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VOL. 44 ISSUE 8

17 Wing Winnipeg / 17e Escadre Winnipeg

APRIL 24, 1996 / FREE

## FROM SAND TO SNOW: WINNIPEGERS RETURN FROM HAITI



### BACK TO THE COLD

Ten of the 40 UN peacekeepers from Winnipeg returned to 17 Wing from Haiti, via Trenton, on April 4, 1996. As they stepped down from the Hercules aircraft they were met by CWO Reg Clemons, 17 Wing Chief Warrant Officer, and CWO Ray Elphick, AIRCOM Chief Warrant Officer. The aircraft also carried peacekeepers bound for Moose Jaw, Cold Lake and Comox. (Photo by Cpl Pierre Vaudry, 17 Wing)

By Capt Neil Kinley

They were used to the unrelenting heat of Haiti, but for Winnipeg based military personnel the below normal temperature of -10 C was a welcome relief. Ten Winnipegers returned from a six month United Nations peacekeeping mission in Haiti at noon on April 4, 1996, and were met by family, friends, co-workers, and television cameras.

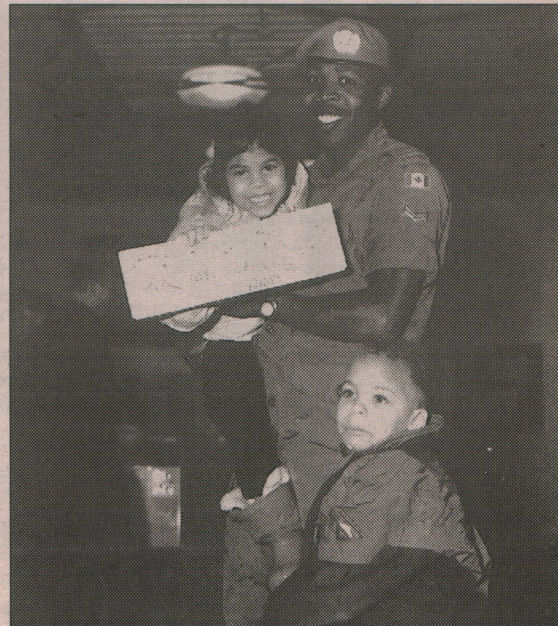
As the engines of the CC-130 Hercules came to a stop, the

ten Winnipegers stepped off the airplane and were met by CWO Ray Elphick, the Air Command Chief Warrant Officer, and CWO Reg Clemons, the 17 Wing Chief Warrant Officer. Also stopping over in Winnipeg were over 20 peacekeepers bound for Moose Jaw, Cold Lake, and Comox.

All the personnel looked fit and well tanned, or sunburned, as they experienced the blast of cold Winnipeg air on the flight line. There were a number of husbands, wives, and children anxiously waiting in the

Passenger Terminal of 10 Hangar for their return.

Nearly 40 personnel from Winnipeg were involved in the last rotation of the United Nations Mission in Haiti (UNMIH). After two six month rotations, Op Pivot was over, and the Air Force ended its major participation in the Haitian operation. Nearly 1000 personnel from Air Force bases served as peacekeepers over the last 15 months. Canada's participation in Haiti has recently been increased, taking over the lead from the



### WELCOME HOME DADDY

Cpl Bradford Lewis of Wing transport is met by some very happy children on his return to 17 Wing Winnipeg from a six month UN tour in Haiti. (Photo by Cpl Pierre Vaudry, 17 Wing)

Americans, with most of the 1000 CF personnel coming from CFB Valcartier.

The 40 Winnipegers returned to 17 Wing in small numbers over the last several weeks, with the final few arriving over the Easter weekend. The Winnipegers, from 17 Wing, Air Command HQ, and 73 Communications Group HQ, included military police, construction engineers, and logistical and support

personnel.

Once again the return of peacekeepers to Winnipeg drew a great deal of media attention, and some welcome positive coverage. CBC-TV, CKY-TV (CTV), CKND-TV (Canwest-Global), CJOB AM, and the Winnipeg Free Press were all on hand to welcome home the returning blue berets.

## CASH-OUT OF LEAVE A SUCCESS

By Capt Neil Kinley

The opportunity was presented, and most Canadian Forces personnel with accumulated leave decided to give themselves a pay raise. More than 36,000 CF members requested to cash-out part, or all of their accrued leave.

This may not be a true pay raise, but it will put a significant amount of extra cash into people's pockets. This is something most haven't experienced for several years, unless they have been promoted.

The Leave Buy Back program has been a success for DND, based on the high participation rate, and from the

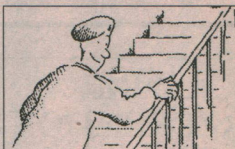
reduction in the Canadian Forces' accrued leave liability. The demand will mean that all of the available funds will be utilized.

Based on the number of applications received and the funds available for the program, units have been authorized to approve payment to members of up to 22 days. If members requested less than 22 days, the requests will be approved for the complete amount. The cash received will be calculated based on pay levels, as of March 31, 1996.

CF members who requested cash-out of leave can expect payment on the end of April or mid-May pay, depending on the workload of URS and pay sections.

The large numbers of CF personnel that requested cash-out of leave indicates a high level of interest for future programs. However, future leave buy-back programs will only be offered if extra funding is available.

The accrued leave liability has implications on operations, as personnel on leave can not be replaced, leaving units short of trained people for extended periods. If funds are available for future leave buy-backs, DND will continue to aim at reducing the large accrued leave liability as quickly as possible.



STRENGTHENING  
THE FORCES

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# ASK MR GREENTREE

As this winter seems to be endless, I was surprised to receive a question about the jogging trail on the North Site. It was good to see that at least hope springs eternal.

**Question:** How long is the jogging trail and can anybody use it?

**Answer:** The jogging trail is a little over 5 km long and snakes through the North Site. It was primarily designed as an alternative for joggers and runners who do not wish to run on sidewalks and near traffic. However, it was routed to allow walkers to enjoy the various pockets of native tall grass and oak savannah on the Base. The trail is open to any DND employee or dependant who wishes to use it but users must recognize they are responsible for their own safety on it. Future plans for the trail include an extension which will run through the wooded area north of the Whytewold gate (which will roughly double its length), the placing of interpretative signs at various environmentally significant sites, and the grooming of the trail as a cross country ski trail. It is hoped the extension will be completed before August 1996 and the signage by the summer of 1997.

**Question:** So how is the paper and cardboard recycling program on the Base going?

**Answer:** Well, at first, the program was going great guns. We were recovering about ten thousand kilograms of waste paper and a thousand of waste cardboard every month. The material was clean and, as a result, we were receiving rebates which covered about 50% of

the cost of the overall program - not a bad rate at all. There was also considerable potential to cover all the costs of the program as recycling rates increased.

