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VOL. 44 ISSUE 5

17 Wing Winnipeg / 17e Escadre Winnipeg

MARCH 13, 1996 / FREE



2 PPCLI - BRAVO COMPANY DOWN SOUTH



By Lt Trevor Sherstan,
Operations Officer B Company

On 8 January 1996, B Company 2PPCLI, departed Winnipeg for Fort Polk, Louisiana. B Company took part in Ex Lightning Talon at the Joint Readiness Training Centre (JRTC), serial 9603. The Coy was attached to the 1-502 Airmobile Battalion of the 101st Airborne Regiment.

Upon arriving at Alexandria International Airport, the Company was greeted with a warm welcome, and by temperatures that were colder than expected. The combination of humidity and cold winds chilled soldiers far more than the thought of up coming battle. The first two nights of the exercise were spent fighting both the enemy and the cold. Despite the lack of Gortex kit, B Company prevailed, avoiding frostbite like some of our American counterparts. Throughout the exercise the weather was a constant factor and varied from below freezing at night and uncomfortably warm during the day. Troops often found themselves wearing all the kit they carried, or stripping down to the acceptable minimum.

The training area was a buzz of activity from the beginning of the exercise till its end twelve days later. The skies

overhead were filled with aircraft, and the woods with enemy. Friendly aircraft consisted of Blackhawk, Chinook, and Apache attack helicopters. The static electricity produced by the rotors of the helicopters lit the night sky, as troops descended onto the objective during the first few hours of the operation. Enemy aircraft were active throughout the exercise and consisted of the UH-1, Mi-2 Hoplite, Mi-8 HIP and Mi-24 HIND helicopters. A fixed wing bi-plane, the AN-2 Colt, was used to drop propaganda leaflets and conduct reconnaissance on Blue Force troops. As the ink black night gave way to dawn on the first day of the mission, air activity increased with the arrival of C-130 Hercules filled with re-supply cargo to support the on going mission.

The enemy opposing force, known as OPFOR, were in reality the 1st of the 509th Ranger Battalion, a formidable opponent that demanded respect. OPFOR activity was high through out the exercise, keeping B Company alert at all times. Their superior night fighting technology forced the Company to alter its tactics, moving only in periods of high illumination, avoiding the NVG window. B Company responded to the challenge destroying numerous enemy,



B Coy Ops O, Lt Trevor Sherstan views the Apache helicopter up close.

and earning the respect of OPFOR.

All personnel in B Company demonstrated outstanding motivation which kept morale high. These two factors were the underlying reason that four of B Companies personnel achieved Hero Status for their actions. The first was Sgt Palmer for his actions at Peason Ridge. Sgt Palmer was engaged on two occasions by

an OPFOR sniper and BRDM. He maneuvered his mortar element killing the sniper and destroying the BRDM. During the Battle at Peason Ridge, Major Martyn took command of the battalion and received the award for his actions. Pte Maure and Pte Reid were recognized for their action at the Battle of Youngstown. They broke through smoke cover to provide covering fire on the objective, which was key to the success of the attack and capture of the village.

All personnel, from the OC to each individual rifleman, gained a new perspective on dismounted operations. New insights on packing light and being able to survive were gained through this experience. On more than one occasion troops went several days without seeing their rucksacks. As a result, we discovered several problems with the kit issued for the type of operations conducted, and considerably lengthened the After Action Report.

B Coy was witness to many spectacular sights during the exercise. During the initial air assault, the sky was set alight with a meteor shower. This event was only eclipsed by the sight of the night time launch of the Space Shuttle Challenger

during the second air assault. In the star saturated sky overhead, the Shuttle could be seen streaking across the horizon. It moved with authority, as it slipped the surly bonds of earth and into the heavens above. Yet, no sight was more spectacular than the sight of North Fort Polk at the conclusion of the exercise.

Upon arriving from the field, there was a stampede for a hot shower and meal. There after, B Company began preparations for redeployment to Winnipeg. War stories and kit were exchanged among the troops of B Company and members of the 1st of the 502nd, solidifying new friendships. B Company arrived back in Winnipeg on 26 January to a temperature of -40 degrees Celsius. Among the crowd was heard 'Toto, we're not in Louisiana any more!'.



Capt Cliff Trollope and Cpl Jim Smith listen in, as B Coy comes under contact.

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WINTER BLUES GETTING YOU DOWN?

By Capt Walton-Simm,
Managing Editor Voxair

It's that time of year again. You know the time... your a little depressed, stressed and oppressed, you've had it up to your neck with snow, cold and winter clothes and everyone else around you feels exactly the same way. The weather and winter driving dominate most social conversations and when you hear of someone who just returned from a vacation in the Caribbean your fists clench and your blood boils just a little more. Is it any wonder we feel the way we do this time of year. During the months of December and January we go to work in the dark and come home in it as well. This lack of sunlight has an effect on our physical well-being as well as our mental one.

Christmas came and went leaving numerous bills and a few extra pounds in its wake. After New Years we had to put our noses to the grind stone, sweating to shed those pounds and working without a statutory holiday until Easter arrives (whoever developed the holiday schedule must have enjoyed the combination of work, winter and being broke). And just when there is a glimmer of light at the end of the bill tunnel, Revenue Canada, with its outstretched hand, steps in front of that light. We are then left scrambling to pay the "tax man" or scrape up enough cash for RRSP's etc.

Not to mention the ensuing tabling of the government's budget (which never offers us much winter cheer). Whoever said what goes up must come down didn't consider the cost of living or taxes!

By the end of February, winter clothes, salted roads, and dirt, dirt everywhere are starting to wear a little thin for most of us. In March, hopes are lifted as the weather starts to warm up and the day gets noticeably longer, but with everything else on our minds we forget the coming inundation of melting snow, mud and rain. The Easter Bunny better be well equipped for any circumstance. Some years, like this one, the snow comes earlier, the temperatures are colder than ever before and February is just a little longer. And all of this torture is squeezed into the months of January, February and March along with all of the "normal" pressures we are expected to deal with in our busy lives.

So it's no wonder we get a little down this time of year. But hey we can always look on the bright side, the snow will eventually melt (into our basements), the warm weather will arrive (along with the mosquitos and radiation effects of the sunshine), and the bills will someday get paid (after we cash in the bonds and sell the house). But who's complaining... it's tough to see a rainbow until you put up with some rain.

Emphasis on battlefield, aero-medevac Medical, dental care in Forces won't fall

By Capt Tony Keene

The air force will soon see some changes in the way medical and dental care is given, but the standard of that care won't drop. LCol Ken Jenkins at Air Command Headquarters says while the emphasis for military doctors and nurses will be placed on meeting the needs of the battlefield, the folks at home won't be left in the lurch.

"In times of high operational needs, when the military doctors and dentists are in the field, the member could see civilians working at the base hospital, or could be referred downtown," says Dr. Jenkins, who is senior staff officer for aeromedical operations and clinical services. He says first priority for the medics in uniform must be operations, and their secondary focus must be training for that role. For the air force, this specifically means more emphasis on training for aeromedical evacuation.

"This means that a military doctor who will be called upon to deal with combat wounds may find herself working part-time in the trauma department of a big city hospital," he says. "This will help maintain clinical competence. But for military personnel needing medical and dental care in garrison, this doesn't mean the standard will drop. All that will change will be the way in which care is delivered."

The rebuilding of the medical and dental services in the Forces, code

named Operation Phoenix, has seen both branches unified under one command structure, the Chief of Health Services Branch. However, they still retain their separate hat badges and distinctive identities.

Dr. Jenkins says care must be taken as the changes occur, to ensure that nobody slips through the cracks in regions of the country where civilian medical services may be inadequate, or already stretched to the limit. An example is the area around Trenton, Ontario, where a sudden demand to provide care for the military personnel of 8 Wing could overload a medical system that is already crying out for more doctors.

"We are going to do a trial run at a couple of our wings, and consider the local situation," Jenkins says. "In locations where civilian health care is not readily available, we'll have to provide more medical personnel."

