

The VOXAIR

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**The
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SAR SOWIND 301 A team effort

By Capt Dany Laferrière

Few had heard of the small community of Little Grand Rapids, but it became the center of attention on Tuesday, 9 December 1997. Rescue Coordination Center (RCC) Trenton, rose into action with SAR SOWIND 301 at 15h51 (all times Winnipeg local) that day after receiving a call from Winnipeg.

A Brazilian-made Embraer EMB-110 turboprop, owned by Sowind Air had crashed about 100 meters short of the community's gravel landing strip, located about 300 km northeast of Winnipeg, on the Ontario-Manitoba boundary. Sowind officials reported 16 passengers on board - this number would later be updated to 17 - and confirmed that RCMP officers were at the scene. There were 14 survivors.

The medical facility in Little Grand Rapids, a small nursing station, was not sufficiently equipped to treat the survivors' injuries. The military's assistance was requested to evacuate them to Winnipeg where they would be transferred to a local medical facility.

RCC's response was immediate. A Winnipeg 435 Squadron Hercules (Rescue 333) was tasked to launch as soon as possible, a Trenton 424 Squadron Labrador helicopter was placed on 30-minute stand by and two Griffon helicopters from 417 Squadron in Cold Lake were tasked to proceed to Winnipeg. The Griffons; estimated time of arrival to Winnipeg was 23h30 that same evening and they would provide back up to 435 Squadron's Hercules crew.

The Hercules' mission was to land, stabilize the injured victims and evacuate them back to 17 Wing. Ambulances would be on hand to transfer the victims to Winnipeg's Health Sciences Center. The crew, including nine search and rescue technicians (SAR techs), took off at 17h00 and the flight to Little Grand Rapids was estimated at 30 minutes.

Given reports that the runway in Little Grand Rapids was only 2,800 feet long and suffering from wet and icy conditions, rescue 333 only carried enough fuel to fly for about four hours in order to minimize its weight.

In the meantime, the medical staff at Little Grand Rapids was preparing three critically injured patients - two adults and one child - to be evacuated on board another small Sowind aircraft that had successfully landed minutes before the crash occurred. Their esti-

Media representatives witness the arrival of the first Griffon helicopter from 417 Squadron at 17 Wing.



Ambulances were standing by at 17 Wing, waiting for the 435 Sqn CC-130 Hercules that was evacuating the last crash survivors back to Winnipeg. The survivors were quickly transferred to Winnipeg's Health Sciences Hospital.

imated time of arrival at 17 Wing was 21h10 and three ambulances were standing by to complete the transfer to the hospital.

The rest of the injured were evacuated to a small nursing station where they were stabilized and readied for evacuation to Winnipeg pending the arrival of rescue 333. Their only way into town was a snowmobile ride across the lake.

Mother Nature uncooperative

"Awful. Terrible. Bad weather," commented Capt Melhuish, aircraft commander, upon his return from the first try to land the Hercules at Little Grand Rapids. "We're unable to get in because the weather is so bad. We're talking one mile visibility and ceilings as

See 'A Team Effort', page 4

SAR gets 15 Cormorants

On Monday, 5 January 1998, the Minister of National Defence, and the Minister of Public Works and Government Services announced the type of helicopters the Canadian Forces will get for their search and rescue units. The consortium of E.H. Industries was selected in an open bidding process. Subject to successful contract negotiations, they will supply 15 AW520 Cormorant helicopters to the Canadian Forces at a maximum project cost of \$790 million.

The total project budget includes: a maximum of \$593 million to E.H. Industries, plus approximately \$200 million in government costs for project management, training, spare parts, integrated logistics support and a small contingency allowance.

National Defence's original requirement was for 50 helicopters, 15 for SAR and 35 for maritime patrol at a price tag of 5.8 billion dol-

lars. In order to reduce the size and the cost of the project the Government separated out the SAR helicopters and, based on a 1990 operational study, reduced the operational requirements by 15% to save costs without compromising the ability to save lives. As a result, the costs for the SAR helicopters have been driven down by approximately 30% or \$416 million, even with the cancellation costs factored in.

No decision has been made with respect to the maritime helicopter. The Cormorant meets or surpasses the SAR operational requirement and has the power, speed and endurance to cope with the extreme weather conditions and vast distances that characterize the unique Canadian SAR environment.

See 'Labrador vs. Cormorant', page 14

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VOXVIEWS

Paying for all the trimmings

By Major CM Walton-Simm, Managing Editor

Immediately after every holiday season many of us feel very exhausted and a little anxious. Exhausted because we put a great deal of effort into the best season of the year and anxious because it also consumes a large portion of our paychecks. The vast array of expenses ranging from gifts, food & drink, to entertainment and travelling can quickly add up. I try to buy my gifts throughout the year to lessen the burden but I always manage to spend more than I'd planned. These holiday expenses compounded with debts we currently have can make the next few months a little difficult financially. Maybe that's why we don't get another holiday until Easter (someone's telling us something)!

For those of us who may need some assistance, the military offers a program which provides financial aid to serving or former members of the Canadian Forces and their immediate families, when warranted by distress or other qualifying circumstances. The Canadian Forces Personnel Assistance Fund (CFPAF) was established by the Chief of Defence Staff under section 39 of the National Defence Act to provide assistance loans, grants and/or family or individual financial counselling. The following is a summary of assistance programs provided by the CFPAF as of 1 April 1997:

MINOR DISBURSEMENTS PROGRAM

Grants up to \$100.00 are available to qualified serving and former Regular and Reserve force members through base Non-Public Fund and Veterans Affairs Canada offices. Funds are to relieve immediate financial distress. Serving personnel requiring a second minor disbursement will be subject to a financial counsellor's review. Effective 1 April 1997, WWII army veterans, formerly administered by the Army Benevolent Fund are eligible under this program.

MINOR (DISTRESS) GRANT PROGRAM

Grants up to \$1,000.00 for qualified serving and former Regular and Reserve Force members may be approved by the CFPAF Executive Committee. Cases are reviewed by the CFPAF Operations Manager or CFPAF Manager and approved by at least one member of the Executive Committee. Each case is reported to the monthly Executive Committee meeting.

MAJOR (DISTRESS) GRANT PROGRAM

Grants up to \$5,000.00 for qualified serving and former Regular and Reserve Force members will be approved by the CFPAF Executive Committee. Grants in excess of \$5,000.00 must have Board approval.

SELF IMPROVEMENT LOAN PROGRAM (SILP)

The Self-Improvement Loan Program replaced the Preventive Loan Program effective 1 October 1996. Loans ranging from \$500.00 to \$4,000.00, available to Regular Force and qualified Reserve Class 'C' members to prevent financial distress and improve living conditions, are approved and distributed by the local SILP committee or Base Financial Counsellors. Allocation of funds to bases/wings/stations is calculated on the basis of \$16.00 per member per month, adjusted quarterly according to NDHQ/DPIS statistical reports. No location receives less than \$4,000 per month. Funds are recouped on a monthly basis. The CFPAF Executive Committee may approve additional funds when need is justified. The loan repayment period varies from 12 to 24 months with an annual interest rate of 5.5%.

DISTRESS LOAN PROGRAM

Loans of up to \$15,000 for qualified Regular Force members and former members, and qualified reservists, to respond to financial distress, may be approved by the CFPAF Executive Committee. Loans are based on individual case requirements, with a repayment rate designated by the Committee. Loans became interest free after 1 July 1995.

EDUCATION ASSISTANCE LOAN PROGRAM (EALP)

Education Assistance Loans are available to qualified serving and former members of the Regular Force, to encourage and assist recognized dependants in obtaining post-secondary education. The current funding ceiling of 2.5 million dollars per year was authorized by the CFPAF Board of Directors in 1995. Applicants may request a maximum of \$2,500 per student, with repayment over a twelve month period at an interest rate of 2%.

TRUST FUNDS

The CFPAF administers three Trust Funds that provide financial assistance by means of grants to qualified members. Each Fund has its own eligibility conditions and limits.

