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VOL. 45 ISSUE 4

17 Wing Winnipeg / 17e Escadre Winnipeg

FEBRUARY 26, 1997 / FREE

CURRENT STATUS ON GULF WAR VETERANS

BACKGROUND

During the 1991 Gulf War, Canada deployed sea, land and air forces to the Arabian Gulf region as part of the Coalition forces against Saddam Hussein. Approximately 4,500 Canadians served in the theatre, and no serious casualties were reported at the time.

However, since then there has been a series of complaints by some of the Gulf War veterans regarding their overall health. Gulf War veterans from several other Gulf Coalition nations (most notably the United States and the United Kingdom) have also reported that they were experiencing symptoms and illnesses that they believed were caused by, or aggravated by, their service in the war.

In 1992, the medical services in the various countries began to realize that something untoward was happening with the Gulf War veterans, and the issue began to gain a higher profile. The first studies of the alleged "Gulf War Syndrome"

began at approximately that time.

In September 1992, the Canadian Forces Medical Service (CFMS) advised Canadian Forces medical personnel to exercise vigilance and to notify headquarters if any Canadian cases appeared. Specialists at National Defence Medical Centre in Ottawa soon found themselves treating a small number of symptomatic Gulf War veterans. There were some specific problems which were readily diagnosed, but some individuals complained of a variety of ailments which, although readily identified as illnesses, were not clearly connected with the Gulf War. In fact, they occur in other Canadian Forces members who did not serve in the Arabian Gulf and also among the general Canadian population.

A decision was taken in the fall of 1994 to determine the incidence of any symptoms/concerns in Canadian veterans and to provide them with fuller information. As a result, in December 1994, a package of information was sent to all

Canadian Forces medical officers giving them further information on the problem and advising them what to do with Canadian patients suffering from complaints that could be related to their Gulf War experience.

In early 1995, the Chief of Health Services made direct contact by letter with all serving veterans and almost all retired Gulf War veterans asking them to come forward if they had health concerns that they wished to have addressed. All were made aware of the wide range of medical services at their disposal, including:

- * Availability of all the services and staff at CF medical establishments across the country;
- * Registration in a formal Gulf War Register for those veterans experiencing illnesses;
- * A 1-800 health information telephone line; and
- * A special Gulf War veterans clinic at the National Defence Medical Centre.

Over 360 calls were registered on the 1-800 health

information line before calls essentially ceased and the line was discontinued in July 1995. (Contact can still be made through the Directorate of Medical Services (613 945-6704).) More than 140 veterans have been included in the Gulf War Register and to date 56 veterans have been seen at the special NDMC clinic. Medical staff have been able to provide diagnoses and treatment for those cases it has seen and has confirmed that the symptoms shown by Canadian veterans are very similar to those being seen in other Coalition countries. The vast majority of the veterans who have been seen at the Clinic have expressed satisfaction with their care.

EPIDEMIOLOGICAL STUDY

In an effort to further clarify the situation among the Canadian Gulf War veterans, in late 1995 the Chief of Health Services commissioned an epidemiological study by a recognized authority, Dr. Anthony Miller of the

University of Toronto. Dr. Miller reported at the end of January 1996 that the Canadian experience mirrors that of the US and the UK. He stated that while a minority of veterans have reported symptoms which are similar to those reported in other Coalition countries, and may have recognized illnesses, there is not a sufficient correlation of symptoms to warrant the use of the term "Gulf War Syndrome."

Dr. Miller made the following recommendations:
 1. An attempt should be made to obtain all appropriate medical information from all Canadian Gulf War veterans. To avoid any possible bias, this survey should be carried out by an independent agency, with confidentiality guaranteed.
 2. A control group of similar Canadian Forces personnel who did not serve in the Gulf War should also be studied to gain an accurate comparison basis for the Gulf War veterans' situation.

Continued on page 3

MILITARY MUSEUM LAUNCHES NEW PROGRAM

The Thunder Bay Military Museum is moving boldly forward thanks to a \$50,000 grant under a job creation partnership with Human Resources Development Canada.

The program has allowed three participants to learn job skills in Public Education, Public Relations and Fund-raising. Much of the work during the eight month time frame will include traveling around Northwestern Ontario to educate people on the role of the museum and of the area's rich military past. The grant was signed over to the museum at the annual Queen's Levee New Years Day reception at the Thunder Bay Armories.

For more information on the Museum's hours of operation and programs call (807) 343-5175.



From left to right - Honourary Colonel Jerry Cook, 0st, CD (Representing Mr. Joe Comuzzi, Member of Parliament; Lieutenant-Colonel/Doctor Ty Kaipio (Museum President); Ross Taylor (Human Resources Dev Manager); Lieutenant-Colonel Gerry Kosoris (Garrison Commander); Mr. Phil Hordy (Human Resources Development Canada).

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A TAXING TIME OF YEAR

By Maj Walton-Simm
Voxair Managing Editor

It's the time of year to open our filing cabinets, gather together a year's worth of receipts and start fretting. We all know we're going to be faced with it, we've been doing it year after year after year. Death and taxes, there're both inevitable. But taxes haven't always been around....

In Canada, personal and corporate income taxes weren't introduced until 1917, in order to finance World War I. The Great Depression bankrupted some municipalities and severely damaged provincial credit. For more than 50 years customs and excise duties provided the bulk of the country's revenues and by 1913 they constituted over 90% of the total. During the Great Depression, customs and excise duties declined by 65%. But before the Depression was over, all provinces were taxing corporate income and all but 2 levied personal income taxes.

