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VOL. 43 ISSUE 18

17 Wing Winnipeg / 17e Escadre Winnipeg

OCTOBER 18, 1995 / FREE



Cpl John McDonald, WSUp

## HOME FROM HAITI

### WELCOME HOME

*Hugs, kisses, and big smiles were the order of the day when 22 men and women from 17 Wing returned home after a 6 month UN tour of duty in Haiti.*

*(Photos by Cpl Doug Desrochers, 17 Wing)*



Cpl Marc Sills, WSUp

By Capt Neil Kinley

Once the 435 Sqn Hercules taxied in and came to a stop in front of the passenger terminal at 17 Wing, a steady stream of blue berets came marching off the aircraft. After a long six month deployment to Haiti, 22 men and women from 17 Wing returned home on flight 6258 on Friday, September 22, 1995.

They were met on the ramp and welcomed home by the Wing Commander, the

Command Chief Warrant Officer, the Wing Logistics Officer, and television crews and photographers from Winnipeg's television stations and newspapers. One station CKY-TV, the CTV affiliate in Winnipeg, broadcast the arrival live on their 6:00 p.m. newscast.

However, the biggest and most emotional welcome came when the peacekeepers entered the passenger terminal and were met by their families and friends. Hangar 10 was filled

with wives, husbands, children, parents, friends, supervisors, and colleagues. The Winnipeg contingent, looking fit and well tanned, in some cases sunburned, were part of the Canadian Force's 500 person contribution to the United Nations Mission in Haiti (UNMIH). They went to this poor and chaotic Caribbean nation to help bring some stability prior to elections. The returning men and women from 17 Wing included military engineers,

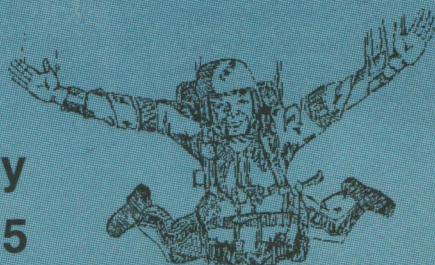
military police, and logistics and administration support personnel.

The 22 that returned on September 22, were only part of the 17 Wing contribution in Haiti. Fourteen others returned

to Winnipeg earlier in the week. As these people got reacquainted with families and friends, another 37 personnel from 17 Wing were on their way to Haiti to continue to help maintain stability.

## EVERY DROP COUNTS

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17 Wing



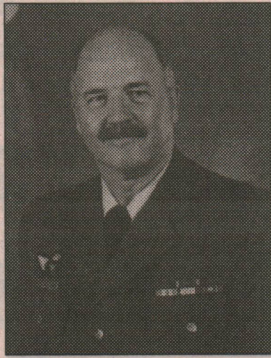
Have a safe and happy Halloween!

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# PERS ADMIN PROFILE

CWO Ralph J. Allen is both the Wing Superintendent Clerk and the Admin Branch Chief. Coming to Winnipeg from Toronto in June of '95, he has spent much of his career bouncing in and out of Ontario bases. On one of his tours, he spent about seven months at UNHQ in the Sinai as part of UNEF II. His most memorable foreign duty was his three years at the CF Attache Office in Bonn, West Germany as an Attache Administrative Assistant. The job also meant that at times he could be a cook, bartender, driver, finance clerk or even an admin clerk. Time permitting, he would have to liaise with German politicians, see to aircraft servicing, food services, reciprocal Canadian-German ship refueling and handling official visits to Bonn. Some of the officials included PM Trudeau, CDS Gen Withers and Gov Gen Schreyer.



CWO R.J. Allen

On a more personal basis, CWO Allen was born and raised in Kilmount, Ontario - a town of about 600, roughly 1 1/2 hour's drive NE of Toronto. He lives with his wife, Judy and daughter, Heather in Winnipeg. His other daughter, Kerry-Lynn, works and lives in Toronto. CWO Allen hopes one day to retire to a rural Ontario setting and perhaps have a hobby farm.

CWO Allen is pleased with the high calibre of professionalism in the staff he inherited. He believes that as a soldier must be loyal to his regiment, so too must an admin clerk be loyal to his branch. No doubt that CWO Allen will achieve his goal of high quality Single Point Service. Great to have you with us Chief.



# ASK MR GREENTREE

In my last column, I made reference to the differing environmental impacts of trophy/sport and subsistence hunting and fishing. Hardly a cliff-hanger ending but it allowed me to spread the one topic over two columns.

The basic difference between the hunter or fisher who takes wildlife for sport and the one who relies on wildlife for food (also known as "subsistence hunting/fishing") lies in the types of animal taken. In theory, the subsistence hunter takes whatever game comes along - regardless of age, condition or sex. In this way, no one group of the animal population is affected more than another. But sport hunters tend to take only the best animals - the best rack, the largest fish, the biggest hide - and this type of harvest reduces the quality of the gene pool.

So what?, you ask. Well, when the best individuals are removed, only the inferior animals are left to reproduce and, when the best of the new generation is removed, even more inferior animals provide replacements .... This downward spiral is like evolution in

reverse.

It is partly for this reason that natural resource managers put limits on sport hunters - both in numbers and in season - and encourage the "catch and release" programs. If these limits were not in place, it is conceivable the game populations would be so genetically weak they could disappear with the first disease that appeared.

Now, the disclaimer - this explanation is a very simple wrap-up of a complex biological issue. It does not include the cultural aspects of hunting - such as traditional uses of game, the changes in subsistence harvesting resulting from modern technology, the reduction of the natural environment and many others. I could not possibly cover all these in a column and still keep my audience!

## INTERESTING ENVIRONMENTAL FACTOID:

Once in a while, I come across a piece of news which I have to share but cannot work into a column. These factoids

will be included whenever possible.

From the "Greening of Government" newsletter published by Environment Canada:

"According to the California Air Resources Board, personal fragrance compounds release four tonnes of volatile organic compounds into the state's air each day - the air pollution equivalent of more than one million cars a year!

Perfume, cologne and after-shave lotion can have an adverse effect on human health, particularly when they are produced using synthetic aroma chemicals instead of natural oils. At greatest risk are people who suffer from allergies, asthma and other respiratory ailments."

[Author's note: this list should include those who spend a lot of time in enclosed areas with people who overuse the cheap stuff!]

