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VOL. 43 ISSUE 22

17 Wing Winnipeg / 17e Escadre Winnipeg

December 13, 1995 / FREE

**MERRY  
CHRISTMAS  
AND A HAPPY  
NEW YEAR**



**JOYEUX NOEL  
ET UNE  
BONNE ANNEE**

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MWO Al Brazeau  
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Cpl Daniel Roach  
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Sgt Serge Thibeault  
WO Rosemarie Viens  
MCpl Danny Wallace  
Cpl Gregory Wells  
Cpl Michael Wertwyn  
WO Ted White  
Cpl Mike Wiseman  
Cpl Robert Young



## Letter from Haiti

### Greetings from Camp CANARGUS United Nations Mission In Haiti.

We are all pretty well settled in here. There are 39 of us from the home of Air Command.

Some of us are still trying to adjust to the rules of the road, little things like lack of stop signs, vehicles parked on the sidewalk, pedestrians walking on the street and of course my favourite, if your lane is not moving make a couple more.

I have personally seen up to five lanes of traffic on a two-lane street. I've seen my first set of traffic lights the other day, no one obeyed them, but there they were. Kind of makes you appreciate Winnipeg drivers.

The rainy season which gives new meaning to the phrase "when it rains it pours" is almost over. The other night it rained for two hours straight, you could hardly see five feet in front of you and some tents

even got flooded. But with 35-40 degree heat during the day it doesn't take long to dry out.

The welfare tent is a hub of activity lately with everyone booking flights for LTA and 48 & 96 hr R&Rs. MWO Brazeau and his crew are doing a great job. J.F. (Cpl Leblanc) the "postie" is one of the most popular people around the camp, everyone is always looking for a letter or care package from home. Capt Peters, Cpl Wells, Cpl Hiscock,

Cpl Lamb and Cpl Finstad, their clerk, with Cpl Jerrett the supply guy, over in EME section are all very busy between 20 year old 5/4 tons and CMTFs 10 ton trucks. It's just one long hot day after another, but as usual the EME crew is keeping down time to a minimum.

Louise Groulx and the gang from the MIR have seen more than their fair share of insect bites, sunburns, and heat rashes. Thankfully nothing too

serious. Captain (yes newly promoted) Gribble, Cpl Flowers, Cpl Bone and Cpl Hogendorp along with the rest of our fine Airfield Security Force, provides security for our camp 24 hours a day, 7 days a week. Knowing this, I sleep

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**MERRY CHRISTMAS**

# WING COMMANDER'S CHRISTMAS MESSAGE

As the holiday season approaches and I reflect on the past year I continue to be impressed with, and proud of the initiative, dedication and accomplishments of the men and women of 17 Wing and CFB Winnipeg. This is not the easiest time to serve in the armed forces, yet the quality of work and service here in Winnipeg continues to be second to none.

The credibility and professionalism of the Canadian Forces has literally been under attack in Canada during the last year. Unfortunately, it is the type of attack we are ill equipped to defend ourselves against. Everything we do seems to come under the scrutiny of the media. While visibility is not in itself bad, in Canada today the national media are only looking for, or to create, a scandal. Whether it is Priority 5 travel, crossing the line ceremonies, or leadership and morale surveys, the media tend to zero in on the negative and leave the positive unreported.

I am disappointed that the average Canadian does not get the opportunity to see or hear about the outstanding performers I come into contact with every day at 17 Wing. If they did they would share my gratitude for the contribution you make to this country.

Regardless of media reports, the Canadian public, and other nations of the world, continue to maintain confidence in Canada's soldiers, sailors, airmen and airwomen. That is why Canadian Forces personnel are in demand as peacekeepers in all the world's trouble spots. It is also important locally, where schools, churches, and organizations request speakers for Remembrance Day services, judges for science fairs, presentations by peacekeepers, tours of the flight line, and speakers on aviation and Search and Rescue.

It is very important to recognize those CF and 17 Wing personnel who are serving around the world this Christmas season. Currently there are nearly 40 men and women from 17 Wing serving in Haiti, and several others scattered throughout the world with other UN missions. However, there could have been several hundred more, as 2 PPCLI trained hard and long to prepare for duty in Bosnia, prior to their mission being cancelled. We are grateful for the sacrifices they make while serving Canada. Christmas time is a particularly hard time to be separated from family and friends. I ask everyone to think of our colleagues on duty overseas while we open our presents and enjoy our Christmas dinner this year, and pray for them to make a safe return home in the new year.

The Canadian Forces remain a family oriented organization and we will continue to focus on families despite changes to our organization. It is critical that we do, especially in light of the sacrifices families make to allow the uniformed members of our organization to perform their duties.

During this holiday season I hope that you take the opportunity to spend time with family and friends. Enjoy those recreational activities that are available in this, the best of countries in which to live, and return to work refreshed to meet the challenges of 1996.

My family and I wish all a happy holiday, and hope that you experience all the joy and goodwill of the season. Have a merry Christmas and a safe and prosperous New Year.



Colonel G.E. Sharpe

# HOLIDAY GREETINGS FROM CHIEF OF THE DEFENCE STAFF

As 1995 draws to a close, I want to extend to all members of the Canadian Forces and of the Department of National Defence my wishes for the Holiday Season.

The past year has been marked by memorable events commemorating the 50th Anniversary of the end of the Second World War. It has also been marked by continuing change and by an impressive number of peacekeeping and related operations. All of us whether military or civilian, Regular Force or Reserves have been called upon to meet these challenges with dedication, professionalism and courage.

In 1995, United Nations operations in the former Yugoslavia required the involvement of our land, sea and air forces. In a country devastated by hatred and ethnic conflict, our members have served with impartiality and compassion, as they have done in Haiti, Rwanda and many other trouble spots throughout the world.

I also commend all those who have served in support of NATO and NORAD, and in the many tasks regularly carried out throughout this immense land of ours from aiding those in distress to helping safeguard our resources and defend our sovereignty. Whether military or civilian, you have accomplished much in a difficult period of budget cuts, restructuring and workforce reductions. In spite of the attendant uncertainty and disruption, your standard of excellence has in no way diminished and our defence team continues to be the best in the world.

The people of Canada clearly appreciate your contribution to the nation's well being. The Government of Canada, for its part, has taken major steps to ensure that the Canadian Forces are properly equipped and structured to do the job that Canadians expect of them. I have every confidence that we can continue to count on you not only to defend Canada and her interests, but also to uphold the values that makes this country a positive influence around the world.

Finally, I extend to you and your families whom I thank for their steadfast and invaluable support my best wishes for a joyous Holiday Season and a Happy New Year. I salute you all.

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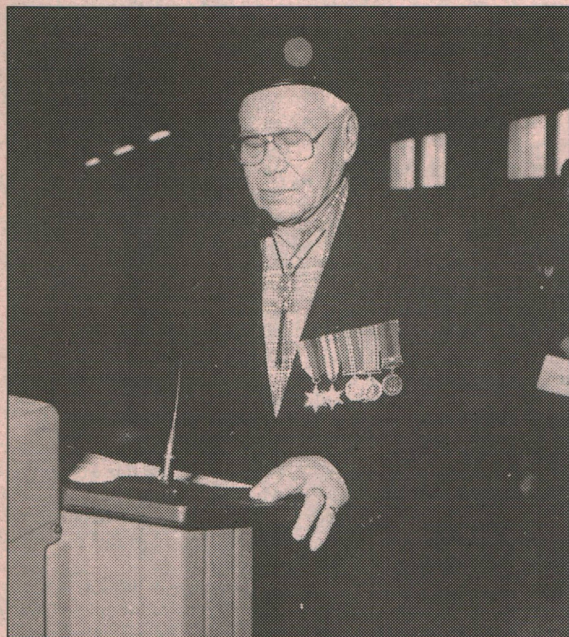
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# ABORIGINAL VETERANS DAY



Native elder and veteran Manny Delorme addresses veterans, military personnel and spectators at the Aboriginal Veterans Day ceremony on November 8, 1995. Mr Delorme and his four brothers all served in Europe during World War II, and his father was a veteran of both World War I and II. (Photo by Cpl Jeff Robichaud, 17 Wing)



Manitoba's Lieutenant-Governor, Yvon Dumont, stops to speak to Cpl Roman Joseph of 733 Comm Sqn as he inspects the Guard from 17 Wing at the Aboriginal Veterans Day ceremony on November 8, 1995. (Photo by Cpl Jeff Robichaud, 17 Wing)

By Capt Neil Kinley

Native Canadians have a long history of service to Canada, with large numbers serving in both World Wars, the Korean War, and post wars with the Canadian Forces. Nationally, November 8 has been declared Aboriginal Veterans Day, and the Province of Manitoba has made the same proclamation to recognize the important contribution made by native Canadians.

