

The VOXAIR

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17 Wing Winnipeg / 17e Escadre Winnipeg

March 12, 1997 / FREE

17 Wing Raises \$51,427



Wing Commander Col Sharpe (right) presents a cheque for \$51,427 to Cpl Heath Miller (center) and incoming chairman of the United Way Campaign, Mr. Dale Patterson (left).

On Dec 12, the Wing Commander, Col Sharpe, presented a cheque for \$51,427 to the United Way.

Accepting the cheque were Cpl Heath Miller and the incoming chairman of the United Way Campaign, Mr Dale Patterson. Cpl Miller, a former Infanteer who served as a guard at the Canadian Forces Headquarters in Bahrain during the Gulf War, and now is a CEP tech at 17 Wing, accepted the cheque on behalf of the more than 200,000 Winnipeggers who benefit from United Way agencies. Cpl Miller was diagnosed with Multiple Sclerosis in June 1993. MS involves the body's immune system misinterpreting the nerve-coating substance known as myelin as

a foreign element and attacking it. This leads to paralysis, blindness, deafness, numbness and balance problems.

Since being diagnosed, Cpl Miller has benefited from the MS Society, one of the 68 agencies funded by the United Way. The MS society, as well as conducting research, has offered Cpl Miller information and support groups that have been invaluable in allowing him to learn about and help deal with his condition, as well as hook up with other former soldiers struggling with MS.

Besides the MS society, the United Way of Winnipeg funds 67 other agencies which:

- assist children and troubled youth,
- help people with illnesses or

- disabilities,
- provide food, shelter and clothing,
- help older people stay independent, and
- strive to break the cycle of poverty and violence.

The United Way wishes to thank the 670 members of 17 Wing who so generously donated. Special mention to the DCOS LOG organization which receives a United Way Bronze award for achieving a donor participation rate of over 65% and with the average donation exceeding \$26. Special mention also to the CSAMP organization which had a donor participation of 87.5%.

The United Way also wishes to thank the over 100 members of the Wing who participated

in the campaign as canvassers or who set up and ran various special events throughout the campaign, including the PERI staff who organized the United Way kickoff sports day, 402 Sqn for hosting the kickoff barbeque, Wing Transport for their annual Wing Breakfast, Capt Rick Green and his team for their participation in the Giant Garage Sale and the many others who ran draws, raffles, games days, book fairs and the numerous other special fundraising events.

17 Wing has always been a key factor in the success of the Winnipeg United Way Campaign, and thanks to all of you, that success has continued this year.

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Voxair solicits your support

By CM Walton-Simm, Maj,
Managing Editor

Thanks for pausing. With your work, your family and everything in general, we know you're busy. "Submit an article to the Voxair," you're probably thinking. "Who has time to write an article much less read a newspaper, a magazine or even a book. Well it's your support that provides the Voxair with a raison d'être. The Wing newspaper represents the military community that surrounds us all, at work, at play and at home. Our aim is to provide you with a platform to express concerns, share ideas and disseminate information.

Unfortunately, over the past few years we have, as a result of personnel reductions and declining resources, lost some of the support we relied on to produce the newspaper. As a consequence, we have had to streamline our operations and increase our productivity. We are currently pursuing some avenues for generating additional revenue with the

facilities and equipment we have in place. This should help us become even more cost effective and allow us to improve the production of the Voxair. This is not a small feat, especially with the limited resources and personnel we have to draw on currently. In just a short period of time, we have observed a drop of support in three major areas:

1. VOLUNTEERS

Gone are the days when we would have four or five volunteers assisting the Voxair staff on a regular basis. We have no volunteers currently. In fact, as of this issue, the staff as a whole has been restructured. The newspaper is now being run by a staff of two permanent part-time personnel who provide office management, accounting and pre-production activities, the production of the paper itself is contracted to an outside agency, two individuals are employed on a commission basis as advertising sales representatives and three military personnel provide support at the Voxair as a secondary duty.

We are always looking for volunteers, however, so if you are at all interested, we would welcome your assistance in a variety of capacities.

2. ADVERTISING INPUT

Not many people are cut out to sell advertising, but this area is the "meat and potatoes" of any newspaper. Advertising has been very gradually declining, therefore we have had to place a lot more emphasis on this activity. Less advertising means that the content of the newspaper will be effected. For example, the number of pages could be reduced or our ability to add extra colours to the newsprint could be limited.

Our advertising representatives are doing a great job, but we are always looking for additional support in this area. Anyone interested in advertising sales or placing advertising in the newspaper should contact the Voxair office to discuss this opportunity.

3. ARTICLE SUBMISSIONS

Every few months it seems we have to remind sections to submit articles to the Voxair. With the amount of informa-

tion, activities, events, concerns, opinions, etc. out there we should have a never-ending supply of input. But again, with busy schedules, it's easy for people to lose sight of the things that don't impact them in a big way. But remember, it's your input that makes for a newspaper that captures its market and lives up to its readership's expectations.

Again, we welcome your submissions, whether they are section event/activity updates, promotions, changes to organizations, new initiatives, letters to the editor, comments, opinions, etc. The topics are unlimited (ensuring proper protocol of course), so take a moment and rattle something off on the keyboard for us!

Perhaps some of you might have some ideas that would help us serve you better, improve the quality of the newspaper or generate additional revenue. If this is the case, we would appreciate your suggestions.

In our case - No news is NOT good news!

Top Candidate Recruit Congratulated

By Sgt Angus J. MacFarlane

Within the last six months there have been several recruits from CFRC Winnipeg who have been coming out on top. I am referring to their outstanding efforts and achievements at Canadian Forces Leadership and Recruit School St Jean, PQ. Pte's Jeffrey Hanlin and Mare Charette were recipients of the General Gutknecht Trophy, The Commandant's Trophy and the Legion Trophy, respectively, on Serial 9670A.

Pte Michael Caufield was the recipient of the Commandant's Trophy on Serial 9676B. The Commandant's Trophy is presented to individuals with the highest overall achievement. The award was presented to Pte Caufield at the graduation ceremonies held on 17 Jan 97.

Pte Mike Caufield originally comes from Winnipeg, MB. Prior to joining the Forces, he involved himself in various part-time jobs, high school and Air Cadets. He served with 191 RCACS from Apr

89-Sep 95 where he attained the rank of CWO.

Through hard work and determination, Pte Caufield was successful throughout Basic Training. The personnel at CFRC Winnipeg wish him all the best in his future endeavors and a successful career in the Canadian Forces. The Recruiting Centre takes great pride in providing our many customers with the best service and ultimately, the CF with the best available personnel for the job.

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Fighter Group Disbands

“History of Air Defence of Canada” will endure

To commemorate the disbanding of Fighter Group, we are releasing a comprehensive history book entitled “A History of the Air Defence of Canada”. The book will be a hard cover, “coffee table” style book with a coloured dust jacket. It will have over 200 photographs (with bilingual captions) - many of which have never been published before. The photographs will cover all aspects of air defence including at least one shot of each of the long serving Pinetree radar sites, and the now almost forgotten Bomard missile sites.

In post war era, air defence in Canada formally started with No. 1 Air Defence Group Headquarters in 1948 and has continued unabated to the present. The aircraft used for air

defence have varied from piston-engined, P-51 Mustangs to jet powered, CF-18 Hornets. The units who flew these aircraft ranged from auxiliary squadrons to “long in the tooth” regular squadrons. The ground equipment has also changed over the years, including the evolution of the AMES 11 convey radar to the TPS 70 tactical radar now deployed.

From the early beginnings of No. 1 Air Defence Group Headquarters in Ottawa through to the North American Air Defence Modernization (NAADM) programme in the early 1990’s, and the transferring of the torch to 1 Canadian Air Division/Canadian NORAD Region Headquarters, this book covers all historical

aspects. North American Air Defence (NORAD) Command, the Pinetree Agreement (phases 1 and 2), the Mid-Canada line and Distant Early Warning (DEW) line, and a brief history of all the air defence stations, bases and squadrons have all been included in this book.

This is a unique opportunity for all who have been associated with the air defence of Canada to purchase a historical memento of their service or for those interested in military history to discover much overlooked subject matter.

Beautifully illustrated with over 200 photographs and over 15 maps, this book presents an excellent compendium of Canadian Air Defence units and stations. The best part of this book is the price: for the 8½”x11” hard cover, the cost is only \$25.00, plus \$1.75 GST and \$5.00 shipping and handling for individual orders. (Note - bulk shipping, coordinated through your local Wing, may

provide further shipping discounts.)

Individual pre-production (anticipated publication date is late April, 1997) purchase orders for this commemorative book are available from: A4, Fighter Group Headquarters, Hornell Heights, Ontario POH 1P0. Cheques or money orders for \$31.75 Cdn. should be made payable to: Base Fund, 4 Wing Cold Lake.

