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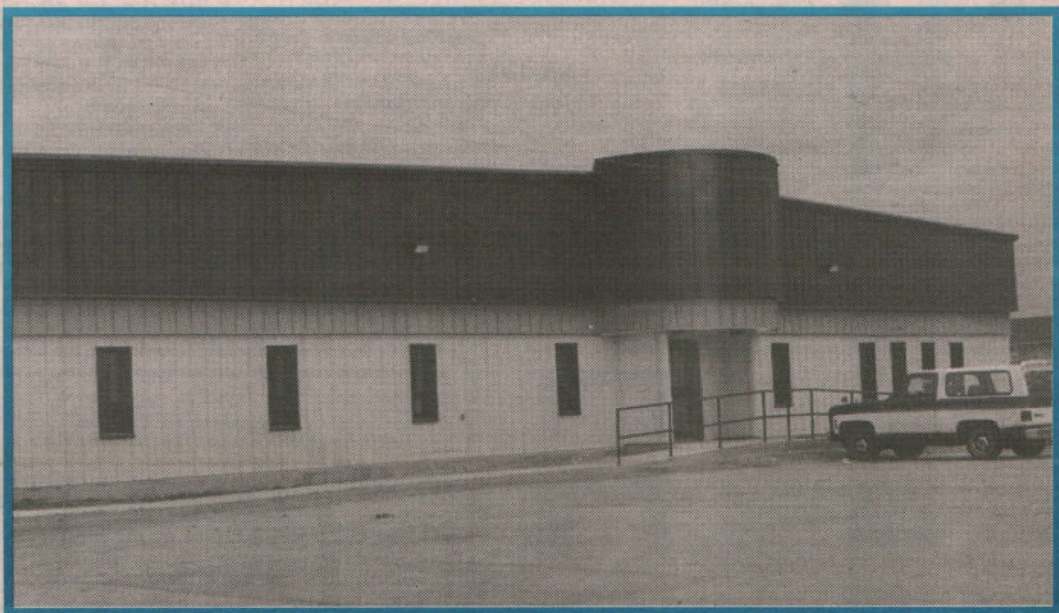
17 Wing Winnipeg / 17e Escadre Winnipeg

MAY 24, 1995 / FREE

GRAND OPENING WESTWIN COMMUNITY CENTRE

The grand opening of the Westwin Community Centre (building 33) is scheduled for Wednesday, 31 May 95 at 1600 -1800 hrs. The Wing Commander, Colonel G.E. Sharpe, local dignitaries and entertainers will be on site for this important community event. The military community is invited to participate in this open house event. Hot dogs, hamburgers, soft drinks and cake will be served free to celebrate this noteworthy occasion. "Westwin" is situated next to the recreation centre (N), building 90, between the squash court facilities and one of the community council park areas.

The construction phase is almost over, the landscaping will begin soon. This \$980,000 community facility was financed by the Canadian Forces Personnel Support Programmes. "Westwin" will be the new home of several agencies considered essential to the military community. It includes the Military Family Resource Centre, offering day care and community services just like the ones that are already in place on the (S) side facility and Lipsett Hall. The Recreation Service Coordinator will also be moved from the current office in building 90 to the community office in the



"Westwin" Community Centre

"Westwin". In addition, this facility will house the ceramic club, the new woodhobby shop club and the 17 Wing community library. In order to maximize the use of the "Westwin", two conference/assembly rooms and one very large multi-purpose room will be available

to all; reservations can be made through the Recreation Service Coordinator. The CANEX services will also contract social events to be held in this facility. For more information on the subject, please contact Capt Bill Diamond, Mayor WMCC at 833-5212. "Open House", hope to see you there.

Important "Westwin" phone numbers

Recreation Services Coordinator	833-5976
FMRC (N)	
Volunteer Office	833-2491
Others	833-2492/2493/2494
Library	833-2490
MultiPurpose Room	833-2498
Woodhobby Shop	833-2499
Ceramic Club	833-2496
Pay Phone	833-9964

RWANDAN POSTCARD: UNAMIR - A BRIDGE OVER TROUBLED WATERS

By Lt(N) Kent Page

Teamwork. The essence of the military ethos. The backbone of peacekeeping. The building block behind the success of the United Nations Assistance Mission in Rwanda (UNAMIR).

Here in Rwanda, teamwork is proving to be the key to success as the men and women of UNAMIR continue to assist the Rwandan Government with the challenging job at hand - the daunting task of helping to rebuild a nation that just a year ago, descended into the sinister depths of both civil

war and orchestrated genocide.

April 1994 marked the beginning of perhaps the darkest period in human history. Three and a half short months later, it is estimated that up to one million people had been slaughtered by their fellow countrymen. The means were not sophisticated weapons of mass destruction, but rather were crude instruments of the hand - machetes, hatchets, knives. Torture and mutilation were rampant, but even in the darkest hours, there were acts of mercy: if you paid your killer enough money, he might

decide to shoot you, a relatively painless end given that the alternative was to be slowly hacked to death.

Today, less that a year later, Kigali, the capital city of Rwanda, bustles with life. Markets are busy, businesses are open, children dressed in uniforms walk to school. In the countryside, crops grow and cattle graze as people return to their farms to begin life anew. In a remarkable period of only nine months, Rwanda and her people have turned from the brink of yesterday's despair to the challenges of tomorrow's hope. All is not perfect, but the

country is on the right track, and this is due in no small part, to the teamwork displayed by UNAMIR and the Rwandan Government.

The men and women of UNAMIR, a force of approximately 6,000 soldiers which more than 120 are

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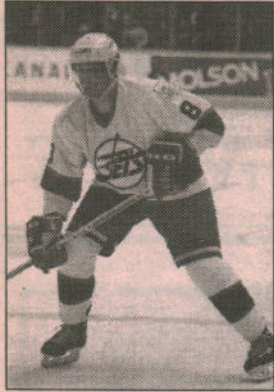
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HOCKEY NIGHT IN WINNIPEG

By Capt Neil Kinley

The puck was dropped at centre ice, signalling the start of one of the most important

THE FINNISH FLASH



The Finnish Flash, Teemu Selanne of the Winnipeg Jets flies down his wing during a game against the Edmonton Oilers on April 25, 1995. Almost 1200 military personnel, civilian employees, and family members were on hand for the game, as the Jets offered a special deal to the military community. (Photo by Cpl Dave Payne, 17 Wing)

games of the year for the Winnipeg Jets. The Jets had to win almost all of their remaining five games to qualify for the National Hockey League playoffs, as they faced-off against the Edmonton Oilers on April 25, 1995.

In the stands were nearly 1200 people from the Manitoba military community, out to support the Jets. The Forces Night with the Jets saw military and civilian personnel, as well as their families, out to see the Oilers play the Jets.

