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VOL. 44 ISSUE 7

17 Wing Winnipeg / 17e Escadre Winnipeg

APRIL 10, 1996 / FREE

FIRST WOMAN BASE CHIEF TO 17 WING

By Capt Neil Kinley

The Canadian Forces has announced it will soon have its first woman Base or Wing Chief Warrant Officer, and she is coming to 17 Wing. CWO Lynda Smith will take over her duties in Winnipeg this summer from CWO Reg Clemons, who is retiring.

CWO Smith, a Telop, is currently the Group Chief Warrant Officer for 74 Communication Group in Vancouver (and 73 Comm Group in Winnipeg). Travel is a key part of her current position, so she should be happy to spend more time at home once she arrives at 17 Wing.

She joined the Royal Canadian Navy in 1965 and was trained as a Naval communicator (Rad Op) at HMCS Cornwallis. After Cornwallis, she was posted to HMCS Shearwater, HMCS Stadacona, 764 Communication Sqn Ottawa, and CFS Mill Cove. She has also worked as a Basic Training Instructor at the Canadian Forces Recruit School at Cornwallis, and as an instructor at the Canadian Forces School of Communications and Electronics in Kingston.

In 1986 she remustered from Rad Op to Telop and tours at St. Hubert, 706 Communications Squadron Borden, and CFS Carp followed. She was promoted to Chief Warrant Officer in 1993 and was posted to 743 Communication Squadron Penhold as both the Squadron Chief Warrant Officer and the Operations Branch Warrant Officer, before moving to Vancouver.

CWO Smith's appointment as Wing Chief Warrant Officer at 17 Wing was not made because she is a woman, but because she was the right person for the job. Interestingly, her move to Winnipeg to become the CF's first woman Base Chief follows another CF first for Winnipeg, as CWO Clemons is the first Native Canadian Base Chief.



CWO SMITH THE CF'S FIRST WOMAN BASE CHIEF

CWO Lynda Smith will become the Canadian Forces first woman Base or Wing Chief Warrant Officer this summer when she takes over from CWO Reg Clemons, who is retiring. She comes to Winnipeg from Vancouver, where she served as the Group Chief Warrant Officer for 74 and 73 Comm Groups.

MOC 500 RESTRUCTURE OCCUPATIONAL BADGES

The restructure of the MOC 500 occupations has created a requirement for three new occupation badges. The new occupation badges are for 514 Aviation (AVN), 526 Avionics (AVS), and 565 Aircraft Structure (ACS) MOCs.

(Note: the current MOC 500

occupational badges are not to be reused.)

All 500 series occupational personnel are encouraged to submit their ideas to Air Command Headquarters through their Employment Training Office (ETO).
 Deadline for submissions is

1 Jul 96. Once all submissions have been reviewed, the best three for each occupation will be circulated back through the MOC 500 community and members canvassed for preference for their occupation. The final choice will be by majority vote.

All inquiries can be made to Air Command Headquarters, Aircraft Occupational Management (AOM 3) MWO M. Koropatniski, 833-6614.

INSIGNES POUR LES NOUVELLES OCCUPATIONS DES GMP 500

La restructuration des métiers du GMP 500 à créer une demande pour trois nouveaux insignes d'occupation. Les nouveaux insignes sont pour les occupations de technicien en systèmes aéronautiques (514), technicien en avionique (526), et technicien en structure d'aéronef (565). (Note: les

insignes actuels des GMP ne doivent pas être réutilisés.)

Tout les militaires des métiers 500 sont encouragés de soumettre leurs idées au Quartier Général du Commandement Aérien en passant par leur centre d'entraînement du personnel (CEP). La date limite pour les soumissions est le 1er juillet 96.

Lorsque toutes les soumission seront révisées les trois meilleurs insignes seront choisis pour chaque occupations. Ils seront circulés à tout le personnel des GPM 500 qui seront invités à soumettre leur choix d'insigne. La décision finale sera prise par un vote majoritaire.

Toutes questions peuvent être dirigées au Quartier Général du Commandement Aérien, attention: Gestion des Occupations d'aéronefs (GOA 3) AduJM M. Koropatniski, 833-6614.

Stress affects us all; some people just cope with it better than others.



STRENGTHENING THE FORCES

STAYING COOL - PAGE 7

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EASTER ENLIGHTENMENT

By Capt Walton-Simm,
Managing Editor, Voxair

Spring is here! Although the weather may not be any indication, the arrival of the Easter Bunny certainly is a hint for us. The celebration of Easter is a common practice for many Canadians but one can often lose sight of why we actually do celebrate it.

Easter is more than just a few extra days off work with lots of chocolate, eggs and bunnies. It is considered one of the greatest festivals of the Christian church which commemorates the resurrection of Jesus Christ and dates back to 325 AD.

