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VOL. 44 ISSUE 19

17 Wing Winnipeg / 17e Escadre Winnipeg

OCTOBER 30, 1996 / FREE

NOVEMBER 11TH IS REMEMBRANCE DAY

The marking of Remembrance Day

(NC) Remembrance Day dates back to the signing of the Armistice at the end of World War I on the 11th hour of the 11th day of the 11th month of 1918. While marked by the passing of the Armistice Day Act it later took on greater significance.

In 1931, after insistent representation by The Canadian Legion of the British Empire Service League (Now The Royal Canadian Legion), Canada's Parliament amended the Act to ensure that 11 November would be set aside as a day distinct and apart from any other observance. It was noted as a day upon which the nation could pay special tribute to those "who gave their lives so that freedom might prevail."

Later, in 1970, Parliament passed "The Holidays Act" which included, among others, Remembrance Day. That section reads:

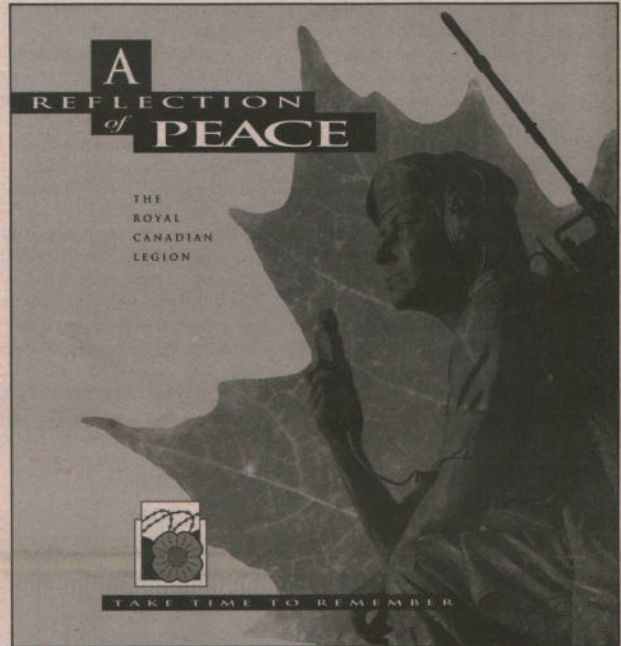
"Throughout Canada in each and every year, the 11th day of November, being the day in the year 1918 on which the Great War

was triumphantly concluded by an armistice, is a holiday and shall be kept and observed as such under the name of Remembrance Day".

While the day is a federal holiday, it does not have to be recognized as such by the individual provinces, and in some cases it isn't. Still, it has stood the test of time and is marked in different ways in different areas. Schools that do not close, for instance, still have assemblies and teach its significance to Canada's youth.

The most common way of marking the day is the Memorial Service at national, provincial, municipal and local cenotaphs and memorials, where veterans still parade proudly in tribute to those that did not return from the two world wars and the Korean War. The one minute's silence at 11 a.m. is part of our national heritage. May it ever remain so.

(NC-Credit News Canada)



An Evening of Music, Pageantry, Tradition and Entertainment



Manitoba Military Tattoo

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Parade of Flags, Rappelling, Rifle Drill Team, Precision Drill Team, Biathlon, Naval Gun Run, Feu De Joie, Retreat and Sunset Ceremony, Military Bands and Pipe Bands

SATURDAY, NOVEMBER 9, 1996
AT 7:30 PM
WINNIPEG ARENA

Spectacular show planned for Manitoba Military Tattoo

The Manitoba Military Tattoo promises to be an evening of music, pageantry, tradition and exceptional entertainment.

For several months, musicians and performers have been planning and rehearsing to prepare for the big show. Modeled on traditional events such as the world-renowned Edinburgh Festival Tattoo, the Manitoba Military Tattoo features military and cadet bands, highland dancers, vocalists, choirs and displays of military tradition such as precision drill teams, rappelling and the parade of flags.

Featured performers include popular local singer, Jennifer Hanson, the Bison Men's Chorus, the Manitoba

Highland Dancers, and performers from Air Command, HMCS Chippawa, The Royal Winnipeg Rifles, Queen's Own Cameron Highlanders of Canada, 402 Sqn, 435 Sqn and the RCMP.

The Manitoba Military Tattoo is the result of a co-operative effort by many individuals and groups, says Colonel Ben VanRuiten, tattoo vice-president and 17 Wing's Honourary Colonel. "The idea of presenting a local tattoo has been around for several years," he says. "This year, it is becoming a reality, thanks to the hard work of many people."

The Manitoba Military Tattoo "Salutes Our Veterans" theme is particularly

appropriate since the tattoo takes place only two days before Remembrance Day, adds Colonel VanRuiten. "The tattoo opens with a march-past of veterans," he says. "Seeing them will be a powerful reminder of the importance of our military tradition."

The Manitoba Military Tattoo takes place at 7:30 p.m. on Saturday, November 9 at the Winnipeg Arena. Tickets for the tattoo are \$10, \$15 and \$20, and are available at Select-A-Seat, 780-SEAT (780-7328). Seniors' and children's discounts are available, as are Family Packs of tickets.

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HAVE A SAFE & HAPPY HALLOWEEN !!!

Halloween Safety Tips provided by the Military Police on page 14.

UNFORGETTABLE REMEMBRANCES

By Maj CM Walton-Simm

REMEMBRANCE DAY will be observed on Nov 11th, commemorating the armistice that ended World War I (WWI) at 11:00 a.m. of that same day in 1918. Each year, on that day, we honour the war dead with ceremonies at cenotaphs in towns and villages. At the National Cenotaph in Confederation Square, Ottawa, the day is marked by a moment of silence at 11:00 a.m. and by gatherings or parades of veterans of the world wars and the Korean conflict.

Unfortunately, time has a way of fading the memories of the many young Canadians who sacrificed their lives for the freedom we enjoy today. The first World War ended 78 years ago, which obviously means that there are very few veterans of that war left to share with us their experiences. But we still have the written history, which provides graphic details of the triumphs and failures of boys who would be men and the courageous feats they performed for their country. As well, there are not a lot of veterans from World War II (WWII) or Korea or any other conflict either.

The symbol of Remembrance Day is the poppy of Flanders, replicas of which are distributed by the Royal Canadian Legion. Each year at this time, I try to determine what symbolizes Remembrance Day for me. I don't personally know a veteran from

any conflict but, as a member of the Armed Forces, I do feel a personal connection to the men, women and children whose lives were permanently effected by war. And if I get really philosophical, perhaps the peace we as Canadians enjoy today is possible because people like myself have made a commitment to the protection of Canada.

There is, however, only one thing that brings it home emotionally for me - Canada's most famous war poem written 8 December 1915 by Lieutenant-Colonel John McCrae, a soldier and medical doctor. He died in 1918, but his poem and the red poppies of Flanders fields remain to remind us of the sacrifice made by so many. In WWI, 619,636 Canadians served, of these, 62,800 were killed. In WWII, 1,184,322 served, of these, 42,042 were killed. There were 516 Canadians killed in Korea. In WWI 2,854 females served and in WWII, 49,545 females served.

For each Canadian, especially the younger generations that often find it difficult to remember the wars and the thousands of Canadians that have participated and the ones that lost their lives, what symbolizes Remembrance Day may vary widely. But whatever the symbol, I hope that all Canadians take a moment, on the 11th of November, to remember the soldiers who gave their lives so that the rest of us wouldn't have to.

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch, be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields

Punch
Dec 8-1915

John McCrae

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HMCS CHIPPAWA

Cmdre Bauginet looks on as Cdr Schultz signs the scroll relinquishing command of HMCS CHIPPAWA



CHANGE OF COMMAND

By WO Lloyd Harris

A "Sea of Blue" with a little bit of tan and light blue thrown in, was the setting for Ship's Company as HMCS CHIPPAWA held its Change of Command Parade on 08 October, 1996. CHIPPAWA was saying goodbye to outgoing CO, Cdr D.R.A. Schultz, and welcoming aboard the new CO, LCdr J.O. Dawson.

