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17 Wing Winnipeg / 17e Escadre Winnipeg

MARCH 15, 1995 / FREE

## BUDGET 1995

# DND TAKES \$1.6 BILLION HIT

### DEFENCE HIGHLIGHTS BUDGET 1995

Subject	Action
MARCOM HQ, Halifax	Closed
AIRCOM HQ, Winnipeg	Closed
LFC HQ, St-Hubert	Closed
St-Hubert Site CFB Montreal	Closed
CFB Calgary	Closed
1 PPCLI	Move to CFB Edmonton
Strathconas	Move to CFB Edmonton
1 Svc Battalion	Move to CFB Edmonton
1 CMBG HQ	Move to CFB Edmonton
1 Field Ambulance	Move to CFB Edmonton
1 MP Platoon	Move to CFB Edmonton
CFB Chilliwack	Closed
1 CER	
CFOCS	Move to Saint Jean Site
CF School Mil Eng	Move to CFB Gagetown
3 PPCLI	Remain pending study
CFB Cold Lake	Reduced
441 Sqn & 416 Sqn	Reduced
CFB Bagotville	Reduced
425 Sqn & 433 Sqn	Reduced
CF Det London	Closed
CF Det Moncton	Closed
CF Det Toronto	Closed
CF Det Jericho Bch, Vancouver	Closed
Boeing 707 Fleet	Retired (1996)
CF-5 Fleet	Retired (1996)
CC-115 Buffalo Fleet	Retired (1998)
HMCS Cormorant	Retired



Air Command Headquarters at 17 Wing to close.

by Capt Neil Kinley

On February 27, 1995 the Minister of Finance, Paul Martin, rose in the House of Commons and presented the government's 1995 budget. The budget will affect all Canadians and all government departments, including the Department of National Defence. DND will see its budget cut by \$1.6 billion by 1997-98.

The defence program resulting from the 1995 federal budget is consistent with Canada's new defence policy set out in the 1994 Defence White Paper. It reaffirms the need for Canada to maintain a multi-purpose, combat capable air force, army, and navy, to protect Canadians, and to project their interests and values abroad.

However, there will be some major cuts and closures of facilities. The number of personnel in uniform will be reduced to approximately 60,000 Regular Force members, and 23,000 Primary Reserve Force members. Civilian full-time personnel will be reduced to 20,000. These reductions will take place by 1999.

Headquarters were one of the major targets of cuts within DND, getting cut by one third. This includes the elimination of navy, army, and air force headquarters, as well as major

reductions at NDHQ.

Fighter operations are also being cut-back. The CF-5 fleet will be retired by 1996, and CF-18 operations will be scaled back. The number of operational CF-18s will be reduced from 72 to 60, with a corresponding decrease in manpower at 3 Wing Bagotville and 4 Wing Cold Lake.

Other airframes will also be retired, including the CC115 Buffalo (1998) and the CC-137 Boeing 707 (1996).

Infrastructure is also being reduced. Two bases will close and several others will be reduced. CFB Chilliwack and CFB Calgary will both be closed by 1998-1999.

Also being closed are CF Detachment Jericho Beach Vancouver B.C., CF Detachment Toronto, CF Detachment London, CF Detachment Moncton, and the St-Hubert site of CFB Montreal.

The budget also calls for spending reductions in most areas of DND, including operations, maintenance, and purchases. The defence program as a whole is being examined to see where savings can be made and which activities are no longer essential.

Programs will be eliminated or reduced if they are not essential to operations, training

requirements, or the support requirements of a smaller CF. The same is true for activities that are no longer strategically relevant in the 1990s, those that have become redundant or unnecessary due to improved management practices being adopted by DND, and those that are no longer cost-effective.

The budget affects a lot of people within DND, both military and civilian. Special departure incentive programs will continue to be offered to civilian and military personnel directly affected by closures or reductions.

The military personnel reductions will be accomplished through attrition, restrictions on recruiting, occupational reassignments, and encouraged release through FRP. Directed release of military personnel will only be used as a last resort.

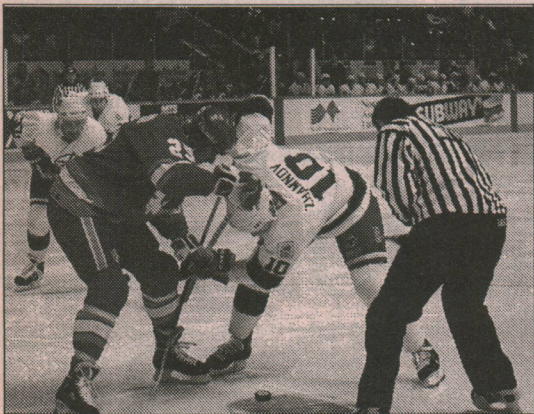
The Civilian Reduction Program (CAP) will continue for employees who occupy positions affected by reductions.

DND and the Canadian Forces have been reduced in size again. With the base closures and reductions, and large cuts in headquarters, DND will be better able to continue its operations.

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# WINNIPEG JETS HOST 17 WING/CFB WINNIPEG



## SEE NHL ACTION

The Winnipeg Jets' Alexei Zhamnov faces off against Joe Nieuwendyk of the Calgary Flames during an NHL game at the Winnipeg arena. The Winnipeg Jets are offering good seats for half price to Winnipeg's military community for their game on 25 April 95 against the Edmonton Oilers. The ticket price is \$11 for \$22-\$25 seats. This is open to civilian employees and military personnel, as well as their friends and families. The HMCS Chippawa Band will perform the National Anthem prior to the game. For details see your unit rep or call Capt Kinley (WPAF-FO) at 2212. Come out and see Alexei Zhamnov, Teemu Selanne, Keith Tkachuk, and the rest of the Winnipeg Jets. (Photo by Cpl Dave Payne, 17 Wing)

# BUDGET 1995

## AIR COMMAND HEADQUARTERS TO CLOSE

by Capt Neil Kinley

Air Command Headquarters will close! The rumours were around for months, so no one was caught off guard when the 1995 Budget was presented on 27 February 1995.

As part of a reduction in headquarters by one third, Air Command Headquarters in Winnipeg, Land Forces Command Headquarters in St-Hubert, and Maritime Command Headquarters will be eliminated. These closures, and a reduction at NDHQ will occur by mid-1997.

For Air Command Headquarters and Winnipeg this elimination will affect about 750 military and civilian personnel. Approximately two thirds of the AIRCOM staff are military and one third are civilian.

Not all of these positions will completely disappear. Very rough estimates have approximately 375 positions eliminated. The other 375 positions, about 250 military and 125 civilian, will move to NDHQ and operational group headquarters.

Although Air Command Headquarters is being eliminated, the air force plans to utilize the Billy Bishop Building in the future. Whether it becomes an air force training and development centre, or the home of Air Combat Mobility Group, the Bishop Building is a tremendous air force facility.



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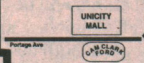
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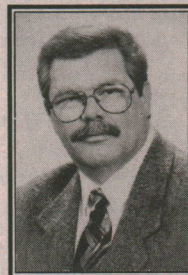
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# GRAND RE-OPENING OF THE WING ITRC

The Information Technology Resource Center, better known as ITRC, relocated to new and improved facilities in Building 52. To celebrate this auspicious occasion a Grand Re-Opening was held 3 February 1995. The WCOMD, Col Sharpe, officiated at the ceremony.

The Wing ITRC originally opened in January 1993, to address the critical ADP training needs of the Wing. The centre is manned by personnel from 17 Telecom Sqn/733 Communication Sqn. Instruction was first provided using state-of-the-art CD-ROM applications such as WP 5.1 and Lotus 123. At that time, only 6 students were taught over a week long period. As the demand for training quickly increased, it was

recognized that improved training methods had to be implemented. Instructor led courses, based on commercial application packages, were soon introduced. ITRC went from instructing 6 students per week to 8 students per day in all the latest applications. Networks also started to appear in Spring 1994, pushing the need for training even further.

