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VOL. 44 ISSUE 4

17 Wing Winnipeg / 17e Escadre Winnipeg

February 28, 1996 / FREE

AIR FORCE WAY



City of Winnipeg work crews attach the new Air Force Way sign to the pole at the corner of Ness Avenue and Sharp Boulevard in -35C temperatures on February 1, 1996. Renaming Sharp Boulevard north of Ness Avenue, which leads into 17 Wing and Air Command Headquarters, was initiated by 500 Wing of the Air Force Association of Canada. (Photo by Cpl Jeff Robichaud, 17 Wing)

LIVING ON AIR FORCE WAY

By Capt Neil Kinley

The Air Force is in Winnipeg to stay. It must be, as the City of Winnipeg now has street signs that say so. The city has renamed Sharp Boulevard north of Ness Avenue, Air Force Way.

Air Force Way signs went up at the corner of Ness and Sharp and at Silver Avenue on February 1, 1996. City work crews laboured in -35C temperatures putting up the new signs along the street which leads into 17 Wing and Air Command Headquarters.

The city was quick to give its blessing to this initiative, that came from 500 Wing of the Air Force Association of Canada. With the Air Force Heritage Park and only military housing along this stretch of road, they determined no one would be unduly affected by the change to Air Force Way. There had been previous attempts to give part of Whytefold Road an Air Force name, but they were not successful.

The Air Force is an important part of the city, with 17 Wing and Air Command Headquarters being major employers that pump nearly \$350 million dollars into the local economy each year. There is also a long history of Air Force operations in Winnipeg, as the city was the site of one of the initial RCAF stations in 1925.

It may have taken Winnipeg over 70 years to name a street after it, but the Air Force community in the city is pleased. However, there will be a few military residents of Air Force Way who will have to send out change of address notifications in the next few months.

NEW CF LEAVE POLICY

By Capt Neil Kinley

As of April 1, 1996 the CF will have a new Leave Policy in effect. The aim of the new policy is to encourage CF personnel to use their full leave entitlement each year, and to prevent an increase in the large levels of accumulated leave.

Over the span of a career, CF personnel will be allowed to accumulate up to 25 days, or one year's leave entitlement. No accumulation of leave beyond the 25 days will be allowed, and personnel can be ordered to take leave.

Leave accumulated prior to April 1, 1996 will not count against the maximum accumulation limit. Leave accumulated prior to April 1, 1996 will be recorded separately from leave accumulated after the new policy takes effect.

As well, the new policy directs that leave can only be accumulated for military requirements and will not be allowed for personal reasons. Accumulated leave must be personally approved by a Commanding Officer, who will be able to approve up to five

days of accumulated leave per year. Higher Commands will be able to approve up to an additional 20 days.

If leave can not be taken because of military requirements and can not be accumulated because the member is at the maximum, the leave will be cashed-out. However, it will be cashed-out under authority and financial responsibility of the Formation Commander or Commander of Command. Commanders will not receive additional funds, thus reinforcing the need to ensure CF personnel use all their leave each year.

The new policy also allows a voluntary cash-out of leave that could be accumulated after April 1. This will require approval from Formation or Command, who will be responsible to absorb all costs from within their budget. Cash-out of accumulated leave on release will be possible under the new leave regulations, with approval and funding from NDHQ.

More information will be coming out in the Personnel Newsletter on the new leave policy.

I'll take the cash!

By Capt Neil Kinley

Have you racked up some extra leave over the years? Do you want to give yourself a cash bonus? There is now the opportunity to get some extra money by "cashing in" some accumulated leave.

The Cash-Out of Leave Program, announced in CANFORGEN 009/96, allows CF members with leave accumulated to apply to have leave bought back at close to their current rate of pay per day. The program is guaranteeing all applicants a minimum of 10 days of leave bought back. However, members can request to have more or less days cashed-out.

All Regular Force members who have unused accumulated leave as of March 31, 1996, can participate in this voluntary program. All applications must be in by March 8, 1996. The actual numbers of days allowed for individuals will be determined by the end of March, and payments should be made beginning in April.

Those applying should be patient. If you apply, the application can not be removed after March 8.

Payments will be included in monthly pay as a lump-sum payment. It will be taxed as earned income, however Canada Pension Plan and Employment Insurance will only be deducted for those not at the maximum annual deductions for these premiums. Pension contributions do not apply.

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Managing Editor Retires after 10 years

By Capt Cheryl Walton-Simm

The Managing Editor of the Voxair, Capt Tom Walls, has decided to move on to greener pastures after almost 10 years of involvement with the 17 Wing newspaper. Tom is retiring effective 28 Mar 96 after a long career as an Air Navigator in the regular and reserve Air Force.

Tom undertook the secondary duty as Managing Editor in June 1986 and has since continued with the newspaper. Tom has seen five Editors-In-Chief come and go. He is undoubtedly one of the longest running military newspaper editors, due in part to the fact that he has been able to remain in Winnipeg for almost 20 years, but more importantly because he really enjoys the job. Tom's dedication was what the Voxair needed. When he took on the job the Voxair was in a huge financial deficit, but with hard work and determination he and his staff were able to reach a break even point in 1991. This was a significant milestone for him as the financial aspects of the newspaper business are the most challenging.

Unfortunately the age of

automation was not kind to the Voxair and after upgrading a manual newspaper system to an automated desk top publishing system in 1992 the newspaper was burdened with large, associated costs. For Tom this was an interesting period as he became Business Manager, and Computer technician as well as Managing Editor. The days of a "social get together" during production of the newspaper were over. The tremendous task of setting up a "small business" type operation became the order of the day. Skilled computer operators had to be hired to produce the paper, an automated accounting system had to be established and due to the cost of automation, advertising requirements increased significantly. This change in requirements was hard financially on the Voxair and the next few years proved to be lean ones.

Throughout this hectic period Tom persevered and with the assistance of some hard workers, Colleen Guntner as Production and Office Manager, Louise Guenette in Production, and Jeff Cyr in Production and Systems Manager things started to turn



Capt Tom Walls

around. On the date this article was written the Voxair was in the black! The Voxair continues to receive the staff support of Louise, as well as Maureen Walls as Office Manager, Grant Warren as Production Assistant, Sgt Bill Sproul as Systems Coord., Jim Holland in Advertising and a handful of volunteers.

All of this hard work has not gone unnoticed. In 1991 the Voxair received 2nd place in the National Newspaper Competition in the military newspaper category. The Voxair staff received the Community Council Award in 1989, the CFTS Commanders Commendation in 1994 and numerous certificates of appreciation. So without further adieu we wish Tom all the best in his retirement to a quiet, peaceful life in the country and thank him for his tenacity throughout his tenure.

Bravo Zulu!!

CFS PRESENTATION



Capt Al Bostrom of CFS Standards was presented with the Air Command Flying Instructor's Award for achieving an A-1 instructors category on the C-90A King Air aircraft. The presentation was made by LCol M.R. Spooner, Comdt CFS, on 17 Jan 96. Congratulations "Butthead" from the staff of CFS on this outstanding achievement.

I'll take the cash!

Continued from page 1

There is a formula one would receive for each day of pay. Simply, 22 days of accumulated leave would correspond roughly to one month of pay.

The payment is considered earned income so it cannot be rolled over in to an RRSP. However, members can invest all or part of the payment into an RRSP for 1996.

This program was put in place

to address the large leave liability that saw CF personnel have on the average 57 days of accumulated leave. This becomes costly for the CF in terms of losing people from positions for long periods of time at retirement, when this leave is normally used.

Applications are now available from unit Orderly Rooms. Any inquiries about the Cash-Out Program should be directed to unit Orderly Rooms, not the Base Orderly Room.