The CFPAF Strategic Plan - 1996-2000, provides the background and substantiation for these various programs and was approved by the CFPAF Board of Directors in June 1996. Full particulars, including eligibility conditions, are contained in the CFPAF Manual (A-PS-007-000/AG-001).

The moneys required to finance these programs are generated by CFPAF capital, interest earned, donations and the Canadian Forces Central Fund (CFCF). An interview with a Financial Counsellor can be arranged through your unit.

Communiqué From the Commander

11 Dec 1997

NDA Changes

The Minister has introduced a bill to amend the National Defence Act in the House of Commons. This is the culmination of work done to respond to long term shortfalls in the Act, to recommendations made by recent reports. The amendments will modernize the Code of Service Discipline and will ensure that the military justice system responds to the Canadian Charter of Rights and Freedoms. They incorporate major changes to the process related to court martial and summary trials, all the while respecting the need for these unique elements in a military justice system.

It is important for all of us to understand these changes, but especially those who have a role to play in the chain of command. Information packages were sent far and wide by the CDS on 4 Dec. They describe in layman terms the changes and the rationale for them.

ASD

Alternative Service Delivery issues continue to be hot topics everywhere. Nothing has really changed in the departmental approach, but media reports of

thousands of jobs at risk have heightened concerns.

The continuing focus of ASD is to deliver non-core services as cost effectively as possible. ASD reviews are planned for military pay, the supply and distribution system, and base support services. One new twist to this effort that has recently come to light is an initiative to focus base support assessment on six sites - Borden, Gagetown, Gander, Shilo, Montreal and Suffield. This has understandably caused some major concern at those locations, but it is simply a continuation of ASD work.

A recent information package has been distributed to all wings, and to the executive level of the HQ. Let's do our best to communicate the facts on this so as to dispel the rumours which persist.

OP Constable

Congratulations to everyone who participated in OP CONSTABLE. The most recent deployment and those who have gone before to Haiti deserve our sincere recognition. They have worked under difficult circumstances in a desperate country, under a mandate that has been difficult to fulfill. Our hats are off to

you all for your professionalism and excellence. You have been excellent ambassadors of the Air Force, of Canada, and the UN. Well done to all!

Familiarization Visits

The DCWO and I have now finished our round of visits to all wings. It was my intention to complete these during our first three to four months as a division. We have tried as well to stop by squadrons and units who are not collocated with a wing, and managed to get to about half of these. We will attempt to include the rest during future travels, which will be focussed more around events, than simply a familiarization visit.

Throughout our travels, I was most impressed by the enthusiasm that exists everywhere. Sure, we were bombarded with questions about pay, terms of service, ASD, and everything else imaginable, but the overall attitude within our operational units is very positive. We are continually meeting new challenges with innovation and professionalism. My hat is off to all of you - the air force is truly a terrific team!

MGen George E.C. Macdonald

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Michael & Sally's Vision

Michael and Sally's Vision is a new humor column we want to try out in the next two editions of Voxair. Michael Stephenson, a retired Air Force Warrant Officer, and his wife Sally share with us their vision

of the fun, foibles and good times of being a member of the Canadian Forces, especially looking at those from a spouse's point of view.

This column would run monthly starting in April,

depending on the feedback we receive from you. You can send your comments/suggestions via e-mail to Maj Walton-Simm or Capt Laferriere or by mail to the Voxair. We hope you enjoy!

Life in the 'Dart Room'

By Michael and Sally

Military people never complain. All right, that's not strictly true. We do sometimes, on the very, VERY rare occasion complain a tiny itty t-e-e-n-s-y bit about, maybe, transfers. Even then it's so slight and insignificant you can't even consider it 'complaining.' Rather it's more like a Gentle Observation.

Take for instance our wonderful neighbours, Ed and Patty. One day as I sat in the yard reading the Wall Street Journal, in case we ever have enough money left over to buy a stock, I heard a rumbling sound. A moment later the roof of their PMQ ripped itself free from the walls, rose seven feet into the air and dropped back with a crunch.

It turned out that Ed, who had recently returned from TD in the Arctic, just found out they were transferred to 'Up North' and had passed the news on to Patty. They were in the process of discussing the matter.

Now I'll admit that on that occasion they muttered a few of what might be considered 'complaints.' Other than the minor lifting of the roof, I did hear Patty say, "Gosh darn," several times.

As we later ruminated upon the matter over coffee, she shook her head in wonderment. "Gosh darn, Sal, whatever do you suppose those Transfer People are thinking of?" Much as the steelworker commented when his partner dropped a red-hot rivet down his shirt, "Really, Albert, you simply must be more careful."

"Gee, Patty," I said genuflecting deeply, "it really is a puzzle, isn't it?"

"Gosh darn, it sure is," she replied. "Oh well."

And we sat there scratching our heads.

The trouble is that no one ever considers the feelings of The People In The Dart Room - those gentle folk who determine the transfers. They too are real people, with real problems. It's no picnic trudging into work every morning knowing that you will be

transferring someone, other than yourself, to Lower Musquodoboit. As one Dart Roomer moaned - and rightfully so - "They only have to go there once for three years and it's over. I have to send people to those places all the time. How do you think I feel?" To compound the problem, the Dart Department has been hit particularly hard by military budget cuts. Each day they endure tremendous stress. Whenever we 'complain' - or rather as I prefer to think of it, sit in the club and produce humongous mounds of Gentle Observations (GO's) - it is not without repercussions. Word of those GO's often filter back to The Dart Room, creating chaos and strife out of the normal orderliness there.

"Yes, sir, I realize that transfer orders have been somewhat...uh, unstable."

"Unstable? Unstable! They've been totally scrambled. The clubs and messes are abuzz with complain...uh, Gentle Observations. Your people are doing stuff like sending to Up North B.C. personnel just back from Up North Quebec.

"Yes, sir. Well, there are several valid reasons for that."

"Like what?"

"We figure that after doing the time Up North, they are now metabolically adapted to snow, sleet and body-numbing temperatures and so, militarily speaking, are perfect Up North-Transfer candidates."

"Hm... Sounds sound to me - militarily speaking. And the other reason?"

"It's the most important reason, sir. As you know, the budget cuts have been merciless. You've probably noticed in the executive Dart Room that quite often we run out of coffee and doughnuts as early as 2:30 P.M., with almost another hour left in the working day."

"Um, no, I haven't actually."

"Oh. Well, here in The Main Dart Room it's been horrendous,

sir. Not just coffee. We need new darts. The feathers are all chipped and broken. Flight is extremely erratic. We're lucky that they even hit a map at all. And the tips, sir. The tips are dull, blunted from overuse. Often they don't even stick in, just hit a map and fall to the floor. Then I have to assign someone to search through that thick carpet pile until it's found."

"Most disconcerting."

"Absolutely, sir. And we are in dire need of new maps. Our present ones are all torn and ragged. If a dart does stick in the wall we can't tell Alberta from Albania anymore."

"They're not even on the same continent."

"Really? Well, nevertheless you can see we need new maps. And new chairs, sir. Incredibly, my people are sitting in chairs that are almost two years old now. They're very tipsy. The chairs, not my people. They wobble ferociously on the swivels, and you can see where the corinthian leather has become worn and slippery. It's almost impossible to throw a decent dart under these adverse circumstances."

"Good points. I'll see what I can do. By the way, you've been here eight years now and your own transfer orders are due."

"Yes, sir, and I'm ready."

"Good. Have you selected a map yet?"

"Not quite, sir. I've pretty much eliminated the Bermuda map. Been there. Too muggy. I have it narrowed down to either the Mediterranean or Belgium/Germany maps."

"Excellent choices."

So they have it rough in The Dart Room, with the coffee shortage, too-plush carpets, rickety swivel chairs and all. My greatest concern, though, is that we always seem to end up with Ed and Patty.

I'm really hoping for a speedy shipment of those new, improved darts.