The need for programming support was addressed in January 1994, with the start of the ITRC Development Cell. Due to his background in Foxpro programming, the Development Cell was able to go forward quickly, under the guidance of ITRC Manager Mr David Evitt, in producing various programs for units on the Wing/Base. U of M co-op

students were hired to help with the analyzing and creation of such programs. ITRCDEV now also provides analysis, design, and development assistance to units wanting to do their own development. To date ITRCDEV has developed such programs as the 17 Wing Phone Book, CE Training Program, Project Tracking Programs, Customer Satisfaction Application and PM Work, which is used for inspections of PMQS. The ITRCDEV also maintains several programs already developed on Base including Medfin and Pubs. Other projects include assistance in the prototyping, design and installation of the Wing MAN Project.

On the training side ITRC has instructed 1800 personnel to date from 17 Wing Winnipeg. ITRC continues to provide 17 Wing personnel with the resources and requirements needed to do more with less. Should we at ITRC be able to assist you in any way regarding your computer software needs, please don't hesitate to give us a call at Local 5373, or drop in at our new location Bldg 52, second floor.



WCOMD, Col G.E. Sharpe, officially re-opens the Information Technology Resource Center while Maj D.P. Albright CO 17 Wing Telecom/733 Communication Squadron and Mr. Dave Evitt, ITRC Manager assist in the ribbon cutting. (Photo by Pte Mischa Rothoehler)



Personnel of the Information Technology Resource Center (from left to right) OCdt Robbins (newly promoted to Lt) Analyst, Sgt Deane-Freeman - ITRC 2ic, Mr. Dave Evitt - ITRC Manager, MCpl Stewart - Instructor, Mr. Derek Penner - Student Programmer. Missing are 2Lt O'Neil (on course in Kingston) and Pte Pelletier - Admin Clerk. (Photo by Pte Mischa Rothoehler)

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# THE NEW MAN AT CFB WINNIPEG

The new "MAN" at CFB Winnipeg will bring all the people of CFB Winnipeg together through better communication. The new MAN will enable the passing of information across the Base in seconds. The MAN will allow this information to be shared or distributed amongst all of the people working at CFB Winnipeg/17 Wing who require it to perform their jobs. The MAN will communicate to other MANs (the plural of MAN is not MEN) so that information can be shared across the Canadian Forces and Department of National Defence. The MAN will provide us the tools to perform our jobs faster, better and smarter. Is this a job for SuperMAN or SuperWOMAN, the six million dollar MAN?

Close, but this MAN is gender neutral as it is really an acronym for Metropolitan Area Network. The CFB Winnipeg/17 Wing MAN Project will be putting in place the infrastructure (or info-highway) to allow all units at CFB Winnipeg/17 Wing to communicate information, store information and retrieve information. In simple terms, a MAN is composed of several parts including: a backbone, conduit (plumbing to hold cables), cabling (central nervous system), services (mail, printing, file storage, backups, etc), access points (your PC or workstation) and the Network Control Centre (the part that keeps everything working together smoothly).

Information. How much time do you spend looking for it? retrieving it? processing it? creating it? and so on. How

much of what you do has probably been done by someone else or is similar to what someone else has already done? If only you could find what you need, you would not have to reinvent the wheel. It is estimated that DND spends over one billion dollars per year on information management (includes all associated personnel and material costs). Yet, most of this information is still in paper format. In fact, only one percent of information is currently held in electronic format. For the vast majority of us, useful information is irretrievable in a timely fashion.

The ultimate goal of Information Systems and the CF Wide Area Network (WAN) is to "achieve information superiority over enemy forces" and to "incur economies in the administration of DND that can be refocused into operational roles".

Organizations that do not treat information as a vital resource will be quick to follow

the path of the dinosaur. Note that the principles of "chain of command" and "need to know" must still be adhered to. We are talking about DND corporate information being available to those who require it to do their jobs. A person's or a unit's information can still remain private and the staffing of information must still follow prescribed procedures.

In the near future, Information Nodes at Units, Bases and Nationally will provide the capability of storing, searching for and retrieving information in real time. For those of you who surf the Internet, (as millions do) capabilities similar to World

Wide Web services will also be provided. More and more DND is going with industry standards and market share products to reduce costs and ensure that DND is not left with a one of a kind information systems.

While the ultimate goal is global sharing of information, in the interim there are a number of services that will be provided by the new CFB Winnipeg/17 Wing MAN. Access to national systems and departmental electronic mail are two important services. Information sharing across functional and organizational structures will be possible. As well, preliminary Information

Node services will be offered including: access to publications (CFAOs, Supply Manuals, etc.); information sharing; central databases; and access to centralized services. This should reduce much of the current duplication of information and redundant data entry that occurs at the Base.

The new "MAN" that communicates and shares information is the way of the future.

*Prepared by: Capt D.S. Wagner, Information Systems Officer. Wing Telecom/733 Communication Squadron*

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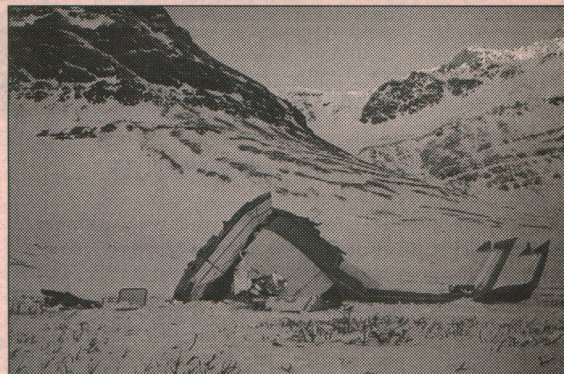
More often than not, when the standby Search and Rescue (SAR) crew from 435 Squadron turn on their pagers on a Friday afternoon at 4:30 pm, they settle in for a long week-end of waiting for something to happen. On Friday, January 27th of this year however, they would not have long to wait before being called into action.

Earlier in the day, a twin-engine Cessna 337 had departed Edmonton Municipal Airport destined for Revelstoke, British Columbia. There were five people on board including the pilot, Kurt Schultz, 24, who was taking his friends for a weekend of skiing in the mountains. Less than two hours into the flight, their plane pancaked into a box canyon near Ram Falls, Alberta, some 200 kilometres southwest of Edmonton.

All five survived the crash although the plane was destroyed. Two were seriously injured while the remainder received only minor injuries. It was these three men that set up a shelter 30 metres away from the wreckage and attempted to make their friends comfortable. At the instructions of Schultz, who was injured, the plane's Emergency Locator Transmitter (ELT) was located and activated. The signal from the ELT was received by orbiting satellites which then alerted Trenton Rescue Coordination Centre (RCC) at about 7 p.m. A plane from the Civil Air Search and Rescue Association (CASARA) in Red Deer, Alberta was dispatched to search for the ELT. At the same time, the SAR standby crew at 435 Squadron was notified and began preparing

to launch.

The CASARA aircraft arrived overhead the crash site at about 10 p.m. and saw a light flashing up at them from the ground. Around midnight, Rescue 339, a CC-130 SAR Hercules from 435 Squadron arrived at the crash site. After dropping flares to illuminate the ground, the two SAR Technicians MCpl Don Peters and Cpl Mark Holoshka dropped emergency survival and medical kits to the survivors. At 1:45 a.m. the SAR Techs themselves jumped into the crash site. It was a dark night, with no moon, and the temperature was -20 degrees Celsius. The Hercules remained overhead while Navigator Capt Greg Illchuk and Loadmaster MCpl Mario Pelletier pitched flares into the inky night to provide



The twin-engine Cessna 337 was destroyed in the crash. Miraculously, all five on board survived. (Photo by MCpl Don Peters)

illumination for those on the ground below. The crew of Rescue 339 were able to provide continuous illumination until they began to run low on fuel some three hours later. At around 5 a.m. they departed the scene to recover in Calgary. The other members of the crew were Aircraft Commander Capt Greg Robinson, First Officer Capt Bart Melhuish, and Flight Engineer Sgt Larry Brown.