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ASK MR GREENTREE

Well, the cold seems to have brought about two distinct schools of thought - those who are willing to "tough it out" and those seeking to escape it. The questions this week deal with two cold weather topics.

Q. Should we feed deer in this extreme weather?

A. There are many issues to be considered here, not least of which is the humanity of helping out the wildlife. However, leaving feelings aside, someone thinking of starting a deer feeding program should consider the effects such a program will have. Once started, the program should last until "green-up" (sometime in May, I hope) and should provide at least 2 kilograms of deer pellets or second cut alfalfa per day per deer. Deer will become dependant on the supply of food and this is the minimum amount required to survive. So, the first effect is on your pocketbook.

The second effect is on the deer population. According to my sources, about 15 to 20 percent of the deer population is expected to die each winter - slightly more in extreme years. Providing feed will allow more deer to survive to the next year and, as a result, increase the population artificially. This larger population, in turn, will use up the natural food sources faster than normal - making food even scarcer the following winter and requiring even more food from humans. This "circle" can lead to situations

where disease runs rampant through the increased population as weaker and weaker individuals survive or where populations suddenly "crash" as Nature "adjusts" the population (or when the feeding program suddenly ceases).

The last consideration is a legal issue. Apparently, people who feed wildlife can be held responsible for the damages caused by the animals. This damage can include the animals browsing on the prize cedar tree in your neighbours yard or accidents caused by deer crossing roads to get to the feeding site.

In summary then, unless you are willing to make a potentially very expensive long-term commitment to feed the deer all winter, it is generally better to let Nature take her course. [The only time I would recommend starting such a program is when the deer cannot move freely around (e.g. they are tame or captive). In those situations, the captors do have an obligation to help out.]

Q. Should I start planning my garden now?

A. Absolutely. Planning your garden now will allow you to guarantee your orders of shrubs and bulbs and looking at the seed catalogues is much less expensive than looking at travel brochures! In addition, if you have a planned

garden before the start of the season, you will have a better idea of what your summer will be like as you can schedule vacations etc. around your harvest times.

When planning your garden, might I suggest you consider more hardy and/or native plants which require lower maintenance and inputs (such as water and fertilizers)? If you include them, you will lower your gardening costs and your garden will be more environmentally friendly. [It is also time to consider your composting plans!]

More on the car pooling registry. There are people interested in joining a car pool from the following areas: the Westwood area, South St. Vital and St. Andrews/Maple Ridge. If you are interested in contacting these people, give me a call at loc 6774 and I'll pass on more information.

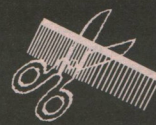
And finally, an ECO-BIT. Scientists have recently discovered a way to turn CFC's from ozone depleting substances into common salt and an ingredient in most toothpastes. This conversion uses the poisonous elements of rhubarb leaves (oxalic acid) and turns CFC's into fluoride and salt. But don't try this at home, kids, the process is quite complicated and more work has yet to be done before it is "commercial".

Home From Croatia



Following 18 days of intense airlift operations out of Split, Croatia, 10 members of 1 Air Movements Squadron arrived home on 18 January. Needless to say, they were happy to be reunited with family and friends, however the weather could have been better. In Split, the average temperature was 5-10 degrees Celsius, so it was a real shocker to face -30 degree weather. The Operation, carried out in cooperation with British MAMS teams, was a complete success. The airlift was finished on schedule and required 97 CC130 and CC137 chalks to move 789 passengers, 118,350 lbs of baggage and 2,078,514 lbs of freight. The Team was greeted on arrival at 17 Wing by the acting Wing Commander, LCol Smith, the WOpsO, LCol Bailey, the CO 1 Air Mov Sqn, Maj Mallais and numerous friends and family.

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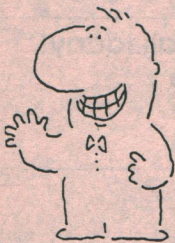
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LOGISTICS BRANCH CELEBRATES ITS 28th ANNIVERSARY



Funspiel held 1 Feb at the 17 Wing Curling Club to celebrate the 28th anniversary of the Logistics Branch.

On February 1st, Winnipeg area logisticians celebrated the 28th anniversary of the Logistics Branch by holding a curling Funspiel at the 17 Wing Curling Club. The Funspiel, sponsored by the Air Command Deputy Chief of Staff Logistics division, included participants from Aircom and 17 Wing. LCpl Gillis, DCOS Log at Aircom, was the senior logisticians present and after officially

opening the event, promptly encouraged everyone to have fun!

A cake cutting ceremony was held at midday to commemorate the 28th anniversary of the Branch. The cake, which was prepared by Cpl Vicky Aube of the Wing Food Services Squadron, was truly a work of art and enjoyed by all those present. Sincere appreciation is extended to Cpl Aube for her excellent

contribution to this year's Branch birthday.

At the end of a fun-filled day, top honours were captured by the team skipped by Major Ron Ubbens along with his teammates Captain Rory McLeod, Sgt Ron Strand and MCpl Cathy Preece. By all accounts, everyone truly enjoyed themselves on what happened to be the coldest day of the year in Winnipeg!

Servitium Nulli Secundus

Charity begins at home Airfield Engineers to aid native communities

By Capt Tony Keene

The Canadian Forces have a long and strong tradition of coming to the aid of countries which have been stricken by natural and man-made disasters. Now, the air force is taking the lead in preparing to assist people right here at home, who suffer from many of the same problems.

Across Canada, through no fault of their own, native communities are suffering from lack of safe drinking water, poor sanitation, decrepit hospitals and clinics, and inadequate electrical power. Now, regular and reserve airfield engineers may soon be coming to their aid.

"This is not a handout," says Capt Matt Pape, a staff officer for airfield engineering at Air Command Headquarters. "It is cooperation with the native communities. They will pay for and ship the materials, and we'll provide the skilled labor."

Airfield engineers are trained to repair damage to airfields, to build and repair roads, construct buildings and sewers. They have done it around the world, and can easily do the same thing at home.

"We will not be building anything new, but will repair and renovate what is already there," Pape says. The United States Air Force exchange officer says many things can be done to improve the quality of life on aboriginal reserves, including the installation of electrical, sewage and water systems.

While planning has been done to start the project this coming summer, it is likely that it will not be fully up and running until mid-1997. The Air Command proposal was submitted as part of the Aboriginal Communities Assistance Program, or ACAP.



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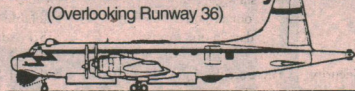
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CFANS UPDATE

Where does the time go! The last couple of weeks have been a blur of activity including numerous check rides, successful and otherwise, a sprinkling of away trips and yes, even a graduation. Congratulations goes out to the graduating members of course 9502 whose 11 months of hard work and dedication have won for them the privilege of another six months of intensive training at their respective OTU's. Well done and good luck!

The students of 9502 are not the only ones however that will be taking up flying duties elsewhere. Everyone at CFANS and 402 Sqn would like to bid farewell to Capt Steve Andrec who's off to fly the friendly skies of Air Ontario. So long Steve, and best wishes!

Further congrats go out to the five members of course 9505 who successfully navigated their way through the F-16 check ride. Keep it up boys. And the members of course 9508 are relieved to have finally made it airborne for their F-1's after four unsuccessful attempts. It seems the gods of weather and serviceable aircraft finally chose to smile on them. Maybe more remarkable is the fact that not one airsickness bag was required for the whole trip! Certainly a notable departure from the norm for an F-1.

It would seem that 9502's grad was not without its moments. Following the Commandants speech and in response to his inquiry to the serving staff regarding when and if coffee was going to be served the lady swiftly replied, "Just as soon as you stop talking, Sir". Giving everyone the impression that the brilliance of his oratory was lost on staff more concerned with the punctuality of Juan Valdez!!