DND is also looking at a third-party insurer program for military personnel. The need for in-patient care has been dropping all across the Forces, with fewer and fewer beds needed at military hospitals, and many of those hospitals being reduced to clinics. Dr. Jenkins says detachments of a field hospital, when not deployed, will be located at Halifax, Valcartier, Ottawa and Esquimalt. There is also a plan to put a field hospital detachment inside a civilian hospital in Edmonton.

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RECOGNITION FOR SERVICE IN SOMALIA

WO D.R. Paris, MB CD
LFWA HQ Edmonton

The Minister of National Defence, on 26 January 1996, in response to a question asked by a member of The Conference of Defence Associations is quoted as saying, "Who remembers the heroic efforts of most Canadian peacekeepers who served in Somalia?" As a member of the Canadian Airborne Regiment Battle Group deployed to Somalia on OPERATION DELIVERANCE, I remember.

The Canadian contingent consisted of members from The Canadian Airborne Regiment, The Royal Canadian Dragoons, First Battalion Royal Canadian Regiment, 2 Combat Engineer Regiment, 1 Canadian Divisional Headquarters, 427 Tactical Helicopter Squadron, HMCS Preserver and members individually tasked from other regular and reserve force units. Airlift support was provided by Air Command's Airlift Control Element, staged out of Nairobi, Kenya.

Deployed, our contingent formed part of a UN sanctioned, US led multinational coalition. This notwithstanding, we were not designated a peacekeeping mission; the UN flag was not flown nor were the traditional UN blue beret and accoutrements worn. As such, no UN mission medal was awarded to coalition members, Canadians included. Albeit a few senior Canadian officers, employed at UNOSOM HQ, Mogadishu received the UNOSOM Medal, awarded specifically for peacekeeping duties.

The only other formal recognition for Somalia was made in April 1994 when, His Excellency, The Governor General announced the awarding of 37 individual awards to contingent members for their efforts in the provision of humanitarian assistance to the people of Somalia; for services rendered to the deployed Canadian contingent; acts of bravery and heroic efforts during deployment. These medals were awarded

without reference to the total efforts of our contingent.

While I have no condemnation with the individual awards announced, I am disturbed that we, the remaining 1100 (plus) contingent members will continue to receive only the dishonour, innuendo and bad press associated with our Somalia deployment.

The reasoning for not immediately honouring all members of our contingent is difficult to understand. It would stand to reason, if 37 members were worthy of receiving formal recognition, the contingent, as a whole obviously accomplished identifiable and worthwhile deeds. How else could these individuals be singled out as deserving of awards, were it not for the combined efforts of all members deployed?

Traditionally, when a unit or individual is deployed to a theatre of operation and no specific mission medal is awarded, recognition in the form of the Canadian Forces Unit Commendation or the Special Service Medal is made. This has not been the case for our contingent, even though the Minister of National Defence and the Chief of Defence Staff, are both quoted as saying, we are worthy of receiving a medal of recognition. They have been quoted as saying "they want soldiers who served in Somalia to get a medal, as the vast majority did superb work",

and "a medal is forthcoming". However, neither would not confirm when this medal would be awarded.

Those of us deployed to this region can attest to the exceptional accomplishments by Canadian soldiers, sailors and airmen. I cite, the secure feeding centres established; weapons, explosives and ammunition taken off the streets of Belet Huen; hospitals and schools that were opened after years of closure; the establishing of permanent police forces; bridges that were built or repaired and other deeds too numerous to mention. None of this would have been accomplished, had it not been for the exceptional efforts, courage, and professionalism of Canadians who, on a daily basis put their health and lives at risk. This combined unselfish service to the people of Somalia, must be recognized and not continue to be overshadowed by the actions of a few individuals. Regardless what is said of the so called, disaster-stricken Somalia mission, "we as a contingent served honourably".

No other Canadian contingent, past or present who experienced internal problems while deployed has been alienated like our contingent. They received formal recognition - in theatre and upon their return. For those of us who served in Somalia, it has been more than two and a half years since we

returned and we continue to be painted with the same brush of unworthiness, even with the acknowledged accomplishments, by so many.


We who formed the Somalia contingent ask for nothing outside the traditional, formal recognition, "it is warranted and very much required". Without it, the worthy accomplishments of so many honourable Canadians will continue to be overshadowed, regardless the outcome of

public inquiries, court martials, early retirements or releases. I fully understand the awarding of a Somalia Medal to all contingent members may not erase the bad press associated with our deployment. It will however give creditability and honour to those of us who deployed, as it has done for other contingents, and the 37 members honoured by the Governor General's April 1994 announcement.

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A SAILOR... POSTED NORTH OF 60? YOU'RE KIDDING RIGHT....

By Lt(N) Mark Sheppard,
Detachment Commander
Canadian Forces Recruiting
Detachment Yellowknife

The window is frosted over, it's lunchtime, and the Hawker-Siddeley 748 banks in its final turn towards a slim airstrip on Baffin Island. The orange sun has just risen and will set again in an hour or so....the frozen landscape disappearing beneath a white blanket of loneliness. The plane bumps across the gravel runway, the props screaming as they bite into the icy air. The huskies are barking back at the silver intruder in their community. I grimace as I realize my lungs will be screaming in a minute or two as I take my first few breaths outside. Being a recruiter North of 60 is tough....not a cosy staff job like they promised!!!

Like a collage of multi-coloured Pillsbury dough boys everyone pulls on their down parkas, gortex shells, and caribou skin parkas and shuffles to the ladder at the

back of the plane. There are no baggage handlers here so you haul your own stuff off the plane. 150 lbs of gear and no taxi to go into town either. Oo Koonark, the local manager of the Co-op will pick me up. "Hey Armies???", Oo calls, "Just throw your stuff into the Komatik (a box shaped sled pulled by a snowmobile)". I fall across my gear in the Komatik and get comfortable for the ride into town. Not too bad today though...it's only -57 with wind chill.

We get to the Co-op without event. It's the same instructions every time, no visitors after 9 pm, it's a dry community, meals as posted. The beds are OK and the room has cable so I won't miss the hockey game. Hopefully my room-mate likes hockey. You see, you don't rent a room in the Arctic, you rent a bed for a fixed amount per night. The opportunity is there to meet a lot of different people from all walks of life. As a highlight in some Co-ops you may get an en-suite bathroom.

It's time to get to work. I call

the local radio station to let them know I've arrived. They want an interview and will even provide an interpreter; even better, I'm going on the air just before radio bingo and the whole community will be listening to my message. I have three mandates to accomplish here. First, I work to enhance CF awareness. Second, I encourage youth to stay in school, and of course, I offer all northerners the opportunity to serve with Canada's Armed Forces. To enhance attraction in the north, the forces has an entry plan called the Northern Native Entry Plan (NNEP). Last year we took over two hundred applications from the Yukon Territory, Northwest Territories, Northern Quebec and the Labrador coast. In excess of 1200 Rangers are employed by the forces in the North making the CF one of the largest employers. Natives are proud to be Canadian and many will approach me looking for opportunities in the CF.

The best way to transcend any cultural barrier is to get

involved with the community. With that in mind I get ready to go to the gym. All gymnasiums are the focal point of the communities and ball hockey is a social event. Everyone plays, young and old, male or female. The spectators wildly cheer in support of the players. My shins can usually attest to the roughness of the game. Sometimes they play volleyball and I'll admit Staff School prepared me well. I'll be busy for the next few days; school briefings at the high school and Arctic College, meet the Ranger Patrol, meet community elders at the Hamlet office, a radio interview, visit the employment centre, and talk to anybody who wants to listen to me.

As part of the NNEP the CF selects approximately 40 applicants to travel to CFB Edmonton each summer for participation in a three week course of military and southern culture called the Pre-Recruit Training Course (PRTC). The civilian applicants from small isolated communities get the opportunity to experience military life first hand. Daily life includes drill, weapons training, and lectures. The course is also designed to introduce young northerners to southern life. On a Saturday

afternoon we take them to the West Edmonton Mall. Quite the experience for some, considering they may never have seen more than 100 people in one spot before.

