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VOL. 43 ISSUE 2

17 Wing Winnipeg / 17e Escadre Winnipeg

FEBRUARY 1, 1995 / FREE

## MND VISITS 17 WING



### BROTHERS IN ARMS

No they aren't brothers, but you could certainly be excused for thinking this follicularly challenged trio were. The MND, the Hon. David Collenette signs the Guest Book in Wing Headquarters, while the W Comd, Col Joe Sharpe and the WCWO, CWO Ray Elphick look on. (Photo by Cpl Pierre Vaudry)

By Capt Neil Kinley

The Minister of National Defence, the Hon. David Collenette, stopped in for a brief visit to 17 Wing/CFB Winnipeg on 18 January 1995. He actually got a warm and white Winnipeg welcome, with moderate temperatures for January, and fresh snow covering the ground.

He stopped at 17 Wing as part of a visit to all air force bases on the prairies. His Challenger jet touched down at 0925 hrs and was met by LGen Scott Clements, the Commander of Air Command, Col Joe Sharpe, Wing Commander, LCol Doug Marchment, Wing

Administration Officer, and CWO Ray Elphick, the Wing Chief Warrant Officer.

Accompanying the MND on the visit to 17 Wing was the Minister of Human Resources, the Hon. Lloyd Axworthy. Axworthy, a Winnipeg MP, is arguably the most influential Manitoba MP.

While in Winnipeg the MND and Mr. Axworthy were briefed on 17 Wing by Col Sharpe. The briefing was attended by the Branch Heads and COs, who were on hand to answer any questions that might arise. The two cabinet ministers also were taken through Barrack Block 63, to see one of the bases most successful money saving

initiatives.

Prior to departing 17 Wing, the MND and Mr Axworthy faced the Winnipeg media and fielded questions, primarily dealing with the future of Air Command Headquarters.

After a short visit of less than two hours the MND boarded a Canadair King Air from the Southport Aerospace Centre for Portage la Prairie. While there he visited the contracted training centre, including 3 CFFTS. His stop in Portage also included a meeting with local business people and politicians. After Portage he made stops at 15 Wing Moose Jaw and 4 Wing Cold Lake.



### Welcome to 17 Wing

The MND, the Hon. David Collenette, visited 17 Wing/CFB Winnipeg on 18 January 1995. Upon arriving he and the Hon. Lloyd Axworthy, the Minister of Human Resources, were met by the Comd AIRCOM, LGen Clements, the W Comd, Col Sharpe, the WCWO, CWO Elphick, and the W Admin O, LCol Marchment. Photo by Cpl Pierre Vaudry, 17 Wing)



### Inspecting the Troops

The MND, the Hon. David Collenette, inspects the Quarters Guard at 1 Air Movements Squadron during his visit to 17 Wing on 18 January 1995. The W Comd, Col Joe Sharpe accompanies the MND. (Photo by Cpl Pierre Vaudry, 17 Wing)

### Every Drop Counts



### Be a Blood Donor

Every six seconds a Canadian Citizen requires a blood transfusion. Think about it. In the time it takes you to read this how many Canadians will receive a blood donation from the Red Cross? But of course that Canadian who requires blood every six seconds is only a statistic, right? It could never be someone in your family, right? Well think about it. If you don't agree or if you think that maybe it could be you who receives a blood transfusion, then do something about it. Be a Red Cross Blood Donor at the forthcoming Base Clinic. It will be held Thursday, 8 February 1995 from 1100 hrs to 1600 hrs at the Base Gym (Bldg 90) 17 Wing.

Toute les 6 secondes un citoyen Canadien a besoin d'une transfusion de sang. Pensez-y! Par le temps que vous lisez cet article, combien de canadiens vont recevoir du sang par la Croix-Rouge? Naturellement le Canadien qui reçoit du sang à toute les 6 secondes est seulement qu'une statistique. Peut-être que toi ou un membre de ta famille sera le canadien de cette statistique un jour. Si tu pense que ça peut arriver, c'est le temps ou jamais de faire quelque chose. Viens donner de ton sang à la prochaine Clinic qui aura lieu le 8 Février 1995 1100-1600 an Gymnase de l'Escadre (Bâtiment 90) BFC Winnipeg.

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# 402 Sqn Christmas Charity Campaign For Osborne and Alpha House

This year, 402 Sqn again went to bat for Osborne and Alpha House to assist them in making a warm and wonderful Christmas for those less than fortunate women and children who are spending this holiday season lonely and afraid.

Osborne House, founded in 1974, was one of the first shelters for abused women in Canada, and today it is the largest. In a safe and supportive environment, Osborne House is a shelter dedicated to ending abuse towards women and their children by providing quality programs that empower women to make informed choices.

Each year, they provide shelter to over 2,000 women and children and their crisis line responds to 14,000 calls. They reach another 2,500 women, men and children through their public education

program, and are active participants in several community action initiatives. They see their efforts as vital to

**It is indeed heart warming to know that, in these times of restraint, there are people who are still willing to help the less fortunate.**

making Winnipeg a safe city for all families.

Alpha House is the newest second-stage shelter program in Winnipeg. In a highly secured apartment block, women and their children, leaving abusive relationships, live in seven two-bedroom apartments fully furnished, for up to nine months. During that time, both the women and children receive individual and support group counselling.

Recent statistics indicate that second-stage shelters could facilitate the termination of family violence. The woman's fear level is reduced and she becomes more independent and self-sufficient in the community.

Capt Len Matiowsky volunteered to OPI the charity campaign on behalf of the Sqn and took the attitude that no stone would be left unturned. With assistance of fellow Sqn members, he canvassed businesses, both big and small, throughout Winnipeg for donations of food, toys, clothing, baby needs and an assortment of other products, all of which would be distributed to the women and children housed within these shelters. The event was a resounding success. Donations quickly arrived due to the generosity of local businesses and members of 402 Sqn.




Left to right are Bonnie Bryant, Osborne House, LCol Chuck MacIntyre, CO 402 Sqn, Diane Bairstow, Alpha House, Capt Len Matiowsky, Charity OPI, and Cathy Roberts, Osborne House.

On 23 Dec 94, all the donations were presented to Osborne and Alpha House. The products shown in the photo are but a fraction of all that was presented. It is indeed heart warming to know that, in these times of restraint, there are people who are still willing to help the less fortunate.

To those who helped, and especially Capt Matiowsky, I extend my thanks for a job very well done. To those women and children who received these donations, best wishes from 402 Sqn.

LCol Chuck MacIntyre  
CO 402 Sqn




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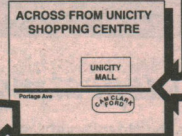


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**NEXT ISSUE 15 Feb 95/PROCHAINE EDITION 15 Feb 95**

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# BOLD EAGLE VI

The BOLD EAGLE program is a joint venture between the Canadian Forces (CF) and the First Nations of Western Canada. The program offers First Nations youth a combination of basic military and cultural training provided by Land Forces Western Area Headquarters (LFWA HQ) using the medium of a summer recruit and trades training program.

By way of background, the Federation of Saskatchewan Indian Nations (FSIN) approached the CF (Saskatchewan Militia District) in 1989 and proposed the development of a special recruiting and training program for First Nations youth. In 1990, the CF joined with the FSIN to create a mutual undertaking and called it Exercise BOLD EAGLE. The aim was to recruit and train an Infantry Platoon of First Nations youth to the Basic Military and QL2 standard. The FSIN recruited candidates throughout the Native

community including, Tribal Councils, Bands, Educational Systems, and Institutions. Selection and enrolment of suitable applicants, based on national enrolment prerequisites, were completed by the Saskatchewan District Militia and local CF Recruiting Centres.

BOLD EAGLE I (1990) involved a single platoon of 30 recruits with training conducted in the Prince Albert, Saskatchewan area. BOLD EAGLE II saw two platoons with a total of 67 recruits trained at Militia Training Centre Dundurn. The Saskatchewan Indian Veterans Association worked with the CF and the FSIN in a supporting role as advisors/counsellors. This support ensured a high retention rate during training and allowed the program to include cross cultural training for all participants.

The scope of BOLD EAGLE IV and V (1993/94) was expanded to include First

Nations youth from Alberta, British Columbia, Manitoba, NW Ontario, and Saskatchewan. Promotion of the program and recruitment of applicants remained the responsibility of the FSIN in the respective Provincial Native organizations. This was the first time that an expanded number of trades were made available to native candidates. Training was transferred to the Battle schools in Wainwright, Alberta (PPCLI) and Shilo, Manitoba (RCA) respectively. BOLD EAGLE recruits continued to be trained in aboriginal platoons, with specific cultural training aimed at fostering their distinctive cultural identity.

This year, BOLD EAGLE VI, candidates will participate again in the LFWA HQ summer 1995 recruit and trades training program. Successful BOLD EAGLE candidates will attend a Reserve Recruit course at either the PPCLI or RCA Battle School. FSIN will provide

cultural advisors who will work with BOLD EAGLE staff and provide counselling services to the candidates. A cultural awareness camp will also be incorporated into the program to reinforce Native values, customs and traditions.

To date, BOLD EAGLE has proven to be an effective medium to bring youth from a unique cultural background and assist them in their transfer to service in the Canadian Forces. The enrolment standards and train-

ing provided to BOLD EAGLE candidates are consistent with that provided to all members of the Primary Reserve. It is this training that has allowed BOLD EAGLE graduates to serve their country within the Primary Reserve.

For further information on the 1995 BOLD EAGLE program contact any Canadian Forces Recruiting Centre at 1-800-856-8488.






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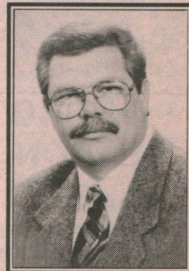
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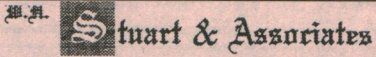


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## 25 years of Public Service



Col R.J. Pison, Deputy Chief of Staff Logistics, presents a "25 years of Public Service" plaque to his secretary, Mrs Carmelle Abraham.