The Reviewing Officer was Cmdre R.N. Bauginet, Commander of Naval Reserves. Also in attendance were a number of former Commanding Officers of HMCS CHIPPAWA.

Cdr Dennis Schultz entered the Naval family as a member of J.R.K. Millen Navy Cadet Corps and then enrolled with RCSCC CRUSADER rising to Chief of Corps. He then joined the Naval Reserve in 1971 under the ROTP Cadet Plan and has served CHIPPAWA since then. Cdr Schultz was promoted to his present rank in January 1996. He was appointed as Deputy Commander of Harbour Defence Unit Four 1 July, 1996.

LCdr Jerry Dawson began his military career as a Royal Canadian Air Cadet in September, 1957 and was discharged in 1962 in the rank of Flight Sergeant in order to attend pilot training. On completion of his training he declined a short service commission to commence studies at the University of Manitoba. In 1974 he joined the Naval Reserve as a Direct Entry Officer (Maritime Surface and Sub-surface) in HMCS CHIPPAWA. He changed classifications to Naval Control of Shipping and has held numerous positions within the Division. In his civilian capacity as a teacher, he was appointed Head of the English Department at Vincent Massey Collegiate, Winnipeg, in 1991.

During the ceremony, Cmdre Bauginet presented the Coxswain, CPO1 M.T. Shortridge, with his Warrant Scroll. The Coxswain, in turn presented Cdr Schultz with a gift of a print of HMCS SACKVILLE on behalf of all members of CHIPPAWA.

GROUNDSCHOOL FACILITATORS - HAVE FLIP CHART WILL TRAVEL

By Capt Tanya McLeod

Go back in your mind five years... picture the Deputy Commander of Air Command, two brigadier generals, two colonels, two lieutenant colonels, two chief warrant officers and one corporal sitting in a room chatting. Imagine what the corporal is doing.

Now go to split-screen and try to image the same group being lead through a discussion by the corporal. The corporal is directing their discussion, and ensuring they stay on track and accomplish their aim in the given time period.

Impossible... certainly not. Reality... most definitely. It happened this week in Air Command during the Combined Commanders' Training Session. Seven Groundschool facilitators: Cpl Greg Bush, 8 Wing;

Cpl Bill Lucas, AirCom; Capt Eve Luecke, 22 Wing, Capt Andy Tomasevic, AirCom; Maj Robin Gosling, AirCom, LCol Mike Kennedy, 17 Wing/DFS and Mr. John MacDonald, 12 Wing; helped facilitate focus groups composed of NDHQ Directors, Air Command Staff, Wing Commanders and Wing CWOs.

For the Air Force, this is an actual visible sign that empowerment, giving the people the necessary skills then trusting them to do the job, is happening. For individual units, it means over 300 Groundschool-trained facilitators are available, fully capable of providing a wide range of services in-house at a more reasonable price than their costly civilian counterparts.

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Prime Minister Jean Chrétien Flies With 402 Squadron



On Tues. 16 Oct, 402 Sqn transported the Rt. Hon. Jean Chrétien from Dauphin to Winnipeg by CC-142 Dash 8 aircraft. Pictured above are the crew of CANFORCE 1. From left to right: Maj Brady Aubin, Aircraft Commander, MCpl Kim Wallin, Flight Engineer, MCpl Dave Wilson, Flight Steward, PM Jean Chrétien, Capt Warren Wightman, First Officer, and Sgt Steve Seymour, Flight Steward. (Photo by Cpl Gervais, WImaging)

DFS - Presentations



Captain Rob Chapman Aircom HQ DFS receiving his CDI Medal presented to him by Col R. Bastien DFS Sep 96.



LCdr Cyd Courchesne Flight Safety Human Factors receiving her Canadian Forces Decoration Medal for 12 years of loyal service to the CF presented to her by Col R. Bastien DFS Sep 96.

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OILER UPDATE

By Sgt Mike Landers

Editor's Note: "Oiler" is a term sometimes used to refer to flight engineers. CC-130 Hercules flight engineers are responsible for monitoring the aircraft systems during flight. In addition, they maintain the aircraft and prepare it for flight when deployed away from a main base.

It is time once again to catch up on the comings and goings of the Oiler Section in 435 Squadron.

We all have survived another wonderful Winnipeg summer (#3). Despite the all too familiar manpower shortage, we managed to complete all of our taskings as well as accomplish our leave and 'days-off' requirements. One noteworthy mission was the transport in August of the Prime Minister and escorts from Whitehorse to Dawson City in the Yukon Territory, and return. A very enlightening conversation was held between the PM and the crew of CFC 01 on the return leg.

All of the section would like to welcome the following Oilers to our happy section: MWO Art Tousignant from 429 Sqn Trenton (aka Ninja Ops), WO Harv Kellner from 405 Sqn Greenwood and Sgt Mike Kipling from the AWACs contingent in Geilenkirchen (GK), Germany. This will be Mike's 2nd tour with 435 Sqn. We all hope your tours will be rewarding and interesting.

Along with the arrivals we must have departures. We would like to say farewell to Sgt Baillie-David who has left for the hallowed halls of learning in Trenton (426 Sqn). Also leaving for greener pastures is Sgt Jamie MacDonald, who has taken the big step to freedom and has taken his release from the Regular Force. He is currently on course to become one of Winnipeg's finest. He has also decided to keep his fingers in the flying game and has become a reserve flight engineer. Best of luck to you both.

The fall season will be a busy one for everyone. The fall Long Range trainer has left for Australia and Hawaii. We will be deploying three air-to-air refuelling missions: two in support of an exercise in Turkey, and one in support of the squadron's air-to-air refuelling conversion course. We are also maintaining 24/7 SAR Standby as well as our other multiple commitments.



By Capt Chris Clarke

Editor's Note: "Chinthe" is the mascot of 435 Squadron and is found on the squadron's crest. A chinthe is a mythical beast that is half dog and half lion. They are used to guard the entrances to Burmese temples and are representative of 435 Squadron's eastern heritage.

As another summer sets on the picturesque Manitoba landscape so do some more chapters in the history of 435 Squadron. While "unforecast attrition" may have seen the departure of some over the last little while, some foreseen arrivals have bolstered our ranks. Welcome to Captain Wright and Major McKenzie who are currently on their basic Herc OTU, and welcome back to Captains Culver and Marlow who just recently completed their basic Herc OTU.

Speaking of basic courses, a few of the aircrew were able to attend a one day seminar on the DEWS/SPS which is the Defensive Electronic Warfare System / Self-Protection Suite, now installed in the aircraft. Although we can't really use it, we can now turn it on, which is a good start.

AAR Course 9603 finished up in early October after a week and a half in Cold Lake. Although it is sometimes difficult to coordinate fighter flying with tanker flying, the offer of free collector cups with a minimum fillup of 5000 lb. seemed to attract the customers. While the

CHINTHE BITS

435 Squadron 'Hose-heads' Make Like Flying Gas Station

fighter jocks may not always be up on the regs; or sometimes (although rare) not make their timings; they really are all we have (or are theymore on that later). In the end though another fine group of AAR qualified aircrew have been "cleared for wet contact."

Turkey is more often than not associated with Thanksgiving but this October the Turkey in question was a country where the 435 'Oilers' (Ed: 'Oiler' in this context refers to the 435 Sqn tactical air-to-air refuelling call sign) found themselves going to on a NATO exercise. A slight hiccup occurred when it was discovered that air-to-air refueling is not allowed in Turkey.

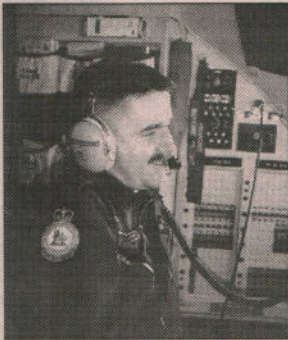
That problem seemed to be solved by basing the crews out of Sigonella, Italy. Unfortunately a major unserviceability prevented the crews from fully participating. All people involved believe that had the aircraft been serviceable, a tremendous amount of

gas would have been passed.