If you have any comments about this column or would like other environmental subjects covered, please contact me at loc 6774.

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# Chinthe Bits

By Capt Richard Pamplin

When it rains, it pours. This must be a "Fast News Day." The only place to start is at the beginning.

Congratulations to 435 Transport and Rescue Squadron (I stress Rescue) and to the crew of RESCUE 339. As I am sure you all remember, RESCUE 339 was the call sign of the 435 Sqn aircraft involved in SAR Schultz last January 27. (See The Voxair Vol 43 Issue 5 15 Mar 1995 Five Saved in Mountain Crash.) The crew of RESCUE 339 successfully rescued the five survivors of this tragic plane crash in the Rocky Mountains. For their part in this rescue, 435 (T&R) Sqn has been awarded the Mynarski Trophy by the Air Force Association of Canada. The Air Force Association presents a number of aviation awards annually. The Mynarski award is presented for outstanding contributions to Search and Rescue in Canada. The award was accepted on behalf of 435 (T&R) Sqn by the five remaining crew members of RESCUE 339 at the Association's annual awards banquet. Two of the crew members have since left the CF. Once again, congratulations.

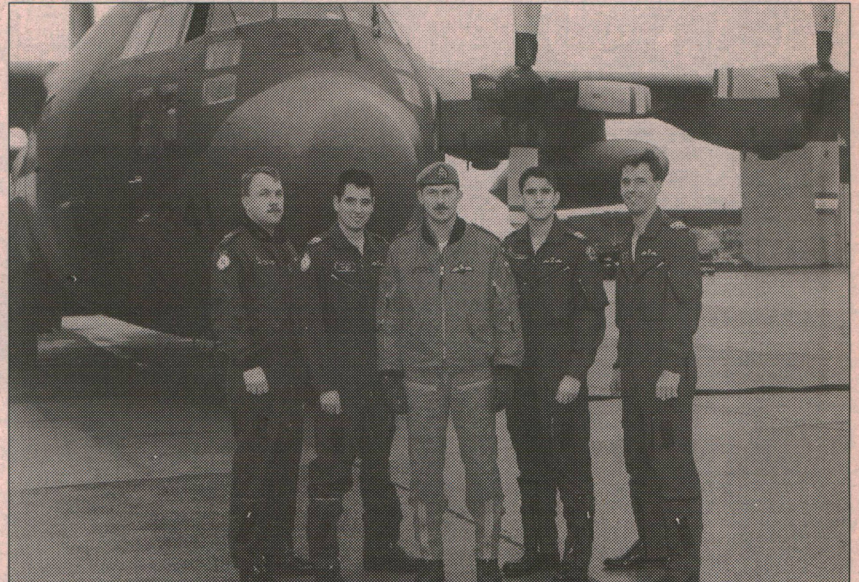
## THAT OTHERS MAY LIVE.

There were two VIP visitors to the Squadron during the last week of September, and the first week of October. The first visitor was Mr. Allan Hodges, Director General of Emergency Management Services for Australia. He visited 435 Sqn on 29 September as part of a visit to Emergency Preparedness Canada. The purpose of his tour of 435 Sqn was to learn about SAR Operations in Canada, as Australia does not have a similar system. SAR Techs MCpls Houle and Moroni did the section proud by showing off their "toys." The second visitor was ADM Financial and Corporate Services. He visited the Squadron on 2 October and received a similar briefing and tour.

Here is one final note about SAR before moving on. With all the media coverage that the SAR Flight is receiving, one would think that all we do is SAR. To perpetuate this notion, CKY TV,

the local CTV affiliate is doing a multi-part story on 435 SAR Operations. Reporter Glen Cassie and Cameraman Darrel Brownlee were guests of the standby crew on 5 October. The news crew shadowed the standby crew during a typical duty day. The day included a weather briefing, the Squadron morning briefing, and a training mission. The training mission demonstrated many aspects of a search scenario, as well as a simulated rescue. The day concluded with some on camera interviews of the crew. Thanks again, JimBob. The story should air in the near future on Channel 5 News. We will try to keep you updated.

Service Flight 534, the most recent of the Squadron's Global Response Trainers took place in September. It was a two-part mission with Santiago, Chile being the destination for the first load, and Ohakea, New Zealand being the departure point of the second load. The transit from Chile to New Zealand was done in three legs, as the South Pacific is so vast. Due to the unrest in Tahiti as a result of France's nuclear testing on the Moruroa Atoll, Tahiti was unsuitable as a stopover point. It just was not prudent to land a military aircraft at a burning airport in front of agitated peace protesters. Instead, Rarotonga in the Cook Islands was chosen despite the long flight from Easter Island (13 hours). Rarotonga proved to be an excellent place to get some rest and aviation fuel. However, we were unable to escape the French nuclear issue which is of great concern to all in the South Pacific. Imagine our surprise to wake up in the morning to find a picture of our mighty Hercules on the front page of the Cook Island News. The caption would lead a reader to believe that we had been to Moruroa, which of course was untrue. We all feared that we would find our plane smeared



The crew of RESCUE 339, (L to R): LoadMaster MCpl Mario Pelletier, Navigator Capt Greg Illchuk, SAR Tech Cpl Mark Holoshka, Co-pilot Capt Bart Melhuish, and Aircraft Commander Capt Greg Robinson. Missing are Flight Engineer Sgt Larry Brown, and SAR Tech MCpl Don Peters. Photo Credit: 17 Wing Imaging.

with tomatoes, or worse. Fortunately, that did not happen. Yours truly contacted the Editor of the Cook Island News, Mr. Alex Sword to clarify the matter. Mr. Sword advised me that his source was unsure of our flight itinerary which lead to the error. I conveyed to him that I was not in a position to comment on Canadian Foreign Policy regarding France's activities, yet I felt that it should be made known that we did not fly anywhere near Moruroa. He assured me that a correction would be printed and that he would send a copy to the Squadron. As of deadline date, we have seen this correction. Hopefully the citizens of the Cook Islands have been set straight on this matter.

Finally, I have to point the finger at myself. Several people have "busted my chops" about my use of the pseudonym "Gern Blansten." Most people cannot even pronounce it properly and do not understand why I use it. I don't think I understand why I use

it. The most embarrassing aspect of this was when Steve Martin called me and accused me of stealing his material. I protested that I was doing no such thing. "Look, Steve," I said, "Comedy is not pretty!" He didn't like that

much. From now on, I will unashamedly claim those writings which are mine. As a note, however, I knew Red Green before he became a household name. Until next time, keep your stick on the ice.

