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VOL. 44 ISSUE 13

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JULY 24, 1996 / FREE

Manitoba's Soldiers Raise \$25,000 for Kids

By Capt Mike Lagace

"Please accept our \$660.00 donation to the Children's Hospital" eleven-year-old Tristan Reid proudly stated to Warrant Officer Jack MacFarlane. These words signalled the beginning of the 1996 "Kids Count" Army Relay Run to raise money for the Children's Hospital Research Foundation.

Tristan was one of twelve students from Ecole Assiniboine (a local Winnipeg elementary school) joining 18 members of Manitoba-Lakehead District, at the kick-off of the "Kids Count" Army Relay Run. The students, ranging from grades 3 to 5, ran with the army runners from the entrance of the Health Sciences Centre to the outskirts of Winnipeg.

The army then began its 1200 km, 24-hour run across southern Manitoba. For five days, 18 runners ran a relay to raise money and awareness for the District's charity—the Children's Hospital Research Foundation.

The weather in Manitoba was as unpredictable and extreme as ever. The climate

varied from near-freezing rain conditions to wind-blown 30 degree plus daytime temperatures, making running conditions tedious.

Runners met thousands of "Kids" across the province. Student and community donations helped the District raise money for the Foundation. Soldiers had a first hand glance at the type of whole-hearted generosity conveyed by the people of Manitoba. This generosity is what makes Manitoba worthy of its "Friendly" reputation, and helps the province to stand out amongst the others in Canada.

On Friday, June 7th, at 8 p.m., in front of Colonel Dennis Tabernor, Commander of Manitoba-Lakehead District, the exhausted but proud reservists and regular force members concluded the run at Minto Armoury.

The District also held a number of "Gigantic Flea Markets" over the winter and spring prior to the relay run. The flea markets were held at Minto Armoury, and were also administrated by members of Manitoba-Lakehead District. These flea markets helped to



Manitoba-Lakehead District "Kids Count" Army Relay Team running to the finish line at the 1996 Winnipeg International Airshow. (DND photo by Cpl Dave Payne, Wing Imaging)

contribute over half of the money raised this year.

Retired Captain Chuck Howard (formerly with 735 Communication Squadron), has stayed with the run and flea market, as a volunteer, to ensure that Manitoba-Lakehead District stays on-line with the complex organizing of the events leading up to every flea market and the relay run.

Captain Howard's continuing efforts were recognized by the District Commander during a brief presentation at the 1996 International Airshow. Thank you and congratulations Chuck!

Manitoba-Lakehead District's fund raising efforts for this year concluded on Sunday, June 9th, at the Winnipeg International

Airshow. A cheque for \$25,000 was presented to Barb Leslie, President of the Children's Hospital Research Foundation, by Corporal Anastasia Wallack, a member of 735 Communication Squadron, along with some simple words, summing up the team's reticence as a whole,

"THIS IS FOR YOU"



(L to R) Captain Buzincu, Major Rotteau, Captain Mikutel.

By Lieutenant Richard Gower

Polish fighter pilot Captain Tadeusz Mikutel and Romanian radar engineer Captain Larentiu Buzincu are the first two military officers from an Eastern European country to attend the Air Force Staff Course according to Major John Rotteau who heads up the Officer Development Flight at The Canadian Forces School of Aerospace Studies (CFSAS) in Winnipeg.

"Military personnel from

other countries have attended the Canadian Forces Staff College and Staff School in Toronto," he said, "but this is the first time we've had an officer from another country enrolled on the Air Force Staff Course here."

The two officers are in Winnipeg under NATO's "Partnership for Peace" programme, an initiative to expand political and military cooperation throughout Europe. When they initially came to Canada in January of

PARTNERS FOR PEACE ON AIR FORCE STAFF COURSE

this year, they were enrolled in English Language Training at the CF Leadership and Specialized Training Centre at CFB Borden.

"I had a grounding in English but I had to improve my skills," said Captain Buzincu when asked about the English course at Borden. "I had the good luck and opportunity to work with highly qualified people who are very professional and have a personal commitment to what they are doing." Captain Buzincu has been in the Romanian military for 15 years. He is a lecturer on land-based radar systems at The Military Technical Academy in Bucharest where he graduated in 1986.

As part of Canada's contribution to Partnership for Peace, the Canadian Forces provides English language training to military officers from Central and Eastern Europe. The school at Borden

provides the course to about 140 students annually from Poland, Hungary, the Czech Republic, the Slovak Republic, Romania, Ukraine, Latvia, Lithuania and Estonia.

"I could speak English when I came to Canada, but I needed to make improvements in my writing ability," said Captain Mikutel. "The teachers in Borden are making a huge effort to improve our skills." Captain Mikutel is also a 15-year military veteran. He has flown tactical fighters since his graduation from the Polish Air Force Academy, qualifying on a number of different types including the MiG-15, MiG-17 and SU22M4.

Both officers are informally continuing their English language training while they are in Winnipeg. They have been tasked to write a letter to their English instructor in Borden twice a week and they will go back there after they leave Winnipeg in June, to

write the Level 4 English exam before they return to their own countries.

When asked about their impressions of the Canadian Air Force Staff Course, which is designed around the concept of adult learning, both officers gave the course high marks.

"The style of this course is totally different than what I was used to," said Captain Mikutel. "It is unusual for me. All our (Polish) courses are designed to evaluate individual performance,

Continued on page 5

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MILITARY OCCUPATIONAL STRUCTURE (MOS) REVIEW

By Capt Walton-Simm
Voxair Managing Editor

The MOS Review, aimed at looking at the whole MOS to determine the changes necessary to meet future Canadian Forces (CF) requirements, focused on operational requirements and efficient personnel management as its key principles. As a starting point, a methodology which identified those areas within the MOS where we could achieve greater efficiency through such things as multi-skilling, conversions or elimination of MOCs had to be developed. The methodology used was based on the development of occupational targets by rank and occupation that were the product of a database put together as follows:

- an examination of all designated operational units in the CF as identified by CCs;
- determining the number of positions by OCC and rank in those units (additional positions were required in both training and infrastructure for Ops/non-Ops ratios and national support requirements); and
- the difference between these core requirements and the total existing establishment requirements provided target deltas.

The methodology then was used to generate numbers of personnel required to fulfil operational requirements. These figures would pave a way for potential change. The database indicated that there were no operational positions for the following occupations or sub-occupations:

- Dent Hygienist
- MED-CEM
- MED-Otol
- MARE-NE
- MAO-PMed
- MED-Gyno
- MED-Path
- MILE-GEO

- MAO-LAB
- MED-DEMR
- MED-PMED
- SOCV
- PSEL
- GOL-CHAP(P)
- MAO-RAGR
- MED-OPHT
- MED-THOR
- PA(RC)
- GOL-MED
- GOL-CHAP(RC)
- GOL-LEG
- MUSCN

The recommendation, then, was to examine, in priority, these MOCs, sub-MOCs and specialist groupings for possible elimination through Alternate Service Delivery (ASD).

The database also revealed some 27 occupations which have between one and 20 operation positions. The small numbers indicated that some of these occupations should be looked at closely for potential elimination through ASD and/or multi-skilling:

- DAO
- MAO-BIO
- PAFF
- MAP REPRO TECH
- PERO
- TRG DEV
- PERI
- DE TECH
- STAT ENG
- PHARM
- MET
- MS TECH
- CEP TECH
- LEG
- POST
- CE TECH
- PG FTR
- TOPO SVY
- PHY TH
- AEROMED TECH

For all remaining occupations there exists a more substantial number of operational positions. However, in many cases, current occupational billets are inflated and can not be justified on the basis of operational need. This determination has led to future studies which I will outline in the upcoming Voxair.