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A Team Effort Continued from page 1.

low as 200 feet." (That same bad weather later forced the two Griffon crews to stop in Saskatoon, where they had to wait for first light before resuming their transit.)

In fact, Capt Melhuish and his crew tried multiple approaches at the small runway, unsuccessfully. It was also dangerous for the SAR techs to jump in this type of weather and low visibility. Soon, the time to go back to base had come, but there was another crew standing by at 17 Wing, ready to go again as soon as the plane refueled.

The second crew was ready to take off at 22h00. This time, they had a full tank of fuel that enabled them to stay in the air for about ten hours and wait for a break in the weather. If that break came when they were still too heavy in fuel, they were prepared to dump some in order to bring the weight of the aircraft down to an acceptable level for the short landing they were facing.

The composition of the crew was different on the second flight. Because of the low ceiling (under 1000 feet), it was unsafe for the SAR techs to jump. Since competent medical staff were already on the scene, there was no critical need to risk a dangerous jump. Therefore, the number of SAR techs on board was reduced to two and a medical officer, two nurses and two medics from 17 Wing hospital, completed the team.

The medical staff in Little Grand Rapids advised they needed certain medical supplies. The small nursing station only stocked sufficient quantities for the town's needs and they were not equipped for an emergency of this magnitude. In case the Hercules was unable to land, 435 Squadron's search and rescue section packaged all the supplies in preparation for a night drop.

The nursing station required mainly antibiotics, intravenous fluids and oxygen. Sgt Henri, a SAR tech with 435 Squadron, explains "We still had some space after all the required medical sup-

plies were included in the kit, so we included extras which we figured they might need, such as cervical collars of all sizes, two splints and a KED board."

"Everything was tightly wrapped in blankets so it didn't explode on impact and we attached strobe lights to the parachute fitted bags so people on the ground could locate them easily," he added.

The Hercules crew completed two successful medical drops that night, but the weather, if anything, kept deteriorating. They returned to 17 Wing on Wednesday morning at 07h00 where another crew stood ready to relieve them.

Final flight

Fresh crew, replenished fuel and medical supplies and rescue 333 was ready to go again at 08h25. In Saskatoon, the two Cold Lake Griffons prepared for take off. The first one was expected to arrive at 17 Wing for a refueling at noon while the second one would fly directly to Little Grand Rapids via Yorkton. As a precaution, RCC Trenton tasked a 424 Squadron Hercules crew to fly to Winnipeg and relieve 435 Squadron should their attempt to land be unsuccessful.

The RCMP in Little Grand Rapids still reported bad weather, with fog and very poor visibility. Anticipating it would still be a few hours before rescue 333 could land, the nursing station staff determined they would need more supplies.

Minutes after 10h00, as the Hercules crew was about to complete their second successful medical drop of the morning, the aircraft commander, LCol Leboeuf got a radio communication from a

small Bell Jet Ranger helicopter. The pilot informed him that he believed he could make it to the airport.

"Wonderful, just let us clear out," said LCol Leboeuf as he maneuvered rescue 333 out of the landing corridor.

The Bell Jet Ranger helicopter later took off for 17 Wing with two critically injured victims on board, one male child and one female adult.

Mother Nature joins in

The long awaited break in the weather took place shortly after. The aircraft commander judged the ceiling and visibility had improved sufficiently for him to attempt a landing at the Little Grand Rapids airport without jeopardizing the safety of his crew.

He waited for an A-Star helicopter and a Navaho aircraft to land, then started his final approach. Once the Hercules broke out under the thick cloud layer, the aircraft commander proceeded to dump some extra fuel to bring the weight of the aircraft down. Rescue 333 safely landed

at Little Grand Rapids around noon.

Upon receipt of the news, RCC stood down all other military resources that were involved in the operation. There was ample space to take the remaining crash victims onboard the one Hercules aircraft. But before that could happen, Capt Downes, a 17 Wing medical officer and his team had some work ahead. Over the next few hours, the remaining nine crash victims had to be stabilized and readied for their journey back to Winnipeg.

The highly publicized rescue operation ended at 16h30 on Wednesday, 10 December, after rescue 333 touched down in Winnipeg and the last ambulance rolled off 17 Wing's tarmac. After 24 hours of intense flying in bad weather, tireless efforts to land at a very difficult runway and through the combined efforts of dozens of individuals, the crash survivors of Sowind's EMB-110 were safe. SAR SOWIND was successful.

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Cause for reflection

Remembrance Day ceremony at Gradara War Cemetery, Italy

By Capt. Richard Pamplin

RIMINI, ITALY — It was the warmest Remembrance Day that I can recall from recent memory. There was a light breeze, and the air was a cool 10 degrees Celsius. It was a typical autumn day in the 'Le Marche' region of central Italy, and it was considerably more pleasant than the winter weather that we usually experience during November in Canada. I was standing at the end of a rank of three people, facing a similar sized rank, some twenty feet away. Our small detachment of Canadian Forces personnel was preparing to conduct a Remembrance Day ceremony at Gradara War Cemetery, where 369 Canadian soldiers of the Second World War are buried.

As the final adjustments were being made and people were moving into their positions, my mind began to wander to past Remembrance Day and memorial services that I have participated in. Pictures begin flashing through my mind like a rapid-fire slide presentation. I paused on a particular slide.

It is the early 1990's, and I am near the base of The National War Memorial in Ottawa. It is bitterly cold, but the sky is clear. I am wearing the bright scarlet uniform of a Royal Military College cadet, as are the hundred or so of my comrades that are standing with me in three ranks. Our contingent is just one of the many Canadian Forces Regular and Reserve units on parade. We are hungry, having missed breakfast due to the late arrival of our buses. We are one of only two units that are not wearing great-coats, and justifiably, we are cold.

The ceremony is a massive undertaking. Veterans' groups, Armed Forces personnel, cadets, and even scouting groups are represented, if I remember correctly. Royal representatives, political leaders and thousands of spectators are in attendance. Well-positioned television crews capture the images that are sent across the country. There was no doubt that this was a very important ceremony. This was the National Remembrance Day Service. The entire country was watching.

We had been told that it was an honor and a privilege to participate in this service, that our dress and deportment must be perfect and that mistakes were not allowed. Surely the grandeur and importance of the ceremony would show that we have not forgotten.

I remember feeling cold and hungry, and cursing the circumstances that caused these feelings. The ceremony was long enough to allow time for reflection. I reflected upon the monument that had been erected following the First World War. Surely living in the trenches would have been infinitely worse than the discomfort I felt now? I reflected upon the ranks of veterans to our front. What horrors had they seen? I noticed that many of them had no overcoats. Some had no gloves. Instantly, my problems became infinitesimal.

I listened as the prayers were said, and the hymns were sung. A youth choir offered a musical version of In Flanders Fields, and many wreaths were laid. It came time for the March Past and our squadron joined the 'column of route.' To this day, I do not recall who was on the reviewing stand receiving the salutes. I can only assume that it was the governor-general. What I do remember is this: directly adjacent to the dais were more veterans, the ones who were unable to be in the parade. As we marched past in the 'eyes right' position, all I heard was the clapping. The clapping and cheering of the veterans as they encouraged us. As we marched further down the street, the sound of applause fades out and is once again replaced by the beat of the drum and the clicks of our heels.

I can't help but wonder: Who should be cheering whom?

The slide show continues, pausing briefly on other pictures: ceremonies at town cenotaphs, Battle of Britain Parades, monument dedications.

The flickering stops. It is early March 1997. It is a typical late winter's day in South East Asia. The afternoon sun is beginning to fall towards the western sky, having warmed the earth to 37 degrees Celsius. The cooling breeze is intermittent. I am standing amongst a group of more than 150 people, mostly Canadians, at the Taukkyan Cemetery, north of Rangoon, Burma (Myanmar). A forty-person Canadian Forces burial party is conducting a funeral service for six airmen that were killed in the Second World War. Almost 52 years earlier, in June 1945, a C-47 Dakota of 435(T) Squadron went missing over Burma while on a supply mission.