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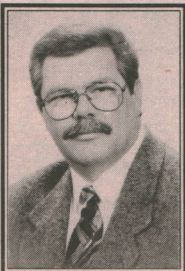
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# CANADIAN FORCES DECORATIONS



The following personnel were presented with their CD, CD1, or CD2 by the W Comd on 15 Sep 95:

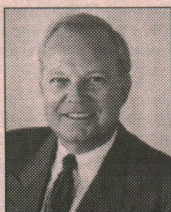
FRONT ROW left to right - Maj Hopkins W Chap (P)(CD1), Maj Cooney CFSAS (CD1), LCol McCoubrey CFSAS (CD2), Col Sharpe (W Comd), WO Kelly (OPI), MWO Van Horne 402 Sqn (CD1), and Sgt Allard 435 Sqn (CD1). SECOND ROW - Sgt Gelsing 402 Sqn (CD1), Lt Kovacks 402 Sqn (CD), Capt Menzies 435 Sqn (CD), Sgt Clarke Wg EME (CD1), Cpl Schultz W Surg (CD), Cpl Snodgrass 402 Sqn (CD), Sgt Byrne 402 Sqn (CD1), Sgt Manchurek W Compt (CD1), Capt Hicks LTC (CD), Cfn Simpkins Wg EME (CD), Cpl Stapleton 435 Sqn (CD), Cpl Dunk W Compt (CD), and Cpl Thibault 402 Sqn (CD). THIRD ROW - Cpl Lemay 402 Sqn (CD), Cpl Baillie 435 Sqn (CD), LS Mainville WSAMP (CD), MCpl Messier Wg EME (CD), MCpl Young ARAF (CD), Cpl Poole W Sup (CD), Cpl Morris 435 Sqn (CD), MCpl Taillon W Admin (CD), MCpl Pelletier 435 Sqn (CD), Cpl Charbonneau 402 Sqn (CD), Cpl Desrochers W Imaging (CD), and LS Harnum W Surg (CD). The CD represents 12 years of dedicated service, the CD1 22 years of service and the CD2 32 years of service.  
Photo by: Cpl Ken Allan, 17 Wing

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BGen R.R. Henault (COS Ops) presenting ClntO, LCol S.F. Beharriell with the CD 2 on 14 Sep 95.



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# New Sound to the Winds

During an afternoon walk you may have heard a new sound in the neighbourhood. It is the sound of a new woodwind quintet called The Midwest Winds. The music leads visitors to a Braintree Crescent home. Here there are five talented musicians tuning up their instruments for a weekly rehearsal session. They are preparing for an upcoming concert at The Winnipeg Art Gallery.

Three of the five of the musicians happen to be members of the Canadian Armed Forces. Sgt Shawna Mochnac, clarinet, and Cpl Susan Symonik, oboe, are members of The Royal Winnipeg Rifles Band. Sgt Benjamin Trowell, french horn, is a member of The Air Command Band.

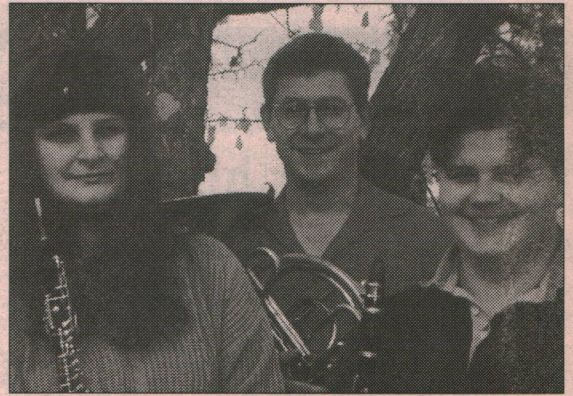
Shawna Mochnac graduated from Brandon University with a Bachelor of Music Degree in Performance. She has taught at the School of Music in Brandon, and has also appeared on CKY-TV in several solo and chamber

music recitals. In 1992, she achieved standings in the national finals in the CIBC Music Festival in Charlottetown, Prince Edward Island, representing Manitoba in woodwinds. She has also performed clarinet in The Air Command Band, and The Band of The Ceremonial Guard Band on Parliament Hill in Ottawa.

Susan Symonik graduated from the University of Western Ontario in London with a Bachelor of Music degree, Honours, in performance. She has performed with the Thunder Bay Symphony, Orchestra London Canada, The International Symphony of Sarnia and Port Huron, Michigan, and The Winnipeg Symphony Orchestra. She is a member of the International Double Reed Society. Her military experience includes The Lake Superior Scottish Regiment Band, The 7th Toronto Royal Canadian Artillery Band, The Band of The Ceremonial Guard, a Class C posting with The Royal Canadian Regiment Band in

Gagetown, New Brunswick and served as the reserve Oboe Instructor at The Canadian Forces School of Music.

Benjamin Trowell graduated from York University in Toronto with a Bachelor of Fine Arts Degree, Honours, in music. He has performed with The Howard Cable Orchestra, The Toronto Symphony Players, and new music concerts for the CBC's radio program, "Two New Hours". He has also composed new music extensively for chamber groups and band, and has served The Canadian Band Association in the roles of Advocacy and Information Services. His military experience includes The 7th Toronto Royal Canadian Artillery Band, a Class C posting with The Vimy Band in Kingston, Ontario, The Central Band of The Canadian Forces in Ottawa, and French Horn Instructor/Public Affairs specialist at The Canadian Forces School of Music. He currently serves in The Air Command Band as a French horn player



The MIDWEST WINDS (L-R) Susan Symonik, Oboe; Benjamin Trowell, French Horn; and Shawna Mochnac, Clarinet.

and Public Affairs specialist.

The Midwest Winds was founded in 1994 to promote and develop traditional and contemporary music in Manitoba through the performance mediums of concerts and educational workshops. The group has already established a high degree of musicianship and endeavor to offer live music for any occasion.

In the past, The Midwest Winds has performed at the Winnipeg Centennial Library,

Young United Church, and St. Vital United Church. This year, the group will perform formal concerts at The Winnipeg Art Gallery and The University of Winnipeg, as well as lighter concerts at such locations as Winnipeg International Airport, The Union Station Rotunda, and the Garden City Shopping Centre. A wide range of music is presented. If you would like to hear The Midwest Winds at their next concert, call 255-8300 for further information.