But do not be deceived, the North has also met the computer age and Nunanet the northern internet is growing. Politically aware, native peoples have negotiated a new territory within Canada; Nunavut, which will change all maps of Canada in 1999. With self government, royalties from natural resources, and a 1.15 billion dollar settlement, the north is developing quickly. Many private corporations and other government departments are looking for motivated staff. The CF is a national institution and as such correctly represents all the peoples of Canada with the presence of two CF recruiters North of 60. Even in today's age of cutbacks the CF is in need of talented young men and women. I always use the analogy of a restaurant in my presentations. You may be running a small cafe and although business is slow in the winter and you lay-off a waiter, your cook has just quit and now you have to hire someone. As a recruiter I have a tough job competing for the best applicants.

Continued on page 4



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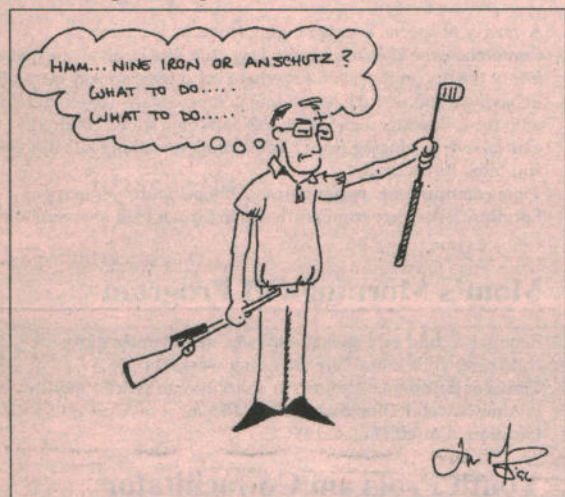
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CANADIAN FORCES RECRUITING CENTRE WINNIPEG (CFRC)

Ian, where are your trousers???

Let the wind blow high
Let the wind blow low
Through the streets
In my kilt I'll go
All the lassies say hello
Ian, where's your trousers?

Capt Ian Burke, a military career counsellor at Canadian Forces Recruiting Centre Winnipeg (CFRC Winnipeg) has earned an opportunity to compete in the International NATO Reserve Officer's Shooting Competition in Edinburgh Scotland. After an elimination competition, two teams consisting of three males and three females have been selected to fire the 9mm Browning pistol and a British rifle in this May 96 event. Ian has come close to qualifying for this competition twice, but this time he attended two practises and now grips the pistol just as he does a golf club... an interesting concept, and one that apparently works for him! As Scotland invented the game of golf and boasts the oldest golf course in the world, Ian should feel right at home. Congratulations and good luck are extended to Ian and those from 17 Wing Winnipeg who will be attending this competition.



A SAILOR...

Continued from page 4

There is a knock at my door. I've made lots of friends after two and a half years in the North. It's Padluq Puqiqnak. Beluga whales have been sighted off the coast and a hunt is on tomorrow. There is no sense carrying on with the presentation now as everybody will be out on the hunt. Luckily I'm invited to go along. I have to smile as I remember how cold I was on my last hunting trip by dogsled for Caribou. But hey, this is a chance to go to sea and

as a sailor how can I refuse? And just like the Navy, I'll get a cooked meal at lunch tomorrow. Only this time, it will be muktuk (boiled whale blubber). Just one question remains, am I entitled to sea pay?

CFRC PROFILE

On 19 Sep 96, Gord arrived at CFRC as our Central Registry Clerk. As this was the first time he had been exposed to the military in any manner, shape or form, the most popular question at CFRC is to ask Gord what his first impression of CFRC was. Although Gord knew he wouldn't be attending Basic Training, he was pleasantly surprised to find that we don't bark out orders to applicants. In fact, we try and create a combined professional and relaxed atmosphere for all of our applicants, as they undergo extensive comprehension testing, medical and interview analyses in order to compete for positions in the Regular Force, Primary Reserve, and the Cadet Instructor's Cadre.

Gord has had a number of years of experience in the workforce and has been employed in a wide variety of positions including roofing, issuing cheques for Supply and Services Canada, and selling records in a record store (that must be awhile ago, Gord)! He is presently enrolled in a college drafting design computer course and manages to work full-time at our centre. Civilian positions come and go, and we desperately needed Gord to handle the vast amount of telephone inquiries and filing that is a part of CFRC's daily routine. I'm sure that Gord's experience here is one he will never forget, and seeing Gord's new buzz cut, we assume that he might be putting in an application to the CF himself!

NAME: Gord Sproule
CIVILIAN POSITION: Central Registry Clerk
FAVOURITE SAYING: "Can I help you?"



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Gord's initial stage of metamorphosis into CFRC.



AFTER
Gord's new look and assimilation into CFRC.

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MFRC ANNOUNCEMENTS

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

Babysitting Course

Dates: Tuesday 9 April from 6:30 to 8:00 p.m.
Wednesday 17 April from 6:30 to 8:00 p.m.
Saturday 20 April from 10:00 to 3:00 p.m.

Fee: \$5.00

Participants must attend all sessions to graduate. The MFRC 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 at 833-6846.

LOTTO WINNERS

Feb 15

Cpl Fortowsky, 2PPCLI
Cpl Harrieth, 2 PPCLI

Feb 29

WO Dane, WCE
MCpl Rivest, 402 Sqn

Volunteer Opportunities

General Office Assistant

Help needed in the office, some duties include answering the phone, faxing, photocopying and other related administrative duties as required.

Time commitment: 2-2.5 hours per shift/once a week on Thursday afternoon's 1-3 pm.

Location: 350 Doncaster Street

Newsletter Delivery

To deliver our newsletter - The Community Connections to the homes in the PMQ patch on both the north and south sites.

Time commitment: 1 hour per shift (approx) every 3 months

Location: both north and south sites

Special Events

A variety of special events ranging from the Women's Conference, the 17 Wing Family Day, the Kite Festival, are just a few of the upcoming activities where volunteers are key elements in having a successful event. Some volunteers are needed to help with the following: registration table, fashion show, children's games/events ranging from face painting to making kite mobiles and other fun activities.

Time commitment: varying from 2 hrs per shift/per event

Location: sites vary from north site to Lipsett Hall to Assiniboine Park

Mom's Morning Off Program

Requires a child care assistant to help staff members provide child care while mom's are attending workshops.

Time commitment: 2 hours per shift/once or twice a month Wednesday and Thursdays 9:15-11:15 a.m.

Location: Lipsett Hall and WCC

Youth Program Co-facilitator

Girls Talk (Girls group 11-14 yrs)

Meets once a week at the WCC on Fridays 7-9 p.m. A few volunteers to assist with some of the program's functions of driving (occasional outings), fundraising activities such as bake sales, canteen coverage at special events (Xmas & Craft Fair) and group facilitator for Adolescence Development.

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 eg. 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 the 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 11:00 p.m. As soon as screening is complete, the positions will commence.

Employment Opportunity

Youth Services Coordinator - Military Family Resource Centre

EDUCATION

A degree in Child and Youth Care, Human Ecology, or Recreation, or an acceptable combination of education, experience and training.

EXPERIENCE/KNOWLEDGE

- Knowledge of military lifestyle and issues.
- Experience developing and coordinating youth groups and youth recreation programs.
- Experience working with preteen and early adolescents.
- Experience in supervision, budgeting, administration and team building.
- Effective interpersonal communication skills and initiative.
- Previous experience with, and/or knowledge of MFRCs a definite asset.
- Proficiency in both English and French is a definite asset for this position.

CLOSING DATE - 20 March 96

- This is a one year term position with a possibility of renewal.
- Reliability check will be conducted.
- Hours - 27 per week. Includes evenings and weekends.

Forward resumes to the attention of:

Don Brennan
Executive Director MFRC
350 Doncaster Street
Winnipeg, Manitoba
R3N 1W8

Only those to be interviewed will be contacted.
Employment to commence NLT 15 April 96.