But, starting in November, all sorts of garbage started showing up in the dumpsters - food, styrofoam, plastics, cans, construction and cleaning wastes, you name it. This contamination decreased the value of the recyclables to a point where 95% of the material collected was considered useless. Rebates dropped to nothing, although the amount of material in the bins remained the same. The original idea of the program was to make it a "zero cost" effort because the sale of the recyclables would cover the cost of collection. However, because of the contamination, the Base has to pay substantial recovery costs. I urge you to help reduce these costs by keeping your deskside boxes clean by keeping your lunch wastes out, putting your pop cans into the Scout collection bins, and making sure that only acceptable paper and cardboard goes into the collection bins. "If in doubt, throw it out". Together, we can make this thing work!

I hate to end this column on a down note so I shan't. With Spring just around the corner, it is now time to consider Environment Week activities. As part of those activities, I am considering hosting a naturalist tour of St Charles Range in early June. If you are interested in participating in this afternoon of frolicking through the tall grass, please let me know as soon as possible. If you are interested in any aspect of the environmental program here at 17 Wing, or wish to ask Mr Greentree a question, give me a call at 833-6774.

# HAPPY BIRTHDAY TO THE RCAF



The RCAF was 72 years old on April 1, 1996. The Warrant Officers' and Sergeants' Mess hosted a luncheon, complete with a birthday cake, in honour of the anniversary. Cutting the cake are (L-R) Ron Grant, Len Middleton, 17 Wing Honourary Colonel Ben Van Ruiten, and WO Al Brydges. This group, and several other personnel, dug deep into their closets to come up with some "vintage" RCAF uniforms to wear for this event. (Photo by Sgt L.F. Price, 17 Wing)

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<b>Managing Editor/Directeur-Gérant</b>	-Capt Cheryl Walton-Simm	-833-5619
<b>Office Manager</b>	-Maureen Walls	-889-3963
<b>Office Assistant</b>	-2Lt Colin Richardson	-889-3963
<b>Production Assistant</b>	-Louise Guenette	-889-3963
<b>Production Assistant</b>	-Grant Warren	-889-3963
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<b>Advertising/Publicité</b>	-Mr. Jim Holland	-832-0115

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# INTERNATIONAL OPERATIONS AND THE CANADIAN FORCES

By Capt Cheryl Walton-Simm,  
Voxair, Editor

The Canadian Forces (CF) have been involved in many operations world wide and last year was no exception. Here is a brief overview of Canada's involvement in military operations in 1995, some of which began prior to 1995 and some of which are still ongoing:

## UNITED NATIONS DEVELOPMENT PROGRAM CAMBODIA MINE ACTION CENTRE (CCCMAC)

Canada committed 12 personnel in Cambodia to provide technical expertise and support to CMAC to train Cambodians in all aspects of de-mining.

## UNITED NATIONS PEACE FORCES UNPROFOR - OPERATION CAVALIER

Approximately 1200 CF regular and reserve personnel are deployed to assist in the distribution of relief, ensuring full respect for the safe areas and providing military assistance in all other humanitarian activities.

## UNITED NATIONS SUPPORT FOR RESOLUTION 816 & 836 NATO - DENY FLIGHT

Approximately 13 CF personnel (5 on board NATO AWACS operating from Geilenkirchen, 5 in Hungary and 3 in Italy) have been deployed to provide assistance to 6 nations (US, UK, Netherlands, France, Italy & Turkey) in support of Combat Air Patrols enforcing the ban on all military flights, close air support to UNPROFOR for self-defence and conduct air strikes against Bosnian Serbs as

## necessary. OPERATION AIRBRIDGE

Canada deployed 43 personnel to Ancona, Italy and Sarajevo to provide humanitarian airlift which included the security and functioning of Sarajevo airport and delivery of humanitarian assistance. More than 25,471 metric tonnes of supplies were brought into Sarajevo. Air transport crews have flown in excess of 5,103 hours on more than 1775 missions and airlifted more than 12,397 passengers.

## MULTI-NATIONAL FORCE AND OBSERVERS - OPERATION CALUMET

A total of 28 CF personnel were deployed to Sinai, Egypt to man selected staff, air traffic control and administrative support positions responsible for the supervision of the provisions of the Peace Treaty between Israel and Egypt in accordance with the Camp David Accords.

## UNITED NATIONS DISENGAGEMENT OBSERVER FORCE - UNDOF - OPERATION DANACA

Canada deployed approximately 216 CF personnel to provide supply, transportation and maintenance support and communications detachments in Syria and Israel, supervising the cease-fire agreement and establishing a buffer zone.

## UNITED NATIONS SPECIAL COMMISSION - UNSCOM - OPERATION FORUM

Approximately 12 CF personnel were sent to Iraq as part of the cease-fire agreement between Iraq and the coalition forces in the Gulf War. DND

has seen the deployment of defence scientists, photo interpreters, explosive ordnance specialists, NBC and ballistic weapons specialists and medical assistants.

## UNITED NATIONS PEACE FORCES - UNCRO - OPERATION HARMONY

Canada deployed approximately 1200 CF reserve and regular personnel to establish 4 UN areas within Croatia and amplified UNPROFOR operations in Croatia and Bosnia-Herzegovina.

## UNITED NATIONS ASSISTANCE MISSION FOR RWANDA - UNAMIR II - OPERATION LANCE

Approximately 120 CF personnel were deployed to Rwanda to monitor the Arusha Peace Agreement, safe return of refugees, humanitarian assistance and expertise in engineering, logistics, medical care and de-mining.

## ORGANIZATION FOR SECURITY AND COOPERATION VERIFICATION MISSION - OPERATION NYLON

Three staff officers were sent to support the cease-fire and peace proposal between Armenia and Azerbaijan over in the disputed area of Nagorny-Karabakh.

## UNITED NATIONS MISSION IN HAITI (UNMIH) - OPERATION PIVOT

Canada deployed approximately 500 CF reserve and regular personnel to assist in the reorientation and retraining of the Haitian security force, support the

government in the rebuilding of the nation's infrastructure and encourage the restoration and strengthening of democratic institutions.

## UNITED NATIONS IRAQ - KUWAIT OBSERVER MISSION - UNIKOM - OPERATION RECORD

Approximately 300 CF personnel were deployed to Iraq and Kuwait to deter violations of the boundary between Iraq and Kuwait via establishing observation posts, patrols, investigations of the Khwar Abd Allah waterway from shore to air.

## UNITED NATIONS SUPPORT FOR RESOLUTION 713 - OPERATION SHARPGUARD

Canada sent ships and patrol aircraft to enforce the embargo against the former Republics of Yugoslavia and Bosnia/Serb areas and provide Coastal and air surveillance of the Adriatic Sea.

## UNITED FORCES IN CYPRUS - OPERATION SNOWGOOSE

Canada provided 2 personnel to headquarters staff to assist in the mandate to maintain the status quo at the time of the 1974 cease-fire agreement.

## UNITED NATIONS COMMAND MILITARY ARMISTICE COMMISSION (UNCMAC)

One CF member was sent to Korea to supervise the implementation of the Armistice Agreement with the task of being a committee member on UNCMAC.

## UNITED NATIONS MILITARY OBSERVER GROUP IN INDIA AND PAKISTAN (UNMOGIP)

Canada provided 1 Chief Military Observer in India/Pakistan to supervise in the states of Jammu and Kashmir, the cease-fire between India and Pakistan and committed the provision of twice yearly airlifts between Rawalpindi, Pakistan and Srinagar.