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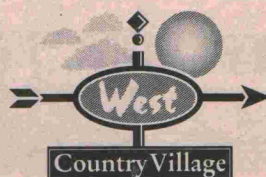
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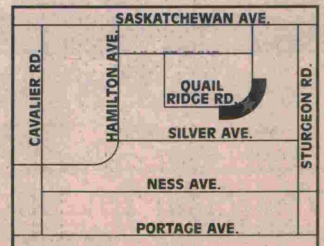
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Exchange Program Seeks Host Families

World peace. Cultural understanding. Forging links between nations. It reads like a recruiting poster for the United Nations. But that's the message being spread by Julia Lubczynski of Student Travel Schools (STS), a non-profit cultural exchange organization in Waterloo that is looking for volunteer families to host students, ages 15 to 18, from Europe, Australia, New Zealand, and South Africa coming to this area for the upcoming high school year in September.

"Hosting an exchange student is a great chance for a family to learn first-hand about another country and culture without having to travel thousands of miles away from home," says Lubczynski who heads up STS in Ontario.

Being a host family means sharing your home and way of

life with a boy or girl from another part of the world for five or ten months. To be eligible, you must be over 25 and able to provide meals, accommodation, and guidance to your student during his or her stay in Canada. In return, Lubczynski says that the students are eager to participate in the family's day-to-day activities, including holidays, family gatherings, and helping out with their share of household chores. Each student is also excited about sharing their own language and culture with their newly adopted host family.

Host families taking part in the STS program come from all walks of life. You can be married or single, with or without children, and you can live in the city or the country. The main requirement is that you approach your role as host parents with a positive

attitude and a desire to learn about another culture.

Families may select a teenager of their choice from a range of student profiles complete with references, family photos, and biographical essays.

"...a rewarding experience for the entire family, and it's a good way of making future contacts overseas."

The exchange students are well screened before being accepted into the program, and are chosen for their maturity, academic achievement, and ability to be flexible. Each student has his or her own spending money and is fully insured during their stay. The students will arrive in late

August just before school begins and return at the end of the school year.

"Sharing your life with an exchange student is a rewarding experience for the entire family, and it's a good way of making future contacts overseas" says Lubczynski. "Our host families quickly discover that the meeting of two cultures sure makes the world feel like a global village."

Student Travel Schools was founded 30 years ago in Sweden on the belief that youth exchanges promote understanding, respect, world peace and goodwill among people of all nations. Today, STS has offices in over 25 countries and is one of the

oldest exchange organizations in the world. STS is recognized by the Council on Standards for International Travel (CSIET), an American non-profit organization committed to establishing standards of excellence for international exchange programs.

Anyone interested in going on exchange or becoming a volunteer host family can contact Julia Lubczynski at 1-800-265-5316.

FOR MORE INFORMATION Student Travel Schools P.O. Box 514, Waterloo, Ontario N2J 4A9 Tel. (519) 725-3953 Fax. (519) 746-0772 e-mail sts.canada@sympatico.ca



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Considering A Second Career?

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In the coming years, the Canadian Forces and DND civilian employees will have their current positions cut by nearly 17% and a full 33% respectively. The realities of these cutbacks have many of us planning for a second career. The process of deciding on our next career can be a difficult one. Those of us associated with the CF often become "jacks and jills of many trades and masters of none." Or we may be "masters" of a particular trade, but unsure of how that experience translates into a career on "civvy street". Either way, wouldn't it be helpful if there were a method by which we could validate all the learning we've gained through work and life experiences? The good news is that there is such a method. It's called Prior Learning Assessment (PLA), and it's available through Red River Community College (RRCC). According to Deb Blower, PLA Facilitator at RRCC, PLA emphasized the "what" of learning, and not "how" it was acquired. PLA allows you to bring together your work, education, volunteer and any other life activities, and apply that experience toward college credits. In this process, you must demonstrate, through rigorous assessment methods, that credible learning has taken place. The assessment methods for equivalent learning are:

- **Transfer of credits from recognized post-secondary institutions:** documents needed to support the transfer include transcripts and course outlines.
- **Portfolio Assessment:** detailed documents that articulate your prior learning.
- **Challenge Process:** this includes examinations and skill demonstrations.
- **External Course/Program Assessment:** this is an ongoing evaluation process. An example would include RRCC accepting credits for military and possibly, civilian training. If you demonstrate through one of these methods, that what you have learned equals what is normally acquired through formal, post-secondary course(s) in a chosen area of study, then you will be awarded credit! The "course"

experts are college faculty, who assess the learning and determine the credit awards for prior learning. For example, one woman held various administrative positions over a 20 year period. After completing her LA, she was awarded 16 credits towards a 20 credit Business Diploma. Here are some highlights of what PLA can do for you: validates the learning you have gained through work and life experiences; eliminates duplication of learning; identifies college program areas in which you require further study; may reduce the cost of a college education; may shorten the time you need to complete a college program; increases self-esteem and self-confidence; assists with career development and education planning. If you are interested in learning more about PLA, you are invited to attend a free orientation session at RRCC on 10 April or 5 May or 12 June. All session 7-9 p.m. at RRCC. For more information on attending the orientation session, PLA in general or a Portfolio Development course call Deb Blower at RRCC 632-2065.

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Automating 17 Wing Hazmat Inventory Control System

Submitted by Capt Potts
WHMC Local 6103

The Wing Hazardous Material Program received a shot in the arm recently by the addition of two members to the Wing Hazmat Team. Heading up the Hazmat Inventory Control Cell will be 2Lt Wingert, a "trucker" from W Tn O. 2Lt Wingert will be responsible for bringing automation to the Wing's hazmat inventory control system. The current manual tracking system, which our units currently employ, will fall by the wayside as a fully automated and Lanable software program takes hold. Watch for a future Voxair article for more details.

Bringing his sleuthing expertise to the team will be Sgt Cyr, Water, Fuel and Environment Technician, from Wing CE. Sgt Cyr's face will soon be a familiar fixture to those units who use hazardous materials at their

workplace. Heading up the Hazmat Inspection Cell will be Sgt Cyr who will be conducting hazmat inspections for the Wing as well as offering his expert advise on storage compatibility issues.

The Wing Hazardous Material Program is currently residing electronically on the Wing MAN at O:\cfb\wpg\hazmat. Visit the drive to read up on the hazmat program, obtain copies of the Hazmat Inspection Checklist or see what a proper hazmat spill kit should contain.

Questions concerning any aspect of the 17 Wing Hazardous Material Program can be directed to the Wing Hazmat Coordinator, Capt Potts, at local 6103, or either of the team's two newest members. Welcome aboard!

Exercise due diligence, know what is expected by the law.

Helping Animals & Nature

The Humane Society of Canada (HSC) is working hard to protect animals and nature through field programs, non-invasive scientific research, legislative proposals and humane education. We are committed to finding solutions to the problems facing people and animals and the world in which we all share.

We continue with our long term campaign designed to encourage responsible pet ownership and combat pet overpopulation. Working to end the suffering of laboratory animals, we continue to promote scientific and educational alternatives to the use of live animals in research.

Our undercover investigators exposed the cruelty inflicted upon thousands of healthy young horses killed for horse meat. We worked with other groups to secure a moratorium on the use of genetically engineered rBST in milk, and we continue with our efforts to encourage farm animal reforms.

We are expanding our relationships with law enforcement agencies such as Interpol as we increase the intensity of anti-poaching efforts aimed at stopping the illegal trade in wildlife. Most recently you may have seen news coverage exposing the illegal traffic in bear parts, particularly gall bladders here in Canada. We supported the passage of the first federal endangered species law in Canada, but there is still a great deal of work to be done to ensure that political promises are matched with measurable results that will really help wildlife.

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Coming to a Base Near You

During the months of April and May, a parliamentary committee may be visiting your base to ask you about the challenges you face daily as a CF member in the 1990's. The Minister of National Defence, Douglas Young, has asked the 11 member Standing Committee on Defence and Veterans Affairs (SCONDVA) to review the social and economic situation of all CF members.

"We must ensure that the men and women have the operational capability to defend Canada and Canadian interests, and to contribute to international peace and security," the Minister said. "This capability depends, in part, on the social and economic well-being of our military members in other words, their quality of life."

"The single most important investment we can make as an organization is in our people, and we need to affirm a commitment to our men and women in uniform," Minister Young added.

The roles and responsibilities of our soldiers are clearly defined. They are trained to put their lives on the line. The men and women of the Canadian Forces are expected to deploy on short notice. Spouses keep the home fires burning during long months of separation. There are frequent moves, and personal freedoms are restricted. In addition CF members and their families also deal with the same challenges that all Canadians experience: job security, income, and family problems, to name a few. In recent years, an unprecedented number of operational missions has increased these challenges at a time when the organization is downsizing and restructuring, and the budget is reducing. The five-year freeze on military pay and intense media and public scrutiny are taking their toll.