The Canadian tax structure changed significantly during World War II. To distribute the enormous financial burden of the war equitably, to raise funds efficiently and to minimize the impact of inflation, the major tax sources were gathered under a central fiscal authority. In 1941 the

provinces agreed to surrender their personal and corporate income taxes to the federal government for the duration of the war and for one year thereafter. In exchange they received fixed annual payments. In 1941 the federal government introduced succession duties, an excess-profits tax was imposed and other federal taxes increased dramatically. By 1946 direct taxes accounted for more than 56% of federal revenue. The provinces received grants, and the yields from gasoline and sales taxes increased substantially. The financial position of the municipalities improved with higher property-tax returns. In 1947, contrary to the plan, federal control was extended to include succession duties as well, but Ontario and Quebec opted out, choosing to operate their own corporate income tax procedures. There was public pressure for federal responsibility for both employment and income. Thus, direct taxes became a permanent feature of federal finance. But the provinces also had and still have a constitutional right to these taxes and there is a growing demand for services under provincial jurisdiction, such as health, education and social welfare. The difficulties of reconciling the legitimate

claims of both levels of government to income taxation have continued to dominate federal-provincial negotiations.

Taxes levied by all governments in Canada represent approximately 85% (\$160 billion) of total government revenues. Personal income taxes alone raise more than 40% of total tax revenues. Approximately 65% of provincial tax revenues are personal and corporate income taxes and general sales taxes. The municipalities derive the smallest proportion of their revenues from taxation. Over 50% of total municipal revenues are transfers from other levels of government, particularly the provinces.

Income tax sharing, federal financing of specific provincial programs, equalization payments and special tax abatements to Quebec characterize federal-provincial fiscal arrangements. Income tax has found a permanent home in Canada's tax system so whether we like it or not, about this time each year we must face the inevitable - filing our income tax return - which in some cases can be a near death experience.

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CURRENT STATUS ON GULF WAR VETERANS

Continued from page 1

- The veterans and the control group should be tracked for future periodic linkage studies.
- An advisory scientific group should be established to monitor these studies.
- It should be recognized that the problem may occur again after other military operations.

CFMS has reviewed Dr. Miller's report and is now implementing his recommendations.

CURRENT SITUATION

At this point, the Canadian Forces Medical Service treats the patient's illness, but does not necessarily link the illness to the Gulf War. Close liaison is being maintained both with medical personnel in other Coalition countries and with Veterans Affairs Canada. While extensive studies are still ongoing in the United States and in the United Kingdom, no specific exposure, medication, or immunization has been found to be at fault for the assortment of illnesses that are occurring, and as yet no conclusive evidence has been produced to connect any combination of factors with the various illnesses.

At the Standing Committee on National Defence and Veterans Affairs (SCONDVA) on May 16, the Honourable David Collette, then Minister of National Defence and Veterans Affairs, announced that even though "Gulf War Syndrome" was not recognized by the medical community, Gulf War veterans affected by any illnesses contracted during their tour of duty will be considered for benefits, and the benefit of the doubt will be given to the veteran. "There should be no reason why anybody coming out of the Gulf War who has illnesses, who has a disability

and it's causing them stress, should not be eligible for pension entitlement," said Mr. Collette.

GULF WAR ILLNESS ADVISORY COMMITTEE

The Gulf War Illness Advisory Committee was established in April 1996. As a key recommendation of the Miller study, the Committee has reviewed Dr. Miller's work and, on an ongoing basis, advises the Chief of Health Services on the most effective methods of implementing the report's other recommendations. The Committee is made up of both civilian and military medical experts from Canada, the UK, and the US.

The Association of Gulf War Veterans is also being kept informed of the steps that the CFMS has taken and plans to take. Additionally, retired veterans of the Gulf War can still be seen at the NDMC clinic.

ASSISTANCE UPON DEPARTURE FROM THE CANADIAN FORCES

When members leave the Canadian Forces with medical

conditions, they are advised of the following by a medical officer:

- what medical care they may require
 - information on referrals to civilian medical practitioners
 - that members are automatically covered by the medical plan of the province where they reside on the day of completion of military service
 - advice on the process for applying for disability pensions departing personnel
- are also advised about the benefits of the Service Income Security Insurance Plan (SISIP)

SISIP is a group insurance plan offering a disability and life insurance program to serving members and released members of the Canadian Forces and their dependants. SISIP is a non-public funds entity, owned by the CF. Under the Long Term Disability (LTD), CF personnel who are eligible to receive LTD benefits are guaranteed 75% salary at release, minus specified benefits received from the Canadian Forces Superannuation Act, the Canada Pension Plan, or the Pension Act.

DISABILITY PENSION

Under the Pension Act, members of the Canadian Forces who served in Special Duty Areas, such as the Arabian Gulf, are treated the same as wartime veterans of the First and Second World Wars. For them, pensions may be awarded when a member of the CF suffers disability resulting from an injury, disease or an aggravation

thereof that was attributable to, or was incurred during, such military service.

Normally, to qualify for a pension, an applicant must establish that he or she suffers from a medically recognized disease or disability which can be related to military service. Generally, with a medical diagnosis it is easier for the applicant to provide medical evidence for cause-effect relationships. Neither "Gulf War Syndrome" nor many of the complaints or symptoms reported by applicants meet traditional diagnostic criteria recognized by the international medical profession.