## UNITED NATIONS TRUCE SUPERVISION ORGANIZATION (UNTSO)

A contingent of 13 military observers was deployed to assist the parties in maintaining the cease-fire and supervising application and observance of Armistice Agreements concluded separately between Israel and Egypt, Lebanon, Jordan and Syria.

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# CFANS UPDATE

We'll start-off this week by bidding fare-well and congratulations to the members of course 9503 who held their graduation ceremonies on 28 March 1996. This course will be somewhat of a milestone in the history of CFANS in that its members included the first candidates from the country of Singapore. The accompanying photograph illustrates Lieutenants Lai Ah Heng, Boey Kam Weng and Captain Ho Si Jin proudly displaying their hard earned Navigation Wings. Lai, Boey and (Nick) are posted to RSAF 122 Sqn, Singapore.

Graduating along with the Singapore students are Lieutenants; Curtis Wright posted to 407 Sqn Comox, Martin Charbonneau posted to 415 Sqn Greenwood, Eric Hill posted to 423 Sqn Shearwater, and Paul Maskell posted to 423 Sqn Shearwater.

Congratulations to all the graduates and Good Luck!

Right on cue, with the departure of course 9503 we welcome the arrival of course 9602. This course maintains an international flair as well, with two Singapore students along with two Canadian students.

While I'm handing out congratulations I would be remiss if I didn't mention Capt John Anderson's recent upgrade to full Aircraft Commander following a check ride to Atlanta and St Louis.

Well done John! Not that there was ever any doubt given the appointment of Capt Greg Niemczyk as his First Officer. Greg has amassed such an impressive amount of flying hours lately to so many diverse and exotic destinations that he is in very high demand on the First Officer market.

On another front, we are solidly in the Airshow season and as in years past it appears those same selfless souls that go on almost every one so the rest of us are spared the inconvenience are again stepping to the fore. Most notable in their embodiment of self sacrifice and team play are Greg Niemczyk, Chris (my last trip) Roy and of course Ron (take one for the team) Doiron. Keep up the good work men.

And speaking of Airshows, the Davis-Monthan Airshow in Tucson Arizona was certainly interesting in that the aircraft graveyard is located there with hundreds of acres of aircraft of varying ages and states of repair are stored for the U.S. forces. Most of us took the tour and enjoyed it immensely.

In any event, it's time to sign off and continue my Somalia file search. Now I think I was somewhere between SPORTSO and SOFTWARE..... or was that SOFTBALL..... hhhhhmmmmmm

## CANADIAN FORCES AIR NAVIGATION SCHOOL GRADUATION COURSE 9503 28 MARCH 1996



Back Row (1 - r): Lt. Boey Kam Weng, Lt. Paul Maskell, Lt. Lai Ah Heng, Lt. Curtis Wright, Lt. Eric Hill, Lt. Ho Si Jin, Lt. Martin Charbonneau. Front Row (1 - r): Capt T. Sharp (Course Director), LCol K.C. Kerr (Commandant), BGen J.R.B. Proulx (Reviewing Officer), Col G.E. Sharpe (Wing Commander), Maj F.S. Costello ('A' Flight Commander).



(L-R) Lt Lai Ah Heng, Lt Boey Kam Weng, Lt Ho Si Jin, "suitably impressed with their new wings".



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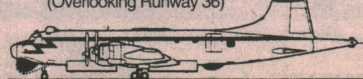
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# Queen's Own Cameron Highlanders of Canada

By Lieutenant Leah Purdy

There is a passion when serving with a Highland Regiment which cannot be denied. The traditions carried on by those who espouse the Highland dress dates to the 1700s and has changed little in the past 200 years.

The Queen's Own Cameron Highlanders of Canada, a Reserve infantry Regiment here in Winnipeg, officially recognized as a Regiment for 85 years this past fall, actually has roots in Canada dating back to 1793.

Change of Command Ceremonies were recently held for the Cameron's at Minto Armouries on March 27th. Steeped in Scottish tradition, command of the Regiment was passed from LCol Steve Anema to Maj Don Steenson. Col Dennis Tabbenor, Commander, Manitoba-Lakehead District was the reviewing officer.

The Cameron's pipes and drums supported the ceremonies in their finest tradition. The haunting notes of the bagpipes can still invoke a passion so fierce, that as history records, the courts of Britain judged it to be a weapon of war. Within Highland Regiments in Canada, the story is told that bagpipes sound the rallying call which inspire the Highlander and spur them on to victory.

The Queen's Own Cameron Highlanders indeed deserve recognition for carrying on with the finest Highland traditions and folklore. The colour and character they lend to Canadian military traditions adds depth and pride to our present and past.



Major Don Steenson receives the Cameron Regimental Colours from Honourary LCol Doug Ludlow.



## CHANGE OF COMMAND STEEPED IN TRADITION



LCol Steve Anema passes Regimental Commander's Sword to Col Dennis Tabbenor, Commander of Manitoba-Lakehead District.

Cpl Bellhouse, Pipe Major, wearing the Cameron tartan of the Queen's Own Cameron Highlanders of Canada Pipes and Drums.

# Chinthe Bits

As Winnipeg's winter slowly and reluctantly yields to spring the Chinthes of 435 find themselves as busy as they have ever been.

held 1 to 15 May. These courses allow AAR crews (pilots, navigators, engineers, loadmaster/observers) to be trained in the art of AAR.

In the global airlift role the squadron continues to support Canadian NATO forces in the former Yugoslavia. There are currently some 1,000 Canadians in contribution to the 60,000 strong NATO Implementation Force (IFOR) enforcing recent peace agreements. 435 along with her sister herc squadrons support our forces with resupply flights operating out of Lyneham in the U.K. Into Zagreb. These missions involve two Atlantic crossings over a period of six days.

On the SAR side of the house not only is a 24 hour a day alert posture maintained, but also training must be conducted at the same time. An excellent training opportunity will occur with the next search and rescue exercise (SAREX) planned to be held in Calgary 4 to 8 May.

An important development in the SAR community will be a planned 8000 km "BIKEATHON" for missing children. Starting May 19, 1996 five search and rescue technicians from across the country will be taking part in this cross Canada venture. This expedition is being promoted to bring awareness to the tragedy of missing children and to raise money for Victims of Violence Canadian Centre for Missing Children. All donations will go directly to the centre and are tax deductible. If you wish to make a contribution you may send cheques (payable to "SAREX for Missing Children") to:

By the time this is published the latest "BOXTOP" operation will be in full swing. BOXTOP occurs now twice yearly in support of CFS Alert (the most northerly permanent settlement in the world). From April 12 to 27th 435 will contribute two flying crews, an operations crew, and support personnel from all sections of the squadron. They will be based out of the USAF base in Thule, Greenland for the 24 hour a day operation.

Also underway will be Service Flight 524 which is a long range trainer or LRT. This mission will take place near the end of April and will be truly global in nature (eastbound the entire journey, it will circumnavigate the globe). These flights allow for much valuable training as they expose all crew members to the intricacies of international flying.