In response to these pres-

ures, the members of SCONDVA are working to define the Government's roles and responsibilities towards the soldier. The committee will review a wide range of social and economic topics that affect the lives of the men and women of the Canadian Forces, in both the regular force and the reserves, and to propose new approaches to take care of all CF members and their families in the future.

Issues include pay and benefits, housing, and family-support programs. The Chief of the Defence Staff asked SCONDVA to articulate the federal government's commitment to members of the CF, and to emphasize the need for fair and equitable compensation which recognizes unique military circumstances, supports CF programs for families, and ensures access to suitable and affordable housing.

SCONDVA will be receiving briefs on those specific issues starting in early March.

After these briefings, the 11 member committee will travel across the country, to visit a number of bases, to view facilities and infrastructure first-hand. CF members and their families will be able to appear before the committee, either at hearings in Ottawa or during the base visits. In the near future, the committee will notify CF members which bases it will visit.

In addition to receiving technical briefings and inputs based on feedback from CF members, SCONDVA members will investigate first-hand the various nuances of current policies and how they affect service conditions.

By the end of the process, SCONDVA members will have studied every aspect of the quality of life in the CF, and will have redefined the relationship between employer and employee. The committee plans to present its recommendations to Parliament and the Minister of National Defence in the fall of 1997.

What is SCONDVA?

The Standing Committee on National Defence and Veterans Affairs (SCONDVA) is a House of Commons committee, appointed for the life of Parliament. SCONDVA is empowered to study and report on all matters relating to the mandate, management and operation of the Department of National Defence; to review all Order-in-Council appointments; and to examine all permanently referred reports.

SCONDVA is composed of 11 members from the three main political parties represented in the House of Commons, the Liberal Party, the Bloc Québécois, and the Reform Party.

Members - 2nd Session - 35th Parliament

Ms. Mary Clancy	Chair	Liberal	Halifax, NS
Mr. Robert Bertrand	Vice-Chair	Liberal	Pontiac-Gatineau-Labelle, QC
Mr. Pierre Brien		Bloc	Témiscamingue, QC
Mr. Jean Leroux		Bloc	Shefford, QC
Mr. John O'Reilly		Liberal	Victoria-Haliburton, ON
Mr. John Richardson		Liberal	Perth-Wellington-Waterloo, ON
Mr. Bob Wood		Liberal	Nipissing, ON
Mr. John Cannis		Liberal	Scarborough Centre, ON
Mr. Bernie Collins		Liberal	Souris-Moose Mountain, SK
Mr. Jack Frazer		Reform	Saanich-Gulf Islands, BC
Mr. Jim Hart		Reform	Okanagan-Similkameen-Merritt, BC

SCONDVA Support Team

The Department has established a SCONDVA Support Team to assist the committee. This team is led by Colonel Jan Arp, Special Assistant to the Assistant Deputy Minister (Personnel). Maj Glenn Robertson, SCONDVA Support Team Secretariat, can be reached at (613) 996-5982.

Padre's Corner

For those who have seen the Hollywood movie "The Ten Commandments", you may recall a particular scene depicting the Passover. This is the scene where the Israelites, (then slaves in Egypt), marked the doors to their homes in animal blood so that when the Spirit of Death arrived, it would "pass over" them, killing the first-born of Egypt and not of Israel.

To this day, the Feast of the Passover is as important in the Jewish faith as Christmas and Easter are to Christianity. The Passover was God's special gift to a special and chosen people.

The night before he died, Jesus ate a special meal with his disciples, often referred to as "The Last Supper". It was a Thursday night and the beginning of the Passover season. By 1500 hrs the next day, (Good Friday), Jesus was dead, the victim of asphyxiation. A close friend asked for his body and buried it in his own tomb located in a garden.

Strange that Jesus should die

on an occasion, (the Passover Feast), where everyone in the community was celebrating God's great act of deliverance that occurred centuries before. After all, if God delivered the people of Israel in Egypt, why not his own Son? But then, the story isn't finished. It was on the third day, (Sunday), that Jesus rose from the dead and appeared to several of his followers, and scripture tells us, "that they believed in Him".

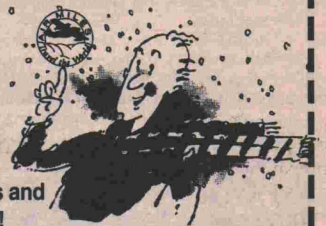
In its simplest form, this is the faith of the Christian Church. It takes root in the Passover where God delivered his people, and finds form and expression in Jesus Christ, who not only delivered us through his death, but through his resurrection from the dead promises us GLORY!

Happy Easter to all.
Padre Douglas Ohs and
Fr. J MacLean, Wing Chaplains

Schedule of Services for March and April, 1997 appears on page 13 of this issue.

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No one wants to pay Revenue Canada more than they need to. So, before you mail your income tax return this year, be sure to double-check your work.

If you've made mistakes and don't catch them before you mail your return to Revenue Canada, you could face a long wait for a tax refund. You could also be subject to interest or penalties on overdue taxes you didn't realize you owed.

You'll be in good company, however. About one-third of Canadians who prepare their own tax returns make mistakes. Here are some of the most common errors and omissions:

MATH ERRORS

These are by far the most common mistakes made by tax filers. Since Revenue Canada no longer distributes tax calculation tables with return forms, the problem isn't likely to get any better. Be sure to triple-check your calculations before submitting your tax return, or consider preparing your return on your computer, using special tax-preparation software.

TAXPAYER IDENTIFICATION

Pre-addressed labels are supplied with returns. But many taxpayers don't use these, and instead write illegibly or omit information in the address section of the return. If Revenue Canada doesn't know where you are, it will have to take the time to find you. The easy way to avoid this problem is to use your label.

FAILURE TO INCLUDE RECEIPTS

Many taxpayers don't include all T4 slips or other receipts needed to support claims for tax deductions and credits. These include docu-

mentation for everything from medical bills to tuition fees. If you fail to include these receipts, your tax return may linger at the processing centre while Revenue Canada sends you a request for information. Your claims may even be disallowed.

If you can't include certain receipts or tax slips because you haven't received them by the April 30 tax-filing deadline, attach a note of explanation to your return and submit the material later.

IMPROPER CALCULATION OF TAX CREDITS

Your tax form requires you to add up amounts eligible for non-refundable credits, and then claim 17% of the total. Some taxpayers neglect to make the 17% calculation, which results in inflated claims and a higher tax bill when the error is caught by Revenue Canada.

REGISTERED RETIREMENT SAVINGS PLAN (RRSP) CALCULATIONS

These are a common source of errors. Be especially careful when completing the RRSP section of the tax return. Be sure to include your RRSP contribution slip.

FAILURE TO REPORT INTEREST

Interest earned during the year from bank accounts and other non-RRSP investment must be reported. But because financial institutions don't have to send a T5 confirmation of interest paid unless the amount is over \$100, many taxpayer omit these small amounts. The onus is on you to include the interest you received from all sources during the year.

There are also mistakes that Revenue Canada may never

know about, but that will cost you money. If you forget to claim credits or deductions, you'll be cheating yourself out

of tax savings. Some that are often overlooked include the GST credit (for those who are eligible), tuition fees paid to

educational institutions, moving expenses, charitable donations and child-care expenses.



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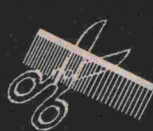
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Fighter Lead in Training

A New Role for the Tutor

By Ron Lapp

Since it first entered service with the Canadian Air Force in October, 1963, the CT-114 Tutor has played a major role in the training of Canada's military pilots. The principal role of the Tutor has been that of the Air Forces basic jet trainer, and it has served in this role with distinction. Of the 190 built, approximately 124 are still in use, with most aircraft located at 15 Wing Moose Jaw. In addition to serving as basic jet trainers, Tutors at Moose Jaw are also utilized by the Flying Instructors School (FIS) and 431 Air Demonstration Squadron - the Snowbirds. Tutors are also located at 17 Wing Winnipeg with the Central Flying School, and at 4 Wing Cold Lake with the Aeronautical Engineering Test Establishment (AETE).

In the fall of 1994, a new role was introduced for the Tutor. In addition to serving in the capacities referenced above, the Tutor is now being utilized in the role as the Fighter Lead in Trainer (FLIT) for the CF-18. This new role came about as a result of the shut down in December, 1995, of 419 Squadron - who previously provided the FLIT role with their CF-5's. The purpose of the FLIT course is to teach basic fighter aspects to graduate students before they actually fly CF-18's. The course provides a basic level of knowledge covering both air to air and air to ground fighter tactics, techniques, procedures and terminology. The first FLIT course began in Moose Jaw in January, 1996, and was completed in April, 1996. The fourth course is currently underway, with a fifth course which began in March, 1997. Watching with particular interest are members of the Central Flying School at 17 Wing Winnipeg, who played a major role in designing the CT-114 Fighter Lead in Training Course.