Getting back to the fighter guys, the tankers have now been given the green light to refuel a number of British aircraft. As well it seems as if we may be finally getting a memorandum of understanding with the United States Navy. With these historic documents in hand 435 Sqn should soon see itself with "chicks in tow" from other NATO Countries. The next couple of months will see the "Oilers" with their hoses deployed in the south and across Canada. You are cleared to leave the tanker to the left.

The next couple of months will see the "Oilers" with their hoses deployed in the south and across Canada.

HAVE YOU SEEN THIS MAN?



Sgt Jamie MacDonald, a flight engineer with 435 Sqn, has recently left the Regular Force, in order to become one of "Winnipeg's Finest." He is currently undergoing training with the Winnipeg Police Service. Even though he is still a Reservist with 435 Sqn, we won't be seeing as much of him due to his new duties. If you see his cheerful face in the future, let's hope that you are on the right side of the law! Good Luck, Jamie! (Photo by 435 Sqn)

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Major Forsythe and Lt Desrochers are shown presenting OCdt Clink, better known as Sid Clink the Senior Wing Network Manager, with his promotion to 2Lt.

CANADIAN FORCES RECRUITING CENTRE WELCOMES NEW PERSONNEL

By Sgt Angus J MacFarlane

CFRC Winnipeg, located at 280 Smith Street, is going through a lot of changes these days due to the reorganization of recruiting itself. The upcoming year is going to be a hectic one; with over two hundred schools to visit, various career symposiums to attend, and the moving of the recruiting centre, to our new location on York Avenue beside the Convention Centre (scheduled in November), it is going to be a challenging and exciting year. Business is booming at CFRC, and we are always seeking new recruits. The unit is responsible for processing all Regular and Reserve applicants for the province of Manitoba and Northwestern Ontario with a two person Det., in Thunder Bay. Currently, CFRC Winnipeg is commanded by LCdr Rick Hearn, employs a DCO Lt(N) Fraser Boyes, three Military Career Counsellors (MCCs); a Medical Support Person, four recruiters, five clerks, one Chief Clerk, and two civilians who manage the Central Registry and the CO's secretarial duties.

Along with the changes in recruiting, the unit would like to welcome several new faces to the centre, they include: Capt Kenn Garrity (MCC), WO Perry Verigin (Med), Sgt Paul LeBlanc (Chief Clerk), PO2 Rick Strocel (Recruiter), Sgt Angus MacFarlane (Recruiter), Cpl Mary Ellen Godin (Clerk), Cpl Cheryl Pratte (Clerk), these particular individuals came from many different backgrounds before being posted to the Canadian Forces Recruiting Centre. This is not Capt Garrity's

first posting to the Recruiting Centre (this officer has seen and done it all, from being a Chaplain, to a Gunner, to a MCC, you name it, he's done it!) Cpl Godin came from Thunder Bay PPCLI Training Det (Sunset Country), and Sgt LeBlanc made the long voyage from the 17 Wing PSO's office to the Recruiting Centre. Furthermore, Sgt MacFarlane is a Army Reservist from the Kenora area who is on a Class C posting, PO2 Strocel came from HMCS COWICHAN where he was the Chief Electrician, Cpl Pratte came from the Base Hospital at St. Hubert, Que., and WO Verigin was the Hospital Warrant up at 17 Wing. It is going to be a challenge for these individuals to work through the many changes in the recruiting system, but they are up to the task. Departing during the last year were Sgt Miller, Cpl Lamoureux, Cpl Williams, Cpl Morley, WO Fortier, and Capt Pahl. We wish them all the very best in their new positions or career choices.

As you can see, it is going to be a busy year for everyone at the Recruiting Centre. We take great pride in providing our many customers our best service and ultimately, the CF with the best available personnel for the job. Contrary to what many may believe, even during times of restraint and cutbacks, we are still very busy recruiting and processing those who seek the opportunity to serve within the Canadian Forces. So by all means, if you know someone who might have what it takes and is interested in opportunities within the CF, send them down, we would be more than happy to accept their application.

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From Inside the Commander's Closet

By "Teal"

Well, well, you can just imagine my delight. To be given the assignment to get the inside scoop on several of the changes coming out of Air Command. To think a Cape Islander could rise from the herring roe table to "official spy" to the Commander of Air Command. The heights to which the lowly can rise. Ticked pink as a mouse in insulation, I am!

Of course, I was supposed to interview the Commander but what kind of inside story would that be. Everyone knows the fly on the wall is the one in the know. So here I am, in amongst the boots and shoes and the newly dry-cleaned winter coat. It's the perfect spot, a view of the Commander's desk and everything. Thank the gracious Lord I am small. But no more cups of tea in here, eh.

Enough chatting, let's get on with what I've heard. Oh Lardy, the changes. But what could he do, with almost a 50% cut in personnel and O&M even the most penny pinching Scot couldn't continue without change. It doesn't matter how often you rub your quarters the Queen is a queen not a genie.

The changes go right to the very core of the Air Force, who we are, what we do and how we feel about it. Needless to say, there's lots to do and the Commander is but one man. But oh my soul, what a bright lad he is. To put some order into the changes, he created a coordination cell, Flight Plan 97, reporting directly to him. See, he likes to keep his finger on the pulse.

The Flight Plan group is to ensure it sets the stage for the changes, helps the chain of command implement the

changes and then provides the structure so that adjustments and further improvements can be made. Let me tell you, you won't find a single dust bunny under the desks in this organization.

Actually you've probably heard of Flight Plan 97. They're the ones who developed the Air Force Ground School. And doing a few other "little" jobs like planning the move of Air Command to Ottawa as the new Chief of the Air Staff (CAS) Division, and the move of the five Air Command Groups from across Canada to the new consolidated 1 Canadian Air Division/Canadian NORAD Region Headquarters here in Winnipeg. They're also taking initiatives such as business planning, Activity Based Costing and other performance measures and combining them to provide the future Air Force with a comprehensive means of measuring what they're doing and how much it costs. Another cell within the group is managing all the change associated with making the air fleets themselves more efficient. And that's just the broad brush strokes of information which I've managed to get on the first few days of snooping.

Oh just a sec... Hot news. The social charter that the Commander discussed in September's Roundel, he's talking about it now. Apparently it was batted about at the Combined Commander's Training Session (CCTS) held 1-4 October. All the feedback received from the Ground School was combined with input the Chiefs brought with them, and the CCTS attendees, split up into focus groups, used the info to come up with action points. And the

ball is rolling now! He's hot on this issue - wants a draft copy of the focus groups' results within two months! No coffee breaks for the document-drafting folks, there's a lotta stuff to go through.

The results are going to be split into what can be actioned within the Air Force and what needs to go to NDHQ. Of course the final package will be Air Force specific and won't necessarily include NDHQ action points. But don't you fear for a second that this lad is gonna let these issues ride. Not for one cotton pickin' second. He's taking all those NDHQ issues back to the Army and Navy boys, and together they're going up to those upper-echelon people as one united force.

I'd not be volunteering for that job in a hurry. Blessed be

AIRCOM PROMOTION



Col R.A. Thomas, AIRCOM/DCOS AE and LCol N. Wagner, SSO AE P&P congratulate Maj Ken Carlow, SO AE Pol, on his well deserved promotion to Major.

those who are brave at heart. Mine in particular pounds everytime he opens this closet door. Lord, but get back to the package. They're gonna spiff up the presentation of the AirCom action points and ship it off to all the Wing Commanders for review and further input...

Sorry folks, time to go. He's on his way to a meeting and I'll have just enough time to get out, grab a bite to eat, and get back.

P.S. I'll be keeping in touch, so be looking for me. Take care until the next "undercover" report from... *Inside The Commander's Closet.*



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Ian Dark, General Manager, Astra Credit Union makes a presentation to Ms Shelly Finnen, 17 Wing Electrical Mechanical Engineering Librarian / Contract Clerk — Astra's 15,000th member. Standing with them (right) is Walter Parfeniuk, Manager, Sturgeon Branch.