The Jets offered \$25 seats to the military for \$11, and invited the HMCS Chippawa Band to perform the National Anthem prior to the game. The Navy Band provided an excellent version of "Oh Canada" for the 13,000 people in attendance. Included in this total were large numbers of people from 17 Wing/CFB Winnipeg, 2 PPCLI, Air Command Headquarters, Manitoba-Lakehead District Headquarters, CFB Shilo, and most of HMCS Chippawa.

Those in attendance got to see the world's fastest game,

slowed down to a crawl. There was more clutching, grabbing, and holding than in your average wrestling match. The Jets jumped out to an early lead on a goal by Nelson Emerson, but Edmonton responded with the next five goals. Winnipeg would make an exciting, but too late charge in the third period, scoring two more times.

Those that stayed to the end saw a very exciting third period, but the Jets ended up losing a game they needed to win.

What those military folks in attendance didn't realize that this would be the last Military Night with the Jets. On 2 May 95 the Los Angeles Kings defeated the Jets in their final game of the season, and in what would turn out to be their final game in Winnipeg.

The very next day the groups trying to save the Jets announced failure, and the Jets owners said they would sell the team as quickly as possible. The Jets, who have thrilled fans in Winnipeg for the past 23 years, will probably play next year, under a different name,

"OH CANADA"



The HMCS Chippawa Band performs 'Oh Canada' before a Winnipeg Jets hockey game at the Winnipeg Arena on April 25, 1995. The Band was arguably the best team on the ice this night. The Winnipeg Jets hosted the Manitoba military community for the game against the Edmonton Oilers. (Photo by Cpl Dave Payne, 17 Wing)

in Minneapolis.

The city will miss the Winnipeg Jets. The Manitoba military community will also miss them. Soldiers, sailors, and airmen have not always cheered for the hometown team, but the Jets did provide good NHL action. The Montreal Canadiens, Toronto

Maple Leafs, Vancouver Canucks, Calgary Flames, Quebec Nordiques, Boston Bruins and Philadelphia Flyers won't be returning to the Winnipeg Arena anytime soon. The opportunity to see great players, great teams, and good hockey will be greatly missed by sports fans.

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RWANDAN POSTCARD: UNAMIR - A BRIDGE OVER TROUBLED WATERS

Continued from page 1

Canadian, have been an integral partner in the rebuilding of the nation. Working together as a team under the command of Sherbrooke, Quebec native, Canadian Forces Major-General-Guy Tousignant, twenty-five countries from around the world are gathered under the powder blue banner of the United Nations flag with the goal of supporting the peaceful reconciliation process in Rwanda.

Members of the Transport Company of the Canadian Forces 95 Force Logistics Support Group (95 FLGS) play an important role in the rebuilding of Rwanda and one of their recent contributions includes assistance with the construction of the Busoro Bridge.

Prior to the war, Busoro was a thriving community, but, as with many towns throughout the country, it suffered from the devastation of conflict. Included in this devastation was the destruction of the Busoro Bridge over the Akanyaro River - an important link between the south-western part of Rwanda and the east.

The Transport Company of 95 FLGS, under the supervision of MW0 Ric Evans of CFB

Gagetown, was tasked in short order to load, transport and unload, 150 tonnes of bridging materials in support of the construction of the double-span Bailey bridge at Busoro. The bridge was needed to make the long, arduous and mostly by foot, journey home easier for internally displaced persons living in camps in the south-west of Rwanda. The construction of the bridge would cut no less than 85 kilometres off the trip home.

Working together with Brown and Root, a civilian contractor employed by the United Nations, personnel from 95 FLGS, Transport Company loaded and off-loaded by hand the 150 tonnes of iron bridging materials - some pieces weighing up to 260 kg each.

The project was completed in just five short days, a feat achieved only by working twelve hours straight when the sun was out and much longer during two days of torrential rain.

The trip from Kigali to Busoros is about 110 kilometres. The first 85 of which are relatively smooth, the last 26 being more appropriate to off-road driving than to the transport of heavy materials. But, despite

the bone-crunching abuse inflicted on the crews and vehicles by the twists, turns and ruts of the dirt road, (which became a slippery mudslide in the rain) the materials made it to their destination on time.

The teamwork continued as the Canadians, assisted by local Rwandans hired by the Rwandan Government's Ministry of Public Works, off-loaded the material again manually, into the hands of the Indian Battalion's Force Engineer Company to begin construction.

At the inauguration of the opening of the bridge, UNAMIR Force Commander MGen Tousignant underscored the spirit of teamwork which facilitated the timely construction of the bridge.

"Through a cooperative effort on the parts of the various countries represented by UNAMIR and the Rwandan Ministry of Public Works, together, we have made this important project a success. The Busoro Bridge represents more than the linking of communities, it represents the joining together of families, friends and loved ones. The bridge is a symbol of what we can achieve when we work together for the benefit of all."

UNAMIR: Building bridges over troubled waters...what peacekeeping is all about.

THOUGHTS ON FRP

By Capt Neil Kinley

A couple of weeks ago I was running back to my office in Wing Headquarters when I ran into Capt Joanne Letain, the Wing Food Services Officer. She mentioned that she had just completed her out clearances and was departing the next day for the west coast. I then remembered that she had taken the FRP, and was returning to school in B.C.

We said our farewells, but I realized that I would probably not see Joanne again. Nor would I see many of the other FRP bound friends, acquaintances, and enemies that I had made in the past two years at 17 Wing.

I feel sad to see Joanne and others leave the Canadian Forces and Winnipeg. Although I feel those taking FRP are getting a great opportunity and honestly wish them all the best in second careers or retirement, I can't help feeling sad to see so many good people leave the CF.

It is a different feeling than I have at posting season when we see friends leave or we leave friends behind. This time it feels much more permanent.

Many excellent people, both young and old, are taking advantage of the opportunities that FRP presents. Everyone on base has a co-worker, neighbour, or friend taking FRP. Most will be very successful in whatever they do, in part because of the skills they brought to the CF, or learned while serving.

I wasn't sure if I was the only person feeling this way, or if others have similar feelings. Then I talked with Sgt Kim Marshall of Wing Security and Military Police, and realized that I was not alone.

Kim, who is taking FRP and opening a Karate school, has mixed feelings about leaving the CF. On one hand he is excited about starting his business and the tremendous opportunity that FRP offers. On the other hand, he too is sad to leave something that has been an integral part of his life for over 20 years.

Knowing that others will also miss their friends and co-workers leaving the service under FRP, I thought this comment was worth writing. And I would like to pass on my best wishes to Capt Joanne Letain, Cpl Dave Meister, Capt Rich Pittet, Sgt Kim Marshall, Capt Al Bergsma, Cpl Denis Delorme, Sgt Lila Duffy, MCpl Jamie Burke and all the other FRP bound folks at 17 Wing. The CF will miss you.