For the second year a service honouring aboriginal veterans was held in Winnipeg with 17 Wing participating. The Wing provided a Guard of Honour, a flag party, and sentinals to the ceremony on November 8, 1995 at the Aboriginal Centre. The Air Command Band providing the accompanying music and the

Wing Commander, Col Joe Sharpe, assisted by the Wing Chief Warrant Officer, CWO Reg Clemons, laid a wreath to honour those that lost their lives serving Canada. Other military units also gave support, with the Queen's Own Cameron Highlanders of Canada providing a piper.

Most Canadians, including serving military personnel, are not aware of the numbers of native Canadians who have served with distinction in Canada's military in both wartime and peacetime. CWO Clemons reflected on a visit to Norway House, Manitoba for a Remembrance Day service several years ago and stated, "almost all of the older men in the community were veterans, who were there wearing their medals."

## LETTER TO THE EDITOR

(Letter reprinted with permission of Winnipeg Free Press and Mr. R.H. Kirby.)

### Empty fights sign of nastiness

There's a really disturbing trait of meanness developing among Canadians in the '90s. People are becoming more selfish and uncaring, and their slogan appears to be "If I can't have it, then nobody should." A sad example is the Canadian Press news item in the Victoria Times-Colonist on Oct. 21, concerning the stopping of free flights for the military in spare seats aboard Canadian Forces aircraft doing routine flights to points inside and outside Canada. Now, even though the flights will continue with the same aircraft flying with empty seats, nobody will be able to use them. When I was in the navy, there were times when I wished my family could hitchhike aboard a Hercules transport flying to the Far East or to Europe to resupply Canadians, but my rank precluded it. You see, except for passengers on duty, priority was given to those who were of lower rank. In fact, the lower your rank, the better chance you and your family had of going. So every so often the family of a soldier, sailor or airman living close to the poverty line (the Times-Colonist ran an article on the subject last year) could have the chance of seeing their families in other parts of Canada, or of travelling to a foreign

country, which otherwise they would never be able to visit. Now, because of the meanness of the Taxpayers Association of Manitoba, the fact that the whole of Canada isn't allowed to travel free on a space-available basis in Canadian Forces aircraft has removed this privilege from deserving lower-ranked military personnel. It's a pity they haven't removed the privilege of being shot at in Bosnia or Croatia, too. They should be ashamed of themselves.

R.H. KIRBY  
Winnipeg

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# Chinthe Bits

## A Chinthe Christmas Carol (Sort of)

By Capt Richard Pamplin

**Ed Note:** *Chinthe Bits does not reflect the official opinion of 435 Sqn, and the author alone is accountable for his words.*

I'll have to admit, that I'm not really feeling too much of the Christmas spirit this week, which is really quite out of character for me. I like to think of myself as a festive guy who tries to help others and spread a healthy dose of the Christmas Cheer around... Good King Wenceslas, and all that jazz. By the way, Thank You and Congratulations on a job well done to all Chinthes who participated in the Christmas Cheer Board this year.

Sad as it is, my friends, I'm feeling a bit like Scrooge this week. It has nothing to do with Christmas, though. It is much deeper than that. I'm sure I'll straighten out before the 24th. I almost considered going back to my pseudonym this week, but I'm sure that you would find me out anyway.

You see, Marley's ghost visited me in a dream last night. That's right, Bob Marley. He offered me a funny smelling cigarette and some advice. "You know, mon," he said. "You should forget your troubles, mon. You can't change anything. Just sit back and enjoy the ride." After playing a couple of verses of Buffalo Soldier, we parted ways and I began to think about what he said. According to him, I should just accept what's going on, and not try to change it. No, sir, I disagree.

Getting back to our story, I'll spare you the offensively

violent details of the Ghosts of Christmases Past and Present. I will, however subject you to the Ghost of Christmas Future.

Change is the buzzword of the nineties for the CF. "If you're not changing something, you're not doing anything." I, like many others like the way things used to be. However, Toto, we're not in Kansas anymore. The Ghost had two things to say about the future. "How you get the job done is just as important as getting the job done," and "If you don't have pride in what you are and what you do, then don't expect to command respect and pride from others."

The Ghost has some pretty good ideas. Not only is it important to complete the mission in the most effective manner, it is just as important to do it right. Good service goes a long way today, as any businessperson will tell you. You don't have to like what you do, but the customer shouldn't find out about it. Problems within one's organization are the leader's responsibility, not the customer's annoyance.

Regardless of our occupations (members of the CF do not have jobs, we are in the service of our Country), we all are at some time customers, and at other times those that provide a service. Keep in mind that the person you serve today may be serving you in the future, if you catch my drift.

When a casual observer sees a member of the CF, the first thing noticed should be the member's pride. Pride is displayed in the way we wear our uniforms, the way we

carry ourselves, and the way we interact with the public. Wearing of uniforms in public should not be discouraged, it should be encouraged. If we don't go out and wave the flag, we might not have a flag to wave. There are so many situations where we are not required to wear our uniforms anymore. First it was Service Air, now it is on Fridays. The next thing you know, uniforms will be optional. Is that what we want? This is a nation's military, not a corporation! IBM never asked anyone to die for them. I suppose one advantage of not wearing a uniform is that if you give someone poor service, he won't know who you are. But by the same token, if you give him good service, he still won't know who you are.

My attitude towards all this is typified by the saying "Rome wasn't built in a day." If we are going to build a foundation that is going to last, we'll have to build it one block at a time. If someone gives you good service, tell him/her so. Even better, tell his/her supervisor. Just as important, though is telling the same person if the service is poor.

As you can see, I departed the Christmas theme at great rates of knots, and I apologize. I wonder if Dickens would have liked it? However, I feel that my theme is appropriate for the holiday season. Tomorrow is a new day, and it is never too late to start making a difference. I wish you and yours the warmest of Christmas greetings and the best of luck in the New Year.

Until next time, keep your stick on the ice.

## 435 Sqn Oiler Update

By Sgt Mike Landers

**Ed Note:** *Oiler is a term sometimes used to refer to Flight Engineers.*

It is that time once again to put pen to paper for another installment of the Oiler Update.

As usual the section has been very busy supporting AAR, SAR and airlift missions. The AAR section spent several memorable weeks in Spain conducting AAR Ops with 433 Sqn from Bagotville. Sgt Dooks became a proud member of the SAR public relations team with a successful SAR mission to Pickle Lake, Ontario in October.

Sgt Gronval still maintains the record for the most number of aircraft used up (3) to not accomplish a mission. This momentous occasion happened while trying to deploy the support personnel for the Spanish AAR mission.

One more AAR mission of note was Marcot 2/95, 15-27 September 95 in Comox, B.C. The exercise involved AAR support for 441 Sqn who were operating against combined

units of the Canadian and US navies. The AAR crew had many enjoyable and challenging days. Each evening we would be wondering where we would park, either out in Orphan Alley which always gave us a good cardio vascular workout, due to its great distance from anywhere or in the Snake Pit which was actually on the base. We also enjoyed the daily challenge from Comox Ground Control who always came up with new and innovative ways to put something 132 feet wide into a 120 foot spot. Go figure! We also played a game that became affectionately known as "Where will we hang our hat tonight?" for those of you who are interested in stats, Oiler 39 used approximately 400,000 litres of jet fuel during this operation.

At the time of writing another crew of intrepid oilers are winging there way south on a long range global response trainer. I'm sure a good time will be had by all.

I wish to pass on the section's best wishes for a very Merry Christmas and a Happy New Year.

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# INFANTRY MILITARY SKILLS COMPETITION 95

By Sgt J.D. Gibson, *Anti Armour Pl*

It was early October and the 2nd Battalion Princess Patricia's Canadian Light Infantry Battle Group had just found out that they had been stood down from their rotation to the Former Republic of Yugoslavia. With no UN deployment to look forward to, the CO decided the fighting troops needed a new goal; something to shoot for. So the idea to run an Infantry Military Skills competition was born.