There are a lot of customs and traditions that we observe during Easter which have a significant historical basis as well. Here is a little bit of information to enlighten:

- Easter is a movable holiday as it is to be celebrated on the 1st Sunday after the 1st full moon on or after the March 21st vernal equinox (time of year when the sun is equidistant from both of Earth's poles);

- Palm Sunday, one week before Easter, celebrates the entry of Jesus into Jerusalem. Holy week begins on this day, Holy Thursday is in memory of the Last Supper of Christ with his disciples. Good Friday commemorates the crucifixion;

- Shrove Tuesday, the day before the beginning of Lent is also known by its French name "Mardi Gras" or "Fat Tuesday" and is the last day of a carnival season full of elaborate pageants. The origin of the word carnival is probably from the Latin "carne vale", meaning "flesh (meat) farewell.";

- Lent, a season of prayer, abstinence and fasting, is observed in memory of the 40 days' fast of Christ in the desert;

- Ash Wednesday (1st day of Lent) gets its name from the practice of putting ashes on the foreheads of the faithful to remind them that "man is but dust";

- Passover is another pre-Christian spring festival which is a feast of the Jews, observed in memory of their deliverance from Egypt;

- the white lily, the symbol of the resurrection, is the special Easter flower;

- rabbits and coloured eggs have come from pagan antiquity as symbols of new life; and

- Easter Island, near Chile, originally called "Rapa Nui" by the inhabitants, was named Easter Island by a Dutch navigator, who discovered it on Easter Day, 1722.

So, when you're doing whatever it is you do to celebrate your Easter holidays you can rest assured there is probably a good reason for doing it! Besides all of this we are one step closer to summer.

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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Telephone-answering system operates remainder of week/Repondeur automatique pour le reste de la semaine
Produced by/Produit par PEMBINA PRINTING LIMITED

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VOXAIR is the unofficial Service newspaper of 17 Wing Winnipeg and is published every two weeks under the authority of the Wing Commander, Col. G.E. Sharpe, CD. Opinions and views expressed do not necessarily reflect those of the Editor, the Wing Commander or the Department of National Defence. The Editor reserves the right to edit or reject any editorial or advertising material. Correspondence should be addressed to:
VOXAIR, 17 Wing Winnipeg, Westwin, Manitoba R3J 0T0

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VOXAIR, 17e Escadre Winnipeg, Westwin, Manitoba R3J 0T0

DEADLINE 12 APR 96/DATE DE TOMBÉE 12 AVRIL 96
NEXT ISSUE 24 APR 96/PROCHAINE EDITION 24 AVRIL 96

Second Class Mail, Reg. No. 1725 ISSN 0300-3213

Chinthe Bits

435 Squadron has had an extremely busy first quarter. We were heavily involved in OP ALLIANCE providing aircraft, crews, and Operations Officers for the duration of the operation. The success of the operation speaks for itself. A "Hats Off" to all participants.

On the "Home Front", so to speak, things were also fairly busy. The Air to Air crews bore the brunt of the workload following OP ALLIANCE. The "Gas Passers" were involved in several major exercises including LIGHTNING WARRIOR, AMALGAM FABRIC, and ARCTIC FOX, to name just a few. The SAR shop was also fairly busy carrying out mountain training and welcoming a new SAR Ops O, Capt Dave Scott.

In order to sustain our world wide operations the Squadron welcomed some new members to the Chinthe family. Lt Jason Burt arrived from CFANS and Lt Colin Marlow arrived from 3CFFTS in Portage. We wish you both a sincere welcome and speedy loading on the OTUs.

Avec l'arrivée du printemps, les esprits s'échauffent et on doit occuper les représentants du chien-lion Chinthe. Un bon moyen de leur refroidir les idées est de les envoyer à BOXTOP, exercice de ravitaillement de la station Alert, pour deux semaines. En effet cet exercice aura lieu du 12 au 27 avril et impliquera trois équipages, dont un qui s'occupera des opérations. On espère que tous ces équipages auront du bon temps sur le

"Toit du monde".

With the continuation of the Dayton Accord, the Squadron will also be involved with resupplying units in the former Yugoslavia. This will include our participation in at least two shuttles a month into Zagreb or other destinations as required. The shuttles are normally a week long, with stops in such exotic places as Trenton, Ontario, Goose Bay, Labrador, and Lyneham, England. (Note: the shopping in Lyneham is truly unbelievable)

As you can see the Squadron has been, and remains, very busy. We, like the remainder of the Wing, are eagerly awaiting the return of the green grass and warm days. Hopefully we'll see them here first, as opposed to in Alert.

Review promises relief, threatens releases

By Captain Jeff Manney, PAFFO, 12 Wing

The ads have always said military life is not just a job, but an adventure. Now a review of members with restricted medical categories is looking to see if those who can't manage the adventure should be allowed to keep the job. The review, prompted in December by the Assistant Deputy Minister (Personnel), will look at members given a medical category of G4, 04 or lower, and who were the subject of a career review board (medical) prior to October 1994. When it's over three years from now, 360 files across the Forces will have been examined. Those who don't pass inspection will undergo a full medical examination, followed by a CRB(M). The board will then decide if they should be released.

