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## 17 WING WINNIPEG GOES GREEN

by: Capt Neil Kinley

No, the air force is not turning 17 Wing over to the army. 17 Wing is Air Command's "Green Base" in the environmental sense only, and it is a leader in the CF in programs to improve and preserve the on-base environment.

"DND has come a long way in its attitude towards the environment, but there are still many opportunities for improvement," says Scott Edwards, the Wing Environmental Officer. "With the things we are trying here in Winnipeg we will be able to meet the Green Base objectives."

In 1992 Ottawa named four "Green Bases", that would be the trial sites for environmental initiatives. The bases include 17 Wing Winnipeg, CFB Shilo, CFB Borden, and CFB Halifax.

"We hope to reduce the impact the base has on the environment," says Edwards when discussing the purpose of the programs. "But we will also see a cost savings. Almost everything we do has an economic spin-off or benefit for the base."

One of the first initiatives of the environmental program was an inventory of all plant species on the North and South sites, and at the St. Charles Range. As a follow-up a 25 year landscaping plan is being written to introduce more suitable plant species. Planting hardier and appropriate plants will result in reduced water consumption and energy use, help to stop snow drifting, and

reduce maintenance costs.

Another initiative started is the use of "mowing exclusion" zones. The Wing Construction Engineering section will mow some areas and allow grass to grow to its natural height in others. As Edwards says, "if areas aren't used, why cut them." This also reduces the cost of maintenance, while allowing for landscaping crews to pay more attention to high visibility zones.

The base has also instituted a plant health care program to manage individual plants. Things taken into consideration as part of this program include the maintenance, water use, and pesticide requirements. The less required of each the better. This program is one of two in the CF, and the lessons learned are being passed on to other bases.

*"This may be the first time the Canadian military has set something on fire on purpose,"*

As part of the plant health program, the old pine trees in front of the Officers' Mess were removed because they were unhealthy and some were right against the building causing damage. They were replaced with native, more visually appealing, and more appropriate sized species. "Next year the front of the Mess should be very colourful



It only looks like the spill is winning but 17 Wing personnel are caught in the middle of a spill training session where 3000 gallons of liquid were contained. The base trains people to prevent, control, and clean-up major fuel spills. Photo by Scott Edwards, Wing Environmental Officer.

and attractive, thanks to the new plants," says Edwards.

As well, Edwards has initiated a controlled burn at the St. Charles rifle range, located to the west of Winnipeg. "This may be the first time the Canadian military has set something on fire on purpose," says Edwards. The purpose behind the burn was to restore the tall grass prairie by burning off the existing grass in order to start the natural regeneration cycle.

Water and energy conservation are also vital parts of the base environmental program. The Wing CE staff, especially the Utilities and Production sections, are making great strides in this area. They recently supervised renovations to the washrooms

at the Armoury in Flin Flon, Manitoba. Since the work was completed water costs have been reduced from over \$600/month to approximately \$100/month.

They have been busy on base as well. Water costs have remained constant despite an increase in price and an increase in the number of personnel at 17 Wing. Most of the savings have been accomplished by installing low-flow toilets and shower heads.

The energy conservation situation is similar. CE has been replacing older inefficient fluorescent and incandescent fixtures with high efficiency light fixtures.

An Environmental Energy Audit has been carried out on five buildings, including

Minto Armoury, MacGregor Armoury, and HMCS Chippawa. This was completed to find out where we can improve and identify potential energy savings.

"Wing CE is enthusiastic about this," says Edwards. "Wing CE staff came up with all sorts of ideas to save energy, from window replacement to efficient heating systems."

To reduce waste 17 Wing is actively composting. Personnel living in PMQs can get a composter for home use by contacting Wing CE. As well, the wing has built a Vermicomposter to handle waste from messes, leaves, and grass clippings. This is a prototype industrial grade composter which uses worms to assist in the process. It is about the size of a small

### FIRE BUG AT WORK



The Wing Environmental Officer, Scott Edwards is not fighting the fire, he started it. He supervised this controlled burn at the St. Charles Rifle Range in order to regenerate one of the few remaining areas of original tall grass prairie. Photo by MCpl Steve Pepiot, WCE.

### RECYCLING FOR THE FUTURE



Big blue recycling bins for waste fuel, anti-freeze, and oil can be found at various locations around 17 Wing. Photo by Scott Edwards, Wing Environmental Officer.

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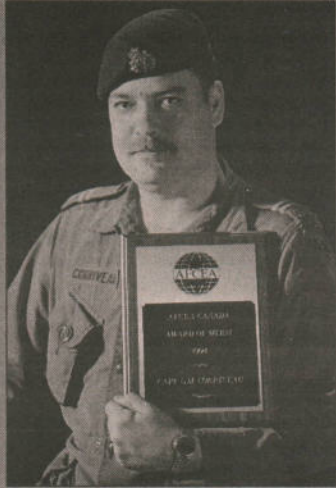
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# ARMED FORCES COMMUNICATION AND ELECTRONICS ASSOCIATION (AFCEA)

## NATIONAL AWARD OF MERIT

Capt Guy Corriveau, son of Arthur and Leona Corriveau of Winnipeg, was a recent recipient of the National Award of Merit from the Armed Forces Communication and Electronics Association (AFCEA). This award was presented to him by the chairman of AFCEA (Canada), MGen R.N. (ret) Senior, in recognition of his significant contributions and accomplishments in support of AFCEA (Canada). Capt Corriveau is a member of the 17 Wing Implementation Team.



# FROM THE DESK OF THE WING COMMANDER

During the course of the last several weeks, our military has come under verbal attack on several fronts. While I cannot ensure that our external critics always represent the facts they use accurately, I can make sure that the correct information is made available internally. To that end, I would invite the readers of Voxair to forward any questions they would like to ask me to the editor and I will attempt to get you the straight answers as quickly as possible. The editor will publish the most interesting of these Q and A's in future editions of the paper.

In this column I will deal with my concern that a number of sources are either implying or outright stating that within the Canadian Forces we have been unfair in the pay and compensations area, specifically, with respect to the differences between commissioned and non-commissioned members. For example, the last edition of the Legion magazine grossly misrepresented a number of facts in this area, leaving the impression that the junior ranks were carrying the greatest burden of defence cuts. With friends like that ... I would like to clarify a few points in order to avoid that inaccurate and harmful perception.

For those of you whose memories do not stretch as far back as mine, a brief look at the pay scales from 1965 might be of interest. When I first joined the Air Force, a general officer holding three star rank (Air Marshall) with a basic monthly pay of \$1667 earned approximately ten times as much as a fully qualified LAC, equivalent today to about a Pte, level 3. What follows is a comparison between the pay of various ranks, to the pay of an LAC in 1965, and a private in 1995.

Rank	1965	1995
AM / LGen	11.4 to 1	4.2 to 1
G/C / Col	6.67 to 1	2.9 to 1
F/L / Capt	3.1 to 1	1.6 to 1
WO1 / CWO	2.3 to 1	2.0 to 1
Sgt / Sgt	1.6 to 1	1.4 to 1
LAC / Pte	1 to 1	1 to 1

As the figures show the differential between privates and more senior ranks has been greatly reduced in the past 30 years. This is not indicative of an organization that is taking from the most junior to benefit the seniors.

In simple terms, as an organization we are reducing the spread in compensation between the senior and junior personnel, not as the media would have us believe, towards an armed force that rewards the seniors at the expense of the "working" ranks. Each of us joined the military for our own reasons, but few of us joined to make our fortune. However, a reasonable standard of living ought to be expected, and as rank and responsibility increase, so should the income. Compensation should be equally fair for all of us and I believe it is. External organizations who imply differently do not have the best interests of the Canadian Forces or of Canadians at heart.

As military members we endure frequent moves, interruption of spousal careers, disruption of our children's schooling, frequent uncompensated losses in the real estate market, regular missed opportunities to invest in local enterprises, and so on. Our civilian counterparts do not experience or realize many of the disadvantages of military life. That is a reality that most of us have chosen willingly, but I do not want to see added to this list the perception that we have a fat compensation package. We do not, and the sacrifice and contribution that each and every member of the military team makes to ensuring the security of this country cannot be over estimated. Quite frankly, Canadians are getting a real bargain for their investment.

As a military force we can take pride in the job we do, the professionalism with which we do it, and the sacrifices we all make in order to serve the Canadian public. If the public forgets to display its gratitude from time to time, so be it. As a proud and professional Armed Force, we will continue to deliver our product as a team, all ranks and all services.



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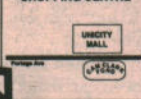
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## 17 WING WINNIPEG GOES GREEN

*continued from page 1*

cottage and the compost will be used by the base gardeners.

Another major area of activity is comprehensive spill training. The training aims at dealing with the uncontrolled flow of fuel and its clean-up. Past courses have been open to all units on base, as well as Environment Canada, and Manitoba Environment personnel.

"If you can provide the knowledge and equipment to prevent a spill you can avoid the difficult and very costly clean-up," says Edwards. He hopes similar courses can be offered in the near future, but they can not be finalized until after the budget comes down.

Associated with spill training is the cleanup of soil contamination from previous spills. Most of the major areas of contamination have been cleaned-up, but Wing CE is still working to clean-up smaller contaminated areas, the result of old leaking drums or sloppy work from years ago.

Wing CE has also put in place Haz-Mat Sheds to ensure the safe storage of hazardous materials, including POL, paints, pesticides, and fertilizer.