If a claim is submitted to the Department of Veterans Affairs for "Gulf War Syndrome", the Department will review the case to determine whether a claim could be submitted (with the permission of the veteran) for one or more conditions which are medically recognized, such as Chronic Fatigue Syndrome,

Post Traumatic Stress Disorder, or Chronic Bronchitis. In addition, in order to accommodate veterans who are suffering from illnesses which they believe are related to their Gulf War service and which do not meet traditional diagnostic criteria, veterans are being extensively counselled on the evidence they should furnish to support their claims. Mr. Collette made it clear during SCONDVA hearings that "any specific illness as identified by the veterans themselves as "Gulf War Syndrome" will be adjudicated for pension."

IN SUMMARY

Gulf War veterans have been, and are continuing to be, reviewed and treated by the CFMS. As in the other Coalition countries, no consistent disease entity has, to date, been found to be related to service in the Gulf.

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Chinthe Bits



(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.)

By Capt Wayne Sippola

When one is holding 30 minute search and rescue (SAR) standby, one must of course be at work. The difficult thing is to appear over worked to avoid the ever present risk of line of sight taskings. After successfully avoiding the Pilot Leader all day I was ambushed by the SAR Operations Officer. The penalty? Write an article for The Voxair. You just can't trust anyone.

Typical for winter, the last several months have been very quiet for SAR. There have been a few launches but in each case they turned out to be false. Most of January was taken up with trainers to get all crews current and up to speed after a long layoff with the holidays and Op Assurance. (Ed Note: Op Assurance was the Canadian led relief mission to central Africa in November-December 1996) There were

several mountain trainers to Alberta and B.C. and one even had a short excursion into the States.

Op Assurance was a definite switch to the normal SAR routine. It's not often that the SAR crews get a chance to do some heavy duty strat (transport hauling) and the TD cheques were a welcome Christmas bonus. 435 Squadron had six crews on the road at a time along with all of the squadron's aircraft. Two Buffaloes and three crews were imported from 442 Squadron Comox to take up our SAR commitment. So 435 Sqn crews caught some rays in Africa (and a couple serious cases of food poisoning) while 442 Sqn crews got a taste of a good prairie winter. After four weeks 442 Sqn seemed more than happy to go back to Comox and all of 435 Sqn's crews made it back in time for Christmas.

It is with great sadness that I must report the loss of our beloved Chinthe. It would appear that a crew of obviously low morals from 413 Sqn could not resist the temptation to acquire a 'Real' mascot. To avoid embarrassment I shall refrain from naming our Chinthe Custodian who failed to lay down his life to protect our precious Chinthe, but rest assured he was quickly drummed out of the SAR cell. And I hear if Tip doesn't rescue Chinthe ASAP he won't even be allowed to fly with AAR. (Ed Note: CO 435 Sqn has approved a back-up 'mascot' plan involving the Chinthe Custodian, a bouffant wig and a can of gold paint. More to follow.)

To end on a positive note, the 435 Sqn curling team skipped by Maj ET Thuen went undefeated at the WCOMD's bonspiel. Yes, it's true Maj Thuen grew up in Saskatchewan but you can't call him a ringer as he's been with 435 Sqn for over a year now.

The next Voxair submission comes from the AAR side so take it with a grain of salt.

They never do anything interesting. Who wants to spend a week in sunny Spain when you can go SAR training in Gimli?

PADRE'S CORNER

By Fr Joe MacLean

I read the following Child's Ten Commandments to Parents on the fridge at my neighbour's house. This version was also published as a Padre's Article in the Shilo newspaper. I do not know who originally wrote it, but I pass it on to you as something I found helpful. With Lent upon us and Easter just around the corner, there is much we can reflect on, so why not the little ones that are dearest to us.

1. My hands are small, please don't expect perfection whenever I make my bed, draw a picture, or throw a ball. My legs are short, please slow down so that I can keep up with you.
2. My eyes have not seen the world as yours have, please let me explore safely, don't restrict me unnecessarily.
3. Home work will always be there, I'm only little for such a short time, please take time to explain things to me about this wonderful world, and do so willingly.
4. My feelings are tender, please be sensitive to my needs, don't nag me all day long, you wouldn't want to be nagged for your inquisitiveness. Treat me as you would like to be treated.
5. I am a special gift from God, please treasure me as God intended you to do, holding me accountable for my actions, giving me guidelines to live by, and disciplining me in a loving manner.
6. I need your encouragement, but not your praise, to grow. Please go easy on the criticism, remember, you can criticize the things I do without criticizing me.
7. Please give me the freedom to make decisions concerning myself. Permit me to fail, so that I can learn from my mistakes. Then someday I'll be prepared to make the kind of decisions life requires of me.
8. Please don't do things over for me. Somehow that makes me feel that my efforts didn't quite measure up to your expectations. I know it's hard, but please don't try to compare me with my brother or sister.
9. Please don't be afraid to leave for a weekend together. Kids need vacations from parents, just as parents need vacations from kids. Besides, it is a great way to show us kids that your marriage is very special.
10. Please take me to Sunday school and church regularly, setting a good example for me to follow, I enjoy learning more about God.

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HOW DO I APPLY?