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Postcard From Greenland: Boxtop 1/95

Dear Dad,

I'm sorry that I haven't written in quite a while, however I have been quite busy. As a matter of fact, I just recently returned from spending two weeks at Thule Air Base in Greenland, which I'm going to tell you about. I've also enclosed a few photos along with this letter.

Operation Boxtop is conducted three times a year to resupply CFS Alert with fuel and other supplies. The whole operation involves over 150 Canadian military personnel from Air Command bases all over Canada who deploy to Thule for two weeks in April, August, and October. Using three CC-130 Hercules aircraft, the operation continues around the clock for two weeks. There is a lot of hard work, but it is also very rewarding.

I was fortunate enough to be on a crew with a swell bunch of guys. Crew 52 was comprised of Aircraft Commander Capt Ian Lyner, First Officer Capt Bart Melhuish, Flight Engineer Sgt Rick King, Loadmaster MCpl Claude Dasylyva, and of course, I was the Navigator. I wish you could meet these guys, Dad, as I love them just like brothers. Seeing as my brothers used to zap me with a cattle prod and pound me to a pulp when they were bored, you probably know what I mean. Two weeks with these guys would leave Mother Theresa contemplating



Capt Ian Lyner listens intently to radio transmissions. (Photo by Gern Blansten)

homicide.

We arrived in Thule on Good Friday after a six hour flight from Winnipeg. We were driven to our "flat top," which is a small barrack with 13 bedrooms, as well as common rooms. This was to be our home for the next two weeks. Each flat top was to house three crews, so as you've probably already figured out, some people had to double up. Luckily for us, we were the first to arrive, and had our own rooms. The advantage of living in close proximity with 14 other people is that it saves money. Everybody chips in to buy common items such as coffee, tea, and laundry detergent. In addition, by inhaling their second-hand smoke, it saves me the trouble of actually paying for and smoking my own cigarettes. I get my lung cancer for

virtually nothing.

A typical duty day had us rising at 0100 hrs (that's one in the morning for you non-military types) to begin flying at 0300 hrs. We would be required to complete three chalks which would take us to about 1700 hrs (5 p.m.). A chalk is one round trip from Thule to Alert and back. The mission for this Boxtop was to airlift fuel, so all of the aircraft were fitted with a special tank in the cargo compartment to accomplish this. After our last chalk, we would have 32 hours off until our next duty day. As you can imagine, adjusting our body clocks to this new schedule was no easy feat. Our schedule was approximately five hours ahead of what we would do at home, and it was difficult to adapt to. To make matters worse, there was continuous daylight while we

were there, which made sleeping that much more challenging.

When we were not flying, our main concern was filling the long hours until our next duty period. We dubbed this TTW: Thule Time Wasting. TTW consisted of bowling, sleeping, working out at the gym, eating, reading, studying, and watching TV. By the end of the two weeks, we were getting pretty good at 10-pin. Ian was the high score guy with 179, including five strikes in a row! We all had fun, though. Where else can you bowl three games and drink four beer for \$5.25 US? Another fun thing to do was to go to the Top of the World Club (TOW Club), although we only went a couple of times. The food was good there and there were pool tables and slot machines. It gave us a chance to unwind after a long day of work and to socialize with Canadians and Americans alike. When you work closely with people for two weeks it is gratifying to be able to discuss the operation and to put faces to the voices that we hear on the radios. Bart was especially good at this.

As for the flying itself, it was very challenging and demanding. Although at times it seems very monotonous to fly to the same two airports on the same route three times a day, we kept our spirits up with lively conversation. Each flight was usually about an hour and a half long, which left a lot of uncomfortable silences to fill. You would be amazed at some of the things we talked about. Any topic under the sun was fair game, and we covered them all: backhands, lawnmowers, silver jewelry, Alice in Wonderland, the movie "The Commitments,"

and that old Star Trek episode where the whole crew was tagged with radio collars just like in waterfowl tracking studies. Often though, when we were tired of talking, we would just like to listen to the radios.

Alert is a very interesting place. The most Northern settlement in the world, Alert is at the top of Ellsemere island some 500 miles from the North Pole. The only way to get into Alert is by air, so a Hercules is usually a welcome sight. On one chalk, we had a number of passengers, some of whom had never seen Alert before. To give them a thrill, we decided to overshoot on a visual approach to give them a chance for some sight-seeing. However, some of the passengers were not impressed, and told us so.

After the wrap-up banquet on Friday night, we departed for home Saturday afternoon. It was a very interesting and rewarding 16 days which we spent at the "Top of the World," and I'm sure we'll keep some of these memories for years. However, I was extremely glad to be home.

Until next time, keep your stick on the ice.

Your Son,

Gern Blansten

**Names have not been changed in order that all those implicated may be exposed for the frauds that they are and be brought to justice.*



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PRACTICE MAKES PERFECT AT CFANS

By Capt Neil Kinley

"Gonzo 06 is cleared for take-off on Runway 36," came crackling over the VHF radio from the Winnipeg Air Traffic Control Centre. The aircraft's Pratt and Whitney engines roared to life and were soon propelling the CT-142 Dash-8 navigation trainer down the runway and lifting it airborne.

Six navigator instructors from the Canadian Forces Air Navigation School based at 17 Wing Winnipeg worked feverishly during ascent, monitoring the departure and preparing for top-of-climb checks.

At top-of-climb the navs use their Jeppesen Computers to complete true airspeed checks, and "spin their winds". They complete true heading checks using the periscopic sextant, determine the appropriate out-bound heading and pass it to the pilot, fix their position, and begin plotting their progress on a map, using the technique known as manual air plot.

These are the tasks nav instructors at CFANS normally watch their students perform, but on this day they carried out the top-of-climb checks and the half-hourly fixing cycle themselves. Trips like this are planned to ensure navigator instructors maintain proficiency.

The crew departed Winnipeg on a Long Range Staff Trainer, heading south to Peterson Air Force Base at Colorado Springs. They would remain overnight and conduct another training flight home.

The crew pilots, from 402 Squadron, use these flights to carry out proficiency checks, and training of their own.

"These flights give the instructor an opportunity to do what we have our students do," says Capt Dave Cooper, who has instructed at CFANS for two years. "We watch students, but rarely get the opportunity to actually do the navigation."

Navigation instructors are required to complete one staff flight per quarter. However, the flights are not always to other destinations, as Winnipeg to Winnipeg flights are common.

"We do get more effective and challenging training when we go to other destinations," says Capt Cooper. "We get exposure to international and U.S. flight procedures and get to operate out of different bases."