Meanwhile, on the ground, the two SAR Techs provided shelter, medical care and hot meals to the injured men. In the morning, a CH135 Twin Huey helicopter from 408 Squadron based at Namao arrived to transport the survivors to hospital. Cpl Holoshka accompanied them, while MCpl Peters remained behind to retrieve the SAR gear that was scattered about from the night drops. The helicopter arrived at Edmonton's University Hospital at 9:45 a.m. that morning. The crew from 408 Squadron were Pilots Capt Ben Massicotte, and Capt Jay

McCallum, and Flight Engineer Corporal Mark Anderson.

Despite the severity of the crash, only the pilot, Schultz had to remain in hospital overnight with a chipped bone in his back. His father, Ed Schultz, publicly praised the Canadian Forces for saving his son. "I don't mind paying my taxes when I see the kind of work they do. They were marvellous." The rescue received considerable press coverage in the Edmonton Sun, Edmonton Journal, and the Winnipeg Free Press, which is encouraging in these times of mainly negative media coverage.

Congratulations on a job well done to all those involved, especially the crew from 435 Squadron where Search and Rescue is a 24 hour a day, 365 day a year mission. **THAT OTHERS MAY LIVE.**

(Compiled by staff, Air Transport Group Public Affairs, and 435 Squadron Unit Information Officer)



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# MFRC ANNOUNCEMENTS

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## Employment Opportunity

### Youth Services Coordinator - Military Family Resource Centre

#### EDUCATION

A degree in youth services, recreation and/OR community development or an acceptable combination of education, experience and training.

#### EXPERIENCE/KNOWLEDGE

- Knowledge of military lifestyle and issues.
- Experience developing and coordinating youth groups and youth recreation programs.
- Experience with preteen/teen programs.
- Experience in supervision, budgeting, administration and team building.
- Effective inter-personal skills and initiative.
- Previous experience with, and/or knowledge of MFRCs a definite asset.
- Proficiency in both English and French is a definite asset for this position

#### CLOSING DATE - 27 Mar 95

- One year term position with a possibility of renewal.
- Reliability check will be conducted.
- Hours - 27 hours per week. Includes evenings and weekends.

Forward Resume to the attention of:

Don Brennan  
Executive Director MFRC  
350 Doncaster Street  
Winnipeg, Manitoba  
R3N 1W8

Employment to commence NLT 1 May 95

## Parent and Child Playgroup

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

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

## 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.

## 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

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- \* breastfeeding
- \* the role of your birth companion

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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.

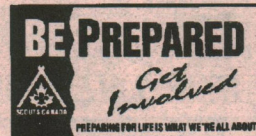
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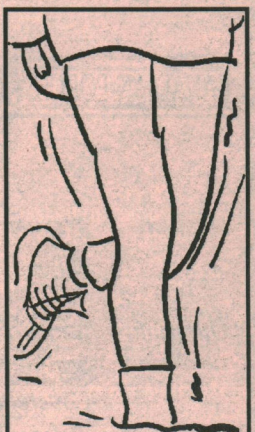
100-55 Donald Street Bus: (204)956-1271  
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## Home Business Seminar - Tuesday, March 28, 1995

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**



## WINTER ACTIVE



# What do bacteria, nitrogen and St. Patrick's Day have in common?

By Monte Hummel  
President of World Wildlife  
Fund Canada

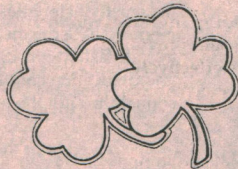
Clover. The bright green Shamrock is seen everywhere on St. Patrick's Day. This stylized three-leaf clover is a symbol of faith and national pride. Indeed, clover is a positive motif in the culture, folklore and popular imagery of many countries. To be "in clover" is a sweet state of affairs in almost any part of the world because the plant is, in fact, very beneficial.

Clover inhabits meadows, grasslands and fields - even city lawns and streets - providing excellent forage for both wildlife and range animals.

Bees produce some of their tastiest varieties of honey from clover pollen. However, it is as a soil-improving cover crop that clover joins many other leguminous plants in performing a crucial service to the cycle of life.

Plants absorb the nutrients they require for life and growth from their

surroundings. Carbon and oxygen are absorbed from the air by the plants' leaves. Phosphorous, potassium, sulfur and many other necessary elements in the soil are taken in through the roots.



Plants also need nitrogen, but there is a catch. Nitrogen is present in great quantities in the air, but plants cannot use it in its atmospheric form. Plants must get their nitrogen from the soil, where it exists in combination with other elements. In some areas, the soil is not rich in these compounds and nature has provided a solution. Clovers and some other plants cooperate with bacteria to take nitrogen out of the air and put it into the soil.

This process, called "fixing" nitrogen, hinges upon colonies

of bacteria that live in small nodes on the clover's roots. These single-celled organisms fix nitrogen gas from the atmosphere by combining it with other elements. These bacteria are very efficient, and much more nitrogen is fixed than the individual plant needs. The excess passes back out of the root system and into the soil, enriching it for future crops.

Red and White Clover are found throughout Canada and as far north as Baffin Island. Purple and Crimson Clover enjoy our southern prairies, and Rabbit's Foot Clover just steps into Ontario from the south.

You should soon see clover growing just about everywhere - a sign that spring has truly arrived and that nature is once again rising to the occasion.

*Nature's 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.*

## 17 Medical Squadron

CD Presentation



M/S McDougall presented with 1st CD by LCdr Wilcox (WSurg) on 21 Feb 95.

### CANADIAN FORCES PARACHUTE MAINTENANCE DEPOT 45TH ANNIVERSARY CELEBRATIONS

Attention all former members of 28 COD, 28 CFS, and the Canadian Forces Parachute Maintenance Depot! Anniversary celebrations honouring the 45th anniversary of this unit are planned for the period 13-16 July 1995 at Griesbach Barracks, CFB Edmonton.

All former members are invited to participate in the celebrations, remember good times, and renew old friendships. For more information contact the CFPMD orderly room at (403) 457-8462, fax no (403) 457-8823, or write to: Warrant Officer A.G. Tilley, Canadian Forces Parachute Maintenance Depot, CFB Edmonton, PO Box 10500, Edmonton, AB, T5J 4J5.

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CFB KINGSTON  
RMC KINGSTON  
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Don Wyld, CD1

# 1ER ESCADRON DES MOUVEMENTS AERIENS DECERNEMENT DU PRIX JEAN GIONET AU CAPORAL PAUL MAKARCHUK

Le prix Jean Gionet est décerné annuellement au caporal ou soldat du 1er Escadron des Mouvements Aériens ayant le mieux démontré les qualités d'excellence, de professionnalisme, et de dévouement du métier de technicien des mouvements. Ce prix a été établi à la suite de l'écrasement du Hercules 130329 le 16 novembre 1982, en mémoire du sergent Jean Gionet. Le sergent Gionet était chef-arrimeur avec le 435ème escadron. L'inspiration de son professionnalisme et dévouement est perpétuée par le prix Jean Gionet.

Le récipiendaire du prix Jean Gionet pour 1994 est le caporal Paul Makarchuk.

Le caporal Makarchuk est né le 24 août 1969 à St Catharines en Ontario. Il s'est joint aux Forces Armées Canadiennes en février 1990 et a été muté au 1er Escadron des Mouvements Aériens en août 1990. Depuis son arrivée à l'escadron, le caporal Makarchuk a été employé dans la section des services aux passagers et dans une des sections des mouvements aériens mobile. Ses déploiements ont inclus Op RELIANT NORDIC à Victoria et Inuvic, Op BOUGER à Watson Lake, Op Harmony à Zagreb en ex-Yougoslavie et Op RELIEF/DELIVERANCE à Nairobi au Kenya. Il a aussi été membre des équipes des mouvements aériens aux compétitions à Trenton en 1993 et à McChord AB en 1994.