By Lt Richard Pamplin

After referring to the calendar and flipping through recent issues of The Voxair, it came to this author's attention that it was due time for this year's first instalment of "Chinthe Bits." Armed with a purpose and my wit, I set out to begin the exhaustive research process which would lay the groundwork for my journalistic treatise. Unfortunately for me, this started at around 3:00 pm on deadline day. I had considered submitting the manuscript from the home video of our last Chinthe Luncheon, however if CTV were to get hold of it, we could all be in big trouble. Instead, I will attempt to bring you up to date on happenings around 435 Squadron since November. Chinthe Luncheons are

# CHINTHE BITS

events where the squadron's officers gather at the Officer's Mess, at random times during the year and usually during the noon feeding time, for some food and fellowship. The motive for this gathering is to recap recent events and to assess blame for these incidents. The officer deemed to have performed the most outrageous act (measured by use of a "Laugh-meter") is chosen as the winner of the Chinthe Droppings award. His (or Her) task is to organize the next Chinthe Luncheon. And the winner? Capt Greg Robinson for his performance in "Why Shut Down Just One Engine When You Can Shut Down Two?" There is no word yet as to when the next Chinthe Luncheon will be held.

Congratulations are in order for Jim and Heather Fell who had a beautiful baby girl in November. This just in ... a beautiful baby girl was born to Christian and Marie-Claude Lambert just this morning, 20 Jan 95. Congratulations to the proud parents. Either the move from Edmonton was

good to these young couples, or the real men can be found in the Navigator Section. There are a few single ones left ladies, but they are going fast.

Following a well deserved Christmas Break, 435 Squadron is ready to face 1995 with renewed energy and purpose. All facets of the operation are in full swing, as is evident by the pace of activity around the squadron spaces. TWO major air to air refuelling exercises are planned for the months of January and February in support of fighter training. The one in January will take place at Luke AFB in Phoenix, Arizona, while February's will take place in Norway. Two global response missions are planned for the same time frame. In January, Service Flight 530 was deployed to South America for training and support to Canadian consulates. Service Flight 527 will be travelling to Moscow and the Middle East for the same purpose in February. In addition to these missions, there are the normal domestic service flights, local training and Search and Rescue operations.

Until next time, Certi Provehendi.

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# CFANS Update

By Capt Moore

As an instructor at CFANS, I was among the many who wondered if the likes of Course 9401 would ever reach graduation. What with the incessant complaining about scheduling (no names, but the initials B.A. come to mind), the glazed eyes during Monday morning lectures (J.D.), and the problems with keeping a 10 minute O.D. speech under 20 minutes (P.B.), Course Director Sean O'Reilly certainly had his hands full. However, Course 9401 baffled us all, as all ten of them are now proudly sporting their new wings and extra half stripe. All kidding aside, I congratulate the course on a job well done and wish them all the best as they depart for their OTU's.

The graduation itself was a great success, with only a few minor skirmishes in the wee hours of the night (apparently the shuffleboard table maliciously tried to attack several of our unsuspecting students). The parade was a great improvement over the last one (Course 9309's), probably due to the fact that there were no CFANS instructors out on the floor strutting their stuff. Honour Grad Lt. Jennifer Kooren was very happy with the performance. "Everything went smoothly," she said "except when I almost tripped over an old piece of paper in the middle of the drill hall. It appeared to have some drill instructions scribbled on it. I guess it must have been left there from one of the previous parades."

As for the dinner, it was excellent. One particularly nice touch was that 9401 placed two bottles of wine on each table, to show their support for those who came early. Hopefully a precedent has been set. The course video was also very entertaining. When asked for his opinion on the subject, Capt. Ron "Chester" Doiron had only one comment to offer, "Dowwwhhh!"

Students of Course 9404, the



new senior course, are preparing for their OTU visit these days. Several of the students are quite relieved to be finished with the airport phase of their training, as difficulties were encountered. One such member, 2Lt Dave Wood was seen proudly walking the halls after he passed his F-16 checkride. Apparently, he was stopped by Chester who growled at him, "Way to go Woody; you cost me a dollar!" Fellow course mate, Rick Smith, found this quite amusing, but was quickly shut up as Capt. Doiron snapped, "What are you laughing about? You cost me five!" Don't worry guys, Chester is all bark (unless of course you, or one of your relatives make a nasty video about him).

Speaking of Mr. Wood's checkride, Capt. Al "Red Neck" Bergsma came up with a rather creative new assessment scheme as he tallied up the marks. Under the airmanship category, Al stated that "Woody's brain was writing checks that his body just couldn't cash". While many students seem to have this dilemma in the early phases of training, I don't think any instructor has ever summed it up quite so eloquently. Al has also been impressing us with his diligence and hard work lately. He is averaging one CFANS

# Graduation of Course 9401



Back Row (L-R): Lt JA Dietrich, Lt GM Adamson, Lt CW Ansell, Lt KW Foster, Lt DK Guenette, Lt AS Cursely, Lt RS Bishop, Lt JM Kooren, Lt PD Bolton, Lt DK Harman. Front Row (L-R): Capt SJ O'Rielly (Course Director), Col GE Sharpe (WComd), Col AG Armstrong (Reviewing Officer), LCol KC Kerr (Comdt), Maj FS Costello (Flt Comd).

critique every couple of weeks. When asked about this sudden change of attitude, Al was quick to give a response consistent with his character. "When I found out Coates was extended here at the school for an extra year, I decided that I would leave him with enough paperwork to keep him busy." Maybe all that extra paperwork explains Capt. Coates' lack of progress on the squash ladder. Either that or the bad knee, right Brad. Congratulations to Capt. Rich Hone who joins a very elite group of navigators who have achieved 1000 hours on the Gonzo. Usually, only navigators who are in their fourth year (as Rich is) can achieve these high numbers; however occasionally a polehog (B.Coates) can do it in three.

Well, that's about all that's new here at CFANS, except

maybe for SANC Course 9501, but half of them are from CFANS or 435 Squadron anyway. Incidentally, anyone who would like to contribute to future articles (including students), don't hesitate to

contact Capt. Moore or Capt. Hatton. We are always looking for new perspectives on our fellow instructors.

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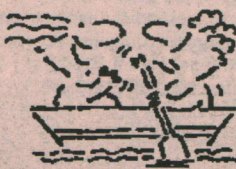
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## Sinking in a Sea of Stress?

### Tips to Bail Yourself Out:



**1. Stay Healthy**  
Take your vitamins, get enough sleep and dress for the weather. Your mother was right! Regular exercise and eating well are two of the best ways to look and feel healthy.

**2. Laugh**  
Use humour to relax, to release tension and anger. Take a step back from the situation and find the humour in the stressful situation. Seek people who make you laugh, rent funny movies or check out the laughable cards in the gift store.

**1. Stay Healthy**  
Take your vitamins, get enough sleep and dress for the weather. Your mother was right! Regular exercise and eating well are two of the best ways to look and feel healthy.

**3. Seek Support**  
Sharing your feelings with friends and family members is one of the best ways to cope with stress. Other support systems include self-help groups, employee assistance programs and professional counselling.

# MFRC ANNOUNCEMENTS

350 Doncaster Winnipeg MB R3N 1W8 489-7003

## THANK YOU FOR YOUR CONTRIBUTION

We at the Family Resource Centre would like to thank everyone who gave so generously to needy families during the holiday season.

Your donations were greatly appreciated by all those who received Christmas hampers. Your support, your time, your energy, your resourcefulness and your personal investment reflect the true spirit of Christmas.

On behalf of the MFRC staff I would like to wish everyone a happy and peaceful New Year.

Val Hudson  
Quality of Life Coordinator

## DROP-OFF CHILD CARE

Lipsett Hall Nursery School offers drop-off child care on Tuesday afternoons from 1:00 - 4:00 p.m. We will provide care for children 18 months to six years. The fee is \$3.00 per hour for the first child and \$1.00 more for a second child in the same family. All children must be pre-registered and reservations must be made 24 hours in advance. Take advantage of this great service. Run your errands knowing your child is receiving quality care. Call the Nursery School at 833-6846 for reservations.



## CREATIVE TOT SHOP

This program is held at the Lipsett Hall Nursery School on Monday afternoons from 1:30-3:00 p.m. The fee is \$1.00 per family for each session. This program is the first step toward nursery school. Here's a chance for parents and young children to come together to create and play. The toddler/pre-schooler can explore the world of arts, music, movement and story. Parent participation is required. For more information phone 833-6846.

## BABYSITTING COURSE

The MFRC is offering the Red Cross Babysitting Course. Participants should be 12 years or older. Topics include: fire safety, basic first aid, child development, baby care and activities for children. Demonstration of practical experience will be required before issuing a certificate.

Please register by calling the Lipsett Hall Nursery School at 833-6846.

**WHERE:** Lipsett Hall Nursery School  
**WHEN:** Sat 4 Feb 95 from 10:00 - 2:00 p.m.  
Sat 11 Feb 95 from 10:00 - 3:00 p.m.  
**FEE:** \$5.00 per participant

## NEW AND EXPECTANT MOM'S CLUB (for infants up to 8 months)

Join other new moms to share your concerns, joys and stresses associated with parenting. Once a month the Public Health Nurse will join the group to answer your questions and weigh your baby.

**DATE:** Tuesday afternoons  
**LOCATION:** 54 Bourkewood Place  
**TIME:** 2:00 - 3:30 p.m.  
**COST:** Free

## MOM'S MORNING OFF (for children up to 3 years)

Get to know other parents while your child interacts with children his or her age. Once a month a speaker, of the group's choice, will make a presentation. Children will be cared for by qualified staff and parents on a rotating basis.

**DATE:** Wed. mornings  
**LOCATION:** 350 Doncaster  
**TIME:** 9:30 - 11:00 a.m.  
**COST:** \$2.00 per week or \$20.00 for 10 weeks

## CAREGIVER SUPPORT MEETINGS

Do you care for children and have questions about fees, activity ideas, menu planning, etc.? Information-sharing meetings for caregivers are held once a month and are open to the whole military community.

**DATES:** Tues., 7 Feb 95  
**LOCATION:** 350 Doncaster  
**TIME:** 7:00 - 9:00 p.m.  
**COST:** There is no cost, but you must register.