Offre d'Emploi

Coordinateur/coordinatrice des services à la jeunesse - Centre de ressourcer des familles militaires

COMPÉTENCES

Un baccalauréat en récréation, croissance de l'adolescence et/ou l'écologie humaine ou une combinaison acceptable d'expérience ainsi que de formation professionnelle.

EXPÉRIENCE/CONNAISSANCE

- Connaissance de la vie militaire et ses exigences.
- Expérience dans la coordination et les développement de groupes de jeunes ainsi que de programmes récréatifs.
- Expérience de travail avec les jeunes d'âge préadolescent et adolescent.
- Expérience de supervision, dans la préparation d'un budget, en administration et dans la formation d'équipes.
- Une initiative démontrée et une capacité à communiquer efficacement.
- Une expérience antécédente dans un CRFM serait un atout.
- Une preuve de compétence linguistique en anglais et en français serait atout.
- Candidate doit avoir de l'entregent.

DÉTAILS

- Ce poste à un terme d'un ans avec possibilité de renouvellement.
- Ce poste commence par le 15 avril 1996.
- Heures - 27 heures/semaine incluant soirs et fins de semaines.
- Le candidat ou la candidate sera soumise à une enquête de fiabilité.
- Faire parvenir votre curriculum vitae au soin de:

M. Don Brennan
Directeur du CRFM
350 rue Doncaster
Winnipeg, Manitoba
R3N 1W8

Avant le 20 mars 1996.

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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. Registration for Fall programs start in March. A non-refundable registration fee is \$15.00 annually. To register or for more information call 833-6846. (Children must turn 3 by Dec 96 to start nursery school).

LIPSETT HALL NURSERY SCHOOL

Time: Monday, Tuesday, Thursday (mornings)
9:00 - 11:15 a.m.
Fee: \$67.00 per month

WESTWIN CHILDREN'S CENTRE

Time: Monday, Wednesday, Friday (mornings)
9:00 - 11:15 a.m.
Fee: \$67.00 per month

WESTWIN CHILDREN'S CENTRE

Time: Monday, Tuesday, Thursday (afternoons)
1:00 - 3:15 p.m.
Fee: \$67.00 per month

Spaces are available in all programs.
Times and days may change in September depending on registration.

Drop Off Child Care

This program offers casual child care for children 18 months to 6 years. Run your errands knowing your child is receiving quality care. All children must be pre-registered. Reservations must be made at least 24 hours in advance.

Location: Lipsett Hall Nursery School
Time: Tuesday afternoons from 1:00 to 4:00 and Friday mornings from 9:00 - 12:00
Fee: The fee is \$1.50 per hour for the first child and \$.50 more for a second child in the same family.

The Drop Off Child Care Program is subsidized by the proceeds of the Base Lotto.

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Canadian Forces Community College Network

Spring '96

Red River Community College Courses organized for the CFB Winnipeg Community

By Linda Claggett,
CFCCN Regional Coordinator

Through the CFCCN and Red River Community College (RRCC), the following courses have been organized for the convenience of the CFB Winnipeg community. If you are a CF member (active, Reserve, retired), DND Civilian Employee (active, retired) or a family member of either group, upgrade your skills and take advantage of these schedules and locations!

How to Start a Small Business (40 hrs)
MW&F: 1 Apr - 6 May 11:00 a.m. - 1:00 p.m.
Fee: \$132, plus text(s) held at CFB Winnipeg

Bookkeeping & Accounting for a Small Business
(prerequisite: basic knowledge of the business environment is an asset) (30 hrs)
Th & M: 2, 9 May - 27 Jun 11:00 a.m. - 1:00 pm.
Fee: \$132, plus texts (approx \$70) held at CFB Winnipeg

Introduction to Microcomputers (40 hrs)
M&W: 15 Apr - 29 May 6:00 - 9:00 p.m.
Fee: \$199, plus texts (approx \$40) held at CFB Winnipeg

Internet Seminars
These seminars will be held at RRCC Computer Labs. Completion of each seminar equals 1/3 credit in the Business Administrative Studies Program.

Internet for Beginners
(prerequisite: basic computer knowledge) (16 hrs)
Sat: 23 & 30 Mar 9:00 a.m. - 5:00 p.m.
Fee: \$105 held at RRCC Computer Lab (B110F)

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

Registration Information
Registration is currently underway at RRCC. You may register with credit card, by phone (694-1789); or in person, on-campus (cash, cheque, Interac). Deadline: one week prior to class start-date. In order to run, each class requires a minimum number of students! Don't Delay! Register today!

For course descriptions or other information, contact your CFCCN Coordinator, Linda Claggett, 833-5115 (Office Hrs: MW&F: 9:00 - 11:00 a.m. & W: 1:00-4:00 p.m.)

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435 Squadron

Chinthe Bits



Editor's Note:
CANZEX 95 was the second annual co-operative exchange between the Royal New Zealand Air Force (RNZAF) and Air Command. The exchange usually occurs in the fall over a two month period, and has members from both air forces "trading places" during this time. The goal is to provide co-operation between the two air forces, and to broaden the knowledge and understanding of the members involved in the exchange.

Sgt Gary Rodrigue was one of 15 Canadians based at Woodbourne, New Zealand during the fall of 1995. He is an aero-engine technician with 435 Sqn.



Start for maintenance test flight - Woodbourne.

CANZEX 95



By Sgt G. Rodrigue, 435 Sqn

CANZEX 95 was an enlightening and positive experience. I only hope that my New Zealand counterpart received just a fraction of the gracious hospitality the New Zealand people extended to us.

RNZAF Base Woodbourne was our base of operations. It is located just outside the friendly town of Blenheim in the province of Marlborough. The area is very beautiful with rolling pastures and vineyards. Local activities include fresh and salt water fishing, hiking, and wine tasting at the many local wineries. Within a three hour drive, there is downhill skiing, white water rafting, bungee jumping, hot springs, kayaking, whale watching, dolphin swimming, jet boating, and cave exploring. Base Woodbourne is the location for depot level maintenance in the RNZAF. We observed the coordination and administration of the inspection, fabrication, and

repair of A4 Skyhawk, CC-130 Hercules and P3 Orion aircraft.

Within the first week, Sgt Kenna (a fellow Canadian), and I were invited to participate in a four day exercise in the RNZAF training area Dip Flat. The purpose of this exercise was to enhance field leadership and military skills. Tasks we were actively involved in included basic patrolling, road blocks, observation posts, and the protection of vital points. We were given basic hands on experience in the use of trip flares, smoke grenades, thunder flashes, and the steir assault rifle. Senior NCOs were housed in two person huts, complete with pot belly stove. Meals were cooked on site by RNZAF chefs and hot showers were available and enjoyed.

We visited 40 Sqn in Whenuapai where we could compare RNZAF CC-130/Boeing 727 flight/maintenance operations with our own. Tours were given of their Engine Bay, Prop Shop, and Safety and Surface Shops. Maintenance activities were similar to ours, paying particular attention to corrosion control.

The RNZAF has a "can do" and "can do it better" attitude. They have proven that they can maintain aircraft and components cheaper and

more efficient than third line facilities that are available to them. They are presently studying the possibilities of doing contract work for other companies or countries as a source of revenue. They have their own computerized Automated Data for Aerospace Maintenance (ADAM) system called Air Logistics Information System (AILS). They have purchased and altered a factory maintenance program for this use. In this program, aircraft maintenance, supply and cost accounting are combined using one form.

Any terminal in the net may at any time retrieve the history, location (including aircraft tail number item attached to), servicing schedule, hours incurred maintenance costs, status and estimated time of serviceability of any serialized A, B or D Class item. This study does include the status of items in depot level maintenance. They may also locate C Class items, their maximum/minimum and numbers available. This system is not perfect, but could be used as an example for the CF to develop a new system.

Postings are approached in a different manner. Openings are listed in the Base Routine Orders. Members wishing to be posted, submit a memo to their Technical Manning Center for evaluation and selection. Members are not posted every so many years as in our system.

CANZEX 95 was a worthwhile experience. The different approaches and points of view the exchange team observed in similar situations encountered in Canada was enlightening. If I could, I would go again.