EX COOPERATIVE DRAGON '96 TRAINING AREA - LEST, SLOVAKIA

Over the period 3-16 September, about 10 members of 2PPCLI found themselves in the heart of Slovakia for EX COOPERATIVE DRAGON. The 2PPCLI contingent was fortunate to be augmented by comrades from IRCHA (Capt Marc Aucoin), our Bde HQ (Capt Paul Mayfield) and our own contingent public affairs officer from NDHQ (Lt Sheena Carrigan).

Now who would have thought seven years ago that these Canadians would be capable of exercising behind the former Iron Curtain? You can't imagine what a tremendous training opportunity this was!

The Exercise was a command post exercise focusing on peacekeeping operations and saw participants from both NATO and non-NATO countries.

EX COOPERATIVE DRAGON was the third exercise conducted under the umbrella of Partnership for Peace (PfP). This PfP concept was born in a Heads of State Summit in Brussels back in January of 1994. In a nutshell, the purpose of PfP is to allow NATO and non-NATO nations to train together to enhance interoperability.

Participating nations in our PfP exercise included: Slovakia, The Czech Republic, Ukraine, Romania, Albania, Portugal, France, the US, Italy, Hungary, Turkey, Greece, Moldova, and of course, Canada. Of particular note is the interest and participation of some previous Warsaw Pact nations-but judging by the camaraderie and mutual respect that abounded on the exercise, you'd never know we were on opposite sides of the Iron Curtain just seven short years ago!

The deployment went quite smoothly all the way to Vienna Airport, from which the final leg to Training Area Lest across the border into Slovakia was to be made. The group's baggage was AWOL and a two hour wait kept extending incrementally to its final duration of 10 hours. Bound by



Maj G.D. McNally (third from left), Commander of the Canadian contingent, along with the French, Czech, and Albanian Commanders during the opening ceremonies.

2 hour reporting periods, limited by Vienna Airport's isolation from the city, and suffering terribly from jet lag, we were forced to put Austrian beer's reputation to the test. By the early hours of the 3rd of September, with the long delay in Vienna and the blurred bus ride into Slovakia behind us, we were quite content to settle down for the night in our home for the next two weeks.

The next few days' activities consisted of cultural visits into the nearby cities of Zvolen and Banska Bystrica, opening ceremonies and setting up the command post for the exercise. By the time the exercise was kicked off on the morning of the 9th of September, we were quite anxious to get to work.

Only hours into the exercise, Canada's experience and expertise in peacekeeping operations was made evident and we were able to

demonstrate our leadership in this field. A few of the less experienced countries' contingents began to approach the CANBAT Ops O, Maj Creighton for guidance in how to respond to specific scenarios and they never stopped coming. Strong relations were established with the Albanians, the Romanians, the Portuguese, the French and the Americans, mostly due to the outstanding PR of 2PPCLI's QMSI, MWO McArdle. It seemed that participants speaking any language knew the meaning of the letter "Q"; and anyone daring to make his way to our cell looking for "Q" would be ambushed by a big smile, a volley of slaps on the back and a flurry of headlocks and laughter.

Conversation with members of the American contingent focused on the World Cup of Hockey. Thankfully, the unfortunate

outcome took place a few days after the exercise, lest we would never have heard the end of it. The Americans were very gracious in organizing "The First International COOPERATIVE DRAGON 5K Run" however. Although not all contingents participated, the Canadians were out there in full force demonstrating leadership by example, esprit (and all that good stuff). In the end, the Canadians won all age categories with the exception of one, and saw noteworthy performances from Lt Phil Dawe (who came in second), the old, crusty DCO, Maj McNally (who came in fourth and subsequently put Phil Dawe on Report of Shortcomings for having beaten him by four seconds), and the best PR man any nation could have, the "Q." The "Q" was out there running with the best of 'em and egging all others on in his jovial manner. In all, to have seen virtually every member of the Canadian contingent out there showing the flag and doing as well as they did in front of their international confreres would have made you proud.

Perhaps the most enjoyable exchange took place with members of the French contingent who were gracious enough to invite us to a pleasant restaurant in Banska Bystrica. Anecdotes and compliments were exchanged in

various mixes of broken language.

Saturday the 14th of September marked the departure date from TA Lest. We made our way by bus to Bratislava where we would spend the night. A good time was had by all in the capital city that night.

The following day, we undertook our last leg on the ground to Vienna. We boarded the train and were minutes shy of the departure time when Maj Creighton's big adventure began. With his wallet and passport stolen by an elite member of the local society, he was forced to stay in Bratislava, accompanied by Lt Proctor in order to have an Emergency Passport issued. Much to their chagrin they were forced to stay a few extra nights in Europe, experiencing the devastatingly inexpensive beer prices.

At the time of our arrival in Winnipeg, all members were pretty well spent from the flight and satisfied of their exercise. While the pace may not have been as demanding as we have come to expect here in Canada, much was accomplished beyond the scope of the exercise. We were afforded excellent opportunities to experience different cultures, languages and meet interesting soldiers. As cliché as that may sound, that may be the best thing many of us got out of it.

Here's hoping others can enjoy the benefits of PfP!



Canadian Contingent cementing new friendships upon completion of the Ex.

2 PPCLI FIGHTS WITH GATES

By Pte Marcel Maure
2PPCLI, B Coy, 4 Pl.

GATES - What does it mean? GATES is the German Army Training Establishment in Shilo. If that is still complicated, it is where German conscripts and regular soldiers come to CFB Shilo and train for their required time in

the German Army. Their time in Shilo is 3 weeks long and is only a short part of their 10 month period in the Army.

So what do Canadian soldiers from 2PPCLI have to do with this? We had the opportunity to work with these foreign soldiers. Most of the soldiers were taken from B Company personnel, with

the remainder coming from D Company to make a composite platoon.

What did we do, you ask? Well, when we got there we did some basic range work and then started a progression of training through team, group, section and platoon dismounted attacks. We did them dry fire (blanks) first and then with live ammunition. The German ranges were excellent, with the targets popping up on command of the range OIC through a wireless control pad. The dismounted attacks were intended to get us familiar with our new troops in the sections and platoon. Once we achieved a high standard, we went to work on mounted platoon attacks, both dry and live. Upon completion of these ranges, the platoon was deemed ready to work with the German troops.

The Germans had Marders for their APC/AIFVs. They also had M109 self-propelled artillery and

their Leopard 2. Their carriers, tanks and artillery would assist our mounted platoon of troops to attack and take over positions held by the enemy. The first day was not all that glorious. There was a German soldier that got hurt and had to get evacuated, so there was a big delay. Once this was done, we continued our attack, doing our job once the Germans shot the objective up with their 20mm guns, artillery and tanks. We seized the piece of ground and the remainder of the German company pushed through us. The next attack was almost as eventful as the first attack, when a fire was started by the German weaponry firing on the objective. We were given the "unload, clear weapon" and continued with the range dry. This was the last attack of the day, so we packed it in. The next day was a maintenance day, so we did vehicle and weapon maintenance.

The next training day began at 0415. We were in our M113s and on the move by 0530hrs. On this day the attacks and momentum seemed to go smoothly. We attacked and destroyed the

objectives fast and furiously. Our movement onto the next objective was also fast, with the Germans firing us in. We performed like well-trained infantry soldiers, shooting and taking over the ground quickly. This was the last attack of the exercise, so we had a debrief from the German CO. He told us that we performed in a very professional manner and that he was impressed with our tactics. After the debrief, we moved back to the base and got ready to deploy back to Winnipeg.

I have to say that the Germans were an all-right army with good APCs. Their Leopard 2s seemed also to be a good tank. From this young private's point of view, seeing Marders, Leopards and artillery firing live for the first time was a good experience. I find we should do more live fire, not only at platoon and company level, but with combined arms as well. The GATES exercise was one where we learned to work with a different regiment from a different country with a different language and tactics. But with all this, we adapted and overcame the barriers and performed as a TEAM.