Sincère félicitations au caporal Makarchuk de la part de l'officier commandant et des membres du 1er Escadron des Mouvements Aériens.

# AIR MOVEMENTS SQUADRON PRESENTATION OF THE JEAN GIONET AWARD TO CORPORAL PAUL MAKARCHUK

The Jean Gionet award is presented to the outstanding Corporal or Private of 1 Air Movements Squadron who has most demonstrated the qualities of excellence, professionalism, and dedication to the traffic technician trade. This award was established subsequent to the crash of Hercules 130329 on 16 November 1982 in memory of Sergeant Jean Gionet. Sergeant Gionet was a loadmaster with 435 Squadron. His professionalism and dedication continue to inspire air movements personnel through the Jean Gionet award.

The recipient of the Jean Gionet award for 1994 is Corporal Paul Makarchuk.

Corporal Makarchuk was born on 24 August 1969 in St Catharines, Ontario. He enrolled in the Canadian Armed Forces in February 1990 as a traffic technician and was posted to 1 Air Movements Squadron in August 1990. During his tour at the squadron, Cpl Makarchuk has been employed in the passenger services section and with Mobile Air Movements Sections. His deployments have included Op RELIANT NORDIC in Victoria and Inuvik, Op BOUGER in Watson Lake, Op Harmony in Zagreb, former Yugoslavia, and Op RELIEF/DELIVERANCE in Nairobi, Kenya. In addition, Corporal Makarchuk was a member of airlift competition teams in Trenton in 1993 and McChord AFB in 1994.

The Commanding Officer and all members of 1 Air Movements Squadron extend sincere congratulations to Corporal Makarchuk.



Presentation of the Jean Gionet award to Corporal Paul Makarchuk by the Commanding Officer Major J.M. Mallais.  
La présentation du prix Jean Gionet au caporal Paul Makarchuk par l'officier commandant le major J.M. Mallais.

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## IT'S A HAT-TRICK 2PPCLI DEFEATS GENERAL WINTER

2PPCLI continues its domination of affaires militaires by resoundingly defeating General Winter on home ice in CFB Shilo. Despite temperatures plunging into the minus 40's the Unit trained hard, ate well and generally had a good time in the face of extreme environmental conditions. This is the third consecutive victory for this rocket sled on rails bound for glory outfit. The past summer saw the Patricias from Portage and Main run away with the Mountain Man Challenge 94 championship, and just days before their deployment on "NORDIC PATRICIA" they returned victorious from the 1 Brigade annual sports competition.

According to an un-named source within the battalion key players involved in this third victory, the defeat of General Winter included the Unit's Cargo and Petroleum, Oil and Lubricants (POL) sections, "We (the rifle companies) were well prepared for this exercise", he stated, "but we can't carry the fuel we need to keep the Arctic tents warm beyond 24 hours." As a hockey team in the NHL cannot expect to win without an excellent goalie, A rifle company in an Arctic environment cannot fight to win without excellent POL resupply. Asked to explain the difficulties of sustaining operations in the field for the 700 members of the battalion, Cpl Moran, second in command of POL Section replied with unusual modesty, "once we adjusted to the fact that each company was consuming 45 gallons of naphtha a day, and that the propane bottles

supplied to the field kitchens had half their capacity in Arctic temperatures, and that the section was down to four men, and that none of our heavy lift vehicles were permitted to carry naphtha or gasoline it was fairly simple." It seems 2PPCLI has taken to heart lessons learned the hard way by Napoleon's and Hitler's Armies in their infamous winter campaigns; resupply is the key.

Equally instrumental in this latest Second Battalion success story was the Unit's Cargo Section. "After a week of hard training and even harder rations nothing is more welcomed than the sight of those cargo lorries on the horizon coming to take us out for a spot of R&R where there's hot showers and a porcelain privy" an unidentified unit officer was heard to say. Through some creative crossloading MCpl Taillon was able to configure Cargo Section into an organization capable of safely lifting over 120 personnel complete with Arctic tents - an interesting accomplishment considering the unit has no vehicles dedicated to troop lift other than its APCs. Once end-ex was called the men of Cargo Section moved the rifle companies to a staging location in Camp Shilo and loaded the tired conquering heroes into their buses a much deserved 24 hours ahead of schedule.

With the determined soldiers of POL Section maintaining the unit's life support system and Cargo the unit it obvious that success was inevitable. Exercise "NORDIC PATRICIA" the hat-trick victory for 2PPCLI.

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Parental Guidance All may attend Not suitable for children

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Two members share Unit Deserving Members Award for 4th Quarter 1994. Congratulations to MCpl Schingh from the Line Section and Cpl Joly from RMS.



A Presentation was made from 1 Air Mov Squadron to 17 Wing Telecom/733 Communication Squadron in appreciation for the support received on their move to 17 Wing. Maj J.M. Mallais CO 1 Air Mov Sqn presents Plaque to Maj D.P. Albright CO W Telecom/733 Comm Sqn as MWO Bert Betrand 1 Air Mov Sqn looks on.



Capt Morin receives his promotion to that rank from the CO Maj D.P. Albright. Congratulations from all members of the Sqn.

# 2 PPCLI-EX NORDIC PATRICIA

CPL TAS Young RECCE PL

Ex Nordic Patricia started out like any other Shilo Ex with everybody laughing and joking until the bus hits Grant Avenue. The silence is deafening, I'm surprised the bus driver doesn't go mad during the two-hour drive. With our arrival in Shilo the priority was to get our tents set up and gather our gear. Now this may sound like an easy task, but for those of you who have never been to Shilo you have to understand that when you step off the bus and your foot touches the soil, some mystic force sucks the life out of your soul and steals your will to live.

Well with our tents set up and all our gear accounted for, we started with the first stage of the Ex which was for us, Recce PL and elements of Tow PL, to start building our snow defenses that we would be occupying later in the week. The plan was for us to build up these positions over a six kilometre trace and each of

the companies would advance through them, over two days, putting in a final attack on our PL position the morning of the second day.

With the positions finally finished and the practical jokes and shenanigans in full swing, like for example, a mysterious hole in a thermarest. Bad luck eh Lamarou, glad that patch worked for you.

The second part of the ex should be called Ex Freezing Butt because that is what we did. Each day we would occupy our position by 0800 hrs and wait to be attacked. Luckily by the second day our OC had received permission from range control for us to light fires to stay warm. This was no easy feat, from what I understand, he owes them his first born. The fires were much appreciated as some of the attacks took a little while, we won't mention any names but...you know who you are, tsk tsk.

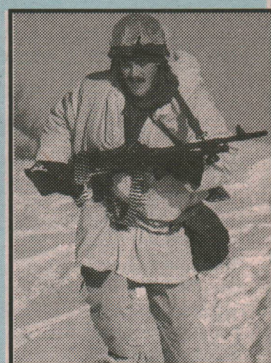
The Ex completed, we packed up our tents and did

the range clean up under range control's watchful eyes. I must say I can understand why we had to pick up blank brass, after all you have to keep your warzone beautiful, even if it is make-believe.

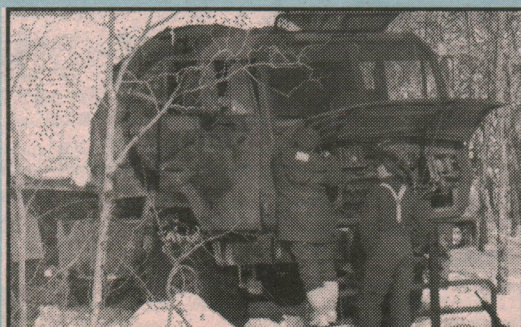
Everything was finally done and we boarded the bus for home. The funny thing was as I sat down and waited to fall asleep, I felt my will to live return. Oh well, I sighed, I survived another Shilo adventure.



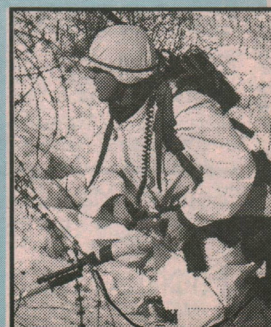
In the action!



