire, du Cadre des instructeurs des Cadets (CIC) et des Rangers canadiens en reconnaissance de 12 années de service. S'il est facile d'administrer le temps accompli par les membres de la Force régulière en se fondant sur les dates d'enrôlement, les choses se compliquent pour les autres catégories : "La plupart d'entre eux (les membres des autres catégories) servent à temps partiel et en discontinu. Les commis d'administration doivent donc effectuer les calculs dossier par dossier. Les erreurs sont faciles et les retards explicables", fait remarquer M. Desjardins.

La Section de Récompenses et de distinctions honorifiques occupe aujourd'hui 32 personnes, comparativement à 7 en 1998. L'an dernier seulement, 8 000 CD ont été décernées.

Full speed ahead for CD medals

BY ALINE DUBOIS, D-NEWS

In the past, CF members may have waited a long time to receive their Canadian Forces Decoration (CD). In 1997-98 more than 10 000 medals were returned to the manufacturer owing to shoddy work, which meant significant delays.

The CD is now presented within established timeframes in almost all cases.

"Today, 98 percent of medals are delivered on time, thanks, among other things, to an on-line ordering system," said Normand Desjardins, Head of the Honours and Awards Section in Director of History and Heritage.

"But delays can occur. One problem is especially persistent: some units fail to read CANFORGENs, which essentially state that units must send us their list of recipients between four and six months prior to the deadline," said Mr. Desjardins, who served 28 years in the CF. "Units should expect three or four months to elapse from the time the order reaches the section until delivery of the CD. If we don't receive the orders on time, it's difficult for us to deliver them on time."

Other chance events have also generated delays in the past. "A great deal of information was lost during the transfer to the Peoplesoft database," he said. "We had to regenerate this data and make the necessary corrections."

Mr. Desjardins says that when delivery is late, unit commanders are authorized to present members with the ribbon, plus the bar and rosette added to the basic medal, after 22 and 32 years of service, the moment the members become eligible.

"If the CD fails to arrive on time, members are still allowed to wear the ribbon on their uniform," he said. "This ribbon, along with the bar and rosette, can be procured at any base clothing store."

The CD is awarded to members of the Regular Force, the Primary Reserve, the Supplementary Reserve, the Cadet Instructors Cadre and the Canadian Rangers in recognition of 12 years' service.

Although it may be easy to calculate the time served by Regular Force members by using dates of enrolment, things tend to get complicated for the other categories. "Most of these [members belonging to other categories] serve either part-time or on an irregular basis, said Mr. Desjardins. "Administrative clerks accordingly have to do these calculations on a case-by-case basis. It's easy to make mistakes, and it's no wonder we see delays."

The Honours and Awards Section currently employs 32 people; in 1998, there were only 7. Last year alone, 8 000 CDs were awarded.



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CRIB NIGHT : Thursdays at 8 p.m.

DANCING : Fri & Sat Evening

6 MEAT DRAWS : Saturdays at 1500 hrs.

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THE FRIENDLY CLUB



MFRC

telephone 204 489 7003

CASUAL CHILDCARE

We are expanding this service, effective October 1st. We will now offer casual care on Monday afternoons at Westwin Children's Centre in addition to our current services. The service allows members of the community the opportunity to leave their children in licensed care. We provide care for children from 18 months to 6 years of age. Children must be pre-registered at least 24 hours in advance. However, it is advisable to book a week in advance to ensure a space for your child as these programs are popular. The schedule for both of our centres is as follows:

Westwin Children's Centre	Lipsett Hall Nursery School
1 - 4 pm Mondays	1 - 4pm Tuesdays
9am - noon Tuesdays	9am - noon Wednesdays
9am - noon Thursdays	9am - noon Fridays
Call 833-2500 ext 2491	Call 833-2500 ext 6846

Cost:\$6.00 per child or \$9.00 per family.

Snack: Parents must provide a snack and a drink for their children. If the snack requires refrigeration, please pack it with an ice pack. Please remember that our centres are peanut free due to the large number of children with allergies. Popcorn and nuts cannot be served to children under 5 in licensed care.

YOUTH SERVICES

Youth Services Department of the Winnipeg Military Family Resource Centre is currently running the following fundraising sales:

Entertainment 2001 book

Each year the MFRC Youth Service sells the Entertainment book to the community. This book is a 2 for 1 coupon book and has many great offers throughout the city. All money raised from the sale of this book is used by Youth Service to offset the cost of programs like Kidventures and the drop-in programs.