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In conclusion the members continue to support all elements of the CF as they have done so for some 52 years now. *Certi Provehendi.*

On the air to air refueling (AAR) side of the house preparation is well underway to support the CF-18s in the latest Maple Flag Exercise in Cold Lake. There will also be an AAR training course to be



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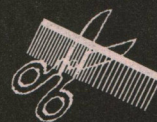
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- Children's cuts \$5.00 to \$7.00
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Products Available



# MFRC ANNOUNCEMENTS

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

## Volunteer Appreciation Week 21-27 April 1996

Volunteers allow us to expand our community services. Their generous contribution of time, energy and talent is shown through many avenues within the Military Family Resource Centre. Some of the areas in which this happens is: Nursery School, Board of Directors, Advisory Committees, Community Connections, Youth Programs, Warm Line, Office, Newcomer Program, Resource Library, Parenting/Child Care Programs, Toy Lending Library and Special Events.

April 21 - 27 is Volunteer Appreciation Week and we would like to dedicate this page to thank all of the volunteers who contribute in so many ways with their gift of time to the Military Family Resource Centre.

Vlasta Amizic	Padre MacLean
Kim Anningston	Sharon Maidment
Roberta Archibold	Kim March
Darlene Auguston	Catherine Mayer
Sharon Beal	Rhian McKay
Celine Beaulieu	Tarla Mistry
Jeff Belisle	Kim Moran
Tammy Berendson	Teresa Morris
Isabelle Boisvert	Lynda Mosher
Diane Brandow	Glenn Naldrett
Andrew Brine	Kathy Nevers
Diane Brine	Kim Nowak
Keith Brine	Cathy Parrington
Patrick Brine	Claudia Parron
Christina Brine	Stephan Pepiot
Linda Claggett	Kevin Powers
Joanna Colledge	Amanda Quesnel
Erin Crawley	Gail Quick
Natalie Polenz Daigle	Suzanne Richard
Rick Desjardine	Daena Rundle
Dave Didsbury	Val Sheppard
Bill Dymond	Linda Sinclair
Billy Dymond	Kim Stamp
Paul Dymond	Celine Taillon
Gerry Furlong	Barb Thuen
Barb Haverstock	Kathy Tighe
George Hayward	Marc Tremblay
Nicholas Henneberry	AEmelia Turner
Sandra Henneberry	Eman Tumer
Padre Hopkins	Yal Vandenberg
Scott Jones	Debbie Van Ooyen
Deanna Keenan	Lori Van Ooyen
George Kelln	Tracy Wilson
Evelyn Kennedy	Tracy Wright-Sawatsky
Greg Kennedy	Silvia Ukleja
Patrick Kennedy	Lindsay Weedon
Peter Kennedy	Sarah Wiseman
Sarah Kennedy	Cindy Young
Angela Kernick	
Lucy Lappiere	
Lorie Lewis	

To all who volunteer, we say  
**THANK YOU, YOU ARE APPRECIATED**

## IT'S AN ANNIVERSARY CELEBRATION AT THE MFRC

All of our friends and neighbours are cordially invited to join us in celebration of our fifth anniversary! Festivities include fun, food, friendship and children's activities. We'll be waiting for you at 350 Doncaster Street between 10 a.m. and 1 p.m., Thursday May 2, 1996.

**Door Prizes See you there! "MINNIE" 11 a.m.**

## C'EST NOTRE ANNIVERSAIRE! AU CRFM

Tous nos amis et voisins sont cordialement invités à venir célébrer le cinquième anniversaire du CRFM. Venez partager notre réjouissance en bonne compagnie. Il y aura de la bouffe pour tous et des jeux pour les enfants. Nous vous attendons au 350 rue Doncaster le jeudi, 2 mai 1996 de 10 heure du matin à 1 heure de l'après-midi.

**des prix! Soyez des nôtres! 11h "MINNIE"**

## Wish List

Did you know that the first Annual Winnipeg Family Kite Festival is 16 June from 10:00 a.m. 3:00 p.m. at Assiniboine Park.

The Military Family Resource Centre as part of our extended community partnership has joined forces with the Independent Living Resource Centre (ILRC) to bring members of our community and the greater Winnipeg community a day of fun for the whole family.

The Military Family Resource Centre is co-ordinating the family and children's activities for the event. In order to ensure a successful program we are asking the military community for the following help:

Volunteers: Did you think we wouldn't ask? If you like playing in the sun and can spare a few hours this is for you. Full training is provided. This is for young, old and everyone in between.

If you are interested call Linda at 489-7003. If you can not donate your time we are looking for the following recyclables:  
corks - you know wine!  
wool or yarn, all colours, all lengths  
toilet paper rolls  
egg cartons  
strawberry baskets - plastic kind  
6 pack pop can rings  
scrap material  
old tennis or badminton rackets  
Styrofoam packing chips

These items can be dropped off at Lipsett Hall Nursery School or the MFRC Programming Site in the Westwin Community Centre or at 350 Doncaster Street.

More information on the Kite Festival to follow.

## MOM'S MORNING OFF

Speakers and demonstrations are arranged for this group while the children are cared for in the playroom. Bring a snack for your child.

**Location:** Lipsett Hall Nursery School  
**Time:** Wednesday mornings from 9:30 - 11:00 a.m.

**Location:** Westwin Community Centre  
**Time:** Thursday mornings from 9:30 - 11:00 a.m.

**FREE: \$2.00 per week or \$20.00 for 10 weeks with the 11th week free**

## NEW & EXPECTANT MOM'S CLUB

This group will give you the opportunity to meet other parents with which you can share your joys, concerns and stresses of parenting. The Public Health Nurse joins the group once a month to answer your health questions.

**Location:** Westwin Community Centre  
**Time:** Wednesday afternoons from 1:30 - 3:00 p.m.

## 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

## Health & Wellness Group of Manitoba

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5 blocks south of Portage Ave.

**895-4008**  
**Call today!**

**Hours:**  
Tues, Wed 10:00 - 5:00  
Thurs, Fri 10:00 - 7:00  
Sat 10:00 - 4:00

## WING LOTTO WINNERS

28 Mar 96

Cpl Loudon, 2 PPCLI  
Col Sharpe, WComd

11 Apr 96

Capt Devenney, ACHQ  
Cpl Kelly, 2 PPCLI

### 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.

### Youth Services

Now Open! After-school drop-in at 433 Kenaston is open on Tuesday evenings from 4:00 to 7:00. After-school drop-in is also available on Thursday evenings from 4:00 to 7:00 at Westwin Community Centre. Games and activities for youth 6 to 12 are planned. There is a drop-in fee of \$.50. For more information, please contact the Youth Services Coordinator at 489-7003.

### Youth Programs

#### MARCH BREAK FUN

What happens when you take 25 kids throw in some bowling, crafts, video games, the Macarena and good times? March Break at the Military Family Resource Centre!

Activities were offered every afternoon throughout the week. Frank Gallager opened the Base Alley on Monday and Wednesday for us to try our hand at knocking down pins.

