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VOL. 43 ISSUE 6

17 Wing Winnipeg / 17e Escadre Winnipeg

MARCH 29, 1995 / FREE

435 SQN To The Rescue

February 1, 1995

435 Transport and Rescue Squadron Attention:
Master Corporal Don Peters, Corporal Mark Holoshka
17 Wing Winnipeg
Westwin Manitoba R3J OTO

Dear Don and Mark,

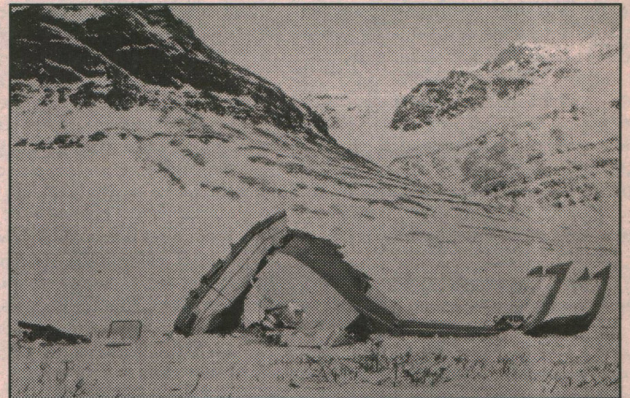
We are writing to express our heartfelt thanks for your efforts in extracting us from our "vacation" at Ram River Falls. We know that this operation was undertaken at considerable personal risk to your own lives and limbs. Jumping from a Herc at 13,000 feet into what you know is a canyon with devious winds is not something that can be trained for, and is surely not something even adrenaline junkies like yourselves could relish. But jump you did and safe we are as a result. *Thank you!*

We would like to say our thanks in a more tangible and personal way and extend our open invitation to join us for a celebration at one of Edmonton's finer eating and drinking establishments when we are all fully ambulatory and you happen to be in Edmonton. Please let us know when you are in town over the next three or four months so that arrangements can be made.

Again, we thank you for your incredible effort, your level heads, your good humour, and mostly your courage in saving our lives and making the worst imaginable situation turn out for the best.

Yours truly,

The Grateful Survivors a.k.a "the crash test dummies"



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

That Others May Live

Rwandan Postcard: The Road Less Travelled

by Lt(N) Kent Page

The road to Kibuye is paved with good intentions. Trouble is, that's all it's paved with - what it needs now is some pavement.

Every day in Rwanda, Canadian Forces transport drivers like MCpl Paul Charlebois of CFB Kingston, are bounced around on roads which would challenge anybody who likes four-wheel driving. Our drivers serve as a vital lifeline delivering their supplies of food, water, diesel and other essentials to the various battalions found in sectors around Rwanda's lush countryside.

The worst of these resupply routes is that which runs from Kigali, in the centre of Rwanda, to Kibuye, located on the west coast of the country and nestled in the hills on beautiful Lake Kivu. The Senegalese Battalion

headquarters are located in Kibuye and the mission of the day is to get 5,500 litres of desperately needed diesel out to the Battalion so that they can operate effectively as part of the United Nations Assistance Mission in Rwanda (UNAMIR).

The road to Kibuye could best be described, not so much as a narrow road, but rather as a wide goat path. The trip takes just over four hours - the first hour is pleasant and mundane enough. You really only have to worry about getting past the Rwandan Patriotic Army (RPA) checkpoints manned by teenage boys armed with AK-47's, navigating around the hundreds of pedestrians making their way to the markets, and of course, negotiating the most defensive driving pattern you can as oncoming traffic approaches you at mind-numbing speeds. But it is the last three hours

that make the trip memorable.

It is here where Canadian Forces drivers like MCpl Charlebois, really earn their pay. I had the pleasure of accompanying him and MWO Ray Evans of CFBagetown, on the weekly resupply run to Kibuye and my body is still shaking from the bone-racking trip which we endured that day.

We left the city of Kigali at 7:30 am as the mist from the surrounding mountains began to lift and the city came to life. Already, women and children are seen walking along the roads with huge baskets of bananas and other goods balanced on their heads and men ride by on bicycles with chickens hanging from their handlebars, all headed to the city's market to sell their wares.

Those with vehicles make a stop at the famous Kigali car wash, which is akin to a large muddy puddle into which you

can drive seven or eight cars. Then all it takes is a bucket of water on and lots of elbow grease and your car will look as if it's been washed with muddy water. But, judging from the lineup, the price is right and it's all good fun.

As we get to the outer limits of the city, we're stopped at the first of many RPA checkpoints, but fortunately the UN symbol painted on our 10 tonne truck allows us to bypass the armed sentries and forego the searches which the local population have to endure.

Onward through the winding roads which snake their way along the valleys of the mountains and then rise up into the misty heights as we make our way to Gitamara. We pass by the rusted wrecks of cars, which are mere shells

continued on page 2

BLOOD DONOR CLINIC REPORT

The Red Cross Blood Donor Clinic recently held at 17 Wing on 8 February 1995 resulted in a total of 133 Wing personnel registering to donate blood. Of the 133, 28 were new donors, who will hopefully continue to attend future clinics.

As Wing Co-ordinator I wish to personally thank the donors, the section canvassers and the many volunteers who contributed and whose effort made this clinic a success to this most worthy of causes.

Capt. E. S. Duguid

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"ASK MR. GREENTREE"

This column is your opportunity to ask the Wing Environment Officer about environmental issues. If you have any questions about pollution, recycling, Wing Environmental programs or any other subject, please "Ask Mr. Greentree".

Q. I read the Voxair article about 17 Wing going green and was wondering if letting the grass grow around the base will attract mice.

A. A good question! There are two things to consider here. First, mice populations vary considerably from year to year and last year was one of the peak years so there were more of them than normal. Second, while long grass appears to be a better habitat for mice, it is, in fact, the built-up dead grass (also called "thatch") which shelters mice. If this thatch is not removed, mice will prosper. The Roads and Grounds staff will be removing the thatch in the naturalized areas on a regular basis and, as a result, the habitat for mice will also be reduced. Although it is too late to make a long story short, the answer to your question is no.

Q. So what happened to the car-pooling scheme you were setting up?

A. Well, it's like this. After over one year of trying to encourage participation, I was contacted by only six people. None of these six lived in the same areas of town and/or had the same timetable. The "scheme" could charitably be

called "dormant" until more interest is expressed. I would like to thank all those who have put their names forward. Your interest was encouraging.

Q. I heard that we could get in trouble for dumping the honey wagon down a manhole near Hangar 16. What is wrong with using sewer pipes to get rid of sewage?