Books cost \$35.00 and are available NOW! If you are interested in purchasing a book, please contact the Resource Centre @ 489-7003 or stop by our office, 350 Doncaster Street. We can even deliver the book to your office.

Family Organizer/Calendar

Published by the people at Winnipeg Parent this large 13-month calendar is ideal for families. There is ample space to write activities and reminders. Each month contains coupons to local establishments and there is even a handy directory of businesses that relate to family needs. Orders are being taken at the Administration Office, 350 Doncaster Street. Organizers cost \$15.00 each. Great for gift giving. Order yours today!

Babysitting Course

This course has been rescheduled from September 28 - 29 to November 16-17. The course is open to anyone 12 years of age or older. The course includes first aid, fire safety, child development and skill required to look after children of different ages. The course will be held at the Westwin Community Centre on Whytefold Road. There is still space available.
Friday, November 16 - 6pm to 9pm
Saturday, November 17 - 9am to 4pm
Cost is \$12.00 per person.

SEVENTH ANNUAL WOMEN'S CONFERENCE

Friday, October 26 and Saturday, October 27, 2001
Centro Caboto Centre
1055 Wilkes Avenue

The aim of this conference is to offer different experiences and to provide opportunities to explore new ideas. Enjoy the weekend in a relaxing and fun environment.

FRIDAY, OCTOBER 26
7:00 - 10:00 p.m.

Wine & Cheese
Flamenco/Spanish Dance Demo
Fashion Show

SATURDAY, OCTOBER 27
8:30 a.m.
9:30 a.m.

Continental Breakfast
Keynote speaker
Shirley Render, pilot, author of
"NoPlace for a Lady"

SESSION 1: 3 WORKSHOPS TO CHOOSE FROM.
10:30 a.m. - 12:00 p.m.

Flamenco/Spanish Dance
Workshop
Qui Gong
Body Image and Weight
Preoccupation

12:00 p.m. - 1:30 p.m.

Hot Buffet Lunch

SESSION 2: 4 WORKSHOPS TO CHOOSE FROM.
1:30 p.m. - 3:00 p.m.

Colour Washing Techniques for
Walls
Aromatherapy for Women
Bilingual Workshop: Susan
Kennely (CBC)
Craft: Macrame Friendship
Bracelet

SESSION 3: 4 WORKSHOPS TO CHOOSE FROM:
3:15 p.m. - 4:45 p.m.

Feng Shui
Yoga
Bilingual Cooking Demonstration
Craft: "Welcome Friends" wall
plaque

COST: \$40

Registration must be in person or via mail by October 19, 2001 to MFRC, 350 Doncaster Street, Winnipeg, Manitoba R3N 1W8. Registrations will only be accepted with payment.

* Refunds will not be processed after October 19, 2001. The MFRC reserves the right to substitute any presenters if necessary. Due to the Caboto Centre's non-smoking policy, the smoking area provided is outside on the patio, south of the Galleria. Please remember that perfumes and fragrances may create a sensitivity for some people.

FOR MORE INFORMATION CONTACT THE MFRC 489-7003

CREATIVE TOT SHOP

Now expanded!

This program is now offered three times a week for your convenience. This program provides you with the opportunity to come together with your young children to play and explore the world of art, music, movement and story. Adult participation is required. Many families come to these programs with two or more children of different ages. Registration is not required. It is a great way for you and your child to meet others in the community. Locations and times are as follows:

Lipsett Hall Nursery School Westwin Children's Centre
Mondays from 1:30 to 3pm Wednesdays from 1:30 to 3pm

MFRC Childcare Centre
Thursdays from 9:30 - 11am

VOLUNTEER DEPARTMENT

October is Women's History Month. In this International Year of Volunteers, we celebrate the thousands of women who influenced the evolution of Canadian society through volunteering.

- In Canada, 54 percent of volunteers are women.
- Over four million Canadian women participating in formal volunteer activities, that's 33 percent of all Canadian women.
- 75% of women aged 15 and over participate in informal activities outside their home, such as helping others with housework, childcare, taking care of sick or elderly people.
- On average, Canadian women spend 146 hours per year on volunteer activity.

Whether it is at the level of militancy, public assistance, the arts, culture, leisure, sports or the environment, volunteering occupied, and continues to occupy, an important part in the lives of many Canadian women.

October 18th is "Person's Day." During that day, please take time to recognize the volunteer contributions of Canadian women in your workplace and your community.

Why Volunteer?

Volunteering with your MFRC affords you the opportunity to...