Oil and waste fuel are targeted for recycling. These have been disposed of as hazardous waste, but the Wing is looking at reusing waste fuel in boilers at the heating plant. Normally the base produces about 6000 litres of waste fuel each month, and Edwards hopes to reuse all of this. Large blue recycle bins for oil and fuel can be found by Wing Transport, Wg EME, and along the flight line. This initiative should result in a considerable saving as not as much fuel will be required to be purchased for the heating plant.

Wg EME is also testing an Oil Filter Crusher. This equipment recovers oil while

disposing of old oil filters. Wg EME is also using a Glycol Recycler that filters anti-freeze so waste can go into the normal garbage and the glycol can be reused, both saving money. Both these devices can be used by other squadrons if desired.

The most wide-spread and popular environmental initiative is a basic recycling program. Paper, cardboard, and aluminum cans can and are being recycled in work places all over 17 Wing. Recycling programs will be expanded each year. As Edwards says, "Recycling is all about education - in order to change people attitudes."

"With a proper recycling program we can easily reduce our waste by 50%," says Edwards. "There is no incentive in Manitoba to recycle, but we can cut our costs, so we can sell the program on dollars. Recycling will reduce the volume of garbage and reduce the cost of garbage pick-up significantly."

Edwards estimates that 17 Wing is probably about five years ahead of the average CF base in its management of the environment. The Wing, especially the CE section, has been very busy in improving our interaction with the environment.

"I really enjoy working here," says Edwards. "It is a challenge. In the past the environment wasn't a major concern on the base, or within industry in general, but it is today."

Edwards gets a great deal of gratification from his efforts. "I can see results," he says. "You don't have to wait five years for the end of a study, you see things work right away. A lot of the credit has to go to the Wing where the support and enthusiasm has been high."

## Extracted from "Customs and Traditions of the Canadian Armed Forces"

by E.C. Russell

### Chapter 2, The Mess

The word "mess", in the Service context, conjures up different pictures for different people....

The usual definition for mess indicates the functional, practical role — the home of all those officers, men and women, who live in, the club for all serving personnel, the centre of social life on a base or station, or in a ship. Indeed, in the two hundred years we have had messes, the continuing theme common to all is that the mess is where officers and men take their food, ...

But the mess is more than that. There are characteristics that tend toward the abstract, and are therefore not so readily defined. The seasoned regimental sergeant major knows the value of the friendly, informal atmosphere of the unit mess where, over a period of time, the Service attitudes and professional competence of junior sergeants are slowly but surely built into something approaching the peak of perfection — far better than can be done in the classroom. The same kind of learning process, so essential to a professional fighting force, goes on continuously in every wardroom and every unit officers' mess ashore, where that blend of authority and mutual respect, of friendship and good-humoured sharing of experience, contributes so much to esprit de corps and pride in service. This whole concept is something unique to the military....

In the military force, no matter what the defence policy of a nation may be, the primary objective must be professional military competence, the ability and readiness to carry out military operations of a very high standard.

Such a goal requires leadership, discipline, skill, courage and equipment. But in war, and in peacetime, too, all of these are of little avail without one more ingredient - morale, or esprit de corps. Here, the mess has always had an important contribution to make, and that contribution takes several forms, some of which newcomers to the military may be quite unaware.

After the formal classroom and on-the-job training is complete, it is often in the day-to-day contacts in the mess that professional competence is honed to a fine edge. Of necessity, the military is an authoritarian form of social organization where all are subject to the same code of discipline. Yet it is the mess where that delicate balance between formality and informality promotes a healthy spirit amongst its members, seniors and juniors alike, building that sense of mutual respect and trust so necessary in a fighting force. Where men are forced to live in confined quarters, such as the wardroom of a small ship or the mess of an isolated station on land, it is the time-tested philosophy of customs and routine, of civility, good manners and good taste, a basic and lively consideration and respect for others, that encourages the healthy relationships so essential in a first-class fighting unit. Inevitably, the tone and attitudes of the mess are almost electrically reflected in those of the unit as a whole. The great British admiral, Earl St. Vincent, was very much alive to this when he wrote: "Discipline begins in the Wardroom. I dread not the seamen. It is the indiscreet conversations of the officers and their presumptuous discussions of the orders they receive that produce all our ills."

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# 2PPCLI WINS EX STRONG CONTENDER 95

This year's Exercise STRONG CONTENDER took place in the seemingly always balmy locale of Calgary. The 10 degree temperature was a pleasant change for those members of 2PPCLI that ventured west away from what we had (to that point) considered to be a reasonable winter by Winnipeg standards. It did not seem possible that a mere two and a half hours away - by way of a C130 - people were wearing T-shirts and windbreakers while we in the 'Peg were wearing thermals and parkas. To show our displeasure for the comfort and climates that others in the Brigade enjoyed, we returned home with the highest overall aggregate score for the competition.

The competition included the participation of major and minor units from throughout ICMBG. It provided spectators with very competitive games

played at a high calibre. An example of the competitiveness was the fact that for the first time in many years the four sports played were each won by a different major unit.

The Broomball competition was won by 1 Service Battalion with 2PPCLI finishing third. While we had probably the strongest team in the round robin tournament, the semi-finals produced a closely fought 2-1 loss. Although the team was expecting more after their overall victory last year, their third place finish added to the unit's overall aggregate point total. Well done to all despite the injuries and losses due to taskings and courses.

The Floor Hockey competition proved to be as exciting as it was fastpaced. The 2PPCLI squad proved time and time again that you are never out of it until the final whistle. They began the competition by dominating their opening game. From that point on, any who watched

their games always left the gym emotionally drained. The culmination of the excitement came in the semi-final game when they lost to the eventual overall champions from IPPCLI 5-4. The winning goal being scored with only 29 seconds remaining. The result was a well-earned third place finish.

This year Basketball replaced Volleyball in the major unit competition and it proved to be an exciting addition. At the end of the round robin tournament three teams had equal 3 and 1 records. The semi-finals pitted us against IPPCLI. The game was close throughout and proved that the last minute of a basketball game can be as tense as any in sports. 2PPCLI earned an exciting two point victory to move on to the finals. In the

finals IRCHA was victorious, however, our second place finish ensured that a victory in hockey would secure the overall championship.

Hockey was the final competition. 2PPCLI finished the round robin tournament with an undefeated record and faced IRCHA in the finals. After jumping out to a 5-0 lead in the first period a 2PPCLI victory seemed inevitable. Early in the third period the gap had been narrowed to 5-4 and the tension mounted. With a goal in the last five minutes 2PPCLI again appeared assured of victory; however, IRCHA added one more to make the final minutes tense as the overall competition rested on this game. In the end, 2PPCLI proved the stronger team and outlasted the Guns for a 6-5 victory.

Upon returning to Kapyong Barracks with the overall aggregate victory, all 2PPCLI participants felt proud that they had once again wrestled the Strong Contender title from the Brigade. However, it is not certain that they felt the same degree of comfort in the 1900 windchill factor that met them at the airport.



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# CFANS UPDATE



of pleasing everyone. An impossible task, no doubt.

An impressive number of our instructors are off taking career courses. Currently, both Capt Chris Roy and Ian Heselgrave are enjoying the privilege of attending SANC 9501. When asked about his opinion of the course, Capt Roy was quick to point out that he would not hesitate to take it again (just a figure of speech, not a real possibility, right Chris?). Meanwhile Capt Dave Howes is taking the ICP course, while Capt Marc Moffat recently returned from the TDC 2 (Instructional Supervisor) course in Borden. Hence students who fly with these instructors in the near future can anticipate the benefits of their increased knowledge. Those flying with Capt Heselgrave had better brush up on their knowledge of stable platforms and GPS,

those with Capt Howes on their knowledge of departures and arrivals, and those with Capt Moffat on...well, I guess they had better have shiny shoes and nice haircuts.

A nav prof to Greenwood took place recently and several fortunate CFANS instructors had the opportunity to attend. Capt Ron "Chester" Doiron was TMC and although nobody could believe it, things actually went quite smoothly. Apparently, Chester still has some powerful connections in Greenwood and he used every one of them to make it happen. Their winter Carnival was a three day event which happened to be occurring while they were there and some of the staff apparently got so caught up in the festivities that they completely lost track of time. For instance, Steve Wilson was caught making dinner plans with friends for Sunday night even though the crew was scheduled to return Sunday morning! Maybe he didn't want to come back. Everybody that went agreed that it was an excellent experience, and a good opportunity to meet old friends and ex-students.

Well that's about all of the news from CFANS this update. Remember to forward your stories and accounts to Captain Pete Hatton or Mike Moore if you want to see them in print.



LCol Kerr presents B Category Navigator Instructor Certificates (L-R) Capt Chauvette, Capt Landry, Capt Bergsma, Capt Malinski, Capt Cooper.



LCol Kerr presents Certificates of Service (L-R) Sgt (Retired) Keen, MCpl (Retired) Johnston.



LCol Kerr presents OPDP Completion Certificates. (L-R) 2Lt Wood, Capt Lawrie, Capt Cooper.



LCol Kerr presents A1 Category Navigator Instructor Certificates (L-R) Capt Heselgrave, Capt Coates

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# MFRC ANNOUNCEMENTS

350 Doncaster Street, Winnipeg MB R3N 1W8 489-7003

## Home Business Seminar - Tuesday, March 28, 1995

The tax implications of self-employed income from a business or profession - what needs to be included - how to prepare your information - how to report it.