A. Absolutely nothing. BUT, in this case, the sewage would be dumped down the stormwater drains which go directly to the river. This would mean that untreated sewage would be discharged into fish-bearing waters - a clear violation of the Fisheries Act. Such a violation could mean a very large fine to the person who committed it!

Not all manholes lead to sewers and, in most parts of the city, so-called sewer grates in roads and parking lots actually lead to storm drains. This means anything that causes pollution (e.g. oil, antifreeze, paints and household chemicals) should not be dumped into them - not only because of the possibility of a fine under the Fisheries Act and city bylaws, but because of the impact it has on the environment. If you have any of these substances you want to get rid of, either swap them with a neighbour or friend or take them to the Household Hazardous Waste Collection Depot at 745 Logan Avenue (945-1844).

If you have a question, please write the Wing Environment Officer c/o CE Bldg 100 or call him at loc 6774.

Rwandan Postcard

cont'd from page 1

of what they once were. The wrecks serve as silent testimony to both the treachery of the roads here and to the resourcefulness of the Rwandan people. The roads would put any Grand Prix driver through their paces as they narrowly cut through the mountainous terrain, with no barriers to protect you from disappearing off the precipitous heights of the sheer mountainsides. And, the Rwandan people could very well be the most resourceful people on earth. Cars have been known to be stripped clean within an hour of an accident. All that remains is the steel frame - mirrors, engines, steering wheels, tires, radios, lights, wires and of course, the seats, all make their way to new owners for a multitude of uses.

But the backbreaking fun begins as we leave the Gitamara city limits. Suddenly, there is no more pavement and goats and cows look at us with consternation as we pass them by on their highway. The speed slows down to 20-25 km/hr and the bonecrunching, mind-rattling

ride begins. "One thing I've learned", says MCpl Charlebois, "is that unlike in life, if you find yourself in a rut here, you stay in it. If you try to get out, your wheels are likely to slide all over the road, and with our tires only feet from the mountain edge, I don't like to slide." The ruts cut two feet into the hard red dirt that serves as our road and get deeper with every rainfall.

For the next three hours we make our backbreaking way along countless hairpin turns at a snail's pace, before thankfully reaching Kibuye. We stop only once for coffee and bear claws at a local Tim Horton's. I take three pages of notes during this part of the trip, but when I tried to reread them, I found only unintelligible chicken scratch which serves only as evidence of the rocky road which MCpl Charlebois had masterfully negotiated.

After filling the Senegalese diesel tanks and a quick lunch of hard rations, MCpl Charlebois' steady hands reached once again to the wheel and we steadied ourselves for three more hours of backbreaking adventure - truly, the road less travelled.

Editor's note: This story contains 1 wishful, but false statement.


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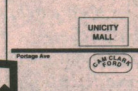
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Be a Volunteer

Community Spotlight



Cpl. Richard Doucet alias "Ricky D" pumping up the tunes at radio station CKXL 91.1 FM.

Listen! Do you hear that? That sound is High Energy Dance music and it's heard every Friday night between 8 and 11 o'clock on radio station CKXL 91.1 FM. There's a different music scene happening at this station and by tuning in you can be a part of it. The show is called "Laser" and your DJ is Ricky D. The music comes from all over Europe and North America and is guaranteed to get your adrenaline pumping. How popular is the sound? Ricky D is the highest rated DJ at the station. People of all ages phone in from all across the city. If Ricky D looks familiar it's because he also goes by the name of Cpl Richard Doucet an Air Frame technician at 17 Wing. Richard doesn't get paid by the station, but he does get a lot of satisfaction by playing the music that he loves. Judging by the ratings and the amount of phone calls during each show it looks like a lot of other people share his love of this music also.

Community Spotlight is always looking for new stories so if you or anyone you know is involved in the community call me at 833-5236.

Volunteers are needed throughout Winnipeg to assist seniors, children, people who are mentally or physically challenged, community programs and clinics. An hour or two of your time would enhance someone's life. You will gain valuable experience and personal satisfaction. Volunteers provide companionship, transportation, grocery shopping, life skills training, child care or a daily safety check phone call. For more information call the volunteer co-ordinator at 945-6204.

Cpl Richard Doucet

Story by Cpl Ken Allan
Photo by Pte Mischa Rothoehler



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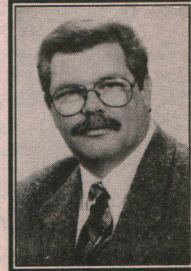
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PROFILE OF MCPL PELLETIER 435 SQUADRON

MCpl J.P.M. "Mario" Pelletier arrived at 17 Wing with the rest of the Hercules gaggle in August of 1994. Mario's postings prior to arriving at the Squadron were 2 Svc BN Petawawa and 3 Air Movements Unit Ottawa, where he acquired the skills and experience to be selected to attend Traffic Technician trade specialty training to become a Loadmaster. Upon successful course completion he was posted to 435 Sqn in July of 1992.

As one of the more experienced and knowledgeable Loadmasters on the Squadron he is called upon to perform several diverse

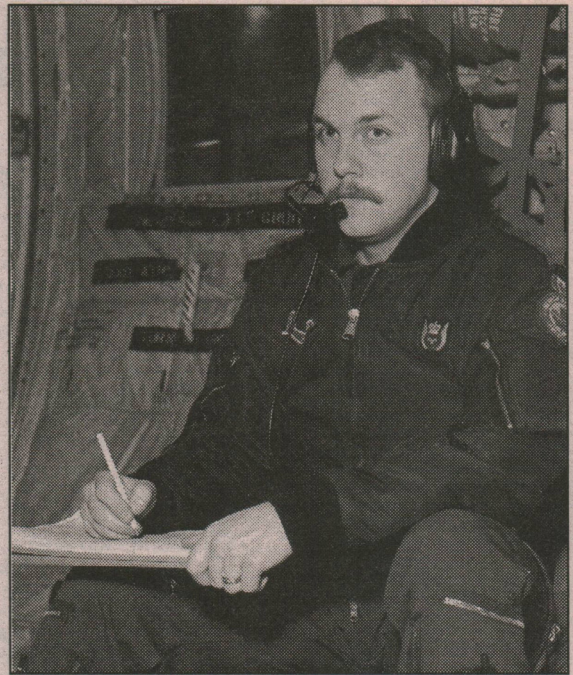
functions as an aircrew team member. For example, when conducting a strategic trip from Winnipeg to Trenton and Split (for resupply of our UN Troops there) and return MCpl Pelletier will spend a full day prior to departure to ensure the aircraft is properly configured to accommodate all passengers and freight including priority five passengers. He also picks-up crew passports from Wing Ops ensuring all required visa's etc are in order for the duration of the trip. The morning of departure sees Mario into work 2 and 1/2 hours prior to take-off to ensure the aircraft is properly loaded and to complete the aircraft pre-flight and weight and balance. During the flight the care and comfort of the passengers and freight become his primary responsibility as well as

continual monitoring of aircraft systems such as aircraft hydraulic quantity levels etc.