- gain valuable work experience to enhance
- practice current skills and learn new ones
- personal growth and social awareness
- meet new people, develop friendships and have fun
- share talent, creativity and ideas
- make a difference in your community
- be part of a team working

The MFRC has many volunteer opportunities, call today and let us match your skills and experience to one of our programs. Call Nicole @ 489-7003

CHECK OUT WHAT THE MFRC YOUTH CENTRE HAS TO OFFER YOU....

Afterschool Club - Every weekday after school. There is a drop-in fee of .50 or you can buy a membership for \$25.00. Afterschool club starts 10 September 2001

Teen Zone - Tuesday to Friday nights 6:30 to 9:30 pm the Youth Centre is open for Teens to drop in and meet friends old & new. A drop in fee of .50 or you may purchase a membership for \$25.00.

Winnipeg MFRC Youth Council - The Youth Council meets the third Monday of each month to discuss policy, program and have some fun. If you are interested in being part of this group, join us at our next meeting on 17 September 2001 at 7:00 pm @ the Youth Centre.

Youth Volunteer Corps - The YVC is a group of young people who want to make a difference in our community. They help at various activities such as canteen sales, dances, fundraising events, community policing activities and children's programs. If you are between the ages of 12 - 18 and would like to be involved attend the information meeting and orientation on 10 September 2001 from 6:30 - 9:00pm at the MFRC Youth Centre.

For more information on these or other programs you may call Diane Brine at 488-8563.

WHAT'S HAPPENING

17 Wing Recreational Library

FALL HOURS (start 27AUG01)

Sunday	12 - 3pm
Monday	4 - 9pm
Tuesday	9 -12pm
	4 - 9pm
Wednesday	4 - 9pm
Thursday	4 - 9pm

Westwin Community Centre (Building 33)
Whytelwood Road by Building 90
for information call Michelle (local 2490)



WESTWINNERS TOASTMASTERS CLUB



Are you interested in becoming a better speaker? Are you looking for a positive, supportive and non-threatening environment to try public speaking at your own pace? Do you like a friendly, yet professional club atmosphere? Then why not try the **Westwinners Toastmasters Club**? We meet Thursdays 12:15 pm - 1:15 pm in the Westwin Community Centre. Upcoming meetings weekly. For info call during the day.

VP Public Relations
Maj Greg Nichols
833-2500, ext. 5516

VP Education
Mr. Dave Storey
955-9886

President
Mr. Ray Clement
833-2500 ext. 5292

VP Membership
Cpl Joan Smalling
833-2500, ext. 5196

Together in Church



Catholic
CHAPLAINS
Father Guy Chapdelaine
Office 833-2500 ext. 5272

SECRETARY
Carol Cochrane
Office 833-2500 ext. 5087

MASSES
Sat 1630 hrs North Chapel
Sun 1130 hrs North 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 Tue of the month at 1900 hrs, alternating between the North and South Chapel Annexes.

Protestant
CHAPLAINS
Padre Doug Ohs
(Anglican Church of Canada)
Office 833-2500 ext. 5417
Padre Lenora Grauer
(Evangelical Lutheran)
Office-833-2500 ext 5349
Padre Brad Busch
(Evangelical Lutheran)

SECRETARY
Carol Cochrane
Office 833-2500 ext. 5087

SUNDAY SERVICES
0930 hrs North Chapel
ACC Eucharist is sometimes offered at 1015 hrs 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, except on the last Sunday of each month. 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 1900 hrs in the North Chapel Annex. All women are welcome.

FOOD BANK
The Food Bank is a joint undertaking 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 the WOps Duty Centre, 833-2700, or the 2 PPCLI Duty Centre, 833-2727.

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.



CANADA GOJU 17 WING KARATE DOJO

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Self-Defence

Qualified Black Belt Instructors
Convenient Classes
Contact: Bill Vogan 889-6115 or Loc 5015
Classes Held at Lipsett Hall
Hard Training ... Good Results

TUESDAY
Children 6-7 PM Adults 7-8 PM
THURSDAY
Children 6-7 PM Adults 7-8 PM
SATURDAY
Open Class 1-2:30 PM

COMMUNITY RECREATION

YOUTH DROP-IN

A youth drop-in program is available to ages 9-15 at Lipsett Hall on Saturdays from 3-6 pm. A schedule of games including soccer, volleyball, basketball, ultimate, floor hockey plus special guests will be available. The program cost is free for recreation members, bring a friend for \$2.00.

UPCOMING

WMCC Craft Fair
November 17 at Lipsett Hall 9am-3pm
Admission is \$1.00. Children and Students ages 17 and younger are free.