The Great Cross that stands at the foot of Gradara War Cemetery as seen from the top of the cemetery. The cemetery occupies a unique position on a hillside that was terraced for agriculture, and is surrounded by farmland. It contains the graves of casualties incurred during the advance from Ancona to Rimini in late 1944. There are 369 Canadians buried there. All were members of the army.

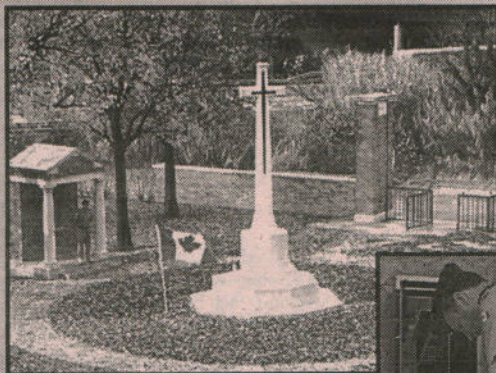


Photo courtesy of DND

Canadian Contingent in MAMDRIM (CCIM) Commander Lt.-Col. Randy Perrett signs the guest book at Gradara War Cemetery. The members of CCIM (Op Bison) performed a short ceremony at the cemetery last Remembrance Day. There are 1192 war dead buried at Gradara, which each year receives visitors from around the world.

Photo courtesy of DND

A short but exhaustive search had revealed nothing. It was feared that the twin-engine transport and the six crew members had inevitably crashed. The aircraft and crew had lain in the Burmese jungle, presumably undiscovered until 1990, when a local hunter stumbled upon the crash site. The hunter retrieved a watch, and after a bizarre chain of events, a Canadian recovery team went to the site in late 1996. They were able to recover artifacts and remains, and positively identify the aircraft. The remains were taken to Taukkyan to be prepared for the funeral in March.

Family members, veterans, dignitaries, members of the recovery team, and the burial party traveled more than halfway around the world to finally give these war heroes a proper burial. The entire story received national and regional media coverage, and was documented by the National Film Board. The funeral was the result of years of pain and uncertainty, and months of preparations and hard work.

It was a full military funeral, replete with bugler, bag-piper and squadron colors. It was the first time that the colors had been paraded outside of Canada. There was one exception to the funeral: the traditional three volleys over the casket were not fired, as Myanmar's military government did not allow us to bring real weapons into their country.

The funeral was a moving experience that closed a chapter of a story that had begun

more than 50 years earlier. Family members and veterans alike were grateful that their loved ones and comrades had finally been laid to rest. It was a privilege to have been a part of this vital event because it was our squadron, our comrades, and our duty to bury them with proper honors. I hope that the memory of that day is indelibly etched in my mind.

The slide show is over, and I am back at Gradara. Noisy traffic rushes past the cemetery on the busy A14 Superhighway. Every so often, the wind rearranges the pattern of the fallen leaves on the ground. The formation is called to attention. The Contingent Commander and Chief Warrant Officer arrive. A wreath brought from Canada specifically for this purpose is laid at the base of The Great Cross. The proper respects are paid, and two minutes of silence are observed. The formation is dismissed. Aside from the

drill commands, not a word was spoken. There were no prayers, poems or hymns. No volleys were fired. No dignitaries were present, nor any television crews or veterans. Neither hundreds nor thousands had gathered to remember - only ten Canadians. Ten Canadians who had come to remember not only the 369 Canadians that are buried at Gradara, but all Canadians who died in the service of their country in this century. Being at a Commonwealth War Cemetery drove home the realization of just how many soldiers of all nations have died fighting for peace.

In a word, our little Remembrance Day ceremony was simple. But next year, and in the years to come, when I play the slide-show of my life, I assure you

that November 11, 1997 will not be forgotten.

Capt. Pamplin is a C-130 Hercules navigator serving with 435 (Transport and Rescue) Squadron in Winnipeg. From October 1997 to February 1998 he is serving with NATO in Italy as an operations officer with the Multi-National Air Movements Detachment Rimini (MAMDRIM).

Voxair Vignette

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DEADLINE FOR ENTRIES: 10 FEBRUARY 1998

PLEASE NOTE: 'Voxair Vignette' will feature one item & prize for two consecutive issues ending with the above deadline, at which time one winning entry will be drawn. You may deliver your completed entry form to the Voxair office or e-mail us with the above information at voxair@vulcan.acq.dnd.ca GOOD LUCK!

LAST ISSUE WE FEATURED: HURRICANE (also pictured was Don Smith of 402 Sqn leaning on a 250 lb. general purpose bomb, England, 1942.)

THE WINNER WAS: Robyn Postlethwaite - Western Canada Aviation Museum membership and a Gift Certificate from Eric Bari Pastry. Please contact the Voxair Office to claim your prize.

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RRSP season is here; you put money into your RRSP's and see your money grow. One of the things you need to understand is how the rates of returns affect the growth of your investments inside your RRSP.

When will my investment double?

Article sponsored by Bruce Derraugh and Ernest Gautron of Stuart Financial Services. Stuart Financial Services is the Winnipeg affiliate of Stuart Partners, a national planning firm.

When saving for retirement, or any other financial goal, you might like to know when your investment will double. You can calculate this by using a handy tool known as "The Rule of 72."

Whether your investment is sheltered in an RRSP, or is taxable now, you can use *The Rule of 72* to find when your initial investment will be worth twice as much, assuming your gains are re-invested.

The Rule of 72

Simply divide your rate of return into 72. That's the number of years it will take to double your money. The chart below shows that it will take 9 years to double your investment if your annual rate of return is 8%.

Rate of Return	Formula	Number of Years to Double
4%	72/4	18
8%	72/8	9
10%	72/10	7.2
12%	72/12	6

Would you like to find out more about this subject or other subjects on this page? Please call us for a free one-hour in office consultation.



Bruce Derraugh



Ernest Gautron

The Rule of 72 can also be used in reverse, to help you plan for retirement. Suppose you plan to work for 12 years before retiring and you hope to double your money by then. *The Rule of 72* will find the rate of return you'll need to achieve this. Simply divide 12 into 72. It shows you'll need an annual rate of return of 6% to double your money in 12 years.

Years Until Retirement	Formula	Rate of Return Necessary
18	72/18	4%
12	72/12	6%
8	72/8	9%
6	72/6	12%

Lastly, *The Rule of 72* can be used to compare the growth of tax-deferred and taxable investments. Suppose Mr. Smith and Ms. Jones each have \$50,000 to invest and they each receive 8% as their rate of return. However, *his* investment is taxed at 50% and *hers* is sheltered in an RRSP.

Divide the rate of return into 72. Since Mr. Smith is taxed at 50%, his rate of return drops from 8% to

4%. When you divide 72 by his rate of return, 4%, you see it will take Mr. Smith 18 years to double his money.

Ms. Jones also receives a rate of return of 8%. However, her taxes are deferred because she invests in an RRSP. Therefore, when you divide 8 into 72 you realize she will need only 9 years to double her money - half the time it takes Mr. Smith.

These charts illustrate the difference:

Value of Mr. Smith's original investment of \$50,000	
After 18 years	\$100,000
After 36 years	\$200,000
After 54 years	\$400,000

Value of Ms. Jones' original investment of \$50,000	
After 9 years	\$100,000
After 18 years	\$200,000
After 27 years	\$400,000

As you can see, investing in an RRSP is a faster way to double your investment while enjoying the benefits of deferred taxes.

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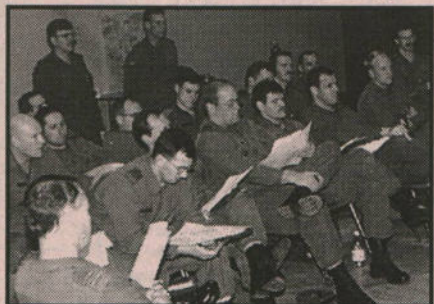
ADVERTORIAL

JANUS training for 2PPCLI

By WO John Hooyer

During the period of 24-28 Nov members of the 2PPCLI Battle Group took part in JANUS Training in CFB Edmonton. The JANUS system involves pitting two forces against one another on a computerized battlefield with as much two dimensional realism as possible. The advantages of the JANUS Training System is it allows command at all levels to be exercised without risk to troops or the added cost of deploying to the field.