Pte Goutro moving up the C-6 to engage the enemy.



Just make sure the heater works!



2Lt Wright preparing to beach an obstacle.

# AIR COMMAND



Commander's Parade Honours and Awards held 3 Feb 95  
 Capt GE Tanner (cadets) and WO DL Mellway (int) were awarded their SSM with NATO bar by Lieutenant-General GS Clements.



Pictured here with the Commander of Air Command are LCol RW Patrick (Cadets) and Capt GE Tanner (Cadets) receiving their CD3.



Lieutenant-General GS Clements presented a Commander's Commendation to Lieutenant Colonel SN Marcotte.



CWO FW Ferguson (DFS), CWO SGJ Monkhouse (TIS), and CWO JS Stevens were presented their Chief Warrant Officer Scrolls by the Commander of Air Command.



CWO RJ MacKay (Sp Ops), Col DG Jones (Dent), Major JT Bailey (Info) and Capt RAH Parker (cadets) are seen here receiving their CD2 from Lieutenant-General GS Clements.



Capt RK Wilson (Compt), Capt BD Tucker (Maint), Capt KH Cutland (Maint), Lt DP Forward (Int), Capt DB Domoney (Ops), Maj TR Truant (Trg), and Lt(N) TG Hurley (Cadets) were awarded their CD by Lieutenant-General GS Clements.



CWO GR Guidon (CE), WO JCM Provencher (Maint), WO EW Garrett (Trg), MWO KE Warbis (CE), MWO KG Paulekat (Maint), Major JHK Esau (TIS), MWO JR Nixon (Log), Capt MJ Rozak (Compt), and Capt PD Richards (Compt) were awarded their CD1 by the Commander of Air Command.

# DON'T AMPUTATE THE AIRBORNE - FIX IT

The following article was written by our father and appeared in the Kingston Whig-Standard as a letter to the Editor on 26 Jan 95. Although, this issue is becoming yesterday's news to many Canadians, biased as we are, we wanted to show that our retired community is still keeping a watchful eye and speaking on our behalf.

Capt Chris Barr (2 PPCLI) and Capt Laura Kissmann (Aircom HQ)

I am a retired infantry officer with 41 years of service in the Canadian Armed Forces. I was the first commanding officer of the 2nd Airborne Commando (1968-71) and commanded the 3rd Commando Battle Group on NATO duty in Europe (1973-75). I've also served on several UN missions including, after my retirement from the army, a tour in Somalia as a



Col M.D. Barr (Ret'd)

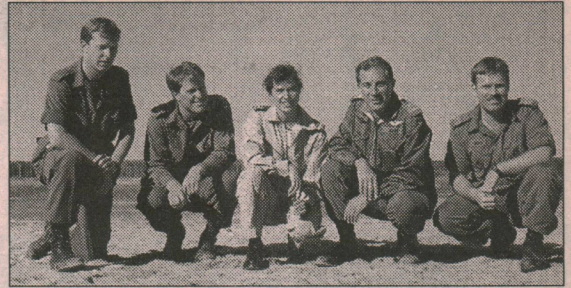
civilian security adviser to the UN's special representative (1992-93). So much for my credibility.

As you would anticipate, I am in a state of shock over what I consider to be an irrational decision by the Minister of National Defence to disband the Canadian Airborne Regiment. This kneejerk over-reaction to media pressure is not founded on sound military judgement, nor does it make good sense.

In 1968, our regionally dispersed parachute capability was geographically centralized in the Canadian Airborne Regiment to enhance the standardization of training, operational responsiveness and efficiency. (It was the introduction of the long-range Hercules aircraft that made this centralization possible.) To make any change, other than a cosmetic name change, would be operationally regressive - that is, if we are really serious about maintaining a viable parachute capability.

Then there is the question of whether the Airborne Regiment was the right unit to send to Somalia. Canadians should have no doubt that the Airborne Regiment was tailor-made for the Somalia deployment, considering the military coalition's mandate to be prepared to fight, if necessary, to get the humanitarian relief mission accomplished. In addition, the regiment provided the coalition force commander with the tactical option of employing parachute-drop capability to seize an airhead, if necessary, to insert or evacuate UN troops and/or civilian aid workers. This didn't happen, but the contingency plan was well worth having in case the situation had called for it.

Therefore, the minister's decision to disband the regiment must be identified for what it is - a damning indictment and cruel letdown to thousands of innocent Airborne soldiers, past and



The Barr Family

present, who have given outstanding service to both regiment and country over the last 27 years (and not without considerable risk, I might add).

The minister should have no doubt that all of us, and our families, will be permanently scarred by his decision. Those tapes were 2 1/2 years old. Corrective action has taken place. If you break your leg, you get it fixed - you don't cut it off.

Winston Churchill understood the essence of an army when he said:

"The army is not like a limited liability company, to be reconstructed, remodelled, liquidated and refloated from week to week as the money market fluctuates. It is not an inanimate thing like a house to be pulled down or structurally altered at the caprice of the owner. It is a living thing. If bullied, it sulks; if unhappy, it pines; if sufficiently disturbed

it will wither and almost die; and when it comes to this serious condition, it is only to be revived by lots of time and lots of money."

The minister's political decision is not only grossly unfair to a regiment that was judged the best-performing battle group in the U.S. led Coalition Force in Somalia and the best of the UN troops in Rwanda, it also sets a difficult precedence for the future. There may be more legs to cut off in the future. Eventually you may run out of regiments to cut. If only it were a perfect world.

Let me paraphrase the master: Never has so much damage been done to so many by so few.

Col M.D. Barr (Ret'd)  
Kingston

Happy 60th Birthday  
Dad!

## ROAR INTO CLUB 90 THIS "MARCH"



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BAR HOURS</b> MONDAY 11A.M - 11PM TUESDAY 11A.M - 11PM WEDNESDAY 11A.M - 12PM THURSDAY 11A.M - 12PM FRIDAY 11A.M - 1A.M SATURDAY 3PM - 1A.M LOCATED IN BUILDING #90 WHYTEWOLD ROAD	SUICIDE	 THIRSTY	 MUCKY DUCKS DART LEAGUE	OUR FAMOUS	 3 BEACH PARTY - PRIZE FOR BEST OUTFIT	 "NOW FEATURING"
	WING	7 TUESDAYS	8 DUCKS DART LEAGUE	FRESH PIZZA	10 DJ & KARAOKE SEAGRAM'S COOLER NIGHT	NACHOS &
	MONDAYS!	14 FREE	NIGHT! COME ON IN	16 	GREEN DRAFT & IRISH MUSIC TOO! 4-1	ZESTY HOT CHEESE
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	11:00 PM	IN THE	THE EXCITEMENT			
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## EXERCISE NORDIC PATRICIA — B COMPANY —

2Lt P. Dawe  
4 Pl Comd, B Coy

Fresh off Ex Frozen Fury B Coy headed west to kick some Fantasian butt and take names in Ex Nordic Patricia. Unfortunately, we only made it as far as CFB Shilo.

After a few days of refresher training at section and platoon level, the first "shots" were fired in an awesome trench clearing operation. Bullets and shrapnel were flying as each platoon took out the defensive position in succession. The company made out very well indeed...

Pte Leamont, who suffered minor shrapnel wounds to the shin and back, is said to be showing off his scars to the impressed Winnipeg women. A few of the boys from 6 Platoon are rumored to be negotiating lucrative movie contracts after their

performances for the press.

The company went on to "clean house" on the dry advance to contact range before arriving at the final range stand; The Live Platoon Advance To Contact Range. The saying "idle hands are the devil's workshop" proved true as the boys found an alternative use for their toboggans: "tobogganing." The troops also tried to apply some of the lessons they learned by engaging in snowball fights. This activity ended with a lame attempt at a frontal on the senior NCOs and the officers; clearly the result of no positive direction!