On June 26, 1996, I had the opportunity to go flying with the Central Flying School to experience first hand some of the techniques used in the FLIT program. Thanks to the efforts of Capt. Neil Kinley, Wing Public Affairs Officer, arrangements were made for me to meet Capt. Jeff "Eggs" Benedet at the Whytefold entrance to 17 Wing at 0800 on the morning of the 26th. Jeff first took me to the base supply building where I was issued a flight suit and flying gloves. We then went to the base hospital where I had a quick medical check up and was signed off as being medically fit to go flying. Our next stop was 16 Hangar where I was checked out on the ejection seat. Following a thorough parachute and ejection seat egress training session conducted by Cpl Jabusch, I was fitted with a flying helmet, oxygen mask, and parachute and both Jeff and I headed to the Central Flying School offices to begin our pre-flight planning.

Throughout the morning I had the opportunity to visit with Jeff, who would be my pilot for the FLIT demonstration flight. I had actually met Jeff about four years ago during a visit to Cold Lake, and more recently at the Winnipeg International Airshow which had taken place on June 8th and 9th. Jeff had flown the Tutor demonstration on both days and had put on an excellent show. Prior to coming to the Central Flying School, Jeff had flown CF-18 Hornets with 441 Squadron for three years, and this experience, combined with his previous Tutor time, had resulted in Jeff playing a major role in preparing the FLIT course outline.

With the administrative and life support items taken care of, Jeff introduced me to the other two pilots we would be flying with - Major Al "Bam Bam" Bampton and Lt Eric "Dunlop" Kenny. As it turned out, I knew them both. I had previously flown with Al in September, 1994, in conjunction with an article that I was writing concerning the Central Flying School, and had met Eric at the Winnipeg Airshow earlier in the

month. Both welcomed me to CFS and we then headed into the briefing room for our pre-flight briefing.

Jeff conducted the briefing and reviewed our flight. We would be flying in Tutors No. 159 and 146 and would use the call sign Raven Blacks. Runway 36 was the active runway, and our scheduled take off time was 11:30. Jeff reviewed our minimum flight altitude, also known as the hard deck, our minimum separation between aircraft, and the emergency procedures to be followed in the event that an ejection from the aircraft was necessary. The weather forecast was good - a high of 27 degrees C, light winds and slightly overcast. After take off, we would proceed directly to the Homewood practice area, a block of airspace located approximately 30 miles southwest of Winnipeg, where we would begin the FLIT maneuvers. Jeff indicated that we would start with a G warm up, and then follow with a perch set up and then double attack turns. It looked like it was going to be a lot of fun.

With the briefing complete, we headed to the equipment room to pick up our flight gear, and then headed down to sign out the aircraft. After Jeff and Al had reviewed the aircraft logs, we walked out to our aircraft and began the strap in procedure. I bent forward to fasten my parachute straps to the quick release buckle and

up at 5 G's to a climbing attitude. The result was a floating sensation when in the descent followed by positive G's when in the climb. The switch from almost 0 G to 5 G's is a sensation which sure gets your attention in a hurry.

Jeff then proceeded to demonstrate the various FLIT maneuvers which had been incorporated into the course. We did a number of double attack turns and other maneuvers, whereby Black 2 would set up off our starboard side, come at us, and we would then pursue their aircraft in an attempt to get behind them in a simulated firing position. During each of these exercises, we were pulling 3.5 to 4 G's. I did my best to combat the G forces, but was really starting to feel the effects after the third or fourth maneuver. The cockpit began to get warm and I noticed that I was really sweating. To combat the effects of nausea, I switched my air flow to 100 percent oxygen. During a couple of maneuvers, we flew through the jet wash of Black 2, which immediately began to shake the aircraft. It felt as if we were being dragged along a washboard. It was quite a sensation.

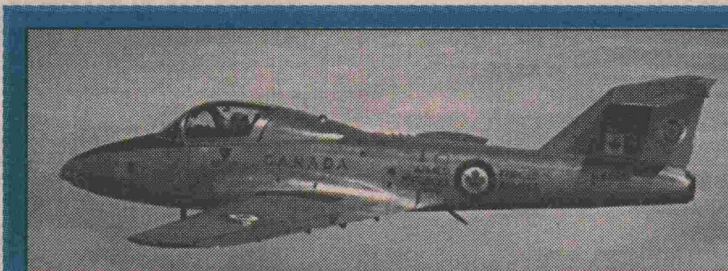
After demonstrating the FLIT maneuvers, Black 2 split off to do some solo flying, and then returned to base. Jeff asked me if I wanted to fly the aircraft for a while, which I responded to in the affirmative, and I then proceeded to put the Tutor into a couple of gentle right and left hand turns. The responsiveness of the aircraft was incredible. I flew a loop and then got a little IFR time as the clouds began to get thicker. Jeff gave me instructions concerning what vector to fly and then took control as we got closer to the city. I really enjoyed flying the aircraft and can understand why it is frequently referred to as a sports car.

As we approached the airport, Jeff lined up for a touch and go on Runway 36. As soon as the wheels touched the runway, Jeff advanced the throttle and we quickly accelerated and climbed to the left. We flew a tight circuit and then lined up for a landing on Runway 36. Jeff brought our aircraft in for a smooth landing and then turned off the runway and taxied back to the main apron. It was hot in the cockpit, so Jeff popped the canopy to let in some fresh air. I didn't realize how much I had been sweating until the fresh air rushed into the cockpit.

Jeff parked the aircraft, shut down the engine, and helped me unstrap. I moved my aircsik "boarding" pass" off my knee, happy that it wasn't needed. I stood up and carefully climbed out of the cockpit, my legs not feeling as stable as they normally did. We had been in the air for one hour and ten minutes, and it had been a great time, even if my body didn't seem to know what had hit it. We took a few mandatory "hero" shots in front of the aircraft and then headed back to the CFS offices to return my flight gear and have a debriefing on our flight. It had been one great way to spend a morning.

My flight with CFS and the demonstration of the Tutor's capabilities for the FLIT program had been a real eye opener. The Tutor is an exceptionally maneuverable aircraft and this capability has been put to good use with FLIT. The future of the FLIT program will be determined based on the success of the initial classes, and there is no doubt that there will be many personnel in CFS following its progress with much interest. It was an honor and a pleasure to have the opportunity to fly with the Central Flying School, and I would do it again in a second. Thanks for the great experience.

Note: Special thanks to LCol Mike Spooner, Major Al Bampton, Capt. Jeff Benedet, and Capt. Neil Kinley.
Ron Lapp, 205 Niagara St., Winnipeg, MB R3N 0V1
Home: (204) 489-7774, Work:(204) 983-7703,
Fax: (204) 983-5048, E-mail: lapp@tc.gc.ca



Raven Black 2 off our starboard wing.



Capt. Jeff Benedet turns over St. James in preparation for landing on Runway 36.



Raven Black post flight. L to R: Major Al Bampton, Capt. Jeff Benedet, Ron Lapp

then climbed into the aircraft. Jeff helped me get strapped into my ejection seat, and then climbed into the left seat to do the same. When he was done, he checked that my microphone and oxygen mask were working, and then gave the signal to start the engines. Once the pre-flight checks were complete, Jeff requested take-off clearance from the tower, and upon receiving clearance we taxied off the apron onto Taxiway C and headed toward runway 36. Immediately behind us were Al and Eric in Black 2.

We taxied onto Runway 36 and got set up for a formation take off. Black 2 pulled up on our right side, slightly behind us. Jeff did one last check of the engine instruments, checked that I was ready to go, and then advanced the throttle. We surged forward, quickly gathering speed, and then seemingly leapt into the air. Tucked in closely on our right side was Black 2. I twisted to look over my right shoulder and took a few pictures as we climbed from the runway. After gaining sufficient height, Jeff turned to the left and we headed for the Homewood practice area.

As we entered the Homewood practice area, Al brought Black 2 up for some nice formation shots. I took a number of pictures in the bright sunshine, and then put away my camera for the upcoming maneuvers. Black 2 moved off to our starboard and we then began some G warm up maneuvers. These consisted of a sharp descent and then pulling the nose of the aircraft

Volleyball Champions 1997

CF Men's Nationals



Kneeling: L to R - Cpl Rob Worthy, Capt Denis Talbot, Cpl Richard Doucet, Cpl Ben Simenson.

Standing: L to R - 2Lt Chris Lohnes, Cpl Christian Boivin, Cpl Darcy Carroll, 2Lt Sam Lortie, Sgt Rick Phillips and Coach Sgt Steve Graham.

Coming off a strong showing at the Prairie Region Championships where the Winnipeg Team went undefeated (18-0), it was off to CFB Borden for CF Nationals.