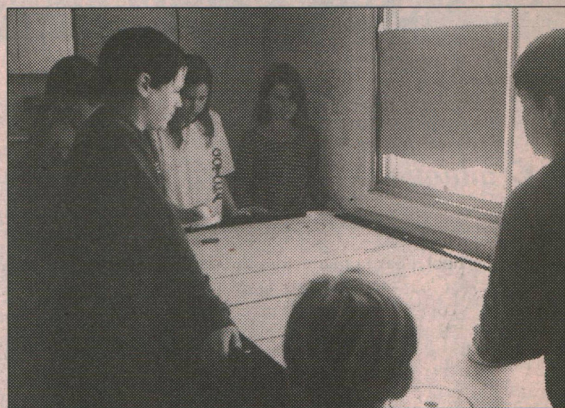
On Tuesday and Thursday, children were invited to drop-in at 433 Kenaston, our newest program site, for crafts, video and board games. Air hockey, ping-pong, bunnies and baskets were all kits.

On Friday we met at the Westwin Community Centre for a sockhop. By the time the last song played everyone had mastered the Macarena and many children went home with door and spot dance prizes.

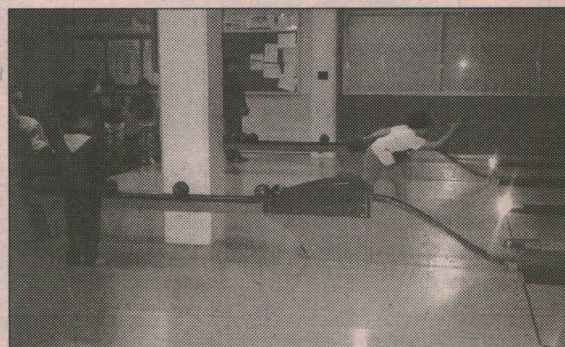
After-school activities will continue and I hope to see everyone again at either 433 Kenaston or the Westwin Community Centre. I am working on extending the hours and these will be published in the Voxair and the Community Connections. Watch for more details.

#### Leaders in Training

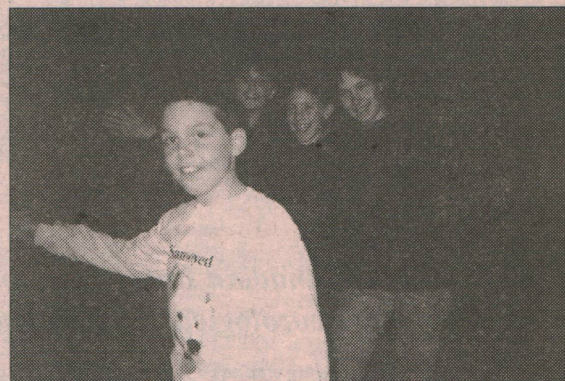
Youth services is developing a Leaders-In-Training program for youth 12-18 years. If you are interested in being a part of this program or would like more information contact the Youth Services Coordinator at 489-7003.



An afternoon at 433 Kenaston.



Everyone enjoyed the bowling.



March Break dance.

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Adj / Var.	6 mo.	1 Yr.	2 Yr.	3 Yr.	4 Yr.	5 Yr.	7 Yr.	10 Yr.	25 Yr.	
	4.95%	5.75%	6.0%	6.5%	6.75%	7.0%	7.3%	8.49%	8.5%	9.34%

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# CANADIAN FORCES SCHOOL OF METEOROLOGY

## Graduation: Canadian Forces School of Meteorology - Meteorological Technician QL6A

Met Tech QL6A graduates are employed as Weather Briefers throughout the Canadian Forces Weather Service in support of air, land and sea operations.



FRONT ROW: L - R CWO Anderson, Mr. Hartman, LCol Lamothe, Mrs. Benjamin, Mr. Konzelman  
MIDDLE ROW: L - R MWO Croteau, Sgt Watters, Sgt Thomas, MCpl MacPhail, MCpl Owen,  
MCpl McInnis, Sgt Poulin, WO Van Acker, Mr. Richard  
BACK ROW: L - R Sgt Vivian, Mrs. White, Sgt Metivier, Sgt Dawe, MCpl Leduc, Sgt Windsor,  
MCpl Handley.

## Graduation: Canadian Forces School of Meteorology - Meteorological Technician QL5A

Met Tech QL5A graduates are employed throughout the Canadian Forces Weather Service in support of air, land and sea operations. Weather observation quality control and the presentation of basic environmental briefings are among their primary tasks. Most graduates are destined for a tour of duty at sea, while others support air and land operations.



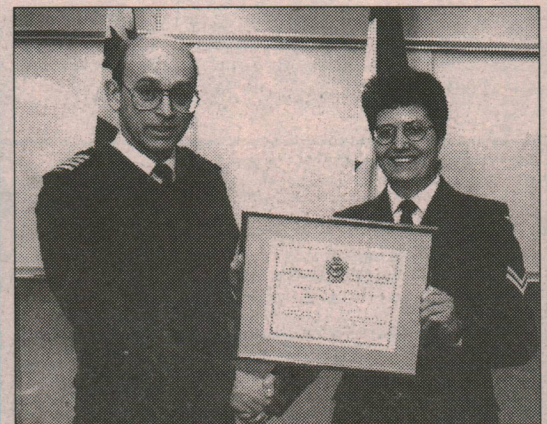
FRONT ROW: L - R CWO Anderson, Mr. Hartman, Col Sharpe, Mr. Konzelman, MWO Croteau  
MIDDLE ROW: L - R Cpl Douglas, Cpl Bailey, Cpl Smith, Cpl Patersdorfer, Cpl Tkachuk, Cpl Lundrigan,  
Cpl White, Cpl Doraty, Cpl McKone  
BACK ROW: L - R Sgt Dwyer, WO Van Acker, MCpl Skinner, Sgt Grenier, MCpl Sigurdson, WO Davis

## MET TECH QL6A COURSE 9601 Certificate of Achievement



MCpl D. MacPhail, a recent graduate of the Meteorological Technician QL6A course 9601, received the Certificate of Achievement from the Commanding Officer of 435 Sqn, LCol Lamothe. The Certificate of Achievement is presented to the student who has attained the highest academic standing on the course.

## MET TECH QL5A COURSE 9601 Certificate of Achievement & Certificate of Merit



Cpl J. Lundrigan, a recent graduate of the Meteorological Technician QL5A course 9601, received the Certificate of Achievement and the Certificate of Merit from Wing Commander Col Sharpe. The Certificate of Achievement is presented to the student who has attained the highest academic standing on course. The Certificate of Merit is presented to the student who has excelled in all aspects of training and who has demonstrated through attitude and leadership ability, a high potential for continuing excellence in the Met Tech trade.

# SERGEANT'S TRAINING SEMINAR

## COURSE 9601

17 Wing has just completed its first training seminar for 1996, course 9601, 25 Mar to 29 Mar 96. The reports and comments received from the students and instructors alike indicate it was a very beneficial and successful week.

The next course 9602 is tentatively scheduled for the fall.