Regardless of where the flights go, they are very important to the operation of CFANS. "Nav instructors have to maintain proficiency levels in the techniques they teach their students," says CFANS Standards Officer, Capt Doug Lawrie.

Capt Chris Roy, the senior instructor in the Transport Section agrees, and says, "It's also important for quality control. To ensure what we teach is within reason, we have to use the techniques we teach our students. We can't ask them to perform things we can't, or aren't prepared to do."

A typical CFANS Long Range Trainer sees nav instructors carry out a minimum of three fixing cycles on one leg of the trip. They fix the position of the aircraft using position lines from radar, radio navigation aids such as Tacans, VORs, or

NDBs, and celestial bodies, such as the sun, moon, planets, and stars.

The technique of manual air plot is used to navigate the aircraft and plan for the next half-hourly fixing cycle.

The return leg of the trip involves the nav instructors concentrating on their "Group" specialty. Those navigators with Maritime Air Group (MAG) experience on the Aurora patrol aircraft, or the Sea King helicopter, concentrate on computer navigation, and communication exercises.

Those with Air Transport Group (ATG) experience on Hercules or Buffalo transport aircraft navigate using Grid Gyro Steering, which is used extensively to navigate in the Arctic, where rapid changes in longitude make conventional steering difficult.

CFANS instructors complete one such flight per quarter. Most of their time is spent working with the navigators of the future.

"We spend a lot of time in the classroom," says Capt Roy, who has instructed at CFANS for nearly three years. "Normally in a week we fly one student trip and have one trainer with our students in the ANPT."

The ANPT is the Air Navigation Procedures Trainer, where the navigation activities of a flight are simulated so that students can practice their skills on the ground before going flying.



GONZO 06

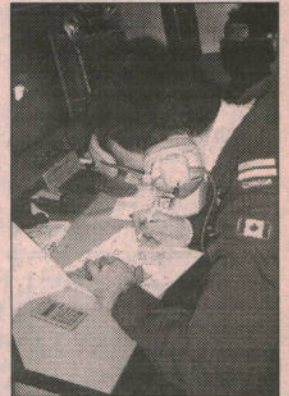
"Gonzo 06", a CT-142 Dash-8 Navigation Trainer, sits on the ramp at 17 Wing Winnipeg, as the crew from the Canadian Forces Air Navigation School and 402 Squadron prepare for departure. The de Havilland built CT-142 is the most advanced and effective navigation trainer in use. (Photo by Capt Neil Kinley, 17 Wing)

CFANS runs six courses per year and expects to graduate about 40 navigators each year. The school has historically graduated approximately 85% of its students. Half way through the course students are streamed either Transport or Maritime, and upon graduating with their wings are posted to ATG or MAG squadrons.

Despite the hard work, Capt Roy summed up the feelings of CFANS staff on the aircraft, "this is the best job there is. It is very rewarding working with students."

Back on Gonzo 06, Capt Ron Doiron uses his radar to take a fix using a bridge across a river. Capt Cooper combines a position line from a VOR with one taken from the sun to fix the aircraft's position. They quickly log the information, plot their positions on a map, and calculate a new heading for the aircraft to fly.

Once the final fixing cycles are completed the periscopic sextants are stowed and the six CFANS instructors prepare for arrival into Colorado Springs. They pull out their approach



PLOTTING POSITION LINES

Navigation instructor, Capt Chris Roy, plots the aircraft position on his map after taking a multi-position line fix using the sun and a radio navigation aid. Once his position is plotted he will calculate a new heading for the aircraft to fly. (Photo by Capt Neil Kinley, 17 Wing)

charts and dividers, and monitor the air traffic control instructions and the aircraft compliance, just as they teach their students to do back in Winnipeg.

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YOUTH SERVICES COORDINATOR

The Military Family Resource Centre has a new Youth Services Coordinator. She's Laurie Anne Johnson, a child and youth care worker who has lived most of the last twelve years here in Winnipeg. She's a military spouse and mom to two boys ages 5 and 7. Laurie will be coordinating the Kidventure summer fun program in July and August and is planning youth programs for the fall. Look for information about upcoming programs and activities for your family!



Laurie Anne Johnson

Kidventures! Parents!

Wondering what to do with your children this summer?

Finding other summer programs too expensive, or not flexible enough with your schedule, block leave, or daycare needs? Are you posted and need care while you pack? Would you like your children to have safe and happy experiences in a high-quality summer program run by trained, experienced staff?

THIS summer, your children can have funtastic, kidtastic KIDVENTURES summer fun program for elementary school-aged children

- *program runs July and August: register for the day or week to suit your schedule
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- *age-appropriate activities
- *staff are child-oriented and sensitive to needs of children from military families
- *low leader-child ratio to ensure safe and happy fun
- *experienced and trained leaders
- *exciting special events
- *creative and unusual arts and crafts
- *science and environmental activities
- *wonderful excursions around Winnipeg
- *opportunities to develop skills and learn more about a wide range of sports and activities, including mini basketball, volley-ball, juggling, go-carts, swimming, soccer, gymnastics, horseback riding, non-competitive games and MORE!

(Kidventures costs \$1.50 a day per child, maximum \$3.00 a day per family, for core hours. Occasional excursion/activity fees may apply. Core hours are 10-3, Monday to Friday. Ask us about daycare to suit working parents' hours. Children should bring lunch, drinks and snack provided. We welcome parents as volunteers! Come share your enthusiasm and experience!)

To find out more or to register your child, please call Laurie Anne Johnson at 489-7003
(A program of Winnipeg's Military Family Resource Centre)

ANNUAL GENERAL MEETING MILITARY FAMILY RESOURCE CENTRE WESTWIN COMMUNITY CENTRE 1900 HRS - 19 JUNE 1995

Guest Speaker
NANCY PETERSON,
PULSE MARKETING
Using Creativity To Escape
Our Thinking Cages.

Resource Library Book Profile

by Rae Rankin
Outreach Coordinator

It is Community Connections time once again and with that comes another book review for your reading enjoyment. I was so excited and inspired by this selection that I was compelled to profile it myself.

My husband and I consider ourselves about an 8 on the proverbial parenting scale from 1 to 10. Ten being as GOOD as it gets, I hasten to add, in the event your scale works like a golf score!

We've read books, attended parenting workshops, watch other parents in action and are always looking for new ways to bring our children to puberty without bloodshed! Any parent will attest to some days being easier than others.

Barbara Coloroso's book entitled *Kids Are Worth It!* or *Winning At Parenting Without Beating Your Kids* is a classic. Once I picked it up I literally did not put it down until I'd savoured the very last word. That would explain why any of you who dropped into the MFRC last week would have noticed an uncanny resemblance between me and your pet white rat. The main difference being of course, that "Charlie's" red eyes suited him! But I digress.