The German APC - Marder



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ROYAL UNITED SERVICES INSTITUTE

Lieutenant Colonel (Retired) Jim Popplow, SBSjt, CD, BSc, BEd, MD, MSc, FACPM, will be the guest speaker at the Royal United Services Institute meeting on November 3, 1996. The meeting will be held in the 17 Wing Officers Mess beginning at 1400 hours.

Dr. Popplow joined Manitoba Health in June 1995 as Medical Officer of Health for the Environment. In addition to serving as the provincial environmental health advisor, he is actively involved in various Federal-Provincial health and environment committees working towards a national harmonization of environmental standards to encourage a positive recognition by all governments and Industry of the need for sustainable development practices. He holds an appointment as a Lecturer in the Department of Community Health Sciences, Faculty of Medicine, University of Manitoba.

Prior to accepting his appointment with Manitoba Health, Lieutenant-Colonel Popplow enjoyed a 30 year career in the Canadian Forces. His position for the final seven

years was Senior Staff Officer Aeromedical Operations and Clinical Services with Air Command Headquarters. That responsibility, combined with the previous four years as Director of the Medical Life Support Division of the Defence and Civil Institute of Environmental Medicine in Toronto, provided extensive firsthand experience in the management and standards of medical care in global aerospace operational settings.

Dr. Popplow earned his M.D. at Queen's University in 1975 and did his postgraduate study in Aerospace Medicine at Wright State University, Dayton, Ohio, where he became a Fellow of the American College of Preventive Medicine in 1983 and a Fellow of the Aerospace Medical Association in 1989. Prior to entering Queen's University, he served as a Radio-Navigator for three and one half years. He has held a private pilot's license since 1968 and completed 150 hours of dual flying on the Kiowa helicopter during his three years as Senior Medical Officer at CFB Portage la Prairie.

Dr. Popplow's presentation will be on the Hubble

Telescope, which is named after the American Astronomer, who, working the large telescopes of the Mount Wilson and Palomar observatories, accumulated a wealth of significant data that was fundamental in character and important to the theories of cosmology.

This is an opportunity to assist officers with their professional development. All serving officers and their spouses as well as former members of the Forces and their spouses are invited to attend the presentation which will be followed by a period of fellowship. Please call Ivan Poitras at 895-8844 to confirm your reservations.

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

This is achieved by:

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

c. acting as a link between the CF and the public so that the role and requirements for adequate armed forces can be enhanced and better understood.

Membership in the R.U.S.I. is open to all serving officers and former members of the CF and the R.C.M.P. Other persons may also be accepted. The Manitoba R.U.S.I. meets once each month from September to May.

The Manitoba R.U.S.I. is a sponsor of the Manitoba Military Tattoo which will be held at the Winnipeg Arena on November 9, 1996. Tickets for the Tattoo are available from all Select-A-Seat Outlets.

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IN MEMORIAM

*In Memory of all who fought and those who fell
In defense of our nation;
In thanksgiving for the freedom
They so valiantly maintained
For us to enjoy.*

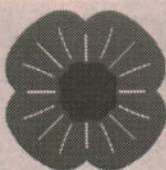
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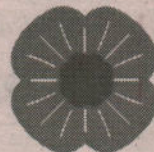
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**IN MEMORY OF
OUR FALLEN COMRADES**

500 WING

**RCAF ASSOCIATION
CITY OF WINNIPEG**



WE SHALL REMEMBER

On Parting

Last seen the winged messenger
Who, soaring on the fickle wind,
Is caught between conflict on earth and in sky
By the fading eye.

A shattered tree's accusing trunk
That, stabbing at the air,
Cries out at man's injustice against man
As it grays and dies.

The flare bursts of exploding flak
Leaves, in its shattering wake,
A myriad slashing sharp-edged metal pieces,
White lines against blue.

The whine of passing shells,
Thunder of nearby explosions,
Or a soft word of comfort from a companion
Are the final thought.

Parting of any relation or friend
Is, by the nature of the moment,
A tearing at one's heart,
An emptiness within,
Which is never filled.

But in the heat of combat,
Where man strikes out at man,
Lie poor images to impress
Upon the shattered mind of a dying soldier,
Or worse, in the memories of those left behind.

Cpl C.A. Conder



the Commissionaires

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IN FOND REMEMBRANCE OF OUR
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THE COMMISSIONAIRES OF MANITOBA DIVISION

301 One Wesley Avenue, Winnipeg, Manitoba R3C 4C6

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OF OUR
FALLEN
SHIPMATES**

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*To the memory of our departed
comrades, ever remembered*

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WE WILL REMEMBER THEM

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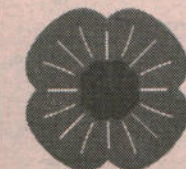
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OF PAST WARS.**

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In Remembrance
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of Past Wars

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MANITOBA AND N.W.
ONTARIO COMMAND

We Will Remember Them

MFRC ANNOUNCEMENTS

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MFRC OPEN FORUM

WE WOULD LIKE TO HEAR FROM YOU!

On November 13, 1996, 6:30-8:00 p.m. at the Westwin Community Centre, Whytefold Road.

The Military Family Resource Centre cordially invites you to join us and share your ideas on what programming and services you want.

We are looking forward to hearing from you.

Introduction and opening remarks will be given by Base Commander Colonel Sharpe and CWO Linda Smith.

Please come and bring a friend

Free child care will be available

at the Nursery School

in the Westwin Community Centre.

Refreshments will be served.

See you there! !

Questions and Answers about the Invisible Ribbon Campaign

1. Q. What is the Invisible Ribbon Campaign?

A. The Invisible Ribbon Campaign is a public, grassroots way to demonstrate that Canadians appreciate military personnel and their families. It's a visual "thumbs up" for the military.

2. Q. Why is it called the Invisible Ribbon?

A. It has been said that spouses and families of military personnel "wear the invisible uniform." They are committed to the military way of life just as the personnel who wear the uniform are. Their morale is also affected by negative media attention and public opinion.

3. Q. Why are the ribbons made of plastic wrap?

A. Plastic wrap meets both the practical and symbolic needs of this campaign. On a practical level, it's available and affordable. Just about anyone can make plastic wrap ribbons, without purchasing special materials, and fasten them with Canadian flag pins. On a symbolic level, the plastic wrap portrays the invisible uniform. It's transparent, but it exists.

4. Q. What is the campaign attempting to accomplish?

A. It is designed to show support. Nothing more. Not to raise money. Not to make a political statement. Not to form an organization or lobby group. Just to show support.

5. Q. Where did this campaign come from?

A. It came from within the military family ... from people who are feeling without a voice and who are wondering if Canadians still value the military.

6. Q. What will this do for military families?

A. This will help restore pride, provide a positive focus and give a voice to military families. It will help show that Canadians still do value the military.

7. Q. Are only military family members wearing ribbons?

A. Absolutely not! The ribbons are for anyone who is a "Friend of the Forces" and who believes in the institution of the Canadian military.

8. Q. Where can I get a ribbon?

A. Initially, ribbons will be available through the Military Family Resource Centre on bases. Eventually, it is hoped that communities across the country will start making and distributing their own ribbons.

For further information, please contact:

Barbara Little Maureen MacDonald
(204) 487-3267 (204) 889-3249

CRAFT MORNING

KIDS 6-12 YEARS

Join us Saturday mornings from 9-11:30 a.m. as we create a potpourri of crafts. All workshops cost \$5.00. Register early as class size is limited.

NOVEMBER 9- Candles

A variety of candles will be made: rolling, pouring and shaping. Make some for presents. Christmas is around the corner.

NOVEMBER 23- Jewelry

Bracelets, earrings, brooches. You name it, we'll make it. A variety of mediums will be used.

DECEMBER 7- Christmas Ornaments

Angles, wreaths, reindeer and trees. Let your imagination run wild as we create lasting Christmas memories.