Upon arrival at destination Mario will supervise the off loading of all passengers, baggage and cargo as well as arranging for clearance through customs and immigration of all pax, baggage and cargo if required as well as conducting a thorough post-flight inspection of the aircraft.

MCpl Pelletier has also qualified as an Air to Air Refuelling Observer being the eyes and ears of the Tanker Commander and aircraft pilot during missions refuelling CF18 and CF-5 fighters.

During a recent Search and Rescue mission which saw the Squadron rescue four personnel from a civilian aircraft crash in the mountains of BC. Mario dispatched a total



of 54 magnesium flares to illuminate the crash site enabling the SAR Techs on the ground to better care for the casualties.

When he is not away on flying duties as a certified CPR

and First Aid Instructor he ensures all Squadron members complete their annual CPR qualifications as well as teaching First Aid to other military and civilian members of the Wing.

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435 SQUADRON - AAR

While it may be true that 435 Squadron is perhaps best known as a transport and search and rescue squadron it is also true that fully one quarter of 435's taskings involve air to air refuelling (AAR). The relatively recent acquisition of the Herc AAR role is unique to 435 and makes the squadron the only "triple roled" unit in Air Transport Group.

435 has been involved in AAR operations since 1992 when the first of five Hercs (1990 models purchased after the Gulf War) were converted by Northwest Industries in Edmonton. The conversion is unique to Canada. Unlike other Herc Tankers (the USAF's for instance) our aircraft are fully convertible. Thus an aircraft can be used for transporting cargo one day and after an 8 hour conversion (requires installation of the fuselage fuel tank and attachment of both wing mounted refuelling pods) be used to extend the range and combat capability of Canada's fighter force.

Approximately 30 personnel at 435 are trained in AAR. Two or three times a year the squadron conducts AAR courses for pilots, navigators, flight engineers and loadmasters/observers. This training was most recently conducted on course 9501 held this past January/February.

The AAR course begins with 3 days of ground school in Winnipeg. Lectures are given on the AAR system, limitations, procedures, and emergency measures. This is

followed by a 10 day deployment to either Cold Lake or Bagotville to allow the crews to gain some actual experience refuelling CF-5s or CF-18s.

Course 9501 deployed to Bagotville on Sunday 29 January. The following week the crew flew twice a day supporting the CF-18s of 425 and 433 Squadrons. The Quebec winter made for challenging conditions especially on the ground. The flight engineers and supporting pod technicians would have to pre and post flight check the aircraft in -30 degree (C) temperatures not including windchill!

As the weekend approached plans were made to support the deployment of four CF-18s of 433 Squadron to train against USAF forces in Savannah, Georgia. The deployment allowed training for both the tanker and receiver crews as it involved a rendez-vous. The Herc is too slow to accompany the fighters for the entire route so it must depart ahead of the fighters and meet them at the assigned rendez-vous area at the appointed time for fuel transfer.

On Friday the Herc tanker under the call sign "Oiler 41" departed Bagotville for a rendez-vous in a designated AAR area off the coast of New York City. As Oiler 41 coasted out over the JFK VORTAC a break in the clouds allowed an excellent view of Manhattan where one could clearly see the Statue of Liberty, the Empire State Building, the United

Nations and many other famous sights. Some cloud in the rendez-vous area made the rendez-vous challenging but the mission was carried out successfully. The CF-18s with their tanks now full continued on to Georgia to land ahead of the tanker.

Georgia presented a welcome opportunity to escape from the Canadian winter. However, at +15 degrees Celsius the locals were wearing multiple layers of winter clothing to cope with the unusually cold weather! Oiler j16

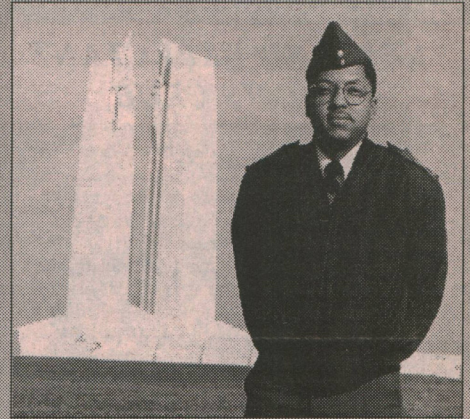
41 continued to support the CF-18s during the deployment, refuelling our aircraft off the coast as they operated against the local USAF F-16 unit.

On return to Bagotville Course 9501 carried out some final training and then completed the final checkrides. On 8 February Oiler 41 returned home to Winnipeg and the course was complete. Within days the latest members of the AAR community would be in Norway refuelling Canada's contingent of 12 CF-18s on NATO exercise "Strong Resolve."

With the last federal budget and the announced retirement of the Boeing 707, 435 will likely find itself to be Canada's Air Force's only AAR resource. The AAR role may not be as well known as the others but it is no less important.

In this era of limited resources AAR acts as a significant "Force Multiplier" for Canada's Air Force.

Canada Remembers



Sergeant Aldwin Albino, 30, stands before the Canadian War Memorial at Vimy, France. From CFB Winnipeg, he served with the Canada Remembers Contingent throughout 1994. A new Canada Remembers Contingent, based at St-Hubert and St-Jean, Que., is currently being formed to represent the Canadian Forces at commemorative events in Europe marking the 50th anniversary of the end of the Second World War. The unit consists of a 100-person ceremonial guard, a 17-member flag party and a 55-piece band. All Canadian Army units and corps present in Europe on May 8, 1945 VE-Day - will be represented, as well as ships and units of the Royal Canadian Navy and the Royal Canadian Air Force. The Canada Remembers Contingent is expected to participate in over 50 events in Europe between mid-April and mid-May.

For more information about the Canada Remembers Program, please call Greg Hogan at 613-996-8704.

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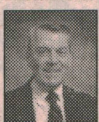
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MFRC ANNOUNCEMENTS

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

NEW AND EXPECTANT MOM'S CLUB



The new and expectant mom's club enjoying their afternoon of sharing.

New and Expectant Mom's Club

(for infants up to 8 months)

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

Date: Tuesday afternoons
Location: 54 Bourkewood Place
Time: 2:00 - 3:30 p.m.
Cost: Free

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 weeks with the 11th week free

Babysitting Co-op Meeting

Children Welcome

Date: Thursday April 20
Time: 6:30 - 8:00 p.m.
Where: 350 Doncaster

The MFRC Babysitting Co-op 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.