Ms Coloroso's book illustrates the parenting approaches used in three types of families: the brick wall, the jellyfish and the backbone. If raising self-assured, responsible kids who know HOW to think and not just WHAT to think is your goal, you will be well served.

She encourages parents to buffer their kids from the real threat of sexual promiscuity, drug abuse and suicide by allowing them to make as many decisions as possible while they are young and the stakes aren't too high. All actions will have consequences; natural or reasonable, and not punishment.

If you find yourself "hooking" into your kids' cons or have decreased the autonomy they enjoyed at age 5 now that they are 13 or could benefit from some strategies to survive bedtime, chores, mealtime, allowances and sibling rivalry; I implore you to read this book.

Unlike many such efforts, Ms Coloroso presents alternatives to our parenting techniques which humour and in an easily emulated manner. You will not be bogged down with psychobabble.

This book is also available to you on video and audio cassettes to accommodate your particular lifestyle. Remember, kids are worth it... because we know you're not in it for the money!

Happy reading!

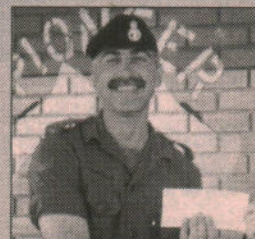
Base/Wing Lotto Winners

27 April Draw

Linda Belisle, Base/Wing
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Maj McInnis, AIRCOM HQ



MCpl Pirolla, 2 FPCLI

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Worker

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SUMMER SAFETY TIPS

- When boating wear an approved Personal Flotation Device, (PFD) and stay seated when the boat is moving.
- When riding your bike, ensure that you know the rules and regulations of the road and please obey them!
- Wear safety equipment when riding a bike or when roller skating.
- Please wear a helmet when riding your bicycle.
- When camping, ensure that fires are kept under control at ALL times and completely out when leaving camp, douse with water, stir, add more water and stir again.
- Please do not drink and drive.
- Do not fly kites near hydro lines.
- Use Sun Screen when playing and working outside.
- Do not play near or on Railway tracks.
- Be careful when walking outside, as there are a variety of loose pets and animals and sometimes they bite strangers.
- If lost, scared or hurt, LOOK for a BLOCK PARENT SIGN.

FACTS AND FIGURES

Head Injury is the # 1 killer and disabler of persons under the age of 44. It is estimated that 55,000 Canadians incur a traumatic brain injury each year. According to the Surgeon General's report, the incidence of persons left with a disability after head injury far exceeds cerebral palsy, spinal cord injury and multiple sclerosis combined.

BICYCLES AND HELMETS

- Bicycle accidents are the most common cause of head injuries in children.
- 93% of children aged 6-16 ride bikes (Ontario's figures).
- Most injured children have received no safety instruction about cycling; Only 15% of bicycle accidents amongst children involve motor vehicles.
- More than 80% of bicycle accidents occur less than 5 blocks from their house.
- A child is 4 times as likely to be seriously injured in a bicycle accident than to be kidnapped by a stranger.
- Two-thirds of bicycle accidents are caused by the rider falling off the bike.
- Cyclists are eight times more likely to suffer brain damage from an accident if they don't wear a helmet.
- Cyclists wearing helmets have an 85% reduction in the risk of head injury and an 88% reduction in the risk of brain injury.

*** Head injury is the most common cause of bicycle-related death among children, exceeding that caused by accidental poisoning, falls and firearm injuries.

***Protect your children's heads; don't let them become a statistic.

This information has been provided in cooperation between the Military Police and the Canadian Head Injury Coalition... This information was taken from a newsletter from the N.S. Head Injury Association, 1992.

PROFILE - MILITARY POLICE

Master Warrant Officer Gerry Johnston is the Wing Operations Branch MWO and is i/c MP of the Wing Security and Military Police Squadron. MWO Johnston joined the RCAF Police in 1963 and has been employed in a variety of Military Police fields, such as a Dog Handler with the RCAF Police Europe, RCAF Police Training Instructor and a Special Investigator with the Special Investigation unit, just to mention a few.



MWO G. Johnston

MWO Johnston came to 17 Wing from the SIU section Winnipeg in 1992 and was appointed the W Ops Branch MWO in August 1994. As the Branch MWO he is responsible to the W Ops O for the discipline and personnel welfare of all W Ops NCM's, and for advising the W Ops O accordingly. Likewise, he fills this same role within the WSAMP Sqn, where he is well known on the Wing as the man who "holds the keys to the cells" and within the SAMP Sqn as "Mr. Sympathy".

MWO Johnston is married with a teenaged daughter and son. Actively involved in the Cadets organization and the community, MWO Johnston spends much of his off-duty time taxiing his children to various sporting, school and other social functions.

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CERTIFICATE OF SERVICE PRESENTATIONS

Central Flying School

LCol M.R. Spooner, Comdt CFS, presented Certificates of Service to the following members of the unit who are retiring under FRP 1995:



Capt Jim Whebell of CC/CT-142 standards with 9 years service.



Capt Roger Delanghe of CT-114 Tutor Standards with 20 years service.



Capt Wil Lozie of the Instrument Check Pilot School with 21 years service.



Capt B.J. Lawrence with 11 years service.



Capt D.J. O'Grady with 11 years service.

PROMOTION

73 Communication Group



Lieutenant-Colonel A.G. Hines, Commander, 73 Communication Group presented Captain S. Defer with his promotion to that rank effective 1 May 1995.



Lieutenant-Colonel A.G. Hines, Commander, 73 Communication Group and Major B.A. Deutscher dually presents Corporal A.D. Wallack with her accelerated promotion to that rank effective 1 May 1995.

CD PRESENTATION CFANS



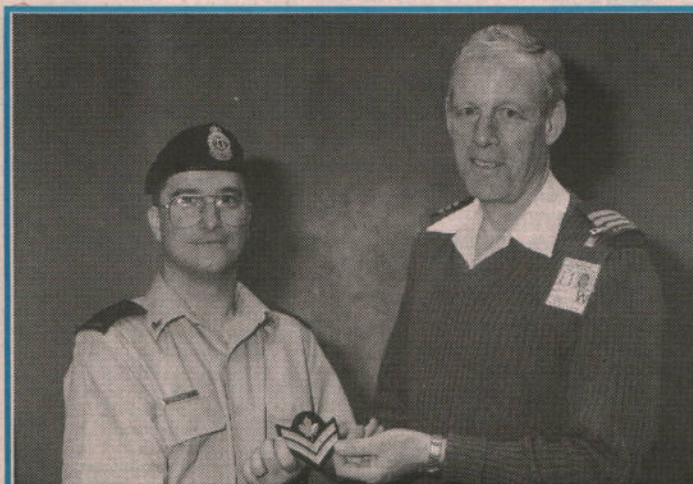
MCpl Sam Beal recently received his CD from LCol K.C. Kerr, Commandant of CFANS. MCpl Beal's last posting was as a technician in the Navigation School's Air Navigation Procedures Trainer (ANPT). Sam is currently on LWOP studying at the U of M.