## Take Flight with The Air Command Band at Glenlawn!

Come experience the diverse musical styles of The Air Command Band. They will perform on Tuesday November 7 and Wednesday November 8 at 7:30 p.m. in the Glenlawn Collegiate auditorium (770 St. Mary's Road). The two hour concert will feature a marching piece performed by 15 Glenlawn students with the band. The two evening performances will help raise awareness and funds. The Air Command Band are donating their time in support of Associated Manitoba Arts Festivals (A.M.A.F.) and Glenlawn Collegiate.

Admission is \$8 (adults) and \$6 (students).

Tickets are available at Glenlawn Collegiate, St. Mary's & Riverbend Royal Bank branch or A.M.A.F. offices (424-100 Arthur Street).

For more information contact:

Chris Zuk or Karen Oliver Associated Manitoba Arts Festivals  
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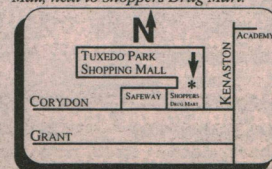
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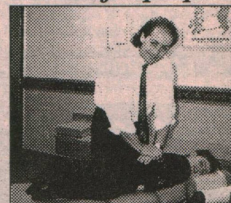
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# MFRC ANNOUNCEMENTS

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

## Parenting/Child Care Programs

### Mom's Morning Off

#### For Children Up To Three

Speakers on toilet training, discipline with under two's and a craft demonstration are just one of the upcoming presentations arranged for this group. Your children will be cared for in the children's area while you are in the next room hearing these speakers. Bring a snack for your child.

**Date:** Wednesday mornings  
**Location:** Lipsett Hall Nursery School  
**Time:** 9:30 - 11:00 a.m.  
**Cost:** \$2.00 per week or \$20.00 for 10 weeks with the 11th week free

**Date:** Thursday morning  
**Location:** Westwin Community Centre  
**Time:** 9:30 - 11:00 a.m.  
**Cost:** \$2.00 per week or \$20.00 for 10 weeks with the 11th week free

### Toy Lending Library

The MFRC is considering the possibility of revamping and revitalising its toy lending library. Could you please help us out by letting us know your ideas. The toy lending library would be geared for children under six years to start with. Phone Mavis at 489-7003 by October 24 and let me know what you think.

### ATTENTION CAREGIVERS

The Military Family Resource Centre run Caregiver afternoon on Mondays at Lipsett Hall is cancelled. Can you think of any way in which the MFRC can support you in your care of children? Training seminars, first aid, caregiver support meetings are just some of the supports that have been offered in the past. Please call Mavis at 489-7003 with your ideas.

### Child Care Co-op

The MFRC child care co-op allows parents to exchange care of children on an occasional, flexible basis. A military police check is done on co-op members. Basic guidelines and membership conditions keep the co-op running smoothly.

**Dates:** 2nd Tuesday of the month (14 Nov)  
**Location:** 350 Doncaster  
**Time:** 6:30 p.m.

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# MFRC VOLUNTEERS



MFRC volunteers receive Certificates of Recognition (L-R): Catherine Mayor - Board Chairperson, Sgt Jeff Belisle - Volunteer on Wing Lotto, Paul Diamond - Volunteer for Kid Ventures, Major Thingvold - WCEO (support to MFRC for past two years), Don Brennan - Executive Director of MFRC.

## Child Health Clinic

Cathy Lovatt, Public Health Nurse, will be available once a month to help you understand your child and learn more about parenting. Children are weighed and measured. Denver Developmental Screening Testing can be done to assess your child's growth and development. Immunization is also available.

**Dates:** Fourth Tuesday of every month  
 (24 October, 28 November 1995)  
 10:00 a.m. - 2:00 p.m.  
**Time:**  
**Location:** Westwin Community Centre  
**Registration:** Cathy Lovatt at 945-0829. Registration is necessary to ensure your child's file is on hand.

## WING LOTTO WINNERS

31 AUG

Cpl Cordick, WTN  
 Cpl Hurley, 402 Sqn

28 SEP

Mavis Lewis Webber,  
 MFRC  
 Cpl Thompson, 402 Sqn

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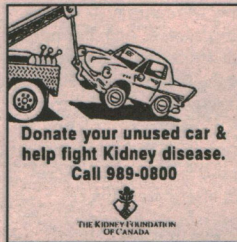
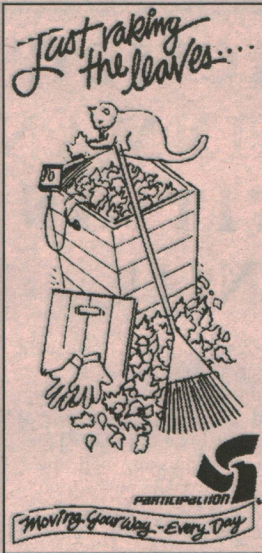
(beside bldg 90 on Whytewold)

WHEN: Sun 29 Oct 95

TIME: 1:00pm - 4:30pm

COST: \$2.00 per person and pop/chips will be sold

All Military and non-military children welcome



**17 ARAF**



Captain Rick SANTA (right) receiving his promotion to that rank from Major Tim Forsythe, Flt Comd, 17 ARAF. Captain Santa is a PADmin Officer employed at 17 Wg HQ within the Wing Admin Services Branch. Congratulations Rick from all members of 17 ARAF.

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Get your section/ squadron involved.

Call Catherine Mayor at 488-2620 or the MFRC at 489-7003 to have your name(s) added to the volunteer data bank. Start the festive season early.....GIVE YOUR TIME!

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# 2PPCLI WINS ICMBG MOUNTAINMAN COMPETITION AGAIN!!!



By Lt Curtis Smith, 2PPCLI

Imagine running 35km in combat boots with a 15kg rucksack strapped to your back. Sounds difficult, doesn't it? How about grabbing a 35kg canoe after finishing your run and portaging it for a further 5km? Then, just to make things more challenging, throw the canoe in the Glenmore Reservoir for an 8km paddle and end with a 6km rucksack run to the finish line. This event, the ICMBG Mountainman Competition, is meant to showcase the fittest personnel in the brigade, and once again 2PPCLI dominated the event, taking the overall top team award and placing four competitors in the top ten.