A Sunday drive in New Zealand.

17 WING NOMINATED FOR AWARD

By Capt Neil Kinley

Like Shania Twain and Alanis Morissette, 17 Wing was nominated for an award. It may not have been the Grammys or the Junos, but the Manitoba Sustainable Development Awards of Excellence are significant in their own right.

Sustainable development is a concept that sees economic development continue with the environment as a key factor, so that future generations will be able to meet their needs. The awards are part of the Province of Manitoba's vision for the "Environment and the Economy".

The goal is for clean, healthy air, land and water for future generations, along with continued economic development to sustain the province and help pay for environmental initiatives.

We were nominated for an award in the Public Sector category because of the leadership 17 Wing has shown in this area. As part of the DND Green Base program, 17 Wing was selected in 1992 to be an environmental role model to be followed by other bases.

The Wing developed and implemented a program which included a plan to restore and enhance the native plant community; energy and water conservation programs;

hazardous waste management including appropriate facility building; recycling programs and the implementation of environmental stewardship practices.

We were one of nine groups nominated in the Public Sector category and faced some very stiff competition. 17 Wing did not win the award, but as the losers on award shows always say, it was an honour just to be nominated.

The winner in our category was the Pembina Valley Recycling Network which serves over 30,000 people in the towns of Altona, Winkler, Morden, and Carman, and the surrounding areas. Others nominated included the City of

Brandon for its Assiniboine River Corridor Master Plan, the City of Portage la Prairie for its environmental initiatives, Manitoba Agriculture for its Crop Residue Burning Program, the City of Winnipeg Water and Waste Department, and the Manitoba Geological Services Branch of Manitoba Energy and Mines for its offshore and shoreline survey of Lake Winnipeg.

Getting noticed for the work we are doing to preserve the environment on our property is positive. Winning isn't everything, and we will continue to carry out operations and development with the environment in mind.

EIGHTEEN DOLLARS AND CHANGE

By Bert Cheffins,
Wartime Pilots & Observers Association

When I left Fleet Aircraft to enlist in the RCAF my pay as an apprentice aircraft electrician was \$15.00 for a sixty-hour work-week. From this I gave my mother \$12.00, leaving me \$3.00 for myself. Then, much to my surprise the RCAF placed me on leave without pay, and enrolled me in the War Emergency Training Program (W.E.T.P.) in Hamilton, Ontario. It seemed that I lacked some of the high school credits required to qualify for aircrew training.

In the fine print of the joining instruction for W.E.T.P. it stated that I would receive a weekly training allowance of \$10.00 from which I would have to pay my own room and board. Those three months of living at Mother MacCurley's boarding house (\$8.50 per week) with eleven other trainees are a story in themselves. Peanut butter and jelly sandwiches five days per week.

After W.E.T.P. I was posted to No. 1 Manning Depot located in the Agriculture Building at the Canadian National Exhibition grounds in Toronto. The first ten days were spent in the isolation wing (The Sheep Pen). Haircuts, uniforms, spit and polish and medical shots. And who could ever forget those V.D. lectures and films. It was a wonder that we all didn't make a vow of lifetime celibacy! Soon it was out of the Sheep Pen and into the training wing (Bull Pen) for more square bashing, rifle drill and lectures.

Finally the big event arrived. My first pay parade. Our beloved corporal, lovingly referred to as "THE ROACH" drilled us in the proper procedure for pay parade. Don't ask questions. Don't count your money in front of the pay master. Later we were lined up alphabetically in a long, long, single file. I was glad my name didn't start with a "Z". At last it was my turn. "AC2 Cheffins" someone called out and then mumbled something I didn't quite hear. "Sir" I replied stepping forward and rendering one magnificent salute. "Sign here" a clerk said and the paymaster doled out my pay. I put the money in my left hand (as instructed), stepped back, another magnificent salute, turned and smartly marched off.

Back at my bunk I counted my fortune. Eighteen dollars and change. Wow! I was rich. It was all mine. No room and board to pay, no bills and no debts. Wow!

Early that evening, I got my first pass. Free until 2200 hrs. I was one happy airman. Dressed in my "best blues", with boots and brass shining and of course my "white flash" centred perfectly in the front of my forage cap, I was off to face the world. After purchasing a Toronto Transit

serviceman's all day pass for a quarter, I boarded a street car which would take me to the bottom of Yonge St. "Look out Toronto, here I come." Looking into just about every store window I passed, I marched all the way up Yonge to Bloor St. I didn't realize at that time just how long a hike that was. I was 10 feet tall, and my feet never touched the sidewalk. Having nothing better to do I crossed to the other side of the street and marched back to King St., boarded a street car and returned to barracks. My only expenditure was the twenty-five cents for the ticket.

That night, I placed my wallet at the bottom of my kit bag which was then locked to my bunk. As I drifted off to sleep, I had visions of great wealth. After all, I still had eighteen dollars and change.

REMEMBERING

As I sit in the twilight, my mind wanders
Down the roads and the streets of my life
And I review every day-to-day experience
Happiness, joy, troubles and strife.

Yes, it's been one great journey
Things I've felt, tasted, heard and seen
The gains have outnumbered the losses
Oh how fortunate I've really been.

It started with two loving parents
Then a brother who shared all my toys
Some camping, fishing and baseball
And street hockey outside with the boys.

Reading, riting, and rithmatic
Through a series of tough public schools
Then apprenticeship in a factory
Learning skills with a lot of new tools.

Wartime enlistment and training
A whole new world of strange things
Like marching, discipline and flying
And then they pinned on my wings.

Operations full of death and destruction
Would the chaos never cease
Then miracle of miracles
Home safely and still in one piece.

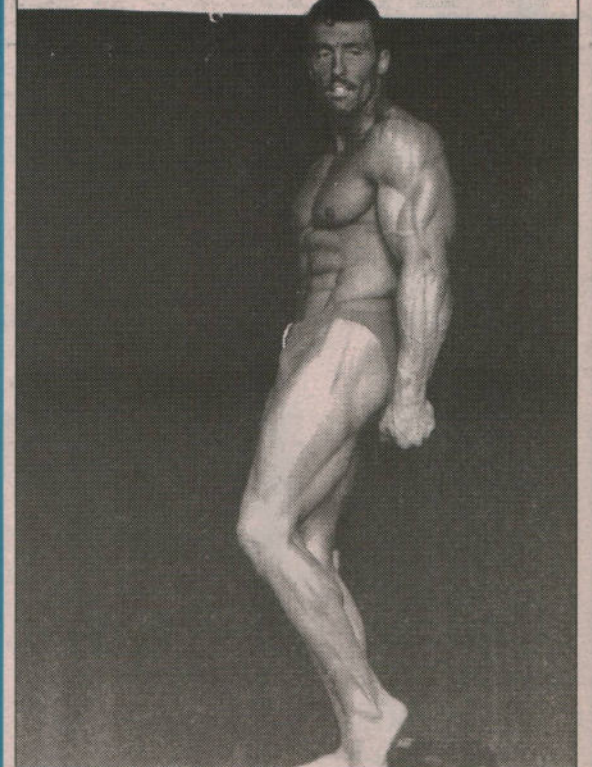
Re-HAB school, exams, then a job,
Getting on with my interrupted life
Dating, courtship and marriage
To a wonderful partner and wife.

Children, mortgages, career moves
Life certainly wasn't slow
Weddings, grandchildren and retirement
Oh where did those years really go?

No doubt I've been heavenly blessed,
What more can I honestly say
So off to bed for some rest
For tomorrow's a brand new day.

CANADIAN FORCES BODYBUILDING CHAMPIONSHIPS

Guest **LOU FERRIGNO**



On November 25th, 17 Wing was represented at the Canadian Forces Bodybuilding Championship in St. John's Nfld by Cpl Scott Edwards (WTLO) and Cpl David DeGeyer (2PPLI). Both members were successful in winning first place in their respective category and in addition Cpl Edwards took the over-all title. Congratulations to both individuals on the fine showing.