For more information call Mavis at 489-7003.

Caregiver Support Meetings

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.

Date: Tuesday April 11
Time: 7:00 - 9:00 p.m.
Where: 350 Doncaster

Need an afternoon off for an appointment, or to do your grocery shopping?

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. To reserve your spot, please call the Nursery School at 833-6846 no later than Monday afternoons for that week's session. **Drop-off child care will be cancelled on Tuesday, March 28 during Spring Break.**

International Women's Day

On March 8 the MFRC, along with board members, volunteers and community members celebrated International Women's Day. Everyone gathered at noon for a pot-luck lunch. Kathy Roberts from Osborne House led a discussion which resolved some of the myths surrounding wife assault. She was very impressed by our informed community. Kathy wishes to thank all in attendance for their donations of necessities which will be used by women who are currently at the shelter. The event was so well received that the MFRC plans on hosting more pot-luck lunches. If you wish to be notified of upcoming events, or can suggest a topic for discussion, please call the MFRC at 489-7003.

In the Community....

In preparation for the MFRC's Women's Conference, several students from the University of Manitoba's Faculty of Design are planning a seminar on decorating PMQ's. You may notice them walking through the PMQ patch between April 3 and 6, 1995. Please do not be alarmed - interior design students are generally harmless unless provoked. The seminar will address issues of stylistic concern to PMQ dwellers. Essentially, they will inform the audience of how to make your home uniquely yours, in an economical manner, and than take it with you when you are posted. If you would like more information on the Women's Conference, May 12 & 13, please call the MFRC at 489-7003.

Is your Partner Away?

If your partner is away on a peacekeeping mission, TD or a course, this announcement may be of interest to you. We are hosting an evening meeting with women like yourself to brainstorm activities to get you out of the house and meeting people who are also "baching" it temporarily. If you've ever been left to your own devices and not received the support you'd have liked or had a great experience and would like to share the secret with others this meeting is a must! See you then!

Monday April 3 @ 7:00 p.m. 350 Doncaster Street.
For more information call Rae @ 489-7003.

Babysitting Course

The MFRC is once again offering a babysitting course. Participants should be 12 years or older. Topics include: fire safety training, basic first aid, child development, child care and activities for children. Demonstration of practical experience will be required before a certificate is issued. The course will be held from 10-2 p.m. on Saturday April 22nd and from 10-3 p.m. on Saturday April 29 at Lipsett Hall Nursery School. To register please call the nursery school at 833-6846.

New Facility Westwin Community Centre

The MFRC will be opening a new program facility in the new Westwin Community Centre on the Northside. We are hoping to offer comparable children's programs in this new facility along with many other programs. Please call Wendy at Lipsett Hall - 833-6846 or Mavis at the MFRC 489-7003.

LIPSETT HALL NURSERY SCHOOL

4 years old

Mon, Wed, and Fri, from 9:00 - 11:15 a.m.
at a cost of \$67/month

3 years old

Tues and Thurs from 9:00 - 11:15 a.m.
at a cost of \$40.00/month

Our nursery school program offers the preschool child a chance to socialize in a happy friendly environment. Activities include learning centres, stories, songs, free play, arts and crafts, drama and large muscle play. For more information please contact the nursery school at 833-6846.

SPRING WOMEN'S CONFERENCE

May 12 & 13
Friday Night
Wine & Cheese and
key note speaker
Saturday Exciting
Workshops
- Tai Chi
- Great Decorating Ideas
for PMQs
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Parents and Child Swim

Where: Lipsett Hall Pool
When: Thursday afternoons
from 1:15 p.m. to 2:15 p.m.
Cost: \$16.00 for eight weeks
Start: April 20, 1995

Qualified instructor with many
years experience.
To register call the Lipsett Hall
Nursery School
at 833-6846.

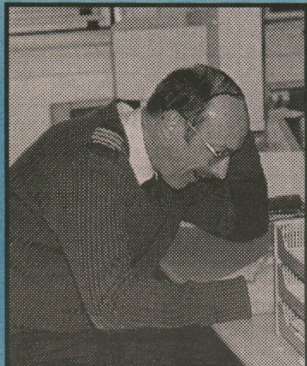
Creative Tot Shop

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

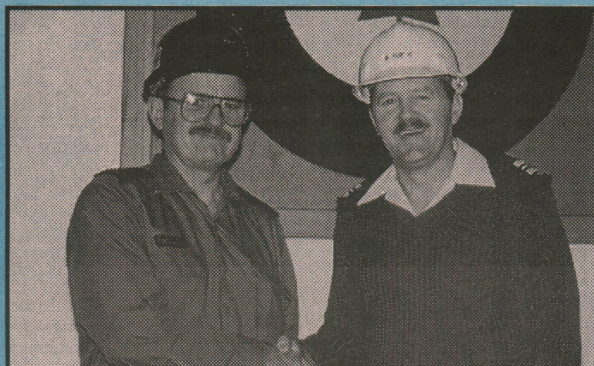
Creative Tot Shop will be
cancelled on Mon., March 27
during Spring Break.



Wing Supply



Good clerical help is hard to find and Wing Supply's office manager, Milly Matson, had the pleasure of "Pte Lee" working for her one afternoon in February. As you can see he just can't believe how busy this orderly room is, and while answering the phones, solving problems, "having coffee", etc. he is also attempting to balance the budget - he seems happy enough, but competent ??? - we're not sure!!! It is of course just a coincidence that "Pte Lee" looks a lot like 17 Wing's W Log O, LCol Smith - brothers perhaps.....



Cpl Allan is shown receiving his new promotion from Maj Collins, W Sup O. Well done, Glen.



Supply is at it again. (From Army to Navy to Cook ???)

Our customers always come first at Wing Supply and not only do we supply clothing, furniture, aircraft parts etc, we offer, by special request only, cake, cake and more cake. "Chef Pepé Le Peu" (alias Cpl Bill Lucas) changes his hat and whips up a perfect batter. He has been known to use chocolate and whip cream in his icing too!!! Well, this is professional development.....