Mil Skills was designed to test the individual and team skills at the section and platoon level. Combat Support company and Administration company were tasked to conduct the competition. Events were quickly decided upon and tasked out to the different platoons so they could plan and get themselves organized. The competition was built from the ground - up. The junior and senior NCOs were given a lot of freedom and control. The plans for each of the stands were made up, studied, revamped and tested. Finally the big day arrived.

On the first 2 days the rifle sections of A, B, C and D companies were quizzed, tested and rated on almost every military skill that they are required to master. Some events took place at Kapyong Barracks while others took place at St Charles Range. The young warriors breezed through the weapons handling tests, on everything from the C7 rifle to the .50 cal heavy machine gun. The Combat Support Company Sergeant Major enjoyed running the winter kit inspection stand although I doubt the soldiers appreciated his close examination. MCpl Frederiksen tried his best while running the combat swimming, but everyone did return from the bottom of the pool. Other activities included navigation, law of war and the armoured fighting vehicle recognition stands. While running the knots and lashings stand MCpl Hinkey and Cpl Jackson D. had to stay alert to ensure no one accidentally tied themselves up. The kim's memory game was conducted by...well I can't remember who, but I'm sure he did a fine job. A thank-you should go to the NCOs and men of the Signals platoon and the MIR staff for running their stands, and a job well done to the



Sgt Gibson's 2 Section of 11 Platoon receiving the coveted Sgt Hillyard trophy as Top Section. Presenting the trophy is Sgt Hillyard himself, a Patrician veteran from the Korean war. Note two soldiers from the section are missing due to last minute injuries during the competition.

simulated casualties (who did nothing but lay on their backs and moan all day; just kidding). At St Charles range the soldiers were physically tested on such things as vehicle maintenance on armoured personnel carriers, grenade accuracy throwing, judging distance, range cards, observation skills and finally, last but not least, they were scored on the all important rifle shooting. Meanwhile, the 400 PT test was being conducted at Lipsett Hall. It's amazing how doing a simple thing like a shuttle run in the gym can make you appreciate a normal road run. Competition was fierce throughout and the scores were very close.

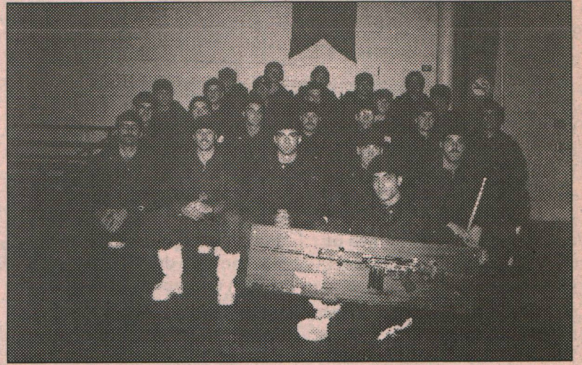
On days 3 and 4 all the events took place out doors. The 3rd day started out with a heavy snow fall and staggered-start timings for the platoons to do a 14 km endurance run/snowshoe race. There is nothing that can be compared to a snowshoe race. Things did not end there. The platoons then had to carry 3 stretchers loaded with 150 lbs of sandbags around Kapyong Barracks and over a 6 ft wall! Team work was a definite must.

Day 4 was back out to St. Charles Range. This Time it was for a 2 km snowshoe sprint followed by the Thunderbird obstacle course. The final event was a platoon shoot where the platoons had to destroy 35 clay pigeons at 100m in 3 minutes. It's always good when the infantryman can get out and fire his rifle, but the pressure is on when every round counts.

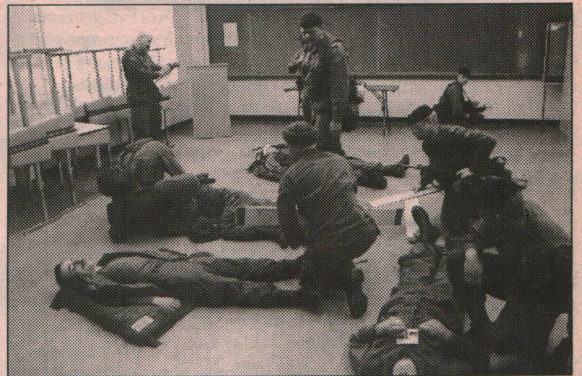
At last the competition was

complete: the scores were tabulated, by infantry math (thank heaven for computers). Tension and excitement mounted as the whole Battalion was formed up to find out who the winning section and platoon was to be. When all the counting and recounting was completed it was discovered that 3 Section of 9 Platoon commanded by MCpl MacDonald and 2 Section of 11 Platoon commanded by Sgt Gibson were tied for first place with 961 of a high possible 1150 points. The tie was broken by the score achieved on the section shoot and Sgt Gibson's section was declared the winner. The overall top scoring platoon was 8 platoon lead by Lt Holden and WO Trenholm with 2043 of a high possible 2600 points. The final scores were extremely close with only 23 points separating the top 3 platoons.

All the competitors and staff worked very hard and came away from this competition with a better knowledge of what they have to improve on for the next time. As always the 2nd Battalion will strive for excellence and have a little fun on the way!



8 Platoon - Winners of the Platoon Event. Proud winners in a very competitive and challenging Mil Skills Competition.



Geez, this lying down all day long is great work if you can get it!



Is this the end the round comes out of?

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# MFRC ANNOUNCEMENTS

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## Children's Programs

Hello, my name is Wendy Richardson. I am the Children's Program Coordinator for the Military Family Resource Centre. We are happy to be able to offer you two licensed nursery schools for children's programming. Lipsett Hall and the Westwin Children's Centre are both modern, bright facilities with programs and staff to match. We attempt to offer a variety of programs to suit the need of families in our community. Please feel free to call me at 833-6846 (southsite), 833-2491 (northsite) or visit me at either children's centre. Program ideas are always welcome.

### Lipsett Hall/Westwin Children's Centre Nursery School Programs

The Military Family Resource Centre offers nursery school programs at two locations for your convenience. Programs are offered at Lipsett Hall and at the Westwin Children's Centre. We offer the pre-school child a chance to socialize in a happy, friendly environment. Activities include learning centres, stories, songs, free play, arts and crafts, drama and large muscle play. For more information or to register call 833-6846.

#### Lipsett Hall Nursery School (mornings)

**Time:** Monday, Tuesday, Thursday from 9:00 - 11:15 a.m.  
**Fee:** \$67.00 per month (space still available)

#### Westwin Children's Centre (mornings)

**Time:** Monday, Wednesday, and Friday from 9:00 - 11:15 a.m.  
**Fee:** \$67.00 per month (no space available)

After Christmas a new nursery school program will be offered at the northsite in the afternoons.

#### Westwin Children's Centre (afternoon)

**Time:** Monday, Tuesday, Thursday from 1:00 - 3:15 p.m.  
**Fee:** \$67.00 per month (annual registration fee is \$15.00)

## Music On The Move

**For Pre-school Children** - A program that is specially designed to build on that innate love that children have for music. Hands on fun activities such as playing percussion instruments, movement, singing, and dancing are the most meaningful ways of instilling the basic musical concepts of beat, rhythm, pitch, volume and tempo.

**Time:** Tuesday mornings for 30 minutes 11:15 a.m.  
**Fee:** \$4.50 per lesson with \$5.00 registration fee  
**Location:** Lipsett Hall Nursery School

Call Wendy at 833-6846 for more information.

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## Creative Tot Shop

(FINISHES DEC 21, 1995 & STARTS JAN 16, 1996)

This program, offered twice a week, is the first step towards nursery school. It's a chance for parents and young children to come together to play and explore the world of art, music, movement and stories. Parent participation is required. For more information call Lipsett Hall at 833-6846 or the Westwin Children's Centre at 833-2491.

**Location:** Lipsett Hall  
**Time:** Wednesday afternoons from 1:30 - 3:00 p.m.  
**Fee:** \$2.00 per adult for each session.

**Location:** Westwin Children's Centre  
**Time:** Tuesday mornings from 9:30 - 11:00 a.m.  
**Fee:** \$2.00 per adult for each session.

## Parent/Child Swim Programs

### WATER BABIES (STARTS JAN 15, 1996)

For infants four months to one year. Babies under one year have no fear of water. This is a golden opportunity to allow your baby to develop a love of water and swimming.

**Time:** Mondays from 1:30 - 2:00 p.m.  
**Fee:** \$20.00 for 10 week session  
**Location:** Lipsett Hall

**Terry Lavoie is an experienced lifeguard and early childhood educator. She has provided aquatic instruction for people ranging in age from infants to adults.**

### PARENT & TOTS (STARTS JAN 15, 1996)

For children one year to four years. Toddlers can learn to have lots of fun in the water. Come and play games and learn to love swimming.