1. Types of self-employment - sole proprietor - partnership - self-employed also, are you self-employed?  
Employment vs. self employment.

2. How to calculate taxable income from self-employment - it is not the money withdrawn from the business for personal use.

3. What is deductible?  
a. assets - how do you account for them  
b. office in the home  
c. business use of personal automobile  
d. meals and entertainment - promotion  
e. cash purchases, out of pocket

4. Business year end - how this is included in your personal income tax - what to consider when choosing

5. Quarterly tax instalment payments to Revenue Canada - how they are calculated - will it apply to your situation

Register by calling Val at 489-7003  
Cost \$5.00

## PREPARED CHILDBIRTH CLASSES

Seven Two-hour sessions including:

- \* breathing and relaxation
- \* labour and delivery
- \* breastfeeding
- \* the role of your birth companion

Special emphasis is placed on building confidence in the ability of women to birth naturally and providing information so they can work more effectively with their partners in making informed choices about their baby's birth.

The Child Birth Educator for this program is Linda Sinclair. Linda is a mother of three children who has been recently posted in from Greenwood, Nova Scotia where she practised as a Child Birth Educator for five years. She is currently certifying with the International Childbirth Educators Association.

Linda will be happy to discuss or answer any questions you might have regarding her classes. She is also willing to tailor programs to individual needs when necessary. She can be reached at 888-5490

**\*\*FEES may vary according to course or ability to pay.**

Please call Val Hudson at the MFRC 489-7003 if you are interested in these classes. Also let us know what days/evenings and time that are best for you.



## PRIDE NEEDS PARENTS

### BECAUSE CHILDREN NEED PRIDE

Help PRIDE raise drug-free youth through effective drug prevention programs. Register now for these opportunities in Winnipeg:

**Parent and Youth Training Seminars March 11, 12, 13**

**PRIDE CANADA's 10th Conference on Youth and Drugs May 26-27**

**Call 946-9630 PRIDE CANADA** Parent Resources Institute for Drug Education

## Babysitting Coop Meeting

Children Welcome

Date: Thursday March 16  
Time: 6:30 - 8:00 p.m.  
Where: 350 Doncaster

The MFRC Babysitting Coop is an opportunity for you to go to appointments, a night on the town or peaceful grocery shopping without paying out money. Members exchange babysitting days, evenings, and weekends depending on their own availability.

## 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 1:30-3:00  
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  
with the 11th week free

## Parent and Child Playgroup

Get to know other parents while your child interacts with children his or her age.

Date: Wed Mornings  
Location: Lipssett Hall Lounge  
Time: 9:30 - 11:00 a.m.  
Cost: \$2.00 per week or  
\$20.00 for 10 weeks with the 11th week free

## Caregiver Support Meetings

Date: Tuesday March 14  
Time: 7:00 - 9:00 p.m.  
Where: 350 Doncaster

This is a networking group for caregivers. There is no charge for this meeting, but you must register or the meeting will be cancelled. Call 489-7003 to register.

## DROP-OFF CHILD CARE



Lipssett 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.

## Speech Language Clinic of Winnipeg

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## WINTER ACTIVE



## CANADIAN FORCES PERSONNEL ASSISTANCE FUND

### EDUCATION ASSISTANCE LOAN PROGRAM

The Canadian Forces has offered an Education Assistance Loan Program to assist serving and former members and their dependants with costs of post secondary education. This program offers low interest loans of \$1,200, \$1,500, \$2,000 or \$2,500 per student.

- Several changes have been introduced in the program since its inception:
- the age restriction has been removed permitting loans for spouses and retired members themselves;
  - there is no longer a limit on the number of loans per family;
  - loans are now also available for full-time post graduate studies, post secondary education diplomas or certificates, or for any full-time adult education training program that is employment related;
  - the period of service required to be eligible has been reduced from ten to five years.

To be eligible, the serving or former member must have served in the Canadian Army, after 1 October 1946, or in the Canadian Forces, after 31 January 1968, and have a minimum of FIVE years Regular Force military service. Selection may be based on family income, years of service and individual family circumstances.

Loans are repaid by the member over a twelve month period beginning in September of the year in which the loan is granted. The repayment schedule including service charges is as follows:

AMOUNT OF LOAN	MONTHLY REPAYMENT
\$1,200.00	\$103.00
\$1,500.00	\$128.75
\$2,000.00	\$171.67
\$2,500.00	\$214.59

Application forms are available from Canadian Forces Base Financial Counsellors, district offices of Veterans Affairs Canada, and the Provincial Command offices of the Royal Canadian Legion. They may also be obtained by writing to CFPAP, 245 Cooper Street, Ottawa, Ontario, K2P 0G2.

The deadline for submissions is 30 June 1995. No late submissions will be considered.

## CAISSE D'ASSISTANCE AU PERSONNEL DES FORCES CANADIENNES

### PROGRAMME DE PRETS D'ETUDES

Les Forces canadiennes offrent un programme de prêts d'études pour venir en aide aux membres actifs ou à la retraite qui doivent déboursier des frais de scolarité pour des étudiants inscrits aux études post-secondaires. Ces emprunts comportent un taux d'intérêt réduit et sont disponibles pour un montant de 1 200\$, 1 500\$, 2 000\$ ou 2 500\$ par étudiant.

- Il y a eu quelques changements au programme depuis sa fondation:
- l'âge limite a été abolie permettant des prêts aux conjoints et aux militaires retraités;
  - aucune limite du nombre de prêts par famille;
  - les prêts sont maintenant disponibles pour les programmes d'études post-secondaires (diplôme ou certificat) ou d'études supérieures, à temps plein, ou pour tout programme d'études pour adultes, à temps plein, lié à l'emploi;
  - la période de service éligible est réduite de dix à cinq ans.

Pour être éligible le demandeur doit compter un minimum de CINQ ans de service dans la force régulière, soit dans l'Armée canadienne, après le 1 octobre 1946, ou dans les Forces canadiennes, après le 31 janvier 1968. La sélection peut être basée sur le revenu familial, les années de service ainsi que toutes situations exceptionnelles dans la famille. Tous les prêts sont remboursables en deçà de douze mois commençant en septembre de l'année d'octroi du prêt avec des remboursements mensuels tel qu'indiqué ci-dessous:

MONTANT DU PRET	REMBOURSEMENT MENSUEL
1 200.00\$	103.00\$
1 500.00\$	128.75\$
2 000.00\$	171.67\$
2 500.00\$	214.59\$

Les formulaires de demande sont disponibles auprès des conseillers financiers des Bases militaires, des bureaux d'Anciens combattants du Canada, et des bureaux régionaux de commandement de la Légion royale canadienne. On peut aussi se les procurer en s'adressant à la CAPFC, 245 rue Cooper, Ottawa, Ontario, K2P 0G2.

La date limite pour poster les demandes cette année est le 30 juin. Les demandes oblitérées après le 30 juin 95 seront rejetées.

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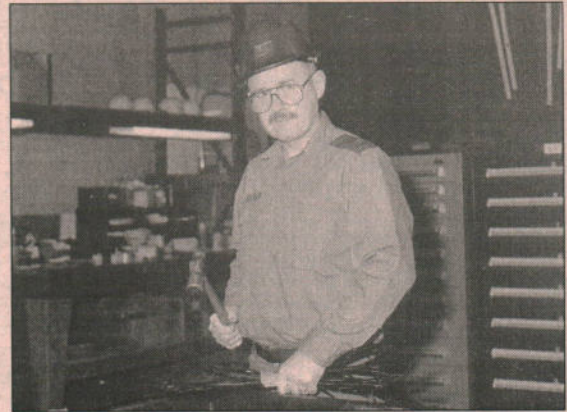


Don Wyld, CDI

# 17 WING "IDEAS" PROGRAMME



CWO Terry Smith



Cpl Glenn Allan

With the advent of the 17 Wing "Ideas" Programme, it came time to turn on the thinking caps and come up with ideas for change. These proposals are ones that quickly could be approved and implemented at the Wing level and do not require approval from higher authority.

Members of Wing Supply were recently rewarded with gift certificates as their suggestions were accepted and implemented. Cpl Glenn Allan and CWO Terry Smith submitted suggestions; Cpl Allan that metal strapping from shipping containers be collected and recycled, and CWO Smith that wooden

pallets that were being destroyed in landfill sites be sold to local businesses for repair and recycling.

Shown are Cpl Allan ready to lower the boom on the strapping and CWO Smith examining pallets for resale.

Members wishing to submit ideas and suggestions can forward them to the 17 Wing "Ideas" Programme c/o CFSAS Librarian, Bldg 84. Questions may be addressed to any of the following 17 Wing Honours and Awards committee:

LCol D.J. McCoubrey, Comdt CFSAS, loc 5237; Maj D.E. Thingvold, WCEO, loc 5416; Capt D. Castagner, W Acct O, loc 5823; Capt P.M. MacGregor, WATCO, loc 5482; CWO R. Elphick, WCWO, loc 5744; CWO D. MacAllister, 402 Sqn, loc 6586; WO R. Rex, 435 Sqn, loc 6993; Mrs H. Aitkenhead, CTDO, loc 6919; and Mrs B.J. Nickerson-Compton, CFSAS Librarian, loc 5662.

Let's give these great ideas the attention and reward they deserve.