PROMOTION Wing Hospital



Congratulations to Capt N. Fisher upon her recent promotion effective 7 Apr 95. Left to right - LCdr Wilcox, Capt Fisher, LCol Marchment.

PROMOTION 17 Wing Operations



LCol T.A. Bailey, 17 Wing Operations Officer, presents MCpl R. Keenan with his new rank. MCpl Keenan has since moved on to greener (brownier?) pastures at 2 PPCLI Training Detachment, Minto Armouries. LCol Bailey and the staff at Wing Operations congratulate MCpl Keenan on his appointment and wish him the best of luck.

PRESENTATION PPCLI



LCol J.M. Turner, on behalf of all ranks of 2 PPCLI, presents Chiara Maffiola a garden basket in appreciation of the outstanding support she provides the battalion. When the battalion recently had a flood of promotions just before the Kapyong Parade, Chiara worked nights and weekends to ensure the unit's uniforms were ready on time. To Chiara and staff at 17 Wing Clothing Stores, thanks again for all the hard work.

COMMUNITY COLLEGE NETWORK ESTABLISHED

The Canadian Forces Community College Network (CFCCN) was recently established to provide educational support services under the Canadian Forces Continuing Education Program (CFCEP), in replacement of Seneca College which withdrew from the program in early 1994. The Network will be commencing operation at this base during the next six weeks. The objective is to have students working at community college courses by September, 1995. Under the direction of the Coordinator of the Canadian Forces Continuing Education Program (CFCEP) at NDHQ, the network was created with twenty colleges across the country signing a Memorandum of Understanding with the Department of National Defence. Those colleges are;

- THE OPEN LEARNING AGENCY: VANCOUVER (DISTANCE LEARNING)
- NORTH ISLAND COLLEGE: COMOX
- CAMOSUN COLLEGE: VICTORIA
- UNIVERSITY COLLEGE OF THE FRASER VALLEY: CHILLIWACK
- SOUTHERN ALBERTA INSTITUTE OF TECHNOLOGY: CALGARY
- GRANT MACEWAN COLLEGE: EDMONTON
- LAKELAND COLLEGE: GRAND CENTER (COLD LAKE)
- SASKATCHEWAN INSTITUTE OF APPLIED SCIENCE AND TECHNOLOGY: MOOSE JAW
- ASSINIBOINE COLLEGE: BRANDON (SHILO)
- RED RIVER COLLEGE: WINNIPEG
- FANSHAWE COLLEGE: LONDON (DISTANCE LEARNING)
- LOYALIST COLLEGE: BELLEVILLE (TRENTON)
- ST-LAWRENCE COLLEGE: KINGSTON
- ALGONQUIN COLLEGE: OTTAWA/PEMBROKE (NDHQ/PETAWAWA)
- CANADORE COLLEGE: NORTH BAY
- GEORGIAN COLLEGE: BARRIE (BORDEN)
- SENECA COLLEGE: TORONTO
- NEW-BRUNSWICK COMMUNITY COLLEGE
- NOVA-SCOTIA COMMUNITY COLLEGE
- LABRADOR COLLEGE: HAPPY VALLEY (GOOSE BAY)

Other Colleges may also join the Network in the future. Educational services for francophone members will continue to be provided by Ahuntsic College (Montreal) across Canada as has been the case since 1985. A number of French-speaking Colleges outside of the Province of Quebec as well as English College(s) within that Province will also be invited to join the Network in the future. The New Brunswick Community College and Nova Scotia Community College provide services in both languages.

Highlights of the agreement signed by those Colleges include colleges recognizing credits earned at any Network College, standardized assessment of military training for college credit, reduced residency requirements, and flexible schedules.

The program is open to military members, civilian employees, retired members, reserves, and the immediate family members of these groups. Those wishing to earn community college credentials will have a number of options open to them including courses offered on base, at the local college, and distance learning opportunities. The recently conducted Canadian Forces Community College Network survey produced well over five thousand responses indicating interest in a variety of college level certificates, diplomas, and workshops. The information gained from the survey will assist organizers of the network to select courses to be offered and to organize schedules for the September start.

A recent tender resulted in a contract to manage CFCCN being awarded to WJR and Associates. This educational consulting firm is headed by Bill Riddell who directed the Canadian Forces Community College Program for Seneca College for twelve years. Each base will have a CFCCN co-ordinator working directly with Mr. Riddell to advertise courses, conduct briefings, provide academic counselling, and serve as a link between the base and network colleges to organize and coordinate academic activities.

You will be receiving more information in the near future through the Base Newspaper and Routine Orders, and through military and civilian personnel responsible for education services on Base (BPSO, BCPO, Family Support Center, etc.).



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- To register for the Military Transition Seminar, or to simply learn more about this exciting option please contact:

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To Whom It May Concern:

My name is Dave Payne and I'm with the AirForce here in Winnipeg. I am originally from Vancouver Island, so as you can imagine, I'm a HUGE Canucks fan; but I have lived here for 4 1/2 years and feel your pain. I was so touched by the events following the Jets last game that a tear came to my eye.

My friend Paul Van Horne is a 27 year old Jets fan from the WHA days on, and he was also moved by the emotions displayed by the players and fans that night.

He has written a poem that I feel needs to be shared with everyone in Winnipeg, including the cold-hearted nay-sayers that find this tragedy humorous.

Read and enjoy,

The Death of a Friend

With unbridled pride and emotion,
a city spoke this night.
Touching the hearts of well paid warriors.
Who now understand our plight.

They came again, of their own free will,
after their final flight.
A smile, a heartfelt wave, some tears, and gifts,
couldn't ease our pain this night.

So be silent, nay-sayers.
Desist, those of you who cheer this tragedy.
Respect those of us who cry today,
as we feel the pain of unanswered prayers.

We're losing a part of our hearts right now.
Something we knew would always be there.
Life must go on, we see, but man we don't know how.
As the NHL Dream, and Lord Stanley's cup, forever fades
from sight.

GOODBYE JETS
WE'LL MISS YOU !!!