ASK MR GREENTREE

This column will be slightly different as I will climb onto my soap box, for a change.

I was honoured to be selected to attend a recent DND leadership forum. Amongst the issues discussed, without prompting from me, were the concepts of environmental stewardship and environmental responsibility. This unprompted inclusion of the environment as a leadership issue delighted me and people at the forum started to tell me of examples of small scale environmental success stories - some of which are related below:

a. A number of canteens have done away with styrofoam and paper cups by giving avid "garage salers" some petty cash to buy cups. For less than the cost of a few packages of disposable cups, these canteens purchased enough cups to meet their needs. This relatively simple act saves the canteen money and reduces their wastes considerably.

b. One wood working club made arrangements with CE to retrieve waste and scrap wood from the carpenter shop bins and then used it for small projects, including building toys for charities. Here, the department benefits from a reduced waste bill, charities from the toys and the club from a lower cost of operation.

c. Several workers from paint or refinishing shops expressed concern about the effects of various chemicals used in their shops. These people did a little research about what similar industries do, checked out the costs associated with a possible change and presented this

information to their supervisors. They also pursued the matter to make sure their co-workers were aware of these concerns and to see progress being made. In almost every case, their concerted efforts paid off quickly - often because their supervisors were not aware of the problem or did not have the time or patience to do the research needed to make the business case for change.

d. The most common story was of individuals making an effort to reduce their own impact on the environment. They stopped spraying their whole lawn with herbicides to kill a couple of plants, watering their gardens at night to save water, choosing their household cleaners carefully and using only as much as needed, and turning down their thermostats when they weren't at home and at night; just to give a few examples.

These success stories show that the "ordinary Joe" can have a positive impact on the environment with a little effort. Not only that but these efforts can save money - a big point in these tight fiscal times.

The soap box is now gone. There are still people looking to car pool so let me know if you are interested

For everyone being posted out or moving, good luck in your new location. If you have left over household hazardous wastes, they can be dropped off at 55 Trottier Bay on Saturdays. Call them at 945-1844 for more information.

If you would like to "Ask Mr Greentree", I can be reached at local 6774.

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73 COMMUNICATION GROUP HEADQUARTERS TO CLOSE

By Major J. Clark

The Infrastructure Reductions contained in Budget 95 included the close of Jericho Beach, the home of 74 Communication Group (Comm Gp) HQ in Vancouver. As a result, 74 Comm Gp needed to relocate by APS 96. This presented a fortuitous opportunity to restructure the Defence Information Services Organization's (DISO) Comm Gps in Western Canada. Following several DISO business planning meetings and much consultation with all DISO clients in the area, it was determined that to achieve the scope of Budget 95 reductions in Military Personnel Years, Operations and Maintenance costs and the Civilian Salary Wage Envelope; and still provide the same level of service, that 73 Comm Gp HQ Winnipeg and 74 Comm Gp HQ must amalgamate. The location selected for the new Comm Gp HQ was Edmonton, as this would facilitate planning and coordination of communications to support operations throughout Land Forces Western Area and

provide better access to Northern Region HQ in Yellowknife.

As the amalgamation is at the headquarter level and reduces the overhead required through consolidation and by making use of technological advances, there is no change to any mission or capability for any unit in either the former 73 or 74 Comm Gps areas. The role of the new Comm Gp is to provide efficient, effective and economical Information Services to the Canadian Forces in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario - west of the 89th meridian and the Yukon and Northwest Territories less Baffin Island. All existing operational responsibilities will continue and the Gp and its units shall continue to provide: Information Services Access Points; management and operation of the Local Information Technology Infrastructure as determined in Memorandums of Understanding and Service Level Agreements; and Regional Information Support, such as: interface with commercial telecommunications companies and payment

of leased facilities charges; cable plant installation and maintenance; Radio Detachments for Domestic Operations; management of the Radio Frequency Spectrum; Signals support to LFWA Reserve Formations and units; augmentees to Regular Forces units in all Commands; and management, operation and/or maintenance of unique systems provided for other units.

During the transition year, 1995, 73 Comm Gp closed off the 95 fiscal year commitments and gradually cut over areas of responsibility to 74 Comm Gp. On 1 April 1996, the new Comm Gp opened and the former HQs in Winnipeg and Vancouver were renamed as Detachments to facilitate their respective closures.

So, on 15 July 1996, 73 Comm Gp Detachment will close the doors of Building 13 for the last time and pass into the history of the Communications and Electronics Branch. It will end an era which started 1 April 1965 with the establishment of the Canadian Forces Communications System (CFCS). The Group was later



Pictured above is I. Col. A. Batchelar, Commander 73/74 Communication Group Edmonton, presenting the CWO insignia to recently promoted CWO J. Laviolette of 73 Communication Group Winnipeg. CWO Laviolette will soon depart Winnipeg to assume his new duties at 742 Communication Squadron Edmonton.

designated 73 Comm Gp in 1966. On 20 May 1970, CFCS evolved into Communication Command and although the Gp's higher HQ was restructured as DISO in July 1994, the Group HQ remained in its present configuration and location until its closure.

On behalf of all past and present members of the Group I wish to thank the personnel of Bases Winnipeg, Shilo and Moose Jaw, LFC HQ G6, Air

Command DCOS TIS, NDHQ/DISO HQ, LFWA HQ G6, 1 CMBG HQ & Signal Squadron, HMCS Queens, HMCS Unicorn, the District HQs in Regina and Winnipeg and the Commanding Officers and members of the units of the former 73 Comm Gp for the tremendous support provided over the past thirty-one years.

Velox Versutus Vigilans

FLYING OFFICER GEORGE FINKLE MEMORIAL SCHOLARSHIP AND BURSARY

The family of the late Flying Officer George Finkle has established a scholarship and bursary in the Faculty of Management and the departments of geology and geological engineering at the University of Manitoba. These awards have been established to commemorate George Finkle's service to his country in time of war and peace, and for his keen interest and expertise in business and mineral exploration. Only those serving in the Canadian Forces, Regular and Reserve Force, or their immediate families are eligible.

FLYING OFFICER GEORGE FINKLE

FO Finkle was born in 1921 in Winnipeg's north end to immigrant Jewish parents, and

enlisted in the Royal Canadian Air Force (RCAF) in 1942. He was trained as a navigator and went overseas in 1943, joining 180 Squadron, Royal Air Force, flying Mitchell bombers. He flew 60 missions against Nazi targets, often as the "lead" navigator.

After World War II came to an end, FO Finkle returned to Winnipeg, raised a family and built a business. He continued his military service with 402 (Reserve) Squadron in the 1950s and 60s, as a fighter controller.

From his youth during the Depression and his time overseas, FO Finkle was determined to make something of himself. He was not afraid of hard work and used his intelligence, courage, determination and strength to help him achieve his goals. He

developed an interest in business and an expertise in the stock market, where his interest in mineral, oil and gas exploration helped make him successful.

Flying Officer Finkle passed away on June 16, 1993. He is survived by his wife Esther, children Judy, Lewis, Marsha, and Gerry, and many grandchildren. He is greatly missed, and his memory is honoured through this scholarship.

CONDITIONS OF THE SCHOLARSHIP AND BURSARY

The scholarship and bursary are to be awarded exclusively to serving members of the Canadian Forces, Regular and Reserve Force,

or the immediate families of Regular Force personnel.