CERAMICS KIDS REGISTRATION

Ceramics Kids Class
October 20 and December 15 from 10am-1pm. Ages 11+, space is limited. To register call Michelle Wohlgemuth at 2090

Registration Fair
Thank you to all the volunteers that helped to make the registration fair a success. Congratulations to the winners of the draw prizes!

CASUAL SWIM HOURS

Bldg. 90
Monday 6-8 pm
Wednesday 7-9 pm
Friday 6-8 pm
Saturday/Sunday 1-4 pm

Lipsett Hall
Tuesday/Thursday 6:30-8:30 pm
Saturday/Sunday 1-3 pm

17 WING WOODWORKING CLUB

Located: Building 33 (Westwin Community Centre)
Hours: 24 hours a day seven days a week
Cost: \$50 + GST per year individually or \$75 + GST family (dependents over eighteen).
Equipment: Full compliment of stationary and hand tools.
Sales: Limited supply of hardwoods.
Discounts: Hardware store discount cards and access to wholesale lumber.
Contacts:
Pres: Capt Steve Wilson lcl 6674
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

17 WING CERAMIC CLUB

Bldg 33 Community Centre • Ph: 2996

Ceramics will start Sept. 9. Open house will be on Sept. 23 at 6:30 pm come check us out. Adult classes will start Sept. 25 at 6:30 pm. Youth classes will start on Sept. 30 at 6 pm til 8 pm - must be 11 or older. Class size is limited, please call to register. Reminder to members, your fees are due.

Contact Persons
Michelle - 831-0113 or 2490
Cindy - 895-6718 June - 888-6059



Hours: Sun, Mon, Tue, Wed 6 pm-10 pm Office closes at 8 pm



Support the United Way. Watch for details on raffles, book fairs, ect.

CLASSIFIEDS

FOR SALE

PIANO. Handok Upright with bench. Excellent condition, like new. Asking \$4000. Call 487-1372.

Late model KENMORE STOVE. 3yrs old, excellent shape. New \$600, asking \$400 obo. Call Dan. 833-2500 ext 5323 or 275-5174.

NINTENDO 64 with 2 controllers. Asking \$90. Call 831-9658 after 1600.

1997 Neon sport, 5 spd, black ext, gre int, air, AM/FM CD, alarm. Excellent Condition, must sell, 339-6725.

6' x 4'5" Truck bed-liner "over the rail" for '98 Toyota Tacoma X-Cab. \$300. Single futn w/ frame and back rest.

\$150/obo. 2 brown cushioned rocking chairs \$45 a piece. VCR & single CD player - needs some work \$60 a piece. Glass top breakfast table. \$25/obo. Call 885-7712 after 4pm.

Technics EX 10 organ with bench seat and manuals; upper and lower key boards. \$900/obo. Call 453-5870.

Contemporary sofa. Winter white with visible stitched pattern, washable throw pillows. Excellent condition, originally purchased from the Bay. Asking \$425. Phone 832-3271.

Queen size headboard w/ 2 night table, dresser w/ mirror and 4 drawers. \$300. Ph 832-1755

1994 Ford Explorer XLT. Loaded, leather, drive train warranty, new brakes, premium sound cassette and power

seats. 135, 000 km. New safety in June. Call Richard at 832-2823 or ext 5214.

1981 Honda CB900. 60, 000 km. \$2000 obo. Call Rick at 831-0176.

1979 Bellevue tent trailer. 10 ft, good condition, sleeps 6. Canvas needs work. \$800. Ph 487-3287

Scuba Diving Eqpt.. Seatec BC, \$250. New wetsuit, Med (c/w hood & boots) \$200. Mask, new \$35. New fins, Med, US diver \$60. 2 Snorkels \$20. Call Wayne 294-5925

Billiard table 4x8, with accessories, good shape \$200. Call Wayne 294-5925

New Hot Point fridge & stove. \$1000 Firm. Phone 943-7745 ext 238

Exercise Eqpt; rowin machine \$50. Hab curler and mat \$30. Hab Roller with video \$80. Vinyl weights and bars, 45 lbs. \$25. Call Wayne 294-5925

A MUST SEE! This recently decorated ready-to-move-in 1250 sq ft Bungalow, with Central Air, 2 1/2 baths, 3 bedrooms (master bedroom with ensuite), has large open kitchen and dining room with new oak cabinets and patio doors off dining area leading to new 26x10 cedar tone deck. Finished basement has full bath with shower, large bedroom, rec room, laundry room, and plenty of storage space. House is on large corner lot, with fenced backyard, 2 blocks from Kirkcaldy (k-8) School and Sportsplex. Easy access to Shilo, 20 mins. away. Phone 204-728-0675.