**Time:** Mondays from 2:00 - 2:30 p.m.  
**Fee:** \$20.00 for 10 week session  
**Location:** Lipsett Hall

**Lipsett Hall has been newly renovated. The building and the pool have a new heating system so we may offer a warmer environment both in and out of the water.**

## Babysitting Course

**Dates:** Wednesday Jan 24, 1996 from 6:30 - 8:00 p.m.  
Wednesday Jan 31, 1996 from 6:30 - 8:00 p.m.  
Saturday Feb 3, 1996 from 10:00 - 3:00 p.m.  
Participants must attend all sessions to graduate.

The Military Family Resource Centre offers a Babysitting Course three times a year for children 12 years and older. The course provides basic instruction in first aid, fire safety and child care. To register call Wendy Richardson at 833-6846.

## Drop Off Child Care

**Take advantage of this great service!**

This program offers casual child care for children 18 months to six years. Run your errands knowing your child is receiving quality care.

**Location:** Lipsett Hall Nursery School - Call 833-6846 for reservations  
**Time:** Tuesday afternoon from 1:00 - 4:00 p.m.  
Friday mornings from 9:00 - Noon  
**Fee:** The fee is \$3.00 per hour for the first child and \$1.00 more for a second child in the same family.

**Location:** Westwin Community Centre - Call 833-2194 for reservations  
**Time:** Thursday afternoons from 1:00 - 4:00 p.m.  
**Fee:** The fee is \$3.00 per hour for the first child and \$1.00 more for a second child in the same family

All children must be preregistered and reservations must be made 24 hours in advance.

## The After School Club

for ages 7-12 offers

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## The After School Club

meets from 4:10 - 7:30 p.m.  
Tuesdays, Southside, 433 Kenaston  
Wednesdays, Northside, Westwin Community Centre

## The After School Club

really needs volunteers to work two or three shifts each month particularly:  
Craft teachers, activity leaders, computer and Internet buffs, typing/wordprocessing teachers, reading and math coaches.

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Coordinator at 489-7003.

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Sat 10:00 - 4:00

# Letter from Haiti

Continued from page 1

better at night.

The Airfield Engineers are busy with projects all over the Island. Capt Carlow, WO Cooper, Big Al the surveyor, Cpls Wiseman and Wertwyn and of course MCpl Dan (the heavy equipment operator) Andrews, have become visitors to Camp Canargus usually only being seen on the weekends. WO Veins is busy running the Camp Orderly Room ensuring all docs are in order and keeping all administrative matters running smoothly.

MCpl Bouchard, Cpl Steinke and all the cooks are still feeding us well, considering the heat in the kitchen and Ted has more visitors on night shift than any one else on camp. WO White, along with Sgts Marlow and Thayer, are still managing to keep smiling while they explain that it's not in stock, or that they are waiting for approval from the UN. And there is always PO1 Lane who keeps the Contingent store well stocked with goodies and necessities

for the troops. Sgt Thibeault keeps the helicopters where they belong: in the air! Thanks "sarge"! Cpl Hebert from camp maintenance is always kept busy fixing one thing or another. Cpl Dwyer, Gerry can usually be found hanging around the Rec Centre when he is not manning radios in ops. Capt Lorange, what can I say? The COs E.A. Keeping track of his schedule is no small task. I'm not sure but I think I noticed a few gray hairs the other day that were not there before.

And of course I can't forget the Contingent Chief Warrant Officer, the big guy, MR. MacKay, who comes to us from the big glass building on the east side of the airfield. The Chief can occasionally be seen hanging around the meal line checking up on haircuts or wandering through the tent lines making sure all is as it should be.

Now onto the section with the biggest group of personnel from Winnipeg! "The Truckers". CMTF (Canadian Medium Transport Flight), with our fearless

WO Robbie Robinson along with MCpl Dan Wallace and Cpls Dave Durand, Brad Lewis, Rick Peter, Danny Roach and myself Rob Young. We have been busy, sometimes seven days a week and some 12 to 14 hour days, but the truckers and the ten tons are holding up! We get to see the whole island doing troop rotations and resupply runs for most of the UN Contingents on the Island. We overcome some of the worst roads I have ever driven on in my life, but we are "TRUCKERS" and no job is too much, and no road is too rough.

Well, I'll sign off now and I'm sure I speak for all of us here at Camp Canargus when I say to all our family and friends we miss you and look forward to seeing you on our LTA or in the spring when we get home.

Sincerely,

Cpl Rob Young  
Canadian Contingent  
United Nations Mission  
in Haiti

# 402 Squadron Crosses Another Milestone



On Monday, 23 October 1995 402 Squadron crossed yet another milestone during the course of Flight 3026. Captain Brad MacAskill, Canadian Forces, NORAD HQ, Peterson AFB, had the distinction of being the 25,000 Dash 8 passenger to fly with 402 Squadron. Captain Larry Faulkner, the Aircraft Commander, marked the occasion by presenting Captain MacAskill with a certificate while en route from Peterson AFB to Andrews AFB. While the spectrum of passengers has included royalty, Governor Generals, Prime Ministers, foreign heads of States, numerous civilian and military dignitaries as well as the babe-in-arms, stand-by dependant, 402 Squadron takes great pride in serving each with the same high level of service and professionalism.

## SWIM REGISTRATION

Registration for swim lessons will take place at Lipsett Hall on the 13th of January 1996. Two sessions will be offered over a ten week period. Classes will be offered on a Saturday and/or a Tuesday. The sessions will commence around the 20th of January and continue until around the end of March 96.

Any questions should be directed to Cpl Bonello, local 2056, MS Dillon, local 6183/6185. Registration will take place on the 13th of January 1996 from 1300 hrs till 1600 hrs. Early registration is available on request.



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- Performed on an outpatient basis, the procedure takes only a few minutes and a normal lifestyle is resumed within two to three days.

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**PHYSIOLOGICAL:** Most patients have normal or very near to normal vision after PRK surgery.

**OCCUPATIONAL:** Without a need for glasses or contact lenses, new career opportunities may be available in areas such as law enforcement, or as a fire fighter or pilot.

**RECREATIONAL:** Excimer Laser Surgery allows participation in sports such as swimming, skiing, hockey or football that may not be possible with glasses or contact lenses.

**PSYCHOLOGICAL:** The emotional impairments caused by glasses or contact lenses are eliminated.

**COSMETIC:** Many patients feel more attractive without glasses.

Call us today for more information or to arrange a free consultation, and learn how Excimer Laser Surgery can improve your outlook on life!

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## Canadian Forces Community College Network

### Running Out of Holiday Gift-Giving Ideas? Give the Gift of Knowledge!

By Linda Claggett, CFCCN Coordinator

As the holiday season approaches, so does the Winter Semester at Red River Community College (RRCC). This year, take advantage of the timing and give yourself or your significant other a unique gift: *knowledge*. The RRCC Winter Semester Calendar is now available. The calendar gives you a complete list of evening/weekend courses that begin in January and are held at RRCC. You will find a wide variety of courses available in the following areas of study:

- \* Business and Administrative Studies
- \* Computer Sciences
- \* Applied Arts
- \* Community Services
- \* Industrial and Engineering Technology
- \* Trades
- \* Seminars/Workshops/Do-It-Yourself
- \* Personal Development, and more!

#### RRCC Courses at CFB Winnipeg

Through the CFCCN, the following RRCC courses have been organized to take place on-base, beginning in the New Year.

\*\* These courses are open to all CF members (active, Reserve, retired), DND Civilian Employees and Family Members of both groups \*\*

\* **Introduction to Microcomputers (40 hrs)**  
10 Jan - 3 Apr Wed: 6:00 - 9:00 p.m.  
Fee: \$180, plus texts

\* **Wordprocessing I (40 hrs)**  
9 Jan - 2 Apr Tue: 6:00 - 9:00 p.m.  
Fee: \$180, plus text

\* **Electronic Spreadsheet I: Lotus 1-2-3, Release 4 (40 hrs)**  
11 Jan - 4 Apr Thu: 6:00 - 9:00 p.m.  
Fee: \$180, plus text

\* **Basic Business Communication (40 hrs)**  
10 Jan - 3 Apr Wed: 6:00 - 9:00 p.m.  
Fee: \$155, plus text

\* **Bookkeeping & Accounting for a Small Business (30 hrs)**  
15 Jan - 16 Feb MW&F: 11:00 a.m. - 1:00 p.m.  
Fee: \$120, plus text

\* **Marketing for a Small Business (30 hrs)**  
16 Jan - 29 Feb T&Thu: 11:00 a.m. - 1:00 p.m.  
Fee: \$120, plus text

\* **Successful Small Business Management (30 hrs)**  
26 Feb - 29 Mar MW&F: 11:00 a.m. - 1:00 p.m.  
Fee: \$120, plus text

#### Registration Information:

Registration for all courses is underway, with the deadline being one week prior to start date. Register early to avoid disappointment!