- 1-Obtain an application form from your CFCCN Co-ordinator (loc. 5115).
 - 2-Acquire proof of your practical experience in the trade within the last ten years i.e.. letters from employer, UER etc.
 - 3-Send in your application and documentation with applicable fee \$25.
 - 4-Once Apprenticeship has received, reviewed and accepted your application, it will let you know when and where to write the exam.
- Some trades also include a practical component. WHICH TRADES ARE DESIGNATED UNDER THE A & T ACT? Here are some examples of trades recognized through this program. (For a complete

listing call your CFCCN Co-ordinator or Mb education & training at 945-3337)
 CARPENTER, CONSTRUCTION ELECTRICIAN, PAINTER/DECORATOR, PLUMBER REFRIDGERATION/AIRCOND., SHEET METAL-WORKER, COOK, FIRE PROTECTION INSTALLER, LANDSCAPE TECH, AUTOMOTIVE MACHINIST, INDUSTRIAL ELECTRICIAN, MOTOR VEHICLE: BODY REPAIR, MOTOR VEHICLE BODY REPAIR PAINT, MOTOR VEHICLE MECHANIC, HEAVY DUTY MECHANIC, TRUCK TRANSPORT MECHANIC, INDUSTRIAL MECHANIC, AIRCRAFT MAINTENANCE ENGINEER

OTHER CFCCN NEWS!

- Red River Community College Spring term is almost here. Get your copy of the spring term guide from your CFCCN office or drop by the Information/Registration Table at AIR COMMAND HEADQUARTERS - THURSDAY 06 MAR 97 11AM-2PM. Your CFCCN Co-ordinator and staff from RRCC will be on hand to answer your questions and provide information about the educational goals you have in mind.
 - Seneca College presents: MANAGEMENT DEVELOPMENT PROGRAM 700 Management by Results - March 14-16 call to register today!
 - This weekend: MDP500 People Management 28Feb-02Mar
- For more information on these and other educational opportunities call the CFCCN today! Catherine Mayor is the CFCCN Co-ordinator for CFB Wpg at 833-2500 loc. 5115

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WINTER ACTIVE




2 PPCLI

EX STRONG CONTENDER 97

Ex STRONG CONTENDER, the ICMBG sports competition, took place 25-31 Jan 97. The competition pits unit vs unit in hockey, volleyball, floor hockey and broomball. This year, as every year, 2PPCLI was viewed by the competition as the team to beat, even despite the fact that the majority of the battalion is overseas.

2PPCLI competed as a minor unit against HQ and Sigs, 408 Sqn, 1 Fd Amb, and CFB Wainwright. With only a rear party organization, it was tough and go trying to field four teams. However, the soldiers were up to the challenge and it was off to CFB Edmonton.

Throughout the competition each member of the 2PPCLI STRONG CONTENDER team conducted themselves with pride and professionalism. Each team played hard. Special mention goes to MCpl "Potty Mouth" Gartry and MCpl "Nice Dress" Shaver for some much needed comic relief.

The story of the competition was the 2PPCLI volleyball team. They took first place on the strength of their power hitters the Bone and the Rat. Both the floor hockey and broomball teams captured third place. Sgt Grant's wicked slapshot will long be remembered by his opponents (at least until the bruises heal) and the Ironman broomball team (all eight of them) deserves recognition.

The hockey team, after being the only team to go undefeated in the Round Robin, dropped a heartbreaker in the finals to finish second. At least we can take consolation in knowing there are four pilots who will not be flying in the near future. They never learn.

Overall, 2PPCLI missed taking the Aggregate Trophy by only one point. Not bad for a rear party! Well done to all the participants — as players and as fans you did the Battalion proud. Second to none!

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ANNUAL PARAPLEGIC CHRISTMAS PARTY

By MWO Kathy Cox

Once again the Paraplegic Xmas Party, held at the WOs' and Sgts' Mess was a great success. It was held on Thursday 05 Dec 96. Due to

good weather and lots of volunteers over 35 patients were able to make the annual function. The over all attendance at the Xmas Party was close to 100, including VIPs, volunteers, activity

workers, entertainers and other invited guests.

The afternoon started with the arrival of the patients and their guests. Once everyone had arrived we were entertained by a barber shop quartet called the Suburban Knights and followed by a surprise visit from Pattie Cline (Mr. Reg Baldwin), he was accompanied by Mr. Mike Hammond. Greetings were then extended from Mr. David Cassels (Chief of Police), WO Rodrigue (PMC) and Col Joe Sharpe (WComd). Other VIPs attending were CWO Ray Elphick (CCWO), CWO Linda Smith (WCWO) and Col Ben Van Ruiten (17 Wg HCol). After the greetings more entertainment by a group called The Happy Homesteaders and the Winnipeg City Police Choir. The next special guest was Santa who delivered gifts to the patients. Once Santa left a delicious meal was provided by the kitchen staff of the mess. It was definitely enjoyed




Chief David Cassels, Chief of Police, mingles with patients.



Back row: 17 Wing Chief CWO Linda Smith, Winnipeg Police Association Don Delorme, and OPI WOs' & Sgts' Mess MWO Kathy Cox. Front Row: Shawna McPhee (activity worker), Mae Salmon (patient), Barbara Hoper (RN).






by all. As this event has been going on for over 35 years, I would like to take this opportunity to thank all the people who helped out and made this a special day for our honoured guests. All the volunteers from the mess membership, mess executive and entertainment committee, mess kitchen staff and bar

staff, Don Delorme and all the Wpg Police Association, the entertainers who do this at no cost, Karen Jensen mess secretary, and especially MWO Jean Birnie who helped me organize this event for the second year. We look forward to another successful year in "97".