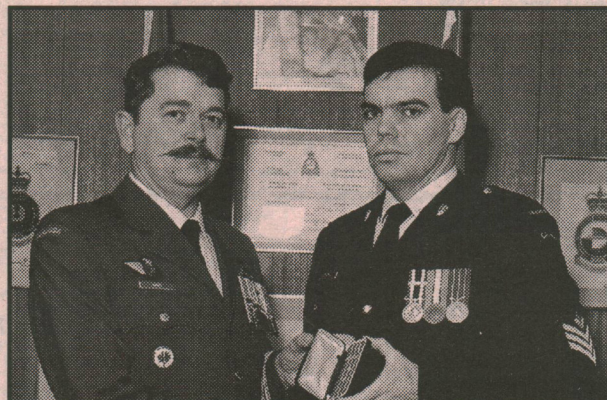
*Keep up
the
good work.*

73 COMMUNICATION GROUP

Presentations



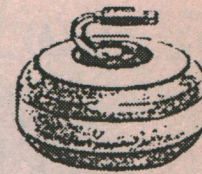
Lieutenant-Colonel A.G. Hines, Commander, 73 Communication Group presented Major J. Clark with the Second Clasp to his CD effective 2 December 1994.



Lieutenant-Colonel A.G. Hines, Commander, 73 Communication Group presented Sergeant R. Porter with the First Clasp to his CD effective 10 March 1995.

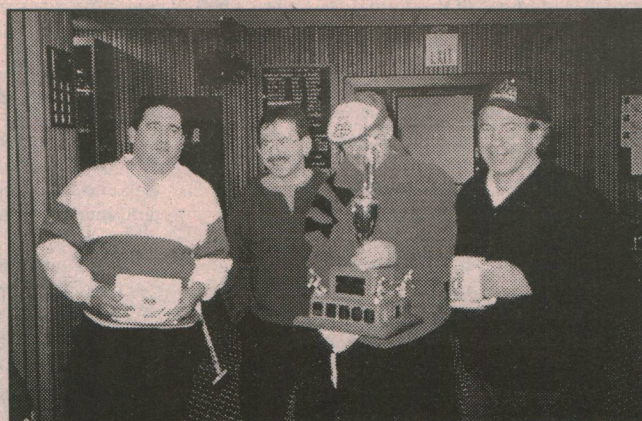


402 SQN Bonspiel



by Capt Chris Wright

On the 17th of Feb 402 Squadron held its annual Curling Bonspiel at the Base Curling Club. A total of 16 teams representing various sections of the Sqn participated in three events. At the end of the day it was the team of MCpl Tom Doucette, Sgt Al Chalk, MCpl Paul Lepine, and Mr Arv Redden who took the "A" Event championship with their victory over the team of MCpl Keith Johnson, WO Dave Gallant, Cpl Mike Lefebvre, and Cpl Scott Roberts. Other event winners included the team of Capt Linton Sellen, Mrs Debbie Sellen, Maj Ed Leask, and LCol Chuck MacIntyre taking the "A" Event Consolation; MCpl Les Isaacs, Cpl Henri Robert, Cpl Al Hurley, Cpl Tim Hicks winning the "B" Event; and Cpl Val Greenwood, Cpl John Erwin, MCpl Mark Wilson, Sgt Bob Greenwood winning the "C" Event. Thanks to all who participated.



402 Sqn Bonspiel Champions (L-R) MCpl Tom Doucette, MCpl Paul Lepine, Sgt Al Chalk, Mr. Arv Redder.

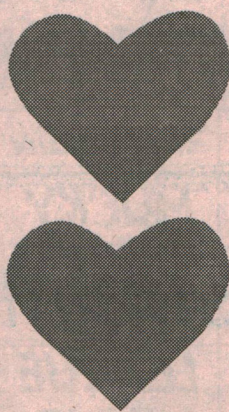


Cpl Scott Roberts and MCpl Keith Johnson sweeping their way to the "A" final.

Valentine's Dinner '95



Linda and Bob Keenan names were drawn for the romantic one Weekend Night's Accommodation for Two the RADISSON SUITE HOTEL



Penny and John Abrams looked overjoyed when they were informed the VISCOUNT GORT HOTEL was their destination for a Complimentary Two-Double Bed Room for a weekend.

WOS' & SGTS' MESS VALENTINE'S DINNER & DANCE 11 FEB 95

Presentations were made by Entertainment Committee Member Sgt Carol Aubin. A very big THANK YOU to those local merchants whose donations made this event such a success.

Other winners not shown are Debbie and Carlo Klomp who received tickets to the celebrated Celebrations Dinner Theatre graciously donated by Best Western International Inn, and Carmen and Ed Franchi won a "Weekend for Two" at the Holiday Inn Airport West which included "Brunch for Two".

PROFILE OF AN AIR RESERVIST CHIEF CLERK 17 ARAF

Sgt Heather Demchuk came to the Air Reserves via the Militia. She enrolled with the Queen's Own Cameron Highlanders of Canada on 18 June 1986 where she was employed as an Administrative Clerk and attained the rank of MCpl. On the 7th of October 1991 Heather transferred to Air Reserve Group Headquarters and was employed in the Orderly Room and Training Control. On the 19th of July 1993 Sgt Demchuk



Sgt Heather Demchuk

transferred from the now disbanded ARGHQ to 17 Air Reserve Augmentation Flight Winnipeg in the position of Chief Clerk. She was promoted to her present rank effective 1 August 1993. She was the recipient of the Canada 125th Confederation Medal and was also awarded the Special Service Medal for her tour of duty with 1 Canadian Division Headquarters in Lahr, Germany.

Heather is married to Cpl Ron Demchuk who is also an Air Reservist employed as a Traffic Technician with 1 Air Movements Squadron and is also employed with Peterbilt of Winnipeg.

Sgt Demchuk is a staunch supporter of the Manitoba Ringette Association both as a player and secretary of the North Winnipeg Ringette. Of special note, in 1984, Heather was one of those selected to represent her country to introduce the game of ringette to the Soviet Union.

Sgt Demchuk finds this job the most challenging position that she has held during her career and through her actions she has shown that she is definitely the right person for the position of Chief Clerk 17 ARAF.

AIR COMMAND BAND NOTES

In February the Air Command Band visited Alberta and performed for the Canada Winter Games in Jasper which hosted the Wheelchair Basketball and Downhill Skiing venues. The early spring weather that threatened some of the events was a welcome relief to the new members of the band experiencing their first Manitoba winter. The band played daily for medal presentations as well as the opening and closing ceremonies. During the week the band scheduled 2 concerts at a local school and received an enthusiastic response from the staff and students.

This month promises to be busy for band members as rehearsal time is spent practising new pieces to be performed during a public concert at Festival Place in Edmonton, Alberta on Friday March 24, 1995. The Air Command Band has been invited to perform at the annual Alberta Stage and Concert Band Music Festival

for music student and educators as well as the general public.

Following this concert, nine band members will remain in Edmonton to assist with instrument instruction at a cadet music camp being held at CFB Wainwright while the remaining band members will return to 17 Wing to play for the opening ceremonies at the Royal Winter Fair in Brandon, Manitoba on March 27, 1995.