For ease of payment, RRCC will accept half of the tuition fee now, with the balance to be paid by 5 Jan 96.

For more information, or to receive the Winter Semester Calendar, contact your CFCCN Coordinator, Linda Claggett at 833-5115.

## Education Brightens Your Future!

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## RESEAU DES CEGEPS ET DES COLLEGES FRANCOPHONES DU CANADA Création du Réseau des cégeps et des collèges francophones du Canada

Telca/ Montreal, le 20 novembre 1995 - C'est après plus d'un an de discussions que les cégeps et les collèges francophones du Canada en sont arrivés à mettre sur pied le Réseau des cégeps et des collèges francophones du Canada, un réseau d'entraide et d'échange d'information et de collaboration. Réunis le 9 novembre 1995, lors de l'assemblée générale de fondation, des chefs d'établissement de cégeps et de collèges francophones du Canada ont adopté les orientations stratégiques du Réseau pour sa première année d'existence. Les membres mettront l'accent sur la diffusion d'information sur leurs activités respectives et sur la mise en commun et le développement de contenus francophones, entre autres, pour l'utilisation des nouvelles technologies de l'information et des communications.

Lors de l'assemblée générale de fondation, les membres ont également élu leurs représentants au conseil d'administration du Réseau. Il s'agit de M. Jean-Yves Bourque, directeur général du Cégep André-Laurendeau, à LaSalle au Québec et président du Réseau des cégeps et des collèges francophones du Canada, de M. Marquis Bureau, président du Collège des Grands Lacs, à Welland en Ontario, de Mme Raymonde Gagné, directrice de l'École technique et professionnelle, à Saint-Boniface au Manitoba, et de M. Vincent Guay, directeur général du Cégep de la région de l'Amiante, à Thetford Mines au Québec.

Le ministère fédéral du Patrimoine Canadien accorde au Réseau des cégeps et des collèges francophones un appui financier qui servira au démarrage et au soutien de projets de collaboration entre les établissements d'enseignement collégial concernés.

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# FIRST AND FINEST TRIUMPHANT !!

By Capt C.W. Buckham

Scant decades ago, the West was considered to be the wild unknown of Canada, with its endless wheatfields, vast hinterlands, and the breathtakingly beautiful Rocky Mountains. Presently however, a new force has risen to prominence and has shown itself to be a force that is to be reckoned with on a national scale — 1 AIR MOVEMENTS SQUADRON.

From the 26 to 28 September 1995, Traffic Techs from all over Canada gathered in Trenton to see which team would show themselves to be the best at the 1995 Airlift Support Competition. This is a much anticipated social event for old friends to see each other, lie about past triumphs, exchange trade ideas, flash the 'pig' and to view with a critical eye the 'up and comers'. Social aspects aside however, it is also a highly competitive challenge between the Air Mov Sqn and Air Mov Section teams to prove who is the very best at supporting airlift operations.

This year, teams representing 1 and 2 Air Mov Sqn and East and West Air Mov Sections competed in a variety of events: Engine Running On/Off Load (ERO), Joint Airdrop Inspection (JAI), Large Fork Lift, Small Fork Lift, Team Loading, and the CO's and SWO's competition. Each event is designed to test a

particular set of skills specific to the Traffic Tech trade. Each competition was judged by a team of two senior NCOs who were chosen based on experience in that particular skill. To further guarantee impartiality, judges were drawn from all across Canada thereby ensuring equal representation from all areas. 1 Air Mov Sqn's team was comprised of Capt Paul Young (acting CO), MWO 'Bert' Bertrand (SWO), Sgt Ron Strand (team Leader), MCpl Roy van Ooyen, Cpl John Nichols, Cpl Paul Makarchuk, Cpl Dwayne Spencer, Cpl Dan Fraser, Cpl Don Keachie and Cpl Mike Cordick.

Each event was very close and fiercely contested but, in the end, 1 Air Mov Sqn had won the title with an overall point score of 2333 compared to 2318 for 2 Air Mov Sqn. First place finishes were recorded in Large Forklift (Cordick/Makarchuk), ERO (van Ooyen/Nichols/Makarchuk/Spencer) and JAI (Fraser/Keachie). Second place finishes were had in the Small Forklift, Team Loading and CO's and SWO's Competition.

Afterward, a large barbecue was attended by all of the competitors, their supporters, and a host of dignitaries including BGen B. Proulx, the Commander of ATG, Col M. Dumais, WComd 8 Wing, Col R.J. Pirson, DCOS Log, and LCol J. Gillis, SSOTN.

There the winners were awarded trophies by Colonel Jack Gibbons, the Honourary Colonel of 2 Air Mov Sqn. The overall 1995 Airlift Support Competition award was presented by Colonel

Gibbons to all of the members of 1 Air Mov Sqn's team.

The team has now set its sites on the 1996 VOLANT RODEO International competition held at McChord AFB in Little Rock, Arkansas

where 1 Air Mov Sqn will be one of the teams representing Canada at this prestigious and fiercely competitive event. Best of luck to all!

**PER LENTITIAM ROBUR**

## Considering FRP, CRP or just plain Retiring?

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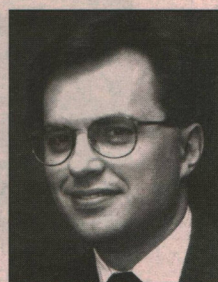
Winning team from 1 Air Mov Sqn with SSO TN LCol Gillis at awards ceremony.



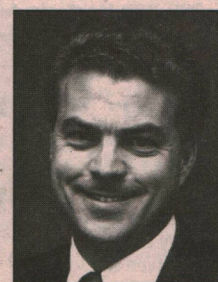
BGen Proulx, Comd ATG addresses competitors before competition.



Darrin Domoney CD



Martyn Hall CFP



Robert Ashton

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*Merry Christmas  
and  
Our Best Wishes  
for '96*



Pearl Langen

We have had the pleasure to work with many of you, may we take this opportunity to say "Thank You" for your continued support.



Terie Langen

We wish you a Holiday Season full of happy memories and all the best in the coming New Year!



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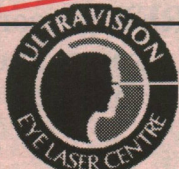


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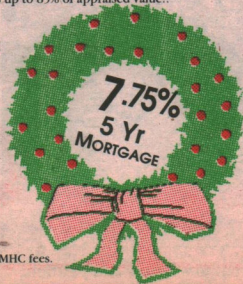
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Merry Christmas

Joyeux Noel

# CANEX

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AND A HAPPY NEW YEAR.  
FROM ALL THE STAFF  
AND MANAGEMENT



17 WING WINNIPEG

**Holiday Hours:**  
24 Dec 1100-1800  
25 Dec CLOSED  
26 Dec CLOSED  
27-29 Dec 0700-2000  
30-31 Dec 1100-1800

**Holiday Hours:**  
1 Jan CLOSED  
2 Jan 0800-2000

# Language Training Centre/Centre de Formation Linguistic



MCpl Andrews receiving her promotion to Sgt. Sgt Andrews is currently on the Continuous French Course at LTC. Félicitations de tout le personnel du CFL.

## FENCERS BRING HOME MEDALS



Fencers from the 17 Wing Lightning Fencing Club have been quite active in competitions at both the local and national level in the past month. Provincial team members, Andrew Courtnage and Adam Morrison traveled to Montreal on October 28th for the Epee D'Or competition. This tournament was the largest ever held in Canada, with over 150 fencers competing from across North America. While no medals were won, this was an excellent experience for the two who are first year members of the team.