After initial familiarization the scenarios started with Combat Teams in the advance and concluded with the Battle Group in the advance. The JANUS system provides Commanding Officers the flexibility to exercise their sub-unit commanders

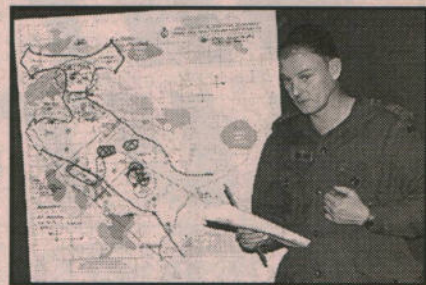


The 'O Gp' - "You want us to go where?"

(provided they aren't prematurely killed or floating down stream during the advance) and support element commanders by loading any variety of scenarios into the Control station.

As this was the first time for many to use the system, it was a learning experience in several regards. Many crucial lessons were learned at the expense of only minimal embarrassment. The realism was as good as could be

expected in that a separate control station controlled the enemy force. This forced all commanders to carefully select routes and use all available assets to ensure success and forced them to react to a variety of situations that developed on their monitors. (NOTE; moving Leopards in open country has limited success against static T-72's in hull down positions)



LCol Dave Fraser gives his orders.

The week in Edmonton provided an opportunity to see several retired Patricia's. Notably LCol Ken Nette, CSM Al Sparks and WO Roy Comeau who, along with the other helpful retired military members, guided and interfaced us with the JANUS system.

Elements from the Gunners from 1RCHA in Shilo, as well as the LDSH(RC) and 1CER from Edmonton provided support to the Battle Group. With the enemy successfully engaged and destroyed and some hard lessons learned LCol Fraser and his entourage departed the new garrison at CFB Edmonton for the wilds of Winnipeg. A big thanks goes out to 402 "The City of Winnipeg" Squadron for supporting the exercise with a comfortable DASH 8 flight, a mode of transport much more luxurious than "a sit to attention" bus.

A few good men... from 435 Squadron

By Capt Jaeggi, 435 Sqn PAFFO

Yes indeed, a few very good men who, despite their tremendous workload, managed to raise the unbelievable sum of \$14,250 for the Red Cross Flood Relief Fund! This humble adventure started in May, as Operation Assistance ended; a time when everyone was still healing their soar backs from sand bagging.

At 435 Sqn Servicing, MCpl Alex, MCpl Fagan and Cpl Boutin felt that there must be something they could do to help all those flood victims in Manitoba. They came up with the brilliant idea to create and sell flood relief shirts with all profits going to the Red Cross in order to help those who faced the unpleasant roar of the Rising Red. The shirts were designed and supplied by Marantz & Son (a Winnipeg wholesale distributor) for an average cost of \$8.00 per unit. Those shirts were then sold at different locations in town like at 17 Wing, in schools, at Legions and in Videon stores for a retail price of \$10.00.

By the end of their fund raising campaign, 435 Sqn Servicing men and women had created, folded, packed, delivered and sold more

than 7,300 shirts at no cost at all, except for the numerous hours of volunteering. WOW, this is called dedication! However, it was not an easy venture. It took some negotiation skills to convince the supplier to create 7,300 shirts without any cash down. Once the shirts were created there sure was a lot of pressure to sell all of them to pay for the encountered expenses. But no obstacles were big enough to prevent our people for reaching their goal.

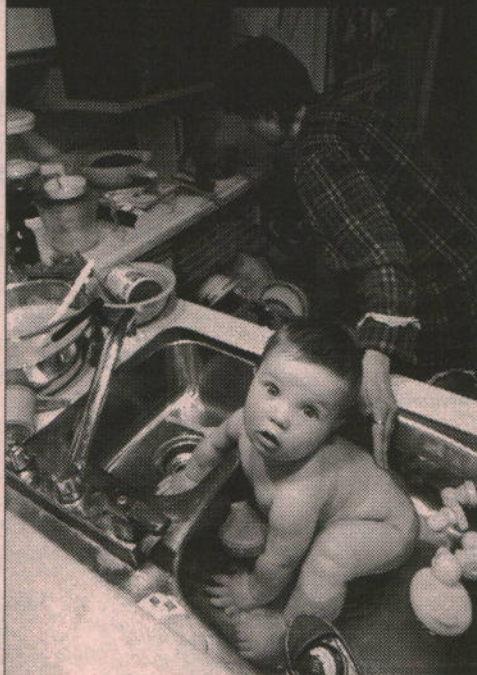
On November 26, 435 Sqn CO LCol Leboeuf and MCpl Fagan proudly presented the second and last check for a grand total of \$14,250 to Mr. Jason Boland, Provincial Director of the

Canadian Red Cross.

Someone once said that there are no extraordinary people but simply ordinary people with extraordinary accomplishments. Gentlemen, we are very proud of your work and we should all learn from such dedication, that all of us can, in some way, improve the living conditions of the less fortunate around us. Brave Zulu!



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Cpl Keeping, Cpl Mills, Cpl Chafe, Cpl Fournier, Cpl Glass.
Front Row (L to R): CWO Anderson, Mr. Wong, LCol McCoubrey, WO Gelineau, MWO Van Acker.

Certificate of Achievement



Cpl Roger Pothier, a recent graduate of the Meteorological Technician QL5 course 9701, received the Certificate of Achievement from LCol McCoubrey. The Certificate of Achievement is presented to the student who has attained the highest academic standing while on course.

ANNUAL CHRISTMAS PARTY

Submitted by MWO Kathy Cox, OPI

The WO's and Sgt's Mess held the Annual Paralegic Christmas Party on Thursday, 4 December 97. Due to good weather, and lots of smiling faces, it again was deemed a great success. The attendance for the day was very good, with over 100 people attending including VIPs, volunteers, activity workers, entertainers and most important - the invited special guests.

The afternoon's festivities started with the arrival of the patients. Once everyone was in place the entertainment got underway. We were first entertained by a barber shop quartet known as 'Suburban Knights'. Then came the appearance of 'Patsy Decline' (Mr. Reg Baldwin) and some Christmas carolling from the Winnipeg Police Choir. Some of the music and signing for the afternoon was provided by 'Bird's Karaoke'.

The highlight of the afternoon was the performance of the 2PPCLI Drumline under the direction of Sgt Williston. Greetings were extended from the Deputy Chief of Police Mr. Terry McGregor, MWO Bob Fortune (PMC), LCol Sam Marcotte on behalf of the 17 WComd and Mark Pellerin OPI for the Winnipeg Police Association.

Before we were treated to a delicious turkey supper prepared by the Mess kitchen staff, Santa arrived to hand out gifts to all the patients.

After many years, this event is still going on and it would not be as successful as it is without the help of volunteers. It is the only day that some of the patients are out of the hospital and we like to make it a special one. I would like to take this opportunity again to thank all the volunteers from the Mess Membership, Mess Executive, Entertainment Committee, Mess Kitchen and Bar Staff, Mess Manager Sgt Tony Merritt, the Winnipeg Police Association and the entertainers who performed at no cost. A special thanks to Karen Jensen, Mess Secretary and MWO Jean Birnie who helped me organize this event again. We look forward to next year and are already looking for entertainment.

Thank you again to all those mentioned above.



Above left to right: Alice Ficek (RN), Betty Banister, MWO Bob Fortune (PMC), CWO Linda Smith (WCWO), Mark Pellerin (Police Assoc), MWO Jean Birnie (OPI), MWO Kathy Cox (OPI), Leena Scerbo (Beautician). Front row left to right: Martha Smith and Barb Hooper (RN).