The results could be hard on members who, for reasons usually beyond their control, can't carry a gun, march with a backpack, or go to sea. But 12 Air Maintenance Squadron's Lieutenant-Colonel Ed Mitchell says having fewer able bodies to draw on, in a climate of continued personnel reductions, hurts others who are fit for duty.

"It means someone else has to go to sea - other people have to carry the load." Mitchell says usually about 10 per cent of his staff is on some form of temporary medical category. He calls the review a question of fairness. "It may not seem fair to people who are being released, but it will seem fair to people who have just been to sea and are suddenly faced with having to go back out again."

The CF is basing its survey in the "universality of service"

principle articulated in the National Defence Act. "The regular force, all units and other elements thereof and all officers and non-commissioned members thereof are at all times liable to perform any lawful duty," the act reads.

CRB(M) guidelines state that CF personnel are "soldiers, sailors and airmen/women first, and occupational specialists second."

Several released members have challenged the principle in law. In only one case - that of a sailor infected with HIV, the virus that causes aids - has it failed to stand up in court.

Courtroom victories aside,

Mitchell says it's vital the principle's universality be upheld. It's no good releasing a Shearwater technician but retaining a similarly qualified member who's in a desk job at Air Command, just because the local member is on a sea tour.

"You absolutely have to make it universal," he says. "We've been assured it will be applied judiciously across the CF." But Mitchell admits the review will nevertheless be hard on people.

"I'm going to see some very good friends of mine being released. I feel bad for them, but it's part of the universality of service."

WINNIPEG RECRUIT RECEIVES LCOL ARSENAULT TROPHY



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MFRC ANNOUNCEMENTS

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

Volunteer Opportunities

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

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.

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. These events require volunteers in the following areas:

MFRC Birthday Celebrations

2 May - 10 a.m. - 1 p.m.
at the MFRC 350 Doncaster St.

Approx 2-3 volunteers required for decoration/preparation to work the day prior to set up. Another 2-3 volunteers also required for hosting during the celebration and for clean-up.

2nd Annual Women's Conference

31 May - 1 June 1996
at the Westwin Community Centre

Women's Fashion Show - Friday, 31 May. Volunteers are required to help the models with their outfits, etc. in the "Getting Prepared Area".

Time commitment: Dress Rehearsal 30 May approx. 1-1 1/2 hrs
 Fashion Show 31 May approx. 1-1 1/2 hrs

17 Wing Winnipeg Family Day

Sat. 15 June at Lipsett Hall

Come out and enjoy the summer!! Family Day will be held outdoors. Volunteers required for BBQ, Canteen, Children's Activities.

Time Commitment: Approx 2 hour shift
Number of volunteers: 30

Kite Festival

16 June 0900-1600
at the Assiniboine Park

Volunteers are required for Bubble Blowing, Face Painting, Bean Bag Toss, Juggling, and Free Art Tent
 Shifts will be: 0800-1200; 1000-1500; 1200-1500 hrs
Number of volunteers: 110-130

Orientation and training workshop will be held in May which will be approximately 2 hours in duration.

PARENT/CHILD SWIM PROGRAMS

WATER BABIES:
 Starts April 15th for infants four months to one year. Babies under one year have no fear of water. This a golden opportunity to allow your baby to develop a love of water and swimming.

Time: Monday from 1:30 - 2:30 p.m.
Fee: \$12.00 for 6 week session
Location: Lipsett Hall

MOM & TOTS SWIM:

Starts April 15th for children one year to 4 years. Toddlers can learn to have lots of fun in the water.

Time: Monday from 2:00 - 2:30 p.m.
Fee: \$12.00 for 6 week session
Location: Lipsett Hall

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



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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.

Toy Lending Library

The new and improved Toy Lending Library is NOW OPEN! Large activity centres and computer games have been purchased.

\$10.00 gets you a yearly membership and you can borrow a toy for 2 weeks.

Location: 350 Doncaster St
Hours: Monday - Friday
8:30 - 4:30
Saturday April 20, 1996
10:00 - 12:00

Canadian Forces Community College Network

Spring College Courses offered at CFB Winnipeg

By Linda Claggett, CFCCN Regional Coordinator

Take advantage of the following courses, which were organized through the CFCCN for the convenience of the CFB Winnipeg community (CF member - active, Reserve, retired, DND Civilian Employee or family member of either group):

Bookkeeping and Accounting for a Small Business:

(prerequisite: basic knowledge of the business environment) This 30-hour course is for those who wish to learn more about the practical side of bookkeeping and accounting and identify basic internal control procedures. Topics include: the recording process; ledgers and trial balance; financial statements and closing entries; cash and how to control it; accounts receivable; inventory.