## Canadian Wildlife Federation



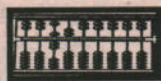
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# ACES

## AIR COMMAND EXCELLENCE SYSTEM

### Latest Initiatives

Command Security and Military Police (C SAMP) staff, with assistance from Resource Management Services, propose to automate Wing (W SAMP) organizations. The Security and Military Police Information System (SAMPIS) will revolutionize the way W SAMP Squadron/Flights do business. SAMPIS is a computerized data capture and incident reporting software program based on the popular commercial database program FOX-PRO. It is estimated that, once in place and operational, it will have significant personnel savings. C SAMP has estimated command-wide savings of 20 positions.

### 3 WG BAGOTVILLE

—Reserve Force WCOL position converted to two part time Reserve positions. Estimated savings are \$36,000. OPI-WCOL.  
—Eliminate 60 ton crane from Wing assets because of very little usage. Services requiring this type of equipment would be contracted-out on a need basis only. Estimated savings are \$30,000. OPI-W Tn 0.

### 9 WG GANDER

—Recycle test fuel for re-use in aircraft. Potential for CF-wide savings of \$500,000. OPI-Capt Bard.  
—Optimize military support to transient aircraft by 103RU thereby minimizing handling

fees. Substantial savings in handling fees are expected. OPI-Maj MacDonald.

### 17 WG WINNIPEG

—Cancel Snow and Ice contract at south site and conduct operations by W Tn. Estimated savings are \$182,500 over 5 years. OPI-W Tn 0.  
—Aircraft fuel, which previously was unreachable at the bottom of storage tanks (when tanks were cleaned) and was ultimately disposed, is now captured, returned to the tanks and used. With two tanks cleaned in FY 94/95, the amount of fuel which previously would have been disposed equates to 150,000 litres. Estimated savings are \$147,000. OPI-W CE-WSPOL.  
—Use contaminated aircraft fuel in Central Heating Plant (CHP) for heating. Estimated savings are \$32,000 per year. OPI-W CE.  
—Water conservation upgrades have resulted in a reduction of consumption. Estimated savings are \$100,000 per year. OPI-W CE-Plumbing.

### 22 WG NORTH BAY

—The Pharmacy department has commenced purchasing Local Purchase Order items through a wholesaler in Hamilton, ON. Average savings are 15% per order. Deliveries are provided free of charge and are made the next working day. This has enabled the Pharmacist to hold less stock and has resulted in less wastage due to time expiration of pharmaceuticals. OPI-W Admin O.

## AIR COMMAND EXCELLENCE SYSTEM

- Col 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

# LOGISTICS 27TH BIRTHDAY



Pte Pat Mastrangelo, Col RJ Pirson, DCOS Log, Ms Carmelle Abraham and LCol Smith, W Log O, are shown cutting the Log birthday cake.

On the 1 February 1995, approximately 150 personnel gathered to celebrate the 27th year of the establishment of the Logistics Branch. Logistics being "The science of planning and carrying out the movement and maintenance of forces". The Branch is made up of Supply, Transportation, Finance, Food Services and Stewards.

On the day of the function everything was ready. Plans had been made to hold our birthday in the Junior Ranks Mess. Unfortunately this was not to be. In a true display of logistics, we were forced to move to the Sergeants' Mess on one hour notice. As was evident by the successful function, everything got done, cake moved, transport provided, band set up, etc. Thanks to WO Borden, MWO Arsenault and PO1 Laine who provided the guidance.

The Air Command Band, under the direction of WO Vanderlinden, played excellent music and recognized the Branch by playing Happy Birthday and the Logistics March.

A toast was proposed by Col Pirson, DCOS Log, and the cake baked and decorated by MCpl Element, W Food Svcs was cut. All in all, a very successful function.

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# 260 YEARS AND COUNTING

Col W.F. McCague, Air Command DCOS Res & Cdts is shown with Cadet Instructor Cadre members of the Air Command SSO Cdt staff who have contributed more than 260 years of service to the Canadian Forces. The vast experience of the members is a contributing factor to the successful cadet program within Prairie Region.



Front Row (L-R) LCol E.H. de Caux CD3 SSO Cdts; Col W.F. McCague CD2 DCOS Res & Cdts; MWO H.E. Brydges CD3 Cadet Det Winnipeg; Capt G.B. Radford CD3 SO Cdt Pers 2. Back Row (L-R) Capt W. Graham CD3 SO Air Cdts; Capt G.E. Tanner CD3 SO Cdt Mov; LCol R.W. Patrick CD3 RCA Ops O.

## SERGEANT'S TRAINING SEMINAR COURSE 9501

The Sergeant's Training Seminar Program was developed by Air Command Headquarters and designed as an NCM professional development program for all Sergeants in Air Command. It covers a wide range of topics from Drill to Military Law. 17 Wing has just completed its third course, STS 9501, 23-27 Jan 95 and indications are it was very successful. It was a unique course as five Sergeants from 15 Wing Moose Jaw and one Sergeant from 3 CFFTS Portage attended. The next course 9502 is tentatively scheduled for September 1995.



Back Row (L-R) Sgt Mansfield, Sgt. Parent, Sgt Bailey, Sgt Quesnelle, Sgt Arsenaault, Sgt Keller, P02 Clomp, Sgt Allard. Middle Row (L-R) Sgt Shane, Sgt Randell, Sgt Walker, Sgt Johnston, Sgt. Grenier, Sgt Germain, Sgt Burt, Sgt Dussault, Sgt Beaugrand, Sgt Parsons, Sgt: Leroux. Front Row (L-R) CWO Cousins (Crse Coord), Col Sharpe (WComd), WO Kelly (Instr), CWO Smith (Instr).

# 17 WING TELECOM 733 COMMUNICATION SQUADRON

**Y**es, Spring is coming! The bears may be hibernating but 733 Comm Sqn isn't. The pace never seems to slow down as I am sure everyone else can attest to. Congratulations go out to MCpl Lois Harmsen on the birth of her new baby girl. Another telop? Commcen has been busy in the news, more congratulations go out to Cpl Mills, not only on his recent promotion but in receiving the top telop award on his QL5's. Hard work does pay off!

On the headquarters side, TelAdmin section has managed to keep others in the Sqn busy, specifically Sgt Madigan and her crew. The processing of telecommunication requests have been coming in from everywhere on base and off, but under the whip of Ms. Linda Bourrier, the section workload has been kept under control. Mrs. Denis Bedard and Mrs. Suzanne Ahlbaum have become so efficient they're considered our wealth of expertise. We'd like to welcome a new addition to TelAdmin, Mrs. C. Arsenault. Hope you enjoy your time here in the Sqn.

FRP is here again, with some of our members from 733 Communication Squadron deciding to jump on the bandwagon to bigger and better(?) things. Sadly, we will be saying good-bye to Capt Wagner, Sgt Danford, Sgt Kelly, MCpl Leroux, and Cpl Reynolds.

I'm sure over the past few years, some of you have wondered what specific sections do on base. In keeping with this Cpl Boulet from the R.M.S. section in 17 Wing Telecom/733 Comm Sqn has written an article describing the role RMS plays on base.

R.M.S? What does that stand for? What do they do? For those of you that don't know or are unsure of the above questions, we will explain to you the role R.M.S plays on base.

First of all, R.M.S stands for Radio Maintenance Shop, this is the biggest shop in 17 Wing Telecom/733 Comm Sqn, employing 13 Radio Technicians. This section has a Radio Technician on call 24 hours a day, seven days a week to meet all operational requirements. In order to serve the base in a more efficient manner, R.M.S is broken down into 2 sub sections, Workshop and Building Team. First let us take a look at Workshop which employs 7 technicians.

Workshop is responsible for repairing and performing preventative maintenance inspections on every radio (base and mobile), public address system, VCR, TV and other miscellaneous audio/video and communications equipment on base. Workshop is also responsible for overseeing and performing various jobs such as installing and maintaining the Ringmaster system in CFS MET, maintaining the Pipeline for CFANS at Headingley Transmitter site, and setting up portable PA systems for any parades and functions on or off the base. Workshop also coordinates, plans and organizes communication equipment maintenance for:

- a) 736 Comm Sqn and HMCS Griffon in Thunder Bay,
- b) 735 Comm Regt Winnipeg, and
- c) HMCS Chippawa and Portage Flying School.

Next comes the Building Team. The Building Team's responsibilities include the installation, removal and maintenance of all Audio/Video and non-tactical communications equipment within the Aircom HQ building. They also run all the data lines that connect computers, phones, and modems from the cable closets right to the users desk. Apart from these tasks, they ensure that offices when required, are relocated in a smooth professional manner with minimum down time. Some of Building Team's projects included replacing the old PA system in ACOC with a modern sophisticated computer controlled system, and are preparing to install a new state of the art video system capable of projecting high resolution graphics from any of 48 PC's to four large screens.

So, as you can see, R.M.S. is constantly busy with maintaining and upgrading equipment to meet user requirements. Now you know the role the R.M.S. plays and its' importance in 17 Wing Winnipeg.

That's about the news for now, more to follow next week. I leave you with Maj Albright's favorite saying "If you find a path that's easy to follow, it probably doesn't lead anywhere."



Cpl Osgood receives his CD.



Congratulations to Pte Mills in obtaining the top student award Telop QL5A, Course 9402 and on his recent promotion to Cpl.



Cpl Mills being presented with his new rank.



Sgt Ferzli being presented with his new rank.



Sgt Madigan receives an appreciation award for her time and effort in support of the United Way Campaign.



Sgt Danford receives an appreciation award for his time and effort in support of the United Way Campaign.