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	12 Y 1 5 W 0 E 0	18  Do what you can, with what you have, where you are. Theodore Roosevelt	19 D N E S S		20  Spring is here !!	14 Irish Music & Green Beer
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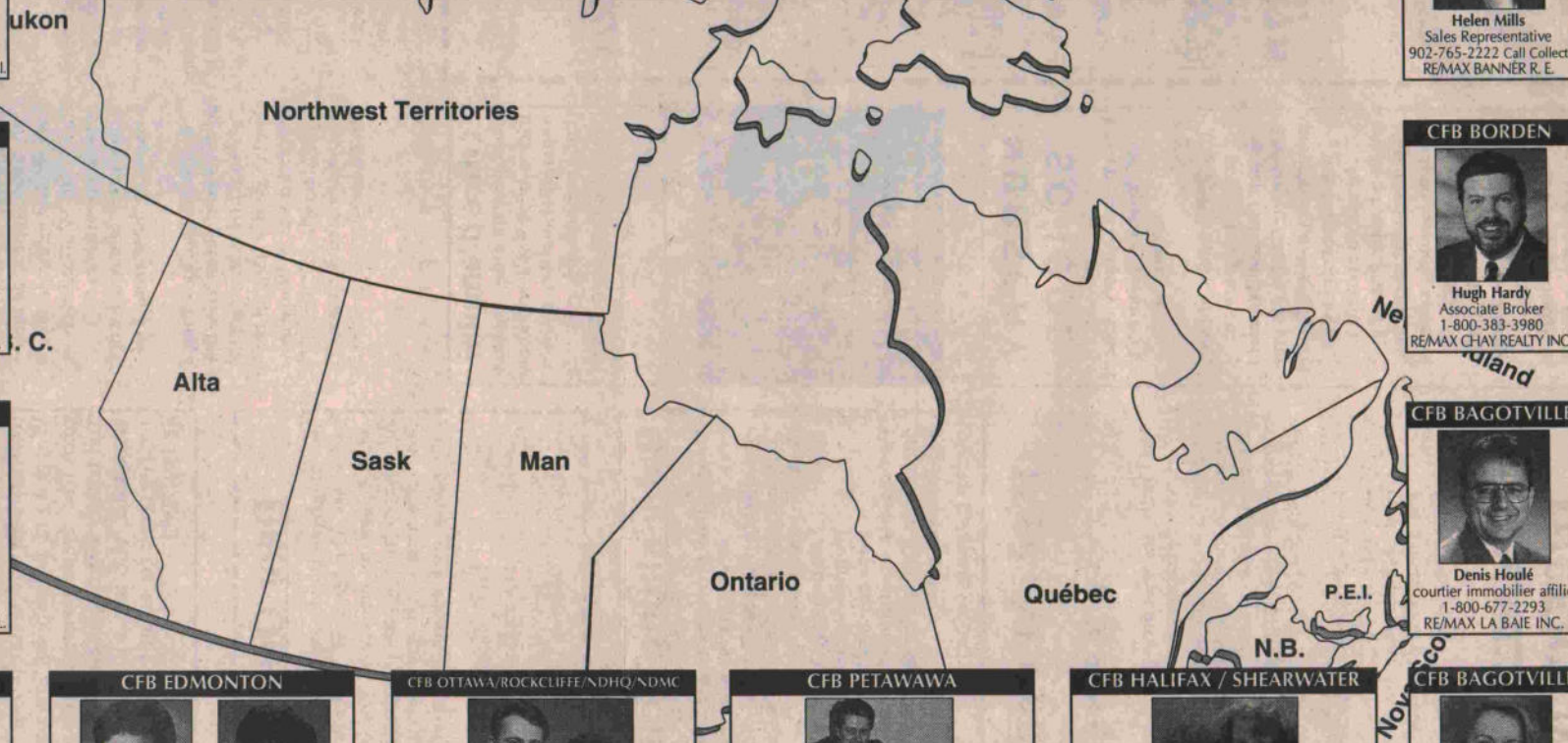


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MFRC ANNOUNCEMENTS

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Brassy Reflections

By Rae Rankin

I wasn't quite sure what to expect when I first cracked open this Army green book. The cover depicted a dubious image of a blood soaked cap badge. This visual conjured up recollections of the recent and sustained media feeding frenzy, featuring a menu of anything military. The thesis within seemed redundant; the point had already been made... but I was curious.

In my opinion, the trappings of positions of power and influence have existed forever and those close to the top most always benefit and have vested interests in maintaining the status quo. Consequently,

I wasn't surprised by the allegations in Tarnished Brass. I was disappointed; grieved maybe, but not surprised. This doesn't mean however, that I believe the authors' word to be gospel.

Even if only a small portion of the events described represent an accurate portrayal of history, it is enough to cast aspersions on how the entire CF does business. Moreover, affiliation with an organization whose leaders stand accused of moral and ethical bankruptcy does little to boost sagging morale and enhance public opinion.

After finishing the book I had questions. Where exactly

do we go from here? How do we get there? And who among the future senior management prospects is equal to the daunting task of leading the charge toward reconstruction of both image and morale. Only time can provide those answers. But initiatives like Flight Plan '97 afford each of us an opportunity to influence the outcome by first influencing those around us.

We can all lead by setting a positive example because the stakes are higher than just the reputations of a handful of uniformed and civilian execs. Some of us who call the military community home don't want to see it tarnished.

WARM LINE



Are you or anyone you know missing adult conversation now that your partner is away? Maybe you'd just like to take a few minutes to unload some of your daily realities to someone who understands military life and what being "on your own" means. Warm Line volunteers are professionally trained to provide these compassionate, non-judgemental and totally confidential calls as often as you'd like. We could ALL use a CARE-RING from time to time. To register or to get more information call Rae at 489-7003.