All things considered, this was one of the best winter exercises in recent history. Good lessons were learned and the true colours of B Company are beginning to surface.

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Now look for organizations that work in these areas and find out all you can about what they do.

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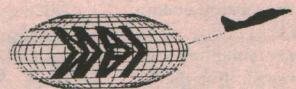
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# FLYING WITH 17 WING'S CENTRAL FLYING SCHOOL

By Ron Lapp  
 Transport Canada  
 Manager, Community Airports

In August, 1994, I received permission from Air Command for a familiarization flight in a CFS CT-114 Tutor. Captain Neil Kinley, Wing Public Affairs Officer, was my primary contact for the flight.

At 0750 on September 7, 1994, I reported to the base and met up with 2Lt Trent Hunter who had been assigned to escort me through my various checks prior to the flight. Trent was posted to CFS while awaiting basic flying training at Moose Jaw and he was able to provide information concerning what to expect with the flight.

Following a detailed question and answer period at the hospital, I received the green light to go flying and we headed off to 16 Hangar for a seat check.

The parachute and ejection seat briefing was very thoroughly conducted by Cpl. Greg Jabusch of 17 Wing Safety Systems. Cpl. Jabusch explained what to do should an ejection from the aircraft be required, and then strapped me into an ejection seat trainer. I had to demonstrate that I could strap into, and just as importantly, quickly unstrap myself and get out of the seat should an emergency occur. Upon demonstrating that I could accomplish this, I was signed off as having been checked out on the seat. I was then fitted with a helmet, oxygen mask and parachute. With preflight checks and equipment issue completed, we proceeded to the Central Flying School.

Upon arrival at CFS, Trent introduced me to the Commandant, LCol Mike Spooner. LCol Spooner welcomed me to CFS and wished me an enjoyable flight. Next I met Major Al "Bam Bam" Bampton. Al was the Standards Flight Commander,



Raven Black Post Flight - Clockwise from bottom left - Ron Lapp, Lt Jordan Kibyson, Capt Wil Lozie, Major Al Bampton.

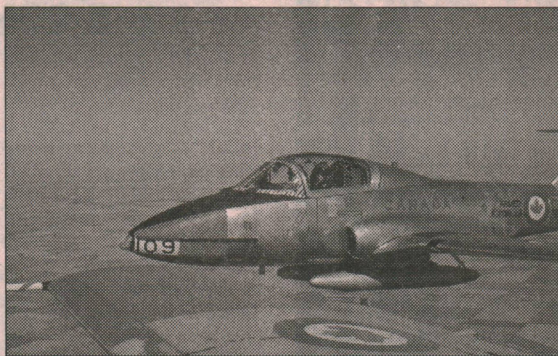
and the pilot I would be flying with. Al has been flying with CFS since July, 1993 and after welcoming me to CFS he asked if I was ready to go. I was and so Al got the other two pilots who would be flying with us and we went to the preflight briefing.

Al introduced me to pilots Capt. Wil Lozie and Lt. Jordon Kirbyson, and then proceeded to give a detailed overview of the mission. Al and I would fly in Raven Black Lead, while Wil and Jordon would fly in Raven Black 2. We would fly a two ship formation to the "Homewood" practice area, a block of airspace located approximately 30 miles southwest of Winnipeg, where we would practice formation flying, procedure turns,

formation rejoins, and individual aerobatics. Al said he would try to provide as many photo opportunities as possible.

While suiting up Trent helped me sling on my parachute and we then headed over to the Met briefing. It was a beautiful day - virtually no clouds, light winds, and a temperature of 25 degrees - perfect.

After stopping at aircraft servicing, we headed out. Al preflighted our aircraft while Trent ensured that I fastened my parachute straps correctly. I then climbed into the right seat of the aircraft, and was strapped in. Trent snapped a couple of pictures of me in the cockpit, and I then stowed my camera for takeoff.

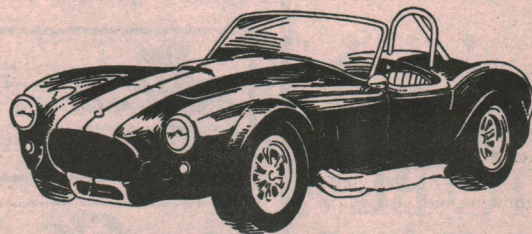


Formation flying over the Homewood Practice area.

Al climbed into the aircraft, strapped in, and went through the preflight checklist. When he was satisfied everything was in order, he gave the signal to start engines and both aircraft fired up. Everything was normal, so Al gave the signal to remove the chocks, and we began to taxi to runway 31.

Upon receiving clearance for takeoff, Al signaled Wil, and we quickly began to accelerate. Al pulled back on the controls and we leapt off the runway. I checked over my right shoulder to see Raven Black 2 tucked in tight, mirroring our every move. After gaining altitude we flew a variety of

**Continued on next page**



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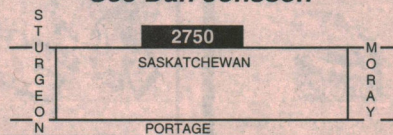
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## Flying with 17 Wing's Central Flying School

Continued

formations, including line astern, echelon right, echelon left, formation breaks and formation rejoins. The visibility was outstanding and Al set up fantastic photo opportunities.

... "pulling Gs began to make me feel a bit nauseous."

Unfortunately, the process of shooting approximately 30 air to air pictures while arcing around the sky and pulling Gs began to make me feel a bit nauseous. I advised Al who suggested that I switch to 100 percent oxygen, and fly the aircraft for a while. I did so, and following Al's instructions, began to initiate a number of left and right hand turns. I then flew a loop, which was absolutely awesome given the incredible weather conditions. Concentrating on flying seemed to do the trick and I began feeling better. After a few more aerobatics, Raven Black 2 joined up on our right wing and we began to


head home.

On approach to the runway, we loaded on some Gs as we did an overhead break, and then lined up and landed. As we taxied off the runway and toward the main apron, Al popped the canopy and helped me unstrap. Following engine shut down I gingerly climbed out of the cockpit. It had been one fantastic hour of flying. Before leaving the apron, Trent took some group shots for the photo album.

My flight with CFS was an outstanding experience. In addition to being a lot of fun, it also provided valuable insight into the critical yet often overlooked role that CFS contributes to Canada's Air Force. The dedication and skills of the CFS personnel was clearly evident the minute I entered their offices, and it was both a pleasure and an honor to have the opportunity to fly with them. Thanks for an educational and extremely enjoyable experience.

*Note: Special thanks to LCol Mike Spooner, Maj Al Bampton, Capt Neil Kinley, and 2Lt Trent Hunter for their assistance and support in the writing of this article.*

## Ex Nordic Patricia



From the 13th to 24th February 2PPCLI found itself deployed to CFB Shilo for Ex NORDIC PATRICIA. The focus of the dismounted Ex was offensive operations. There were 3 stands set up by the Battalion through which the Rifle Coys rotated. The stands included a Platoon Advance to Contact Range (live fire) conducted by C Coy, a Platoon Trench Clearing Range (live fire with grenades) conducted by B Coy, and finally a Coy Advance to Contact Range conducted by Cbt Sp Coy.

The stands were all well set up and the soldiers found them challenging. From the crack of rounds going overhead to the WHUMP of grenades there were many adrenaline charged moments for everyone. As a picture is worth a thousand words, the accompanying photographs reflect the challenging nature of the exercise. Ex Nordic Patricia was a success despite high winds and bitter cold; the soldiers of 2PPCLI once again showed themselves to be professionals, ready to do their jobs in any conditions.

Cpl Farquhar (C Coy) taking out a trench.