Th & M: 2, 9, May - 27 Jun
Fee: \$132, plus texts (approx \$70)
11:00 a.m. - 1:00 p.m.
held at Westwin Community Center

Introduction to Microcomputers:

This 40-hour course will give you a "hands-on" approach to the world of computers. Become "computer literate" by

learning the terminology associated with computers. You will receive an introduction to the Windows operating system, WordPerfect 5.2 for Windows and Lotus 1-2-3, Release 4.

M&W: 15 Apr - 29 May
Fee: \$199, plus texts (approx \$40)
6:00 - 9:00 p.m.
held on North Side, Bldg 52 Computer Lab

Labour Relations:

This 20-hour course may be of interest to those who are currently in, or aspiring to, supervisory positions. It is designed to help supervisors develop effective labour relations. Major topics include: introduction to labour relations in Canada; the players (government, management, union, employees); union/management relations; understanding the collective bargaining process; supervising with a collective agreement; the grievance process; guidelines for effective discipline; the arbitration process: preparation and the hearing; trends in labour relations.

Weekend of 19 - 21 Apr
Fee: \$105, plus materials (\$32.65)
Fri: 6:00 - 10:00 p.m.
Sat & Sun: 9:00 a.m.-5:00 p.m.
held on North Side, Bldg 52, Rm 116

In order to run, each course requires a minimum of 8 students. Don't delay! Register today! For more information, contact Linda Claggett, CFCCN Coordinator, at 833-5115 (Office hours: MW&F: 9:00 a.m. - 11:00 a.m. and W: 1:00 - 4:00 p.m.).

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LT-GOV'S BONSPIEL

THE FIRST ROCK



Manitoba's Lt-Gov, Yvon Dumont, throws the first stone to open the annual Lieutenant Governor's Bonspiel at the CFB Winnipeg Curling Club on 7 Mar 96. LGen Al DeQuetteville, the Commander of Air Command (left), and Col Joe Sharpe, Wing Commander, provide the sweeping. The Bonspiel brings teams from Government House, AIRCOM HQ, 17 Wing/CFB Winnipeg, and CFB Shilo together in friendly competition. LGen DeQuetteville was part of the winning team from AIRCOM HQ. (Photo by Cpl Pierre Vaudry, 17 Wing)

17 WING CURLING STARS



They didn't win the trophy, but the 17 Wing team had fun and looked sharp (no pun intended). Volunteering to throw rocks and slide around on the ice were (clockwise from top left) LCol Doug Marchmont, B Admin O, CWO Reg Clemons, WCWO, LCol Lee Smith, W Log O, and Col Joe Sharpe, W Comd. (Photo by Cpl Pierre Vaudry, 17 Wing)

ROYAL UNITED SERVICES INSTITUTE

Major General Clive Milner, OMM, MSC, CD (Retired) will be the guest speaker at the Royal United Services Institute meeting on April 14, 1996. The meeting will be held in the 17 Wing Officers Mess beginning at 1500 hours.

MGen Milner is an armoured corps officer who recently retired. In addition to serving in most parts of Canada, he completed tours of duty in Europe, the Middle East and Central America. He

held command appointments at both the national and international levels, including the appointments of Commandant Land Forces Command and Staff College and UN Force Commander of UNFICYP (Cyprus). He is one of only three Canadian officers who have commanded a United Nations Contingent.

He has lectured extensively both nationally and internationally on leadership, management, conflict

resolution and the United Nations, and he is currently involved in numerous related activities. In 1995 alone he was in Sri Lanka as chairman of one of the committees established to deal with violations of the "Cessation of Hostilities" declared by the government of Sri Lanka and the Liberation Tigers of Tamil Eelam; Haiti as the senior member of a training team formed by the United Nations to assist in preparing the leadership and staff of the United Nations Mission in Haiti (UNMIH) for their role in that mission; Angola advising the UN Force being established there. He is an advisor to the study group in Foreign Affairs

which prepared a submission to the UN concerning the viability of a UN Permanent Standby Force. He is also an advisor to the Pearson Peacekeeping Centre in Cornwallis, NS, a Senior Research Fellow at the Canadian Institute of Strategic Studies, a member of the editorial board of International Peacekeeper, a board member of the UN Association of Canada and a Programme Associate of the newly established Pearson Centre at Cornwallis, NS.

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:

- a. keeping members informed on current military affairs and developments;
- b. supporting the Canadian Forces in the preservation of their traditions and development of their capacity to fulfil their roles; and
- c. 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 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.

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ONE KEY TO HEALTH — STAY COOL!



No doubt about it—life in the CF is stressful. How you react to stress and how you handle it will have an influence on your health.

Stress does have a bad reputation, but a certain amount of it is essential to well-being. Some types of stress are actually good for us. Anticipation of a positive event, excitement, and extreme happiness are positive "stressors." On the other hand, fear, anger, and guilt, are negative ones.

Regardless of the nature of stress, the body responds to it in a number of ways. There is an increased release of adrenaline into the blood stream, muscles tense, breathing quickens, and heart rate and blood pressure rise. This reaction, known as the "fight or flight" response, was important in primitive times when physical activity was crucial to survival. People did, in fact, fight or flee.