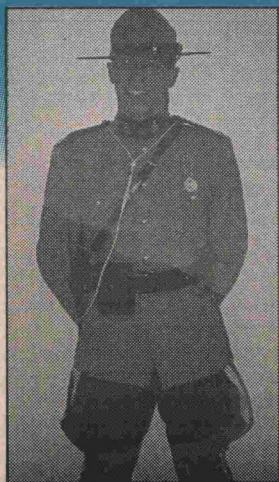
With 2nd place finishes in 1994 & 1995, and a 3rd last year, the team was hoping 1997 would be different! The competition proved tough, but Winnipeg got off to a strong start with wins over the Pacific &

Atlantic regions in 3 straight and 3-1 over Quebec. The final match would pit Winnipeg against the other undefeated team in the tournament, Kingston, for 1st place and a bye into the finals. After a hard fought contest, Winnipeg emerged the victor 3-1 and into the finals while Kingston would meet NDHQ in the semi's.

Kingston would defeat NDHQ straight in the semi

finals and the two best teams in the tournament would meet once again for the championship. This time it was no contest and Winnipeg would defeat Kingston 3-0, and become the 1997 CF Men's Volleyball Champions!

Congratulations on an outstanding performance!



Friends of Constable Chris Trops would like to pass on their sincerest congratulations on his recent graduation from the RCMP training academy. Cst. Trops was with 402 Sqn for two years prior to his enlistment with the RCMP. Best of luck on your first posting in Redcliffe, Alta."

We've begun to wonder where LCol John Robbins' heart belongs? With those Little Black Devils or the other infantry battalion in the city of Winnipeg? Actually, LCol Robbins was just acting as Pipe Major for the Queen's Own Cameron Highlanders of Canada Pipes and Drums band during the Military Tattoo held on Nov. 9 at the Winnipeg Arena. Looks good in a kilt though, doesn't he?



Photo by Wing Imaging, Winnipeg

Welcome to the FPFL Charter Page

For those not familiar with the FPFL charter and the circumstances which gave rise to its existence, here is a brief update. Early in the fall of 96, confident that the structural and cultural changes underway were properly constructed, the Commander began to focus his attention on those that had remained after the downsizing. Recognizing the need to ensure these members and their families were taken care of, the Commander instituted the FPFL Charter as a means of capturing, prioritizing and actioning quality of life issues raised by members. Aware of the direct impact that member and family morale has on operational effectiveness, the Commander is actively pursuing a more balanced approach to operational capability and quality of life.

Congratulations are in order for those who attended the FPFL Seminar held in Winnipeg this January. Your input was thoughtful and definitively thought-provoking as you have given the FPFL Team lots to work on! Seminar participants came from across Canada and several overseas locations, and represented the entire air force community: Civilians, Regular Force and Reserve Force.

SEMINAR PARTICIPANTS

LaCroix, P.W. Cpl CFB Gagetown
 Poirier, J.G. Capt Geilenkirchen
 Avey, T.L. Cpl Geilenkirchen
 Dunn, D.A. MCpl 19 AMS Comox
 Weber, D.M. Capt 15 WG Moose Jaw
 Keene, A.B. Capt ATGHQ Trenton
 Wallace, E. Civ 8 WG Trenton
 Lowerison, D. Cpl 8 WG Trenton
 Teasdale, A. Civ 12 WG Shearwater
 Brockerville, C. Cpl 8 WG Trenton
 Williams, S. Civ 17 WG Winnipeg
 Bennett, G.B. Lt 8 WG Trenton
 Gallant, L.E. Civ MAGHQ Halifax
 Crosby, L.A. Lt MAGHQ Halifax
 Besserer, C.I. Cpl 17 WG Winnipeg
 Desjardins, S. Cpl CFSU Colorado
 Harrison, J. Civ 14 WG Greenwood
 Boyd, R.S. LS 15 WG Moose Jaw
 Thomas, J.R. Capt ACHQ Winnipeg
 Wrightman, W.M. Capt 17 WG Winnipeg
 Travis, E.J. Lt 19 WG Comer

Rind, C.J. Cpl 4 WG Cold Lake
 McRae, S.J. MCpl 12 WG Shearwater
 Belliveau, J.L. Civ 4 WG Cold Lake
 Bourque, L. MWO 5 WG Goose Bay
 Paulekat, K.G. CWO 19 WG Comox
 Frosst, R.D. CWO 15 WG Moose Jaw
 Noseworthy, G.T. MCpl MAGHQ Halifax
 Boudreau, G.L. LCol ACHQ Winnipeg
 Guilbault, J.G. CWO 4 WG Cold Lake
 LaPointe, B. CWO 14 WG Greenwood
 Stevenson, J. CWO Gellenkirchen
 Chartrand, Y.R. CWO ACHQ Winnipeg
 Gomez, G.A. Capt Peterson AFB/NORAD
 Blum, E. MCpl 427 Sqn Petawawa
 Ouellette, M.C. LCol NDHQ Ottawa
 Prevost, J.P. R. Capt 3 WG Bagotville
 Smith, L.A. U. CWO 17 WG Winnipeg
 O'Connor, D.G. CWO 22 WG North Bay
 Luecke, E. Capt 22 WG North Bay
 Savage, P.B. Capt 12 WG Shearwater
 Forrest, S. Lt 14 WG Greenwood
 Flinn, T.L. MCpl 14 WG Greenwood
 Fournier, J.E. CWO 8 WG Trenton
 Weilin, E.L. CWO MAGHQ Halifax
 O'Connor, R.M. Capt ARAF 4 WG Cold Lake
 Powers, S.J. Civ 19 WG Comox
 Shapka, J. CWO 12 WG Shearwater
 Boutin, G. CWO 10 TAGHQ
 O'Brien D. Civ 15 WG Moose Jaw
 Maxwell L. Civ 103 RLU 9 WG Gander
 Mena, J. Cpl 408 Sqn 10 TAG
 Buchanan, K. MCpl 22 WG North Bay
 Morin, R. Civ 22 WG North Bay
 LeDuc, J. MWO DGAD/CAS Ottawa
 Brown, B. Civ 5 WG Goose Bay
 LeFaive, V.J. CWO 16 WG Borden
 Benn, L.S. Cpl 400 Sqn 16 WG Borden
 Devereaux, S.V. Cpl 9 WG Gander
 Zorzo, M.A. Civ 8 WG Trenton
 Dallaire, C. Civ 3 WG Bagotville
 Naas, L.V.L. Cpl 5 WG Bagotville
 McInnis, A. MCpl 16 WG Borden
 Cooper, M.A. CWO ATGHQ Trenton
 Gilbert, D. CWO 3 WG Bagotville
 Mercer, K. CWO 9 WG Gander
 Aucoin, R. Capt 9 WG Gander
 Baldwin, W.B. MCpl 5 WG Goose Bay
 Spott, A.J. Lt 5 WG Goose Bay

The majority of the work these past weeks has been generating a presentation package and a tracking system. Not that this leg-work is holding back progress - the rough FPFL charter draft, as given to the seminar attendees, has been sent to the CWOs' FPFL Teams for further investigation and development of the concerns.

As I write this, LCol Marie Claire Ouellette has arrived from NDHQ to absorb Charter issues into the material being prepared for the Standing

Committee on National Defence and Veterans Affairs (SCONDVA). This parliamentary level committee has been sanctioned by the Minister of Defence to make recommendations on the type of support and compensation to be provided to our military personnel and their families, taking into consideration appropriateness in terms of other Canadians and the needs of the 21st century. We are presently preparing a more detailed article on this committee.

As you can tell, action on the issues will be taking place at several levels. SCONDVA will address issues at the parliamentary level on behalf of the entire Canadian Forces. The Commander will be presenting the charter to the Conditions of Service Monitoring System Review Board (CSMS for short) chaired by MGen Dallaire. This committee is serving as the advisory committee to the Armed Forces Council. This committee will be the focal point for issues requiring NDHQ-level support and resolution. At the Air Command level, FPFL is championed by LGen DeQuetteville, BGen Findley, Col Bouchard and the FPFL staff. Currently busy with getting the charter on the street, the FPFL staff's next course of action will be the resolution of Command issues.

Finally, at the Wing level, the chiefs attending the Seminar have aligned themselves into regional "CWOs' EPFL Teams", as mentioned above, with the first working group meeting date tentatively scheduled for the first week of March.

The attention paid to the Charter is certainly growing and is going to have a definite impact on the quality of life decisions made in the future.

CHECK IT OUT!

As well as planning the recently held FPFL Seminar 13 - 17 Jan 97, FPFL staff have

been researching some of the issues raised during the Combined Commander's Training Session (CCTS) 3 Oct 96. For example...