Standing (L-R) Sgt Assels, Sgt Turvey, Sgt Cornish, Sgt Dasylya, Sgt Cote, Sgt White, Sgt Tanney, Sgt Caron, Sgt Briand, Sgt Smith, Sgt Strand, Sgt Boyer, Sgt Evans, Sgt Sallis. Seated (L-R) Sgt Jacques, MWO Martin (Sem. Dir), Col Sharpe (W Comd), CWO Clemons (WCWO), Sgt Dooks, Sgt Lawrence.

## CHIEF WARRANT OFFICER SCROLL



The W Comd, Col Joe Sharpe, presents CWO Ralph Allen with his Chief Warrant Officer Scroll on parade on 28 Mar 96. CWO Allen is the Superintendent Clerk of the Wing Orderly Room. (Photo by Cpl Stephane Gervais, 17 Wing)

## COMMISSIONING FROM THE RANKS



On 29 Feb 96, CWO D.D. Campbell was commissioned in the rank of Captain. The presentation was made by the Commander of Air Command, LGen A.M. DeQuetteville.



FRONT ROW left to right - Cpl Bouchard W Sup (CD), Cpl Rankin W Sup (CD), Capt Kinley WHQ (CD), Capt Tissot Van Patot W Ops (CD), Capt Hatton CFANS (CD), Capt Chauvette CFANS (CD), WO Gallant 402 Sqn (CDI) and MCpl Allan 402 Sqn (CDI).

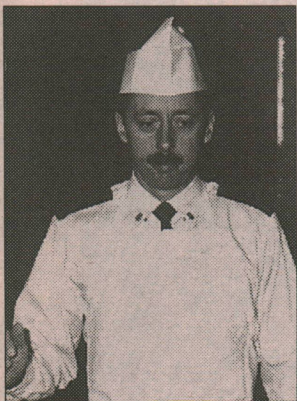
SECOND ROW - Cpl Trop 402 Sqn (CD), Cpl Vanhelvert 402 Sqn (CD), WO Blain W Tn (CDI), Cpl Fielding W Tn (CD), Cpl Watt 402 Sqn (CD), MCpl Roberti W Ops (CD), Cpl Desfoges-Taillon W Compt (CD), Sgt Andrews LTC (CD), WO Rothney W Sup (CD), PO2 McLaughlin W Foods (CDI), Capt Lorange WCE (CD) and MCpl Chalaturnyk 402 Sqn (CDI). (Photo by Cpl Stephane Gervais, 17 Wing)

## PARADE PRESENTATIONS

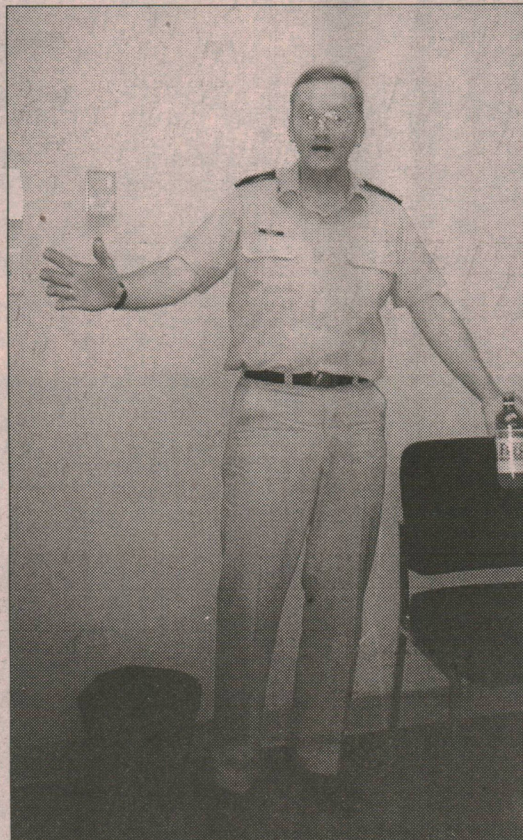
The personnel shown were presented with the Canadian Forces Decoration, or the First Clasp to the CD, by the W Comd on parade on 28 Mar 96.

# CANADIAN FORCES RECRUITING CENTRE WINNIPEG

Posted out or releasing this summer, Canadian Forces Recruiting Centre (CFRC) Winnipeg will miss these individuals and wish them good luck:



WO Pete Fortier is our Medical Coordinator and we're hoping his blood pressure doesn't rise too high if he's posted to a ship!



Although his jaw hit the deck when he found out he was posted to HMCS Gatineau Halifax, Orderly Room Supervisor Cpl Mark Morley is now deep into researching naval history.



Our receptionist, Cpl Bonnie Lamoureux, is releasing to be a roller-blading, walkman-toting toastmaster-attending resident of Valcartier.



Renowned for her resonant voice and strong arm, Sgt Adrienne Miller is our Chief Clerk and is the zone champ for the 96 National Classified Bowling Championship. She is posted to the BPSO's office at 17 Wing.



We're not sure if Cpl Lee Williams, an admin clerk, is posted, but with nice legs like that, maybe you're in the wrong career, Lee!



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AUX PUCES**

au profit de certains groupes résidents du CCFM  
(Centre Culturel Franco-Manitobain)  
Profitez de cet événement pour vendre  
vos articles en surplus

**LE SAMEDI**  
**4 MAI 1996**  
de 9h à 16h

dans le stationnement du Ccfm  
\*en cas de pluie - le 5 mai  
Lots (9'x20') avec table (3'x8')  
75,00\$



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(journaux, télévision, radio)  
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programmation musicale  
(12h à 16h)  
bouffe et bar-terrasse  
(11h à 16h)

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# MAY

Monday Tuesday Wednesday Thursday Friday Saturday

<p><b>NEW!</b></p> <p><b>SPORTS BAR FEASTS...</b></p> <ul style="list-style-type: none"> <li>• Power Wings</li> <li>• Slam Dunk 'Shrooms</li> <li>• Cross Trax Taters</li> <li>• SuperBowl Skins</li> </ul> <p><b>NOW AVAILABLE FOR LUNCH MONDAY TO FRIDAY &amp; FRIDAY EVE TIL 23:00 HRS.</b></p>	<p><b>NTN INTERACTIVE</b></p> <p><b>S P O R T S T R I V I</b></p>	<p>Bottle of Beer &amp; Bag of Chips <b>\$2.99</b> + tax</p>	<p>1 YOUR PASSPORT TO TRAVEL</p>	<p>2 <b>THIRSTY</b></p> 	<p>3 <b>DOWN HOMER NIGHT</b></p>	<p>4</p>
	<p>6</p>	<p><b>POOL TOURNAMENT NIGHT</b></p>	<p>8 <b>NTN</b></p>	<p>9 <b>THURSDAYS</b></p> <p>Free Peanuts in the Shell! (15:00 hrs. - Close)</p>	<p>10 <b>KARAOKE</b></p> <p>BY RISING STAR</p>	<p><b>Play Back</b></p>  <p><b>Music Trivia</b></p>  <p><b>Every Saturday</b></p>
	<p>13</p>	<p>14 <b>TUESDAY'S</b></p>	<p>15 <b>TRIVIA STYLE</b></p>	<p>22 <b>Want to Reserve A Table?</b></p> <p>Call <b>Chuck</b> 832-6081</p>	<p>23</p>	
	<p>20</p>	<p><b>NTN</b></p> <p><b>SHOWDOWN</b></p>	<p>27</p>	<p>29</p>	<p>24 <b>ALL REQUEST 1997</b></p>	
	<p>27</p>	<p>28</p>	<p>30</p>	<p>31 <b>50's &amp; 60's NIGHT</b></p> 		
	<p><b>MONDAY</b></p>	<p><b>NTN = NATIONAL TRIVIA NETWORK = LOTS OF FUN!</b></p>				

## 402 PROVIDES CADET FAMILIARIZATION FLIGHTS

By Sgt J Cosme

Early one Saturday morning, aircraft number 802 of 402 City of Winnipeg Squadron, departed from Winnipeg to Dauphin and Swan River to support the Winnipeg area air cadet squadrons by providing cadets an opportunity to participate in familiarization flights.