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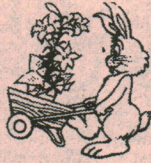
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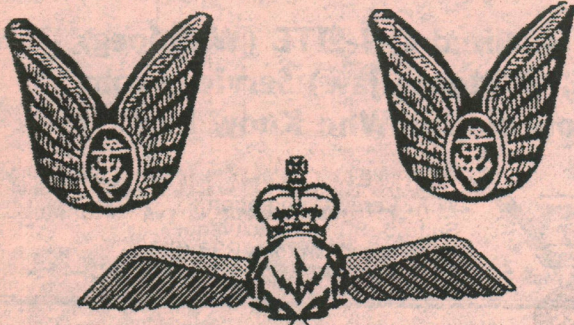
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A history of the former RCN & CF aircrew branch is being constructed, mainly through personal profiles of branch members.

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

Contact is Cpl Bonello at loc 6183.



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TELEPHONE CLUB 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.

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 pièces de votre choix complètement terminés. Pièces pour anniversaires, fêtes, mariages et Noël. SVP donner un avis de 30 jours.

# A WORD FROM THE CHAPLAIN

This is the season of Lent in the Christian calendar. It is an appropriate time to renew our commitment to the practice of prayer and the study of scripture. This is always possible because God speaks to us first.

This fundamental truth makes it possible for us to pray to God. He has been concerned for each of us long before we became concerned for ourselves.

He desires communication with us. He speaks to us continually, revealing Himself to us by various modes: - through Jesus Christ, His Word; -through the Church, the extension of Christ in the world (because we are joined together in Christ, God speaks to us through other people); - through visible creation around us, which forms the physical context of our lives. (Creation took place in His Son, and it is another form of God's revelation); -through the events of our lives; -through Holy Scripture, a real form of His presence. This is the mode of communication we are most concerned with in prayer.

He invites us to Listen:

Our response to God's initial move is to listen to what He is saying. This is the basic attitude of prayer.

How to go about listening:

What you do immediately before prayer is very important. Normally, it is something you do not rush right into. Spend a few moments quieting yourself and relaxing, setting yourself into a

prayerful and comfortable position

In listening to anyone, you try to tune out everything except what the person is saying to you.

In prayer this can be done best in silence and solitude. Select a favourite passage from Scripture, 5-10 verses. Put a marker in the page. Try to find a quiet place where you can be alone and uninhibited in your response to God's presence. Try to quiet yourself interiorly, Jesus would often go up to a mountain by Himself to pray with his Father. In an age of noise, activity, and tensions like our own, it is not always easy or necessary to forget our cares and commitments, the noise and excitement of our environment. Never feel constrained to blot out all distractions. Anxiety in this regard could get between ourselves and God. Rather, realize that the Word did become flesh—that He speaks to us in the noise and confusion of our day. Sometimes in preparing for prayer, relax and listen to the sounds around you. God's presence is as real as they are.

Be conscious of your sensations and living experiences of feeling, thinking, hoping, loving, of wondering, desiring etc. Then, conscious of God's unselfish loving presence in you, address Him simply and admit: "Yes, You do love life and feeling into me. You do love a share of your personal life into me. You are present to

me. You live in me. Yes, You do." God is present as a person, in you, through His Spirit, who speaks to you now in Scripture and who prays in you and for you. Ask God for the grace to listen to what He says. Begin reading Scripture slowly and attentively. Do not hurry to cover much material

If it recounts an event of Christ's life, be there in the mystery of it. Share with the persons involved, e.g., a blind man being cured. Share their attitude. Respond to what Jesus is saying.

Some words or phrases carry special meaning for you. Savour those words, turning them over in your heart.

You may want to speak or recite a Psalm or other prayer from Scripture. Really mean what you are saying.

When something strikes you...e.g., when you feel a new way of being with Christ. He becomes for you in a new way (for example, you sense what it means to be healed by Christ),

-you experience God's love  
-you feel lifted by the Spirit  
-you are moved to do something good  
-you are peaceful  
-you are happy and content just to be in God's presence

This is the time to pause. It is also the time to pause when you feel disturbed, puzzled, or even repelled by something in the Scripture...

These are the times when God may be speaking directly to you in the Words of Scripture. Do not hurry to move on. Wait until you are no

longer moved by the experience.

Don't get discouraged if nothing seems to be happening.

Sometimes God lets us feel dry and empty in order to let us realize it is not in our own power to communicate with Him or to experience consolation. God is sometimes very close to us in His seeming absence (Ps 139: 7-8). He is for us entirely in a selfless way. He accepts us as we are, with all our limitations even with our seeming inability to pray. A humble attitude of listening is a sign of love for Him, and a real prayer from the heart:

At times often, remember the words of Paul:

"The spirit, too comes to help us in our weakness, for when we cannot choose words in order to pray properly, the Spirit Himself expresses our plea in a way that could never be put in words." Rom. 8: 26-27  
Relax in prayer. Remember, God will speak to you in His own way.

"Yes, as the rain and snow come down from the heavens and do not return without watering the ear", making it yield and giving growth to provide seed for the sower and bread for the eating, so the word that goes from my mouth does not return to me empty, without carrying out my will and succeeding in what it was sent to do" Isaiah 55: 10-11.

Spend your time in prayer just being conscious of God's presence in and around you. If you want to, speak with Him

about the things your are interested in or wish to thank Him for, your joys, sorrows, aspirations etc.

Summary: Five P's

-Passage from Scripture. Pick one and have it marked and ready.

-Place. Where you are alone and uninhibited in your response to God's presence.

-Posture. Relaxed and peaceful. A harmony of body with spirit.

-Presence of God. Be aware of it and acknowledge and respond to it. If nothing happens turn to....

-Passage from scripture. Read it very slowly aloud and listen carefully and peacefully to it.

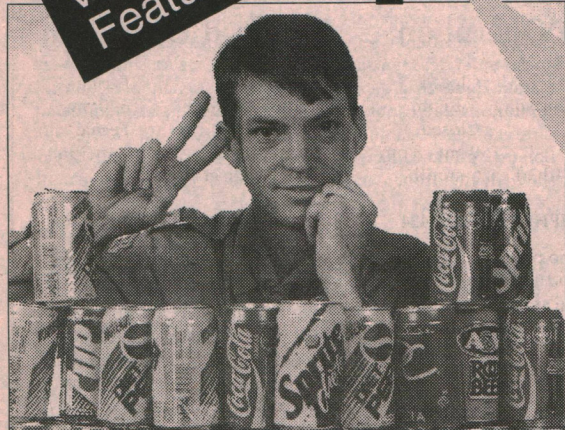
Read aloud or whisper in a rhythm with your breathing—a phrase at a time—with pauses and repetitions when and where you feel like it.

Don't be anxious, don't try to look for implications or lessons or profound thought or conclusions or resolutions, etc. Be content to be like a child who climbs into its father's lap and listens to his words and his stories. When you finish, remind yourself that God continues to live in YOU during the rest of the day.

During LENT we are offering A 1/2 HR. PRAYER SERVICE EVERY WED. NIGHT. AT THE PROTESTANT CHAPEL OF THE GOOD SHEPHERD AT 7:00PM WHY NOT JOIN US

EVERYONE IS WELCOME.

## New VOXAIR Feature Community Spotlight



Sgt Bill Lawrence seen here with some of his prized recyclable cans.

How can you combine environmental issues and a great cause at the same time? Just ask Wing Ops, Sgt Bill Lawrence. When he is not processing claims in the Orderly Room you can find him about the base every two weeks collecting and recycling pop cans. Bill, you see, is also a Scout Leader with the 17 Wing sponsored 51st Winnipeg Scout Group. Recycling the cans brings in approximately 250 to 300 dollars per month, to help subsidize the scouting activities for the kids. "My involvement started when my sons joined the Beavers. When they got older and moved on, I was asked to continue with the Beavers and the recycling program"; said Bill. Recycling boxes are located all over the base and Sgt Lawrence is always looking for volunteers to help pick up and set up new locations. If you can help call Sgt. Lawrence at 833-2338 or at his home, 888-5429.

Sgt Bill Lawrence

Story and photo by  
Cpl Ken Allan

### 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

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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!