Issue 20.1.2 Pri 4/5 Flights

The CDS' office has released a revised policy on international flights, CANFORGEN 087/96 18 Nov 96. The policy specifically addresses international flights for out-of-country personnel and their dependents. "Family Reunification" will permit travel to next-of-kin during postings out-of-country. International flights for personnel and their dependents within Canada will still be very limited.

Issue 14.2.3 Pregnancy, Detention and the Pension Plan

A comment was made during the CCTS that pregnancy had a more detrimental impact on an individual's pension than detention. Interesting but not true! Research conducted by Capt McLeod in consultation with our Financial personnel and corporate personnel in the western region has indicated the contrary.

An individual in detention receives \$1.00 per day for incidentals but no pay and only individuals incarcerated for less than two months can pay back their pension contributions. Presumably with savings as no pay was received during the time period. Those in detention for over two months cannot pay back their pension at all.

Individuals on Maternity (Mat) leave receive 93% of their salary during the first 17 weeks in a combination payment by UI and the CF, and 55%, during any subsequent period beyond the 17 weeks

paid solely through UI. Individuals on Mat Leave can pay back all contributions for the period of leave. In all cases, "Pensionable time" is not effected as long as contributions are paid back. As an added note of interest, in a comparison with civilian firms, DND had equal or better maternity benefits, including Canada Post.

Issue 1.11.1 Bi-weekly vs Bi-monthly Pay

Aircorn Financial staff have indicated that to install a new program within the CCPS Mark III Pay program accommodating bi-weekly pay is prohibitively expensive, especially when put in the context of shrinking budgets and cut backs. However, because of members' interest in the option of bi-weekly or bi-monthly pay schedules, NDHQ is attempting to determine industries' capabilities and willingness to perform this service. Industries' responses to a Request For Proposal are currently undergoing review and evaluation. Assuming industries' continued interest in this project, a prototype would not be available for evaluation before 1999.

FUNDING

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Continued on page 11

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Dedication of Veteran Endowment Fund

Representatives from all levels of Government, and over 100 guests gathered at Deer Lodge centre recently for the dedication and unveiling of The Caring Circle.

Permanent inscriptions on The Caring Circle recognize contributors who have given \$1,000 or more to Deer Lodge Foundation, as well as "in memory" gifts totalling \$1,000 or more. Inscriptions will be added and updated four times a year, as new donations are given.

Funds contributed to the Foundation are used to promote innovative practice-based research and education at Deer Lodge Centre, and to share findings with other health care providers.

Mr. Darren Praznik, Minister of Health, praised Deer Lodge Centre, the Foundation, and private donors for their efforts toward enhancing research and education for long term health care in the Province.

"I can't stress enough", said Praznik, "that the kind of aims of this Foundation, and the dollars that have been so generously given by so many in our community have a very important and needed role in the future of our health care system and the health of Manitobans. Your province is very proud of your very generous efforts."

The ceremonies included a dedication of the Veteran Memorial Endowment Fund - a unique living memorial to Canadian Veterans, which will support health care projects for many years to come. This fund will grow over time, and the income earned each year will generate grants for projects of benefit to veterans and others in care at Deer Lodge Centre.

In the last two years, private contributions have enabled the Foundation to pro-



vide \$152,066 for research and educational initiatives at the Centre.

Lt. Gov. W. Yvon Dumont brought the ceremonies to a close by unveiling the four panels of The Caring Circle, with assistance from Deer Lodge Centre residents, Alice Paterson, Jock Morrice, Evelyn Halipchuk, and David Scherch.

FPFL Charter Page continued

terry cloth towel. And quite possibly my favorite pet peeve is having to pack that wet towel in with the rest of my stuff... But it's not the end of the world.

Anyone who has travelled extensively while on duty or anyone who has had their luggage lost by the airlines can attest to the need for some standardization in what is provided in the transient quarters. Recognizing this need, initially raised during the CCTS, the Commander of Air Command has authorized the Resource Management Committee to allocate \$1.47 million to the Wings to achieve the newly defined minimum standard.

Predicated on the scenario of arriving deep in the night without your luggage this newly defined standard addresses the need for some basic provisions to help you look like you arrived with "it all together" when reporting for duty the next morning. With this requirement in mind, the following items should be available: towels, soap, an alarm clock, iron and ironing board, and a TV with cable. Remember your novel, carefully selected to last throughout your stay, is now being held hostage by some airline official who can't possibly get your luggage to you because the cheapest means of transportation isn't leaving for

your destination for another two days! The TV could come in handy.

Funding allocation has been based on the occupancy rate or transient quarter bedspaces available at each Wing. Adjustments have been made for recent upgrades and allotments too low to have an impact. Now, all Wings should be able to meet the minimum standard with some Wings exceeding it.

With the actual allocation having gone out to the Wings in January, April should see lighter luggage and happier faces for our travel weary members.

Manna From Heaven

To facilitate the resolution of FPFL issues at the lowest level as soon as possible, the Commander has allocated, through the auspices of the Resource Management Committee, another \$5 million on top of the transient quarters allocation of \$1.47 million for air force commanders to use in pursuit of higher quality of life standards for the Air Force Team. Barring uses prohibited by regulations, such as the support of Non Public Fund activities, and the enhancement of operations, commanders are free to use these funds as they see fit in an effort to improve quality of

life issues at their level. Both the advisory list of changes specifically brainstormed by participants at the FPFL Seminar for this purpose and the draft form of the FPFL charter, should aid commanders in determining how their people would like to see the funds spent. Some of the great ideas generated at the FPFL Seminar included providing daycare and youth activities through the Military Family Resource Center, installing shower facilities at the workplace, modernizing single quarters, constructing bicycle paths and improving common areas.

In the spirit of cooperation and sharing of best practices, FPFL staffers will be asking the Wing Chiefs how the money was spent, so we can provide you with even better ideas for future funding allocations.

Where Did The Money Come From?

We've been asked, "Where did the money come from?" When queried, our financial gurus advised that \$2 million had been set aside in 1996/97 for the Quality Fund.

As of Nov 96, it was forecasted that approximately \$1.47 million would remain unspent; thus, the unspent portion was transferred to

address the transient quarters issue. The other \$5 million dedicated by the Commander to quality of life issues came from operational funds earmarked throughout the year for a potential task which did not come to pass this fiscal year (FY). In other words, funding was shifted from operations to people. This decision clearly indicates the seriousness of the

Commander's commitment to the FPFL's mandate to improve the quality of our lives!

It should also be noted that authority to carry the funds over to the next FY in the event that some projects, or undertakings, cannot be completed in the short time remaining in this FY can be granted by advising the Command Comptroller staff.

The FPFL Team & How to Get a Hold of Us

Col Bouchard DCOS Personnel Avn 257-5064	LCol Boudreau FPFL Fin O Avn 257-5191	Maj Sue Kathler SSO Pers Svcs Avn 257-2093
Capt Greg Penner SO Conditions of Service Avn 257-5193	Capt Tanya McLeod FPFL PA#O Avn 257-5802	2Lt Isabelle Robitaille SO Conditions of Service 2 Avn 257-5802
	Cpl Jennifer Faubert FPFL PA# 2 Avn 257-5802	

All members of the team can be reached at Fax 204-833-2624.

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MFRC ANNOUNCEMENTS

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To all spouses of deployed personnel, Army, Navy, Air Force

My name is Nancy Galarneau and I am the President of the Deployment Support Group. We are located on the top floor of the Junior Ranks building. With the support of Rear Party and

MFRC our group is designed to help the family unit cope while "Dad" or "Hubby" is away.

We offer many different outings each month as well as Pancake Breakfasts and

Dinners (located at the Men's kitchen). Our Drop-in center has a place to wrap all those parcels that you send to your loved one. We provide some boxes, packing tape, wrapping paper and customs forms.

For almost all of our events, we have sign-up sheets which are posted on the bulletin board in the centre. If all you

need at the moment is a friendly voice to talk to, then drop by and have coffee or tea, free of charge.

There is a play room for the children in which they may also watch a movie if desired. I can keep telling you of all our activities and resources, but maybe you would get more out of a visit.

If you would like a tour, please call me at my local and leave a message and we can arrange a time.

See you soon!
Nancy Galarneau, President
833-2500 Ext. 6163
(Voice Message Box)
Hours of Operation
Monday to Friday 10:00-8:00.
Saturday to Sunday 12:00-4:00

SPRING BREAK '97

Enough of the cold weather and the snow. Spring break is here and it is time to have some fun. Pre-registration prior to March 14 is required. Don't delay, call today. These activities are open for everyone 6 to 14 years, unless otherwise noted.

MONDAY, 31 MARCH EASTER MONDAY - No program

TUESDAY, 1 APRIL APRIL FOOLS DAY
ADVENTURE CITY

Come experience the newest playground in Winnipeg. We will be there from 1-3 p.m. Cost is \$4.00 per person. This activity is open to children in grades 1 to 6 only.