Arriving in Dauphin, the aircraft and crew were treated to a warm welcome from the approximately 30 cadets and supervisors waiting for them. This very excited group boarded for a 45 minute flight over Dauphin and the surrounding areas. During the flight the cadets were invited, one at a time, to visit the flight deck to see the how pilots do their job. After returning the cadets to Dauphin (and after enduring a lot of thank you's) the aircraft headed off to Swan River to complete the second leg of the mission. Arriving in Swan River during the noon hour the aircraft crew broke for lunch at the nearest restaurant where they were greeted by an inquisitive young hostess who



Cadets at Dauphin wait to board the aircraft. (Photo by Sgt Joe Cosme)

after questioning the crew decided that they must be the famous Canadian Forces "Snowflakes".

Back at the airfield the aircraft was "fired up" to take

the second group of 25 cadets and supervisors on their familiarization flight of the local area. Again cadets were invited to visit the flight deck and ask questions during the

one hour trip. Upon their return to Swan River the aircrew were thanked by all with a round of applause, numerous handshakes and picture taking.

On the short flight home the aircrew were filled with the sense of satisfaction of a job well done in giving potential airforce members of the future a look at the airforce of today.

# ANNOUNCEMENTS

## FIRST ANNUAL ADMINISTRATION/FINANCE GOLF TOURNAMENT

Open to all Admin Clk/PAdmin/Fin Clk/Log Fin Officers & Associated Civilians

**Date:** 31 May 1996  
**Location:** River Oaks Golf Course  
**Time:** First Tee Off will be at 0800 hrs  
**Costs:** Entry Fee - \$5.00  
 (must be paid by 29 May 96)  
 Green Fees - \$20.00 (payable at clubhouse)  
 Club Rentals available for \$5.00  
 Gas Carts - \$25.00  
 Pull Cart - \$3.50



When registering, please indicate level of golf abilities as follows:  
 a. normally shoot 89 or less for a 18 hole crse (Golfer);  
 b. normally shoot from 90 to 100 for a 18 hole crse (Duffer); or  
 c. normally shoot over a 100 for a 18 hole crse (Non-Golfer)

Enter by contacting one of the following people  
 Cpl Bob Young 5029  
 Cpl Terry Fulcher 6935  
 PO2 Bill Balsdon 5089

## 17 WING CERAMIC CLUB

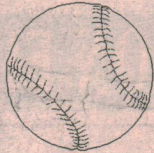
### HOURS OF OPERATION

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.

## LADIES FASTBALL IT'S TIME!



FOR MORE INFORMATION  
 PLEASE CONTACT  
 CPL MACDONALD  
 LOCAL 5203

## 17 WING Woodworking Club

General Meeting

15 May  
 1900 hrs

Building 33  
 Woodworking Club

Bring a friend  
 We are looking to  
 expand our member-  
 ship and discuss any  
 of your concerns.



**NEEDED:** Volunteers for Visitor Services at the Western Canada Aviation Museum to work the Admission Desk, Gift Shop, and as Tour Guides.

Museum hours are 10 a.m. - 4 p.m. Monday to Saturday, 1 p.m. - 4 p.m. on Sundays. Shifts are 3 1/2 hours.

**ALSO:** Volunteers to help in the Office, typing, answering telephone, and other related duties on Wednesdays and Fridays, 9 a.m. - 4 p.m.

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# EXERCISE PATRICIA CLIMB - Conquering the Cascades



By Pte Bill King & Lt Mike Wright

'A' Coy took a much needed break from the sub-zero climate of Winterpeg to venture out to beautiful British Columbia from the 4th to the 14th of March. The purpose was to conduct the Basic Mountain Operations Course. Along with 4 mountain operation instructors from 2PPCLI, we were joined by 3 instructors from CABC in Edmonton.

Training had actually begun a week earlier in Winnipeg, where all the participants were taught the required Knots. The old adage; "can't tie knots, tie lots", was not acceptable. All successfully passed the crucial knot test. However it was reported that Sgt Sundquist encountered significant difficulty with the double fisherman. It quickly became evident that the use of knots were essential in every subject covered; from rappelling to casualty evacuation or climbing.

The 32 foot rappel tower which we all remember from the Battle School was certainly not adequate preparation for the 120 ft cliff which awaited us at Larson's Bench. There we also covered such installations as the suspension traverse, the vertical hauling line (Pte Paquette needs to go on a diet!) and numerous casualty evacuations. The personnel who played the part of the casualty in the Stokes Litter or the Alpine Basket learned to trust both the installation and those doing the lowering.

The one rope, two rope and three rope bridges were set up at nearby Slesse Creek. Highlights included: Pte "Shoeless" Michaud, who sacrificed his favourite sandals to set up the one rope, and the always friendly duo of WO Hooyer and Sgt Hulan who ensured each soldier "gained confidence" while being bounced off the two rope bridge.

The final 3 days of the exercise consisted of a round robin between the Monkey Mountain Indoor Climbing Wall in nearby Abbotsford, a 70 ft granite cliff in Squamish, and a "final" exercise near Tarson's Bench which incorporated many of the installations covered.

A good time was had by all and most would have preferred to remain in British Columbia until the snow had melted in Winnipeg. 'A' Coy looks forward to its next adventure. Perhaps somewhere really hot next time. RED DOG!



Pte King climbs a wall at Monkey Mountain.



Pte Farbychuk prepares to lower Capt Sears in a Stokes Litter.



Cpl Adkins crosses a two rope bridge.

## Local Athlete Captures Two Gold at Special Olympics - Winter Games

By MCpl M.A. Simm  
W Foods

It was an early start, the sun was gleaming into the athletes eyes, their hearts pounding with excitement waiting for the starter to fire the pistol which would begin the torturous and gruelling 500 meter cross country race.