**CANADIAN FORCES PERSONNEL
ASSISTANCE FUND**

**EDUCATION ASSISTANCE
LOAN PROGRAM**

The Canadian Forces has offered an Education Assistance Loan Program to assist serving and former members and their dependants with costs of post secondary education. This program offers low interest loans of \$1,200, \$1,500, \$2,000 or \$2,500 per student.

Several changes have been introduced in the program since its inception:

- the age restriction has been removed permitting loans for spouses and retired members themselves;
- there is no longer a limit on the number of loans per family;
- loans are now also available for full-time post graduate studies, post secondary education diplomas or certificates, or for any full-time adult education training program that is employment related;
- the period of service required to be eligible has been reduced from ten to five years.

To be eligible, the serving or former member must have served in the Canadian Army, after 1st October 1946, or in the Canadian Forces, after 31 January 1968, and have a minimum of FIVE years Regular Force military service. Selection may be based on family income, years of service and individual family circumstances.

Loans are repaid by the member over a twelve month period beginning in September of the year in which the loan is granted. The repayment schedule including service charges is as follows:

AMOUNT OF LOAN	MONTHLY REPAYMENT
\$1,200.00	\$101.09
\$1,500.00	\$126.36
\$2,000.00	\$168.48
\$2,500.00	\$210.60

Application forms are available from Canadian Forces Base Financial Counsellors, district offices of Veterans Affairs Canada, and the Provincial Command offices of the Royal Canadian Legion. They may also be obtained by writing to CFFPAF, 245 Cooper Street, Ottawa, Ontario, K2P 0G2.

The deadline for submissions is 30 June 1996. No late submissions will be considered.

**INVESTORS GROUP
WINNIPEG DOWNTOWN
FRP / CRP TEAM**



GORD MOORE
CAPTAIN (FRP RETIRED)
REPRESENTATIVE

PAUL TAYLOR
CHARTERED
FINANCIAL PLANNER
DIVISION MANAGER

COMPLETE FINANCIAL PLANNING SERVICES
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**Prairie Region Cadet Honour
Band Salutes 117 Years of
Army Cadets in Canada**

The Prairie Region Cadet Honour Band will perform "A Salute to Canada's Army Cadets" at 7:30 p.m. on Thursday, April 11th, at the Winnipeg Centennial Concert Hall. The Army Cadet program has provided 117 years of service to Canadian youth and this year marks the 25th anniversary of the Army Cadet League of Canada. The Prairie Region Cadet Honour Band is comprised of a select group of ninety cadets chosen from Sea, Army, and Air Cadet units across Prairie Region.

The first half of the concert features a concert band performing the music of Andrew Lloyd Webber, "Jupiter" by Gustav Holst, and Leroy Anderson's "Bugler's Holiday". In addition to traditional repertoire, the second half will feature a military tattoo complete with pipe band, military band, mass bands, soloists, highland dancers, and a Retreat and Sunset Ceremony. This is the final concert in a series that featured performances in Calgary, Edmonton and Regina.

The Royal Canadian Sea Cadets, Royal Canadian Army Cadets, and Royal Canadian Air Cadets, collectively referred to as the Canadian Cadet Organizations, are youth organizations with units located in communities across the nation. The Navy League, the Army Cadet League, and the Air Cadet League, in conjunction with local community sponsors (such as the Kiwanis, Rotary, Lions, Optimist, Eagles, and Royal Canadian Legions and Army Navy Air Force Veterans), operate and support the Canadian Cadet Organizations in a partnership with the Department of National Defence. This unique partnership of civilian groups and the Department of National Defence provides a challenging self-development program for the youth of Canada.

The aims of the Canadian Cadet Organization are to develop in youth the attributes of good citizenship and leadership, promote physical fitness and stimulate an interest in the sea, army, and air elements of the Canadian Armed Forces.

Tickets are available from Ticket Master Outlets. Ticket prices are \$10.00. All tickets are subject to agency fees.

50% off plane washing!

By 2Lt Greg Bennett

8 Wing Trenton - In a move that has been described by Captain Forrest Murray of 8 Air Maintenance Squadron (8 AMS) as being "Only the tip of the iceberg as far as re-engineering and alternate service delivery," the fleet of aircraft at 8 Wing Trenton are now being washed by SPAR Aerospace.

In the past, washing one of the Hercules or Boeing aircraft required the work of eight to

ten airframe technicians for approximately five to six hours from start to finish. The cost was about \$2000, based on the technicians wages.

8 AMS made a proposal to the Trenton 2000 team to have aircraft washing contracted out. The proposal was accepted and by November tenders went out, based on the state of the duties required. The contract was awarded in December to the lower bidder, SPAR Aerospace.

To offset the cost that is paid to SPAR, 8 AMS decreased their establishment by three person-years. It now costs less than \$1000 to wash an aircraft. By contracting out an activity that could be done more economically, airframe technicians are spending more time on their primary jobs and aircraft are being washed for approximately half of what it cost before!

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STREET AND SPORTS DRUGS TO USE THEM IS TO ABUSE THEM

A drug is any substance, other than food, which is taken to change the way the body or the mind functions. We all rely on prescription and over-the-counter medications from time to time to deal with various health concerns. We could call this type medical drugs.

Then there are social drugs. The alcohol in wine, beer, and spirits, the nicotine in tobacco, and the caffeine in coffee, tea, cocoa, and cola drinks are all social drugs. These are sometimes called invisible drugs because many people are unaware that they are, in fact, drugs.

A third category is often referred to casually as street drugs. This group includes illicit drugs like amphetamines (speed), LSD, cocaine (and its derivative, crack), heroin, marijuana, and hashish. A fourth group could be called sports

drugs. Anabolic steroids fall into this group since they are usually taken to enhance strength, physique, and performance.

What about these last two types—street and sports drugs? We know a great deal about them, and none of the news is good.

Street drugs are illegal, potentially addictive, and extremely hazardous. An additional risk is the unknown factor—they are not always what the seller claims they are. Illegal drug use in the CF is not a big problem, but it is, nevertheless, a problem. Surveys and drug testing suggest that just over three percent of members use illegal drugs.

All CF members can be part of the solution by watching out for warning signs of illegal drug use. Any of the following could suggest a problem:

- Abrupt change in mood or attitude; unusual temper flare-ups.
- Sudden decline in attendance or performance at work.
- Impaired relationship with family and friends.
- Increased borrowing of money.
- Heightened secrecy about actions and possessions.
- Associating with a new group of friends.

While the use of street drugs is hazardous to health, the outlook for sports drugs is equally bleak. Talk about long-term pain for short-term gain! Inappropriate use of steroids by males can cause breast and prostate enlargement, atrophy (shrinking) of the testicles, reduced sperm count, and impotence.

Women using steroids can look forward to increased facial hair, reduced breast size, male pattern baldness, menstrual irregularities, and a deepening of the voice. In women and men, steroid use can bring on tremors, acne, liver tumors, and hepatitis.

The use of street or sports drugs makes absolutely no sense for anyone who wishes to live a healthy life. Health professionals say, quite simply, "To use them is to abuse them." If you suspect that anyone you know is using these types of drugs, be sure that they get medical attention without delay.

Drugs: To use them is to abuse them.



DROGUES DE RUE ET DE SPORT: UN PEU C'EST DÉJÀ TROP

Une drogue, c'est toute substance non alimentaire qui sert à modifier les fonctions du corps ou de l'esprit. Nous consommons tous à l'occasion des médicaments sur prescription ou en vente libre pour régler nos problèmes de santé. Ce sont des drogues thérapeutiques.

On retrouve aussi des drogues sociales: l'alcool dans le vin, la bière ou les spiritueux, la nicotine dans le tabac et la caféine dans le café, le thé, le cacao et les colas. On les qualifie parfois de drogues invisibles parce que bon nombre de gens ne savent même pas qu'il s'agit de drogues.