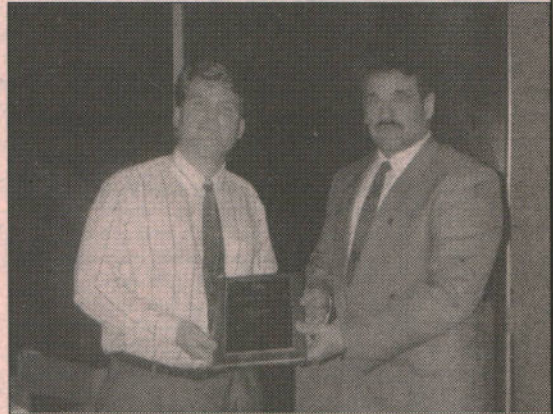
May the Forest be With You

CANEX FOOD SERVICES MANAGER RECOGNIZED AS FOOD SERVICE EXECUTIVE OF THE YEAR

The Manitoba Branch of the Canadian Food Service Executives Association selected Jon Kristjanson, 1st Vice President for the 1995 Food Service Executive of the Year.

This award presented annually, and sponsored by Ecolabs Ltd., recognizes an individual who has contributed most to the advancement of the food service industry on the basis of his qualities as a Food Executive within the company, the association and the food service industry.

Jon will now compete to represent his region for the selection of the National Food Service Executive of the year.



George Proulx, Territory Manager, Ecolab Ltd. presents Jon Kristjanson, Canex Food Services Manager, with plaque.

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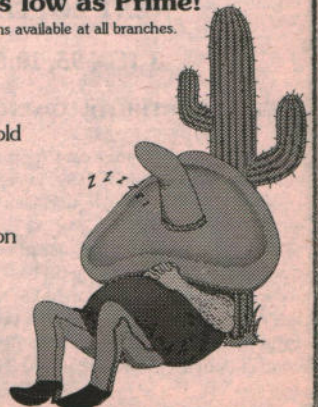
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We offer **Information and Referral; Family Education and Preventative Programs**, such as School Supervision, Youth/Teen Centre, Parenting Courses, Suicide Prevention Seminars and Connecting Friends; **Counselling** (individual and family); **Community Services and Events** such as RV Compound, Rec Clubs, Arts and Craft Sales, and Medley Days; **Childcare Services** such as Day Care, Satellite Day Homes, Babysitting, Pre-School, Toy Library and Play With Me; **Lifeskills Programme; Volunteer Opportunities and much, much more!!!**

We are looking forward to your arrival. We will help you get settled in your new community. We invite you and your family to contact or visit our offices. We can help you find information you may need to get settled in, meet other members of the community and more. Give us a call or drop in!

TOPS

(Take off Pounds Sensibly)

TOPS is a non-profit weight-loss group.
Meetings are held weekly in the Protestant Chapel
Annex Corner of Whytewold and Silver

Thursday Evenings Weigh-ins 6:00 to 6:50
Meeting 7:00 to 8:00

For more information please call :
Marie 889-0549
or Brenda 488-4458

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

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

**NORTH AND SOUTH SITE
NEXT BOTTLE DRIVE**

3 JUN 95, 10:00 - 12:00

WE ACCEPT THE FOLLOWING:

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

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

Thank-you for your support!

**WINNIPEG MILITARY COMMUNITY COUNCIL
ANNUAL FAMILY DAY LIPSETT HALL,
SATURDAY 17 JUNE 1995, 10 A.M. - 3 P.M.**

The Winnipeg Military Community Council and the Military Family Resource Centre are co-sponsoring the Annual Family Day, in conjunction with Manitoba's 125th Birthday Celebrations. The family day, located at Lipsett Hall and the surrounding area, will commence at 10 A.M. and conclude at 3 P. M., on the 17 Jun 95.

Attendance is open to all 17 Wg military/civilian personnel and their dependants. There will be a magic show for the children from 10:30 to 11:15 (by Uncle Dan's Kids World), games for children, unit displays, a BBQ, and a large garage sale. The garage sale will be located in Lipsett Hall and tables can be booked for 10\$ each or 15\$ for two by calling Mrs Belisle at the MFRC, local 489-7003.

Come out and celebrate with your fellow 17 Wg personnel and their families.

**MANITOBA AL-ANON & ALATEEN
17TH ANNUAL CONFERENCE
Airliner Inn, 1740 Ellice Avenue
Winnipeg, Manitoba
June 2, 3 & 4, 1995**

For 44 years Al-Anon and Alateen have been carrying a message of hope to the families and friends of alcoholics. While most people recognize that alcoholism is a disease, too few realize that it is a family disease that may emotionally, spiritually or physically affect every person living with the alcoholic. There are over 32,000 groups world-wide in 112 countries.

The Conference will include Al-Anon speakers and an Alateen speaker. A panel and workshops are scheduled for Saturday afternoon. A banquet, with a speaker and a dance, will conclude the evening.

Single day tickets (\$10.00) will be available at the door. For more information, contact Al-Anon Central Services Office at 943-6051.

**31st Annual CFB Winnipeg
EARLY BIRD GOLF TOURNAMENT**

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

POC: Mail entries to:
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(W) 833-5995 37 Fieldstone Bay
(H) 889-5090 Winnipeg, MB
R2Y OR1

- 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 DEADLINE: 28 MAY 95

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

**Baden Rube Band
Reunion...**

All former band members are invited to a reunion with the German band members on the 6th to the 8th Oct 1995 in Ottawa. For more information and registration contact;
George Campbell
308 Elderberry Terr.
Orleans Ont. K1E 1Z1
Phone: (613) 837-5943.
Registration required by
30 June 1995.

**30th Anniversary
Air Cadet
Gliding Program**

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

A WORD FROM THE CHAPLAIN

THE SALMON RUN: A CELEBRATION OF CHANGE

By Lt(N) G.L.D. Kling, Chap (P)

It is October in the interior of British Columbia, Canada and the Adams River is glorious. Its waters are filled with millions of red fish, clearly visible from a shoreline decorated with trees with brilliant autumn colors.

The Sockeye salmon are returning to where they hatched four years ago. They are returning to lay or to fertilize eggs. This is called 'spawning'. This is why the Adams River is red with the salmon. During the time they are spawning, the salmon change color, from shining silver to vivid, almost fluorescent red.

It is the time in their lives when the salmon celebrate life and death.

God has planned a time for everything. Ecclesiastes 3:1 tells us there is a season for everything, a time for change. God has a purpose in this. There is a time to be born and a time to die.

God has planned the life-span of the salmon. He sees their conception and their swim to the sea. He sees their return to their spawning grounds. He sees and oversees the beginnings of the new salmon.

Much, much more than salmon, God loves you and me (See Matt. 10: 29,31 - God sees the sparrow fall and the salmon die). He plans the times of change and growth in our lives. He sees and oversees us as we get up each morning and tackle the challenging events of the day. He celebrates with us in our joys and weeps with us in our times of sadness.

The last month of the salmon's life is a saga of endurance, determination and color. Four years before, these salmon survived many hazards. These hazards stopped other salmon eggs from hatching and maturing from eyed eggs to alevins, fry and fingerlings. These salmon grew into sleek fish that travelled down 300 miles of river to live in the Pacific Ocean.