The Mountainman was held on 15 September 95 at CFB Calgary. It was a cold, dark Saturday morning when the 91 competitors from 11 teams, including 2 guest teams from outside the brigade, lined up for the start of the race. BGen Meating gave some words of encouragement and the racers were off at precisely 0600hrs. The 2PPCLI team, made up of 2 officers and 6 NCMs, had been mentally and physically preparing for this moment for over 2 months and was ready to defend its title.

There is no need to recap the entire race, except to say that the drive and determination of the competitors was impressive. Pte DJ Cooper, the defending champion, started near the back of the pack and methodically worked his way to the front, finishing second overall

and first in the brigade. Capt MR Annis, with a medical withdrawal from last year's competition haunting him, powered his way through the course to a fifth place finish. Pte GD Cheeseman and MCpl SJ Lerch jockeyed for position the entire race, finishing ninth and tenth respectively. The rookies on the team, Cpl DW Janes (17), Pte MF Biderman (19), Lt CJ Smith (30) and Cpl AJ Doiron (52), all distinguished themselves with strong performances. A special mention should be made of Cpl Doiron's race, as he rebounded from an almost disastrous incident to place in the middle third of the competitors. During the canoe portion, a large wave hit the side of Cpl Doiron's canoe as he was completing a stroke, capsizing the canoe and throwing him into the cold waters of the Glenmore Reservoir. Eight minutes later, after divers fished Cpl Doiron's rucksack from the bottom of the reservoir, he jumped back into his canoe and continued with the race, soaking wet and now carrying a rucksack that weighed about 30kg. Only someone with tremendous determination and a lot of heart could have completed the race under these conditions. Well done, Cpl Doiron.

The closing ceremonies told the entire story of how 2PPCLI fared in the Mountainman. Four competitors in the top ten, best overall team, top Private, Lieutenant and Captain.... These awards show that, once again, 2PPCLI is the fittest unit in ICMBG and that we are indeed

**"Second To None".**

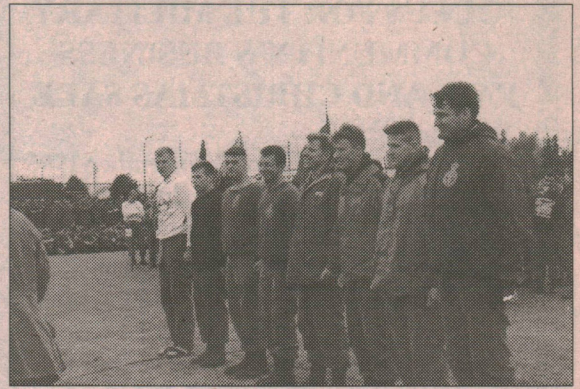
## 2 PPCLI INDIVIDUAL RESULTS

Pte DJ Cooper	2nd	5:59:21
Capt MR Annis	5th	6:06:54
Pte GD Cheeseman	9th	6:17:28
MCpl SJ Lerch	10th	6:20:39
Cpl DW Janes	17th	6:48:26
Pte MF Biderman	19th	6:50:59
Lt CJ Smith	30th	7:14:23
Cpl AJ Doiron	52nd	7:41:52

## OVERALL TEAM RESULTS

(Total of Top Three Individual Times)

2PPCLI	18:23.43
Airborne Holding Unit	18:26-07
1 RCR	18:46:57
LdSH(RC)	19:31:57
IPPCLI	20:17-39
ICER	20:59-16
HQ & Sigs	22:09:27
1 Fd Amb	22:14:03
1 Svc Bn	23:40:22
1 RCHA	24:14.14
CFB Calgary	Time not Available



The 2 PPCLI Mountainman Team (L-R): Pte Cheeseman, Cpl Jones, Cpl Doiron, Lt Smith, Pte Biderman, Pte Cooper, MCpl Lerch, Capt Annis.



Capt Annis accepting Team Award from BGen Meating.



MCpl Lerch on the portage.



Pte Cooper, Defending Champion.



Cpl Doiron

# UN TRAINING - 2 PPCLI TRAINS IN MINNESOTA

*Editorial Note: The article submitted on 2PPCLI training was written before the Government's announcement on 5 October that future unit rotations to Bosnia (Operation CAVALIER) would cease in November, the time when 2PPCLI was scheduled to replace 3R22eR in Visoko.*

By Lt T.D. Sherstan

The 2PPCLI BG conducted Ex Prairie Thunder at Camp Ripley, near St. Cloud, Minnesota from 10-28 Sept 95. The purpose behind this exercise was to enable all BG personnel to exercise their weapons and tactical skills, as well as to practice the variety of tasks specific to their United Nations duties in-theatre in Bosnia, such as humanitarian aid convoy and VIP escort, vehicle and foot patrols, urban cordon and searches, occupying observation posts, guarding checkpoints, medical casualty evacuations and maintaining camp security.

The exercise was conducted in two distinct phases. The first part consisted of individual and sub-unit training, primarily focusing on completion of the IBTS, live fire training and the conduct of sub-unit specific tasks. The second phase was a dry BG FTX conducted over an eight-day period. This FTX was designed to confirm the operational readiness of the BG to execute its OP Cavalier tasks. Its purpose was to establish strong BG cohesion through the collective mastery of theatre-specific SOPs and the practice of designated theatre contingency tasks.

Camp Ripley was selected for this deployment because of its availability and because of the value offered by using this nearby military training facility. The Camp Ripley terrain also afforded the advantage of being similar to that which the Battle Group will encounter in Bosnia and, as a new training area, was one that provided the 2PPCLI Battle Group personnel with a better opportunity to exercise their soldiering skills.

Soldiers of 2PPCLI comprise the bulk of the Battle Group, augmented by a squadron from ICER, a recce squadron from the LdSH(RC) and personnel from 1 Fd Amb. These soldiers come from both the Regular and Reserve Force, with the BG totaling close to 1000 personnel.

Overall, the exercise was deemed to be a success, with all members of the BG gaining valuable experience that they can take with them overseas, with the added bonus of discovering a new and valuable training area.



Belligerent Cpl MacIntyre brought under control by members of 'C' Coy during a cordon and search operation at Camp Ripley.



'C' Coy pers getting debriefed after a run through the pairs fire and movement range at Camp Ripley.