This innate physiological response to stress is still within us, but now we are more often denied the opportunity of having a fight or taking flight. Repeated stress, if unresolved, can lead to serious problems.

Early signs of unresolved stress include sleeplessness, headaches, irritability, depression, and fatigue. When poorly managed over a long period of time, stress can lead to health problems such as high blood pressure, ulcers, and heart disease.

The way to prevent problems is not to avoid stress entirely (which isn't possible anyway, especially in the CF!), but rather to harness it and know your limits. This means identifying the negative stressors in your life, and learning how to cope with them effectively.

There are many things you can do to help manage stress. Here are a few suggestions:

- **Balance work and recreation.** Enjoyable leisure-time pursuits help restore energy and enthusiasm.
- **Accept what you can't change.** Find things in your life that you do have control over, then pursue them in ways that suit you.
- **Set priorities.** Don't rush.

Try to accomplish things in a logical manner and in a reasonable length of time. If your position in the CF means you have subordinates, be sure your demands on them are realistic.

• **Give (and receive) feedback.** Provide feedback to members in your charge. Recognize their efforts and their accomplishments. And ask for feedback on your own work. You can then gauge your performance and know where you could improve.

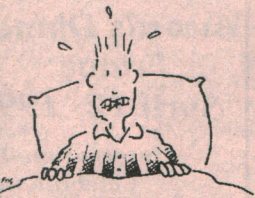
• **Discover coping strategies that work for you.** These may include regular physical activity, meditation, and various relaxation techniques.

• **Prepare yourself for stressful situations.** Overseas missions and extended periods of time away from home can be particularly stressful. Learn more about these experiences by talking to CF members who have gone through them. This will help you deal with them more effectively yourself.

For other practical tips on dealing with stress, pick up a copy of the CF booklet, *Stress and You*. You can get one through your unit medical staff.

Problems always seem worse when you keep them to yourself, so be sure to discuss things that trouble you with a trusted friend or relative. And don't hesitate to talk with CF medical personnel if you feel professional counselling would help.

One key to health is to stay cool!



STRENGTHENING THE FORCES
PROMOVING HEALTH IN THE CF

L'UN DES SECRETS DE LA SANTÉ? RESTEZ COOL!

C'est un fait: la vie dans les FC est stressante. Et la façon dont vous réagissez face au stress influence votre état de santé.

Notre perception du stress est généralement négative. Pourtant, le stress, sous certaines formes, nous est bénéfique, voire essentiel. L'anticipation d'un événement heureux, l'excitation ou une grande joie, par exemple, sont des stressseurs positifs. Par contre, la peur, la colère et la culpabilité sont des stressseurs négatifs.

Quelque soit la nature du stress, notre corps y répond de plusieurs façons: augmentation du taux d'adrénaline dans le sang, tension musculaire, accélération de la respiration et du rythme cardiaque, et augmentation de la tension artérielle. Cette réaction, qu'on dit de lutte ou de fuite, était vitale pour survivre à l'époque de la préhistoire. Les gens devaient réagir physiquement, lutter ou fuir.

Nous avons conservé en nous cette réaction physiologique au stress, bien que nous n'ayons plus cette nécessité de lutter ou de fuir. Par conséquent, une situation répétée de stress, si elle n'est pas résolue, peut avoir des conséquences graves.

Le stress peut être une source d'insomnie, de maux de tête, d'irritabilité, de dépression et de fatigue. Mal géré, le stress peut à long terme provoquer des problèmes sérieux comme l'hypertension, les ulcères et

les maladies cardiaques.

La solution n'est pas d'éviter le stress totalement (ce qui, de toute façon, est impossible, surtout dans les FC!), mais plutôt de le maîtriser et de connaître ses limites. Autrement dit, il vous faut identifier les stressseurs négatifs dans votre vie et apprendre à y faire face efficacement.

Il existe plusieurs façons de bien gérer le stress. Voici quelques conseils:

• **Trouvez un juste équilibre entre le travail et les loisirs.**

Les loisirs aident à refaire le plein d'énergie et d'enthousiasme.

• **Acceptez ce que vous ne pouvez pas changer.** Identifiez plutôt les choses dans votre vie sur lesquelles vous avez de l'influence et adaptez-les à vos besoins.

• **Établissez vos priorités et prenez le temps de souffler.** Essayez d'accomplir vos tâches de façon logique, en prévoyant assez de temps. Si vous avez des subalternes, ayez des exigences réalistes à leur endroit.

• **Offrez (et recherchez) les encouragements.** Encouragez les membres qui sont sous vos ordres. Soulignez leurs efforts et leurs réalisations. Et demandez qu'on commente votre travail. Vous pouvez ainsi mieux évaluer votre rendement et savoir où concentrer vos efforts.