Linda Bourrier receives an appreciation award for her time and effort in support of the United Way Campaign.



MCpl Gelsing receiving unit deserving members award for last quarter 1994.



Sgt Deane-Freeman receives her CD.

# Street-proofing our children on the Information Highway



# CRIME PREVENTION ALPHABET

With schools getting 'plugged in' to commercial on-line databases and the Internet, which links at least 20 million people in 160 countries, as well as the proliferation of local computer Bulletin Board Services, (BBS'), parents and teachers should think about streetproofing children before they travel on the Internet.

According to the experts, the Internet and BBS's are littered with obscene materials, pornography and sex chat-lines that have little or no restrictions. These on-line services can leave children vulnerable to inappropriate and potentially dangerous contact with strangers.

With regard to viruses and getting involved into hacking, more and more teenage children are involved in this activity on the Internet. If proven a virus was passed on intentionally or unauthorized access was gained to a system, the group or company involved may seek criminal prosecution. Remember, their data cost them money and it is their life line.

We, as parents, teachers and Peace Officers must be aware of what our children and students are doing with the computers. We MUST monitor, from time to time, the activities they are doing, with regards to the computer. If possible, use passwords and best of all, be vigil.

We cannot be there 24 hours a day, but by listening to them and being available, especially to the younger children, we can ensure that they do not get on the wrong track when it comes to the information highway.

The above information has been provided by: the Military Police, in conjunction with the Canadian Association Chiefs of Police and Stay Alert... Stay Safe Crime Prevention Program.

**A**rrange to have your home watched by a neighbour when you go on vacation.

**B**ecome a Block Parent.

**C**are for the children in your community.

**D**ecline to give any personal or credit information to phone callers you don't know.

**E**ngrave your belongings with a number you can remember.

**F**orego drinking alcohol when driving: they don't mix.

**G**et to know your neighbours.

**H**ave an emergency phone list near each telephone in your residence.

**I**nclude crime prevention tips with your business advertising.

**J**oin a Neighbourhood Watch.

**K**eep your farm equipment and recreational vehicles stored in secure places.

**L**ight up the entrance to your residence.

**M**ake sure your residence always looks lived in.

**N**otice when crime prevention events are scheduled by your employer or union and plan to attend.

**O**rganize a neighbourhood group to identify and act on areas of mutual concern.

**P**ass this flyer on to a coworker or classmate.

**Q**uestion service personnel before you let them into your residence to service any equipment, repairs etc.

**R**ecord serial numbers of all valuable articles you own, or are responsible for.

**S**tay in touch with your Neighbourhood Watch Block Captain.

**T**elephone your police anytime you see something or someone suspicious.

**U**se the trunk of your car to store when vacationing or shopping.

**V**olunteer for a community agency.

**W**rite for more information on Crime Prevention. See your Police Department.

**X** marks the spot on the Students Against Drunk Driving (S.A.D.D.) pledge where every parent of teenagers should sign.

**Y**our extra house key should be with someone you trust for safe keeping.

**Z**ero in on a different Crime Prevention idea each day, and act on it.

## ROAR INTO CLUB 90 THIS "MARCH"

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>BAR HOURS</b>  <b>MONDAY</b> 11AM - 11PM  <b>TUESDAY</b> 11AM - 11PM  <b>WEDNESDAY</b> 11AM - 12PM  <b>THURSDAY</b> 11AM - 12PM  <b>FRIDAY</b> 11AM - 1AM  <b>SATURDAY</b> 3PM - 1AM  <b>LOCATED IN BUILDING #90 WHEATWOLD ROAD</b></p>	SUICIDE	 THIRSTY	 MUCKY DUCKS DART LEAGUE	OUR FAMOUS FRESH PIZZA	 3 BEACH PARTY - PRIZE FOR BEST OUTFIT 10 DJ & KARAOKE SEAGRAM'S COOLER NIGHT	"NOW FEATURING" NACHOS & ZESTY HOT CHEESE SAUCE FOR
	WING MONDAYS!	7 TUESDAYS	8 MUCKY DUCKS DART LEAGUE	16	GREEN DRAFT & IRISH MUSIC TOO! 4-1	
	4:30	14 FREE PEANUTS	NIGHT! COME ON IN	22	24	
	11:00 PM	IN THE	AND JOIN THE EXCITEMENT	ONLY .99¢	DJ & TALENT NIGHT	
	.25¢ EACH plus tax	28 SHELL	AND CHEER THEM ON	A SLICE PLUS TAX	DOWNHOMERS & SHOOTER NIGHT YOU KEEP THE GLASS	ONLY \$1.49 PLUS TAX

# ENDANGERED SPECIES ALERT



The Humane Society of Canada (HSC) along with other concerned groups and individuals has sounded a national alarm over a report that 21 species were recently added to Canada's list of endangered species. These additions bring to 256 the number of species of plant and animal life deemed to be at risk in Canada.

Canada has no Endangered Species Act to require federal, provincial or territorial governments to protect endangered species or prevent the destruction of their habitat. The first step of the protection process, the identification of endangered species and wilderness areas, lies within a confusing labyrinth that includes 13 jurisdictions and more than 20 separate government agencies. This morass of laws and regulations has become a minefield to negotiate for those concerned with the effective protection of wildlife and habitats.

A government study found that 83 percent of Canadians want to protect endangered species, but without an Endangered Species Act, no single agency has the mandate to implement meaningful recovery programs for threatened species of wildlife and their habitat. To make matters worse, current Canadian environmental impact assessment laws are riddled with loopholes which favour development over wildlife and the environment.

Canadians want effective protection for wildlife, but in the past politicians have responded by simply creating two committees with no legal authority whose chief function

is to record the epitaphs of a growing list of endangered species, and which have approved only a handful of recovery programs. At the present rate at which these committees are studying the problem, government agencies admit that it could take them more than a thousand years to evaluate all of Canada's species!

However, there is some good news. The federal government in cooperation with provincial and territorial governments has agreed to hold a series of public hearings across the country beginning early in 1995 to ask Canadians how to address this important issue of social concern. The walrus, grizzly bear, black-footed ferret, and swift fox have already been extirpated in regions of Canada. Canadians believe that wildlife has an inherent right to protection and our children deserve to see wildlife species thriving in their natural habitat — not staring back at them from the other side of a glass case gathering dust in a museum.

We urge as many Canadians as possible, both adults and children from all walks of life to participate in the public review process. To receive an information package and a free endangered species button, please write to: The Humane Society of Canada 347 Bay St. #806, Toronto M5H 2R7 or call our toll free number 1-800-641-KIND.

# \$\$ Capital Gains Tax \$\$

By Harry L. Mardon

Your 1994 income tax return is an all-important one, if you can benefit from the \$100,000 lifetime personal capital gains tax exemption.

If you're in that situation, you must enclose with your tax return a special "election" form (T664) to enable you to reduce the capital gains taxes you may pay when you dispose of certain property in the future. You must do this by April 30, 1995 or you'll lose forever this last-chance opportunity to claim the capital gains exemption.

The exemption was abolished by Finance Minister Paul Martin in the federal budget of Feb. 22, 1994. However, as a concession to Canadians who had not yet used all of their \$100,000 capital gains exemption by that date, he announced individuals who owned capital property on that date (Feb. 22) could elect to declare unrealized capital gains.

The election is an option that will allow you to report a capital gain on your income tax return to take advantage of the unused portion of your \$100,000 capital gains exemption, even though you did not actually sell your property. Revenue Canada says in its guidebook entitled "1994 Capital Gains Election Package" that in most cases this election is available only for the 1994 taxation year.

This guidebook is **MUST** reading for anybody who thinks they'll be affected. Free copies are available from any Revenue Canada District Taxation Office. Incidentally, this election also pertains to owners of what's called "eligible capital property," which is property that you use to earn business income.

But keep in mind that the \$500,000 lifetime capital gains exemption is still available for owners of qualified farm property and of qualified small business corporation shares.

Revenue Canada says that by electing to report a capital gain on form T664 "you can use the unused portion of your \$100,000 capital gains exemption to reduce all or part of the gain. In many cases, you will shelter the whole elected capital gain from income tax. Any capital gain you would otherwise have when you later sell your property will be reduced."

"This means that the amount of income tax you have to pay in the year of the sale will be less."

However, Revenue Canada concedes that there could be an up-front disadvantage to the election system: "When you file an election, you will report a taxable gain on your income tax return. Although this may not increase your taxable income because you will also claim a capital gains exemption, it will increase your net income."

"This can reduce your 1994

benefits and credits, which are based on net income." Among the benefits and credits which could be adversely affected are:

- the Child Tax Credit;
- the Goods and Services Tax (GST) credit;
- the Guaranteed Income Supplement for seniors;
- provincial tax credits; and
- some non-refundable tax credits such as the age amount, the spousal amount, and medical expenses.

As well, filing an election report also may subject you to minimum tax, some provincial taxes — as the surtaxes imposed by Manitoba, Saskatchewan and Quebec — and require you to repay all or part of any social benefits you may have received in 1994, such as Old Age security pension benefits or Unemployment Insurance benefits. You may also have to pay your 1995 income tax by instalments.

In view of all this, the wise thing to do is consult a professional financial planner before you make a decision on filing an election report with your 1994 tax return.

(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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# Judo Update



17 Wing Judo Club Instructors (L-R) Steve Broughton, Barry Woods, Dave Corcoran, Kelvin Francis, and Brian Jones.

By Sensei Brian Jones Yondan

As head sensei of the 17 Wing Judo Club, I like to write the odd article so as to inform our judoka and readers of the Voxair paper as to what is happening within the dojo.