DECEMBER 21- Cards and Wraps

Here's your chance to create gift wrap for your presents. Boxes, bags and paper will be created. We will also make cards for thank you and holiday wishes.

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BABYSITTING COURSE

The MFRC offers a Babysitting Course three times a year for children 12 years and older. The course provides basic instruction in First Aid, fire safety and child care. To register, call Wendy Richardson at 833-2500 ext 6846.



Times and Dates:

Wednesday, November 20 from 6:30 - 8:00p.m.

Wednesday, November 27 from 6:30 - 8:00p.m.

Saturday, November 30 from 10:00a.m. - 3:00p.m.

*All three sessions must be attended in order to complete the course.

Cost: \$5.00

Location: Westwin Community Centre

Clean Cities - Driving Home a New Message

By Scott Edwards, WEnvO

Several years ago, the US Department of Energy started a program to reduce the amount of air pollution from trains, planes and automobiles. This program encourages the use of alternative fuels, such as ethanol or propane and the reduction of unnecessary transportation - such as commuting to work alone or running to stores for one or two items instead of getting all the groceries at once. Over 1500 business and agencies in 48 areas participate in this program in the US.

Because the goals of this program and those of

Canada's Greening of Government initiatives are similar, 17 Wing became a charter member of the Red River Valley Clean Cities region and, to date, the only CF establishment to become a partner in this important and innovative environmental program. This region covers the area between Winnipeg and Moorhead, Minnesota and links up with other regions to form a corridor stretching from Winnipeg to Mexico City.

As part of the Sept 24 celebrations for the granting of the Red River Valley Clean Cities designation, a scrapbook about 17 Wing and the City of Winnipeg was passed to



representatives of Grand Forks AFB at the border in Emerson. They will then pass it along to other members in the corridor. Each member and region will have the opportunity to add pages to this scrapbook - creating a truly unique historical document to be displayed in



WComd Col Sharpe hands the Red River Valley Clean Cities scrapbook to LCol Higashihara of Grand Forks AFB. Appearing to the right of Col Sharpe is the WTN O Major McDonald, the WLog O LCol Smith and HCol VanRuiten.

Monterrey, Mexico which is celebrating its 400th anniversary.

Alternative fuel vehicles at the Wing will sport the much-praised Red River Valley

Clean Cities logo. Expect to see this logo on more and more cars and trucks as 17 Wing is joined by other government agencies and businesses in this pollution control project.

Unit Environmental Officers Course

By Drew Craig

The Wing Environment Office hosted its first session of the three day Unit Environmental Officers Course on Sep 10 -12. The course was attended by twelve DND members, all of whom demonstrated superior performance on the

two examinations.

The keynote speaker for the course, LCol A. Smith began by discussing the importance of due diligence in the military. Next, Maj K. Thomas highlighted the difference between environmental law and the Canadian Criminal Code, and Capt J. Martinello discussed why DND

environmental offices were established across Canada. Finally, Scott Edwards, the 17 Wing Environmental Officer had the floor for the next two-and-a-half days. Course topics covered included; Provincial and Federal environmental guidelines, environmental assessments, and hazardous materials handling guidelines. Several of the attendees felt the course would be beneficial to their units and indicated a desire to become instructors in the course.

Overall, Mr. Edwards was very pleased with the positive response students gave on their assessment of the course. The next unit environmental officers course begins Nov 5/96. Enrollment is limited and filling up quickly. Any personnel interested in attending this course can contact Scott Edwards at 6774.



The new Wing Environmental Officers.

17 WING ENVIRONMENT HOSTED AN OPEN DAY AT THE ST. CHARLES RANGE

By Drew Craig

Scientists and other interested persons from the Canadian Nature Federation (CNF) spent an afternoon taking in the sights and sounds of Canada's largest stand of tallgrass prairie.

Tallgrass prairie is arguably Canada's second most endangered habitat. Many plants, animals and insects are unique to tallgrass prairie. Members of the CNF were particularly impressed by the high quality of the prairie found on the St. Charles Range.

John Morgan, a prairie plant specialist and Drew Craig, an Entomology student were on hand to answer questions. Questions ranged from flora and fauna identification,

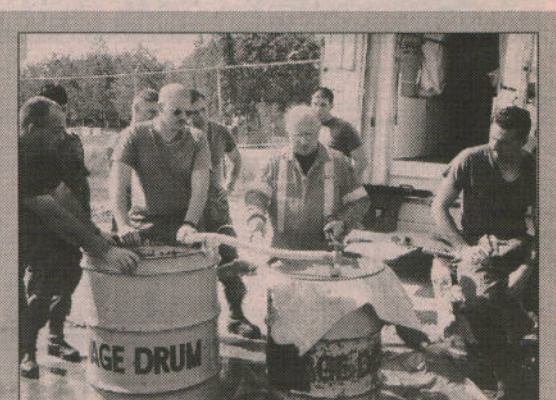


John Morgan (left) and Drew Craig (right) answer questions at the St. Charles Range.

to DND's stance on environmental concerns.

DND is committed to preserving areas of ecological concern such as the tallgrass prairie of the St. Charles Range. DND recognizes that

such areas are a part of our natural history. We have a responsibility to document and record this important ecosystem for future generations to enjoy.



Cliff Holland demonstrates safe solvent transfer techniques.

Training Course

By Drew Craig

Personnel from 17 Wing participated in a two day training course presented by Cliff Holland of Spill Management Inc. The topics covered hazardous material management, identification of unknown groups of chemicals, and small and large spill cleanup techniques. Students were also made aware of 17 Wing's specific emergency OPs in the unfortunate event of an environmental incident.

The course was enjoyed by all in attendance, but the second day was definitely the highlight. Students had the opportunity to "get their feet wet" cleaning up a simulated high discharge spill. Approximately 20,000 litres of water were dumped on the pavement to simulate a large spill from a bowser. For over two hours students fought diligently to contain the spill and prevent it from entering the sewers and

soil. Unfortunately, Capt. C. Potts' new cleanup overalls were more muddy than yellow by the end of this manoeuvre!

Containment techniques for drainage ditches and cleanup methods for POL spills were also demonstrated expertly by Cliff Holland. At the end of the two day course, attendees felt that they were better equipped with their hands-on cleanup experience to deal with an actual spill.



Capt. C. Potts shows off her new coveralls.

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Catherine Mayor is your CFCCN Co-ordinator at CFB Winnipeg. For more information call 833-2500 loc. 5115.

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SECURITY AND MILITARY POLICE



COMMUNITY POLICING CORNER

By Cpl D.R. Menard, Security
and Military Police Sqn
Community Policing Rep

With Halloween soon approaching, I would like to dedicate this article to Halloween Safety Tips. Here are some tips that will help in making this Halloween a safe and enjoyable one:

- parents should set up arrangements ahead of time to escort groups of children;
- those wishing to participate in Halloween in giving out candy should leave their outside porch light on. This not only establishes to the children that you have candy, but also aids them in arriving safely at your front door;
- parents should carry a flashlight for safely traversing those dark areas;
- strips of reflective tape should be attached to the exterior of the costume, or glow sticks purchased and hung by string;
- always ensure that your child is dressed for the weather, and that warm and comfortable footwear is worn;
- ensure that the costume contains bright and reflective colours or material. Try to stay

away from all-black or all-dark coloured costumes. These are hard to see when it becomes dark;

g. face paint is recommended over a full-face mask. This allows your child better visual perception of what is going on around them at all times;

h. costumes should not be too long so that they drag on the ground. This will increase the chance of your child tripping on it;

i. if you are taking a group of children around, frequently take a head count to ensure that you have not lost anyone who may be straggling behind or went off ahead on their own;

j. when walking from house to house, go down one side of the street first, then cross the street and do the other side. This way, you are not crisscrossing the street repeatedly and chancing being hit by a passing vehicle;

k. remind your children not to eat anything they have been given until you have had a chance to inspect it first;

m. always remember that before crossing any street, stop, look both ways, and proceed only when it is safe to do so. If possible, try and cross the street only at designated cross walks or at the corners;

n. if at all possible, try and Trick-or-Treat when there is still light outside;

p. tell your parents what area

you are planning on Trick-or-Treating in, so that they know where you are at all times;

q. if you are in trouble, look for the red and white Block Parent sign on a house and seek assistance there; and

r. never enter a home if you are invited into it. Wait outside on the front steps for the person to bring the candy to you.