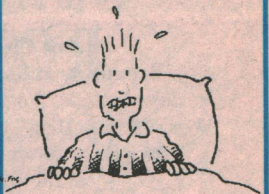
• **Découvrez des stratégies qui vous aident à faire face au stress.** Ce peut être l'activité physique, la méditation ou l'une des nombreuses techniques de relaxation.

• **Préparez-vous à affronter les situations de stress.** Les missions à l'étranger et les longues périodes loin de chez vous peuvent être particulièrement éprouvantes. Tentez d'en savoir plus sur ce qui vous attend en parlant avec des membres qui ont déjà vécu cette expérience. Vous serez ainsi mieux en mesure d'y faire face.

Pour obtenir d'autres conseils pratiques sur la gestion du stress, lisez le dépliant *Le stress et vous*. Demandez-en un exemplaire au personnel médical de votre unité.

Les problèmes semblent toujours pires qu'ils ne le sont vraiment lorsque vous les gardez pour vous. Parlez-en avec une personne de votre famille ou de votre entourage en qui vous avez confiance. Et si vous sentez que vous avez besoin d'une aide professionnelle, n'hésitez pas à vous adresser au personnel médical des FC.

L'un des secrets de la santé? Restez cool!



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NEWCOMERS' CLUB OF WINNIPEG

Our April meeting is designed to give members and visitors an overview of the various charities our club supports. Guest speakers will be representing the Rainbow Society, WISH, Osborne House and the M.S. Society. We meet Wed. April 17, 7:30 p.m. at the Wildewood Club. For further information call 992-2999 and our "Hospitality" person will be happy to return your call.

STAMPSHOW '96

The Winnipeg Philatelic Society presents its annual stamp show

19 to 21 APRIL 1996

at the UNION CENTRE,

Broadway at Smith Street - Winnipeg.

Features include: Youth Exhibit, Stamp Seminars, World Stamp Display, Dealers and Canada Post.

This year's theme is the 100th anniversary of the Olympic Games.

Hours: Friday (19) 3-8 pm, Saturday (20) 10-6 pm, Sunday (21) 10-3 pm. Admission is free.

The show is wheelchair accessible.

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 workshop 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.

NORTH SIDE AEROBICS



Monday & Wednesday Mornings
9:20 - 10:20 a.m.

Building 90 Gym
\$18 per month

This will be a Cardio Fitness Class for men and women, military members and their dependents. (With a valid privilege card.) Children are welcome to this class but the parent is responsible for their own child. For more information call 832-7321.

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.



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13 APR 96, 10:00 - 12:00
11 MAY 96, 10:00 - 12:00



The 51st Winnipeg Scout Group has been designated as the official recyclers for the North Site. Not only is this activity consistent with the scouting ethos towards the environment, but it also serves as our main group fundraiser allowing parent volunteers to offer a varied and exciting program for 17 Wing dependents. All you have to do is make note of our recycling pick up dates below and leave your recyclables on the front doorstep that morning.

WE ACCEPT THE FOLLOWING:

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

If you do not wish to be disturbed, have your recyclables on your door-step. Personnel living on base may contribute by leaving recyclables at our collection boxes next to Bldg 21, Sarges Gas Station or the Westwin Community Center next to the north site chapels. For further info please contact Bill Neumann at 897-4234 (Home) or 5755 (Work); or Marcel Blier at 888-3485 (home) or extension 3485.

Thank-you for your support!

CFB WINNIPEG CURLING CLUB SPRING GENERAL MEETING

17 APR 96

Applications for the 96/97 Season
now available



The Club would like to remind the military community that the Club Lounge and Bar (complete with caterer, portable dance floor, Bar-B-Que deck) will be available over the off season for your section parties, socials, golf tournament wind-ups or ball tournaments (close to 4 diamonds, Lipsett Hall), maximum seating capacity 150. For further info or bookings contact - Mr. Ross Forbes, Club Manager at 833-6802 or 888-4354 (answering machine).

12th Annual Awards Dinner Friday, April 12, 1996



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Aviation Pioneer Awards to:

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Guest Speaker: Ms. Siobhan Mullen, Pres. & CEO
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Cocktails 6:00 p.m. Dinner 7:00 p.m.
Tickets \$50.00 Corporate Table \$400.00
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A WORD FROM THE CHAPLAIN

A NEW PERSPECTIVE, A NEW POWER, A NEW PURPOSE

By Maj S.G. Hopkins, Wing Chaplain (P)

What does Easter and springtime mean to you? Surely, it offers the hope of a new perspective, a new power and a new purpose. Eternal truth is eternal. "You may nail it to the tree, wrap it up in grave clothes, and seal it in a tomb; but truth crushed to the earth, shall rise again." My text for this article is taken from Luke 24:36-48 and it tells us of the difficulty that the disciples had in being acclimatized to the new situation which the Resurrection had brought with it. They were experiencing a "weaning" from the things of sense to the things of the Spirit.