En troisième lieu, il y a ce qu'on appelle les drogues de rue, les drogues illégales si vous préférez: amphétamines (speed), cocaïne (et son dérivé, le crack), héroïne, marijuana et haschisch. Enfin, il y a les drogues de sport, comme les stéroïdes anabolisants que l'on utilise pour améliorer sa musculature et ses performances.

Qu'en est-il au juste de ces deux dernières catégories, les drogues de rue et de sport? Nos connaissances dans ce domaine sont étendues et tendent toutes à condamner ces substances.

Les drogues de rue sont illégales, peuvent entraîner une dépendance et sont très dangereuses, d'autant plus que vous n'êtes jamais sûr de la pureté du produit. La consommation de drogues illégales n'est pas un problème majeur dans les FC, mais il n'en est pas moins un problème. Nos enquêtes et tests de dépistage nous portent à croire que moins de 3 % des membres en consomment.

Il faut cependant que tous les membres participent à la solution, en surveillant les signes de consommation de drogues illégales comme ceux-ci:

- Changements brusques d'humeur ou d'attitude; colères soudaines et inhabituelles.
- Baisse marquée de rendement et de présence au travail.
- Détérioration des relations avec la famille et les amis.
- Augmentation des emprunts.
- Tendances accrues à cacher ses biens et gestes.
- Fréquentation de nouveaux groupes d'amis.

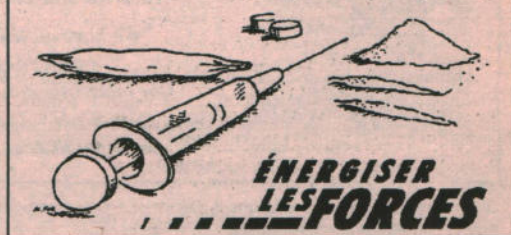
Si les drogues de rue sont dangereuses pour la santé, il en va de même pour les drogues de sport.

Les avantages à court terme ne valent certainement pas les conséquences à long terme qu'elles entraînent. Chez les hommes, l'usage non thérapeutique des stéroïdes peut causer l'hypertrophie (grossissement) des seins et de la prostate, l'atrophie (réduction) des testicules, la baisse de production de spermatozoïdes et l'impuissance.

Chez les femmes, leur usage peut provoquer l'augmentation de la pilosité faciale, la réduction des seins, la calvitie comme chez les hommes, l'irrégularité des menstruations et la baisse du timbre de voix. Chez les femmes comme chez les hommes, les stéroïdes peuvent aussi causer des tremblements, de l'acné, des tumeurs au foie et l'hépatite.

La consommation de drogues de rue et de drogues sportives est tout à fait incompatible avec un mode de vie sain. Les professionnels de la santé sont catégoriques: en consommer un peu, c'est déjà en consommer trop. Si vous croyez qu'une personne de votre entourage consomme des drogues de ce genre, veuillez à ce qu'elle obtienne du soutien médical sans tarder.

Les drogues : un peu, c'est déjà trop.



JUDO CLUB

By Brian Jones - Yondan

On Saturday, December 9th, 1995 our 17 Wing Judo Club attended the third judo tournament of the year. This was the Manitoba Open Judo Championships. Our club entered 12 judoka and brought home 9 medals ranging from Bronze to Gold. This again was an outstanding performance from our judoka. Our judoka consisted of both male and female - from white belt up to blue belt. Here are the standings from the competition -

Women (all belts)

Under 52 kg. Nancy Esau (white - bronze)
Under 61 kg. Sarah Broughton (blue belt - bronze)
Under 66 kg. Maria Forester (yellow belt)

Men

Juvenile (ages 13-15)

Under 46 kg. Ryan Heron (orange belt)
Under 50 kg. Barry Knudsen (blue belt - bronze)
Under 54 kg. Chris Warrack (blue belt - bronze)
Under 74 kg. Ken Kohinski (green belt - silver)
Under 59 kg. Ken Jones (orange belt - bronze)
Under 74 kg. Tyler Hunt (orange belt)

Novice Senior (white to green belts)

Under 71 kg. Dan White (green belt - gold)
Under 78 kg. Charles Murray (orange belt - gold)

Advanced Senior (blue to black)

Under 95 kg. Steve Broughton (black belt - silver)

In many cases the belt categories were mixed, meaning that a white or yellow belt could be matched against a blue, brown or black belt. Therefore in some instances the win or loss was not truly indicative of the judoka's overall performance. However, that option is at the discretion of the tournament director.

I was quite busy coaching our judoka on two mat areas as well as collecting money and tickets for the Judo Manitoba Christmas Raffle which I headed as chairman. The draw took place at a dinner after the tournament. The President of Judo Manitoba, Mr. Dave Minuk, drew the winning tickets. In fact, the first prize winner holding ticket #905 was sold by one of the youth members of 17 Wing Judo Club (James Mullen).



17 Wing Judo Club members.

I would like to thank the following judoka who helped keep tabs on our judoka as the day progressed. These records of how the competitors do (who they fought etc.) help in our overall coaching.

Ralph Sanders
Norbert Pachet
Brian Knudsen

I would also like to thank all the judoka for another job well done and those parents who came out and cheered our judoka on.

ANNOUNCEMENTS

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17 WING GOLF CLUB

General Meeting
11 Apr 96 at 1900 hrs
Club 90

This will be your best opportunity to find out what is going to be happening at the Golf Club this coming year and to add your suggestions for improving the Club's operation. Membership forms will be available at the meeting and you may make your applications for membership at that time.



SWIM REGISTRATION

30 March

1300-1600

Lipsett Hall

For info contact local 2055



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For more info contact: Tammy - 832-8156 or Sandi - 489-2835. Certified Instructors.

All participants require a 17 Wing Privilege Card.



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- Plastic bottles (pop, liquor, beer)

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1 June - Open House & Banquet

2 June - Ceremonial Parade

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17 WING CERAMIC CLUB

HOURS OF OPERATION

MONDAY 6-10 PM

TUESDAY 6-10 PM

WEDNESDAY 9AM-2PM

WEDNESDAY 6-10 PM

THURSDAY 6-10 PM

FRIDAY CLOSED

SATURDAY CLOSED

SUNDAY 9AM-3PM

(2nd & 4th of every month)

There will be no pouring after 7pm on evenings and 11am days. The office will close at 8pm on evenings and 11am days. For more information you can contact the Club at 833-2496, Club President June 888-6059. Tuesdays are now designated non-smoking night. There are bilingual work-shop persons for your convenience. The Club is now doing Gift Ware if you would like a special hand made gift for Christmas, Birthdays, Anniversaries and Weddings we will be happy to help you. Please give at least 30 days notice. For more information, please call June at 888-6059, Chantale at 888-5192 or contact the Club at 833-2496. We look forward to hearing from you.

Children's classes begin Saturday 16 March 1996 at the Ceramic Club. There needs to be a minimum of 6 children for this class to begin. For more class information and fee schedule, please contact Barb at 888-0908. The children's class is taught by a certified instructor.

NEW ARRIVALS



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A WORD FROM THE CHAPLAIN

GOD LIVES IN DEANNIE'S DOLL HOUSE

Padre Tess Drabick
Hangar Line Chaplain (RC)

My best friend's sister thinks God lives in her doll house. At least that is what I overheard Deannie say one afternoon while I was over for a visit.

"God, Barbie and Ken will be coming over for a visit this afternoon." A pause. "Alright, cookies and iced tea it is then."

I giggled softly and went downstairs to join the others. Deannie's unique personality has always intrigued me. On my drive home I lingered on the fact that she lives in a very different world.

She was born 34 years ago in a small town in southern Ontario, the eldest of 5 children and mentally disabled. Apart from physical appearance, there are few ways that she is an adult. She reasons and communicates like an 8-year-old.

She will probably always believe that God lives in her doll house, that Santa comes and leaves all of those gifts and that the cartoons on TV really hear her talking to them.

I often wondered if Deannie is bored with her monotonous life. She arises early each morning to get ready to catch her bus for work; a job in a workshop for disabled persons.

There she "fluffs flowers", or cleans the toilets or places ham on bread for the workers' lunch. She returns home just in time to watch her favourite soap opera.