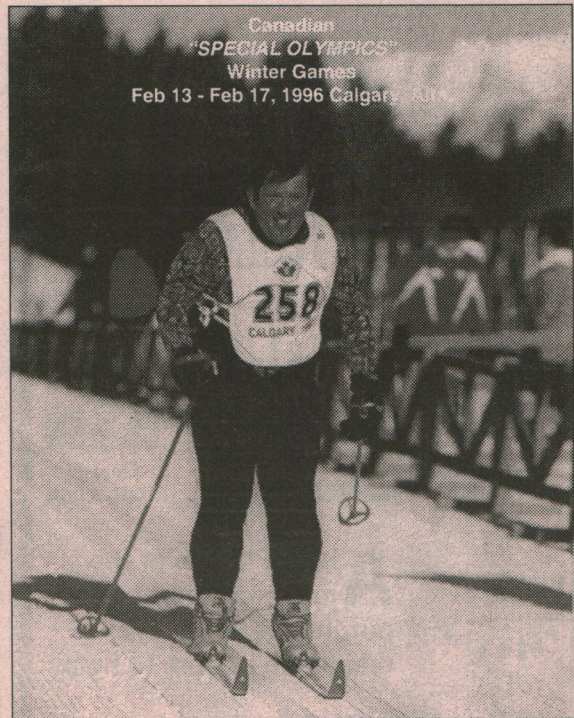
Bang, suddenly like the wind, Jimmy blew into the

lead, well ahead of his fellow competitors. Once he gained such an insurmountable lead, Jimmy quickly adopted his zone, the coast zone. All the hard work Mr. Leronowich had done at work along with those strenuous performances at the Karaoke Clubs finally paid off! He coasted through the finish line like a true champion.

We, here at Wing Foods, are

especially proud of Mr. (Jimmy) Leronowich for his outstanding performance at the Winter Games in Calgary, Alberta. He won two gold medals in the 500 meter skiing competitions, displaying true courage and athleticism, but mainly he showed excellent sportsmanship.

**Congratulations Jimmy!**  
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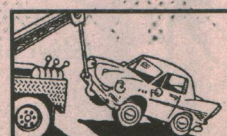
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# ACTIVE LIVING: A LITTLE BIT GOES A LONG WAY

For years and years, our approach to physical activity has been pretty narrow and focused. We've been encouraged to set aside time for exercise, with the emphasis placed on vigorous activities like running, cycling, and swimming to improve cardiovascular endurance.

These activities are beneficial, but research now shows that more moderate activities are good for your health too. Running, cycling, and swimming are still great. But so are things like dancing, gardening, and doing active chores around home.

Active living is the term being used as we take this broader approach, go beyond traditional fitness activities, and look for movement and enjoyment in everyday things.

On a very basic level, active living means including all sorts of simple activities in your daily routine. Here are some ways you can do it:

- Devise a simple routine—some bending and stretching exercises—which you can do in spare moments during the day. You can do it while you brush your teeth, watch TV, or wait for water to boil.
- Put "gusto" in all your chores around home. Dust, vacuum, and wash windows

regularly. Do active outdoor work—use a push mower for the lawn, rake leaves, wash your own car.

- Swear off elevators! Take the stairs instead.
- Leave the car at home whenever you can. Walk or wheel for short trips to the store, the mailbox, or the park. If distance and safety permit, how about cycle commuting?

you activate your daily routine.

These are little things, but they all add up. In the short term, regular, moderate physical activity has many health benefits. It can help you look better, feel better, and feel better about yourself. Over the long term, moderate activity helps maintain a healthy weight, keeps your bones strong, controls blood pressure, and reduces your



# VIE ACTIVE: UN GRAND PAS VERS LA SANTÉ

Pendant des années, notre définition de l'activité physique a été passablement étroite et uniforme. Nous prônions des périodes réservées à l'exercice, privilégiant les activités intensives reconnues pour favoriser le développement cardiovasculaire, comme la course, le vélo et la natation.

Il est clair que ces activités sont toujours bénéfiques, mais des recherches ont démontré que des activités plus modérées sont aussi excellentes pour la santé. Des activités comme la danse, le jardinage ou même le ménage.

Le terme "Vie active" traduit bien cette définition plus large du conditionnement physique. Cette approche moins traditionnelle privilégie le mouvement et le plaisir dans la vie de tous les jours.

La base d'une vie active, c'est d'inclure toutes sortes d'activités très simples à votre quotidien. Voici quelques exemples:

- Créez-vous une routine simple—quelques exercices de souplesse et d'étirement - que vous pourrez faire lorsque vous avez une minute dans la journée. Ce genre d'exercices peut se faire en se brossant les dents, devant la télé ou en attendant que l'eau bouille.
- Mettez du coeur dans vos travaux ménagers. Époussetez, passez l'aspirateur et lavez vos fenêtres régulièrement. A l'extérieur, utilisez une tondeuse manuelle, ramassez les feuilles, lavez vous-même votre auto.
- Oubliez les ascenseurs ! Prenez les escaliers.
- Laissez l'auto à la maison chaque fois que vous le pouvez. Rendez-vous au

magasin, à la poste ou au parc à pied ou à vélo. Si la distance et la sécurité le permettent, pourquoi ne pas aller au travail à vélo aussi?

• Prévoyez des activités physiques sur l'heure du dîner. Renseignez-vous sur les programmes de sports et les activités intramurales des FC. Si vous préférez les activités en solitaire, consultez le Guide des programmes EXPRES. (Il y a même un Guide EXPRES sur la marche. Si vous êtes plutôt sédentaire, c'est une bonne façon de commencer à bouger!)

• Optez pour des loisirs actifs. Si vous voulez d'autres idées pour activer un peu votre quotidien, consultez un MEPL.

De petits riens, direz-vous, mais qui peuvent, ensemble, se révéler fort efficaces. À court terme, une activité physique modérée et régulière peut en effet apporter de nombreux bienfaits: une meilleure allure, une sensation de mieux-être et une meilleure image de vous-même. À long terme, elle peut vous aider à maintenir votre poids, à renforcer vos os, à contrôler la tension artérielle et à réduire les risques de maladies cardiaques.

Si vous êtes vraiment inactif, vous ressentirez les effets d'un effort aussi modeste que de dépenser 500 calories de plus par semaine. Cinq cents calories, c'est très peu: une marche quotidienne de 15 minutes ou une heure et demie de jardinage, par exemple.

C'est fort simple en fait. Une vie active, c'est faire des choses que vous trouvez utiles, agréables et valorisantes. C'est un ensemble de bonnes habitudes... une façon de vivre.

**Use the EXPRES Guides. Suivez les Guides EXPRES.**

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- Use your lunch break as a time for physical activity. Check out CF intramural and sports programs that are available. If you like individual activity, use an EXPRES Programme Guide to keep you on track. (There's even an EXPRES Guide for walking. For those who are quite inactive, it's a great place to start!)
- Choose active hobbies during your leisure time. Ask a PERI for other ideas to help

risk of heart disease. Modest health benefits can come from adding as little as 500 calories of energy expenditure a week to a very inactive lifestyle. Five hundred calories isn't much. A daily 15-minute walk will burn your 500 calories for the week, for example. So will an hour and a half of gardening. It's quite simple really. Active living means pursuing things you find useful, pleasurable, and satisfying. It's a collection of pleasant habits... an active way of life.

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