On behalf of the
WSAMPO,
Capt SANSTERRE,
and the members of the
SAMP Sqn, I hope that
everyone has a very safe
and happy Halloween.



For more information concerning safety tips, or those wishing to become a Block Parent, Neighbourhood Watch participant, or take part in Operation Identification, contact myself at local 2474, or from off base at 833-2500, Extension 2474.

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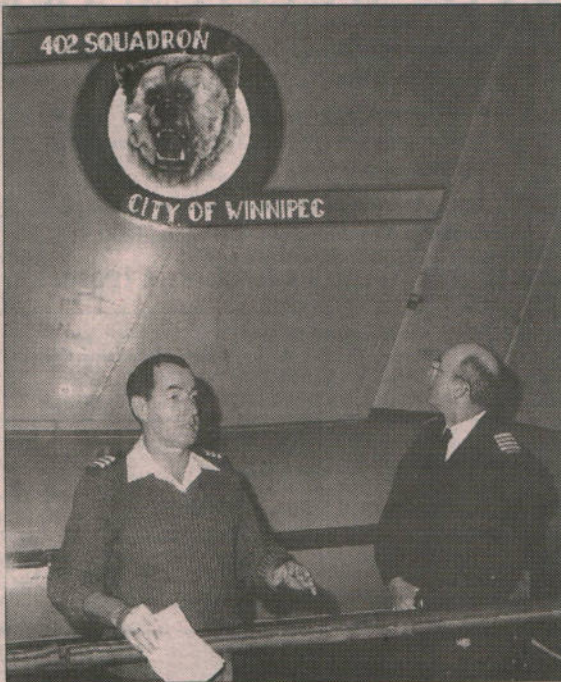
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UNIT IDENTIFICATION MARKINGS ON CC-142 DASH 8



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On September 20th WComd Col Sharpe assisted LCol Kerr, Commandant 402 Sqn, in unveiling the new 402 Sqn unit identification marking which appears on the tails of aircraft 801 and 802. This marks a return to the Bear emblem which flew with the squadron during WWII.



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On the same day Col Sharpe assisted LCol Kerr, Commandant CFANS, in unveiling the CFANS unit identification marking, which appears on the tails of the navigation training aircraft 803 to 806.

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† Certaines offres ne sont en vigueur que pour une durée limitée, soit jusqu'au 31 janvier 1997.

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WHEN?

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OR MS DILLON 6183.

A REMINDER FROM 17 WING HEAVY EQUIPMENT (SPV)

The winter season is fast approaching and soon you will see snow removal equipment. A safe following distance of 15 meters from Heavy Equipment should be adhered to. Due to sudden stops and driver blind spots, all private motor vehicle drivers are urged to take heed of the proper following distance or more. Your cooperation in this matter will foster a safe accident free winter driving season.

ALATEEN OFFERS HELP TO CHILDREN AFFECTED BY SOMEONE ELSE'S DRINKING

Where does a young person turn for help when confronted by problems of alcoholic drinking in parents, relatives, or friends? In May, Alateen, a part of Al-Anon Family Groups, celebrated 39 years of providing a free, confidential service to youngsters who are affected by someone else's drinking.

Alateen helps young people share their experience, strength and hope with each other and learn effective ways to cope with their problems. They learn they are not the cause of anyone else's drinking or behaviour. And most importantly, children learn to recognize their spiritual and intellectual resources and are encouraged to develop their own potential, no matter what happens at home.

Alateen helps statistics show that 83% of the children are affected by a parent's drinking. "I hated my mom for her

drinking," writes one Alateen member from Louisville, Kentucky. "I felt she loved me. But after going to Alateen meetings, I started to change and have more confidence in myself". A nine-year old from Queensland, Australia, shared "I have been coming to Alateen for one and a half years. I didn't understand that alcoholism is a disease. My dad is an alcoholic and he goes to AA now, and I go to Alateen."

In Alateen, with the help and guidance of adult sponsors, teenagers learn to work the Alateen program and eventually come to emotionally detach from the disease, while still loving the alcoholic. Most Alateen groups are guided by an adult sponsor. Sponsors are Al-Anon members, who themselves have been affected by someone else's drinking and can share their experiences.

A new Booklet, A Guide To Alateen Sponsorship-An Unforgettable Adventure, takes the mystery out of sponsorship, addressing such issues as how to get children to share their feelings, and coping with parents and siblings of Alateen members. Compiled from experiences of Alateen sponsors around the world, the guide offers hope and guidance, outlining the highs and lows of making a difference in the lives of young people.

To find out more about Alateen, or to order a copy of A Guide To Alateen Sponsorship-An Unforgettable Adventure, contact Al-Anon/Alateen in Winnipeg at (204) 943-6051 or write to: Al-Anon/Alateen Central Services Manitoba, 202 - 310 Donald Street, Winnipeg, Manitoba R3B 2H4 or call 1-800-714-7498.

Rheumatoid Arthritis Is Serious

Early treatment **can** make a difference.

For your free copy of the *RA Is Serious* information package, call The Arthritis Society at **1-800-321-1433**



Welcome to the Ceramic Club

Ceramic Club of 17 Wing would like to welcome you to Winnipeg, The Club is located at the Community Centre on Whytefold. There are a number of different nights available for you to come and get reacquainted or even learn a new hobby. We have experienced and friendly workshop persons willing to give you a hand. On odd Thursdays of the month our staff is bilingual.

Hours of Operation

Monday to Thursday 6 - 10 pm

Contact Persons

Pres. June 888-6059

VPres. Chantale 888-5192 (bilingual)

Club 833-2500 Ext 2496

Our club is now doing gift ware for birthdays, anniversaries, weddings and Christmas. Please allow at least 30 days notice. For more information contact June. We have an open door policy. Drop in and see what we have to offer you. Visit even if you are not sure this is for you, at least you will meet some very interesting people.

CISM GOLF TEAM COMPETES IN US

By Major J.R. Boucher, Air Transport Group Headquarters

Eighteen members of the Canadian Forces Conseil International de Sport Militaire (CISM) golf team travelled to Fort Huachuca, Arizona to play in the annual CISM championship from 30 September - 2 October 1996. The team competed against the US Armed Services champions in an 81 hole, Ryder Cup-type competition.

Although the US Team won the overall championship, the CF team played consistently well throughout the week and produced the best results to date for a CF team.

The CISM golf championships are held annually between the US and Canadian Teams, and are hosted alternately each year on a US or Canadian Base. Last year's competition was held at 8 Wing Trenton. Golfers interested in trying out for next year's team should watch for announcements and submit their applications to Air Command HQ next summer.

The 1996 CISM golf team should be congratulated for their excellent results and the role they played as outstanding representatives of the CF.



Back Row (L-R) LCol Stevens, CFSU Colorado Springs; Col Pirson (Chef du Mission), Aircom Winnipeg; Maj Daunais (Playing Team Captain), NDHQ Ottawa; Maj Boucher (Non-playing Team Captain), ATG HQ Trenton; Sgt Nauss, Dist HQ Vancouver; Cpl Kelly, CFB Halifax; MCpl Hachey (Alternate), 8 Wg Trenton. Middle Row (L-R) Capt Jensen, NDHQ Ottawa; Sgt Craig, NDHQ Ottawa; Capt Benjamin, 3 CFFTS Portage; Capt Lowdon, CFSU Colorado Springs; MCpl Labrecque, NDHQ Ottawa; MCpl Perrin, CFB Borden. Front Row (L-R) Sgt Konkle, CFB Edmonton; WO Phillips, NDHQ Ottawa; Sgt Belley (Team Mgr), 17 Wg Winnipeg; Cpl Lacoursiere, CFB Montreal; and MCpl Larocque, CFS Leitrim.