To complete the month most of the band will return to Edmonton to play for a parade and mess dinner marking the transfer of Command from 18 Wing Air Command to Land Force Command on March 31, 1995 while the remaining few in Winnipeg will be offering musical support for a mess dinner at 17 Wing.

The band will follow this busy time by going on leave before beginning preparations for the Canada Remember Celebrations in Holland.



Royal Roads: A Celebration

Royal Roads: A Celebration is a full-colour photographic exploration of the college, highlights of its ceremonies and daily life, its architecture and stained glass, its renowned gardens and acres of old-growth forest.

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specialists, captures the present-day splendour of Royal Roads and its people.

The proud memories of those who have been part of life at Royal Roads are interspersed as quotes among the more than 140 images.

Captain (N) Dave Bindernagel, the current Commandant, has written a heartfelt foreword, which, with Dr. Maurice Robinson's informed introduction, is fit tribute to a splendid institution. A chronology of events and detailed map add temporal and geographical perspective to the images and the memories.

Royal Roads: A Celebration is a gift you will want for yourself and for others who know and love the college.

To order your copies, send your cheque or money order for CDN \$32.00 per book (including GST) plus packaging/ mailing costs (\$6.00 for first book, \$8.00 for 2-5 books, \$10.00 for 6-10 books) to:

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 Chemistry Department
 Royal Roads Military College
 FMO Victoria, B.C. VOS 1B0



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Patrollers In The Mist

By Lt(N) Kent Page

It was the kind of heat that makes you break out into a sweat in seconds - the sweat sticking your clothes to every part of your body and stinging your eyes as it pours from your forehead.

It was the kind of mountain that requires complete concentration - each foot placed carefully, gripping for traction as you make your way slowly up the treacherous slope.

It was the kind of fatigue that helps you sleep soundly through the night - leg muscles aching and stretched.

It was just another day on a military observer foot patrol in Rwanda.

Military observers are the eyes and ears of the United Nations Assistance Mission in Rwanda (UNAMIR). There are over 300 officers from countries around the world serving as military observers in Rwanda - 20 of them are Canadian. Every day they are out in the field, on foot or vehicle patrol, putting their finger on the pulse of this recovering nation.

"Our job is multi-faceted," says Capt Glen Leduc of

Kingston, Ontario. "We cover two main areas, security and humanitarian. On the security side, we keep track of arrests made, mines laid and disappearances as well as observing any military actions and reporting on insurgency operations. On the humanitarian side, we liaise with Non-Governmental Organizations, provide data on living conditions, assess the needs requirements of the local population, as well as rendering assistance in everything from traffic accidents to escorting internally displaced person convoys. The job is satisfying in that we often act as facilitators between the local population and civilian and military authorities, putting people together to try and find solutions to their problems."

With the help of Vancouverite Maj John McComber, who is working as the Military Observer Operations Officer in Kigali, I was able to participate in a military observer foot patrol through the Parc des Birungas in northwestern Rwanda. The park which borders on Zaire, is famous for Mount Visoke which, rising 3711 metres, is

the setting of Dian Fossey's *Rarasoke Research Centre*, made famous in the movie "Gorillas In The Mist".

Accompanied by a journalist from The London Times and led by Major Jerzy Maczka, a military observer from Poland, we began our ascent of Mount Visoke. "Our objective is to patrol up the mountain and across to the Zairean border and back", says Maj Maczka. "The aim is to determine whether Rwandan refugees based in Zaire are crossing back into Rwanda through the park from Goma. It also allows me an opportunity to find out whether or not the "Interhamwe" are conducting incursions into the country. I also want to check out on the mine situation in the park. There have been many rumours that the park has been mined but evidence is lacking."

It took us an hour and a half to reach the site of Dian Fossey's gorilla research centre. And, although the path leading to it was relatively clear, the precipitous slope was challenging and we had worked up quite a sweat on our arrival.

The Karasoke Research

Centre is now a collection of looted buildings being swallowed by overgrown brush. We took a short break near the wooden crosses at the gravesite of Dian Fossey and her beloved gorillas. The Centre has a feeling of emptiness and loneliness which contrasts with the beauty, peace and tranquillity provided by the canopy formed by the huge trees of the rainforest, their low-hanging branches covered in lichens protecting the camp from the blazing sun.

A few gulps of water later, and we carry on towards the border of Zaire. The path becomes more and more impenetrable as we make our way along. We are engulfed in giant thistles, seven feet high, scratching our faces, arms and legs, producing a burning sensation that will last till the next day.

Up ahead, there is a commotion in the brush - something is struggling to break free. As we get closer, we see two bamboo poles, bent over and bobbing like a fishing rod when it's hooked. On closer examination, we find a small deer that has been caught by a poachers trap, a slip knot

around its front leg. Minding both the thistles and the deer's hind legs, we free her from the trap and she disappears quickly into the dense foliage.

Onwards we hike, our pace slowing as the path disappears under our feet. Hearts pounding, scratches burning and sweat pouring, we check our map and determine we're within 500 metres of the Zairean border.

We head back, having seen no signs of life with the exception of the freed deer. On the way, we destroy 15 other poacher traps which have been set up along the path. There is no evidence of refugees or interhamwe crossing through the park, nor of mines being laid on this patrol. But like all things in Rwanda, things change and the next patrol might be different.

As we make our way back down the mountain, Maj Maczka notes, "Sometimes" no news is good news. Each patrol turns up something different, but all the information reported on helps us to help the Rwandan people put their country back together again. Next time, I'll take a different route."

St. Mark's Protestant Chapel, 14 Wing Greenwood, NS

A reunion to celebrate St. Mark's 40th Anniversary has been planned for 29-30 Apr 95. We would be delighted to hear from all former members interested in joining our celebration. For more information please contact the Wing Chaplain's Office at (902)765-5883 or by CSN at 568-5883.

31st Annual CFB Winnipeg EARLY BIRD GOLF TOURNAMENT

WASAGAMING GOLF COURSE
CLEAR LAKE, MB
0700 hrs 3/4 JUN

POC:
Maj Richard Ayer
(W) 833-5995
(H) 889-5090

Mail entries to:
Maj R. Ayer
37 Fieldstone Bay
Winnipeg, MB
R2Y 0R1



- Entry Fee \$65.00/golfer, cheque payable to CFB Winnipeg Early Bird Golf Tournament
- Accommodation is Golfer's responsibility
- Tee off times will be posted at Golf Club

ENTRY FORM

NAME: _____ PHONE: _____

ADDRESS: _____

THOSE WISHING TO PLAY TOGETHER, PLEASE INDICATE BELOW:

A _____ B _____
C _____ D _____

Indicate Golf Cart requirement (Y/N) Sat _____ Sun _____

Indicate social preference _____ Meet & Greet Friday
_____ BBQ Sat. evening _____ BBQ after Sun. round



GAS BAR CLOSING

Due to escalating environmental standards, the underground fuel storage tanks and related dispensing equipment at this location will be removed by Shell Canada - as a result of which, the gas bar will close 31 March 1995.