Nine Lightning fencers brought home the most medals of any club at the Cavalier Open, held in Winnipeg from November 11th to 12th. Svetoslav Marinov led the way with gold medals in both men's epee and sabre. Other medals won were as follows: men's epee silver for David Howes and bronze for both Adam Morrison and Andrew Courtnage; men's sabre - silver for Joel Ingimundarson; women's epee - bronze for Celina Rudolf; and men's foil - bronze for Andrew Courtnage.

A number of our fencers also travelled to Saskatoon for the Militia Competition, held from November 25th to 26th. Andrew Courtnage again put in an excellent performance, finishing 3rd in senior men's

epee, while Adam Morrison brought home the silver in the junior competition. Congratulations to all of our club members who have produced some excellent results early in the season.

The club will be offering another ten week introductory class for adults beginning on January 19th at Lipsett Hall. A beginner class for junior fencers up to age 12 or 13 will start on January 20th at Bldg 90. Please call 489-3404 to register for either programme.

Mrs Colette Bradley was recruited by DND in 1993 from her position as Material Planner for Boeing of Winnipeg.

She jumped at the chance to join the real Air Force as she has always loved being around aircraft. I think she must have a hidden desire to become a pilot as she currently holds the LTC low level flying record. She has been clocked in her Suzuki Swift doing Mach 3, while in the parking lot of course. How low? Well, we're still looking for the UHF antenna she ground off on the last pass.

She just bought her first house a couple of months ago with her husband of 3 years. Her husband is still in the doghouse over this as they had to store all their belongings in a moving van for two days awaiting their occupancy date. I guess he must have been getting lonely out there as they just recently adopted a German Shepherd pup.

There are currently no children on the way so Colette has taken it upon herself to spoil the dog rotten. Not wanting to leave the dog home all day by himself she rushes home and back to work every lunch hour. Yes, you guessed it, at Mach 3.

She immensely enjoys her work at LTC and her work here is greatly appreciated. She does however have one pet peeve, "I need it yesterday". Welcome to the military Colette.



Mrs. Colette Bradley

Ancienne employée de Boeing à Winnipeg comme planificatrice d'équipement, Mme Colette Bradley a été embauchée par la Défense nationale en 1993.

Ayant toujours eu un penchant pour les avions, il ne lui restait donc plus qu'un pas à franchir pour rallier les Forces aériennes. En bout de piste présentement au CFL, je pense que l'envie de piloter doit parfois la chatouiller. On a d'ailleurs pu la remarquer au volant de sa Suzuki Swift dépassant de loin la vitesse requise sur le stationnement. À quelle allure allait-elle? Encore maintenant, on essaie de retrouver les traces de son dernier passage.

Mariée depuis trois ans, elle vient d'acheter il y a quelques mois sa première maison. Alors qu'ils s'apprétaient à emménager, le jeune couple a dû faire entreposer deux jours tous ses effets personnels dans un camion de déménagement; depuis ce temps-là son mari dort dans la niche du chien, de plus, Colette lui a acheté un chien (Berger allemand) pour lui tenir compagnie.

Puisque le couple est sans enfants pour l'instant, Colette a donc décidé de dorloter le chien à l'extrême. Par crainte d'abandonner la bête pour la journée, elle se dépêche de retourner à la maison dès que ça lui est possible. Elle file à toute vitesse, ça vous l'aviez déjà imaginé... Même les écureuils se cachent par peur de la croiser le midi.

Elle aime énormément son travail au CFL et on ne peut que se féliciter de son rendement. Un seul hic néanmoins, Colette se fait dire souvent: "J'en avais besoin hier". Bienvenue au sein des Forces, Colette!

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# FOOD FOR THOUGHT



By MCpl Simm

During the past few years, the Canadian Forces (CF) have undergone many big and important changes, some of which are for the positive and some for the negative. Of course this all depends on one's perspective.

One such change is the reduction of the force (FRP) which has to date eluded the Food Services trade. But, that's not to say Food Services have not been impacted by the FRP and other military changes. On the contrary, Food Services has been involved in many trials and internal adjustments with the aim at becoming more effective, efficient and state of the art. As examples, some bases serve meals to all ranks from one mess, food preparation methods have improved and there is current consideration to contract out. All of this has not come without frustrations to the Food Services personnel who have been stuck in the middle, waiting and watching and praying that Food Services is not a dying trade in the CF.

In the same breath the upper management in Food Services have been saying for years that the "30 somethings" or junior and middle ranks are the so-called future or up and coming generation. Why? Because most seem to think we can easily adapt or that we possess the youth and desire to save our destinies. This may be an honest assumption, however, I believe, to make this a reality, we the future must firstly be made to believe this as well.

Notwithstanding all the talks of FRP, cut backs and automation in our jobs, some people are still just content to



Mrs. Margaret Steffan is being presented with gifts from the staff, (she had previously received her certificate) as a farewell in recognition of 17 years service to DND within Food Services. Mrs. Steffan is retiring in the local area. Left to right, Capt Duff (Wing Food Services Officer), Mrs. Steffan, WO Hill (KO 2 PPCLI).

We at Food Services would also like to say farewell to Mr. Lionel Berthelette for his eight years of service to DND within Food Services. Mr. Berthelette is residing locally with his wife Tracey. (Mr. Berthelette was unable to attend the farewell ceremonies). To each and all, from Food Services, we wish you every success in your future endeavours and/or retirement.

carry on practicing their old ways, not to mention just sitting back watching time go zooming by waiting for that elusive FRP chance or for that magical mandatory release date. This in my opinion is understandable to a point; sort of like a defense mechanism. However, it is also contradictory to the pep talking being given to the "30 somethings". If there is a future for the Food Services trade, then all of us must pull together, share our ideas, pool our knowledge and provide our youth with the training and education needed to produce good, well-motivated personnel.

Those fortunate enough to

have the opportunity to complete a full career in the CF should feel an obligation to give back a little of what they had. Even if the Food Services trade may soon be obsolete, the personnel that would fall by the way side as a result should be as well prepared for a second career as possible - in particular - well prepared in the Food Services realm.

My point is, don't forget these old sayings - "If the going gets tough, the tough get going", "Lead by example" and "Don't give up without a fight"! Try to go out gracefully and give back what you got when your futures were secure!



Mr. Roy Douglas is being presented his certificate and plaque, for 25 years service to DND, within Food Services. Both the certificate and plaque have been authenticated by the Prime Minister of Canada. Mr. Douglas is retiring in the area. Right to left, MWO Lafferriere (FSS 17 Wing), Mr. Douglas, WO Hill (KO 2 PPCLI), Sgt Sherman (i/c kitchen 2 PPCLI).



Mrs. Shirley Stewart is being presented with a certificate (and gifts from the staff), in recognition of 12 years service to DND within Food Services. Mrs. Stewart is retiring in the local area. Left to right, Capt Duff (Wing Food Services Officer), Mrs. Stewart, WO Hill (KO 2 PPCLI).

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## Voxair Newspaper 1996 Schedule

ISSUE	DEADLINE DATE	PUBLISHING DATE
1	January 5	January 17
2	January 19	January 31
3	February 2	February 14
4	February 16	February 28
5	March 1	March 13
6	March 15	March 27
7	March 29	April 10
8	April 12	April 24
9	April 26	May 8
10	May 10	May 22
11	May 24	June 5
12	June 7	June 19
13	July 12	July 24
14	August 9	August 21
15	August 23	September 4
16	September 6	September 18
17	September 20	October 2
18	October 4	October 16
19	October 18	October 30
20	November 1	November 13
21	November 15	November 27
22	November 29	December 11



On behalf of the Service Insurance Board of Directors and all support personnel, thank you for the privilege of allowing us to serve you during 1995.

Best wishes for peace, happiness and a prosperous and safe holiday season.

Au nom de tous les directeurs du conseil d'administration et de tout le personnel de soutien, merci de nous avoir accordé le privilège de vous avoir servi en 1995.

Nos meilleurs voeux de paix, de bonheur et de prospérité vous accompagnent. Soyez prudents.



# HEALTH & HAPPINESS

Our lifestyle habits—from healthy eating and active living to responsible drinking and our approach to smoking—all have an effect on our health. The choices we make about them every day make a difference—for better or for worse.

Healthy habits are essential for good health. However, there are other less-tangible things that are just as important such as “mental health” and “emotional well-being.”

Health and happiness are related, and they build on one another. Happiness, for example, can come from the simple pleasure of enjoying physical activity. And it can come from the “good feeling” that good health brings.

Happiness also comes from a sense of contentment, a sense of belonging, and a sense of purpose, which relate to attitude and involvement.