DROP OFF CHILD CARE

This program provides casual child care for children 18 months to 6 years. The fee is \$1.50 per hour for the first child and .50 cents more for the second child in the same family. All children must be pre-registered 24 hours in advance. Take advantage of this great service. Run your errand or just put your feet up knowing your child is receiving quality care.

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Location: Lipsett Hall Nursery School (southsite)
Time: Thursday mornings
Location: Westwin Children's Centre (northsite).

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Lipsett Hall Nursery School and Westwin Children's Centre

The MFRC offers nursery school programs at Lipsett Hall and Westwin Children's Centre for your convenience. We offer the pre-school child the chance to socialize in a happy, friendly environment. Activities include learning centres, stories, songs, free play, arts and crafts, games, drama and large muscle play.

Annual non-refundable registration fee is \$15.00
Lipsett Hall Nursery School
Time: Mon., Tues., Thurs. mornings 9:00-11:15 a.m.
Fee: \$67.00 per month
Westwin Children's Centre
Time: Mon., Wed., Fri., mornings 9:00-11:15 a.m.
Fee: \$67.00 per month

Baby-sitting Course

This course provides basic instruction in first aid, fire safety and child care. Participants must be 12 years old to attend.

Location: Westwin Children's Centre

Cost: \$5.00

Times: * Wednesday March 5 from 6:30 - 8:00 p.m.

Wednesday March 19 from 6:30 - 8:00 p.m.

Saturday March 22 from 10:00 a.m. - 3:00 p.m.

Participants must attend all three sessions to complete the course. To register call Wendy Richardson at 833-2500 ext. 6846.

* NOTE CHANGE IN DATE



PRÉ-MATERNELLE FRANÇAIS

Le Centre des ressources pour les familles militaires offre une pré-maternelle français au "Westwin Children's Centre" trois après-midi par semaine. Nous offrons aux enfants de 3 et 4 ans la chance de socialiser dans un environnement joyeux et sain. Parmi les activités nous retrouvons les histoires et chansons, bricolage, jeux de langage, jeux libre. Nous possédons aussi un endroit pour faire des jeux moteurs.

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MANAGING YOUR TIME

By Capt CC Overton, BPSO

Time has a way of slipping away, leaving many of us bewildered, harried, and frustrated. Who can forget the embarrassment of slinking into a meeting just thirty darned seconds after it begins. We feel the smirks and disapproval for the rest of the day! Or, think of missed deadlines. With re-engineering, Op Genesis, Op Phoenix, ad nauseam-ad infinitum, we need a maid, a driver, a coach, a pocket minder, post-it notes, and any number of other aids for wading through daily life. We live in a time of change, high demand, and low tolerance for inept performance.

So, how are you doing? Have you found yourself losing sleep, losing or gaining weight, feeling depressed or tired all the time? Do you argue crossly, more often, and find that you are angry much of the time? Do you resent your boss, feel your co-workers aren't doing their share, or have you lost faith in the leadership? Have you thought of quitting, leaving the CF?

You are not alone if you have noticed any of the above symptoms of job-related stress. These are signs that you are probably not handling the demands of your new marching orders very effectively. This is not to say you are doing poorly; you may only need a "tune-up".

Let's be honest from the start; most of our wasted time is lost through indecision, procrastination, and inability to "buy-into" a project or program. The latter can be corrected by management through better communications and genuine interest in assisting the rest of us with adapting to the new direction. The first two, however, rest squarely on our own shoulders. The good news is that there are strategies we can use to nip the blues in the bud. Let's deal with them now.

Firstly, the single most important method for getting yourself on track is to set goals. Without clearly defined goals, we tend to drift from day to day in a seemingly never-ending string of

meaningless tasks. If you were to write in your day-timer (you do have a pocket minder,...don't you?) that a paper or piece of work must be finished by 16 October, you have just set a goal. The next step is to do an approximation of all the intermediate milestones that will be indicators of your progress. For example, first draft -to-final may take two or three days. You would write "Draft for X Project done today" on the page for 14 October. The outline and approval from your boss might be done by 10 October, giving you four days to do the draft, and so on. You keep working backwards with these intermediate steps that keep you on schedule. Eventually you arrive at your first step. You might write "Gather material from Tech Library for Proj X" on tomorrow's page. Now you are committed to beginning your research and preparation for Project X tomorrow, and your progress will be prompted and gauged as you go through the pocket minder each passing day. When you have several projects on the go, simply do the same procedure, writing in prompts as you see fit, and abide by them!

Another effective tool is to prioritize. It should be fairly obvious which of your projects is the most important, or which has the most impact on your organization. You may need to get your supervisor on side by asking her which of your jobs she wants done first (this lends credibility and legitimacy to your decision). That, in turn, allows you to place the appropriate entries in your daytimer in a constructive way to keep you in control.

This leads to a delicate, but essential, method for staying on top of things: learning to say "No!" In these times of more work with fewer resources, we all have a limit

to how much we can do reasonably well before serious compromise, and you had better get to know yours before you "crash and burn". Listen to your body and mind. When symptoms of stress appear, whatever yours may be, you can be sure that you are flirting with disaster. You must establish a relationship with your boss which will enable you to say to him, "Enough!", and be understood. Learning to say "no" will be tough, but mulling over "Get Well" cards in the psych ward, or reading want-ads in the Saturday paper with more than a passing interest, will always be worse.

There are other ways to reduce wasted time, such as delegation, refusing to play "Phone Tag" (return calls promptly, but leave a message that you returned the call if the originator doesn't answer; put the monkey on her back), closing your office door (or break wind often, if you live in a cubicle) to block interruptions.