But she doesn't appear to be dissatisfied. Every morning is a new one for her. How eager she is every day to get on that bus and get to work; to have a reason to get up each morning brings a sense of purpose. What is more fulfilling?

And Saturdays — Oh the joy of Saturdays! That is the day when she can stay in her pyjamas until 11 a.m. and watch cartoons. By noon she is at the family shoe store with Mom to pick up Dad to go to the restaurant for lunch. By 1:15 p.m. she is at the hairdressers eager to have her hair done and the rest of the afternoon is spent getting groceries and doing odd errands with Mom. Every shopkeeper, waitress and check-out clerk knows her by name.

I don't think Deannie knows what it is like to be discontented. She will never know the problems associated with wealth and power; she doesn't care that she doesn't wear designer labels or that brussels sprouts taste awful. She recognizes no differences

in people; everyone is treated equally and as her best friend. Her needs are always met and she never worries that perhaps one day they won't.

Her heart is pure. She believes that everyone tells the truth and that promises must be kept. She is free from conceit, unconcerned about what you look like and she is always sincere.

And she trusts God. Each Sunday she sits with Mom in the choir loft for Mom is the choir director. When she comes to Christ, she comes as a child.

In my moments of doubt and frustration, I envy her simplicity of faith. Someone once said "ignorance is bliss" and I think as we become wiser and experienced we lose that bliss. Every day for Deannie is bliss. Perhaps she is not the one with the handicap.

She has spent her whole life in innocence; after all, she is the one who talks to God in the simplest form — in her doll house. She soaks up his goodness and love.

One day, all of the mysteries of God will be exposed to me and I shall be surprised at how close God really was to me. But Deannie won't be surprised at all.



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.

NEW BASE HOSPITAL ROUTINES

AFTER HOURS CARE

Since the 15th of Jan 96, the Base Hospital no longer provides 24 hour medical coverage. Hours of operation are 0730-1600 hours Monday to Friday, and 1000-1200 hours Saturday, Sunday, and holidays. Medical personnel are on call 24 hours a day for medevacs and disaster responses through Wing Operations.

All personnel seeking EMERGENCY medical care after hours are to report to the Grace Hospital. Members should advise the civilian institution to bill the Base Hospital directly. Patients must report to the MIR the following day after being seen by a civilian institution. Personnel who do not may be held responsible for incurred costs.

Only EMERGENCY conditions should be dealt with after hours. Colds, rashes, and chronic or long standing conditions should wait until the following morning and be seen at the MIR.

Any patient prescribed medication that must be taken immediately may purchase it from a civilian pharmacy and report the next morning to the MIR with the receipt for reimbursement.

EXCUSED DUTY

All military personnel of 17 Wing may be authorized excused duty for medical reasons by their Commanding Officer. This will be for a maximum of two days. Aircrew must be seen by a Flight Surgeon to return to flying duties.

This new policy is to allow members with minor illnesses (ie. colds) the needed rest for recovery. No one is to be discouraged from seeking medical help if they have a concern. It is up to the supervisor to monitor this use of excused duty. Any questionable cases should be referred to the MIR for medical assessment. Those persons requiring over the counter medications can get them directly from the pharmacist without seeing a Medical Officer.

AMBULANCE COVERAGE

All personnel are reminded that 17 Wing still provides ambulance coverage during normal working hours 0730-1600 hours, Monday to Friday. Contact the Base Hospital at local 5203 if this is required. After hours and weekend service must call 911. This is to be used for EMERGENCIES only.

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Le Musée de l'Homme et de la Nature (190 Rupert) propose le programme Lire et découvrir. A partir d'un sac qui contient un livre et des objets, les familles lisent ensemble une histoire. (Quatre des douze hitoires sont en français.) 15h30 samedi et dimanche jusqu'à la fin avril. Info: 956-2830.

Activités Familiales Mars 1996

Le Centre Fort Whyte

16, 30 Mars:

Le Centre Fort Whyte offre une soirée d'aventure familiale de 18h00 à 21h00. Patin, glissade, films, feu de camp, chocolat chaud et guimauves et bricolage pour les enfants.

17 Mars:

Le Centre Fort Whyte offre de la pêche sur glace GRATUITE de midi à 16h00. Apportez vos canne à pêches, les trous sur la glace seront fait pour vous. Tel. 989-8355

Du 25 au 29 Mars:

Camp de jour printanier au Centre Fort Whyte. Pour enfants de 6 à 10 ans. Jeux, marches randonnées, bricolages, feux de camps, en apprenant des choses sur l'environnement. Réservez. Tel. 989-8355

30 Mars:

Le Centre Fort Whyte offre un atelier pour enfants de 8 à 15 ans de 13h30 à 16h00. Décorez votre oeuf de Pâques. Réserve avant le 27 mars. Membres 5.75\$, Non-membres: 7.75\$

31 Mars:

Le Centre Fort Whyte offre un atelier pour enfants de 6 ans et plus de 13h00 à 15h00. Construisez votre cage à chauve-souris en bois. Réservez. Membres: 3.00\$, Non membres: 5.50\$

Le Musée pour Enfants

18, 25 Mars:

Le Musée pour Enfants offre un atelier pour petits à 10h30 et 13h30. Bricolages et activités sur le thème de la musique. Tel: 956-1888

15, 22, 29, Mars:

Le Musée pour Enfants offre une soirée pour les enfants de 9 à 13 ans. Le "Friday Night Club" est de 16h30 à 19h45. Thème: La musique. Tel: 965-1888

du 25 au 29 Mars:

Le Musée pour Enfants offre des activités de midi à 16h00 tous les jours pour enfants de tout age. Tel: 956-1888

16, 23 Mars:

MacDonald et Le Musée des Enfants offre l'heure du conte par une Célébrité chaque samedi matin. Réservez vos billets 6\$ pour l'entrée et un déjeuner et le spectacle. Tel. 956-1888

Le Cercle Molière

Une exposition rétrospective sur 70 ans de théâtre, en français, au Manitoba! L'exposition aura lieu jusqu'au 24 mars 1996 dans la Galerie du Centre culturel franco-manitobain au 340, boulevard Provencher.

Le CUSB a maintenant sa galerie d'art

Le Collège universitaire de Saint-Boniface (CUSB) inaugure sa nouvelle galerie d'art avec une exposition d'oeuvres de Damyèle Arbez-Chaput, récemment diplômée en beaux-arts de l'Université du Manitoba.

accueillir nécessairement des professionnels, mais des étudiants et des artistes amateurs. Des gens qui font des choses intéressantes mais qui ne pourraient pas être exposés ailleurs. Ou encore des artistes qui débutent."

salle Martial-Caron. "C'est tout petit, mais il y a de la place pour une douzaine de toiles et des sculptures." Louis St-Cyr espère y organiser "une exposition par mois pendant l'année scolaire" et invite les artistes intéressés à entrer en contact avec lui (235-4439).

"Je vois cette galerie comme une solution de rechange à celle du Centre culturel franco-manitobain, explique l'animateur culturel Louis St-Cyr. Nous ne voulons pas

Le but de cette galerie: "créer de l'intérêt et contribuer à l'animation culturelle," répond Louis St-Cyr, qui explique qu'on a aménagé un espace près de l'entrée de la

Le vernissage de l'exposition de Damyèle Arbez-Chaput aura lieu le 29 février à 19 h. Les toiles exposés font partie d'une série d'oeuvres réalisées pendant qu'elle était aux études et portent sur un thème très personnel: la grossesse, l'accouchement et la perte d'un enfant peu de temps après sa naissance. "C'est une série qui sera montrée pour la première fois," explique l'artiste.

L'exposition sera en montre jusqu'au 30 mars.

Sylviane Lanthier

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DANSE

Du 15 au 17 mars, le Ballet royal de Winnipeg présente Made in Canada, un spectacle regroupant quatre chorégraphes contemporaines et canadiennes (van Hamel, Macdonald, Kudelka et Godden). A la salle du Centenaire. Info: 956-2792 ou 1-800-667-4792.

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