As well, that same evening no doubt left Margaret Leenders regretting the decision to allow her husband Mitch to choose seating along with all the bachelors and pseudo bachelors, naves and pilots alike, in attendance. She was seen to cringe more than a few times as the conversational topics and associated language normally reserved for the back bar found their way with increasing regularity to the table as the evening progressed. You certainly couldn't accuse the boys of not making the most of their evening out. Although I doubt Margaret will allow Mitch to choose seating arrangements at the next grad!

And now back to the school....

At the time of writing we are still unable to confirm that Capt Harlos isn't assuming the much coveted Officer Development assignment. The rumour mill keeps swirling about that one and you know what they say, where there's smoke, there's fire.

As well, there are unconfirmed reports that Capt Moffatt recently received a UPR from Capt Hatton regarding his apparent lack of flight planning skills. More details on that one when they become available.

Good news on the home front as well. As Nick and Ann Marie Lisney are pleased to announce the arrival of a very special Valentines present, Diana Jane Lisney, eight lbs. 14 oz. She was born on the 15th of February at the Victoria Hospital and both mother and daughter are doing well.

Until next time folks....

Chinthe Bits

By Capt Barry Cross, 435 Sqn

435 is well into 1996 and the Squadron's AAR crews are once again finding themselves busy with fighter exercises down south of the border. I would like to reflect back to 1995, however, to focus on the achievements of our last major deployment, Exercise Iberian Paladin in Spain.

In November, 435 deployed one tactical KCC-130 to Albacete, Spain for a three week NATO exercise. The deployment consisted of three phases comprised of the initial Trans Atlantic crossing, tactical scenarios in Spain and the redeployment back to Canada. Due to the length of the exercise and the training potential, the mission was split in half. The first crew refuelled twelve CF-18s across the Atlantic and then continued on for the first half of the exercise. The second crew was flown over by Polaris to finish the last half of the exercise and assist in the deployment home.

Iberian Paladin involved Spanish, British, U.S. and Canadian air assets. The primary goal was to gain experience working with our Allies in the European theatre. Two missions were flown per

day involving both Air-to-Air and Air-to-Ground scenarios. Worthwhile training was experienced by all involved.

The final phase of the exercise afforded the Squadron the most valuable training for AAR. For the first time a southern refuelling route was used across the Atlantic. The logistics alone made the crossing a challenge in itself. Three were tankers used to move twelve jets along a route just north of the Azores. The KCC-130 from Spain was pre-positioned in Lisbon, Portugal, a Boeing 707 in the Azores and a second KCC-130 in St. Johns, Nfld. The plan was to refuel four jets per day over a three day period. Each formation was to take off from Spain and join the first tanker off the coast of Portugal. They would then continue to join up with the Boeing northwest of the Azores and finally on to the second KCC-130 off the coast of Newfoundland. After topping up their tanks for the third time the jets would continue on to Bagotville. The total flying time was nine hours for the CF-18s.

For the plan to work, the weather had to be good in Portugal, the Azores and Newfoundland, so that in the

event that one of the refuellers was unable to launch, the fighters had an alternate. As well, each of the refuellers had to have HF communications with each other in order to safely send the formations along to the next refuelling point and coordinate the timing along the route. The first day was a success, as the first formation made it to Bagotville. The following days were less successful as weather and Boeing unserviceabilities (no surprise) brought minor delays to the operation. The plan was a success, however, as all twelve jets eventually made it home. The potential for problems in the redeployment was high. The challenge of getting three refuellers airborne at the right time, to meet four CF-18s over the Atlantic, was met by all involved, thus proving the viability of the KCC-130 in a strategic role.

This year holds more challenges for 435 Sqn. Future deployments include Phoenix, Arizona in March and a possible NATO exercise in Turkey this fall. Regardless of the calling, 435 "gas passers" are ready to deploy whenever needed.

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Accordingly, the Director of Service Income Security Insurance Plan (SISIP) is pleased to announce the introduction of a professional financial planning service for

CF members and their families starting later in 1996. The service will be introduced across the community in phases between 1996 and the year 2000, and will be provided by a division of SISIP to be known as Towards Financial Independence (TFI).

First, we need your help. TFI needs a logo, and we would like you, our prospective clients, to help design one for us.

There are three great prizes to be won. The first prize is a vacation package (Maximum retail value \$7,000); the second prize is a choice of a Pentium personal

computer system or a home entertainment system (Maximum retail value \$3,500); the third prize is a \$1,000 contribution to your RRSP.

The deadline for all entries is **Saturday, 30 March 1996.**

Official entry forms are available through your unit SISIP Advisers, from your local SISIP Representatives, or by calling 1-800-267-6681.

Thank you for your support, and good luck.

"VERS L'INDÉPENDANCE FINANCIÈRE"

Vous l'avez demandé... et maintenant nous livrons la marchandise.

Nos recherches ont indiqué qu'un nombre considérable de membres de la communauté militaire considèrent l'accès à des conseils professionnels et objectifs de planification financière comme important pour leur bien-être futur.

Aussi, le Directeur du RARM se fait un plaisir d'annoncer l'introduction d'un service professionnel de planification financière pour les membres des FC et leur famille pour plus tard en 1996. Le service sera

introduit dans tous les milieux, par phase, entre 1996 et 2000 et sera fourni par une division du RARM appelée "Vers l'Indépendance Financière (VIF)".

Mais, tout d'abord, nous avons besoin de votre aide. Le VIF a besoin d'un logo et nous aimerions que vous, nos clients éventuels, nous aidiez à en créer un.

Il y a trois prix magnifiques à gagner. Le premier prix est un forfait de vacances (valeur maximale au détail de 7 000 \$). Le deuxième prix est un choix entre un système d'ordinateur

personnel Pentium ou un ensemble d'appareils audio-vidéo (valeur maximale au détail de 3 500 \$). Le troisième prix est une contribution de 1 000 \$ à votre RÉER.

La date limite pour les soumissions est **samedi, le 30 mars 1996.**

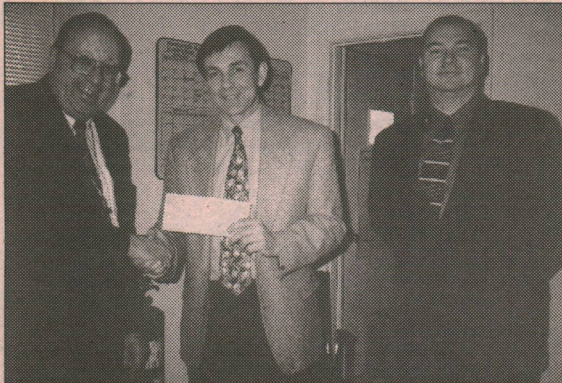
Les formulaires officiels de participation sont disponibles chez vos conseillers du RARM, les représentants locaux du RARM ou en appelant au 1-800-267-6681.

Merci pour votre encouragement et bonne chance!

MFRC ANNOUNCEMENTS

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

Generous Donation to Food Bank



Bishop André Vallée presents MFRC Executive Director Don Brennan with a generous donation for the Centre's food bank. Michael Conway, president of Parish Council, 17 Wing R.C. community was also in attendance.

Volunteer Program

Do you have a bad case of cabin fever due to the long, cold, Winnipeg winter? Why not take this opportunity to get out and meet new people and help out your military community? The MFRC needs volunteers to help them with various programs.

Newsletter Delivery: Help us deliver Community Connections on your street or in your neighbourhood. All it takes is an hour or so every three months. We have routes available in both the Northside and Southside PMQ areas.

Special Events: The MFRC is currently planning events such as the International Kite Day, CFB Winnipeg Family Fun Day and a Car Rally. If any of these events interest you, we would appreciate your help.