## Speech Language Clinic of Winnipeg

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## WINTER ACTIVE



## WING BASE LOTTO



For only \$1.00 per week you can win \$100 a week in the Base/Wing Lottery. Two draws are made around the Base every second Thursday. Regular Force and Class C personnel can complete a pay allotment form or pay by cheque six months or one year at a time. Class A and B personnel and civilians can pay by cheque six months or one year at a time. To join, just fill out the form below and forward to the Military Family Resource Centre, 350 Doncaster Street, Winnipeg, Mb, R3N 1W8. All proceeds from the Lottery are used exclusively for community projects. Your support is greatly appreciated.

Name \_\_\_\_\_ Rank \_\_\_\_\_  
SN/NM \_\_\_\_\_  
Section \_\_\_\_\_ Local \_\_\_\_\_  
Date \_\_\_\_\_ Signature \_\_\_\_\_

I would like to complete a pay allotment form.  
 My cheque for \$26 or \$52 payable to Wing Fund is enclosed

Pour seulement 1\$ chaque semaine vous pouvez gagner 100\$ pendant la semaine. Il y aura deux tirages chaque deuxième jeudi.

Les membres de la Force régulière et la force de réserve en service classe C peuvent, s'ils désirent participer aux tirages, remplir une formule de délégation de solde ou faire un cheque de 26\$ couvrant une période de six mois ou une cheque de 52\$ couvrant une période d'une année.

Les employés civils et les membres de la force de réserve en service classe A ou B, peuvent faire un cheque de 26\$ couvrant la même période de six mois ou une cheque de 52\$ couvrant une période d'une année.

Pour être membre de cette loterie, prière de remplir la formule ci-dessous et l'envoyer au Centre de Ressource des Familles Militaires, 350 Doncaster Street, Winnipeg, Mb, R3N 1W8.

Tous les profits réalisés par cette loterie sont utilisés exclusivement pour des projets communautaires de la 17e Escadre. Votre support est apprécié.

Nom \_\_\_\_\_ Grade \_\_\_\_\_  
SN/NM \_\_\_\_\_  
Section \_\_\_\_\_ Tél \_\_\_\_\_  
Date \_\_\_\_\_ Signature \_\_\_\_\_

Je voudrai remplir un formule de delegation de solde  
 Mon cheque de 26\$ ou 52\$ est attaché.

## WING LOTTO WINNERS

### 8 DEC

Cpl. Erwin 402 Squadron  
Cpl. Pirolla 2PPCLI

### 20 DEC

WO R. Spencer WDental  
WO S.Campbell 2PPCLI

### 5 JAN

Capt B. Dymond U.of M.  
MWO R. Cameron 2PPCLI

### 19 JAN

G. Miller CFQAR  
Mr. D. Brennan M.F.R.C.

# MFRC CHRISTMAS OPEN HOUSE



Parents and babies enjoying the party.



People of all ages celebrate Christmas at the Military Family Resource Centre.

## MFRC BABYSITTING CO-OP ...Lend Me Your Ears

Psst... Got a minute! Well if you're like me, the only peaceful minute you have is somewhere between crawling into bed and unconsciousness. But you know what, I've found a solution to this problem and it isn't "Better Time Management." It's the MFRC run BABYSITTING CO-OP!! (Drum roll please) No.. seriously! If I need a break, want to go shopping or have an appointment, I use the Co-op. If my husband and I want to go out for the evening, you guessed it, I use the Co-op. Making up the points isn't so bad. Who can argue with a playmate or two for your bored kids; I sure can't.

Not sold yet... picture this (and who hasn't, now fess-up). Your spouse has been away awhile on course, exercise, tour or whatever, and you want to

be able to greet him/her in a relaxing special way (use your imagination here). Wouldn't happen you say... can't afford it. Wanna bet! Drop your kid(s) off with one of the people on the list, (the Co-op deals with points not money) ease your mind knowing they are safe and secure, and presto - quality time! But this isn't just for couples or stay-at-home spouses, it'll work for

anybody. Just make it fit your lifestyle.

So what do you say now.. how about giving Mavis a call at 489-7003 or even dropping in at one of our monthly meetings (third Thursday of each month 9:30 -11:00 a.m. 350 Doncaster Street) Next meeting February 16, 1995. We'd love to meet ya!

Next issue : How the Co-op saved my sanity!

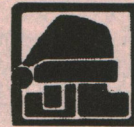
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# 1 Air Movements Squadron - New Air Transport Group Formation at 17 Wing

Most personnel are aware by now that 1 Air Movements Squadron was relocated from 18 Wing Edmonton to 17 Wing Winnipeg in summer 1994, as a result of the preceding February's Federal budget announcements. Concurrent with the move of the Squadron to Winnipeg was the incorporation of all Wing Traffic functions, including Personnel Traffic, Furniture and Effects and Central Material Traffic Terminal under the control of the Air Movements Squadron Commanding Officer. Although this new working arrangement may have gone unnoticed by most of the users of these services, this internal re-organization has resulted in more cohesive and effective traffic support at 17 Wing. The Squadron is also responsible to support passenger movements by service aircraft. Those who have had the opportunity to travel by Service Air over the past three months may have transited through the newly constructed passenger terminal, adjacent to 10 Hangar.

As one of the two Air Transport Group formations at 17 Wing, the Air Movements Squadron plays a vital role in enabling the Air Force to meet its strategic and tactical airlift objectives. The Squadron's principal responsibility is to maintain the capability to deploy, on very short notice, a total of 30 Mobile Air Movements personnel (commonly known as MAMS) in support of global strategic or tactical airlift operations. Since its recent arrival in Winnipeg, the Squadron MAMS personnel have already taken part in a wide range of airlift support operations. These deployments have included numerous exercises in the Canadian North, several BOXTOP airlifts to resupply CFS Alert, Operation PASSAGE in Rwanda and the Humanitarian relief support to the beleaguered city of Sarajevo, known as Operation AIRBRIDGE.

In concert with implementation of the Wing concept in 1993, the then three existing Air Movements Units (AMUs) were renamed Air Movements Squadrons (Air Mov Sqns). The acronym "AMS" could not be adopted for the Air Movements Squadrons because that term had already been earmarked to identify Aircraft Maintenance Squadrons at various Wings. It has been observed, however, that many personnel have continued to repeatedly use the term "AMS" in official correspondence or during discussions, to identify the Air Movements Squadron. This practice is inappropriate and leads to confusion and misdirected correspondence. All are reminded that "1 AMS" is an Aircraft Maintenance Squadron currently located at 4 Wing Cold Lake. The correct and sanctioned abbreviated issued by Air Command for the Air Movements Squadron is "Air Mov Sqn" and personnel are strongly urged to refrain from using the term "AMS". The cooperation of all personnel is solicited to put an end to the confusion resulting from the use of the inappropriate Air Movements Squadron acronym.

PER LENTITIAM ROBUR - STRENGTH THROUGH FLEXIBILITY

# 1er Escadron des mouvements aériens - Nouvelle formation du Groupe des transports aériens à la 17e Escadre

La plupart des personnes sont maintenant au courant que le 1er Escadron des mouvements aériens a été déménagé de la 18e Escadre Edmonton à la 17e Escadre Winnipeg à l'été 1994, suite au budget fédéral du mois de février précédent. Avec le déménagement de l'Escadron à Winnipeg a aussi eu lieu l'incorporation de toutes les fonctions des mouvements de l'Escadre, y compris mouvements du personnel, meubles et effets et terminus central du transport des marchandises sous le contrôle du Commandant de l'Escadron des mouvements aériens. Même si ce changement a pu sembler invisible à ceux qui utilisent ces services, cette ré-organisation interne a permis d'établir un support des mouvements plus efficace et cohésif à la 17e Escadre. L'Escadron est aussi responsable pour le mouvement des passagers par vols militaires. Ceux qui ont eu l'opportunité de voyager par vol militaire lors des trois derniers mois ont peut-être eu l'occasion d'utiliser le nouveau terminus des passagers qui a récemment été construit près du hangar 10.

Étant l'une des deux formations appartenant au Groupe des transports aériens se trouvant à la 17e Escadre, l'Escadron des mouvements aériens joue un rôle essentiel dans l'objectif que se pose la Force aérienne de rencontrer ses missions de transport aérien tactiques et stratégiques. La principale responsabilité de l'Escadron est de maintenir la capacité de déployer, sur un préavis très court, un total de 30 personnes des Mouvements aériens mobile (connus sous le nom de MAMS) pour supporter les opérations globales des transports aériens stratégiques et tactiques. Depuis son arrivée à Winnipeg, le personnel de MAMS de l'Escadron a déjà pris part dans de nombreuses opérations de support aérien. Ces déploiements ont consisté en plusieurs exercices dans le nord canadien, des opérations BOXTOP afin de ré-approvisionner la SFC Alert, l'opération PASSAGE au Rouanda et le support humanitaire à la ville assiégée de Sarajevo, connue sous le nom d'Opération AIRBRIDGE.

En concert avec la mise en place du concept d'Escadre en 1993, les trois Unités des Mouvements aérien (UMAs) en place à ce moment furent renommées Escadrons des mouvements aériens (Escs Mouv Air). Le sigle "EMA" ne pu être adopté pour les Escadrons des mouvements aériens parce que ce terme avait déjà été mis en place pour identifier les Escadrons de maintien des aéronefs des Escadres. Il a été observé, cependant, que plusieurs individus continuent régulièrement d'utiliser le terme "EMA" dans la correspondance officielle et dans leurs discussions, pour identifier l'Escadron des mouvements aériens. Cette coutume n'est pas appropriée et mène à la confusion et la correspondance mal acheminée. Tout le personnel est rappelé que le "1er EMA" est un Escadron de maintien d'aéronef situé à la 4e Escadre Cold Lake. L'abréviation correcte qui a été endossée par le Commandement aérien pour les Escadrons des mouvements aériens est "Esc mouv air" et tout le personnel est fortement prié d'éviter de se servir du terme "EMA". La coopération de tout le personnel est sollicitée afin de mettre fin à la confusion qui se crée lorsque l'on utilise un sigle inapproprié pour l'Escadron des mouvements aériens.