Our attitude toward work in the CF and the satisfaction we derive from it contribute to our happiness ... and health. Satisfaction comes from striving to do things well and accomplishing what we set out to do.

It also comes from the feedback we get for our efforts. Encouragement and thanks for a job well done mean a lot. Even constructive criticism is good because it provides an opportunity to improve next time. Therefore, it is important to ask for feedback if it isn't given on a regular basis. (Conversely, if your position in the CF means you have subordinates, be sure to give them positive comments and tips for improvement regularly.)

There's more to life than work, of

course. Active community involvement and a network of friends also contribute to positive health.

Involvement in the community can take many forms. It might mean coaching your daughter's soccer team or helping to organize a community

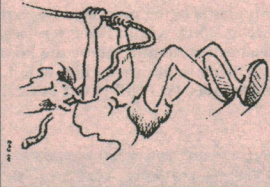
clean-up campaign. It might be joining a group, taking a class, attending a public lecture, or enjoying a concert. Involvement means cultivating friendships and having at least one close friend in whom you can confide.

Attitude is another key factor. We all know (and are inspired by!)

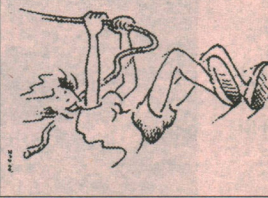
people with a “No worries!” approach to life. These people, no matter their circumstances, have a certain hardness to them. They go through life with a sense of hope and optimism—generally seeing the brighter side of any situation. They live for today. They do not dwell on the past, which can't be changed, nor do they worry about things in the future over which they have no control.

This special attitude also involves an openness—to new people, new ideas, and new experiences. It means planning, setting goals, and looking forward to new challenges. The late, great baseball pitcher, Satchel Paige, captured this attitude toward life (in his own special way) in his now famous Rules for Living. In Rule #6 he said, “Don't look back, something may be gaining on you.”

## CF intramural and sports programs are fun!



## Jouez en grand! Avec les activités sportives et intramurales des FC.



Toutes nos habitudes de vie—bien manger, mener une vie active, boire raisonnablement et ne pas fumer—ont un effet déterminant sur notre santé. Les choix que nous faisons dans ce domaine nous influencent quotidiennement, pour le meilleur ou pour le pire.

Mais nos habitudes de vie ne sont pas seules en cause. D'autres facteurs ont aussi leur influence, notre santé mentale et notre bien-être émotionnel, entre autres.

Santé et bonheur sont intimement liés. Le bonheur peut naître du simple plaisir de faire une activité physique ou de la sensation d'être en bonne santé.

Le bonheur vient aussi d'un sentiment de satisfaction, d'appartenance, d'utilité qui découle de notre attitude et de notre engagement.

Notre attitude face à notre travail dans les FC et la satisfaction qu'on en tire contribuent à notre bonheur... et à notre santé. La satisfaction est liée à l'effort que nous mettons à bien faire et à réaliser nos objectifs.

La satisfaction est aussi liée aux encouragements et aux remerciements que nous recevons dans le cadre de notre travail. Même une critique constructive peut être bénéfique si elle nous permet de faire mieux la prochaine fois. C'est pourquoi il est important de rechercher et d'écouter les commentaires des autres. (Si vous avez des subalternes, n'oubliez pas de donner leur travail et de leur donner des conseils qui les aideront à s'améliorer.)

Mais, bien sûr, il n'y a pas que le

travail dans la vie. La santé repose souvent sur notre engagement communautaire et notre réseau d'amis.

L'engagement communautaire peut prendre diverses formes: entraîner l'équipe de soccer de votre fille, organiser une campagne de nettoyage des parcs, adhérer à un groupe, prendre un cours, assister à une conférence ou aller au concert. L'engagement, c'est aussi cultiver ses amitiés et avoir au moins un ami ou une amie en qui vous avez pleine confiance.

L'attitude est un autre facteur-clé. Nous connaissons tous des gens qui prennent toujours la vie du bon côté. Que les choses aillent bien ou mal, ces gens dégagent une certaine force et traversent la vie avec optimisme, en s'attachant à n'en voir que les belles choses. Ces gens profitent du moment présent, sans nostalgie pour le passé qu'ils ne peuvent plus changer et sans inquiétude face à un avenir dont ils n'ont pas le contrôle.

Cette attitude s'accompagne souvent d'une grande ouverture face à la nouveauté, qu'il s'agisse de personnes, d'idées ou d'expériences. Elle implique de planifier, de se fixer des objectifs et de relever avec plaisir de nouveaux défis. Le grand lanceur de base-ball, aujourd'hui décédé, Satchel Paige, avait résumé cette attitude face à la vie dans ses célèbres règles. La sixième disait: << Ne regardez pas derrière. Les choses risqueraient de vous rattraper. >>

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## Seasons Greetings



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**Groundschool NOTAM**

**GROUNDSCHOOL IS COMING SOON TO A WING NEAR YOU!**

You may or may not know it yet, but each one of you is about to take a course which may change your outlook! All 20,000 members of the Air Force, military and civilian, are going to get the opportunity to take the Ground School course in 1996.

Why is this necessary? We all know people who are intolerant of change. You may be yourself. However, whether we like it or not, the Air Force is about to undergo a massive transformation in its ways of doing business. This is a good thing. It will allow us to eliminate some of the institutionalized bureaucracy which has kept us from doing our jobs as well as we could have. Business as usual is not an option.

Groundschool 97 is a three-day course designed to help us develop the skills and understanding to deal with these changes that we know are long overdue, and to allow us to succeed in the new culture. Before you thrust

your finger down your throat, keep an open mind and give the course a chance. Preliminary courses have received excellent reviews from every rank level (more to follow on this!)

Groundschool 97 is made up of four modules which will demonstrate the way the Air Force is heading, provide some training/education to develop individual and team skills, and finally, provide an understanding of how this fits into the big picture of upcoming change.

The course will be taught by volunteers from each wing. These volunteers will have received extensive training and preparation in Winnipeg in December. This "facilitator" training includes the three-day course, two days of in-depth discussions and presentations on change initiatives, course administration and delivery strategy, followed by five days of in-depth study of course material. Courses on the wings are scheduled to begin in January 1996. Never before has the entire Air Force prepared to receive the same course (from Private to General, as well as civilians). Never before has a course for more than 20,000 people been delivered with in-house instructors — within one year. Never before has leadership been challenged to make such a commitment. The time has come. Make the best of it and enjoy Groundschool!

**FLIGHT 97**

**SSO RESERVES**



LCol George Sykes was promoted to that rank and appointed SSO Reserves in Air Command Headquarters effective 15 Nov 95. Congratulations from all your staff!

**17 ARAF PROMOTION**



Colonel Murray Lee, Senior Canadian Officer and DA COS Plans at AIRCENT HQ Ramstein Air Base, presented his son Stewart with his promotion to Corporal effective 2 November 1995. Cpl Lee is a member of 17 ARAF and is employed with the Comptroller Division Air Command Headquarters. Congratulations Stew!

**RWANDAN POSTCARD - CANADIAN PEACEKEEPERS HELP ORPHANS**

By Lt(N) Kent Page

With his permission, here is an edited version of a letter sent home by Canadian Forces peacekeeper, Captain Bob Eddy of Swift Current, Newfoundland. Captain Eddy, based at CFB Gagetown, is serving in Rwanda on a six month peacekeeping tour in the United Nations Assistance Mission in Rwanda (UNAMIR).

"We had a very interesting day on Tuesday when we went to visit the Gitarama Orphanage. The purpose of the visit was to deliver 300 blankets, 300 sandals, 300 sets of eating utensils and also to treat all the children for scabies. Along with three other Canadians, we brought seven Norwegian nurses who work with us at the UN Hospital in Rigali.

As soon as we arrived, the nurses started treating the children and after seeing how many kids there were to do, I decided to help. What an experience. It's amazing how a simple scrape or sore can get so badly infected for the want of the simple drugs we take for granted in Canada. Some of the children had sores all over their bodies and we literally had to peel off some of their clothing to wash them. One beautiful little girl had a huge patch on her head that was infected, but she didn't complain as I washed it with the lotion, she was very quiet. But when I tried to wash her armpit, she recoiled in pain from a sore I hadn't noticed. I felt miserable inside, but kept on going once a nurse had taken a look at it and said it

was okay.