Somehow I neglected to give a report on the annual fair that took place on Sept 10/94. My apologies for being late.

The 17 Wing Judo Club in its second year was well represented. We put on three live demonstrations during the day that were well received by all spectators. Basically, we did a normal club warm-up and workout - but kept all exercises and judo functions short to show the public what we do. Our judo demonstration included some of the following:

- Ukemi...breakfalls
- Uchi Komi...repetitive drills
- Tachi Waza...throwing techniques
- Kansetsu Waza...joint locks
- Shime Waza...chokes
- Osae Komi Waza...holding techniques

We ended our demo with several bouts of (randori) free practice. A crowd pleaser, we let some of our young judoka throw the black belt instructors. (I hope this was the case)

Steve Broughton handled the narration. Serge Thibeault and

high level of fitness, very reasonable rates, excellent instruction (four black belts). Our last year's performance speaks for itself.

I thank all those who assisted with the work party and the demo. The club's first workout commences Monday, Sept 12/94 at 1900 hrs at Lipsett Hall.

Since Sept. our club attended a tournament at Brandon, Man. on Oct 29/94. The results of that tournament appeared in the Voxair paper Wed, Dec. 14/94.

Sorry to report judo news "Back-Assward" but I have been quite involved and busy with other judo matters and besides writing is not one of my strong points. However, I think we are getting caught up. We are now into December (in fact it is Jan 23/95 as I write this newsletter) and several things are happening within the club;

- A. Judo tournament Dec 10/94 U.O.M. Man Open;
- B. Kids windup party Dec 18/94 Santa Claus in attendance;
- C. Adult windup get together Fri Dec 16/94;
- D. Black Belt Gradings Dec 3 & 17 (grading from Shodan-Yondan);
- E. Kyu grading at club level;
- F. Selling of MJBBA raffle tkts-fund raising project; and
- G. Working on club jackets, t-shirts etc.

As one can see, we are a very active and busy club. In fact, Dec has been a real BLACK MONTH for our club to note on the calendar and I am pleased as "hell" about this!!! (I will explain later) so that one does not think that your sensei

## December was a black month for 17 Wing Judo Club

is cracking up under pressure. Our senior brown belt judoka and the black belt instructors have been attending workouts at the University of Manitoba Judo Club run by sensei Moe Oye -Shichdan 7 Dan for the past several months practising their kata's and required judo elements for the two upcoming grading examinations scheduled for Dec 3&17.

For those judoka and readers who do not know what takes place during a grading, I will

briefly explain what a judoka must do to be promoted to his first black belt (shodan) or to higher level black belt if he has a Yudansha rank (black belt).

A brief explanation of a grading examination: A judoka must first have the knowledge and time in grade to basically qualify. He must be recommended by his sensei. He can choose to be graded under two categories - competitor / non competitor.

Many factors enter a grading such as time in rank, time in judo, age, accumulated points and many other factors explained in the grading syllabus.

There are certain mandatory katas and judo techniques required that a judoka must be able to demonstrate before the grading committee. A judoka must be able to perform these elements both as Tori(thrower) and Uke(receiver) and be able to do all of the above both left and right.

Continued on next page.



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## JUDO Update (continued)

The grading committee consists of 5 members - all judoka. The minimum rank is Sandan -3 rd dan. Our grading committee consists of:  
 1 - Shichidan 7th dan  
 1 - Godan-5th dan  
 3 - Yondans-4th dans  
 Tori and Uke will perform the following before this committee depending on what rank being promoted to and if as a competitor or a non competitor etc.

- Kata or katas
- Randori
- Tachi Waza
- Shime Waza
- Ne Waza
- Kaeshi Waza
- Renraku Waza
- Kansetsu Waza

Upon a successful demonstration, the judoka will stand before the grading committee and listen to any criticism and then be turned down or promoted.

It is therefore essential that Tori and Uke practise many hours and months together on their grading, material before going to a grading. A grading is not a competition where two judoka compete against one another; nor is it a test of strength, it is your personal presentation of how well you can do your kata/katas and

judo techniques to a high level of grace and technical ability to emphasize the traditional/classical Kodokan teachings upon which judo is based according to our founder.

Going back to "Black Dec". Let me explain why I am pleased with "Black Dec". During the two gradings Dec 3/17 the following judoka successfully completed their grading examination; and were graded to their next higher belt.

Steve Broughton - Ikkyu - brown belt - promoted to Shodan 1st dan;

Kelvin Francis - Shodan 1st dan promoted to Nidan 2nd dan;

Barrie Woods - Shodan 1st dan promoted to Nidan 2nd dan;

Dave Corcoran - Shodan 1st dan promoted to Nidan 2nd dan; and

your truly, Brian Jones - Sandan, 3rd dan promoted to Yondan 4th dan.

You can now see why Black Dec was something special to me and the 17 wing Judo Club.

Several judoka in both the kids' group and the advanced group also got graded recently. Most of our judoka are showing lots of improvement and as a result of this it is my duty and responsibility to promote these judoka to their next respective belt level as I see fit.

The best way of rewarding a judoka of his/her performance

is not by telling one how well they are doing or progressing but by awarding that judoka with his next belt. It does not hurt to tell a judoka verbally also.

In judo, one starts off with a white belt and each grading the colors get darker (white/yellow/orange/green/blue/brown/black).

The kids windup on Dec 18 brought out approx 40 judoka. The adult windup on Dec 16 saw about 30 judoka "pig out" on pizza.

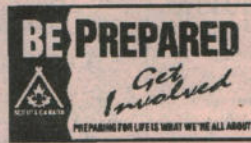
The club's last workout before Xmas was Dec 18 and we return back on Jan 5/95.

I wish all judoka a Merry Xmas and a happy new year. (probably very belated by the time you read this)

Sorry for being so late on this news but as I earlier stated, writing is not my strong point.

Oops, almost forgot, a special thank you to Charles Littman for his role as Santa Claus at the kids Xmas party. He did a super job and we all appreciated his efforts in making the evening a real success.

Yours In Judo  
Sensei Brian Jones-Yondan



## WING TRANSPORTATION

### Promotion



W Tn would like to congratulate Cpl Crowder on his recent promotion to the rank of Cpl effective 12 Jan 95.

### DEPENDANTS DEFENSIVE DRIVING COURSE

17 Wing Transportation Squadron will be conducting a DEP DDC on 7 & 8 March 95 at BLDG 87 in the safety classroom, there is no cost. Course timings are 1830 hrs to 2130 hrs. To register contact MSE Safety at 833-5742 or Loc 5742. You are never too young or old to start Driving Defensively.

### COURS DE CONDUITE PREVENTIVE POUR DEPENDANTS

L'escadron de transport de la 17e escadre mettra à la disposition des dépendants durant cette semaine, un cours de conduite préventive. Ce cours sera donné gratuitement le 7 & 8 Mars 95 de 18h30 à 2130 dans la salle de sécurité de l'edifice 87. Pour plus amples renseignements, contactez la section de la sécurité routière au 833-5742 ou au local 5742. Vous êtes jamais trop jeune ou trop vieux pour conduire défensivement.

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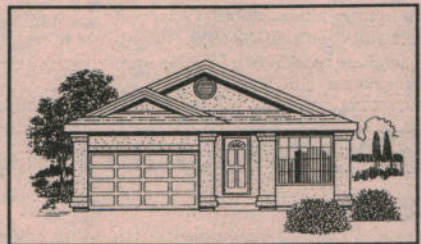
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## CMR: 1952-1995

After 43 years of loyal and dedicated service, College Militaire Royal du Saint-Jean will be retired later this year. CMR and Royal Roads Military College in Victoria were both victims of last years budget cuts.

CMR is hoping former students and others associated with the college will forward any anecdotes, messages, or annotated photographs. Messages will be read at the CMR final Mess Dinner, while photographs and stories will be featured in a souvenir album.

All replies should be sent prior to 31 March 1995. If you have anything you wish to pass on to CMR, you can send it to Lt Charbonneau at CMR Saint-Jean via mail, message, or FAX at (514) 358-6800.

### ATTENTION: FORMER CMR STAFF AND STUDENTS

#### RETIREMENT CMR: 1952-1995

REQUEST FOR ANECDOTES, MESSAGES, AND ANNOTATED PHOTOGRAPHS OF CMR LIFE.

MESSAGES WILL BE READ AT CMR FINAL MESS DINNER PHOTOGRAPHS AND STORIES WILL BE FEATURED IN A SOUVENIR ALBUM.

PLEASE SEND BY 31 MAR 95. SEND TO LT CHARBONNEAU AT CMR SAINT-JEAN BY MAIL, MESSAGE, OR FAX (514) 358-6800.

## 17 WING CERAMIC CLUB

### Hours of Operation

Sunday	Closed
Monday - Thursday	6-10 pm
Friday	Closed
Saturday	9 am - 3 pm
2nd & 4th of each month	

CLUB TELEPHONE - 832-1434

There will be no pouring after 7 pm on evenings and 11 am days. The office will close at 8 pm on evenings and 1 pm days. For more information you can contact the Club President June 888-6059, or Vice President Cindy 837-7264.

Tuesdays are now designated non-smoking night. The Club is now doing Gift Ware. If you would like a special hand made gift for Christmas, Birthdays, Anniversaries and Weddings we will be happy to help you, please give at least 30 days notice. For more information on the Club please call June at 888-6059 or contact the Club at 832-1434. We look forward to hearing from you.