We are all faced with dealing with life after we have sensed the newness of this season of the year and our initial enthusiasm to have hope that we can change our lives. Our reliance on our ability to reason can cause us to miss out on the meaning of the metaphors of the Gospels as well as to the truth contained in myths. Our human categories are powerless to describe the mystery of Christ and our books are inadequate to hold truth. The Resurrection terrifies us because it shakes up the comfortable, natural order of things, and brings back to life what should be left dead!

What was more terrifying for the disciples — going back to old jobs after burying Jesus or moving on to ministry? What is more terrifying for us — to remain locked in our old belief systems where we cease to mature or to believe in the possibility of new life, of new perspective,

new power, new purpose? Perhaps, it is when we are receptive to the stranger in our presence, hospitable to looking again at the truth about ourselves, that we can dream again and discover a new life. We can be empowered by the go-between God to have new purpose and personal meaning. Take a risk — new perspective, new power, new purpose await you.

RISK - WE MUST

*To laugh is to risk appearing the fool,
To weep is to risk appearing sentimental,
To reach out for another is to risk involvement,
To expose feelings is to risk exposing our true self,
To place your ideas, your dreams, before the crowd is to risk loss.*

*To love is to risk not being loved in return,
To live is to risk dying,
To hope is to risk despair.
To try at all is to risk failure.*

*But to RISK WE MUST,
Because the greatest hazard in life is to risk nothing,
The man, the woman, who risks nothing, does nothing, has nothing, is nothing.*

- Anonymous



CELEBRATE WILDLIFE WEEK IN MANITOBA APRIL 7- 13, 1996

WINNIPEG — National Wildlife Week will be celebrated in Manitoba during the week of April 7-13, 1996. The theme this year is the importance of Ecosystems to wildlife.

Southern Manitoba is part of the Prairie ecozone - one of the most endangered ecosystems in Canada. A century of settlement has converted its original natural grasslands and wetlands into cropland, rangelands and pasture. Now only fragments of the natural grassland survive and larger wildlife species are becoming rare.

These increasing threats to natural ecosystems make it increasingly important for individuals to take action to help preserve and protect wildlife habitat. Manitoba's National Wildlife Week Working Group is pleased to announce that the publication "Do Your Part for Wildlife - Here's How" has been revised and is now available. Produced with the assistance of the Manitoba Sustainable Development Innovations Fund, it is a valuable resource list of all wildlife organizations

in the province, and includes a comprehensive list of ideas on how Manitobans can take action to help preserve wildlife, not only during Wildlife Week but throughout the year.

In addition, over twenty provincial wildlife organizations will participate in mall displays at Polo Park in Winnipeg April 11-13. A mall display is also planned for Portage la Prairie.

Manitoba's '96 National Wildlife Week Working Group includes Manitoba Natural Resources, Manitoba Habitat Heritage Corporation, Environment Canada, City of Winnipeg, Oak Hammock Marsh Interpretative Centre, Manitoba Wildlife Federation,

Living Prairie Museum, Manitoba Wildlife Rehabilitation Organization, Ducks Unlimited, Manitoba Bat Society, Manitoba Naturalists Society, Zoological Society of Manitoba, Assiniboine Park Zookeepers Association, Assiniboine Park Zoo Classroom, Manitoba Forestry Association, Manitoba Piping Plover Guardians, Native Education Directorate, Manitoba Museum of Man and Nature, and Manitoba Education and Training.

For other material on National Wildlife Week, or to obtain additional copies of "Do Your Part for Wildlife - Here's How", contact Manitoba Natural Resources at 945-6799 or (1)800 214-6497.



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 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.
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FELLOW ZOOITES. I NEED TO HEAR FROM YOU!

Hello fellow Zooites! Two of us were sitting around sipping 'Buca, remembering the good old days when we decided it would be a good idea if we had a way for all Zooites, ancient past, recent past, present, and those members to come, to tell tales of their exploits, find out what has happened to others of their era, and keep up on the activities of the Zoo and Alert. Then it hit us, a Zooite newsletter!!

What would be needed from you the Zooites is lots of input. As well as \$4.00 to cover postage and paper for at least biannual editions. Input such as: What is happening in Alert with all the changes? Do you have information for other Zooites? Do you have news of Zooites here in the south? Do you have news to share with us about what is going on with you personally? What are present Zooites hearing about the future of The Zoo? Who is posted where, and how can they be reached? What about the brewing "Lifetime Member" / "Associate Zooite" controversy? Are you looking to locate a fellow member? There are many Zooites that pass through during a members tour. Where are they now? Such friends only come once in a lifetime, don't lose track of them!

We realize that the folks from Leitrem and Trenton are pretty well situated for contact with their fellow members but there are many more of us who

are out on the fringe who would like to have a "blue light" forum to talk to Zooites without running up phone bills all the time!!

So write! Tell me who, what, when, where, why, how, and anything else you would like. I'll publish any info you may wish to pass on to your fellow Zooites. (It may be subject to editing for length, info duplication, blurred letters due to 'Buca abuse, etc.) As well, there will be a listing of all addresses and phone numbers provided so that you may find those you seek.