PER LENTITIAM ROBUR - FORCE A TRAVERS LA FLEXIBILITE

## Delegation Trial Ends Early, Declared A Success

The trial aimed at transforming resource custodians into resource managers is wrapping up one year early. The Base Delegation of Authority and Accountability Trial, or Base DelegAAT, conducted by Canadian Forces Training System Headquarters in Trenton and at bases Borden and Kingston, officially began in April 1991 and was to last five years. Declared a tremendous success, DelegAAT has resulted in millions of dollars in savings. Recently, however, there has been a growing similarity in the work done under DelegAAT and Defence 2000 which has made the trial redundant.

The trial sought to achieve measurable improvements in efficiency in support services at the base level through the delegation of authority and assignment of responsibility to the base commanders of Borden and Kingston.

"DelegAAT has been a most beneficial concept of

management for Kingston," said Colonel Bill Richard, Base Commander of CFB Kingston. "We are sorry to see the trial end in terms of resource management. It provided excellent incentive to create initiatives."

Of the 294 initiatives submitted by Training System to the project office at National Defence Headquarters in Ottawa, 190 were approved, resulting in over \$10 million in recurring annual savings.

The lessons learned from DelegAAT initiatives have taught us ways of doing business better and smarter. These same lessons have been exported to other bases across the country. One example is the local procurement of repair parts. This practice results in significant reductions in warehousing costs, the end of shelf stocking, improved delivery times. The decrease in vehicle down time has also reduced dollars spent on rentals. The consolidation of food services, improvements in the management of PMQs, and

the simplification of claiming separation expenses are among the many change proposals submitted through DelegAAT. In many cases, innovative ideas came from the working, rather than the supervisory level.

Many details, such as the management of accrued DelegAAT savings, have yet to be addressed or resolved as the transition is made from DelegAAT to Defence 2000.

"In rolling up the DelegAAT project office into the Defence 2000 structure, we will continue to monitor and champion existing initiatives," said Colonel Ted Nurse, the DelegAAT Project Manager. "We hope to save the best parts of DelegAAT and market them to the rest of the Forces under the Defence 2000 umbrella."

The DelegAAT trial formally ceases at the end of March 1995. Initiatives submitted after that date will become the responsibility of the Defence 2000 office.

By Lt(N) Doug Maybee, the public affairs officer for Canadian Forces Training System, based in Trenton.

## A Message from MSE Safety

### SAFE DRIVING: A FULL TIME OCCUPATION

Every year millions of dollars are lost in the Canadian Forces due to traffic accidents, and that's not to mention the injuries.

Closer to home at 17 Wing, last year's accident repair bills for military vehicles amounted to a whopping 77,600 dollars. These are needless expenses which could be greatly reduced if drivers only took the time to exercise due care and caution while on the road.

With proper driving techniques using the teachings of Defensive Driving, most accidents could be eliminated. Just using common sense and keeping in mind that driving is a full time occupation can make the difference between safe driving and dangerous driving. You don't necessarily need to learn new skills, rather you just have to improve on those you already have.

Drive Safely!

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# LE TABAC TUE.

Le tabac tue  
3 fois plus de gens  
que l'alcool,  
le sida, les drogues illicites,  
les accidents de voiture,  
les suicides et les meurtres  
**CONFONDUS.**

## LE TABAC TUE AU-DELÀ DE 40 000 CANADIENS ET CANADIENNES PAR ANNÉE.

- Le marché des nouveaux fumeurs est presque entièrement composé d'enfants et d'adolescents.
- 85 % des nouveaux fumeurs commencent avant l'âge de 16 ans.
- De tous les jeunes de 15 ans qui fument à l'heure actuelle, environ la moitié mourront à cause des produits du tabac.
- Les enfants et les jeunes achètent pour plus de 200 millions \$ de produits du tabac par année.

## L'ÉGALITÉ DES SEXES ?

- Chez les femmes, le taux de mortalité par le tabac est en voie de rejoindre celui des hommes.
- Le cancer des poumons tue maintenant plus de femmes que le cancer du sein. Et le nombre de décès des femmes souffrant du cancer des poumons continue d'augmenter.

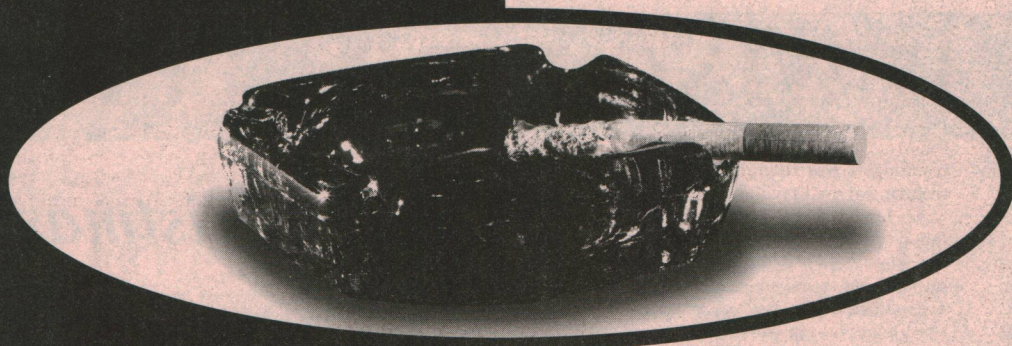
## LA FUMÉE DE TABAC AMBIANTE AUSSI EST DANGEREUSE !

- Parce que leurs poumons se développent encore, les enfants sont tout particulièrement sensibles aux effets de la fumée de tabac, dans laquelle on retrouve 50 agents chimiques qui peuvent causer le cancer.
- Même en vieillissant, ces enfants auront tendance à avoir plus de difficultés d'apprentissage de la lecture et des domaines connexes.
- Les enfants dont les parents fument risquent plus de souffrir de maladies dont l'asthme, la pneumonie et la bronchite.
- Les bébés exposés à la fumée secondaire de cigarettes ou ceux dont les mères ont fumé durant la grossesse sont plus petits que la moyenne, plus sujets à des naissances compliquées et plus susceptibles aux risques de mort soudaine du nourrisson.

## LE TABAGISME EST LA PRINCIPALE CAUSE DE DÉCÈS ÉVITABLES.

Pour obtenir plus de renseignements sur le tabac  
et les programmes pour arrêter de fumer,  
composez le **1 800 300-8449.**

Quelqu'un attend votre appel.



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Health  
Canada

Canada

# Wing Supply



Wing Supply has done it again!!!! This past year was a busy one for all the Supply "Elves": - not only did they sponsor 10 families from the Salvation Army for Christmas hampers with food, toys, clothing etc. But an additional \$500 was presented to both Catholic and Protestant Chaplains to use as they wished for Christmas needs on the base.



Christmas Cheer came early at Wing Supply as Amy Little received her second promotion of the year. Shown are the WSup0, Maj Wayne Collins, and the WLog0, LCol Lee Smith arranging her Capt's rank. The way Capt Little is moving, the two presenters should watch out for their jobs!

Major Wayne Collins and Chief Terry Smith (Santa) wish to thank all persons involved for their continued support towards our Christmas Cheer Hamper Fund. Grant and Mary Clements from Remax Real Estate for donations of turkeys, WO Dane and McLaren Farms for potatoes, Cotter Canada (True Value Hardware and V&S Variety Stores) for boxes and boxes of new clothes for children, Ms. Suzanne Durocher, Mr Hugh Oakes, Beatrice Dairy, Sundale Eggs, Westwood Safeway, Portage West Economart, Courts of St James, and Ness IGA Stores, to name but a few.

Thank you to everyone and Happy New Year from Wing Supply.



Major Wayne Collins, Wing Supply Officer, proudly presents cheque to Wing Chaplains LCdr J. MacLean and Lt(N) GLD Kling, for their parish Christmas needs. Looking on is CWO Terry Smith and Mrs Milly Matson. Military and civilian staff of Supply worked very hard indeed over the past year to raise over \$2000 towards their Christmas cheer hampers for the Salvation Army and were pleased to help the Wing Chaplains. Well done Supply, thanks to everyone for a job well done.



Mr Rick Sukhan received his 25 year service plaque from LCol Smith, WLog0. Rick retired from the military and is currently employed in the Repair and Disposal Section Pl. Congratulations Rick!

## 17 WING JUDO CLUB

It has been a very hectic but gratifying year so far. The club has 81 members youth and adult, about 25 percent beginners. We continue to hold classes at Lipsett Hall Mondays 1900 - 2200, Thursdays 2130 - 2200 and Saturdays 1000 - 1200 hrs. These times seem to work well for many of our members, our classes are always busy.

The competitive side of our club continues to have great success we entered 11 people at the Dec 10/94 Manitoba Open, our students earned 6 medals: 1 GOLD, 4 SILVER and 1 BRONZE. Well done to all competitors. Our club is presently training hard for the

21 Jan 95 Saskatchewan Open held at Regina, plus the Inner City Youth Tournament to be held in Winnipeg 11 Feb 95. Both tournaments build up to the Canada Winter Games.

Our club instructors were very busy this fall and early winter not only training our members but are also involved in competition themselves, either fighting, coaching and refereeing. On top of this Joseki (Moe Oye 7th dan) informed our head instructor to prepare himself and four of our instructors for promotion. What this means is on top of our normal busy schedule we had to find time to develop our own individual Katas

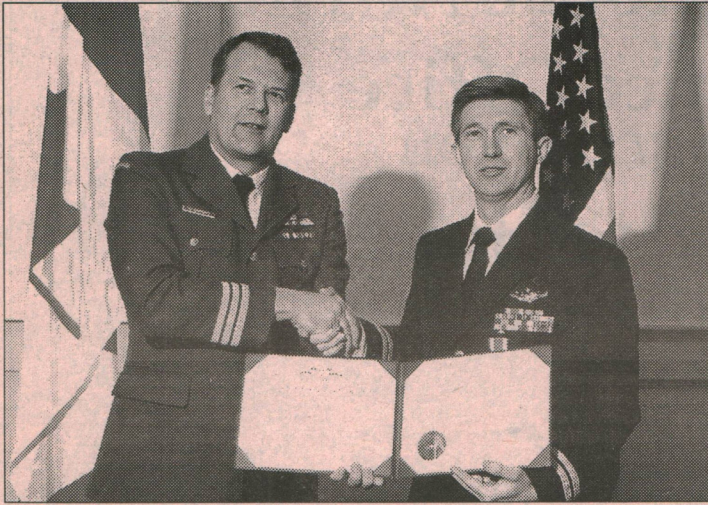
(formal throws or control holds and chokes). The end result was that Brian Jones was promoted to Yondan (fourth), Kelvin Francis, Dave Corcoran and Barry Woods to Nidan (second) and Steve Broughton was promoted to Shodan (first). A number of our students were also promoted upwards, to various coloured belts or ky grades, well done to all of you.