## LE CANADA SE SOUVIENT

Le capitaine Stéphane Fortier, 31 ans, est devant le Monument commémoratif de guerre du Canada, à Vimy, en France. Membre de 17<sup>e</sup> Escadre, Winnipeg, il a fait partie du contingent Le Canada se souvient en 1994. On met présentement sur pied un nouveau contingent Le Canada se souvient, en poste à Saint-Hubert et à Saint-Jean, au Québec, afin qu'il représente les Forces canadiennes au cours des cérémonies commémoratives qui auront lieu en Europe pour marquer le 50<sup>e</sup> anniversaire de la fin de la Seconde Guerre mondiale. L'unité comprend une garde de cérémonie de 100 personnes, une escorte de drapeaux de 17 membres et un corps de musique de 55 musiciens. Toutes les unités et tous les corps d'armée qui étaient présents en Europe le 8 mai 1945 - jour de Victoire en Europe - seront représentés, de même que les navires et les unités de la Marine royale du Canada et de l'Aviation royale du Canada. Le Contingent Le Canada se souvient doit prendre part à plus de 50 activités qui se dérouleront en Europe de la mi-avril à la mi-mai.



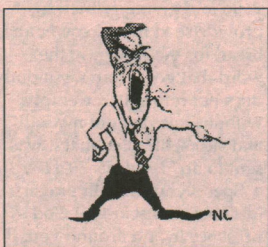
## Les aliments et l'humeur

(NC)—Le stress, un facteur d'influence dans nos vies, se définit plutôt mal. Il peut avoir différentes significations pour différentes personnes—autant la perception du stress que la réponse à un stress donné diffèrent. Le stress qu'il soit émotionnel, mental ou physiologique stimule plusieurs réponses hormonales d'adaptation. Les endorphines, parfois appelées «l'opium du corps» est un exemple de sécrétions hormonales pouvant aider à soulager la douleur.

On a observé que certains individus extrêmement gênés souffraient d'anxiété et d'insomnie chronique. Or les chercheurs se demandaient si le stress pourrait affecter la performance dans l'exécution de tâches qui requièrent de l'attention et entraîner une stimulation excessive de la réponse physiologique au stress. Parallèlement, des études pré-cliniques indiquaient que certains aliments, comme le lait, pourraient aider à diminuer le stress soit en libérant leurs propres endorphines et/ou en mobilisant les réserves de l'organisme.

Wyatt et ses collègues du «University of Arizona Health Sciences Center», à Tucson ont mené une étude d'une durée de huit semaines pour comparer des personnes âgées extrêmement gênées avec des gens âgés très extravertis, quant à leur

### NOTES DE NUTRITION



performance dans l'exécution d'une tâche qui requiert de l'attention et de la vigilance pendant 15 minutes. Durant les deux premières semaines, les sujets devaient suivre une alimentation de base. Ensuite chaque groupe de sujets (gênés versus extravertis) adoptait, pendant trois semaines, une alimentation excluant les produits laitiers et, pendant trois autres semaines, une alimentation incluant les produits laitiers. Au coucher et au réveil, dans le laboratoire, les sujets buvaient une tasse de lait ou de boisson de soja, selon qu'ils étaient dans la phase «avec» ou «sans» produits laitiers. Des échantillons de sang étaient pris 90 minutes après l'ingestion du breuvage du matin afin de mesurer le taux d'endorphines dans le sang. Durant la période d'alimentation de base et celle qui excluait les produits laitiers, le groupe des sujets

gênés, dans l'ensemble, avait tendance à être plus lent que le groupe de sujets extravertis en ce qui concerne l'exécution de la tâche nécessitant attention et vigilance. Cela n'était cependant pas le cas durant la période où l'alimentation incluait les produits laitiers. Le taux d'endorphines était plus élevé dans le groupe des gens gênés lorsque le régime alimentaire incluait des produits laitiers, mais il ne différait pas pour l'un ou l'autre des groupes durant la période où l'alimentation excluait les produits laitiers.

L'étude suggère que le lait, qui contient des endorphines, peut réduire l'anxiété chez des individus extrêmement gênés et que, par conséquent, il peut améliorer la performance dans l'exécution de certaines tâches. Il se peut aussi que ce soit le lait qui agisse comme un stimulant dans la mobilisation des endorphines de l'organisme. Les chercheurs insistent sur la nécessité de faire d'autres recherches sur les liens entre la personnalité et les interactions alimentaires dans les réponses cognitives et physiologiques.

Est-ce que le lait (et les produits laitiers) a un effet positif sur votre personnalité? La réponse nous échappe encore. Cependant, juste en cas, assurez-vous de consommer le nombre recommandé de portions de produits laitiers chaque jour.

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## Des projets communautaires pour enseigner, appuyer et inspirer

De l'aménagement de la couche d'ozone à la gestion des terres arables et de l'eau potable, les Canadiens et les Canadiennes tentent de déterminer quels sont les facteurs qui ont une influence sur l'environnement et sur la santé, puis d'agir en conséquence. Étant donné qu'il faut être renseigné avant de pouvoir passer à l'action, la sensibilisation est essentielle. Vie Active - Bouger, c'est dans ma nature! et ses partenaires provinciaux et territoriaux estiment qu'elle doit en effet être à la base de toute initiative. Qu'il s'agisse de dépliants illustrant des méthodes de jardinage naturelles ou d'ateliers sur la sécurité cycliste en milieu urbain, la sensibilisation figure de façon importante dans plus de 500 initiatives communautaires de Vie Active - Bouger, c'est dans ma nature! La plupart de celles-ci visent à enseigner de nouveaux comportements dans un cadre d'aventure et d'apprentissage.

Les projets communautaires qui encouragent la marche et le cyclisme, par exemple, illustrent comment nos choix de vie peuvent être bienfaitiers pour notre santé et pour celle de l'environnement. D'autres projets visent l'adoption d'une nouvelle attitude face à l'environnement. Bref, les projets de Vie Active - Bouger, c'est dans ma nature! cherchent à enseigner, à inspirer, à encourager et à appuyer toute initiative, petite ou grande, contribuant à une meilleure compréhension des questions et des choix auxquels nous devons tous faire face en matière de santé et d'environnement. En incitant à l'action communautaire continue par la sensibilisation, et en dirigeant cette action grâce à un changement d'attitude, Vie Active - Bouger c'est dans ma nature! espère que l'écocivisme et la vie active deviendront le mode de vie privilégié et l'héritage naturel des Canadiens et des Canadiennes.

## Faisons du bénévolat en famille...

(NC)—Samedi matin, 9 heures. Après le petit déjeuner, toute la famille saute dans la voiture. Part-elle en vacances? Va-t-elle jouer aux quilles ou faire des courses? Non... elle s'en va faire du bénévolat! En effet, pour les familles, l'action bénévole est une nouvelle façon de passer du temps ensemble.

Le bénévolat permet aux familles de se divertir, de travailler en équipe, de resserrer leurs liens et d'apprendre à connaître leurs obligations civiques. En plus, elles contribuent à faire de leur collectivité un endroit où l'on vit mieux.

Pour de plus en plus de Canadiens, c'est une façon d'équilibrer le travail et les loisirs. En même temps, ils prennent ainsi mieux conscience de la place qu'ils occupent, individuellement et comme membres d'une cellule familiale, au sein de leur collectivité, de leur pays et du monde.

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?

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**MISC. FOR SALE**

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For Sale - Men's leather jacket (black), size 46 tall, approx. 4 yrs old & hardly worn, \$150 OBO. Graco Silent Wind infant swing (purchased Jul 93), used 3 mon., \$40. Assorted baby toys (Fisher Price, Little Tykes, etc) all in new cond., \$2 & up. Please call 488-9467 evenings or lve msg during day.

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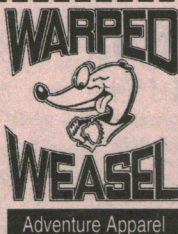
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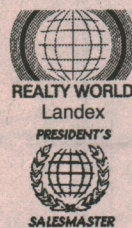
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