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Canadian Forces University Program



(L to R) Lt Murray Anderson, Maj Doug Claggett, WO Gerald Nieckar, Capt Bill Dymond, Lt Roger Bowden, Lt Gerhard Jackson, Lt. Roger Juneau, Kenn W. Doerksen, Sgt Marie Bailey. (Photo by Cpl Stephan Gervais of 17 Wing Imaging)

LARGEST NUMBER OF GRADUATES EVER IN ONE YEAR

By Kenn W. Doerksen, Coordinator, Canadian Forces University Program

In late May, 43 Canadian Forces personnel and dependants graduated from the University of Manitoba following their participation in the Canadian Forces University Program. I was able to corral eight of them for a picture just prior to their receiving their diplomas.

Lt Murray Anderson	AIRCOM HQ	B Arts
Maj Doug Claggett	CFB Gagetown	B Arts
WO Gerald Nieckar	3 Wing Bagotville	B Arts
Capt Bill Dymond	AIRCOM HQ	B Arts
Lt Roger Bowden	AIRCOM HQ	B Arts (Honours)
Lt Gerhard Jackson	14 Wing Greenwood	B Arts (Honours)
Lt Roger Juneau	17 Wing Winnipeg	B Arts (Honours)
Sgt Marie Bailey	17 Wing Winnipeg	B Social Work

Lts Anderson, Bowden, Jackson, and Juneau completed their degrees under the University Training Plan for NCMs. Maj Claggett and Capt Dymond completed their degrees under the University Training Plan for Officers. Nearly 600 CF personnel and dependants under the Canadian Forces University Program have graduated since the program began in 1974. This year has seen the largest number of graduates ever in one year.

CFANS UPDATE

By Capt A.R. Plot

Welcome to CFANS Update: the continuing stooory of life in the fast lane! Actually, not a lot of new developments have happened since the last instalment. The students are marching on towards the next major aspect of their course.

9505 is close enough to their final checkrides that they can almost taste them. 9506, not much further behind, is rapidly learning what degraded ops (and degraded assessments) is all about.

Course 9507 just returned from their OTU trip, seeing what life is like in the real world. After visiting operational squadrons in Greenwood, Shearwater, and Trenton, they soon found out that they will be delaying their graduation date. 2Lt Jake Gallant claims that the two events were not related, but the whole class seems a little tight-lipped about it. Hmmm, the "investigative reporter" in me wants to dig in a little deeper. I wonder if my contacts in security will have any info...

The boys in '08 seemed to demonstrate real course solidarity and support for their Course Director. It seems that Capt "Simon Legree" Hatton is moving, and is counting on the support of his entire course. My visions of a perfect world were shattered when I learned that the invitation given to the course included the phrase "just remember who is going to write your course report!" I am not sure whether he

should be reprimanded for harassing his students or commended on creative leadership.

Courses 9602 and 9604 are busy counting the days off before getting some time off to sit in the sun for holidays. The biggest problem for them, however, is how to enjoy their leave and still try to remember what they have learned so far. Good luck!

On the instructor side, farewells are in order. First of all, goodbye to Maj Sawatzky (back to Shearwater) and Maj Costello (exchange to Randolph A.F.B. in Texas). Next, congratulations are in order to Capt Marc Moffatt, who managed to obtain his AI instructor category (the highest qualification) before heading off to CFS. Good work Marc. Capt Chris Roy is off to 426 Sqn in Trenton, and Capt Brad Coates is about to find out how things work in the Twilight Zone (the Puzzle Palace in NDHQ). Good luck to all (some of you will NEED it).

For the next instalment, tune in and see if all is well with the major job changing switch with the instructors. Considering all of the moves needed, I am considering calling my stock broker and investing in a local moving company.

Anyway, until next time, remember: Good aviators are never lost — they always know that they are "here". It is just that they may not always know where "here" is.

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- MDP 500 - People Management: Tools and Techniques
- MDP 600 - Labour Relations
- MDP 199 - Business Management Studies (completion of JLC, officer status)
- MDP 299 - Advanced Business Management Studies (completion of SLC, officer status)

For more information about the 96/97 MDP schedule, call your CFCN Coordinator Catherine Mayor 833-5115.

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Starting in September several workshops/courses will be offered at Westwin Community Centre during DROP OFF CHILD CARE hours; Thursday mornings 9-12, (in addition to other locations and times.)

To best suit the needs of our community we need an idea of what YOU would like to see offered. To get you started here are a few course/workshop ideas:

- Going back to work - (issues to consider)
- Coaching Skills
- CPR-Basic rescuer
- Successful Job search techniques
- Report Writing
- Basic upholstery
- Basic carpentry
- Working with volunteers
- Scouting and Guiding Skills
- Emergency First Aid
- CPR-heartsaver
- Advertising
- Cake decorating
- Christmas crafts for profit
- How to conduct yourself in an interview
- Fundamentals to productive meetings
- Bookkeeping and accounting for small business

Please note that there is great flexibility for presenting courses in terms of topic, location and time. Your CFCN Coordinator is here to assist you in achieving your educational goals

WHAT WOULD YOU LIKE TO LEARN?
CALL YOUR CFCN COORDINATOR TODAY:
CATHERINE MAYOR 833-5115

FALL '96 INFORMATION AND REGISTRATION EVENINGS

August 27 Northside August 28 Southside
Westwin C.C. MFRC
4-7:30pm 350 Doncaster St.
4-7:30pm

Open to all network members....
All CF members (active, Reserve, retired) and family members of both
Check out the new fall semester (Sept-Dec) courses and Programs offered by RRCC.
Bob Stayner from the college will be on site to answer your questions.
Register for courses!!! Payment may be made by Visa, Mastercard or personal cheque.
Find out what the CFCN has to offer, your coordinator will be available to help you.

435 Squadron Promotion



MCpl John Kearns was presented his Sgt rank by Maj J.P. Marcoux SAMEO 435 Sqn. Sgt Kearns' promotion is effective 01 July 96. Congratulations from all Sqn members.

PARTNERS FOR PEACE ON AIR FORCE STAFF COURSE

Continued from page 1

"The style of this course is totally different than what I was used to," said Captain Mikutel. "It is unusual for me. All our (Polish) courses are designed to evaluate individual performance, but this is different. It's very creative. It gives us the opportunity for creative thinking and problem solving."

Captain Buzincu agreed. "My experience has been in direct lecturing," he said. "Working with students. Here it is different. The students are already experienced officers. I find the syndicate work very interesting and satisfying. The advantage seems to me to be the continuous exchange of ideas and information."

All the officers interviewed were complimentary about the "Partners for Peace"

programme and about the participation of Captains Buzincu and Mikutel on the Air Force Staff Course.

"There is a real benefit to having these two officers here," said Major Rotteau. "It provides a unique opportunity for Canadian officers to exchange views and ideas with them on an informal basis."

"In the past there was no exchange of ideas between countries," said Captain Mikutel. "We all share common problems. Exchanges like this create better understanding on both sides."

"It was a great satisfaction to find that even at such great distances, people share the same basic ideas," said Captain Buzincu. "Our societies are different but we share the same values and ideals. Knowledge is the first step toward real friendship."