MINT GREEN, OLAFIN COUCH. Cleaned and scotch guarded. 5 yrs old. Asking \$350. Call 885-1720.

3 SEALED DOUBLE-GLAZED windows 3'x5' - \$5 ea. Phone 832-4074 in Charleswood. 1 PANASONIC 21" colour TV and 1 Quazar 21" colour TV, both in good condition. Good for second TV, Approximately 10 yrs old. Asking \$50.00 each or best offer. Call 888-5659.

1997 DODGE SE, 5 pass, 277K, incl 4 snow tires on rims, asking \$2200. 832-2695

1985 CAMARO - 185K, \$3200.00 OBO, new safety, new tires and rims, SONY 10 disc CD, runs well, some rust. 888-7368 or Ext 5411

1996 HARLEY SPORTSTER, mint condition, many extras. \$9000 OBO. Call 896-5413.

CHAIN LINK FENCE, enough for 20x40. Good condition, includes a lockable gate. \$200. Call 896-5413.

HOCKEY EQUIPMENT; pants, elbow pads, knee pads, shoulder pads, hockey bag and tree stand (for drying gear), all fairly new. \$200 for all. COMPOUND BOW; Golden eagle, new graphite limbs, 29 1/2, plastic case, stabilizer, quiver, 2 sets of sights, some arrows, 3 broadheads and a release. \$200 for all. INSULATED CAMOFLOUGE COVERALLS; SIZE 40-42, just like new. \$40. Call Rick at 831-0176 after 4:00pm.

DAY CARE PROVIDER- mother of two pre-school boys will provide daycare for children aged from 2 - 5. Non-smoking home, St. John Ambulance

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ARIES (March 21 - April 19): It's worth the time, work and patience to gather information on how others feel. You gain greater understanding and appreciate of another perspective. What seems one sided now will benefit you in the future when you need understanding concerning a loss or frustration.

TAURUS (April 20 - May 20): Going too quickly only ends in delays, as you have to redo what is not done properly. Changes after the fact are costly. Slow down long enough to review problems carefully before beginning. Consider the impact of what you say and do on others.

GEMINI (May 21 - June 21): Don't worry about what others think, take time for yourself, putting your own mental and emotional needs first. Lots of activity with little time for rest. You're going out and putting the spark back in your life, very beneficial to your relationships.

CANCER (June 22 - July 22): Different priorities of influential people in your life have you feeling stuck between a rock and a hard place, though you're glad you're not the one having to make the decisions. A job change is better than it looks as job satisfaction and enjoying life are important to you now.

LEO (July 23 - August 22): What feels like a win could ultimately be a loss if you showed disrespect for the other person. You end up alone and confused as to how it happened since you were right. Review in advance what being right will get you and how necessary it is. Perhaps you could just agree to disagree.

VIRGO (August 23 - September 22): Take time to organize celebrations, it's worth it. Visitors arrive, upsetting your routine, tag along and enjoy site-seeing trips. Don't worry if you're losing sleep it doesn't seem to affect your day to day concentration and it's just a passing phase.

LIBRA (September 23 - October 23): Emotional turmoil all around you makes it hard to remain organized so that you are making progress. You hope good judgement will prevail but it's hard to keep going day to day when there is no end in sight. Distance yourself from the most difficult people.

SCORPIO (October 24 - November 21): A micro-manager is the bane of your existence just now. Words can be used out of context. Game playing and power plays can be confusing. Promotions are not logical though the recipients are likeable so you may feel like the only one who can see what's going on.

SAGITARIUS (November 22 - December 21): Honor your desire to step out of the spotlight and have some alone time to reflect on your feelings. Weighing the pros and cons is easier without everyone else's input. Stay open and eager for opportunities and answers to present themselves.

CAPRICORN (December 22 - January 19): Worried about whether you've been unfair. Equity is good in principle but not all needs are the same. No matter how much you try to keep everything even some one can always feel short-changed if they want to. Give because you want to, not out of obligation.

AQUARIUS (January 20 - February 18): What looks like a lot of work, isn't. You're able to express yourself well so go ahead and speak your mind. Renewed energy and joy indicated. A change of residence or renovations required. An opportunity to stand on your own two feet and prove yourself.

PISCES (February 19 - March 20): Tackle the demons of fear and self-doubt. Write down commitments to yourself and your inner ideas no matter how off the wall or unexpected. No more working behind the scenes with your considerable talent or trying to meet others' expectations for your life. It's your time to shine.

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