If anyone wishes information about the exciting Sport/Martial Art. called Judo and our thriving Club please contact Sgt Steve Broughton Shodan at home 897- 0630 or local 5214.

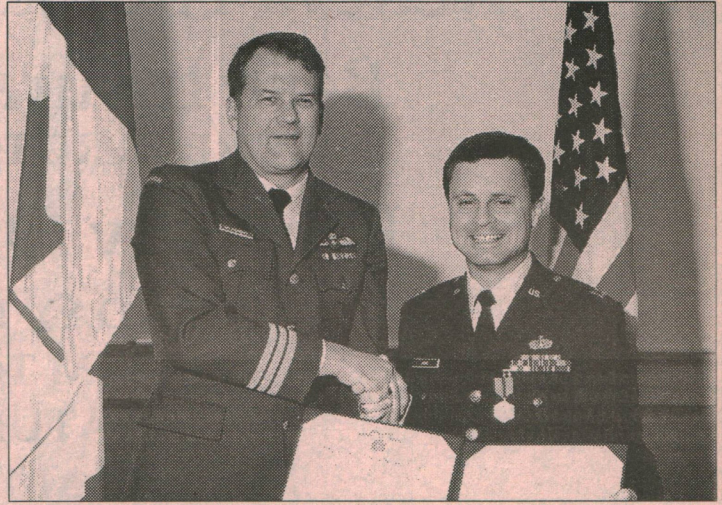
## Christmas 1994



# CFSAS



Capt Robert Baker (U.S. Air Force) is awarded the USAF Meritorious Service Medal for outstanding performance as a B-1 Instructor Defensive Systems Officer and Chief of Training and Tactics at the 319th Bomb Group, Grand Forks Air Force Base, North Dakota, where he served from 17 Jan 92 to 1 Jul 94. He is an Exchange Officer currently assigned to CFSAS. Presentation made by LCol D. McCoubrey, Comdt of CFSAS.



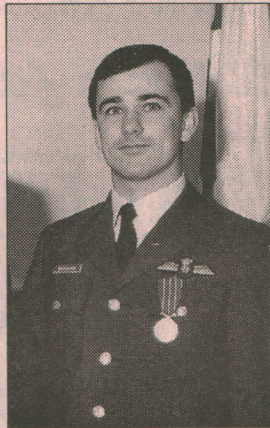
Capt David Hanak (USAF) is awarded the USAF Commendation Medal, First Oak Leaf Cluster, for outstanding performance as a Crew Commander and Chief of Operations Training at the 16th Space Surveillance Squadron, Eareckson Air Force Station, Alaska, where he served from 23 Dec 92 to 28 Dec 93. He is an Exchange Officer currently assigned to CFSAS. Presentation made by LCol D. McCoubrey, Comdt of CFSAS.



Capt Larry Arnold was awarded his CD by LCol D. McCoubrey.



Major John Rotteau was awarded the first clasp to his CD by LCol D. McCoubrey.



Capt Marc Bouchard was awarded his CD by LCol D. McCoubrey.



Capt Mike Peters was awarded his OPDP Completion Certificate by LCol D. McCoubrey.



Capt Martin Mongeon was awarded his OPDP Completion Certificate by LCol D. McCoubrey.

## C Company 2PPCLI in Fort MacPherson, NWT

C Coy, 2PPCLI, was deployed to the NWT from 5-25 Nov 94 on Ex Northern Trek. Ex Northern Trek is one of several sovereignty exercises conducted by the CF each year. The aim was to demonstrate Canadian sovereignty by deploying a military force to a sub-Arctic territory. The Ex was the first deployment in the NORTH for many of the troops. It was also the first time that such a large group of Canadian Forces Personnel were deployed in the Fort MacPherson area.

The first week was spent shaking out and adjusting to the cold (it was -27 degrees Celsius when we first arrived). The Section commanders also had the opportunity to review some battle drills and tent group routine. On the 10th we moved back into town and

participated in Remembrance day ceremonies on the 11th in the school gym. Most of the town was there in attendance, and afterwards they put on a feast. The company sampled some Northern cooking, everything from Moose head stew to Caribou jerky. The elders were impressed that all the food was eaten (after a week of IMPs it wasn't too difficult a task).

The second week began with the Rangers teaching us how to live off the land including demonstrations on how to site and string up nets under



*Great Catch!*

Pte Bergseth and Cpl Bowen enjoying the riches of the North.

the ice. The Rangers also taught the troops how to set up trap lines and distinguish different animal tracks in the snow. It was a good week for all involved and the Rangers were impressed with the troops desire to learn more. The week ended with community displays; once in town various presentations were put on to educate the people on what exactly the Canadian Forces does in general

and the Infantry specifically. The highlight of the presentation was the unarmed combat demonstration. The final week saw the platoon deploying out and setting up camp around Stony Creek. It was during this week that everybody learned how important it is to pay attention to the details in such an environment. Some platoons got to scale cliffs on recce's while others learned about moving long distances at -40 degrees celsius. It was a very satisfying exercise for all involved and many valuable lessons were learned. The Company demonstrated professionalism throughout the deployment, and the fact that a letter was sent from the town elders to the Battalion inviting us back again next year only underscores this. Well done C Coy!

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# Soundbites

By Lt(N) Michael Sebastian

## Canadian Spotlights Stompin' Tom Connors - Dr Stompin' Tom, Eh? (EMI) \*\*\*\*\*

Tom tributes our peace-keepers with his patriotic song "Blue Berets". A moving music video accompanies the song: to see it, contact your nearest regional public affairs office. Great gift for any blue beret. "We shall stand between the mighty & the frail."

## Beatles - Live at the BBC (EMI) \*\*\*\*

2 cd set includes 56 songs recorded from '62-65 - 30 which were previously unreleased. Gives a great perspective on their early career when the fun of playing wasn't affected by contracts, tours & artistic differences. Beatles as a club band, not a

phenomenon, but you can still hear the magic.

## Canadian Spotlight: Glenn Gould - Mozart: The Piano Sonatas (Sony) \*\*\*\*\*

A Canadian genius & eccentric interprets the works of Mozart. Over 4 hours of music including Sonatas 1-18 & 2 Fantasias. Mozart himself would've been impressed & distressed by all of these interpretations, but we are all the richer for them. Brilliant!

## Lyle Lovett - I Love Everybody (MCA) \*\*\*\*1/2

No wonder Julia Roberts married him. Wonderful, small sounding songs that will touch your heart with their warmth, simplicity & humor. This is highly recommended from one who had never heard any of Lyle's songs before hearing

"I Love Everybody". Hard to describe, but its great!

## Garth Brooks - The Hits (EMI) \*\*\*

His "No Fences" cd sold 42,000,000 copies - the largest in C&W music history & he's loved around the world, but I still think the hype is a little strong. However, if you like Garth, you'll get: Friends in Low Places, Ain't Goin' Down, We Shall Be Free & many more from the cds: Garth Brooks, No Fences, Robin' The Wind, The Chase & In Pieces.

## Bob Dylan - Greatest Hits Vol.3 (Sony) \*\*\*

Well, Bobby certainly has had a lot of greatest hits, but there aren't a lot of them here although there are some gems like "Hurricane", "Tangled Up In Blue" & "Knockin' On Heaven's Door". If you're looking for a wide mix of lesser hits however, this is for you, as 13 cds are sampled from.

## Aerosmith - Big Ones (Geffen) \*\*\*\*1/2

15 cuts from "Permanent Vacation", "Pump" & "Get A Grip". Boston's bad boys rip on Love in an Elevator, Dude, Rag Doll & The Other Side and wail on Angel, Cryin' & Amazin'. Two new songs: Walk on Water & Blind Man. Biiiiig!

## Canadian Spotlight: Joni Mitchell - Turbulent Indigo (Warner) \*\*\*1/2

Jazz-folk with a measured degree of maturity. You get the feeling that you really should be listening to what Joni says, that this is serious stuff. Fortunately, the music is great for a lazy Sunday a.m. & you can just enjoy it without getting too deep.

## Vision - The Music of Hildegard Von Bingen (Angel) \*\*\*\*1/2

This is 12th century spiritual music written by HVB: born 1098, died 1179. It has been recorded without alteration & put to the worldpop music of Richard Souther. The result?

Music like nothing you've heard before: soaring, mystic, challenging, inspiring & visionary.

## Canadian Spotlights Sam Crosby - Hold My Hand (Indpt) \*\*\*\*\*

She plays T.O.'s Wellington Club & is now recording her country-pop songs in Nashville. For more, ph 416-360-8370. Great vocals/music!

## Various - A Bouquet of Classics, Vol 2 (EMI) \*\*\*\*\*

5 cd, 6 hour set of classical music featuring selections from: Bizet's Carmen, Dvorak's New World Symphony, Grieg's Holberg Suite, Prokofiev's Romeo & Juliet, Verdi's Aida, Mendelssohn's Midsummer Night's Dream as well as Beethoven, Handel, Rossini, Wagner, Berlioz, Liszt, etc.

Rating: Classic \*\*\*\*\*  
Excellent \*\*\*\*, Good \*\*\*,  
Fair \*\*, Poor \*

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## SILVER HEIGHTS COMMUNITY CENTRE

Silver Heights Community Centre is holding a Winter Carnival February 3rd, 4th, and 5th, 1995. Lots of family activities are planned. Join us Saturday afternoon for a Kids Mini Carnival with games and prizes galore, 1 - 3 p.m., then meet Jake Chenier, family entertainer, at 3 p.m. Next Pre-Teen Dance is February 10th, 7 - 9 p.m. for grades 4 to 6 only. Come and crown your Valentine's King and Queen. Moms and Dads welcome too.