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MFRC ANNOUNCEMENTS

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

VOLUNTEER OPPORTUNITIES

Wing Lotto

Volunteers are needed during the Wing Lotto campaign 12-23 August to assist the Coordinator with Lottery recruitment. The time commitment is approximately one hour in each section. We will be visiting approximately 20 sections during 12-23 August. Flexible shifts are available. Two volunteers are needed for each section. Duties will involve recruiting, issuing receipts and membership numbers. Our goal is 300 members. If you are interested please call Linda at 489-7003.

Treasure Chest Books

We need volunteers to help sell the Treasurer Chest Books again this year. We are receiving 225 books. If you are interested please call Linda at 489-7003.

Community Connections Newsletter Delivery

We need volunteers to deliver the Community Connections Newsletter once every three months to the homes in the PMQ area. Both North and South site routes are available. Please call Linda at 489-7003 if you are interested.

Volunteer Advisory Committee

We need volunteers to sit on this committee. The committee will meet once a month. You can help assist the volunteer coordinator in preparation for volunteer appreciation nights, volunteer orientations etc.

Special Events Volunteer

We are also looking for special events volunteers. You can help with the many special events that the MFRC get involved with such as the Registration Fair, Wing Lotto, Prairie Regional Conference, Open Houses etc.

Outreach Program Volunteer Opportunities

Warm Line

This is a volunteer program where you are able to work in the comfort of your own home. Warm Line program provides a telephone support service for people whose partners are on a deployment. Varying shift times are available.

Newcomer Program

Volunteers are needed for the Welcoming Committee. We visit newcomers and welcome them to Winnipeg and the military community. Flexible shifts are available. Each visit lasts approximately one hour. This opportunity is a great way to meet to people and get to know the city.

Youth Program Volunteer Opportunities

Girl Talk

To help facilitate an 11-14 year old girls' group. The group meets at the Westwin Community Centre on Friday evenings from 7-9 p.m.

Boys Club

To help facilitate an 11-14 year old boys' group. The group will meet once a week for two hours. Location and time to be determined.

After School Club

This program is for 7-12 year olds. It will begin in September. Dates and times to be determined. Activities include air hockey, checkers and much more.

CHILDREN'S PROGRAMS

Pre-School Summer Camp

Children ages 3-5 years

Tuesday, Wednesday, Thursday from 9:00 - 11:30 p.m.
 Fee per session \$15.00 per 3 day week
 Dates 13 - 15 August 1996
 Location: Lipsett Hall Nursery School
 • Must bring snack, bathing suit, hat, and sunscreen each day.
 • Please register for camps as soon as possible.

Nursery School

Lipsett Hall Nursery School Westwin Children's Centre

The MFRC offers nursery school programs at two 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 is on-going. In order to get the time and location that you prefer register now. Call 833-6846 for more information. (Children must turn three by Dec 96 to start nursery school).

Nursery School will start Tuesday September 3, 1996.
 Annual registration fee is \$15.00

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

FRANCOPHONE NURSERY

(If enough interest is shown)

Time: Monday, Tuesday, Thursday (afternoons)
 1:00 - 3:15 p.m.

Fee: \$67.00 per month

Drop Off Child Care (for children 18 months to 6 years)

This program will continue to be offered during the summer months for your convenience. Run your errands knowing your child will be receiving quality care. All children must be pre-registered. Reservations must be made 24 hours in advance.

Summer Schedule (July/August)

Location: Westwin Children's Centre
 Time: Tuesday afternoons
 from 1:00 - 4:00 p.m.

Location: Lipsett Hall Nursery School
 Time: Friday mornings
 from 9:00 a.m. - 12:00 p.m.

Fee: The fee is \$1.50 per hour for the first child and .50 cents more for a second child in the same family.

Call 833-6846

NOW ACCEPTING FALL REGISTRATION

Giggles & Grins

Children's Centre

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CFB/WING LOTTERY WINNERS

20 June

Pte Clemetson

Sgt Stewart

4 July

MCpl Sheppard

MCpl Blanchard

Kidventures

A summer program for kids 6-12 (the child must be entering Grade 1). Field trips, games, arts and crafts, and swimming are part of the program. Low staff to camper ratio is maintained to ensure safety and fun.

Three sessions are left

July 30 - Aug 2
Aug 6 - Aug 9
Aug 12 - Aug 16



All sessions will be held at the old Community Council building (beside outdoor rink) on Silver Avenue. Program runs 9:30 - 3:30 Tuesday and Friday. The cost is \$30.00. Before and after camp care is available. To register or for more information contact Diane 489-7003.

Space is limited.



Eco Kids

Would you like to learn more about the environment?

Do you like to explore the outdoors?

Eco Kids is the program for you.



Join us on Monday afternoons at the Westwin Community Centre from 1:00 - 4:00 p.m. Contact the Military Family Resource Centre at 489-7003 for more information and to register.

Enviro-Tots

An innovative new group designed to foster environmental awareness in preschool children. Bring your 2-5 year old child and get involved in activities with an environmental appreciation. A field trip to Fort Whyte will also be planned.

Dates: 1, 8, 15, 22, 29 August 1996
Time: 9:30 - 11:00
Fee: \$2.00
Facilitator: Mavis Lewis Webber author of "Earthcycles: Environmental Education with Preschool Children." Depending on interest this group will also be offered in the fall.

New & Expectant Mom's Club

This group will give you the opportunity to meet other parents with whom 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.

Child Care Co-op

The MFRC child care co-op allows parents to exchange care of children on an occasional, flexible basis. A military police check is done on co-op members. Basic guidelines and membership conditions keep the co-op running smoothly. The Co-op will resume regular meetings in September.

MFRC CAR RALLY AND CHILI BAKE-OFF

Saturday September 7th the MFRC will kick-off its Wing Lotto campaign with a car rally and chili bake-off. The date, time, route, and other details are yet to be finalized, but circle September 7th on your calendar, buckle your seat belt, and join us. Remember, the results of car rallies are not grounds for divorce! (just kidding). For more information about this fun-filled event, contact Linda Belisle at the MFRC 489-7003.

The Winnipeg Military Family Resource Centre

Needs Your Help

The MFRC is looking for community spirited individuals who are willing to give up a small amount of their time to become volunteers at one of the many events hosted by the MFRC or to become members of the Board of Directors. If you are interested in either of these unique opportunities, or if you would like more information about the Centre or its programmes, contact one of the numbers listed below:

Linda Belisle - Volunteer Coordinator 489-7003
Catherine Mayor - Chair of the Board of Directors 488-2620

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the Commissionaires

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Calling All Artists

The MFRC is looking for bright and colourful ideas for the 1997 Director Military Family Support Services Calendar. We are having a contest and would like children 12 and under to send in their pictures.

Rules

- 2 categories
8 years and under
between 8 and 12 years
- Pictures need to portray an aspect of military life.
- Pictures are to be drawn on 8 x 11 paper. (crayons, markers are best for reproduction)
- Entries need to be submitted by 15 August to the Military Family Resource Centre at 350 Doncaster Street, Winnipeg, Manitoba, R3N 1W8.
- The contest participant's name, address and phone number must be submitted on a separate piece of paper.



Any questions, contact Diane Brine, Youth Services Coordinator at 489-7003.

Offre d'emploi

Éducateur/Éducatrice de la jeune enfance

Le Centre de ressource des familles militaires (CRFM) est à la recherche d'une éducatrice/trice de la jeune enfance, niveau II, pour remplir un poste d'enseignement d'une prématernelle trois après-midi par semaine. L'emploi débute le 3 septembre 1996.

Tout candidat intéressé doit posséder une excellente maîtrise du français et être en mesure de démontrer une compétence ainsi qu'une expérience de travail dans ce domaine spécifique.