WEDNESDAY, 2 APRIL FANTASY THEATRE FOR YOUNG PEOPLE
THE PHANTOM TOLL BOOTH.

This play is suitable for children of all ages. 10:30 a.m. Cost is \$4.00 per person.

SAINTS ROLLER RINK

Come out for some roller skating fun. 1:30 to 4:30. Cost is \$4.00 per person and includes roller skates, popcorn and drinks.

THURSDAY, 3 APRIL BOWLING at Blg. 90 Recreation Centre. Bowling starts at 1:30 in the afternoon. Cost is \$2.00 per person. Shoes are not required for bowlers.

FRIDAY, 4 APRIL CERAMIC BAGS

Hard Clay Cafe, Academy Road. 1:30 to 3:30. The children will be decorating their own unique bag for holding special treasures. These will then be fired in the kiln. Cost for this program is \$6.00 per child.

YOUTH SERVICES

APRIL 19 - SPRING CRAFTS Flowers, baskets and other crafts will be the order of the day. Join us as we "spring" into action creating new treasures. This session is scheduled for the Westwin Community Centre.

MAY 10 - MOTHER'S DAY Top secret stuff just in time for Mother's Day. You will have to come out to the session to find out what we will be making. Register early. This session will be held at the Westwin Community Centre.

JUNE 7 - FATHER'S DAY Not just Mums get great stuff. This session will be devoted to making something just for Dad. This session is scheduled for the Southside Chapel.

All craft sessions are from 9:30 to 11:30. Pre-registration is required for all sessions. A minimum of six children are required for each session. Payment is due prior to start. For more information contact Diane Brine, Youth Services Coordinator at 489-7003.

AFTERSCHOOL CLUB is held on both sides of the base. The program runs out of the newly renovated Southside chapel from 4 - 6 p.m. on Mondays. On Wednesdays, we are at the Westwin Community Centre from 4:30 - 6:30. There are games, crafts and other fun activities for the children. This program is open to children in Grades 1-6. There is a drop in fee of .50¢ for each child each week. Pre-registration is not required.

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Children's Performer to visit Winnipeg

Rosie Emery is a well known children's performer straight from Sherwood Forest (really!). From toucans to coral reefs, from wolves to harlequin beetles, Rosie's songs take you on a journey through the world that will make you look at natural science in a whole new way.

As part of her Canada-wide tour she will be stopping in Winnipeg.

The theme for this tour is *We're all interconnected* and her songs and stories emphasize that life is an intricate web.

After the concert, Rosie will present her eco-exhibit and offer ideas for eco-projects, and ways that each one of us can get involved in creating a healthy environment.

We are fortunate enough to have Rosie available for 2 concerts: Saturday, March 8 at

2:00 p.m. Rosie will be at the Southside Chapel and on Mar. 12 she will be performing at the Westwin Community Centre starting at 7:00 p.m.

These concerts are designed for elementary school-aged children and their families. The cost is free, however a donation for the food bank would be appreciated.

Teen Centre A Place to HANG

You have asked for one and now we are providing a place to HANG. Monday evenings from 7:30 to 9:30 the Southside Chapel is available for teens in Grades 7 to 12.

This allows teens to have a safe space to hang and an opportunity to be with other teens. The teens are responsible for selecting activities and with the help of adult supervisors find ways to reach their goals.

For more information on this program, contact Diane Brine, Youth Services Coordinator at 489-7003. If Monday night is not a good time for you, the following is a list of Youth Drop-in Centres throughout the city:

Daniel McIntyre Collegiate, Churchill High School, Hugh John McDonald School 4-9 p.m., Saturdays & Sundays, January 11 to March 16

Earl Grey School, Isaac Newton School and Cecil Rhodes School, 6-10 p.m. Fridays, 4-9 p.m. Saturdays and Sundays, January 10 to March 16

General Wolfe School 7-10 p.m., Tuesdays to Fridays, January 14 to March 21

Grant Park High School 7-10 pm, Monday and Wednesdays, January 6 to March 28

Magnus Eliason Recreation Centre, 6-10 pm Mondays to Fridays.

Sports and games offered at the drop-in centres include basketball, volleyball, floorhockey, badminton, board games and video games. Creative arts such as button making and fabric art are also offered.

NURSERY SCHOOL

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

LOTTO WINNERS FOR FEB 27

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Cpl Park, WEME

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.

Time: Friday mornings and Tuesday afternoon
Location: Lipsett Hall Nursery School (southside)
Time: Thursday mornings
Location: Westwin Children's Centre (northside).

Wood Hobby Shop Christmas Draw

The winners of the Wood Hobby Shop Christmas draw are:

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The 17 Wing Woodworking Club would like to pass on its thanks to the supporters of the draw and the club.



Left to right: WCWO L. Smith, Cpl G. Jabusch, WO M. Wohlgemuth, Col J. Sharpe, Capt S. Wilson.

Women's Health Bathroom Aerobics

By Capt J.L. Hyatt

Ladies: have you ever been running, get a coughing attack or just under a great deal of stress when, oh oh, you have to find the nearest bathroom? Leaking of urine can occur under any of these circumstances, BUT, there is hope. Exercises called "kegel exercises" can strengthen the muscles of the lower pelvis and help improve this condition.

HERE'S HOW:

1. Perform this exercise on the toilet with legs about 16" apart. (Gotta work those muscles.)
2. Begin to urinate!
3. Stop and hold urine for about 5 seconds, then continue.
4. Repeat until bladder is empty.
5. Once the feeling of control over muscle contraction is familiar, you can do the exercise any where at any time. (just watch your facial expressions if you are on the bus)
6. During each session, there should be 5-10 contractions, with 3-5 seconds between each.

Incontinence or leaking of urine can occur in pregnancy, menopause and the elderly. It's nothing to be ashamed of and with the help of these exercises may be controlled. Of course if symptoms persist—PLEASE SEE YOUR DOCTOR.

If you enjoy these articles, please let me know and if you want me to write on a particular subject - tell me, I'll see what I can do.

CHAPEL OF THE GOOD SHEPHERD

17 Wing Winnipeg (N)
Schedule of Services for
March and April, 1997

02 March	Holy Communion	(UCC)	1100 hrs	Padre Kling
09 March	Holy Eucharist	(ACC)	1015 hrs	Padre Ohs
	Divine Worship		1100 hrs	Padre Ohs
16 March	Divine Worship		1100 hrs	Padre Kling
23 March	Holy Eucharist	(ACC)	1015 hrs	Padre Ohs
	SPECIAL Palm Sunday		1100 hrs	Padre Ohs
	Family Service			
30 March	Easter Communion	(UCC)	1100 hrs	Padre Kling
06 April	Holy Eucharist	(ACC)	1100 hrs	Padre Ohs
13 April	Divine Worship		1100 hrs	Padre Kling
20 April	Holy Eucharist	(ACC)	1015 hrs	Padre Ohs
	Divine Worship		1100 hrs	Padre Sparks
27 April	Divine Worship		1100 hrs	Padre Kling

Holy Week Services

24 - 29 March 1997

24 March	Monday	Worship	1700 hrs	Padre Sparks
25 March	Tuesday	Compline	1700 hrs	Padre Ohs
26 March	Wednesday	Worship	1700 hrs	Padre Kling
27 March**	Maundy Thurs.	Holy Communion	1900 hrs	Padre Sparks
28 March	Good Friday	Special	1100 hrs	ALL CHAPLAINS (P)
29 March	Holy Saturday	Noon Day Prayer	1200 hrs	ALL CHAPLAINS (P)

** This Service will be held in the SOUTH CHAPEL ONLY. On Good Friday, we will welcome the congregation of the South Chapel who will worship with us.

WDEC Report

Movements of the Heart... A New Meditation Tape

By Capt Had

For the past number of years people have come to Family Services of the Addictions Foundation of Manitoba at Christie House seeking help in time of crisis, answers to the questions of their lives, and peace in the midst of turmoil.

From this need, a series of meditations and music were created which invite moments of quiet, opportunities to gather the scattered parts of oneself and to come home to that place deep inside where all is well, where wholeness resides and we remember who we truly are.

The MOVEMENTS OF THE HEART tape is a project of the Christie House Family Services Alumni with guided imagery by Prevention and Education Consultant Helena Fitzgerald. Each side of the tape is 30 min. in duration. On side one there are two meditations of 15 min. each. It is recommended that each be used at separate times. On side two there is one meditation. The first 15 min. are guided while the last 15 min. are instrumental only.

The tape sells for \$12.95 (tax included). All proceeds are used to create further possibilities for healing and for lifestyle choices that allow individuals and families to live their lives with freedom and integrity.

To order call Christine House (204) 944-6316; fax 284-5520
For information call Helena Fitzgerald 944-6359.