We appreciate your patronage and regret that we will be unable to service your future gasoline requirements.



BINGO - Every Mon. Wed. Fri., 7:45 p.m. Early Bird 7:30 p.m. Crib night every Thursday at 2000 hrs. Join us for six meat draws made each Saturday at 1500 hrs. DANCING - Friday & Saturday Evening CANADIAN FORCES PERSONNEL WELCOME Army, Navy & Air Force Veterans in Canada ASSINIBOIA UNIT NO. 283 3584 Portage Avenue R3K 0Z8 Phone 837-4795 THE FRIENDLY CLUB

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BAGS FOR ALL MAKES

GIGANTIC MINTO MARKET

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

When? Sat. & Sun., April 1st & 2nd, 1995
9:00 a.m. - 4:00 p.m.

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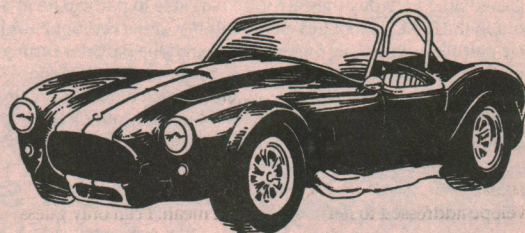
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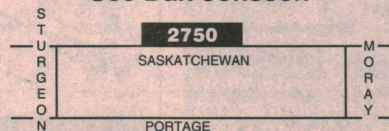
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A WORD FROM THE CHAPLAIN

JUST AROUND THE CORNER...EASTER

By Padre Joe MacLean

The trouble with Easter is not that it might be true. The trouble with Easter is that it raises the question: "Is it worth it?"

We know the good stuff. There are beautiful days when the sun shines and the tulips bloom, babies are born healthy and people do mean it when they say they love us. These bring warm feeling to our hearts.

It is the other hard realities that get in the way: the long nights of worry, bitterness that may well up inside us or the pain we carry of discouragement and apathy. The trouble with Easter is that we still have children who die because of war; the trouble with Easter is that even the best people we have ever known and loved can hurt us; the trouble with Easter is that we fail to bury our grudges.

In the movie, USED PEOPLE, the lead character is a recent widow. One day, she is going through her late husband's effects and finds an envelope addressed to her, tucked down in the toe of an old shoe. Should she open it? She does.

Inside the envelope is a letter and \$300.00 in cash. The letter is from her husband, written many years ago when they were first married. In the letter, he tells her that he intended to

leave her because, each day they were married, he watched her die a little inside and he could not bear that.

He never did leave her; but he never threw away the letter, either. The marriage had been difficult — not because he was a bad person, nor was she. It had just been difficult.

Has it been worth it?

Later, her daughter confronts her. "Has it ever occurred to you," the daughter says to her mother, "to ask the question, 'Has it been worth it? Has my life been worth it?'"

The widow responds, "Yes, it has occurred to me to ask the question. But I won't. I won't ask the question because, if I do, I'm afraid I'll start screaming and not stop for three days."

Not science, but our scriptures tell us that Jesus did not die for an instant; instead, he "lived" death for three days. I really do not know what that could mean. I can only guess that part of "living" death has to be asking the question: "Has it been worth it?"

Today, as we celebrate the divine "YES" concerning Jesus, we are also affirming our hope that one day, all the little glimpses of resurrection we have witnessed in our lives

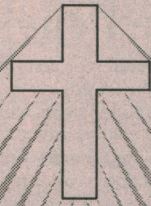
will come to full realization. Death will meet life and passion will find glory. YES!

For Jesus, everything had gone wrong. Even the people who loved him so imperfectly that they fled at the first sign of danger. Was it worth it — his life, his love of God, his love of these imperfect lovers? I am always suspicious of easy answers but I do not know how he could have come back, if the answer had been "NO". And maybe more importantly, I do not think his friends could have lived with his memory and carried it down to this day if the answer had been "NO".

We struggle with the question, "Has it been worth it?" Is it worth it? If you love life and have the capacity to love...yes it has been worth it!

I believe that the Lord stands as a witness, not so much to the truth of Easter and the power of God as to the fact that Easter is worth it. We are loved beyond our understanding. Some day, maybe when we ourselves "live" death, it will become clear to us; and every pain and disappointment will seem as dust in the wind, and we will rejoice — not because we have loved but because we have first been loved. We will be at peace, as Jesus said to his friends over and over again after his resurrection.

PEACE BE WITH YOU THIS EASTER.



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L'Éco-Logo - Guide du consommateur soucieux de l'environnement

Devant la panoplie de produits « verts », « écologiques » ou « soucieux de l'environnement », les consommateurs n'ont pas la tâche facile quand ils veulent acheter des produits avantageux sur le plan famille, santé, et environnement. Comment peuvent-ils faire un choix éclairé? Heureusement, le programme Choix environnemental vient à la rescousse avec l'Éco-Logo!

L'Éco-Logo — trois colombes entrelacées qui forment une feuille d'érable — représente la collaboration entre le gouvernement, l'industrie et les consommateurs canadiens dans le but de protéger l'environnement. Conçu par Environnement Canada, ce symbole permet aux consommateurs de reconnaître les produits et les services les plus « verts ». L'Éco-Logo apposé sur l'étiquette d'un produit atteste que celui-ci répond aux critères — ou les dépasse — assurant qu'il réduit de façon appréciable les répercussions néfastes sur l'environnement.

On compte actuellement plus de 1 400 produits affichant l'Éco-Logo parce qu'ils sont fabriqués ou offerts de façon accroutre l'efficacité énergétique ou à réduire les sous-produits dangereux, parce qu'ils font appel à des matières recyclées, ou encore parce qu'ils peuvent être recyclés. De la peinture peu polluante à l'huile à moteur régénérée, en passant par les pommes de douche permettant de réduire la consommation d'eau et les piles à faible teneur en mercure, les produits arborant l'Éco-Logo sont offerts dans les grands magasins, les quincailleries et certaines épiceries.

La majorité des Canadiens veulent bien utiliser leur pouvoir d'achat afin de « verdier » l'environnement, autant pour eux que pour les générations futures. Mais sur un marché qui

offre tant de produits, verts ou moins verts, il peut être difficile de choisir ceux qui sont les plus sains pour l'environnement. Puisque le programme Choix environnemental a fait les recherches pour vous, vous serez certain d'effectuer un choix « écologique » en optant pour des produits affichant l'Éco-Logo.