Veillez faire parvenir votre curriculum vitae dans les deux langues officielles au plus tard le 2 août 1996 au soin de

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Canadian Forces School of Aerospace Studies

PROMOTIONS



Major Marc Ferron is presented with his new rank on 17 Jun 96. Presentation was made by LCol Dave McCoubrey, Commandant, Canadian Forces School of Aerospace Studies (CFSAS).



Master Warrant Officer Rick Gallant Arnold is presented with his new rank on 17 Jun 96. Pictured with MWO Gallant are LCol McCoubrey, the Commandant of CFSAS, and MWO Gallant's wife, Regina.



LCol Rotteau is presented with his new rank on 21 Jun 96. Presentation was made by LCol Dave McCoubrey, Commandant, Canadian Forces School of Aerospace Studies (CFSAS).



MCpl Steve Melbourne is presented with his new rank on 21 Jun 96. Presentation was made by LCol Dave McCoubrey, Commandant, Canadian Forces School of Aerospace Studies (CFSAS).

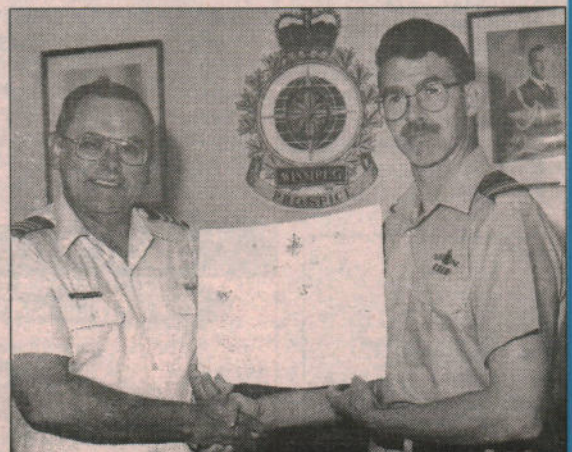


Captain Bob Baker, U.S. Air Force, was promoted to the rank of Major effective 1 June 96. LCol Dave McCoubrey, Commandant, CFSAS, and Bob's wife, Kim, pinned on Maj Baker's new gold oak leaf clusters. Also attending the promotion ceremony was Bob's daughter Autumn.



Presentations

LCol D.R. Marchment, W Admin0, presents Lt R.J. Juneau (right) and Lt G.S. Jackson with their Commissioning Scrolls.





Capt Dymond, outgoing WMCC PR Coordinator, receiving Community Service Award from Honourary Wing Commander Col Van Ruiten.

WMCC

Presentation of Community Service Awards



WO Fortier, outgoing WMCC Mayor, receiving Community Service Award from Capt Dymond and Wing Commander Col Sharpe.



Cpl Morley, outgoing WMCC Playground Coordinator, receiving Community Service Award from Honourary Wing Commander Col Van Ruiten.



Capt Villeneuve, outgoing WMCC Deputy Mayor, receiving Community Service Award from Wing Commander Col Sharpe.



Cpl Baggs, outgoing WMCC Ward 9 Councillor, receiving Community Service Award from Wing Commander Col Sharpe.



Sgt Burt, outgoing WMCC Ward 4 Councillor, receiving Community Service Award from Honourary Wing Commander Col Van Ruiten.

WARTIME PILOTS & OBSERVERS ASSOCIATION



17 Wing Team Captain, LCol Mike Spooner receiving Warbirds Trophy.

The annual Golf Tournament between 17 Wing and WP&OA for the Warbirds Trophy was held 27 May 1996 at CFB Winnipeg. WP&OA played with great skill and determination learned from thousands of sorties down as many fairways. Although the aggregate sue of WP&OA experience exceeded the speed of a Lanc in a power dive, it was not enough to overcome the good fortunes that seems to come to the young, more flexible and speedy sky jocks of today's wild blue yonder. It was a dogfight to the end with Col Ben Van Ruiten (Coach) and LCol Mike Spooner (Team Capt) and their 17 Wing crew winning the day. It must be remembered however that CFB have the resources to bring in ringers from around the world at the drop of a flap otherwise the results could have been easily reversed. Next year WP&OA will insist on a handicap equal to 75% of the age difference as a minimum or that CFB reps play in their flack suits, survival suits and parachutes. Finally, it would certainly be a much closer and more challenging match if play was conducted on a level airfield. All was forgiven however after some liquid refreshments and a fine BBQ lunch served up by Pat and Rose McNamara.



MCpl Colwell, outgoing WMCC Ward 9 Councillor, receiving Community Service Award from Wing Commander Col Sharpe.

THUNDERBIRD CHALLENGE '96

By Brenda Jasper

The 1996 Thunderbird Challenge was a true test of physical limitations, and according to team members from 4 Wing Cold Lake, failure was not an option.

"Being ready takes preparation and guts; heavy on the guts," said Cpl Pat Kostiw, from 4 Wing Cold Lake.

Comradeship, teamwork, determination and a sense of accomplishment marked the 1996 Thunderbird Challenge, one of the Air Force's premier Military Police (MP) competitions. Hosted by 17 Wing / CFB Winnipeg and ACHQ between June 24-27, the Thunderbird Challenge served as an avenue to demonstrate and develop security and military police combat skills and experience.

Endurance and strength are very important in the competition, as is participation. Just completing an event such as the fitness competition was an accomplishment in itself, as one competitor put it, "The only record that I want to make today is the record of making it".

This statement echoed remarks made by LCol Sam Marcotte in his opening address when he quoted a competitor as saying that "Last year I came to win, this year I came to participate".

The Thunderbird Challenge is a multi-event competition that was established to help prepare Canada's Military Police (MP) for deployment to the world's trouble spots, where they may be required to provide airfield security and policing for Canadian Forces aircraft and crews. The exercise reinforces and demonstrates physical fitness, weapons proficiency, leadership at all levels, and technical competence.

Over 40 Security and Military Police personnel representing 10 Air Force wings across Canada

competed in the fourth annual Thunderbird Challenge, held at 17 Wing Winnipeg, the "home" for the Challenge.

The physical fitness competition was held on June 25, and consisted of a 2.0 kilometre course which included 21 obstacles. And whether it was 19 Wing Comox, riding in on horseback proudly carrying their flags, or 17 Wing Winnipeg, letting their presence be known by making a team entrance with a torch in hand, the participants were ready, and the esprit de corps was very high.

The objective of the fitness challenge was to measure upper and lower body strength, agility, balance, and running endurance of team members in order to negotiate obstacles that could be encountered in a hostile or wartime environment.

For every participant, the fitness competition is a true test of physical limitations.

"You must be highly motivated, and think positive because it is very gruelling," said Cpl Rod Flowers, from 17 Wing Winnipeg.

Cpl Ken Grosset from 14 Wing Greenwood, echoed Flowers' remarks, saying, "it is the hardest physical thing I've ever done".

MCpl Marty Brisbois, also from 14 Wing Greenwood, said that for "anyone who finishes this course, it is an accomplishment in itself. Personnel from PPCLI (Princess Patricia's Canadian Light Infantry) think that this is a gruelling course, and they train everyday. Competitions such as this shows that people are prepared to go on missions, that they are physically and mentally prepared, and that you can count on them".

The second event in the Thunderbird Challenge was the handgun competition, held on 26 June 96 at The Firing Line. According to WO Bert Quinlan, the purpose of the shoot is to gain confidence in

the spirit of competition, and to demonstrate military skills that MP personnel utilize all of the time.