The club has molds for sale, anyone interested in them please contact Chantale 831-5192 or June 888-6059. The sale dates are from March 1-6 1995 during normal club hours.

### Heures d'Opération

Dimanche	Fermé
Lundi à Jeudi	6-10 pm
Vendredi	Fermé
Samedi	9am-3pm
2e et 4e du mois.	

TELEPHONE CLUB 832-1434

Il n'y aura aucun coulage après 7 pm le soir et 11 am le matin. Le bureau ferme à 8 hrs et 1 hre le jour.

Il y'a plein d'options au club, non seulement que vous pouvez faire vos propres pieces, nous offrons d'autres alternatives tel que l'achat de pieces de votre choix complètement terminés. Pièces pour anniversaires, fêtes, mariages et Noël. SVP donner un avis de 30 jours.

Le Club a des moules usages à vendre. La vente aura lieu au club aux heures régulières du ler au 6 mars inclusivement. Contactez Chantale 888-5192 or June 888-6059.



## 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

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

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- 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!**

We are planning an RCAF Women's Reunion permanent Force from 1951, which will be held at the University of Vancouver from Friday, June 7 through Sunday, June 9, 1996. Anyone requesting information can write or phone:

Diane White  
5920 #1 Road  
Richmond, B.C.  
V7C 1T2  
(604) 273-8392

## 30th Anniversary Air Cadet Gliding Program

The Royal Canadian Air Cadets, co-sponsored by DND and the Air Cadet League of Canada, will celebrate 30 years of Gliding and their 1,000,000 flight at Penhold, Alberta 11 Aug 1995. The celebration will be held in conjunction with the graduation of the 1995 Prairie Region Glider Pilot Course at Penhold, the original location of Canadian Air Cadet Gliding. Those interested in attending or requiring further information contact LCol Patrick at (204) 833-5504.

## The National Library of Poets

### Attention Poets

Owings Mills, Maryland (USA)—The National Library of Poetry has announced that \$24,000 in prizes will be awarded this year to over 250 poets in the North American Open Poetry Contest. The deadline for the contest is March 31, 1995. The contest is open to everyone and entry is FREE.

Any poet, whether previously published or not, can be a winner. Every poem entered also has a chance to be published in a deluxe, hardbound anthology.

To enter, send ONE original poem, any subject and any style, to the National Library of Poetry, 11419 Cronridge Dr., P.O. Box 704-1923, Owings Mills, MD 21117. The poem should be no more than 20 lines, and the poet's name and address should appear on the top of the page. Entries must be postmarked by March 31, 1995. A new contest opens April 1, 1995.

The National Library of Poetry, founded in 1982, is the largest poetry organization in the world.

March is Easter Seals Month.

The Easter Seals Campaign is SMD's (Society for Manitobans with Disabilities) annual appeal for funds in support of children with disabilities throughout Manitoba. All money raised in Manitoba stays here, providing close to 1,200 children with services they need to develop their abilities and grow to their maximum potential. For almost forty-five years Manitobans have shown their commitment to children with disabilities by contributing generously to the campaign.



# A WORD FROM THE CHAPLAIN

## The Joy of Lent

We just finished Advent and Christmas and now Lent and Easter are just around the corner...Ash Wednesday begins Lent on the first of March. The ultimate goal of Lent is JOY. Lent has been traditionally a time for fasting, almsgiving and prayer. Too often this has become a negative experience. Lent was not meant to be a depressing or deathly experience...it is meant for nurturing of hope and new life.

God is one who is always loving and saving us. GOD is not a puppet manipulated by us. God does love us first and unconditionally. As we live and stagger through the 40 days of Lent, our hopes are to be glorified by the blessings of Easter Sunday morning. What can we do to better commit ourselves to a new life at Easter. Here are some suggestions:

1. Take a moment to pray...just a quick "Thank you Lord for this beautiful meal" or "Thanks for this wonderful day" or "Dear Lord, keep me safe during this night till I rise

in the morning". And be sure to know that you are loved.

2. Smile and give someone else a break. Sometimes we walk around with the entire world's problems on our shoulders. Give yourself a break...starting today. Ease off the gas pedal, you'll get to where you're going soon enough.

3. Help the poor and suffering. Even though Mr Martin is getting ready to sock-it to most of us, we can always find a little to share with those less fortunate during these tough times. The food banks and the Salvation Army are always glad to have donations of canned food, clothing or cash. Skip lunch every now and then, and you'll soon appreciate what life is like for many folks that have to do without.

4. Visit the hospital...what a wonderful thought. A joke and a smile is great therapy for one who is alone and feeling blue because of hospitalization. We sure do appreciate our own health when we see the suffering that others are enduring.

5. Mend your fences. Take a moment...stop...and think.

Who are my enemies? Who dislikes me in this office? Now try to win them over. Have a coffee with them, appreciate their good work or take a moment to have a good sit down, to the point friendly talk. Try to walk in their shoes for a mile, maybe you're part of the problem...maybe you'll have to change.

6. Stop complaining and start complimenting. We have enough bears living in the woods. A note of praise goes a long way as opposed to rejection and nasty comments. Clean up your own act first and start thinking about a team effort.

In closing: Do your good now while you are able and ready. You will pass through life but once...so whatever good you plan to do, don't wait until tomorrow...that day may never come. Happy Lenting.

Sincerely  
Father Joe MacLean  
W CHAP (RC)

### 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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## Community Spotlight

New VOXAIR Feature



Cpl S. Gervais

The minus 30 degree weather with a 1800 windchill didn't stop Cpl Gervais and the Special Olympic athletes from having a good time at this year's Winter Games.

Story and Photo by Cpl Ken Allan

Cpl Stephane Gervais, a 17 Wing Imaging Technician, has been volunteering with the Manitoba Special Olympics for the past four and a half years. As Chairperson for Security, he is responsible for providing materials and personnel to ensure the overall safety of the athletes during their many events throughout the year. When asked about his involvement Cpl Gervais said; "I believe that military personnel should give back something to their community, besides it gives me a good feeling working with the athletes and coaches and seeing the smiles of a successful event." As the Wing representative for the Special Olympics he is constantly attending meetings off the base and looking for military volunteers for future events.

If you know of someone who is also involved in the community and would like to see him or her in the Spotlight give me a call at 833-5236 or fax it to 833-2253.

## S-T-R-E-T-C-H

yourself as a human being

Be  
a  
volunteer



# L'inactivité: Un Sérieux Problème Pour Les Adolescents!

(NC)—Les adolescents sont moins actifs physiquement qu'ils ne l'étaient il y a dix ans et ce, malgré l'accent mis sur la forme physique dans les médias populaires. Ceux qui travaillent dans le domaine de la promotion de la santé sont sérieusement préoccupés par les conséquences de l'inactivité sur la santé, en particulier dans ce groupe d'âge. Les modèles d'inactivité que l'on observe à l'âge adulte prennent naissance à l'adolescence.

Un groupe représentatif de plus de 11000 étudiants américains, allant de la neuvième à la douzième années, ont été interrogés concernant leur niveau d'activité physique, dans le cadre d'une étude intitulée « Youth Risk Behaviour Survey ». Un garçon sur deux, comparativement à une fille sur quatre, ont rapporté faire au moins 20 minutes d'exercices physiques intenses, à raison de trois fois ou plus par semaine. Or, les garçons ont maintenu le même niveau d'activité physique tout au long de leurs études secondaires. Par contre, chez les adolescentes, on a noté une diminution constante du niveau d'exercice physique entre la neuvième et la douzième années. Près de 31% des étudiantes de neuvième

année faisaient de l'activité physique intense, comparativement à 17% seulement, en douzième année.

Les données canadiennes indiquent qu'à l'adolescence, environ deux fois plus de garçons que de filles font 30 minutes ou plus d'activité « aérobique » régulière, trois fois ou plus par semaine. Cependant, moins d'un garçon sur cinq est actif physiquement comparativement à un homme sur deux chez les plus de 65 ans!

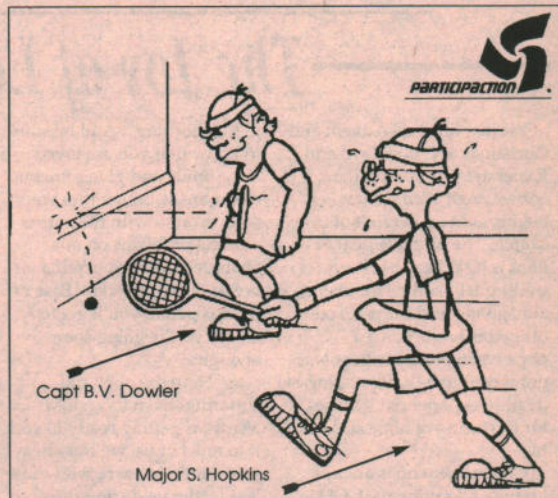
Les adolescents sont plus susceptibles d'accorder du temps à la télévision que de faire de l'exercice. Plus d'un tiers des étudiants du secondaire ont rapporté écouter la télévision pendant trois heures ou plus, à chaque jour d'école. On estime que lorsque les enfants arrivent au niveau secondaire, ils ont regardé plus de télévision qu'ils ont passé d'heures à l'école! Et, cela inclut plus de

350 000 messages publicitaires!