Left: 2PPCLI Drumline

ENERGY PERFORMANCE



On December 8, 1997 at the Officers Mess, 17 Wing (through Defence Construction Canada) entered into an Energy Performance Contract with MCW Energy Reduction Services. Renovations are expected to begin in February 1998 and last for approximately 10 months. The projected energy savings are targeted at \$562,000 per year.

Back row from left to right: David Bellamy, MCW Energy Reduction Services; Cam Pongoski, 17 Wing ESCo Coordinator; Maj. Marc Desjardins, 17 Wing Construction Engineering Officer; Joe Lucas, MCW ERS.
Front row from left to right: Rick Gudzy, Defence Construction Canada; Col. T.F. Watt, 17 Wing Commander; Colin Rabnett, MCW ERS.

WDEC

Low Risk Drinking



by Capt J Hyatt

Guideline #1: Drink no more than two standard drinks on any day; limit weekly intake to 14 standard drinks for men and 9 standard drinks for women. (Note: A standard drink is defined as one 72 ounce bottle of beer (5% alcohol); one 5 ounce glass of table wine (12% alcohol); one 1 1/2 ounce shot of liquor (40% alcohol); or one 3 ounce serving of fortified wine.)

Guideline #2: Drink slowly to avoid intoxication; wait at least one hour between drinks; take alcohol with food and non-alcoholic beverages.

Guideline #3: If you abstain, do not start drinking alcohol for its protective benefits against heart disease; there are less risky alternatives (quitting smoking, exercise, better nutrition.)

Guideline #4: If you are seeking help for a drinking problem, follow the guidelines and advice of your counsellor.

Guideline #5: People who should not use alcohol or who should limit their use to less than the guidelines include:

- People with certain health problems, such as substance dependence, uncontrollable high blood pressure, liver disease or psychiatric illness.
- People taking certain medications, such as sedatives and pain killers.
- People with a personal or family history of serious drinking problems.
- Women who are pregnant, trying to conceive or breast-feeding.
- People who are operating vehicles, such as automobiles, motorcycles, boats, snowmobiles or bikes.
- People who need to be alert (i.e. while working on machinery, while engaging in challenging physical activities or when responsible for the safety of others or public order.)
- People who are under any legal or other restriction on drinking, personally or because of their environment.

Library News

Holidays are over and now life slows down to a normal pace. You find you actually have time to read, what a novel idea. We invite you to check out our selection of reading material. We have new books to suit every taste.

Here are just a few of the authors we have just picked up:

ADULT FICTION AND NON-FICTION

- | | |
|-----------------------|---|
| Pauline Gedge | Stargate |
| Minette Walters | The Ice House; The Scold's Bride; The Dark Room; The Sculptress |
| Stephen King | The Dark Tower series |
| Chris Cuthbert | The Rink (stories from hockey's home town) |
| Danielle Steele | The Ghost |
| Winnipeg Free Press | The Flood of the Century |
| Ira Levin | Son of Rosemary |
| Mordecai Richler | Barney's Version |
| Anne Perry | The Silent Cry; Ashworth Hall |
| Robert Jordan | Wheel of Time series |
| David & Leigh Eddings | Polgara the Sorceress |
| Sylvie Desrosiers | Faut-Il Croire A Le Lagie; Meñez-Vous Des Monstres Marins |
| Ginette Anfousse | Les Vacances de Rosalie; Les Catastrophes de Rosalie |

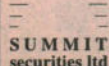
YOUTH FICTION AND NON-FICTION

- | | |
|---------------------|---|
| Brian Jacques | The Redwall series |
| Gary Paulsen | Canyons; The Car; Sentries; (to name a few) |
| Kate Petty | Les Lionceaux; Les Panda; Les Phoques |
| The Duchess of York | The Royal Switch; Bright Lights |
| Kit Pearson | A Hand in Time; The Lights Go On Again |

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By Capt J. Hyatt

Safety Check

The following checklist was taken from a 'Safe Kids Canada' pamphlet published by Johnson & Johnson. For more information, write to them at 180 Dundas St. W., Suite 1300, Toronto, Ontario M5G 1Z8 or call 1-888-723-3847.

Check your Safety Habits Often!

Family Safety Check ✓

- | | YES | NO |
|--|--------------------------|--------------------------|
| 1. Our family buckles up correctly for every car ride. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Our family always wears bike helmets when bicycling. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Kids under 10 never cross streets alone. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Kids are always supervised in or near water. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Our home has working smoke detectors and we check the batteries monthly. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Our water heaters are set no higher than 49°C (120°F) to prevent scald burns. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Kids are closely supervised on playgrounds. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Kids are protected against falls from windows, stairs and furniture. | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Household cleaners, medicines and vitamins are stored in a locked cabinet out of the reach of our kids. | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Our home has emergency numbers near telephones and first aid supplies. | <input type="checkbox"/> | <input type="checkbox"/> |

Safety Scents



By Cpl Dan Menard, 17 Wing SAMP Sqn
Community Policing Representative

Hello everyone. Hopefully Santa Claus was good to you.

The following question was submitted by Jessica Beaugrand:
"Why do we wear gloves when we roller blade?"

I would like to start off this question with a clarification first on the term "roller blade". For those of you who have not yet heard of this great new sport fad, roller blading (as it is called) is also known as "in-line skating". It looks like a pair of ice skates that have had their blades removed and replaced with one row of wheels. During the summertime, you will see a lot of people out exercising, as well as travelling all over, wearing roller blades.

Now to get to the question at heart. One can never know when an accident will occur. If you did, then it would not be called an accident. Accidents can occur to even the most experienced in-line skaters. Protect yourself by wearing the following safety equipment: helmet, knee pads, elbow pads, and gloves.

The best surface to in-line skate on is usually a smooth paved surface. Though this will offer you a comfortable and easy ride, you must not forget that it is also a rough surface to tender things like your skin. Usually whenever I fall, I try to reach out with my hands to stop my fall, or at least to slow it down. When doing so, my hands come into contact with the pavement. By wearing gloves, the material will help protect your skin, and reduce the injury to bruising instead of numerous cuts and scrapes.

So remember, whether you are in-line skating, or doing some other activity, always use the proper safety equipment. If you are not sure what that safety equipment is, ask a specialist where you bought the equipment, or ask your parents. They love you, and will never want to see you get hurt.

I look forward to receiving any questions from the "younger readers". All you have to do is write out your question, and have your mother or father put it in the military mail and forward it to the following address:

Cpl Dan Menard, Community Policing Representative, 17 Wing SAMP Sqn, Bldg 95

I'm waiting to receive your special question, and publishing an answer to it in the Voxair Newspaper. So remember, keep reading the Voxair, and you may be surprised to see your name and question in it.

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17 WING SPORTS SECTION

2PPCLI Sports Program

By Lt SP Grubb

The Bn initiated its fall sports program in September of this year. The 4 sports that were being contested were football, softball, soccer, and volleyball. A & C Coy, and Cbt Sp and Adm Coy were participating. B Coy could not participate due to a field deployment of a platoon to Gagetown and the Driver Track course that they were running during this time period.



A Company, 2PPCLI wins the "French Grey Cup"

The next 4 weeks saw A Coy dominate all playing fields. Their soccer, football and softball teams went through the short season undefeated. The volleyball team only suffered one set back. The program was interrupted for two weeks while the entire Bn deployed to Shilo on exercise. By the time we returned to start the playoffs, it was November and snow covered the ground.

It was decided, for the sake of safety and sanity, that the Soccer team, coached by WO Sundquist, and the Softball team, coached by Sgt Seggie, would win the gold medals based on the season standings. A Coy would play C Coy for the Volleyball crown, and all Coys would play in the semi-final for the football on 07 November.

A Coy, lead by Lt Grubb and Cpl Heudes, won a closely contested match against C Coy in the first game of the Volleyball final. After reworking their strategy, the Super Six of A Coy went on to annihilate the Stupified Sextet of C Coy in the second match to clinch the Gold in style.