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For information, contact: Jim Putz,  
Director of Volunteer Service at 478-6208.

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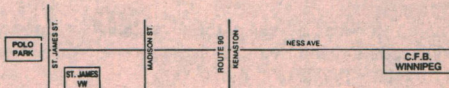
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A fanciful scenario, of course. This time, however, though we are from Command, ACES wants to be the silver bullet.

Our primary job - that's right, primary job, not secondary duty - is to help fight the rules, practises and dinosaurs that hamper or even prevent the Air Force from doing business better. Our "silver bullets" are laid out in this issue. With them we deal with the barriers to change.

### ACES STEERING GROUP

A group of senior staff are briefed on all major initiatives, such as Socio-Tech Re-design efforts, as well as issues that are creating problems for our Wings to operate efficiently. If the problem lies within AIRCOM HQ, they are tasked to remove the barrier. If it is an NDHQ barrier, they ensure the situation is rapidly staffed to the appropriate OPI and then follow-up.

### SUBMISSION OF INITIATIVES

Got an initiative requiring AIRCOM or NDHQ approval? Send it to the appropriate OPI with an information copy to us at ACES. We will acknowledge your submission immediately and monitor its process to ensure it is dealt with as quickly as possible. The ACES Initiative Policy calls for responses from AIRCOM within 30 days of receiving an initiative.

If additional staffing is required, final approval should occur within 60 days from submission. "Aha!" you say, "A response within 30-60 days simply means they say NO more quickly". READ ON!

### COMMANDER'S CAN'T SAY NO POLICY

The Air Force is encouraging innovation. The Commander of Air Command has issued direction to his staff that only he, or the Deputy Commander can refuse initiatives submitted to AIRCOM. This spells the death knell for the jurassic staff officer who says, "we've always done it this way." So, if you get a response that says "No." and it isn't signed by the Commander or Deputy Commander - CHALLENGE IT!

### ACES PRINCIPLES AND TOOLS WORKSHOP

We have developed a 3-day workshop designed to introduce members to the principles and tools of continuous improvement. The workshop is designed for up to 30 people and it is taught at your site by a local community college. Your Wing ACES/D2000 coordinator knows who to contact to access this excellent tool.

### QUALITY FUND

The Commander has established a fund to assist Wings with implementing continuous improvement. Funds are provided either as a grant, or as an interest free loan repayable over two years (based upon a submitted business case explaining the initiative). Normally the savings generated by the initiative should be able to repay the loan.

There you have it - some of the silver bullets in our arsenal. If you need more information, please give us a call. After all, WE'RE HERE TO HELP!!

## AIR COMMAND EXCELLENCE SYSTEM

LCol Rick Williams, SSO ACES - CSN 257-5897

Maj John Harwood, SO ACES 2 - CSN 257-5895

Capt Ron Wilson, SO ACES 2-2 - CSN 257-5898

Capt Andy Tomasevic, SO ACES 2-3 - CSN 257-5853

Mrs. Donna Lecuyer, ACES Secy - CSN 257-5724

# DON'T HIBERNATE...PARTICIPATE

While we may think that our distant relative, the bear, has the right approach to dealing with winter, ParticipACTION says: *Don't hibernate...participate!* Here are some ideas to help keep you moving through the winter, both indoors and out:

- ♥ Try a new activity: cross-country skiing, skating, snowshoeing, broomball or tobogganing.
- ♥ Re-live your youth and join your kids: build a snowman or make snow angels.
- ♥ Organize a game of hockey on an outdoor rink, or on your street & meet your neighbors.
- ♥ A brisk walk on a winter's day is an excellent activity. It feels even better followed by a steaming mug of hot chocolate - and dogs love walks too!
- ♥ Kick up your heels - line, square and social dancing and other spirited activities that work up your heart rate.
- ♥ Swimming and bowling are great indoor activities on a frosty day.
- ♥ Home exercise is increasingly popular! Try a fitness video or simply put on the radio and move to the music.
- ♥ Shoveling snow can be a tough workout. Make sure you warm up for at least ten minutes before you tackle the driveway. Remember to warm down gently also.



### Tips For Outdoor Activities:

• Dress in layers. Peel layers off as temperature goes up.

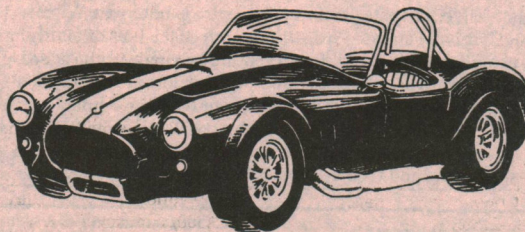


• Remember to drink fluids. Proper hydration is very important.

• Always warm up properly before exercise.

• Do not skate or sled on unfamiliar ice, especially at night. Be sure it is frozen solid.

• Mitts keep your hands warmer than gloves because of better air circulation.



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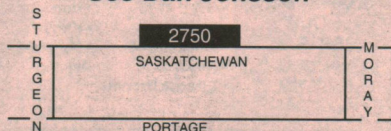
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# WINTER ACTIVE



## PROTECTING YOUR REAL ESTATE INVESTMENT

### Part one

For many of you, a home is probably the biggest investment you will ever make. Since you probably want to make as careful an investment as possible, assessing a home's resale value is very important. This is the first of a two-part series which will examine factors that may affect a home's resale value. The following list sets out five potential problems that may have some effect on the current and future value of your home.

- 1) Is the house located on a busy street?
- 2) Is the property close to any obstacle or negative influence such as an apartment building, shopping centre, school, tower, railway track, highway, airport, commercial project?
- 3) Are there neighbourhood development plans that you should be aware of? For example, a planned expressway or commercial development may affect resale values; a new housing development will provide competition on resale.
- 4) Does this neighbourhood, for any reason, have a poor reputation?
- 5) Is the house sitting on a corner lot so that there is little useable backyard/sideyard and/or excessive traffic noise?

These are not necessarily negatives in all neighbourhoods or real estate markets. You should consider the peculiarities of the particular area that you are purchasing in, and take everything into account when you are making your offer. If the home you are purchasing has one or more of the characteristics mentioned, there may be some negative affect on the future resale value of your home. Be sure to discuss these concerns with your Realtor before making an offer to purchase.

Next time, five more potential problem areas will be discussed.

For more information on protecting your real estate investment, or any other aspects of purchasing or selling a home, please contact your ERS Relocation Consultants, Valerie McEwan and Christine Tabbernor, at (204) 833-2155.

## MANAGING YOUR MONEY — RRSPS

By Harry L. Mardon

It has become almost an ingrained habit by many Canadians to wait until almost the last minute before purchasing a Registered Retirement Savings Plan (RRSP).

The deadline for contributions to a 1994 RRSP is Wednesday, March 1, 1995.

However, this year may witness many late-shoppers break themselves of the habit of leaving their purchase to the last minute.

That's because there is a widespread fear that Finance Minister Paul Martin may announce changes in the RRSP rules when he brings down the federal budget in February. Prudence dictates that RRSP buyers should make their purchase before the budget is unveiled, in case it contains adverse news.

In fact, it is highly unlikely that the finance minister will make any rule changes for 1994 RRSPs. Retroactive legislation is very, very rare. And in the case of RRSPs, a great many Canadians already have purchased a 1994 plan and are now watching their investment grow on a tax-sheltered basis.

But it's still a good idea to buy an RRSP well before the March 1 deadline, as the sooner your money is invested the better will be the ultimate result. When making a 1994 RRSP contribution, keep in mind that it is based on your earned income for 1993. The maximum contribution you can make is the lesser of 18 per cent of earned income or \$13,500 — if you are not a member of an employer-sponsored pension plan or a Deferred Profit Sharing Plan (DPSP).

If you belong in an employer-sponsored pension plan or a DPSP, your maximum contribution is 18 per cent of earned income or \$13,500, whichever is less, minus your 1993

Pension Adjustment (PA). Your 1994 RRSP deduction limit was shown on your 1993 Notice of Assessment, which Revenue Canada sent you after you filed your 1993 income tax return.

However, if you consider your financial situation has changed since then in a way that may affect your RRSP deduction limit, you should contact your local income tax office. Have all relevant material handy so that you can fully inform a tax official of your changed circumstances. He, or she, will confirm your correct 1994 RRSP deduction limit.

An important point to remember is that the 1994 tax year is the last year in which you may roll over up to \$6,000 in periodic payments from a registered pension plan or a DPSP into a spousal RRSP. Your contribution to your spouse's 1994 RRSP must be made no later than March 1, 1995. Pension benefits you may have received last year from Old Age Security (OAS) or payments from the Canada or Quebec pension Plan (C/QPP) don't qualify for this spousal rollover concession. But the amount of your rollover does not affect regular RRSP contributions you or your spouse may be entitled to make for 1994.

Of course, if you reached age 71 any time during 1994, by the end of that year you had to "collapse" your plan, or plans — as you can own any number of different RRSPs. By now your former RRSP funds should be soundly invested in a Registered Retirement Income Fund, or perhaps a life annuity, or a combination of these investment vehicles.

But you may still contribute to an RRSP owned by your spouse, provided she is under age 72, and you had the qualifying earned income in 1994. If the rules aren't changed, you can continue to do this until the end of the year in which your younger spouse reaches age 71.

*(Mr. Mardon, a freelance business journalist, writes this column on behalf of Winnipeg-based Investors Group Inc., a financial services company).*

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## GIGANTIC MINTO MARKET



**Why?** In Support of the Children's Hospital Research Foundation

**When?** Sat. & Sun., February 4th & 5th, 1995  
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Proceeds from this Canteen go directly to  
The Children's Hospital Research Foundation.



For information, phone Mr. Chuck Howard -  
489-0560.



## 2 RCHA TRUST FUND

The 2nd Regiment Royal Canadian Horse Artillery has established a trust fund for Christopher Mabee, son of the late MCpl Bill Mabee, a weapons tech and a respected member of 2 RCHA who passed away after a 3 month struggle with leukaemia.