INTERSECTION GOLF

A Division Champions 1 AIR MOVEMENTS



With that soon to be blanket of snow that will cover our golf courses, it presents a dismay to all golfers that have to hang their clubs for hockey sticks. Intersection Golf was a great success this year. Twenty-one teams made up two divisions which displayed a lot of talent. Sgt Strand accepts the award for his team from 1 Air Movements as the A Division Champs. Close behind were the runner ups DCOS Trg Team #2. B Division Champions Wing Supply Team #2 was accepted by the kings only 3 Musketeers. WEME finished a hole and a single stroke behind.

B Division Champions WING SUPPLY



INTERSECTION BASEBALL

A Division Champions 2PPCLI



Off the ball fields and back on the ice, but not without extending some congratulations to our summer athletes. The fine summer weather of Winnipeg gave us the chance to swing the bats. The Intersection Slow Pitch was made up of 14 teams divided into two divisions. In the A Division the team from 2PPCLI overpowered the not any less effective Supply Team in a best 2 out of 3 final. The B Division saw an unexpected underdog in the final, WPERO headed by coach Michelle Seggie took a 2 game to zero loss to the deserving champions WTNO. Thanks to all participants and see you all next year

B Division Champions WNTNO



SAY "YES" TO RESPONSIBLE DRINKING



It might start with casual, social drinking. Then, ever so slowly, heavier drinking and even weekend "blow outs" become all too common.

The pattern develops for all sorts of reasons, and continues unchecked until it's as if a light snaps on in your head. Something triggers the ability—or the desire—to say, "This is wrong. It's got to stop."

Many CF members have overcome problems with their drinking and now live happier, healthier lives because of it. One member finally accepted that he was an alcoholic because drinking had caused all sorts of personal problems and ultimately led to the breakup of his marriage. He enrolled at a CF Addiction Rehabilitation Centre, completed the program, and became involved in Alcoholics Anonymous. Now, 10 years later, he is a different person because of it.

Another member came to a similar, abrupt realization. Partying and a real attitude problem led to difficulties in her job performance. A fellow member had the strength to confront the issue and ask her if she had a drinking problem. Fortunately, she had the strength to say, "Yes." And the turnaround began.

The great majority of CF members drink responsibly or don't drink alcohol at all. Health surveys now show that one CF member in twenty is a heavy drinker—down considerably from 1989 when the figure was one in ten.

From a personal health standpoint, heavy drinking is very troubling. Individuals who have several drinks a day or go on occasional binges risk real physical harm. Excessive drinking can cause ulcers, liver damage, neurological disorders, cancer (of the mouth, larynx, and esophagus), and malnutrition. (Alcohol can fill you up but it contains calories with little or no nutrients.)

What leads to irresponsible or problem drinking? One member says it was partly the macho thing for him. "You're rough. You're tough. You're John Wayne," as he so aptly put it.

Another member said long periods of separation from his family when his children were young was a factor. A third says cost and availability played a part. "With the price of alcohol on the base," he remembers a dollar could go a long way."

These members are all forever grateful for the help they received from the CF to tackle their problem. Whether through educational sessions organized under DAPP, an opportunity to talk individually with medical personnel, or the Addiction Rehabilitation Program, there's something for anyone who is concerned about his or her approach to alcohol and has a genuine desire to change it.

There are other ways to make sure little problems don't become big ones. There's more to the military than the mess life," says one 25-year member who overcame problems with alcohol. "With sports, various crafts, and other activities, there are so many positive things you can do." At more and more social functions, soft drinks and non-alcoholic punches are available, making it easier to make the healthy choice. And as one member said, "If you're out socializing, you don't have to be the last one to go home."

To be part of the solution, all members can help by drinking responsibly, being careful not to drink and drive, and providing support to other members who need help.

Whether you have a serious problem requiring residential treatment or more modest concerns, all individuals must be ready to make and stick to changes. As one member put it, you have to get to the point where you say, "It's time to wake up and smell the coffee."

Drinking, drugs and driving do not mix.



STRENGTHENING THE FORCES

LA MODÉRATION A BIEN MEILLEUR GOÛT

ENERGISER LES FORCES

On commence par prendre un verre comme tout le monde dans les soirées. Et puis tout doucement, on boit de plus en plus et les «brosses» de fin de semaine deviennent de plus en plus fréquentes.

On boit pour toutes sortes de raisons, sans s'en rendre compte, jusqu'au moment où le déclic se fait dans notre tête. Quelque chose ou quelqu'un nous dit «Assez!».

De nombreux membres des FC ont surmonté leur problème d'alcool et vivent maintenant heureux et en santé. L'un d'eux a reconnu qu'il était alcoolique le jour où ses problèmes personnels se sont soldés par un divorce. Il s'est inscrit à un centre de réadaptation pour toxicomanes des FC, a terminé le programme et a adhéré aux Alcooliques Anonymes. Aujourd'hui, dix ans plus tard, il affirme être devenu un autre homme grâce à cela.

Une autre membre s'est vue forcée d'admettre avoir elle aussi un problème. Sa propension à faire la fête et ses problèmes de comportement nuisaient à son rendement professionnel. Un collègue a eu le courage de lui demander directement si elle avait un problème d'alcool. Heureusement, elle a eu, elle, le courage de l'admettre et d'y voir.

La grande majorité des membres des FC boivent avec modération ou ne boivent pas du tout d'alcool. Des études récentes indiquent qu'un membre sur vingt est un gros buveur, un net progrès par rapport à 1989, où ce chiffre était de un sur dix.

Sur le plan de la santé, les conséquences d'une consommation excessive d'alcool sont très graves. Une personne qui boit plusieurs verres par jour ou se saoule copieusement de temps à autre court le risque de souffrir d'ulcères, de problèmes de foie, de problèmes neurologiques, de cancer (de la bouche, du larynx et de l'oesophage) et de malnutrition. (Riche en calories, l'alcool coupe la faim mais n'apporte à peu près aucun élément nutritif.)

Qu'est-ce qui pousse une personne à trop boire? Un membre a avoué que c'était pour l'image macho. «On se sent fort, dur. On se prend pour John Wayne», a-t-il expliqué avec justesse. Un autre membre a déclaré que les longues périodes loin de sa famille, alors que ses enfants étaient jeunes, ont été l'un des facteurs déclencheurs. Un troisième a indiqué que le prix et la disponibilité y avaient été pour beaucoup. «Au prix qu'on payait l'alcool sur la base, on pouvait tenir un bon bout de temps avec peu d'argent.»

Ces membres n'oublieront jamais le soutien qu'ils ont obtenu auprès des FC pour les aider à surmonter leur problème. Tous ceux et celles qui s'interrogent sur leur comportement face à l'alcool et qui sont fermement décidés à changer trouveront l'aide qui leur convient: sessions d'éducation organisées dans le cadre du PDA, possibilité de discuter avec le personnel médical ou Programme de réadaptation pour toxicomanes.

Il y a d'autres façons de veiller à ce que les petits problèmes ne s'aggravent pas. «La vie militaire ne se limite pas au mess, affirme un membre au sein des FC depuis 25 ans et qui a réglé son problème d'alcool. Il y a tellement d'activités plus saines à notre disposition: le sport, l'artisanat, les loisirs en tous genres.» Dans les soirées, on propose de plus en plus souvent des boissons gazeuses et des punches sans alcool, ce qui rend le choix plus facile. Et puis, comme l'a fait remarquer un membre, «Vous n'êtes pas obligé de toujours fermer la place.»

En matière d'alcool, nous avons tous une responsabilité. Celle de boire avec modération, de ne pas conduire après avoir bu et d'apporter notre soutien à ceux qui en ont besoin.

Que votre problème nécessite une cure dans un centre de réadaptation pour toxicomanes ou simplement une bonne prise de conscience, vous devez avoir la volonté de changer cette habitude. Comme l'a dit un membre, «vient un moment où il faut regarder la réalité en face».



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