A 'C' Coy soldier responds to questions from a Minnesota TV station crew during a media day at the start of EX Prairie Thunder.

## 2 PPCLI ROTATION TO BOSNIA CANCELLED

By Maj G.D. McNally, DCO

Shortly after 0900 in the morning of Thursday, 5 October, all ranks of the Second Battalion, Princess Patricia's Canadian Light Infantry (2PPCLI) learned of an announcement made by the Minister for Foreign Affairs in the House of Commons to the effect that Canada's major unit rotation in Bosnia would cease immediately. The unit presently fulfilling the mandate, the Third Battalion of the "Van Doos" (3R22eR), would complete its tour in November and would not be replaced. In observing the recent media

coverage of this announcement, the reader is well aware of the changing situation in the former Yugoslavia that led to this decision by the Canadian Government. The combination of a peace settlement and a corresponding downsizing of UN troops in theatre has resulted in the cancellation of the 2PPCLI mission. Nevertheless, the battalion recognizes that the training in preparation for this UN operation had been some of the best undertaken by any unit, a fact that has not been lost among our superiors in Brigade and Area Headquarters and NDHQ. Should any additional UN troops be required in the near future,

there are few units who can boast of 2PPCLI's readiness; who knows what the future may hold. In closing, the Commanding Officer and all ranks of 2PPCLI would like to thank the Commander of 17 Wing, Colonel JE Sharp, and all of his 17 Wing staff, for their outstanding support throughout the last several months in bringing us to this level of operational readiness. The soldiers have enjoyed some of the best training, both dry and live fire, that one can imagine, thanks to 17 Wing's support.

# Everyone in uniform is a recruiter

By LCdr Doug Maybee

It's surprising! Yet when you think about it, it's very believable. In a 1993 survey done for the Canadian Forces, it was revealed that over 80 percent of the men and women enrolled in the Canadian Forces were strongly influenced in their decision to join from speaking with someone in the military. That's a higher percentage than that attributed to a visit to a recruiting centre. The same survey found that a visit to a CF recruiting centre was an important source of information for 73 percent of those surveyed.

The significance of this is that people in uniform like you and me today are playing an important role in helping others decide on a career in the Forces. Just how important that role is is largely underestimated. We owe it to ourselves to encourage the best potential candidates to consider the Forces as a rewarding and dynamic career option.

If you are approached by someone who wants to know more about the military, seize the opportunity to tell your story. Tell of your experiences in the Forces, where you have been, what you've done, what your job is and the satisfaction you get from being in the Forces.

- You will master valuable personal life skills like leadership, self-discipline and concentration;
- You will benefit from hands-on technology and state-of-the-art equipment;
- You will experience diverse and meaningful challenges including helping people in

- places;
- You will train for a career chosen from a wide range of options;
- You will learn from leaders who know their business;
- You may apply what you learn to future civilian careers;
- You may qualify for paid or subsidized advanced educational opportunities; and
- For more information on the Canadian Forces, visit your local recruiting centre or call 1-800-856-8488.

that person to get in good shape before going on basic training. You would be doing the person a real favour by telling him or her that because at the end of the course there is a 16 kilometre forced march by platoon in which everyone carries upwards to 10 kilograms of combat dress, gear and rifle. And in the final PT test, which everyone must pass to graduate, the 1.5 mile run must be done in under 12 minutes, besides the push-ups and the sit-ups they have to do, depending on age and gender.

It all boils down to the fact that we in the military are our own best ambassadors and that we should tell our story whenever we can. A young man or woman curious about the Forces presents a golden opportunity to talk about yourself, your job, and the pride you have in the uniform. Who knows? They might tell two friends and they might tell two friends, and they might tell two friends.....

**The significance of this is that people in uniform like you and me today are playing an important role in helping others decide on a career in the Forces.**

There are a number of key messages which should also be passed on to an inquisitive person wanting to know more about the Forces:

- The CF is gender blind in its hiring practices. All qualified members of Canadian society have equal opportunities for employment in the CF;

- distress and maintaining peace internationally;
- You will have continued opportunities to learn and to improve yourself; Your responsibilities will stretch you mentally, physically and emotionally;
- You will experience a unique lifestyle which may include travel to new and different

During a recent visit to the Canadian Forces Recruit School in St. Jean, I learned that most young recruits arrive at the school in poor physical shape. Recruit training is not easy. The greatest percentage of injuries during recruit training occur during the daily two hour physical fitness training periods. These injuries are directly attributable to the poor physical condition of the recruits at the beginning of their training. A valuable tip for someone considering enrolling in the Forces is for

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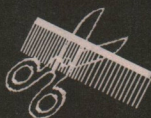
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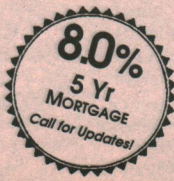
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## RWANDAN POST CARD: R & R RWANDAN STYLE

By Lt(N) Kent Page

If you were almost through your six month United Nations peacekeeping tour in Rwanda, how would you spend your well deserved 72 hours of rest and relaxation? Trekking up the mountains to see the famed gorillas in the mist? Off to Nairobi for a quick game safari or lounging by a pool? Or just laying low, sleeping in and enjoying a good book? Well, for Master Bombadier Gene Baker and Bombadier Mark Taylor, both air defence gunners from CFB Chatham, rest and relaxation provided them the opportunity to help out local Rwandans in need.

Instead of slapping on their sunblock for a few days of tanning by the pool, MBdr Baker and Bdr Taylor put on the sunblock to protect themselves from the blazing Rwandan sun as they prepared to march 95 kilometers throughout Rwanda to raise money for a prenatal clinic desperately in need of funds.

Both members of the Canadian Contingent's 95 Force Logistics Support Group (95 FLSG) and nearing the end of their six month tour with the United Nations Assistance Mission in Rwanda

(UNAMIR), MBdr Baker, who works with the receipt and inspection unit, and Bdr Taylor, a combat storesman, decided that they could not only get to know a bit more about Rwanda and her people by walking across the countryside, but that they could also raise money doing so for those in need.

The plan was simple: 72 hours, 95 kilometers, 3 days. From 4-6 July, they were up at 0500 hours, and driven out 32 kilometers from Kigali in the direction of Gitarama to the west, Byumba to the north and Tanzania to the east on each respective day. Then, with water canteens at the ready, and the United Nations, Canadian and Royal Artillery flags gripped in hand, they set off back to their home base in Kigali.