The last method worthy of note is to simply Sleep On It! So many people report that they have solved really thorny issues while they slept that there has to be merit to the idea. My own mother would read the first two chapters of an Agatha Christie novel before retiring, and let us all know who dunnit at breakfast the next morning! Now a cynic might say that Dame Christie wrote predictable stories, but it illustrates the point.

There you have it! These strategies, if practised, will go a long way towards reducing your stress levels, incidence of errors, and lost productivity. Try them several times before you discount them! Enlist the help of a friend to coach you with support and pointers. And smile: you're employed!

WOMAN'S HEALTH

By Capt J.L. Hyatt

Last issue I talked about the PAP, an exam used to detect cervical cancer. Normally, a part of the annual PAP exam is the bimanual. This includes palpating the abdomen, checking the uterus and other organs in the pelvic area namely the ovaries.

There are no known causes of ovarian cancer. However, women who have an early menopause or a family history of ovarian cancer are at an increased risk. In contrast, childbirth and the use of oral contraceptives appear to decrease the risk of ovarian cancer.

The early signs of ovarian cancer might include vague and persistent digestive disturbances such as stomach distention, discomfort and gas. In most cases symptoms such as these are of no worry but if they persist you should see a Doctor. The earlier the disease is detected, the greater the chances for successful treatment.

If you have any concerns or questions please give the Woman's Clinic a call at 5540 and we will do our best to help.

WDEC REPORT

SOBER TALK

Sober Talk is a newsletter of Citizens Against Impaired Driving (CAID) and Citizens for Research and Education on Impaired Drivers (CREID). CAID was founded in 1981 and is a non-profit organization of victims, family members of victims of drunk drivers and many other Manitobans who share a common concern about drinking and driving. SOBER TALK is published quarterly. Editor: B. Owen (204)944-6321; (fax)786-7768.

PULP FICTION

(NC)—Pulp fiction: Only after forest managers have harvested an area do they inspect it to determine how to regenerate the trees.

Pulp fact: Detailed plans for forest regeneration are worked out 25-80 years in advance of any trees are cut. In fact, a regeneration plan is usually executed by several generations of forest managers! Once an area has been harvested, forest managers return to inspect and evaluate the success of the regeneration plan.

Canada's papermakers are committed to environmentally-friendly forest harvesting and renewal techniques for a simple reason: it makes economic sense. Effective conservation practices ensure that forests exist both as healthy, beautiful wildlife habitats and as an important source of jobs for Canadians. For more information on the steps the industry is taking to preserve the environment, please contact the Canadian Pulp and Paper Association at 1155 Metcalfe, Montreal, Quebec H3B 4T6.



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ANNOUNCEMENTS

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(Very much alive)

CFB Winnipeg's Employee Assistance Program (EAP) needs volunteer Referral Agents. Training and support provided.

Please call Jonathan Coté (Chairperson) at 5698.

The EAP is jointly-sponsored and promoted by management and union.

RCAF 409ers

The 409 RCAF Nighthawk Association will be holding a reunion Aug 28, 29, 30, 31, 1997 in Winnipeg at the Viscount Gort Hotel. All 409ers war time and post war wishing information on the reunion are to contact Todd Collinson, 1716 Sherwood Forrest Circle, Mississauga, Ont. L5K 2G7, phone (416) 822-0278.

104TH BEAVER COLONY FUNDRAISER

The fund raiser for the 104th Beaver Colony is an OLD DUTCH HAMPER. This hamper consists of 6 family size packages of a variety of potato chips, popcorn and nacho chips. The cost of each hamper is \$12.00. The funding goes towards exciting and educational youth programs.

For those who have the munchies this is a great buy! Also, for those who have loved ones in Bosnia this would be a wonderful treat to send to our dedicated men in green. Each hamper is packaged well for mailing. So no need to re-pack. Postage for mailing is \$4.35.

If you are interested in supporting the 104th Beaver Colony, please contact Sheila Langlois at 489-2016.

17 WING WOODWORKING CLUB

- Located:** Building 33 (Family Resource Centre)
- Hours:** 24 hours a day seven days a week
- Cost:** \$50 + GST per year individually or \$75 + GST family (dependants over eighteen).
- Equipment:** full complement of stationary and hand tools
- Sales:** limited supply of hardwoods
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- Contacts:** Pres. Capt Steve Wilson ext 5809
Treas. WO Marty Wohlgemuth ext 2421
Equip. Cpl Greg Jabusch ext 5254

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Senior Steward
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Fax 613-965-7509
After 15 April: Ext 3704,
Fax 613-965-2196



The Air Command Band's Jazz Quartet will be performing a public concert at Assiniboine Park Conservatory

Sunday, March 2, 1997

1:30 - 2:30 pm

Admission is free



FORMER TERRA NOVANS

TER will culminate 38 years unfaltering active service with a final dependents day cruise/sailpast of Halifax Harbour 11 Jul 97. Other festivities in planning stages for same weekend include former CO's Mess Dinner and final party/dance for all Terra Novans past and present.

All interested in participating should forward current address/phone no. along with any memorable salty dips or video footage of significant Ter events to: HMCS Terra Nova, PO Box 99000 STN FORCES, Halifax B3K 5X5.



This year 415 (Maritime Patrol) Squadron will commemorate and celebrate 40 years of service to Canada.