For your info: Andy Euteneier and myself are both now in Comox. We work for Wing Telecom at IFRCC, and the RTT Lab of 19 Air Maintenance Sqn respectively. We golf and carouse together, and we brew some darn good wine. The difference being that Andy is able to make his at home! (Where are you when we need you Francis?) I discovered just today that two more Zooites arrived to the south of us in Esquimalt this past summer. It was good to hear another familiar voice!

That's the kind of stuff we are looking for, only elaborated on much more. I hope to have The Zoo itself contributing articles regularly so we can all keep up on the daily activities of The Zoo in particular and Alert in general. A newsletter gives us a forum to discuss the Zoo activities as they were known since the beginning of time and what

goes on today. Having discussed this idea with the then-serving Mr. Zookeeper, Cam Loucks, the newsletter was thought to be a good thing for as many members as possible to take part in. Cams replacement in the big chair was Dale Murray, one of The Zoo's original founding members.

So, I'm looking to hear from ALL Zooites. Past, present, military and civilian. There are over 1000 of us out there somewhere. From The Zoo we want to know: Who is replacing who? What position? Who won the Sunset and Sunrise Carnivals? The Bxtopt Olympics? Who was on the Northern Tour? What Zoo activities are going on at present? What's planned? What are conditions like now? Do you have pictures or a floor plan of the present-day Zoo layout? What happened to the accoutrements from the wall that was removed? Inquiring minds want to know. It is of interest to many of us here in the south to hear about the Frozen Chosen. Also many of us just like to keep in touch with the place and the people with whom we shared such a unique experience.

The Zoo, the cold, Sunset Carnival, the dark days, Sunrise Carnival, the sunlit nights, the Northern Tour, wolves, foxes, killer rabbits, plane-day mail, ACTV, CHAR-FM, Cinzano Beach, Friday afternoons, Saturdays fun, the accoutrements, Chrystal Mountain, the Red Devils, lifelines, the phone calls south, turkey roll for Thanksgiving, really loud and bad karaoke, Hat Night, The

Spitfires Win

The 17 Wing women's soccer team celebrated St. Patrick's Day by winning the Division Two indoor soccer championship. In a hard fought final game, the Spitfires came back from a two goal deficit to win 3-2 in extra time. This was the highlight of an excellent season which included three hat tricks, five shutouts, and a seven game unbeaten streak. The team's eighteen members are now preparing for the '96 outdoor season.

Troast, the Zoo Dance. These are the things of memories, of friends, of good times and bad, of fellow Zooites and Alertites. Those who have been in the U.N. know what it is like to leave such a close group of friends at the end of your tour. But having enjoyed two U.N. tours myself, it's Alert and The Zoo that I can't seem to shake. Thor is in the same boat. It seems, for reasons unclear, that some places are harder to leave behind than others!

The number of articles and amount of information printed will be a direct reflection of the amount of mail received from the Zoo membership. The success of this newsletter is entirely up to "YOU". If not enough response is received to make even a biannual, let alone a quarterly newsletter worthwhile, all money that has been received will be used to buy something suitable for a game of Three-Man and it will be sent on to the Zoo. I'll then put out an article saying the newsletter is cancelled. Don't disappoint us!

This is what it's all about. Keeping us all in touch with each other regardless of when we were there. We were Zooites! We still are. We always will be. And we want to know what is up in your corner of the world. Write me, tell me, and I'll tell everyone else for you. Names, card numbers, phone numbers and addresses, anecdotes and

articles. I want it all, from #1 to #1000+.

Well fellow Zooites. That's all for now. Please pass this article on to as many members as possible in your area, and then sit down to write! You've got some food for thought, some things to contemplate, some people to find, some memories to dig up, and some areas to open up dialogue on. So I'll be expecting your letters, articles, stories, ideas, and any other contributions you care to make, in the mail very soon. Remember, your fellow Zooites are out there and they want to hear from and about you! With your active participation the first newsletter should be out around June or July '96.

I'd also be grateful to receive copies of any personal videos of fellow Zooites, The Zoo, parties, scenery and activities of Alert from the March '93 to Sept '94 era as well as any interesting photos from the same time frame. I'd like to see pictures and videos from more recent times and the more distant past as well. These are for my personal use unless some can be put in the newsletter without much trouble, or a censor! (If I ever get a scanner!) I know a lot of videos were taken during my time, is there anyone out there willing to make a copy for me?? I'll copy and return any negatives sent. They, along with your articles and letters, can be sent to the address below.

Remember, this all depends on you. The more Zooites who participate the better. I'd like to see dozens of responses! So give this wide distribution and let's see what happens. Thanks in advance and a big Viking HI from Dusty and Thor. "Go For It!"

Yours In The Zoo

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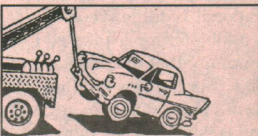
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