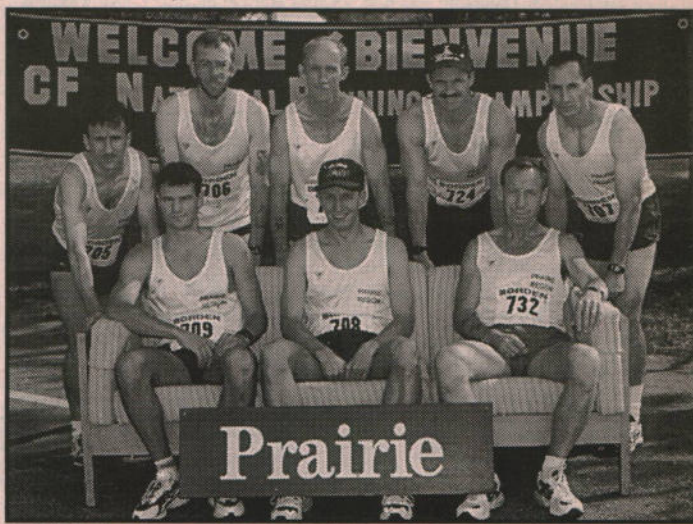
That same day, C Coy and Cbt Sp struggled along to a scoreless draw in regulation time in football. (They must have thought that it was soccer). C Coy finally prevailed with a controversial sack in the endzone for a safety and a 2-0 win. A Coy then went out and handily defeated Adm Coy, using numerous interceptions to establish good field position, setting up the French Grey Cup final for the following week.

The day dawned clear and crisp. Thousands of fans (well, maybe tens) gathered along the sideline to support their respective sides. Sgt Lewis and Cpl Damron danced down the sides of the field for good gains. MCpl Estensen, Cpl Hickey, and Capt Patrick played solid defence, denying C Coy field position and the ball. Maj Pigden, the only OC to play any of the sports, got into the action with a lunging catch for a 2 point conversion that helped clinch A Coy's 14-6 victory, and a clean sweep of all of the events.

The gauntlet has been tossed for the winter season; who will be brave enough to take the mighty A juggernaut on.

Running Team wins Gold

Prairie Running Team members were presented gold medals by the CF's Running Patron BGen W. Holmes, for placing first overall at the Canadian Forces Running Championships which were held at 16 Wing CFB Borden on 4 Oct 97.



Prairie Running Team members relax for pictures at the start line of the Canadian Forces Running Championship's ten kilometer road race.

Team members, seated from left to right: 2Lt Hoddinott (CFANS); 2Lt Miedema (CFANS); CWO Doyle (1 CAD/CANR HQ).

Standing from left to right: Sgt Charron (4 Wing Cold Lake); PO2 Patterson (CFB Wainwright); Team Captain, Capt Dymond (1 CAD/CANR HQ); and Cpl Dicapua (1PPCLI, CFB Edmonton).

Nutrition Facts & Fiction

FICTION:

You can't get good nutrition on the go.

FACT:

If you foresee a busy day ahead, have some nutritious snacks on hand, like whole grain muffins, vegetable sticks, dried or fresh fruit and fruit juices. Eaten throughout the day, these mini-meals can be beneficial because they provide you with a steady level of brain power and energy, and prevent overeating at meal time.



Flying Tigers Swim Team

The last few weeks have been fairly busy for the swimmers and coaches of the team. There have been three meets and of course, the daily grind of training. The first of the three meets was held in the Pan-Am pool and was hosted by the Manitoba Marlins. All our swimmers did great. Our girls medley relay team, (comprised of Heather Peterson, Melissa Furlotte, Angela Furlotte & Rachel Hunstad) deserves special note as they finished in 1st place. The next meet was the Prairie Winter International. This meet was also held at the Pan-Am pool. With teams from across the Prairies, Ontario and some northern States participating, you can imagine the competition was intense to say the least.

The Flying Tigers were represented by Rachel and Ashley Hunstad, Amber Hagans, James DeBeer, Niall Martin, Shaun Maclean, Jesse Treleman and Kristy McBey. A great big "WAY TO GO" goes out to Rachel Hunstad for getting a bronze medal in the 200 Medley. The next meet was in Selkirk.

Sorry, no times to include in this issue. 23 swimmers competed in this meet with two pre-competitive swimmers getting their feet wet (pun intended) by joining the competitive swimmers in Selkirk.

If you would like to watch the Tigers go through their paces, the team swims at Lipsett Hall, Monday to Friday from 1700 to 1830.

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SEMINAR DETAILS - NO ADMISSION CHARGE
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FEBRUARY 11, 1998 - TD Branch at River & Osborne

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Regional Curling Championships

Edmonton Garrison was the host Unit for the 1997/98 Prairie Region Curling in their new facility for the period 8-11 Dec 97. Seven teams competed in a round robin format with the top two teams advancing to the finals.

Host Edmonton and 17 Wing Winnipeg proved themselves to be the class of the field with both teams sporting a 5-0 record when they met in the last game of the round robin. This game would determine who had the hammer in the final and Edmonton prevailed. Our team however, was saving it's best effort for the real thing on Thursday the 11th.

The final produced the best curling of the week, with both teams making crucial shots when needed. The game was tied 3-3 after eight ends, and 17 Wing stole a

point in the 9th end to be 1 up coming home without last rock. Winnipeg played a flawless 10th end, forcing the Edmonton skip to make a delicate shot through a port to force an extra end. He wrecked on the guard, giving 17 Wing the championship. Members of the team were: Major Randy Boucher, Skip; MWO Bob Fortune, 3rd; Capt Alex Lloyd, 2nd; MWO Rod Fader, lead, and WO Kevin Miller, fifth man.

We would like to thank the Wing recreational staff for their support and also pass on our thanks to the Edmonton co-ordinator, Lynne Belley and her crew, for organizing a most enjoyable competition. It is hoped that curling can regain its National status in the CF, especially now that it is an Olympic sport.

New Fitness Instructor at 17 Wing

17 Wing Winnipeg welcomes Jodi Peckover as one of its new fitness instructors. Jodi brings with her, extensive experience in the areas of fitness appraisals, fitness programming, and personal training. Jodi has a Bachelor's Degree in Physical Education from the University of Manitoba. Accredited as a Fitness Leader by the Manitoba Fitness Leadership Development Association, Jodi has acquired specialty training in Exercise to Music & Resistance Training. She is also a Certified Fitness Consultant & a CPR Instructor.



To the Patrons of Voxair

By Sgt R.J. Corbin, Coach

The 17 Wing Men's Broomball Team would like to thank 17 Wing and 2PPCLI for supporting the players of the team in the tournament held in CFB Moose Jaw on the 5, 6 and 7 Dec 1997. Although the team didn't see the money, we did accomplish what we set out to do, and that was to do well.

Our first game was against the 'Capitals' on Friday, 5 Dec, where we managed a 2-0 loss. One of the better teams in the tournament was 'Bruno', to whom we suffered a 4-2 defeat on Saturday. Now came the highlight for our team - playing Manitoba's 'Highway Men'. We had a both-way shootout and in overtime they beat us 4-1.

A special thanks goes to 17 Wing Transport and the Recreation Center for their support at the Moose Jaw Tournament. Overall, this will greatly help the team to improve.

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FRIDAY, JANUARY 23, 1998
MTGIF - FLIGHT SUIT NIGHT
• Time: 1730 hrs
• Dress: Flight suits or casual

FRIDAY, JANUARY 30, 1998
TGIF - CHICKEN FINGERS & FRIES
• You must be signed in by 1730 hrs to be eligible for the 80/20 draw.
• Dress: Casual or DOD

FRIDAY, FEBRUARY 6, 1998
MTGIF - HAWAIIAN LUAU
• Time: 1900 hrs • Dress: Casual

FRIDAY, FEBRUARY 13, 1998
TGIF - PIZZA
• You must be signed in by 1730 hrs to be eligible for the 80/20 draw.