L'adolescence est une période importante pour la croissance et le développement, en particulier pour les os. Une récente recherche, menée au « Children's Nutrition Research Center » Houston, au Texas, suggère que la période du début de l'adolescence est cruciale dans le développement des os chez les adolescents. Malheureusement, le faible apport en calcium chez plusieurs de jeunes filles pourrai, nuire sérieusement à leur capacité de maximiser leur masse osseuse.

Le fait que les adolescentes deviennent de moins en moins actives physiquement n'est pas bon signe. Lorsque l'inactivité combinée à un faible apport en calcium dans l'alimentation, la possibilité de bâtir et maintenir des os solides et en santé durant l'adolescence ainsi qu'au début de l'âge adulte est menacée. Les recommandations alimentaires pour la santé des Canadiens et Canadiennes proposent que l'activité physique sur une base régulière, de même qu'une saine alimentation, fassent partie d'un mode de vie sain.

Cet article est un extrait d'Actualité Canada fév 1995.



Le VOXAIR cherche des idées pour la page

Francophone. Si vous voulez aider, appelez-nous au 889-3963. Qu'est-ce que vous aimeriez voir sur cette page?



## Les Pâtes... nourrissantes et faciles à préparer

Au cours du mois de la nutrition, on insiste sur l'importance d'une alimentation saine. Les consommateurs commencent à mieux connaître les règles de base et à découvrir qu'il est facile de prendre de bonnes habitudes alimentaires tout en savourant de délicieux repas. (Illustré ci-dessous)

On peut facilement faire les bons choix, maintenant qu'on peut trouver, à longueur d'année, des fruits et des légumes frais, une variété de fines herbes et d'arômes, des viandes maigres, des produits laitiers faibles en gras, des produits de grains entiers ainsi que toutes sortes de pâtes.

Les pâtes sont un aliment nutritif et polyvalent. Naturellement faibles en matières grasses et riches en glucides complexes, les pâtes se préparent vite et facilement.

Les pâtes sont habituellement faites de semoule de blé dur. Mais, il existe une variété de pâtes sèches très nourrissantes, telles que les pâtes de blé entier, les pâtes avec fibres et avec protéines.

Voici trois recettes savoureuses et nutritives qui en plus, sont vite faites.

Le « spaghetti au porc et aux lentilles, aromatisé au thym » est parfait comme dîner, la semaine. Riche en protéines et en fibres, cette recette est faite avec des ingrédients simples. De plus, elle n'est pas longue à préparer, car vous utilisez la sauce aux champignons et aux poivrons rouges, déjà prête.

Les « rouleaux aux poireaux et aux trois fromages » sont un autre plat nourrissant et facile à faire. C'est aussi une nouvelle façon succulente d'appréter les lasagnes.

Pour une occasion spéciale, proposez à vos invités un « spaghetti au pesto et au poulet ». Il suffit de faire un bon pesto et de le mélanger avec du poulet, coupé en lanières, du poivron rouge, du yogourt et des pâtes pour créer un plat différent et succulent.

Pour obtenir d'autres recettes nourrissantes écrivez

à: Le guide de planification de repas rapides et nutritifs, Centre d'information sur les pâtes Moisson Santé, 250, ch, Consumers, bureau 900, Willowdale (Ontario) M2J 2V6.

### Spaghettini au porc et aux lentilles, aromatisé au thym (Illustré ci-dessous)

1 paquet (375 g) spaghettini avec fibres Moisson Santé de Catelli  
1/2 lb (250 g) porc maigre haché  
6 petits oignons verts  
3 gousses d'ail, hachées  
1 grosse carotte, en julienne  
1 c. (15 mL) à soupe thym frais haché ou  
1 c. (5 mL) à thé thym sèche  
1 bocal (700 mL) sauce pour pâtes aux champignons et poivrons verts Moisson  
1 boîte (19 oz/540 mL) lentilles, égouttées

Donne 6 portions

Cuire les pâtes selon les directives sur l'emballage. Dans une grande poêle antiadhésive, faire brunir le porc avec les oignons, l'ail et la carotte. Ajouter le thym, cuire 1 à 2 minutes. Ajouter, en remuant la sauce et les lentilles, cuire 5 minutes. Ajouter plus de thym, si désiré. Verser la sauce sur les spaghettinis.

Information nutritionnelle par portion: 464 calories, 27 g protéines, 10 g matières grasses, 68 g glucides, 8 g fibres

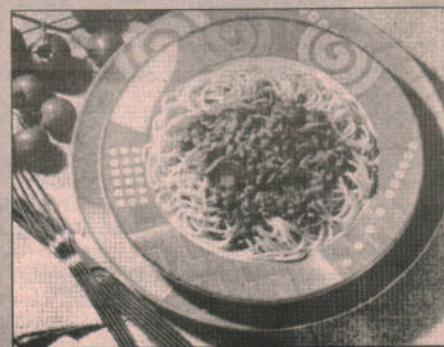
**Rouleaux aux poireaux et aux trois fromages**  
8 lasagnes au blé entier Moisson Santé de Catelli  
1 c. (5 mL) à thé d'huile végétale  
2 poireaux, hachés finement (la partie blanche seulement)

1 oignon, haché finement  
2 tasses (500 mL) ricotta 5% m.g.

1/3 tasse (75 mL) féta en morceaux  
1/3 tasse (75 mL) parmesan rapé  
1 pot (700 mL) sauce aux tomates et aux herbes, faible en gras, Moisson Santé de Catelli  
Cuire les lasagnes selon les directives sur l'emballage. Dans une poêle antiadhésive, chauffer l'huile; faire revenir les poireaux et l'oignon jusqu'à ce qu'ils soient tendres. Retirer du feu et laisser refroidir un peu. Mélanger les poireaux et l'oignon avec la ricotta, le féta et le parmesan. Étendre 1/3 de la sauce dans un plat allant au four de 13 x 9 po (3,5 L). Répartir également environ 1/4 tasse (50 mL) de mélange aux poireaux sur une lasagne; rouler et déposer, le pli vers le bas, dans le plat déjà préparé. Répéter avec les autres lasagnes et le mélange. Couvrir avec le reste de la sauce. Cuire au four, en couvrant, à 350°F (180°C) 30 minutes.

Donne 8 portions.

Information nutritionnelle par portion: 253 calories, 15 g protéines, 7 g matières grasses, 31 g glucides, 4 g fibres



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Mom of 2 with lots of experience, will babysit in my home F/T or P/T North Side. References & receipts given. Call Tracey at 831-5606.

**HOMES FOR SALE**

Private Sale - Great family home. Westwood area, 2 storey, 4 bdrm, finished basement, large kitchen, L-shaped living & dining room, hardwood floors, C/A, garage, large yard w/cedar shed & fence, French Immersion, library, shopping, community club & bus svc. Call 888-1717.

House for Sale - CHILLIWACK. 3 bdrm Townhouse, centrally located in downtown Chilliwack, near school, bus, shopping. 1 1/2 bath, walk-out patio front & back, assumable mortgage at 6.5%, price \$98,000. Must sell (204) 885-1333.

**The VOXAIR welcomes your classified ads. Please submit them to our office, next to hangar 10, in typed format or fax us at 885-4176. Ask about our special military rates!**

**HOMES FOR SALE**

House for Sale - CHILLIWACK. 18 month old Townhouse, 4 bdrm, family room, 2 1/2 bath, 5 appl., fireplace, garage. Across from CFB Chilliwack, near schools, shops. Immediate occupancy, assumable mortgage at 8.7%, price \$132,900. Vendor will also carry 2nd mortgage. (604) 824-0263.

**MISC. FOR SALE**

For Sale - Inglis washer \$200.00. Call 896-6499.

ACOUSTIC FOLK GUITAR - 3/4 size, in very good shape and comes with cloth for carrying case and an extra set of new strings. Perfect for a young person's first guitar. Asking \$80.00. Anyone interested can call David Cameron at local 5137 or after 1700 at home ph# 833-1325.

Goldstar single CD player, 4 yrs old, exc. cond. \$65. OBO. Call 488-4952 anytime.

12 ft Starcraft aluminum boat: \$650. Phone after 5 p.m. 888-8902.

King size Waterbed - book-case frame suitable to use with regular mattress: \$375. Phone after 5 p.m. 888-8902.

AKAI 10 inch reel to reel \$250 OBO. MOFFAT heavy duty washer \$300, dryer \$250, or both for \$500. Collapsible stroller with hood \$20. White crib with mattress \$45. Single "mates" bed with 3 drawers, headboard & bookshelf \$45. Large book shelf \$40. For information Call 889-7323.

**WANTED**

Wanted 2 or 4 drawer, legal size, locking filing cabinet. Call Peter at office 983-7381 or res.334-7274.

Wanted-Woman's Air Force Mess Kit, Size 14. 896-6675.

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**Charles Dudley Warner**

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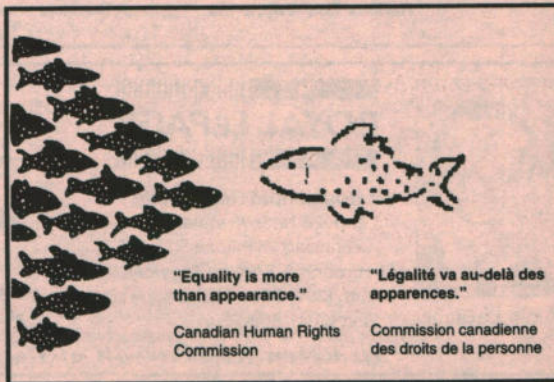


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