The Forty Year Reunion (FYR) will be held at 14 Wing Greenwood, N.S. during 6-8 June 1997. The current Squadron complement invites all squadron members from years past to attend this reunion. If previous squadron members have not yet registered and wish to receive more information, they are encouraged to contact the FYR organizing committee by one of the following means:

Telephone (902) 765-1494 local 5875 FAX: (902) 765-1483
E-mail: jlafleur@atcon.com

ÉCOLE TACHÉ

744, rue Langevin Saint-Boniface MB R2H 2W7 Téléphone: 233-8735

Inscription à la maternelle du 3 au 7 mars 1997

Les enfants en âge de fréquenter une maternelle publique Française devront être inscrits du 3 au 7 mars 1997. Les enfants nés en 1992 seront admissibles à l'école en septembre 1997. Un certificat de naissance ou autre preuve d'âge devra être présenté au moment de l'inscription. Un document faisant preuve que l'enfant a été immunisé est nécessaire.

Welcome to the Ceramic Club

Ceramic Club of 17 Wing would like you to visit us. The Club is located at the Community Centre on Whytewold by the main gate. 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

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.

PERSONAL CLASSIFIEDS

EVERYBODY'S MARKETPLACE

CARPOOL

CARPOOL? Leaving Island Lakes 0645 hrs. Leaving North Base (Bldg 100) 1600 hrs. Monday to Friday. Carpool arrangements are flexible. Contact J. Gagnon at (home 253-5203 / (work) local 5506.

CHILD CARE

Looking for sitter for 6 month old starting March 3. Our home or yours. References & receipts required. South Site PMQs. Call 897-3313.

Child Care for Shiftworkers - N/S mother of 5 year old boy has spaces avail for children needing care during days, evenings, overnights & week-ends. First aid and CPR qualified. Meals & snacks provided. Situated south of Portage Ave between Berry & Ferry St. For more info contact Irene at 889-6284.

HOUSE FOR SALE

St. Francois Xavier, MB - \$121,400.00 Bungalow, 3 bdrm, 1328 sq. ft., on 1 acre lot 10 min. west of perimeter. Close to schools. Home features: fireplace, patio door in livingroom, main floor laundry, 4-pc bath & 2-pc ensuite, central/vac, new hot water tank, forced air electric furnace, hwd floors in kitchen & dining area. Large carpeted rec room area, additional bdrm, work, storage room, 6-person spa, 3-pc bath, 24 x 26 attached garage. School bus service. For more info please call 1-204-864-2404. or 1-204-385-3269.

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MISC. FOR SALE

For Sale - 2 snow tires, 185/R14/60 mounted on VW Jetta rims, only travelled 6,000 kms, original cost over \$300.00, yours for \$140.00. Call or leave a message 837-6460.

For Sale - 2 black iron ornamental fireside candle-stands with large gold coloured candles, combined height 32 inches. Original cost \$275.00, excellent condition. \$25.00. Call 253-9249.

Coffee/end table, glass top 28"L x 20"W x 20"H. Slatted bottom shelf, solid oak, excellent condition \$100.00. Call 253-9249.

For Sale - 2 wooden night tables/ cabinets 21"H x 15 1/2"W x 14"L, top drawer - bottom shelf, new condition, \$150.00. Call 253-9249.

10-Pin bowling ball - 16 lbs with Brunswick case. Bowling shoes size 8 with case \$45.00. Call 253-9249.

For Sale - Upright freezer 15.2 cu. ft. capacity, excellent condition \$450.00 OBO. Dining room table & 4 chairs \$150.00 OBO. Spanish Provencal bedroom suite \$375.00 OBO. Two stacking beds w/ mattresses, single beds, \$150.00. Please call 831-0150 for any more info. Filing Cabinet - 2 or 4 drawer, legal size, locking filing cabinet. Call Peter at 334-7274.

MISC. FOR SALE

For Sale: Air Force Mess Kit (Male), seldom worn, very good condition, size - chest 44, waist 38, \$225.00 OBO. Call or leave a message 837-6460.

WANTED

Filing Cabinet - 2 or 4 drawer, legal size, locking filing cabinet. Call Peter at 334-7274.

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MAJOR DISCOUNTS - TORONTO SHOWS

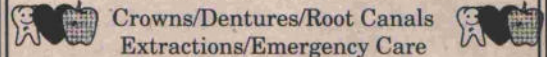
York has obtained additional discounts to major shows in Toronto as follows:

- **THE PHANTOM OF THE OPERA** (50% off) valid between 1 Mar - 18 May 97, Tuesday to Friday evenings (2000 hrs) and Sunday Matinee (1400 hrs). For discount voucher call WO Bob Quann at (416)973-9799.
- **BEAUTY AND THE BEAST** - \$50.00 show on selected seats 5 Feb - 30 Mar 97, Wednesday to Friday evening (2000 hrs) shows and Sunday at 1830 hrs. Call (416) 872-1212 or 1-800-461-3333 and ask for code BX1296 when booking or 25% off on the \$91.00, \$77.00 or \$57.00 tickets by quoting code SV1296.
- **MEDIEVAL TIMES DINNER AND TOURNAMENT** is pleased to continue to offer a military rate of \$32.75. This rate includes a two hour show, four course dinner, Knight Club, applicable taxes and gratuity. Call the Group Sales Department at (416)260-1676 or 1-800-563-1190 and request the military rate.
- **ROCK AND ROLL HEAVEN** - 50% off the Las Vegas style 50's and 60's concert/comedy review. Dinner 1800, show 2030 - discount applies to show only.
- **CAPTAIN JOHNS HARBOUR BOAT SEAFOOD RESTAURANT** - special two for one dinner or lunch entrée with coupon. For coupon call WO Bob Quann at (416) 973-9799.

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