We continued the treatment until we ran out of benzyl benzoate and had to send a team back to Kigali to get some more. We still had plenty of antibiotics, so we made a list of all the children who had infections and gave it to the Rwandese nurse along with the antibiotics to look after them. Next week, we'll go back to see how they are doing with the treatment and to try again to help out however we can.

Washing the kids wasn't as bad as I thought, but the smell of infection can get to you... you get so caught up in trying to do something helpful that you ignore everything unpleasant as best you can. The children quietly let you wash them, even though you know they hurt - they sure are brave little kids.

Once we were done, we spent some time playing with the children in the sunshine. They love to be hugged and held and are fascinated by our arm hair - they don't have any and my light-coloured hair is a great source of amusement to

them.

It's really fun the way they all come to you so full of love, but at the same time, sad when you realize they have no homes of their own. It's doubly sad when you consider the reason why and what some of these children have seen and been through.

The orphanage is well maintained, at least by Rwandan standards, but I have to say that a lot of that is due to our volunteer work with the orphanages - arranging food and water deliveries, blankets, shoes, cleaning supplies and now, medical visits. I don't know who will help them when we leave, so we have to do as much as possible for them now.

Anyway, this is just one orphanage of the 15 or so that we assist. Some are in better shape, others worse. The other Canadian peacekeepers here are really helping out, and we're visiting the orphanages every week to find out what they need. Well, that's all for now. Take care and write soon."

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**Season's Greetings**

To the members of 17 Wing Winnipeg from



**Gerry McAlpine**

**Meilleurs Voeux**

Aux Membres De La 17e Escadre Winnipeg, De La Partie Du

MLA Sturgeon Creek Constituency Office: 10 - 2082 Ness Ave. PH: 889 - 5555

MLA Sturgeon Creek Conté Electorale: 10 - 2082 Ness Ave. PH: 889 - 5555

# ANNOUNCEMENTS

## 51st WINNIPEG SCOUT GROUP

### RECYCLING PROGRAM

You can recycle for free!!

And help your local Scouts, Cubs and Beavers.

The 51st Winnipeg Scout Group is a 17 Wing sponsored Scouting program with the goal of developing the self confidence of each child by challenging them with interesting and fun activities that promote achievement and friendship. We have a very active agenda with crafts, tours and outdoor activities including camping and canoeing.

The 51st Scout Group has been designated as the official recyclers for the North Site. 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. All you have to do is make note of our recycling pick up dates below and have your recyclables on the front doorstep that morning

17 WING WINNIPEG  
BEAVERS, CUBS & SCOUTS  
BOTTLE DRIVES

16 DEC 95	10:00 - 12:00
13 JAN 96	10:00 - 12:00
10 FEB 96	10:00 - 12:00
16 MAR 96	10:00 - 12:00
13 APR 96	10:00 - 12:00
11 MAY 96	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, have your recyclables on your door-step. Personnel living on base may contribute by leaving recyclables at our collection boxes next to Bldg 21, Sarges Gas Station or the Westwin Community Center next to the north site chapels. For further info please contact Bill Neumann at 897-4234 (Home) or 5755 (Work); or Marcel Blier at 888-3485 (home) or extension 3485.

**Thank-you for your support!**

## INTERSECTION ICE HOCKEY LEAGUE

### 1st Round Stats

TEAM	GP	WON	LOST	TIED	GF	GA	POINTS
<b>A Division</b>							
435 Sqn A	7	6	1	0	45	17	12
CE	7	5	2	0	32	21	10
1 AMS	7	5	2	0	22	23	20
402 Hawks	7	4	2	1	36	23	9
733 Comm	7	4	3	0	31	18	8
Supply	7	1	4	2	23	41	4
2 PPCLI A	7	1	5	1	20	32	3
Transport	7	0	7	0	17	49	0
<b>B Division</b>							
2 PPCLI B	7	5	1	1	47	13	11
Air Command	7	5	1	1	30	15	11
Band	7	5	1	1	28	22	11
CFS/402	7	4	2	1	31	20	9
Oldtimers	7	3	4	0	19	31	6
435 Sqn B	7	2	5	0	17	40	4
CFANS	7	1	6	0	22	31	2
Sarges	7	1	6	0	13	31	2

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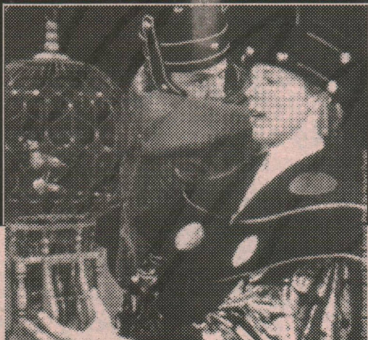
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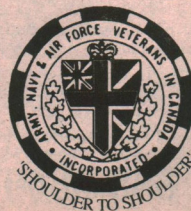
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# A WORD FROM THE CHAPLAIN

## CHRISTMAS MESSAGE

Since the beginning of time, we have searched for meaning in each departure and each new beginning. Since this time last year, the world has undergone many dramatic changes. Duties with the United Nations and peacekeeping have increased. Like our friends who are in these postings, we, too, wish to be peacekeepers. May this be our wish, to have the Peace of the Christ child in our hearts and in our lives. This be our wish from the Prince of Peace, the Christ child. As we enter a new year -1996 - may we forge ahead with self-determination, love, hope and peace. I wish you all a most wonderful, glorious and enriching Christmas.

**Padre 'Hopper' Hopkins**  
Wing Chaplain (P)

**Padre Joe MacLean**  
Wing Chaplain (RC)

### ORDER OF SERVICES PROTESTANT CHAPELS CHRISTMAS 1995

St. Andrews Chapel	Date	Chapel of the Good Shepherd
1900 hrs - Ecumenical Carols Lessons & Decorating	17 Dec	Christmas Pageant during worship service.
1900 hrs - Christmas Eve Service	24 Dec	1900 hrs - Family Candlelight Family Service
1130 hrs - Christmas Communion Service		1100 hrs - Christmas Communion Service (Candlelight)



### CHRISTMAS & NEW YEAR'S SCHEDULE FOR ROMAN CATHOLIC CHAPELS

North Site

St. Marguerite-Bourgeoys Chapel

Sunday, 17 December:	Penitential Service: 1500 hrs (3:00 pm) - followed by Parish Pot-luck at the MFRC Building.
Saturday, 23 December:	Mass at 1700 hrs. (5:00 pm).
Sunday, 24 December:	Mass at 1115 hrs.
Christmas Eve, 24 December:	Midnight Mass at 2400 hrs.
Christmas Day, 25 December:	Mass at 1000 hrs.
Sunday, 31 December:	Mass at 1700 hrs (5:00 PM).
New Year's Day, 01 Jan 96:	Mass at 1115 hrs.

South Site

St. George's Chapel

Sunday, 24 December:	Mass at 0930 hrs.
Christmas Eve, Sun. 24 Dec:	Mass at 1600 hrs (Children/Family).
New Year's Day, 01 Jan 96:	Mass at 0930 hrs.

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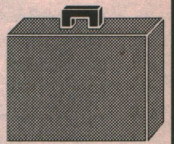
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John D. Harvie

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Missing In Action is the touching personal account of Canadian Air Force navigator John Harvie's experiences during the final months of World War II, including his encounters with the French Resistance and the Gestapo and as a prisoner at the notorious concentration camp in Buchenwald.

Shot down by Germans over occupied France, Harvie was the only member of his Bomber Command crew to survive the crash. After hiding for several days at a French farmhouse he started back to England with the help of the French Resistance, but was betrayed to the Gestapo by a traitor. He spent a month in solitary confinement in Paris and then was transported by boxcar to Buchenwald. He describes the appalling conditions, the indignities, and the extreme hardship he and his fellow prisoners endured there. Later he was transferred to Stalag Luft III POW camp where, with food from the Red Cross and the comradeship of fellow prisoners, his body and spirit were restored. As the Russian army advanced into Germany, Harvie and the other POWs underwent the long march from eastern Germany to a camp near Bremen and then to Lubeck near the Danish border, where he remained until the Allied forces broke through and he was liberated by the British army.

Both painful and uplifting, Missing In Action is an invaluable record of the unforgettable horrors and heroes of World War II. John D. Harvie is a retired civil engineer living in St Sauveur des Monts, Quebec.

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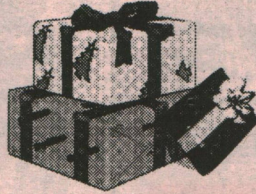
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