"Everywhere we went, children would run alongside us laughing and cheering us on," says Bdr Taylor. "Adults would stand outside their homes as we marched past, looking quizzically at us, probably thinking we had gone crazy from the heat, but they always returned our waves with a smile. When we explained to them what we were doing, we usually got a

round of applause and words of encouragement. It was very satisfying."

"People were very receptive to the idea," says MBdr Baker. "We were able to raise \$1400 in just a few short days to sponsor our march. Everyone chipped in - the folks at 95

FLSG, Brown and Root civilian contractors, and people from the various countries that make up UNAMIR."

Each day the two walked for about four and a half hours, usually making it back to 95 FLSG just in time for lunch. "One boy followed us for about seven kilometers, keeping pace with us all the way," says Bdr Taylor. "Then, laughing he ran off into a forest and we thought that that was the last we would see of him. But I guess he knew a shortcut that we didn't know of, because when we next saw

him 10 kilometers down the road, he was sitting patiently and coolly waiting for us, while we arrived sweaty, tired and sore. He jumped right up and began marching alongside us again."

"I am very proud of the initiative shown by MBdr Baker and Bdr Taylor," said Maj-Gen Guy Tousignant, the Force Commander of UNAMIR. "It acts like these which go beyond our normal duties here in Rwanda that not only give me extreme pride in our mission and our soldiers, but which also makes me very proud to be a fellow Canadian. They have made a positive difference."

This is the first peacekeeping tour for both Baker and Taylor and it is one they are not soon to forget. "We both helped out during the Kibeho incident, arriving in Butare the day after

the shooting at Kibeho to set up a water point to provide the fleeing people with much needed water," says MBdr Baker. "We arrived with two water tankers and hundreds of jerry cans and immediately began filling them up, one by one, and distributing the water to the UNAMIR trucks which were helping to transport the displaced persons back to their home communes. Some of the people were in pretty rough shape and I think that by getting them water so quickly, we may even have saved some lives."

"Seeing something like that and knowing the history of Rwanda, it makes me appreciate being a Canadian even more," says Bdr Taylor. "I'm very proud of the work that we've done here in Rwanda and I know that we've made a difference to the lives of the Rwandan people."

Indeed, with the \$1400 raised and donated to a local Rwandan pre-natal clinic from their march, MBdr Baker and Bdr Taylor's contribution to the country and people of Rwanda will live on for many more years ... 72 hours of rest and relaxation, well spent.

**"Seeing something like that and knowing the history of Rwanda, it makes me appreciate being a Canadian even more," says Bdr Taylor.**

# ANNOUNCEMENTS



**Keep lighters and matches  
out of sight and out of  
reach of children**

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for the cure

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SUNDAY, OCTOBER 22, 1995

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## GIGANTIC MINTO MARKET

**WHY?** In Support of the Children's Hospital Research Foundation  
**WHEN?** Saturday & Sunday, November 4th & 5th, 1995  
9:00 a.m. - 4:00 p.m.  
**WHERE?** Minto Armoury, 969 St. Matthews Avenue  
Winnipeg, Manitoba  
**WHAT TO EXPECT?** Great Variety of Products & Great Prices!

**More than 170 tables to choose from!!**

Come in and see our combined selection of everything from A to Z:  
Antiques, Baby and Children's Clothes, Books, Collectibles, Coins, Comics,  
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Jewelry, Moccasins, Pastries, Puzzles, Toys, Videos, and much more.

In short...1000's of Items !!!

**Whatever you're looking for it's sure to be here!!**

Refreshments also available at the Canteen on the Main Floor.

Proceeds from this Canteen go directly to The Children's  
Hospital Research Foundation.



For information, Phone Mr. Chuck Howard 489 0560

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Military Community Council  
Presents

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Tables for Rent

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## TOPS

(Take off Pounds Sensibly)

TOPS is a non-profit  
weight-loss group

Meetings are held weekly

Thursday Evenings

Weigh-ins 6:00 to 6:50

Meeting 7:00 to 8:00

in the Protestant Chapel Annex

Corner of Whytefold & Silver

For more info please call:

Gwen - Res: 837-8330

Bus: 833-6937

or Donna - Res: 885-4210

Bus: 833-6931



## Parents of Sick Kids Support Group

Are you a parent of a sick kid? Do you need a friendly group of people to talk with? Do you need to share your problems and concerns and actually have another parent who will listen?

We organize support meetings, fund raisers, pot luck dinners, newsletters, lectures, make calendars, mugs, and T-shirts and hold Kid's Days.

All proceeds go towards the Heart & Stroke Foundation, Cancer Society, Children's Hospital, etc.

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Join us for six meat draws  
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# A WORD FROM THE CHAPLAIN

## JOINED UNDER ONE ROOF

By Father Joe MacLean

On 10 September, we took a giant step forward as regards life with the Chapels. We have been mandated to reduce Chapel buildings from four to two. The preferred manner to do this, was to ask both congregations (Roman Catholic and Protestant) to share the same structure, one chapel on the North Site and one chapel on the South Site.

On 10 September, the South Site joined under one roof, while the North Site does the same during the summer of '96. As with most change it shakes us up and most would prefer to maintain the status quo. If we have learned anything over the past few months and years, it is that we must manage all our resources in the very best way possible. We have fewer

and fewer dollars, but we must do more and more.

To do this fairly and properly, every stone must be turned to see if we can do the same tasks with fewer resources. The Chapels must do their share to make the system more efficient and accountable. Others must do it, so must we. The choice is ours. We can sit back, complain, growl and grumble. Or we can look at this as an opportunity to really practice what we preach. We must lead by our own example. Look at those Christians, see how they love one another. Buildings do not make chapels...people make chapels...we will be a happy people if we can share and learn from each other. Sure, there are going to be growing pains...where to store this or that, can I use this cupboard or

that space, who's going to pay for the coffee, sugar and tea?

With time all things will fall into place—no need to panic. As a Chaplain, I have always been refreshed by the smiles, the generousities and the thank yous from the wonderful people that make up my constituency. I look forward with pleasantness and eager interest to the reality of sharing the same building with St. Andrew's congregation.

Tomorrow is lost forever, but let us work harder to know each other, and to share with each other, side by side in our walk to be friends. As in true Cape Bretoner style, welcome to our Home, put your feet up, have a cup of tea and make yourself at HOME. It's your HOME now.