The trust fund is coordinated by Capt. Warren Armstrong of 2 RCHA. Anyone wishing to contribute to the fund may do so through any branch of the Toronto Dominion Bank. The account number is 109924 at branch 3412 and is entitled "The 2 RCHA Trust for Christopher Mabee." For more details on the trust fund, please contact Capt. Armstrong at (613) 687-5511 local 6198 or CSN 677-6198.

## CAMP DUNDURN REUNION

As part of Canada Remembers and the province of Saskatchewan's 90th Birthday Celebration, Camp Dundurn will be holding a homecoming during August, 1995. As part of this event, a book of the camp's history is being produced focusing on the personal aspects of life and service in Dundurn. All inputs — the good, the bad, and the ugly — will be welcomed! Replies should be directed to Capt. R.A. Herold, CFAD Dundurn, Dundurn, Sask., SOK IKO or call (306) 492-2135 local 240, CSN 826-4011.

## SWIMMING LESSONS REGISTRATION

Are you interested in entering your child or children into 17 Wing's swim program?

Registration will be held at Lipsett Hall Lobby on Sat, 18 Feb 95 between 0900-1100 hrs and again Mon, 20 Feb 95 between 1800-2000 hrs.

The first session of the swim program will consist of all Red Cross classes beginning 21 February 1995.

These lessons are a great way for your child to increase water safety knowledge and to become more confident. Registration will not be accepted by phone.

A 17 Wing Winnipeg Rec Association membership card must be shown at time of registration.

If you have any questions, feel free to contact Corporal Bonello at loc 6183.

## RCSCC JOHN TRAVERS CORNWELL VC

The Royal Canadian Sea Cadet Corps  
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will be celebrating its  
75th Anniversary with a  
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All former members of the  
Ship's Company who wish  
to celebrate can contact  
the Cornwell Reunion  
Committee at 51 Navy Way,  
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## The Air Command Band

### CONCERTS IN THE PARK

Two Sunday concerts will be performed in the Conservatory at Assiniboine Park on  
Sunday, Feb. 5 at 1:30 p.m. until 3 p.m.  
and on Sunday, Feb. 12 at the same times.

Two of the Air Command's smaller ensembles,  
The Brass Quintet and The Woodwind Quintet  
will be performing.

For more info, please contact 833-5182.



## La musique du Commandement aérien

## 17 WING SCOUT RECYCLING PROGRAM RECYCLE FOR FREE!!! AND HELP YOUR LOCAL SCOUTS, CUBS AND BEAVERS

The 51 St Scout Group has been designated as the official recyclers for the entire Wing. Not only is this activity consistent with the scouting ethos towards the environment, but it also serves as our main group fundraiser allowing parent volunteers to offer a varied and exciting program for 17 Wing dependents.

### NORTH AND SOUTH SITE BOTTLE DRIVES

4 Feb 95	10:00-12:00
11 Mar 95	10:00 -12:00
8 Apr 95	10:00 -12:00
27 May 95	10:00 -12:00

### WE ACCEPT THE FOLLOWING:

- Aluminum beverage cans (pop and beer)
- Glass bottles (liquor, beer, juice, sparkling water)
- Plastic bottles (pop, liquor, beer)

If you do not wish to be disturbed, leave bottles on your door-step. Personnel living off base may contribute by leaving recyclables at our collection boxes next to Sarges Gas Station or the Westwin Community Center on the North Site and across from the Curling Club on the South Site. For further info please contact Paul McCabe at 888-9140 (H) or 5265 (W).

**Thank-you for your support!**

## MANITOBA REMEMBERS WE NEED YOUR HELP!

The Manitoba government has made a commitment to complete the naming of geographical features after Manitoba's World War II fatal casualties before May 8, 1995, the 50th Anniversary of the end of the Second World War in Europe.

The families and friends of those remaining to be commemorated are anxious to hear of this naming of a geographical feature after their loved one. To contact them as quickly as possible, the general public is asked to assist in locating the families and in providing the names and addresses of the eldest next-of-kin of fatal casualties. If you are able to provide any information, you are urged to contact the Manitoba Geographical Names Program at the following address or the individuals listed below:

Manitoba Geographical Names Program  
Land Information Centre  
1007 Century Street  
Winnipeg, Man.  
R3H 0W4

Norman Clark  
Air Force Association of Canada  
Phone: 889-4242

Contact:  
Gerry Holm or Des Kappel  
Phone: (204) 945-1798 or  
(204) 945-1032  
Fax : (204) 945-1365

Bert Cheffins, Historian  
Wartime Pilots & Observers  
Association  
Phone: 837-6179

# A WORD FROM THE CHAPLAIN

## Conflict: A Fact of Life

Conflict is a normal part of life. It's what happens when each of two people believe the other's desires are incompatible with his or her own and his or her own needs are at risk. Let's consider four assumptions about conflict: conflict really is inevitable; conflicts increase in times of change; all conflicts are costly; and conflicts can be either destructive or constructive. A quick review of them may offer us some good moments of reflection.

### CONFLICT REALLY IS INEVITABLE:

If you live in a close relationship with another person some conflicting points of view may arise. You may disagree about money, sex, the in-laws, religion, children, alcohol, house care, nights out, where to go on vacation or all of the above. Yet such issues may be only the surface cause for disagreement. Deeper reasons have to do with the fundamental differences which distinguish two individuals. Start with one's family of origin. All of us grow up in families that communicate in their own unique ways, that teach their own values and behaviour passed on from previous generations. This includes beliefs about how to worship God, to communicate, to spend money, to celebrate holidays, when and how to show affection, when and how to raise children, and even what it means to be a husband or a wife. Thus we grow up thinking our ways are normal

and right; sometimes we see our way as the *only* way. A hidden, but highly significant source of conflict, may be over *control*: where each person struggles to assert his or her will in all kinds of minor matters. There are some individuals whose personal history or immaturity compel them to argue; they need conflict in order to feel okay. Either factor can be destructive and may require professional help.

### CONFLICT INCREASES IN TIMES OF CHANGE:

A spouse is assigned to UN duty; a wife goes back to work; a baby is born; income increases or a job is lost; an elderly parent moves in or a child moves back home; a job transfer brings a long distance move; kids become teenagers, couples do experience changes and can grow unevenly. These events force us to adapt, to see and to do things in different ways. But change is hard and how to adjust to it bring different responses, creating stresses and disagreements.

### ALL CONFLICT IS COSTLY:

To resolve them takes a lot of time and emotional energy. Conflict also may cost something of the relationship...a temporary loss of peace and harmony, a little bit of trust, an illusion about our mate or ourselves. If we don't take the time and energy to resolve our differences, the cost may be even greater.

### CONFLICTS MAY BE DESTRUCTIVE OR CONSTRUCTIVE:

Disagreement can lead to deeper understanding and intimacy...or it can damage, even destroy the relationship. It depends on how we negotiate the differences. There are three general responses to conflict:

### FLIGHT, FIGHT or PROBLEM-SOLVE.

When we give the "silent treatment", stomp out of the room, dissolve in tears or turn everything into a big joke we are fleeing the conflict. Another "flight" shows up in the couple who brag they have never argued in 40 years! More likely is that one of them has backed off for 40 years, submitting to the more forceful spouse and denying their own feeling—all in the name of keeping the peace.

The "fight" response is more obvious: nagging, name calling, quarreling, abusing one another verbally or physically. The problem with fighting is that it hurts—and never resolves the difficulty.

Finally, there is problem-solving...a harder and more complex way to resolve disagreements, but one which promotes deeper bonds, greater joy and more harmony in the relationship. This requires the best in us...to listen, to share, to trust and to be willing to compromise. Give these ideas some thought and see where we can work harder today on improving ourselves, thus having a happier tomorrow.

## ROMAN CATHOLIC CHAPELS

### St. Marguerite Bourgeoys (North Site)

Saturday: 1700 hrs (Eng)  
Sunday: 1115 hrs (Eng)  
Mon & Thurs: 1000 hrs

### St. George's Chapel (South Site)

Sunday: 0930 hrs (Eng) Weekday Masses  
Tues & Fri: 1000 hrs

## PROTESTANT CHAPELS

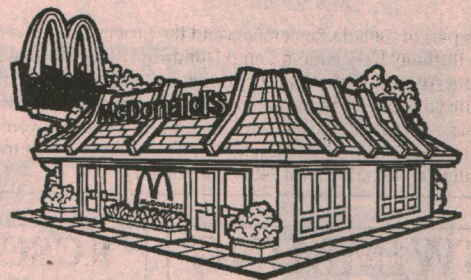
### The Chapel of the Good Shepherd (North Site)

1st Sunday - 1100 hrs - Holy Communion  
2nd, 3rd, 4th Sundays - 1100 hrs - Divine Worship  
Sunday School During Worship  
NURSERY PROVIDED

### St. Andrew's Chapel (South Site)

1st Sunday - 1000 hrs Holy Communion  
2nd, 3rd, 4th Sundays - 1000 hrs - Divine Worship  
Sunday School During Worship  
A warm welcome awaits you at our Chapels!

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**SENIORS:** Seniors who join McDonald's Golden Arches Club® enjoy a complimentary hot beverage with any purchase.

**SPORTS PROGRAMS:** With McDonald's Good Sports Card, team players in uniform receive a complimentary regular beverage with any purchase. And if you're a coach, ask for our free booklet on coaching tips.

**FIELD TRIPS:** Gather your group for a fun behind-the-scenes look at McDonald's. They'll see how we make their favorite foods. Our kitchen's open for their inspection!

**CALL AHEAD:** No matter where you are, you can call ahead to McDonald's. We'll have your order hot and fast, ready to be picked up.

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## The Roses of St. Valentine's

Those elegant Valentine's Day roses owe a lot to the wild Prairie Rose.

Deep red roses, with their symbolic combination of soft beauty and sharp thorns, are popular tokens of love on Valentine's Day. Set on graceful long stems, these luxurious, delicately fragrant blossoms have a marvelous ability to say things that words often can't express.

So familiar is the rose in all its different sizes and colours, that we forget it was created by people. Over the course of centuries, horticulturists have worked at selecting the traits that characterize our Valentine's Day roses — size, perfume, rich colour and full, velvety blossoms — and breeding them into ever more lovely new strains. It's hard to believe they began with small,

simple, five-petalled wild roses such as the Prairie Rose.