If you are interested in any of these opportunities, please give Linda a call at 489-7003. She'll be glad to provide you with more information.

After School Club Facilitator: Adults/mature teens to work with 7-12 year olds. Skills required are tutoring, helping with homework, ability to access computer games, Internet, board games, sports, basketball, swimming, etc..

Time Commitment: 2 hours/week (could be afternoon/early evening e.g., 4-6 p.m. or 5:30-7:30 p.m. during the school year.

Teen Centre Facilitators/Supervisors: Adults or very mature older teens. Skills required are ability to monitor teen social interactions, low key supportive manner, assertive, ability to set limits, previous experience working with teens.

Time Commitment: 1 evening/week during the school year. Adult availability until 11:00p.m. As soon as screening is complete, the positions will commence. For more information, please contact the Youth Service Coordinator at 489-7003.

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BASE LOTTO

The Base Lotto has been restructured. If you are a member of the lotto and have not yet received a letter from the Lotto Coordinator explaining the changes, please contact the Lotto Coordinator at Military Family Resource Centre, 489-7003 as soon as possible.

The following members of Base Lotto are recent winners of \$100:

- CplWood, CE
- LCol Haines, Air Command
- MCpl Magee, CFRC Wpg
- LCol Smith, WLogO
- Cpl Hykawy, 2PPCLI
- Cpl Durnford, 2PPCLI
- Cpl Neal, CE
- Cpl Wells, FCS WEME
- Cpl Pirolla, 2PPCLI
- P02 Leë, 402 Sqn

Congratulations and thank you for your support!

All proceeds from the Base Lotto go back into the military community.



Col Joe Sharpe does the Wing Lotto draw at the MFRC's recent monthly coffee break. The coffee break is held the first Thursday of the month. Everyone is welcome!

Nursery School

LIPSETT HALL/ WESTWIN CHILDREN'S CENTRE

The MFRC offers nursery school programs at 2 locations for your convenience. Programs are offered at Lipsett Hall and at the Westwin Children Centre. We offer the pre-school child the chance to socialize in a happy friendly environment. Nursery school offers the child an opportunity to learn to solve life's little problems in a stimulating environment through play and interaction with their peers. Activities include learning centres, stories, songs, free play, arts and crafts, games, drama and large muscle play.

LIPSETT HALL

Time: Mon. Wed. Fri. (A.M.)
9:00 - 11:15 a.m.
Fee: \$67.00 per month

WESTWIN CHILDREN'S CENTRE

Time: Mon. Tues. Thurs. (P.M.)
1:00- 3:15 p.m.
Fee: \$67.00 per month

Creative Tot Shop

WILL NOT MEET THE WEEK OF 25 MARCH - SPRING BREAK

This program 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. Parents participation is required. Please bring a snack. For more information call 833-6846.

LOCATION

Lipsett Hall Nursery School

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

Drop Off Child Care

"NEW REDUCED RATES" DROP OFF CHILD CARE

This valuable service will now be subsidized by Wing Lotto for the next six months. New rates are as follows: \$1.50 per hour for the first child and \$0.50 per hour for each additional child in the same family.

We provide care for children from 18 months to 6 years on Friday mornings from 9-12 and Tuesday afternoons from 1-4 at Lipsett Hall Nursery School. Call 833-6846 for more information or to register. Reservations should be made 24 hours in advance.

HOME ALONE!

If you expect to be alone longer than one month because your military partner is on course, T D or deployed, the member must complete the Warm Line form at the section or the Orderly Room prior to departure. The information is held in the strictest of confidence and used ONLY to provide the spouse/partner with a friendly telephone call from time to time if desired. If your partner is ALREADY away and you would like to take advantage of this opportunity please call Rae at 489-7003.



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STRONG CONTENDER 96

By Capt S. Joudrey,
Training Officer

2PPCLI ventured west once again to do battle in Exercise STRONG CONTENDER. We were returning to Calgary; the city of the chinook, 'Electric Ave' and 'the Gate'. The journey began with a ten hour lay over in the Winnipeg AMS due to delays and weather. Upon arrival in Calgary we were treated to a cold snap reminiscent of the 'Peg.

The major unit division proved to be even more competitive this year than in the past. The four sports being contested were; hockey, broom ball, volleyball and floor hockey. 2PPCLI proved to be a formidable force throughout placing three of its teams in the finals.

The Floor Hockey team was in contention until the final game of the round robin tournament. Despite early dominance the team ran in to two close games that ended in a tie and a close loss; thus, they found themselves in a "do or die" situation in their last game. The heartbreaking ending and nerve-wracking drama of the final seconds of their 3-2 loss proved to be as exciting as any game throughout the tournament. With this loss they finished the competition in fifth place, one victory shy of a berth in the semi-final playoff game.

The Broom ball team went into the final day of the round robin in a tie for fourth. To make the playoffs they needed to win their final two games that day. They only had a one hour break between these games. The team put forth a dominant performance in both games scoring a total of five goals while not allowing any. With these victories, and help from other teams, they eventually found themselves in first place and with a bye to the finals. In the finals they lost a very close and hard fought game 1-0 to ICER. The game was very even and could easily have gone either way. Despite the loss in the final the team should be commended on their performance especially in the last two days of the tournament.

The 2PPCLI Volleyball team proved to be the best team

through the round robin portion of the tournament. They lost only one match throughout, and indeed only dropped three games of 15 they played. With the accompanying first place bye, the team found themselves in the finals against IPPCLI. In the end the team from IPPCLI came out on top three games to one.

The final game of the tournament once again included the team from 2PPCLI. After cruising through the tournament without a loss they were pitted against 1 CER in the final. Despite the extreme delays imposed upon both teams with first and second intermissions that lasted up to 40 minutes, the Second Battalion's team proved to be the far superior side. The final 6-3 score was indicative of their dominance throughout the tournament. This victory marked the seventh year in a row that 2PPCLI had won the Strong Contender Ice Hockey pennant.

The overall aggregate title was won by ICER by a total of two points over 2PPCLI. This margin of victory was a testament to the parity of the competition and the very good effort put forth by all of 2PPCLI's teams. No player on any of the 2PPCLI teams ever quit nor were they ever beaten because of lack of physical conditioning. All players, coaches and OPIs should be congratulated on their combined efforts for this year's competition. Next year we will bring home the overall aggregate trophy and start another six year victory streak. VP!

SKI SCHOOL 96



L-R CSM White, WO Haines, and CSM Stapleford, stop at the top for a quick break.

By Pte G.J. Hebig, C Coy

At 1200 hours Saturday, January 13, C Coy 2PPCLI loaded into busses and departed for Calgary to participate in ICMBG ski school. The ski school was conducted at the Nakiska ski resort on Mount Allan. Anticipation was high for those who had skied before, as they could not believe their good fortune to have a week's worth of skiing conducted by the military. On the other end of the spectrum were those who had not skied before. As the beginners heard stories from the supposed experts of the hill, they were certain that they were going to kill themselves - or at least suffer high casualties.

On the 16 hour trip out people entertained themselves

by reading books, playing cards or sleeping. One group conducted a 16 hour card playing marathon. Finally at about 0300 hours, the busses pulled up to the transient quarters at Currie barracks, rooms were assigned and troops went to ground, except for a die hard group of Risk fans who played their first game on arrival.

On Monday we awoke and boarded the busses at 0715 and headed out for the hill, tension rose as the beginner skiers got their first glimpse of the steep mountains they would risk their lives on, some were sure they were going to die. After the briefing and ski equipment issue, it was time to ski. The first item of business was a

"ski-off". This was conducted to determine the skill level of all the skiers. Some of them went down the hill with skill, some just skied down, and others just fell down. The groups were divided into advanced, intermediate, novice, and beginner skiers. All the groups received lessons to their ski level except for the advanced skiers who had 5 days of skiing on their own. For the rest of the day we enjoyed a balmy temperature of -4 C.