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ANNOUNCEMENTS

Comet Hale-Bopp Viewing

Members of the 17 Wing Defence Team and their families are invited to three public viewing sessions of Comet Hale-Bopp and the imminent lunar eclipse. The Royal Astronomical Society of Canada will host two sessions at the Fort Whyte Centre after dark on the evenings of 19 and 26 March. Then, on the night of 23 March, the full Moon will enter Earth's shadow at 8:58 p.m. CST. Interested viewers are welcome to watch with the RASC members at the Forks beginning at 8:00 p.m. Note that the Moon will be darkest at about 10:40 p.m., so it will be a long night for very young people. In order to enjoy yourselves, please be sure to dress very warmly! Experience has shown that few come properly prepared for the cold.

Very briefly, comets are left-over clumps of dirty ices which formed as the Solar System formed 4.5 billion years ago. They can be found in two distinct rings, one just beyond the orbit of Uranus. It is called the Kuiper Belt after the Dutch astronomer who first postulated its existence. Most of the comets we see come from there. Hale-Bopp, however, comes from a much further cloud called the Oort Cloud. Jan Oort was a twentieth century Dutch astronomer who first hypothesized that a vast spherical cloud of comets exists well beyond the orbit of Pluto. Astronomers have plotted the orbit of Hale-Bopp and have found that this 40 km diameter monster orbits the Sun every 2500 years. It can be seen in the low northwest evening sky when it is almost completely dark. Leave the city to get an even better view.

For more information, call Capt Crandell Overton, BPSO at 5247.

Sew Fine - sewing instruction with fashion in mind

Has your sewing machine been sitting idle for too long? Brush it off and bring it to the Westwin Community Center for sewing classes.

Sew Fine is offering professional instruction to "Brush Up" your sewing skills. In a four week session, learn to take accurate measurements, make pattern adjustments and learn time saving sewing tips while sewing a blouse.

If you don't care to sew a fashion garment, how about a Hat? They are easy, inexpensive and fun to make. Ideas for embellishing, creating unique hats and modifying styles to suit you are discussed while you learn a new skill - Hat Making!

Brush-Up Sewing	March 18, 25, April 1, 8	7:00 - 9:30 p.m.	\$50/person
Making Hats	March 18 and 25	7:00 - 9:00 p.m.	\$25/person

Call Leslie at Sew Fine, 897-0393 for registration and details. Registration deadline is March 16. All registrants must be Rec. card holders. Minimum of 4 people to run classes.

Newcomers' Club of Winnipeg

Are you new to the city? Feeling you need to socialize? Then come to our next NEWCOMERS' meeting on Wednesday, March 19, 1997 at 7:30 pm at the Wildewood Club. NEWCOMERS' is a non-profit social club, comprised of ladies who have recently moved to the city and have joined to meet new people, participate in various activities, and to acquaint themselves with Winnipeg. Our General Meeting is usually held on the 3rd Wednesday of each month (excluding July and August). This is a social evening which includes a guest speaker, with coffee and dessert served afterwards. For more information call 992-2999 and leave a message. Someone from "Hospitality" will be happy to return your call.

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accepting registration.

Lincoln School, 3180 McBey Ave. 888-5700

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

GENERAL MEETING

19 March 1997, 1900 hrs, Le 19 mars 97 19h00
Building 33 Conference Room. Edifice 33, salle de conférence.
Bring your work clothes. Apportez vos vêtements de travail.

Contact/Organisation: Capt Steve Wilson 5809,
WO Marty Wohlgemuth 2421, Cpl Greg Jabusch 5254

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 (dependents over eighteen).

Equipment: full complement of stationary and hand tools

Sales: limited supply of hardwoods

Discounts: hardware store discount cards and access to wholesale lumber

Contacts: Pres. Capt Steve Wilson ext 5809
Treas. WO Marty Wohlgemuth ext 2421.
Equip. Cpl Greg Jabusch ext 5254

REUNIONS

THE SEVENTH ANNUAL STEWARDS SEMINAR AND REUNION

AUGUST 21 - 23 1997, 8 WING/CFB TRENTON, TRENTON, ONTARIO

Contact: MWO JM Hart, Senior Steward, 8 Wing Trenton

PO Box 1000, Stn Forces, Astra, ON K0K 3W0

613-392-2811 Ext 3457, Fax 613-965-7509

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

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.

This year

415 Squadron (Maritime Patrol)

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



Cette année

l'escadron (Partmar) 415 célébrera 40 années d'activité au service du Canada.

La réunion de cet anniversaire aura lieu à LA 14 ESCADRE DE GREENWOOD, N.É. DU 6 AU 8 JUIN 1997.

Les membres de l'effectif actuel de l'escadron invitent tous ceux et celles qui ont servi avec l'escadron 415 dans le passé. Si des anciens membres de l'escadron ne sont pas encore inscrits et qu'ils désirent recevoir de plus amples renseignements, ils peuvent communiquer avec le comité d'organisation pour cet événement comme suit:

TÉLÉPHONE: (902) 765-1494 poste 5875

FAX: (902) 765-1483

E-mail: jlafleur@atcon.com

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 available for children needing care during days, evenings, overnights & weekends. 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.

MISC. FOR SALE

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.

MISC. FOR SALE

For Sale - Upright freezer 15.2 cu. ft. capacity, excellent condition \$450.00 OBO. Dining room table & 4 chairs \$150.00 OBO. Spanish Provincial bedroom suite \$375.00 OBO. Two stacking beds w/ mattresses, single beds, \$150.00. Please call 831-0150 for any more info.

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

For Sale - 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 - 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.

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.

MISC. FOR SALE

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

Wanted - Experienced, reliable child care, for our three children, in our home. Mon.-Fri., 0730 hrs-1600 hrs. This is a permanent position starting 07 May 97. References required. Please call Louise at 487-1244 between 5 p.m. & 8 p.m. Thank you.

Wanted - Roommate to share home in quite neighborhood near McGregor Armory. Close to buses. References required. \$350.00/month, utilities included. Please call 589-7069 and leave a message.

FOR RENT

HOUSE FOR RENT Immediately. Riverbend, NW Kildonan, 5 bedroom, 2 bath, finished basement, double garage, central air, four appliances, near school, on bus route, 10 minutes to downtown. Phone 339-6725.

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Saturday 10 am - 3 pm

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WARRANT OFFICER'S & SGT'S MESS

Calendar of Events for March & April 1997

FRIDAY, 14 MARCH 1997.....ST. PATRICK DINNER / DANCE
Food: Irish Stew, Coleslaw, Rolls and Butter
Cost: \$5.00 ea. Member; \$6.00 ea. Guest
Music: DJ
Time: Food 1800 hrs
Dress: Casual
Advance tickets sale only. Tickets on sale from 3 - 10 Mar. 97, from the Mess Office during normal working hours.

SATURDAY, 15 MARCH 1997.....MESS CURLING FUNSPIEL
Cost: \$10.00 per person
Time: 1230 hrs
Place: CBF Winnipeg Curling Club
Prize presentation to be held back at the Mess. Teams will be drawn from a hat and posted Thursday, March 13, 1997. Open to all members and spouses. Register at the Mess by 10 March 1997. This is a fun day so come out and enjoy.

WEDNESDAY, 19 MARCH 1997.....WCOMD'S COFFEE BREAK
Place: WO's and SGT's Mess
Time: 1000 hrs

SUNDAY, 30 MARCH 1997.....EASTER BRUNCH
Food: Brunch/Smogasborg
Cost: \$6.50/Adults; \$4.50/Kids under 12
Time: 1000-1400 hrs
Location: WO's and SGT's Dining Room
Make reservations for tickets before 24 March 1997 from the Mess Office during normal working hours.

TUESDAY, 1 APRIL 1997.....RCAF BIRTHDAY

SATURDAY, 5 APRIL 1997.....WO'S & SGT'S MESS INVITATIONAL DART TOURNAMENT
Application forms available at the Mess Office.

SATURDAY, 12 APRIL 1997.....OLDIES FROM THE 50'S, 60'S & 70'S
Food: Burgers, Hotdogs, Potato Chips and Floats
Cost: \$1.00 ea. Member; \$2.00 ea. Guest
Music: J & J Sound
Time: Food 1830 hrs; Dance 2000 hrs
Dress: Casual/Dress of the Era

WEDNESDAY, 16 APRIL 1997.....WCOMD'S COFFEE BREAK
Place: Officer's Mess
Time: 1000 hrs

FRIDAY, 25 APRIL 1997.....MEAT DRAW / GAME NIGHT
Food: Subs
Cost: \$5.00 ea. person
Meat Draw: 5 Draws; Tickets 5/\$1.00
Time: Game (Darts) sign up for 1830 to start at 1900
Dress: Relaxed

SATURDAY, 26 APRIL 1997.....ANNUAL WO'S & SGT'S / JR RANKS DART CHALLENGE
Place: WO's and SGT's Mess
Register at the Mess Office.

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