While the florist's lovely roses are a welcome part of life everywhere, Prairie Rose is classified as "vulnerable" in Canada. It grows only in southwestern Ontario's Essex County, at the southernmost tip of our country. Common in the central and midwestern United States, Prairie Rose has invaded this tiny piece of Canada as part of the northern limit of its range. In spring and summer, woodland thickets in Essex and the edges of adjoining counties dance with the small pink blossoms waving on their long, arched branches.

Oddly, even though the Prairie Rose establishes new habitats by colonizing adjacent fields, it has not spread further in Ontario. The shrub was first

recorded in the Carolinas and Georgia in 1788, and reported in Essex County more than 100 years ago. Yet, while there seems to be no threat to the species in Ontario, its range hasn't changed since then.

Whatever it is Prairie Roses find inviting about Essex County also gives Canadian rose breeders a resource for creating future beauties.

Unique habitats are important in nature for the same reason. They help maintain diversity in the genetic sources that nature uses to evolve solutions to the challenges of life on earth.

*Natures Miracles is brought to you by this newspaper and World Wildlife Fund Canada (WWF). To find out how you can help save wildlife and wild places, call WWF at 1-800-26-PANDA.*

## ARIEGE, TERRE COURAGE

Une exposition de photographies  
par  
**CHRISTOPHE BONNIERE.**

A L'ALLIANCE FRANÇAISE  
du 18 janvier au 24 février, 1995.

Christophe Bonnière présente à l'Alliance française une sélection d'une trentaine de photos de l'Ariège, cette petite région des Pyrénées à l'écart des invasions touristiques où existent encore des images de vie qui presque partout ailleurs ont disparu. C'est aussi le pays de ses ancêtres.

Christophe est né en 1956 à Ottawa. Il a beaucoup voyagé, tout autour de la terre, s'efforçant d'exprimer la force, le courage, la beauté, et ce qu'il y a d'immortel dans les sujets qu'il photographie.

De passage à Winnipeg entre le 18 et 25 janvier 1995, ce photographe de talent se tiendra à votre disposition pour répondre à vos questions.  
Si vous désirez obtenir un dossier de presse ou prendre rendez-vous avec C. Bonnière, veuillez contacter Bertrand Dufieux ou Muriel Romero au 477-1515.

## L'ACHAT D'UNE MAISON NEUVE

**Plus chaude en hiver,  
plus fraîche en été.**

Pour la majorité des Canadiens, la maison éconergétique est celle qui peut conserver sa chaleur en hiver au moindre coût possible. Mais les mêmes caractéristiques qui peuvent maintenir le thermostat au plus élevé en hiver peuvent contribuer à le faire descendre dans les mois torrides d'été.

L'un des moyens les plus efficaces d'assurer la fraîcheur naturelle d'une maison consiste à l'ériger selon les normes R-2000.

Ces maisons ultra efficaces se sont acquies une réputation enviable en raison de leurs coûts de chauffage

extraordinairement bas; mais elles sont également plus efficaces que les maisons traditionnelles durant les mois d'été, avec ou sans conditionnement de l'air.

Le secret de l'efficacité des Maisons R-2000 en été, ce sont les éléments individuels qui composent la maison. Les systèmes de ventilation mécaniques R-2000 font circuler l'air frais de l'extérieur à travers toute la maison, de façon continue. De plus, les Maisons R-2000 sont étanches afin d'assurer que des fuites d'air empêcheront l'air chaud de l'extérieur d'y pénétrer durant l'été. Ce pare-air, de même que des indices d'isolation ultra élevés, range également les Maisons R-2000 parmi les plus silencieuses sur



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le marché.

Bien que les Maisons R-2000 coûtent habituellement entre 2 et 6% de plus à construire, elles permettent ensuite de réaliser d'importantes économies potentielles tous les ans, car les factures d'énergie se révèlent jusqu'à 50% inférieures à celles payées par les propriétaires de maisons traditionnelles.

Étant plus efficaces sur le plan énergétique et offrant un confort sans égal, toute l'année, les Maisons R-2000 représentent le choix logique pour toute nouvelle construction.

Si vous voulez "geler" vos factures d'énergie, communiquez avec votre association locale de constructeurs d'habitations, ou appelez sans frais au 1-800-38R-2000.

## AVIS CHANGEMENT D'ADRESSE POSTALE.

Nous avons changé notre adresse postale seulement.  
Nous n'avons pas déménagé, seulement nous n'avons plus de case postale.

La nouvelle adresse postale est:

Société Franco-Manitobaine  
Bureau 212  
383, boulevard Provencher  
Saint-Boniface  
MB R2H0G9.

## Aider les autres on a ça dans le sang

Toutes les personnes que nous aidons sont liées par le sang.

Nous offrons aide et appui à toute personne ayant été infectée par le virus du SIDA ou le virus de l'hépatite C à la suite d'une transfusion sanguine. Nous avons fait pression afin d'obtenir des cliniques spécialisées à l'intention des personnes atteintes de toute forme de maladie affectant la coagulation sanguine.

Nous renseignons les professionnels de la santé afin d'améliorer leurs connaissances des dérèglements sanguins. Nous offrons un service téléphonique sans frais pour répondre à toute question du système canadien d'approvisionnement en sang.

Si nous pouvons faire quelque chose pour vous, appelez-nous sans frais au 1-800-668-2686. Notre rôle est de vous aider.

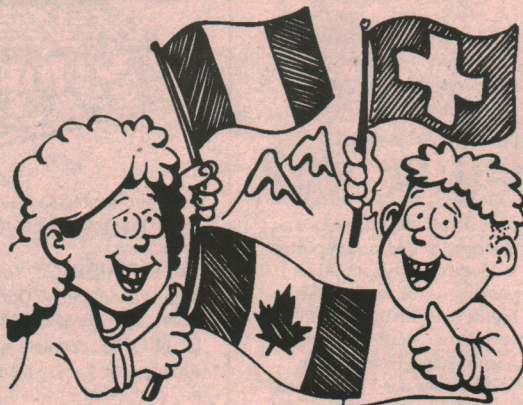
**Société canadienne de**  
**Nous sommes tous liés**



**l'hémophilie**  
**par le sang.**

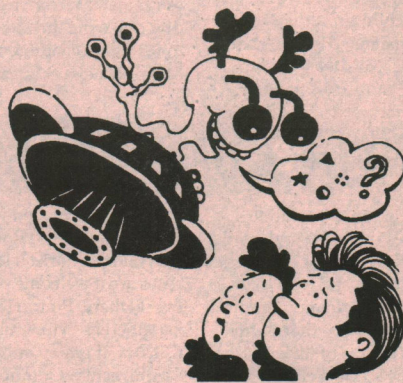
À BIEN Y PENSER...

### À BIEN Y PENSER...



(NC)—Saviez-vous qu'il y a plus de Francophones qui vivent au Canada qu'il y en a en Belgique et en Suisse combinées?

### À BIEN Y PENSER...



(NC)—En parlant le français et l'anglais, on rejoint 98,6% des Canadiens.

### À BIEN Y PENSER...



(NC)—En Nouvelle-Écosse, seulement un fonctionnaire fédéral sur 15 doit connaître le français et l'anglais et à Terre-Neuve, seulement un sur 70.

### À BIEN Y PENSER...

(NC)—Seulement un fonctionnaire fédéral sur 30 dans l'Ouest canadien a besoin de connaître le français et l'anglais.



## PERSONAL CLASSIFIEDS

EVERYBODY'S MARKETPLACE

### CHILD-CARE

Babysitter needed, preferably in my home, non-smoker, 2 children ages 2 1/2 & 4. Starting end of February. Call Cathy 489-8210.

Will provide exceptional child care for your kids. Full time Mon.-Fri. Southsite. References & receipts given. Call 489-3347.

### CONDO FOR SALE

Stradford Terrace - 2 bdrm condo, finished bsmnt, fridge, stove, new paint in & out, C/A, fenced yard. Phone 888-0949.

### MISC. FOR SALE

FRIDGE (Kelvinator) White, in very good condition \$200.00.

STEREO STAND, walnut and glass front door, mint condition \$50.00.

MICROWAVE (Philipps) A la Carte, Almond, 600Watts.

WASHER/DRYER set, Inglis Heavy Duty, Sterling Model

### MISC. FOR SALE

Almond, \$300.00 set. 20 inch tv, color, 10 years old, \$50.00. Electric wok, red, \$20.00. Wood kitchen set, round table with 2 extensions and 4 chairs walnut, \$240.00.

All items can be viewed by appointment, so please call Carole or Dan at 488-4356 after 5:00 pm. Thanks.

7 cu. ft. Freezer will trade for 3 cu. ft. freezer or best offer. Call 831-6925.

Men's Air Force Mess Kit, size 41, good condition. Call 837-5931.

### ROOMMATE WANTED

3 bdrm house in East Kildonan, non-smoker preferable, male or female. Call 667-8715 (home) or 5240 (work).

### WANTED

Woman's Air Force Mess Kit, size 14. Call 896-6675.

## BUSINESS CLASSIFIEDS

### BEAUTY CONSULTATION

#### CALLING ALL LADIES

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For more information call (905) 572 - 6605  
Mon.-Fri. between 9 - 4



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Why buy a new system for thousands of dollars? Upgrade the one you own at affordable rates! In home service, pick-up and delivery. Call James at 487-0897 for details.

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Fax: 772-3976



Doug Mark, C.I.M.  
261 - 6058

### Basic Scuba Course

**Where?**  
Westwin pool, BLDG 90  
**When?**  
Tues. nights, starting 7 Feb. '95

**Registration:**  
31 Jan. 2000 hrs @ open house or 7 Feb @ 1900 hrs  
**Cost:** (includes GST)

\$230.00 reg. members, ordinary & associate members \$255.00.

**Requirements:**  
Must be 15 y/o by May '95  
Valid Rec. Assoc. Card

**Additional Info:**  
Capt.D.Talbot 833-6365 (w) or 488-4625 (h), also, Ed Stark 833-6321 (w) or 895-2903(h).

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