Tuesday the temperature had dropped over 20 C, and the temperature changed very little for the remainder of the week. From Tuesday on there was a daily routine of getting on the bus, skiing, taking, and heading back to barracks for the evening. There was a marked improvement in all the skiers by the end of the week. The advanced skiers were skiing the moguls with ease, the intermediate skiers could now parallel ski, and the beginners could get down the hill without falling every 10 meters perfecting the method of "The Tuck and Go".

On Friday evening, after a full day of skiing, we once again boarded the busses for the long trip back to Winnipeg. All of us improved our skiing ability and surprisingly there were not any serious injuries. A good time was had by all.



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AIR COMMAND

Commander's Parade Honours and Awards held 31 January 1996



Lieutenant-General AM DeQuetteville presenting Maj Rick Pitre (Ops) with a United States Air Medal.



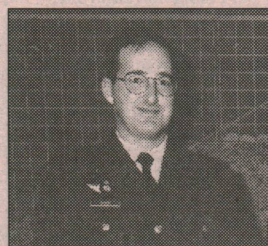
Maj Bill Miller, CD2



LCdr David Yeo (Surg), CD2



Capt Pierre Godon (TIS), DCINC Commendation



Capt Brian Quick (Pers), OPDP Diploma of Achievement



LCol Mike Culley (Maint), CD2



Maj Michel Coutu (CE), CD



CWO Jim Wallace (Log), Chief Warrant Officer Scroll



Capt Bill McLean (Hq Sec), OPDP Diploma of Achievement



LCol Gerry Gillis (Log), CD1



Maj Jim Baldaro (Ops), CD1



Lt Denis Forest (Trg), Commissioning Scroll

OP SANTA

Commendations



Don Brennan, the Director of Winnipeg's Military Family Resource Centre, is presented with a Commander Land Force Western Area Commendation for the MFRC's outstanding contribution to Operation Santa Claus. The Wing Commander, Col Joe Sharpe makes the presentation on behalf of MGen Clive Addy. Staff from the MFRC worked long hours to ensure the success of Op Santa, which aimed at providing a package to all Canadian peacekeepers at Christmas. (Photo by Cpl Pierre Vaudry, 17 Wing)



Pamela Borland is presented with a Commander Land Force Western Area Commendation for her outstanding contribution as Marketing Director for Operation Santa Claus. The Wing Commander, Col Joe Sharpe makes the presentation on behalf of MGen Clive Addy. She ran an intense campaign over a short period of time, which brought in several thousand dollars in cash and product donations from Winnipeg based businesses and corporations so that all Canadian peacekeepers could be sent a package at Christmas. (Photo by Cpl Jeff Robichaud, 17 Wing)

1 Air Movements Squadron



1 Air Movements Squadron personnel on parade 29 Jan.



Sgt A. Anderson is awarded his CD2 by WComd, Col Sharpe. This honour recognizes 32 years of outstanding service.

A W A R D S



Sgt Gabrielle Bonello is awarded her Silver Level Physical Fitness Award for Aerobic Excellence by WComd, Col Sharpe.



Cpl Don Keachie is awarded the Jean Gionet Award by WComd, Col Sharpe. This award is given annually to the outstanding Corporal who best displays dedication and professionalism to the Traffic Tech trade.

WING COMMANDER'S BONSPEIL

On Wed 17 Jan 96, the annual 17 Wing Commander's Curling Challenge was held at the 17 Wg Curling Club. Again, it was a "sweeping success" with eleven teams responding to the challenge. Although it was extremely cold outside, the atmosphere was cozy and warm inside. Each team was guaranteed two four end games. As the day progressed the "real curlers" were separated from the "fun curlers". By 1600 hrs there were only two teams left, CSamp and DCOS Trg. CSamp had taken the long way to reach the finals playing six games in a row. While DCOS Trg needed only five games. These two teams were equally matched throughout the final game but DCOS Trg came out on top. Congratulations go out to Skip - MWO George Chow, Vice - Sgt Dave Dowd, Second - Debbie Edwards and Lead - Barb Williams the '96 Wing Commanders Curling Champions with a perfect 6-0 record. Well done team!!

During the day a funny incident happened, I would like to share with you. This is the story. As you all know, a skip has to communicate using numerous hand and broom signals to get his point across. During one of the early games, featuring DCOS Trg the skip, George Chow, a man renowned for his hand and body gestures, was waving his arms frantically and had placed the broom in an awkward position. I was pretty confident that the signals meant to throw the rock left of the opponent's rock, curl behind it and take out the rock directly behind the lead rock. I conferred with the second, and the lead, they all agreed.

I smiled and yelled to George "No Problem"! Just as I am about to throw the rock, George yells back "change rocks". It turns out all those gestures meant I had the opponent's rock. It goes to show you that you do not need talent to have fun and maybe even win, next time it could be you.

Thanks to Ross Forbes for the "great ice", and to Chuck for the marvellous Chili lunch.

A special mention and thanks to MCpl Magee and his committee for a well run Curling Bonspiel, with that all said and done thanks to all who participated and see you next year.



L-R. MCpl Magee, President of the 17 Wg Intersection Curling League, presents the Champions Trophy to DCOS Trgs' - MWO George Chow (skip), Sgt Dave Dowd (vice), MWO Debbie Edwards (second) and Cpl Barb Williams (lead).



L-R. MCpl Magee, President of the 17 Wg Intersection Curling League, presents the Finalists Trophy to CSamps' - LCol Sam Marcotte (skip), Maj Don Duncan (vice), Maj Dave Shuster (second). Missing is WO Steve Zandran (lead).

GROUND SCHOOL 97

EMBRACING THE CULTURE OF CHANGE

By Lt Richard E. Gower

"Our goal was to have 20,000 people through this course within a one-year period from when we began," said LCol Rick Williams. "It's now January, a month into the program, and we're well on our way to achieving that goal."

LCol Williams is the SSO ACES at Air Command, and he was talking about a new training course being implemented for all Air Force personnel, military and civilian, under the auspices of the Commanders' Flight Plan 97. The project, called Ground School 97, was launched in Winnipeg in December 1995. Four pilot courses were held to "train the trainers". About 180 personnel from all ranks went through the three days of specialized training at Air Command HQ in Winnipeg. These people are now back giving the three-day course to their Groups and Wings, drawing on the resources of the Ground School 97 ACES team wherever necessary.

"Two to three hundred people are now being trained every week across the country," said LCol Williams.

"We have additional 'train the trainer' courses scheduled for another fifty to one hundred instructors in February."

The aim of Ground School 97, as taken from the course outline, is simple. To better prepare the Air Force to deal with the changes ahead, within one year and with maximum use of in-house resources.

"This course goes to the very heart of the culture of the Air Force," said LCol Williams. "And in order to meet today's challenges, that culture must change."

Ground School 97 is structured in four modules; Goals and Values, People Skills, Teamwork, and Processes. Each module demonstrates the direction the Air Force is heading, provides some training and education to develop individual and team related skills and gives an understanding of how these relate to the ongoing process related changes driven by major Air Force initiatives such as Business Planning, Cost Centred Management, Genesis, MCCRT and Op Excelerate.

"We know that the course itself will not change the

culture of the Air Force in three days," he said. "But we are confident, that with our leadership showing ongoing commitment to these principles, a new operating style will gradually emerge."

The chain of command was directly involved in the development of Ground School 97. The course built upon experiences with the ACES Principles and the experience gathered from Air Command and DND schools such as the CF Management Development School (CFMD-SO), Air Force Professional Development Centre (AF PDTC) and the CF School of Aerospace Studies (CFSAS).