The now-spawning salmon also survived the hazards of ocean life. Natural enemies, pollution and fisherman were all dangers to these fish. But they made it. They missed disease, oil spills and the fisherman's net and hooks.

God plans a way for us to survive too. Sometimes when

we feel bullied, bossed around and forced to do what we don't want to do, there is a feeling of being trapped. Sometimes there is a feeling of being chased, with something bad waiting to happen when we are caught. But God has already planned an escape for us. When we are faced with discouragement, with giving up, with feelings of sadness that threaten to drown us, God has already seen ahead to this season of our life. God will not let you be pushed beyond what you can stand, but will show you an escape route, and a way to stand up under heavy loads." (1 Cor. 10:13)

Through prayer and the encouragement of others, God will show us how to keep from being trapped in despair.

The last great challenge, the one that marks the beginning of the end in the salmon life-cycle, is the return journey. The journey from the ocean, back to their original spawning grounds. Back up the river, up rapids and falls, against the current.

The salmon swims hard against the current. No longer do they stop to eat. Once they have started on their journey they will not eat again. In fact they do not ever eat again, because after they have spawned they die.

Using stored-up fat reserves for energy, the salmon swim up to thirty miles a day. They sometimes must jump six feet to get over rapids and obstacles on their way up-river. They are untiring and undaunted.

After we have decided that we want to follow the ways of Jesus, we will be-challenged with obstacles and problems,

that appear in our way. But we are not alone in our life journey. Jesus is here to comfort us, to give us strength, to give us endurance.

Unlike the salmon, we do not need to go without food in our race against the rapid. We are fed and nourished by God's word, by the love of our families and friends and by the Holy Spirit.

Remembering this we are encouraged in Hebrews 12:1,2 to push discouragement and disobedience away from us, and to patiently keep on going, to run the race. How can we do this? By looking to Jesus, who is the one that gives us our faith in the first place.

CONCLUSION: The salmon finally reach their destination. The fish that started the long journey up-river three weeks before, a healthy, silver fish is now bright red and its flesh is beginning to rot, even while it still has a little life left.

Now, in the final event of their lives the female lays eggs in a nest of gravel, called a "redd" and the male fertilizes them. Then the parent salmon die.

In the spring the eggs will begin to develop. New salmon will be beginning their lives. The salmon runs will continue!

Unlike the salmon who die after facing their greatest challenges, troubles and challenges can prepare us to live more joyfully. As we live through troubles and find Jesus as our strength in trouble, we can encourage others. Sharing Jesus with others will bring new enthusiasm to us.

Let's run our race in life for Jesus! Let's celebrate life!



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The 17 Wing 1994/95 Sports Banquet

By 2Lt Sam Lortie

We are very active in sports here at 17 Wing. This was made obvious at the 1994/95 Sports Banquet. We have 16 teams who participated at the Prairie Regional level, four of which represented the Prairie Region at the Nationals. The Men's Soccer team came in 2nd, Men's Softball finished 3rd, and our Volleyball Men and Women were 2nd and 4th respectively.

Several members of our Wing participated at CISM in: Basketball, Golf, Rugby, Volleyball M&W, and Tae Kwon Do. Our Wing also hosted two CISM Basketball Camps, one Golf Camp, two Volleyball Men's Camps, and two Volleyball Women's Camps.

The Sports Banquet's goal is to honour the 17 Wing teams, athletes, and support staff that most distinguished themselves in their dedication and accomplishments. The prizes included everything from Team of the Year to Volunteers of the Year.

The 17 Wing Official of the Year Award was given to WO Glenn Negrich. He participated as an official in the intersection hockey program



Acting W Comd LCol Dave McCoubrey with Volunteer Award Winners from left to right: Capt Paul Keddy on behalf of Maj Rick Lachapelle (Squash), PO Gerry Mercier on behalf of WO Gilles Desjardins (Badminton), Sgt Marie Fortier (Broomball and Softball), Mrs. Elaine Parent (Recreation Council), Sgt Kim Marshall (Karate), Cpl Dave Marshall (2 VP Strong Contender and Base Hockey).

for the past six years and was also very active in Amateur and Minor Hockey in Winnipeg.

The Team of the Year Award was given to the Soccer team. This season, it finished 3rd in Manitoba and 3rd in the Nationals. They are presently on top of the Indoor Soccer League standings and are looking forward to the championships in May.

Both Male and Female Athletes of the Year were Volleyball players. The Male

Athlete of the Year was Capt Dennis Talbot. He participated in three CISM Volleyball camps and was selected as the CF National Team Captain. He was also coach/player of the 17 Wing Volleyball Team which he led to the Regional Championships and a 2nd place in the Nationals. He is also president of the Base Scuba Club.

The Female Athlete of the Year was the CISM Female Volleyball Team setter for the last three camps, Capt Lucy Rourke. She was chosen to represent Team Canada at the Regional CISM Tournament in Hardewijk, Holland. She also led the 17 Wing Stingers to a Regional Championship, was Tournament MVP in a Senior



From left to right: Capt Dennis Talbot (Male Athlete of the Year, Volleyball), WO Glenn Negrich (Official of the Year), Capt Lucy Rourke (Female Athlete of the Year, Volleyball), Cpl Gunner Murrant (Team of the Year, Soccer), Sgt Bush Thornhill (Coach of the Year, Soccer), (members of the Soccer Team) Sgt Terry Gingell, Cpl Mark Anthony, and Cpl Steve Slowinski.

Women's Tournament and plays Co-ed Tier Two and Intersection Volleyball. She plays in the Intersection Hockey League with Air Command.

The Coach of the Year was the Soccer Team Coach, Sgt Bush Thornhill. His contributions to the Base Sports' Program began as far back as 1986. His teams have won Regionals, Nationals, and League Championships. This past season's Wing Soccer Team accomplishments are an Indoor Championship, a Regional Title and a 2nd at the Nationals.

The first of two new awards this year is the Unit Award. It is given to the unit who has been most noticed for their

esprit de corps, participation and competitive excellence. This year, for their participation in everything from intersection sports to tabloids and W Comd events, the WCEO Section has been exemplary.

The other new award goes to the volunteers. It is given to the people who dedicated some of their free time to ensure a smooth running of the sports programs. These winners are: WO Desjardins (Badminton), Sgt Fortier (Broomball and Softball), Elaine Parent (Recreation Council), Cpl Shannon (2 VP Strong Contender and Base Hockey), Sgt Marshall (Karate), and Maj Lachapelle (Squash). All volunteers are thanked for their support.

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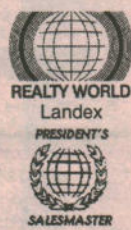


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