### ROMAN CATHOLIC CHAPELS

#### St. Marguerite Bourgeoys (North Site)

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

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

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

### PROTESTANT CHAPELS

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

Divine Worship-1030 hrs.-Holy Communion-1st Sunday  
Junior Bible Club-Wednesdays-1630 hrs. (9-12 yrs. old)  
Young Adult Group - Sundays - 1400 hrs. (14 & up)  
Bible Study - Tuesdays - 1930 hrs.  
NURSERY PROVIDED

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

Divine Worship-1115 hrs. Holy Communion-1st Sunday  
Sunday School During Worship  
Our Chapels offer a variety of programs. Nursery services are provided. For more information, please call 833-5087.

# THE TULIP TRIBUTE

## SHORE TO SHORE



### AN INVITATION

You are invited to join with family, friends, colleagues or classmates in your community to commemorate those who contributed, half a century ago, to the restoration of world peace. The Tulip Tribute, now in its second year, is part of a larger program called A Tulip Legacy.

### In your city or town.

All over the country this fall, thousands of Canadians will plant and dedicate tulips in commemorative gardens to honour people who contributed in ways large or

small to the restoration of peace after the Second World War.

### In Canada's Capital Region.

For every tulip planted and dedicated across the country, another will be planted in Canada's Capital Region. In May 1996 those tulips will bloom as a living symbol of those who are remembered and whose names appear on a Commemorative Wall at the site of A Tulip Legacy.

### HOW TO PARTICIPATE

Assemble a group—formal or informal—and identify a site for a garden, either in front of your house or somewhere in the community. If you had a commemorative garden last year, you may wish simply to extend it.

### Fall

- Choose a site—either in a sunny corner of your garden or in the community (consult the appropriate authorities).

- Get some tulip bulbs. Either buy them as a group—20 to 30 cents a bulb—or allow participants to provide their own. You may specify colour and variety if you wish.

- Submit before October 27, 1995 your name or that of your organization, address, telephone, number of participants, the persons commemorated and send it to:

THE TULIP TRIBUTE:  
SHORE TO SHORE  
National Capital Commission  
202-40 Elgin Street  
Ottawa, Ontario K1P 1C7

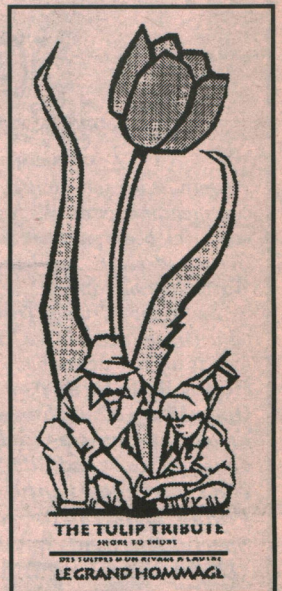
### Spring

- In the spring, you may want to install a sign.

Tidy up the garden and think about a commemorative ceremony—either informal with just the participants or a community event with speakers, refreshments, music and media.

Send a photograph to the National Capital Commission along with any local press clippings.

For more information, call 1-800-465-1867.



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# MOST VALUABLE PLAYER OF CF CISM SWIM TEAM

Captain Ruth Horne of 17 Wing Winnipeg was selected as Most Valuable Player because of her outstanding individual results as a member of the first ever CF CISM Swim Team who recently competed at the first ever world military world games held in Rome Italy.

Captain Horne's competitive swimming experience and background is very extensive. She first began swimming for the Ottawa Kingfish swim club some years ago. The club is now known as "GO Kingfish" swim club. She developed into a Canadian National calibre athlete in a number of strokes in short time. During the 1983 Canadian summer Nationals,

Ruth qualified and was selected to her first international competition, the "Pan Pacific Championship" in Toyko Japan. Following that competition her talent was further recognized and was offered a full swimming scholarship at the university of West Virginia. She attended school from 1984-1988 and continued to swim competitively at the university level until graduation when she some what retired.

Captain Horne had all but retired from the sport until 1993 when she decided to swim for the Manitoba Masters swim club where she set a provincial age group record in 50 butterfly. Following that

season she retired again until she became interested to compete internationally, this time for the CF.

Now over one decade later she trains with the Winnipeg ORCA'S where she is coached by MCpl Rick Pelletier, a 17 Wing Winnipeg PERI staff member. Ruth is an enthusiastic athlete who still enjoys the challenge and thrill of competition.

While competing in Rome, Captain Horne swam four individual events and both women's relays. Amongst Olympic and world champion calibre athletes she qualified in 3 events for finals. Her best performance was fifth in 100 butterfly, her favorite event. Ruth's performance was so strong she broke two long standing Canadian Masters Age Group records in 50 and 100 butterfly and set four new Manitoba Masters Provincial



Capt Horne (2nd from left) and OCdt Kim Baker (3rd from right) pose with their Russian roommates (L-R: Nathalia, Tatiana, Svetlana, Daria and Julia) at the opening ceremonies.

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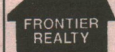
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THE KIDNEY FOUNDATION OF CANADA

## Congratulations Capt Horne!!

age group records. An excellent achievement.

Captain Horne plans to cross train in triathlon to keep fit in preparation for the Canadian swimming Masters National Championship to be held in Winnipeg in the spring of 1996 and plans to continue to swim for the CF at the CISM level in the future.

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C.R.P.  
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S.O.S**

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Car Pool Anyone? From East Selkirk to CFB Winnipeg North Site. Call Monique 833-5093 (Wk).

**MISC. FOR SALE**

Roller Skates - size 9, excellent condition, asking \$35.00. Phone Peter 983-7381 (office), 334-7274 (home).

YAMAHA upright organ. Rhythm section, numerous preset tones. \$500.00. Call 832-8158 after 5:00 p.m.

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**MISC. FOR SALE**

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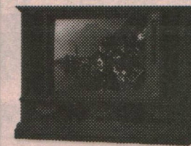
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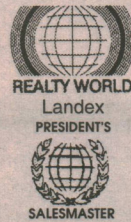


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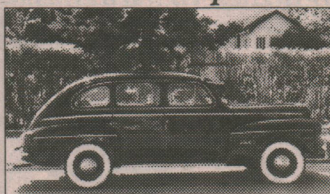
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