The trainers or instructors for the course may be any military rank from corporal to LCol or they may be civilians. In order to overcome potential barriers created by rank differences, the classes are usually conducted with everyone in civilian clothes and the participants use first names only.

Beginning with a local pre-course preparation, students are given a clear idea of what they are expected to learn from the course and how they might apply the material afterward in the work place.

The course session begins with a video which outlines a consistent, Air Force-wide perspective on the way ahead. Immediately after the video,

the local leader (Group or Wing Commander, CO or branch Head, etc.) will relate the aim of the course with regard to local conditions. Course content and material will be tailored for each Group, Wing or site to make them as relevant as possible. Students will then pursue the key issues in the modules for the 3 days of the course under the guidance of a locally selected instructor.

The course wraps up with the local leader returning to discuss the goals and values of the Air Force and how the students will apply what they have learned within their specific work areas. There is opportunity for frank discussion with the local Commander and for issues and opinions to be passed on via "feedback cards" to the Group and Wing Commanders and as far up the chain as the Commander Air Command. These comments may be sent anonymously or be identified, according to the wishes of the individual.

Course critiques are administered to maintain the highest possible level of quality. As a follow up, to further reinforce the implementation of the "new culture" there will be periodic surveys of graduates.

LCol Williams emphasized that this course is participatory in nature. "The instructors lecture very little," he said.

"They are primarily there as guides for the personal journey of each student." He also advised that there is a focus on teamwork and all students are encouraged to participate in problem solving.

Are graduates of Ground School 97 expected to become reengineering experts? That is not the intent explained LCol Williams. The ideas in the course modules acquaint students with the concepts of change and give them realistic examples to see where the tools and techniques apply. Will graduates become agents of change? Most likely. Everyone who takes the course should understand the process and have sufficient understanding to effectively contribute to the activities ahead.

Ground School 97 heralds a paradigm shift in Air Force philosophy and methodology. Change is viewed by many people as threatening, but as its name suggests, Ground School 97 will provide all Air Force personnel with a basic foundation of knowledge so each may initiate his or her personal launch into the future and survive in the new culture.

LCol Williams summed up his commitment to the course on strong personal note. "It's one of the most interesting Air Force projects that I've ever been involved with," he said.

Over the next year we'll all have a chance to share the experience.

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By Linda Claggett, CFCCN Regional Coordinator

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 Organized specifically for the Base community, these courses will take place at RRCC. Completion of each seminar equals 1/3 credit in Business and Administrative Studies Program.

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 * at RRCC Computer Lab (Rm B110F)

Internet: Intermediate
 (prerequisite: a familiarity with the Internet and its components, such as e-mail, ftp and www are a must).
 Fee: \$105 16 hrs
 23 & 30 Mar Sat. 9:00 a.m. - 5:00 p.m.
 * at RRCC Computer Lab (Rm E109)

** you should ask for directions to the lab when you register at RRCC.

WordPerfect for Windows 6.1
 Completion of each seminar equals 1/3 credit in the Microcomputer Applications Certificate Program. You will earn one full credit upon completion of all three WordPerfect seminars. All seminars will be taught on the North Side, Bldg 52 (ITRC Lab).

Seminar 1: Introduction to WordPerfect for Windows 6.1:
 (prerequisite: basic computer knowledge) 16 hrs
 Fee: \$105, plus text (approx \$25)
 T/Th: 12/14, 19/21 Mar 6:00-10:00 pm

Seminar 2: Intermediate WordPerfect for Windows 6.1:
 (prerequisite: WP Seminar 1) 16 hrs
 Fee: \$105, plus text (not required, if purchased for WP Seminar 1)
 T/Th: 9/11, 16/18 Apr 6:00-10:00 p.m.

Seminar 3: Advanced WordPerfect for Windows 6.1:
 (prerequisite: WP Seminar 2) 8 hrs
 Fee: \$60, plus text (not required, if purchased for WP Seminar 1 or 2)
 T/Th: 30 April, 2 May 6:00-10:00 p.m.

Harvard Graphics 3.0
 Completion of each seminar equals 1/3 credit in the Microcomputer Applications Certificate Program. You will earn one full credit upon completion of all three Harvard Graphics seminars. All seminars will be taught on the North Side, Bldg 52 (ITRC Lab).

Seminar 1: Introduction to Harvard Graphics 3.0:
 (prerequisite: basic computer knowledge) 16 hrs

Fee: \$105, plus text
 Sat: 9/16 March 9:00 a.m. - 5:00 p.m.

Seminar 2: Intermediate Harvard Graphics 3.0:
 (prerequisite: HG Seminar 1) 16 hrs
 Fee: \$105, plus text (not required, if purchased for HG Seminar 1)
 Sat: 13/20 April 9:00 a.m. - 5:00 p.m.

Seminar 3: Advanced Harvard Graphics 3.0:
 (prerequisite: HG Seminar 2) 8 hrs
 Fee: \$60, plus text (not required, if purchased for HG Seminar 1 or 2)
 Sat: 4 May 9:00 a.m. - 5:00 p.m.

Registration Information:

Internet Seminars: 15 Feb -15 Mar.
WordPerfect & Harvard Graphics: 21 Feb - one week prior to seminar start date.

Registrations are taken by RRCC. By phone (credit card): 694-1789; or in person, at RRCC (cheque, cash, Interac). In order to run, each seminar requires a minimum of 8 students. Don't delay! Register as soon as possible!
 For more information, contact Linda Claggett, CFCCN Coordinator, at 833-5115.

Education Brightens Your Future!

ANNOUNCEMENTS

PARENTS OF KINDERGARTEN-AGED CHILDREN:

Is your child turning 5 before December 31, 1996?

Is your child going to be in Grade 1 this fall?

Have you considered French Immersion?

Would you like to learn more about French Immersion?

Registration Date: Wednesday, March 6, 1996 from 8:30 a.m. to 6:00 p.m. at all three schools

| | | |
|------------------------------|-------------------|--------------|
| École Assiniboine School | 175 Winston Rd. | Ph: 885-2216 |
| École Bannatyne School | 363 Thompson Dr. | Ph: 888-1101 |
| École Robert Browning School | 130 Browning Blvd | Ph: 837-8381 |

If you were unable to attend the meeting or Open House but would like more information, please call one of our schools. We will be happy to discuss your child's education.

Winnipeg Military Community Council Presents



SPRING 96 CRAFT & BAKE FAIR

16 March 1996
9:30 a.m. - 3:00 p.m.

Free Admission
Over 80 Tables
Handmade Unique Gift Ideas
Bldg. 21, Sharp Blvd. Gate
Tables for Rent

For more information call 489-6770

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TO THE
PUBLIC

CFCMU 25th ANNIVERSARY

CFCMU (Canadian Forces Crypto Maintenance Unit) is looking for all past members to join in the celebration of this proud unit's 25th Anniversary. This event is planned for the weekend of 10-12 May 1996. All past members are welcome to join us, but to do this we require to know your whereabouts. If you are a former member of CFCMU please forward your address and phone number to:

CFCMU
CFB Kingston
Vimy Post Office
Kingston, ON K7K-5L0
Attn: 25th Anniversary.
Phone: CWO Jack Leblanc
(613) 541-5010 Ext 4001,
CSN 270-4001, or
WO Mark Bailey
(613) 541-5010 Ext 5045,
CSN 2705045; or
Fax: (613) 541-4492

A SALUTE TO WOMEN

LCol Susan Beharriell, CD, Air Command Intelligence Officer, will be the guest speaker for the Royal United Services Institute of Manitoba at 1400 hours, March 3, 1996 in the 17 Wing Officers Mess. Her topic will be 'A Salute to Women'.