The handgun competition was held indoors this year, in order to eliminate external factors and to enable consistent and repeatable conditions for all competitors. Dave Brown, Chief Firearms Instructor at The Firing Line, said that the real-life situations (ie: a night scene with multiple armed assailants, using only the of a patrol car) "try to condition people never to be conditioned".

"MPs must be conditioned to perform under stress, and there's a lot of stress in competition," said Brown. "The mistake that they'd make today is exactly what they'd make on the street, and we would much rather have the mistakes in competition."

The third and final event in the Challenge was the combat rifle competition, the purpose of which was to simulate a scenario in which the security and military police would have to respond in order to protect airfield security from intruders.

In this competition, the participants used land navigation, map and compass exercises, and 4-man fire team movement in order to utilize and improve essential skills such as teamwork, map reading and compass direction, marksmanship, fitness, weapons handling and maintenance, as well as leadership.

"You learn how to work and operate as a fire team during the movement phase, using tactical hand signals and formations. During the rifle phase, you learn to stick together and to keep an eye on your teammates," said Capt Rob "Hollywood" Delaney, from 15 Wing Moose Jaw.

According to Maj Dave Shuster, the combat rifle competition is the most important in terms of



Cpl John Utton, 17 Wing.

preparing Canadian participants for the Peacekeeper Challenge, held annually at Kirtland AFB, New Mexico, because it is premised on the ability to shoot a rifle. At Peacekeeper, participants compete in combat rifle, grenade launcher, and machine gun competitions.

RESULTS OF THUNDERBIRD CHALLENGE 96

Canadian Military Police Association Award for Esprit de Corps

- 19 Wing Comox

Leadership Award

- Cpl Smithman
4 Wing Cold Lake

Top Gun Award (Highest combined score in handgun and combat rifle competitions)

- 2Lt Bell
4 Wing Cold Lake

OBSTACLE COURSE (Team results)

1. 17 Wing Winnipeg
2. 22 Wing North Bay
3. 15 Wing Moose Jaw

(Individual results)

1. MCpl Murphy, 17 Wing Winnipeg
2. Capt Delaney, 15 Wing Moose Jaw
3. Cpl Dwyer, 22 Wing North Bay

HANDGUN COMPETITION (Team results)

1. 8 Wing Trenton
2. 22 Wing North Bay
3. 17 Wing Winnipeg

COMBAT RIFLE COMPETITION (Team results)

1. 22 Wing North Bay
2. 17 Wing Winnipeg
3. 4 Wing Cold Lake

PEACEKEEPER CHALLENGE 96 - KIRTLAND AFB, NEW MEXICO

For 15 participants in the Thunderbird Challenge, the competition in Winnipeg was just a warm up.

The top Military Police personnel from ten wings across Canada competed in three events at the Thunderbird Challenge, and now the best of the best will train in order to represent Canada at the 1996 Peacekeeper Challenge, to be held at Kirtland AFB, New Mexico, from 15-22 September. And the expectations are high.

"I hope this year we will get them on the stage and get them a medal around their necks - at least two. I really feel it's going to happen this year," said

Gerald Criscuolo, Staff Sgt for the Peacekeeper Challenge.

"The key is competitiveness," said Criscuolo. "We have to get them focused on events and go for gold. But it is very gruelling."

"The heat of the competition makes it much more gruelling (than the Thunderbird Challenge)," said Cpl Rod Flowers, from 17 Wing Winnipeg. "But the motivation factor is very high. You want to give it your all - to make your team, your wing, and your country proud of you."

"There is a lot of pride," said Capt Rob Delaney, from 15 Wing Moose Jaw. "The flag is flying, you're representing

your country, and you want to show 'em what you've got."

The Peacekeeper (PK) Challenge is an international competition, with teams representing the USAF, RAF, RAAF, and our Canadian contingent. There will be seven very demanding events during the week in the desert, including: a team obstacle course, rifle competition, handgun competition, machine gun competition, grenade launcher, defender challenge (3-4 hour simulated tactical exercise), and an individual obstacle course with one competitor from each team (the individual with the best results after the team competition).

The 15 PK hopefuls will return to Winnipeg on August 23rd for one week of training. From there, the team is trimmed down to eight members and one alternate, at which time they head to Indian Springs Desert Warfare Training Centre, at Nellis AFB, Las Vegas, for three weeks of intense training.

The PK participants were chosen on the basis of competition performance, and input from competition officials and individual teams, and are as follows: Staff Sgt/Trainer and Weapons specialist - Sgt Gerald Criscuolo, USAF

Team Captain - Capt Delaney, 15 Wing Moose Jaw
Cpl Smithman-4 Wing Cold Lake
2Lt Bell-4 Wing Cold Lake
Cpl Gravelle-8 Wing Trenton
Cpl Munro-8 Wing Trenton
MCpl Black-15 Wing Moose Jaw
Cpl Piprell-15 Wing Moose Jaw
Sgt Ramsey-17 Wing Winnipeg
MCpl Murphy-17 Wing Winnipeg
Cpl Flowers-17 Wing Winnipeg
Cpl Utton-17 Wing Winnipeg
Sgt Blake-19 Wing Comox
Cpl Drought-19 Wing Comox
Cpl Dwyer-22 Wing North Bay
Cpl Thickson-22 Wing North Bay

AIR COMMAND INTELLIGENCE



LCol Beharriell, Command Intelligence Officer, promotes an obviously pleased MCpl Paul Hodgins to the rank of Sergeant effective 3 May 96. (Photo by Cpl Payne 17 Wing Imaging)

Promotions



BGen Henault, Chief of Staff Operations and LCol Beharriell, Command Intelligence Officer, promote ex-Met Tech WO/recent OCdt Roger Bowden to the rank of Lieutenant. (Photo by Cpl Payne 17 Wing Imaging)

“CALL ME ISHMAEL”

By Cpl L Williams, CFRC

When Cpl Bonnie Lamoureux had asked whether we were interested in an adventure training trip aboard the HMCS Oriole for one week, we all glowed with excitement and anticipation. However, we were not prepared for life's hard lessons in seamanship training, tight living spaces, and feelings of Kinetosis (sea sickness).

HMCS Oriole is the oldest ship in the Canadian Navy with a mainmast of 102 feet and weighs in around 92 tonnes. The Oriole is a sturdy ocean cruiser and invaluable for seamanship training for cadets and MARS officers. Inexperienced crews are given opportunities for training and development by participating in world renowned sailing races.

On 14 April 1996 we anxiously departed Winnipeg for Victoria with an extra supply of gravel and dreams of a vacation with strawberry daiquiris, Bermuda shorts and warm sunshine. We later arrived at CFB Esquimalt with our green duffle bags and a keen sense of becoming a sailor. To become sailors we decided we should act, talk and go where sailors go. We wandered up to the infamous Tudor House for seafood, beverages, and light sailor lingo. We were now prepared for any possible challenges the deep Pacific could throw our way. We were wrong!

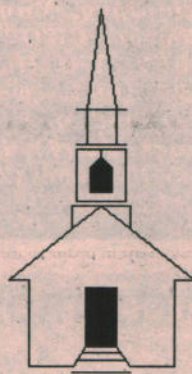
The next day we arose with dreams of bell bottoms and daily rum rations. We were

keen and alive. We proceeded down the docks to meet the crew of the Oriole. After a brief tour of the ship, we were assigned to our comfortable living arrangements.