Quand vous faites vos achats, choisissez l'Éco-Logo, le symbole canadien de la responsabilité environnementale.

Pour obtenir de plus amples renseignements sur l'Éco-Logo, veuillez écrire au programme Choix environnemental, 107, rue Sparks, bureau 200, Ottawa (Ontario) K1A 0H3.

Guide du consommateur soucieux de l'environnement

Voici quelques conseils qui pourraient vous être utiles au moment de choisir les produits les moins néfastes pour l'environnement.

- Optez pour les produits affichant l'Éco-Logo.
- Demandez aux gérants des magasins s'ils offrent d'autres produits arborant l'Éco-Logo.
- Évitez les produits qui sont trop emballés.
- Recherchez les produits qui contiennent des matières recyclées.
- Achetez des produits qui peuvent être recyclés.
- Prenez exactement la quantité dont vous avez besoin, ou achetez des produits en vrac que vous partagerez avec un ami.
- Songez à la façon dont vous devrez disposer d'un produit avant de l'acheter.
- Choisissez les produits qui consomment peu d'énergie et qui utilisent le moins de ressources naturelles.

Rites printaniers

par Harry L. Mardon

C'est au printemps que des milliers et des milliers de Canadiens se mettent à la recherche d'une maison.

Pour les acheteurs d'une première maison, il s'agit là d'une décision capitale. En effet, l'achat d'une maison est généralement le placement le plus important d'une famille. Il est donc essentiel d'y réfléchir sérieusement.

La première chose à considérer est la sécurité de votre emploi. Êtes-vous raisonnablement certain que vous ne serez pas victime d'une compression de personnel? Ce serait de la pure folie que d'assumer une grande responsabilité financière, comme l'achat d'une maison, s'il y a des risques que vous vous retrouviez sans travail.

Règle générale, vous devriez acheter une maison dont le prix n'excède pas trois fois votre revenu annuel brut. Par exemple, si votre revenu est de 35 000 \$ en 1995, vous devriez rechercher une maison valant au plus 100 000 \$.

Si vous envisagez sérieusement de devenir propriétaire, il est conseillé d'obtenir le financement hypothécaire avant de partir à la recherche d'une maison. Les prêteurs hypothécaires seront heureux de vous fournir une évaluation précise de votre situation

financière. Ils détermineront la somme que vous pourriez assembler pour verser la mise de fonds initiale et vous indiqueront le montant maximum du prêt qu'ils pourraient vous consentir.

En procédant de la sorte, vous pouvez partir à la recherche d'une maison neuve ou usagée en sachant précisément si vous pouvez faire une offre d'achat.

Une fois que vous avez établi le montant approximatif de votre future maison, vous pouvez commencer vos recherches. Vous pouvez débuter par les annonces classées de votre journal local. Ou encore choisir un agent immobilier qui vous servira de guide personnel.

Indiquez à l'agent quel montant vous pouvez consacrer à l'achat d'une maison et dans quel quartier vous aimeriez qu'elle soit située. Un bon agent peut vous éviter bien des soucis et des pertes de temps considérables. Sachez qu'aucun agent réputé ne vous demandera de frais de démarchage. La commission du courtier en immeubles est payée par le vendeur de la maison.

Il est important de bien choisir son voisinage. Vous devriez rayer de votre liste les quartiers sur le déclin. Recherchez plutôt les quartiers où toutes les maisons sont bien entretenues. Et vérifiez l'accès

aux services essentiels et aux installations récréatives ainsi que la proximité des écoles.

Résistez à la tentation d'acheter la première maison qui semble répondre à vos besoins et vos aspirations. Il peut y avoir une meilleure occasion dans une rue avoisinante. En d'autres termes, prenez votre temps. N'achetez pas impulsivement.

Une fois que vous avez arrêté votre choix sur une maison en particulier, assurez-vous qu'elle est en bon état. Pour ce faire, recourez aux services d'un évaluateur professionnel. Et, bien sûr, choisissez l'avocat ou le notaire qui représentera vos intérêts dans les négociations finales de l'entente d'achat. Les honoraires d'un évaluateur avoisinent les 150 \$ tandis que ceux d'un avocat ou d'un notaire peuvent atteindre 500 \$. Déterminez le montant des honoraires de ces professionnels avant de retenir leurs services.

Naturellement, négociez le prix demandé par le vendeur. Cela est de pratique courante, les vendeurs demandent généralement un prix plus élevé que celui qu'ils espèrent obtenir.

(Harry L. Mardon, journaliste financier pigiste, a rédigé le présent article pour le compte du Groupe Investors, société de services financiers de Winnipeg.)

Une journée de formation intensive
le jeudi 20 avril 1995
8h30 à 16h30

Le milieu de travail baigne présentement dans un climat de changement. Cette session d'information pratique vous donnera les outils nécessaires pour faire face au changement. Elle vous aidera à devenir un « agent de changement » bien renseigné et estimé par votre employeur.

Objectifs de la session:

- analyser les dynamiques du changement et les réactions de résistance qui en découlent souvent;
- examiner des façons de surmonter la résistance au changement;
- définir ce qu'est le harcèlement en milieu de travail et apprendre comment communiquer respectueusement nos réactions afin de créer un environnement sans harcèlement;
- revoir les éléments essentiels à une communication interpersonnelle respectueuse et efficace;
- apprendre comment gérer son stress afin d'éviter l'épuisement professionnel et garder un bon équilibre entre le travail et la vie personnelle.

Cette session d'information pratique d'une journée comprend des exposés théoriques, des discussions en petits groupes et des sessions de remue-méninges. Elle est conçue afin que chaque participant et participante retournent dans son milieu de travail avec des outils concrets et utiles.

L'animatrice: Madame Charlotte Hébert

Charlotte Hébert est originaire du Manitoba, où elle a complété son Bac. ès Arts au Collège de Saint-Boniface en 1966. Elle est à Ottawa depuis 1970, où après avoir enseigné au Bureau des langues de la Commission de la fonction publique, elle a ensuite obtenu une Maîtrise en Psychologie de l'Université d'Ottawa.

Madame Hébert est en pratique privée comme psychologue depuis 1975. Elle fait la conception et la présentation de sessions de formation pour plusieurs niveaux d'organismes publics et privés depuis maintenant 18 ans. Parmi ses clients, on retrouve la Gendarmerie Royale du Canada, la Société Radio-Canada, l'Université d'Ottawa, et le service policier de Toronto.

Pour plus amples renseignements ou si vous désirez vous inscrire au Colloque veuillez vous adresser à la:

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