LCol Beharriell is a graduate of Queen's University in Kingston and the Canadian Forces Staff College. During the Gulf War she was the Chief Analyst and Briefer for the AAFCE senior NATO staff. She has also held the position of Director of Coordination and Military/Strategic Issues for the Intelligence Assessment Secretariat where she was responsible for preparing intelligence papers for Cabinet and other senior officials.

All officers and their spouses are invited to attend the presentation which will be followed by a period of fellowship. Please call Ivan Poitras at 895-8844 to confirm your reservations.

The Royal United Services Institute of Manitoba functions under the guidance and coordination of the Federation of Military and United Services Institutes of Canada. The aim of the USIs is to encourage the maintenance of effective armed forces for the security and defence of Canada. This is achieved by:

- keeping members informed on current military affairs and developments;
- supporting the Canadian Forces in the preservation of their traditions and development of their capacity to fulfil their roles; and
- acting as a link between the CF and the public so that the role and requirements for adequate armed forces can be enhanced and better understood.

Membership in the R.U.S.I. is open to all serving and former officers of the CF and the R.C.M.P. Other persons may also be accepted. The Manitoba R.U.S.I. meets once each month from September to May. The guest speaker for April 14, 1996 will be Major General (Retired) Clive Milner, OMM, MSC, CD. MGen Milner is a former Commander of the United Nations Forces in Cyprus. He is one of three Canadian officers who have commanded a United Nations Contingent.

The Manitoba R.U.S.I. is a sponsor of the Military Ball which will be held at the Holiday Inn on May 3, 1996. The military ball is open to all ranks. Proceeds will be in support of Manitoba's Sea, Army and Cadet youth activities.



March is Kidney Month

We need volunteers
to canvass in your
community.
Canvass with
your family
It only takes an
hour or two
Meet your neighbours
Support a good cause
Share information on
organ donation
For more information
call The Kidney
Foundation
of Canada
Manitoba Branch at
204-989-0800



The Kidney Foundation
of Canada

ÉCOLE TACHÉ

Inscription à la maternelle
du 4 au 8 mars 1996

Les enfants en âge de fréquenter une maternelle publique FRANÇAISE devront être inscrits du 4 au 8 mars 1996. Les enfants nés en 1991 seront admissibles à l'école en septembre 1996. Un certificat de naissance ou autre preuve d'âge devra être présenté au moment de l'inscription. Un document faisant preuve que l'enfant a été immunisé est nécessaire.

ÉCOLE TACHÉ
744, rue Langevin
Saint-Boniface MB R2H 2W7
Téléphone : 233-8735

WOS' & SGTS' MESS NORTH CURLING FUNSPIEL



When: Sat. 30 Mar 96 1300-1800 hrs
Where: Fort Osborne Curling Club
(CFB Winnipeg)
Cost: \$5.00 per player (Max 32 players)

Open to all Snr NCO's and their spouses
serving or retired. Register at the mess
NLT Fri. 22 Mar 96. First come first served.

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889-2204

A WORD FROM THE CHAPLAIN

THE JOY OF LENT

By Fr. Joe Mac Lean,
Wing Chaplain (RC)

We just finished Advent and Christmas, and now Lent and Easter are just around the corner... Ash Wednesday begins Lent on 21 February, 1996. The ultimate goal of Lent is JOY. Lent has been traditionally a time for fasting, almsgiving and prayer. Too often, this has become a negative experience. Lent was not meant to be a depressing or deathly experience... it is meant for nurturing of hope and new life.

God is one who is always loving and saving us. GOD is not a puppet manipulated by us. God does love us first and unconditionally. As we live and stagger through the 40 days of Lent, our hopes are to be glorified by the blessings of Easter Sunday morning. What can we do to better commit ourselves to a new life at Easter. Here are some suggestions:

1. Take a moment to pray... just a quick "Thank You Lord for this beautiful meal" or "Thanks for this wonderful day" or "Dear Lord, keep me safe during this night till I rise in the morning". And be sure to know that you are loved.

2. Smile and give some one else a break. Sometimes, we walk around with the entire world's problems on our shoulders. Give yourself a break... starting today. Ease off the gas pedal, you'll get to where you're going soon enough.

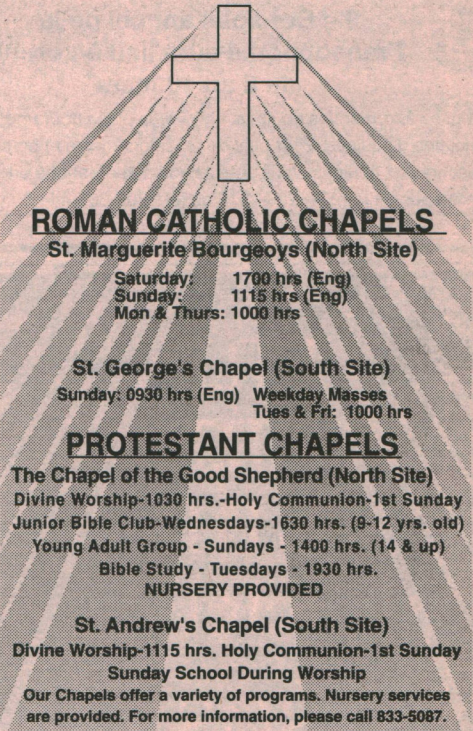
3. Help the poor and suffering. Even though Mr. Martin is getting ready to sock it to most of us, we can always find a little to share with those less fortunate during these tough times. The food banks and the Salvation Army are always glad to have donations of canned food, clothing and cash. Skip lunch every now and then, and you'll soon appreciate

what life is like for many folks that have to do without.

4. Visit the hospital... what a wonderful thought. A joke and a smile is great therapy for one who is alone and feeling blue because of hospitalization. We sure do appreciate our own health when we see the sufferings that others are enduring.

5. Mend your fences. Take a moment... stop... and think. Who are my enemies? Who dislikes me in this office? Now try to win them over. Have a coffee with them, appreciate their good work, or take a moment to have a good sit-down to the point with a friendly talk. Try to walk in their shoes for a mile, maybe you're part of the problem... maybe you're the one who will change.

6. Stop complaining and start complimenting. We have enough bears living in the woods. A note of praise goes a long way as opposed



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.

to rejection and nasty comments. Clean up your own act first and start thinking about a team effort. 7. In closing, do your good now while you are able and ready. You will pass through

life but once... so whatever good you plan to do, don't wait until tomorrow... that day may never come.
Happy Lenting

WINNIPEG ORCAS SWIM CLUB

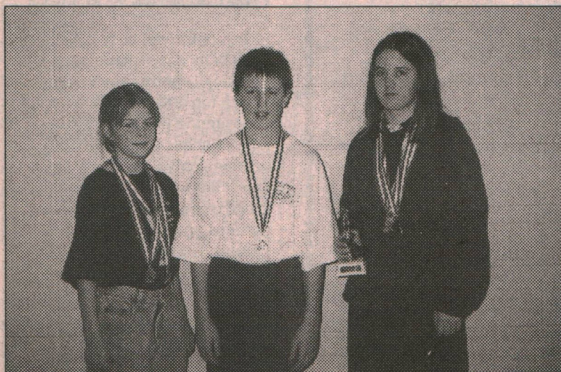
The Orcas Swim Club is a small organization with some 12 swimmers, ranging in age from seven to 18 years of age, that train at the Building 90 swimming pool 1630 to 1800 hrs Monday through Thursday. The club was established to provide an alternative for members who wished to participate in competitive swimming but did not want to become involved in fundraising activities as is the norm with the larger clubs.