We land lovers set sail under a light drizzle for a 5 day gravel filled adventure. Within the first few hours most of us turned green, grew tired and feelings of homesickness encompassed our every thought. However, as the week progressed we grew stronger in spirits, and iron stomachs. We took in the majestic beauty of the Gulf Islands, and visited Port Browning, Brentwood Bay, Maple Bay, and finally Victoria for some cultural education.

Through-out the week our days were filled with sailing basics, cleaning stations (the heads were topnotch thanks to Sgt Mullin), knot tying, lashings, jiggling this, tacking that, and strengthening our "Palmolive" skinned office hands. Often we found ourselves with facial expressions of confusion, frustration, and exhaustion, but we followed commands like baby sheep and worked like Sherpan Porters. Evening dreams of "TWO...SIX...HEAVE" replaced those of strawberry daiquiris.

All in all we had a terrific time on the West Coast with the staff of HMCS Oriole, we thank them for their patience, and their relentless sense of humour. This trip was a tremendous success thanks to the hard work of Corporal Bonnie Lamoureux.



Joint-Chapel Services

South Site

North Site

Roman Catholic:	1100 hrs	0900 hrs
Protestant:	0930 hrs	1100 Hrs

PLEASE NOTE: Protestant Services at St. Andrew (South Site) will commence 18 Aug 96, NO services during July. Protestant Services at The Chapel of the Good Shepherd (North) will be according to new schedule commencing on 21 July 96.

This schedule has been agreed upon by all the major players. If a certain time is not the best for you, try coming to the Chapel that suits your schedule.

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ANNOUNCEMENTS

CLOSURE OF CANADIAN FORCES OFFICER CANDIDATE SCHOOL

After 26 years of operation the Canadian Forces Officer Candidate School will close at the end of August. To mark this occasion a formal closure ceremony will be held on Thursday 15 August 1996. All previous members of the CFOCS staff and their families are invited to participate in these ceremonies.

The day will begin with an historical briefing at 1000 hours, followed by a tour of current Officer Candidate School. After lunch participants will assemble at the parade square to observe the graduation parade of the final basic officer training course and a short closure ceremony. A reception in the 'Gunroom' will follow. The cost to participants will be \$12.00 per person. Limited accommodation is available on base for the nights of 17 and 18 August at no cost, although meals in the appropriate mess must be purchased at the individual's own expense.

Anyone wishing to attend is requested to register by writing to:

Reception Committee
CFOCS
CFB Chilliwack
Chilliwack, B.C.
VOX 2E0
fax (604) 858-1084 (CSN 252-1084)

For additional information, please telephone (604) 858-1507 (CSN 252-1507).

Alert flags for sale

Unique keepsakes from Canada's most northerly permanent settlement are being offered for purchase. Souvenir Canadian flags, each flown for one day at CFS Alert are now on sale for \$27 by the Canadian Forces Supplementary Radio System (CFSRS).

The standard-size flags, purchased in bulk by CFSRS, will be shipped to Canadian Forces Station Alert, flown for a single day, then tagged for identification. Each person who orders a flag will also receive a full colour certificate with details about the day the flag was flown.

(CFS Alert has been in operation by the Canadian Forces since Sept. 1, 1958.)
To order new souvenir Alert flags send a cheque for \$27.00 payable to "CFS Alert Souvenir Flag Fund" to:

CWO Lammle, SCWO
CFSRS HQ
Ottawa, Ontario
K1A 0K2 (613) 990-3448

OLD FRIENDS, NEW FRIENDS

Past and present Traffic Technicians and Loadmasters, come out to meet old friends and make new ones. A Traffic Technician Reunion will be held in Winnipeg, Manitoba, 20 - 21 Sept 96. Contact CWO Al Cox (retd) (204) 888-5659, WO Hank Snow home: (204) 895-3691 work: (204) 833-6779 WO Fred Moores home: (204) 896-1246 work: (204) 833-2441 or Cpl David Burrill home: (204) 885-6852 work: (204) 833-2354.

SUBMARINERS ASSOCIATION OF CANADA - REUNION - VICTORIA MAY 9 TO 11, 1997

The Submariners Association of Canada will hold a Submariners' Reunion in Victoria from May 9 to 11, 1997. The three day event will consist of a Meet and Greet, Submarine Cairn dedication ceremony, DOCKYARD tour and ship visit, banquet and dance, church service and farewell reception.

Attendance at this reunion is open to submariners of any nationality and their wives or guests. Attendance fee is \$60.00 per person.


For further information and a registration form, please contact:

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Telephone: 604-658-4746.



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DEALING WITH DAILY STRESS

By Capt Crandell Overton, BPSO

Life in the Canadian Forces isn't what it used to be. Any of us who thought that we had a sure thing have had those illusions erased over the past three rounds of FRP. Now we are like the silver balls in the proverbial pinball machine, ricocheting from re-engineering to Op Phoenix, then to Op Renaissance, Alternate Source Delivery, and on to Ground School (or is it Flight Plan?) 97. Don't forget ACES, TQM, and Socio-Tech. It seems as if we are in a captainless ship, swept along with the winds of change.

In the field of "stress" studies, change figures prominently. Any adaptation, accommodation, or compromise which one has to make is sure to generate stress. Whether we think of the physical symptoms, emotional symptoms, or those we call cognitive, or thinking, processes, we aren't going to get away without a scratch. If you've hunkered down to wait out the down-sizing, or if you've made up your mind to go now, each of you is experiencing stress in some way. For those who wait, and for those who leap, the oppressiveness of the current economic climate is considerable.

The fact is, however, that we do have to change. I think it was the very wise Roman orator, Seneca, who said, "Who does not advance, falls behind." The reality we all have to accept, private and public sector alike, is that the global economy is changing. Governments just cannot bring in enough revenue to run all programs the way they used

to. Is it any surprise that households are feeling the pinch in the same way?

If we cannot change much of what life throws at us from time-to-time, maybe we need to change how we cope with it. Probably the best way to do this is to review our lifestyle. We all make choices about when we go to bed and rise; that is, how much sleep we get. Similarly, we choose to exercise, or not, how much stimulant or depressant to use, and how much free time we schedule for ourselves. For example, when one is in an especially bad time, maybe not sleeping well, or very anxious, wouldn't it seem prudent to avoid caffeine? Coffee and tea will just serve to over-stimulate you when your mind is already pushing you hard to deal with a problem.

We all hate to be lectured about our choices, but it turns out that the single most effective method for busting the chemicals which are part of our stress response is... exercise. About thirty minutes of sweaty exercise every other day has been shown to be effective in reducing cardiovascular disease in first responders, such as paramedics, firefighters, and playground supervisors (just kidding; firefighters don't count.)

The point in all of this is that we have to take care of ourselves (and each other, in a perfect world!) We are responsible for the way we react to life's situations. After all, **WHEN YOUR BODY WEARS OUT, WHERE WILL YOU LIVE?**

(Capt Overton provides Stress Management classes to units and groups at 17 Wing)

CFB WINNIPEG CURLING CLUB NEWS



Major Maier, President of the Curling club presenting to Mr. Peter Tarasenco an Honourary Life Membership Plaque in recognition of continued dedication and lengthy service to the curling club and curling in general.

REMINDER

Curling season is not that far away! Membership applications are available at the curling club (teams, individuals, mens, womens, mixed) Curling Club General meeting 4 September 1996, 1900 hrs

104th Scouts

Contrary to popular belief the 104th Scouts, Tuxedo District is alive, well and operating in the area of the south side PMQs and the surrounding civilian community. The 104th, for those of you who do not know our history, is a Scout group which has been in operation since Oct 19th, 1955 when it was called 104th Fort Osborne. Out of seven groups which received their Charter on that year, we and only one other are still keeping up the tradition. The present holder of our Charter, for the past two years and to whom we are extremely grateful has been the Second Battalion, Princess Patricia's Canadian Light Infantry.