Although they lack numbers, the club has been doing comparatively well against the larger swim teams in the province. Three Orca members participated in the 'B' Provincial Swim Meet held in Portage 2 - 4 Feb 96 and all placed very well in their age groups. Amber Hagans won two silver medals (50 m and 100 m backstroke) and three bronze (50 m breast, 50 m and 100 m free style), posting three personal best times in the process, in the girls' 10 and under age group. Blair

Schildknecht, in the boys' 10 and under group, achieved a gold in the 50 m fly and improved his time in the 50 m breast stroke. Alicia Leroux had an excellent showing, earning six gold medals and posting personal bests in the six events that she entered (100 m and 200 m breast, 50 m and 100 m free, 100 m fly and 200 m individual medley). She also received the award for amassing the most points in the 13 and 14 year old age category. Well done, everyone!

The team would not have achieved these impressive results without the dedicated support of the coaching staff, Rick Pelletier and Wendy Leroux, who spend many hours with the swimmers during the practices and the swim meets themselves. The coaches are free to concentrate on improving the swimmers' skills and techniques with the aid of an executive committee — John Leroux (President), Nadine Briggs (Treasurer) and Reine Lafleche

(Secretary) — who handle the administrative details, and the involvement of the parents. We all owe a great deal of gratitude to the past President, Paul James, who was instrumental in getting the Orcas Swim Club off the ground. Paul has applied for the Forces Reduction Plan (FRP) and will therefore be leaving the military for a quieter life in a few months. We wish him and his family well.



(From L to R) Amber Hagans, Blair Schildknecht and Alicia Leroux at the 'B' Provincials in Portage

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Le Bonspiel annuel de la Francophonie aura lieu à Lorette du 8 au 10 mars

Pensez à former vos équipes. Il y a de la place pour une vingtaine d'équipes. Pour plus de renseignements et pour inscrire vos équipes, vous pouvez contacter Mariette en composant le (204) 233-4915 ou le 1-800-665-4443.

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S.O.S**

Are you frustrated by explaining your severance package to every financial institution you talk to. Preferably, your financial planner should be able to guide you in understanding your package and in making critical decisions such as those you are now facing.

Using my previous 15 years management experience with Revenue Canada - Taxation, as well as my training and expertise with Investors Group, I am able to explain your severance package to you in understandable terms.

Together we will examine all variables including the implications of Alternative Minimum Tax to ensure maximum benefit. Call me today because I believe you're worth more! Bonnie Reid at 943-6828.



Bonnie Reid



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We need your input!

As you might already be aware, the CF is passing the housing business baton to the Canadian Forces Housing Authority (CFHA).

To assist the Base Commander and staff in expressing their views regarding housing issues in Winnipeg, we would like feedback from the experts.

Do you currently, have you in the past or might you ever reside in military housing? How was that experience for you? What expectations do you have? What changes would you make to improve the DND housing situation?

Six to ten articulate and motivated spouses are invited to participate in a focus group to discuss military housing. Everyone is welcome to apply regardless of marital status or which mess you attend. If your interest is piqued and you are able to commit the time required, please contact LCdr Glenn Naldrett at 833-5863 or Rae Rankin at 489-7003. Successful applicants will reflect a cross section of our Winnipeg military family.

Que pensez vous?

Comme vous avez sans doute entendu, l'entretien et la gestion des logements familiaux vont bientôt devenir la responsabilité du Bureau du logement des FC (BLFC).

Nous voudrions du "feedback" des experts, en vue d'aider le comdt de l'escadre et son entourage à exprimer leur opinion au sujet de l'acommodation du personnel à Winnipeg,

- * Demeurez-vous présentement, avez-vous déjà habité, ou pensez-vous habiter dans un logement militaire?
- * Comment avez-vous trouvé l'expérience?
- * Quelles sont vos attentes?
- * Quels changements souhaiteriez-vous pour améliorer la situation?

Nous invitons 6 à 10 femmes éloquentes et motivées à venir participer à une discussion sur la qualité des logements militaires. Tout le monde est encouragé à soumettre leur nom.

Si vous êtes intéressée et disponible, n'hésitez pas à contacter le LCdr Glenn Naldrett au 833-5863 où Mme Rae Rankin au 489-7003. Les participantes choisies formeront un échantillon de la communauté militaire de Winnipeg.*

Programme Francophone - 17e Escadre

Antérieurement, la 17e escadre affrait un programme de transport aux étudiants participant à un programme francophone selon les critères suivants:

- a. la famille devait demeurer dans un où près des LF
- b. l'étudiant devait être enregistré soit à l'école Taché, Lacerte ou le collège Louis Riel; et,
- c. la langue d'enseignement devait être consistante avec la langue officielle utilisée au domicile.

Cette politique a été mise à l'étude par l'escadre ainsi que par les autorités du QGDN. Pour tout dire, la 17e escadre n'est plus responsable de pourvoir et d'administrer le service d'autobus scolaire pour ces étudiants. Cette responsabilité relève maintenant de la Division scolaire franco-manitobaine numero 49 et le QGDN remboursera à la division scolaire les coûts excédants les montants de subventions locales qui ont été versées à cette fin.

Le QGDN a l'intention de maintenir ce niveau de soutien pour une période de temps limitée et durant cette période mettre le dossier à l'étude. Puisque le service d'autobus scolaire offert aux étudiants qui demeurent dans les logements familiaux de Winnipeg devrait être un service inclus dans le montant des octrois payés au lieu de taxes. Le QGDN a l'intention de transmettre la responsabilité totale de ce transport, ainsi que les coûts qui en découlent à l'autorité municipale scolaire compétente. Par conséquent, puisque la continuation de ce service ne peut être assurée au delà de l'année scolaire 96/97, le personnel muté à Winnipeg doit tenir compte de cette situation lorsqu'il choisira son logis.

Si vous avez des questions ou des inquiétudes à l'égard de ce développement, n'hésitez pas à communiquer avec l'officier des services au personnel de la base, 833-5863.

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March is Nutrition Month™



Nutrition To Go!

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Most of us lead busy lives which means sometimes making healthy choices can seem too difficult or time consuming to consider. But the principles of healthy eating apply wherever you eat. Choose a variety of foods from the four food groups, increase your grains, fruit and vegetables consumption, choose leaner meats and lower-fat dairy products and select foods prepared using little or no fat. A little planning can help you make healthy food choices wherever you go.

PERSONAL CLASSIFIEDS EVERYBODY'S MARKETPLACE

ACCOMMODATIONS

Apartment to sublet for month of April with 1 yr lease to follow. One bedroom & den (can be a small bedroom). Location - West Country Village. Close to Airfield. Call Les 895-3834.

CHILD CARE

Mother of two will babysit in my home (North Site) F/T or P/T. Prefer children age 2 or older. Refs & receipts, call 837-8660.

Mom of two will babysit F/T or P/T in my home (North Site). Refs & receipts given. All ages welcome. Call Tracey at 831-5606.

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Furniture & Effects including kitchen table & chairs, sofa, recliner, etc. Call Les 895-3834.

Nordic Track's WALKFIT PRO Treadmill (almost new - 6 months). Original price \$1,000, selling price \$650 OBO. Call D. Marcotte 833-6623 (W) 488-3267(H).

Filter Queen Vacuum with shampooer. Many attachments & accessories, \$650.00. "No reasonable offer refused". Phone 889-8046 after 5 pm.

Child's school desk, in excellent condition, best offer. Couch \$20.00. Call 895-1919.

MISC. FOR SALE

Moving - Must Sell contents of 1 bdrm apt. All furnishings including TV, stereo, linens, lamps, plants, etc. Must be sold on or before Apr 13/96. Contact Nancy at 833-5889 or 772-5550.

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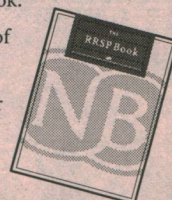
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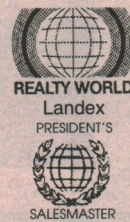


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