During the past season the group consisted of a Beaver colony of 21 youths, between 5 and 7 years of age who met once a week at Lipsett Hall for fun, fun and sharing, sharing, sharing. The boys participated in archery, visited the Police museum, camped out for two days at the District Beaveree, became knights of old, exercised their minds, broadened their horizons, made many crafts, played non-competitive games, went bowling and attended Tuxedo district events such as Snow Days. If noise level, smiles and laughter are any indication of a good time, then these youths must have been in seventh heaven. The Scout program could not have been successful without the hard work and dedication of a superb team with leaders such as Diane and

Keith Brine (who are our backbone and kept the troop alive for the past two years), Kevin Lewis (fund raiser, organizer extra-ordinaire), Tom Dillon, Rob Chittim and treasurer Shiela Langlois. It takes a special type of individual to be a Scouter and these people have the "right stuff".

As we will be soon commencing our forty-second year, we are reaching a stage where due to postings and releases there is a requirement for not only leaders but group committee members. The 104th did not always consist of just a beaver colony, because in 1994 there was also a Cub and Scout troop. The Scout troop, in that year had four boys, presented their Chief Scout award by Lt. Governor Yvon Dumont at the Manitoba legislature. Since then due to lack of volunteers (leaders) and committee members, first the Scout troop and then the Cub program has had to be put in abeyance. I use the word abeyance because the purpose of this column is to try and garner leaders and committee members for the coming season in September.

If any person of high moral standards, is interested in the youth (male or female) of today and wants to join an organization that is well respected in the community, then we have a place for you. For those that lack experience, there are courses throughout the Scout year that will be provided to the right individual. So don't be shy; keep our troop alive. If you can help out in any capacity please give me a call at local 5599. Yours in Scouting, Kurt Buell.

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Back Row L-R: Mrs White, Sgt Vivian, Sgt Grenier, Sgt Black, Sgt Carleton, Sgt Lemoine, Sgt Ruddock, Sgt Hutchinson, Sgt Cinq-Mars, Sgt Moriarty, Mr Richard, MCpl Sigurdson, WO Van Acker.
Front Row L-R: CWO Anderson, MWO Croteau, CCWO Elphick, Mr Hartman, Mrs Benjamin, Mr. Konzelman

Certificate of Achievement



Sgt Al Black of 427 Sqn Met Troop receives the Certificate of Achievement from Aircom CWO Elphick. The Certificate of Achievement is awarded to the trainee in recognition for attaining the highest academic standing while on course.

Promotion



CWO Anderson (CFSMet SW0) along with Mr. Hartman (Comdt) and CCWO Elphick present CWO Croteau with his new rank.

LOSING WEIGHT THE RIGHT WAY

We know from scientific research that excessive body weight increases the risk of a number of health conditions, including heart disease and diabetes. Chief Warrant Officer James Smith knows about this first hand.

It was February, 1991, in Moncton, New Brunswick. CWO Smith had taken his wife to the hospital for a check-up. After he had a coffee and a muffin in the waiting room, he started to have a funny feeling in his chest. He went outside for a walk, then sat down in his car to have a cigarette. It was then that he had a heart attack.

Looking back on it now, he says with some relief and a sense of humour, "Lucky I was already at the hospital!" He spent 11 days there, recovering then beginning the slow process of rehabilitation.

With a big change in his diet

and a progressive walking program, he gradually reduced his weight from 98 to 80 kg. He attributes much of his success to his family and two fellow CF members who encouraged and supported his efforts: a sergeant who got up every day and walked with him, and a CF physician who took a genuine interest in helping him get back into shape.

But the story doesn't end there. Some time later, when posted to Gagetown, he was smoking again and his weight had crept back up to the 98 kg level.

"One day I had to go for a stress test. I couldn't smoke for two hours before it," recalls Smith. "As I was waiting for the test, I thought about my weight and my smoking habit and wondered if I was going to end up back in the hospital with an oxygen mask on my face."

Those bad memories and his



pride got him back on track. He kicked the cigarette habit and hasn't smoked since. He's now committed to healthy eating, walks a brisk 6.2 km each day, and is at a comfortable 84 kg body weight.

Working in food services, CWO Smith says the easy access to food was a big part of the problem. "I was picking at food all day," he remembers, "and I didn't always pick the healthiest stuff."

He feels that younger CF members are more educated and concerned about their diet. "Salad bars are empty after each meal," he says, "People are demanding healthy foods, and it's important that we offer them options."

Healthy eating is a step in the right direction for those who

want to lose weight or be sure to maintain a healthy weight. And just like CWO Smith and his walking program, we can't forget about active living. A weight-loss program that combines these two elements brings the best results. Healthy habits are better than diets!

Here's another tip for weight-loss enthusiasts: Be patient! Losing weight that stays off takes time. Avoid extremes to reach your goal. Don't drastically reduce calories, eliminate essential foods, or overdo your exercise. Shedding about half a kilogram per week is the sensible way to go.

And finally, don't be duped. If you're trying to lose weight, don't fall for rubber apparel that's supposed to sweat off fat,

"toning tables" that do all the work for you, or other items that promise miraculous weight loss in no time. The only thing that will be lighter after trying out these gadgets is your wallet.

If you feel you need to lose weight, the CF has some great resources and programs to help. Managing Your Weight is a concise booklet packed with sensible advice. You can get a copy from your unit physical education or medical staff. In addition, a variety of weight management programs are offered at various units throughout the CF. Your unit physical education staff or Community Health Nursing Officer can tell you who runs the program in your area.

PERSONAL CLASSIFIEDS

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FOR RENT - Historical Country Home - 15 minutes from North Side Base, 3 bdrm, dining room, huge living room w/ fireplace, in ground pool, 2 car garage. Interested? Call 633-0806.

Suite for Rent - 3 Bdrm suite in a duplex, own entrance, rent reasonable, utilities included, close to downtown, Minto, 15 minutes from Base. Call 775-7302 after 5 pm.

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MISC. FOR SALE

Large size storage shed, metal structure, good condition, asking \$160.00. All in one piece - dishwasher with stove & oven on top, asking \$60.00. Call Judy at 668-3339.

Men's roller skates, size 9, excellent condition, asking \$35.00. Call Peter at 334-7274.

Large dog kennel, \$75.00 OBO. Antique organ, offers. Call 895-8191.

Beaumarck dishwasher, good condition, 9 yrs old, \$125.00. NSP M5 exercise bike, 5 program, very good condition, \$115.00. Call 488-1301.

Washer/dryer \$450.00., couch/matching chair \$500.00, Barbie Jeep \$80.00, 10 cu. ft. freezer \$350.00, and more.... Call 487-0217.

750 L. Bic Windsurfer, 6.0 sq-m sail, ready to go, \$750.00. Call 477-6371.

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Woman's Mess Shirt, size 10, \$15.00. Black pumps, \$7.00. Call 832-2825.

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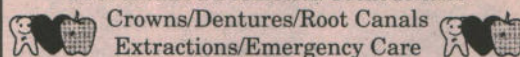
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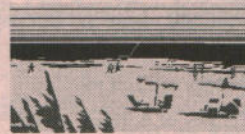
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