SATURDAY, FEBRUARY 14, 1998
VALENTINES' CANDLELIGHT DINNER
• Time: 1900 hrs • Dress: Casual
• Reservations: Open 27 Jan 98
Close 11 Feb 98.

FRIDAY, FEBRUARY 20, 1998
TGIF - HAMBURGERS & FRIES
• You must be signed in by 1730 hrs to be eligible for the 80/20 draw.

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MFRC ANNOUNCEMENTS

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

17 Wg Christmas Concert



Wing Commander, Col T.F. Watt introducing MFRC's Exec. Dir. Don Brennan who drew the winning ticket for the print "The Girl I Left Behind." The winner was Darryl Johnson.

Santa wishing the children a Meeerry Christmas!



The 17 Wing Canadian Forces Base Winnipeg annual concert this year was a resounding success. Approximately 800 people were in attendance at Bldg 21 to enjoy the sounds of 1 CAD Band and 402 Sqn's Pipes and Drums.

The staff at the MFRC and the Community Recreation Director, Carla Ryan, would like to take this opportunity to thank all those individuals who volunteered their time and energy setting up the stage, the chairs, helped with the canteen, decorated the hall, greeted guests, Santa, the Band, the Pipes and Drums, the Strathmillan Children's Elementary Choir, and everyone who was involved. You all did a fantastic job. Bldg. 21 never looked so good. Thank you so much.

The MFRC would also like to thank everyone who contributed so generously to the Military Emergency Food Bank; it is greatly appreciated. See you next year.

WING LOTTO WINNERS

- DEC 11 - MR. B. BROWNRIDGE W EME & CPL CULLEN 2PPCLI
- DEC 25 - CAPT ANDERSON 2PPCLI & MCPL SMITH 1AMS
- JAN 8 - CPL MAKARCHUK 1AMS & MCPL BENNETT 2PPCLI

CHILDREN & YOUTH PROGRAMS

For information on any of the following program contact Wendy Richardson at 833-2500 ext. 6846 (Lipsett Hall) or ext. 2491 (Westwin Children's Centre)

PLAYGROUPS

Come and meet some neighbors and give your pre-school child the opportunity to play with other young children. Parent participation is required. Please bring a snack for your child.

Lipsett Hall, Tuesdays from 6:00-7:30 p.m., and Saturdays from 9:30-11:00 a.m., \$2 per family.

PRÉMATERNELLE FRANÇAISE

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

Westwin Children's Centre, lundi, mardi et jeudi après-midi, de 13h00 à 15h15

Coût: 67\$ par mois 15\$ de frais d'inscription par année. Pour s'inscrire, téléphonez 833-2500 poste 2491.

MFRC VOLUNTEER PROGRAM

For information on volunteering for any of the following programs please contact Linda Belisle at 489-7003.

YOUTH VOLUNTEER OPPORTUNITIES

- SATURDAY CRAFT MORNINGS 3rd Saturday of the month
- MOVIE NIGHT Once a month on the 2nd Friday
- SPORTS ACITIVITES Once a month on the last Sunday
- TEEN GROUP & AFTER SCHOOL CLUB. . . . Mon. & Thur. 6:30 - 9:00 p.m. and Tues. & Thur. 4:00 - 6:00 p.m.
- DANCE CHAPERONES Once a month

NEW FOR 1998 SHOTOKAN KARATE CLUB

AT WESTWIN COMMUNITY CENTRE



Shotokan Karate is a Traditional Martial Art which involves non-contact training. This program is geared for men/women/children age 7+. The instructors include a 4th degree Black Belt JKA Graduate Instructor, from the JKA program in Tokyo, Japan, and a 2nd degree Black Belt (Japan Karate Assn of Manitoba and International Shotokan Karate Federation) certified in First Aid/CPR.

The program will educate students in the Art of Traditional Karate-Do, with emphasis on physical training and self-defence. Students will also benefit from improved flexibility, physical strength, concentration and self-confidence. Karate-Do has five simple principles: 1. Seek perfection of character; 2. Be faithful; 3. Endeavor to excel; 4. Respect others; 5. Refrain from violent behavior.

Classes will be held Tues. & Wed. 7-8:30 pm and Fri. 5:30-7 pm. Starting the last week of January. Cost: Adult \$25/month, Children \$20/month; there are also family discount packages.

TO REGISTER call the Westwin Community Centre Director Carla Ryan at 833-2500 ext. 2059; Elaine at ext. 5976; or Sgt Alain LeBlanc at ext 5266 or 889-3484 (res). Students must have a 17 Wg Rec. Card.

MFRC TOY LENDING LIBRARY

now has a total of 50 toys. There is a wide assortment of toys for most ages. Of course the library is always accepting requests for new toys.

HOURS OF OPERATION:

Mon. 1 - 3 p.m.; Wed. 11 a.m. - 1 p.m.; Fri. 9 - 11 a.m.

Library hours are determined by the availability of our volunteers.

Do have some free time to help?

Please call Celine Taillon at 489-7003 for more info.

RRSP SEMINAR

29 January 1998, 7:00 p.m.

Westwin Community Centre, room 2

Topics that will be covered: What are RRSPs, Contribution Rules, Spousal RRSPs, Foreign Content & Understanding Investing.

Each attendee will receive copies of four Special Reports to take home.

To register please call 489-7003.

Youth Centre News

The Youth Centre is operated by the Winnipeg Military Family Resource Centre. The center is located at 347 Doncaster Street. The phone number is 488-4821. Please register for all programs by contacting 489-7003.

ECO-KIDS has been cancelled. In its place is a drop-in for elementary school aged children during the same time period.

CALLING ALL TEENS! Did you know that the Youth Centre offers two drop-in times especially for teens? You need to be at least in grade 7. Stop by the centre on Monday and Thursday evenings from 6:30-9 p.m. and check us out. You might even have fun.

PD DAY - Drop in at WCC, January 30, 1:00 - 3:30 p.m. The Westwin Children's Centre will be opened for drop-in. Come out and join the fun.

DROP-IN FEES: 50¢ per visit, or become a member for \$10. Contact Diane Brine, 489-7003 for more information.

NOW ACCEPTING FALL REGISTRATION

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Labrador vs. Cormorant Continued from page 1.

"This important decision is about saving lives. Not only do the dedicated men and women of the Canadian Forces deserve the right equipment for search and rescue, but so do all Canadians," Minister Eggleton said. "Our search and rescue personnel go in to some pretty horrendous conditions to save lives. They deserve the best equipment we can afford and I would like each and everyone of them to know that as long as I am their Minister, I will do all I can to give it to them," added the Minister.

Every year, our Labrador fleet responds on average to about 440 incidents and rescues approximately 200 people - usually from life-threatening situations.

Delivery of the new helicopters to the Canadian Forces will commence during summer, 2000 and conclude by spring, 2002.

The chart at right compares selected performance specifications of the Labrador, the Canadian Search and Rescue Helicopter (CSH) project specifications and the Cormorant. This information is for comparison, under set weight and atmospheric conditions and may not reflect the maximum capabilities.

Some Facts...

PERFORMANCE CATEGORY	LABRADOR	CSH PERF. SPECS.	CORMORANT
Range	500 nm	500 nm	530 nm
Cruise Speed	105 knots	120 knots	145 knots
One Engine Failure	Safe recovery only	Safe recovery from	Safe recover from
Performance	during cruising cond.	most points of flight	any point of flight
Hover Rescue Alt.	5,000 ft ASL	6,000 ft ASL	8,000 ft ASL
Gross Weight	21,400 lbs	Not specified	32,200 lbs
Engines	2xT58 GE 8F turbines	Not specified	3xGE T700-T6A1
Flight in Icing	Prohibited	Permitted in Light Icing	Permitted in Light Icing
Cabin Size	810 cu ft	At least 352 cu ft*	975 cu ft
Rear Ramp	Provided	Optional	Provided
Auto-Pilot	Not Provided	Mandatory	Provided
Auto-Hover	Not Provided	Optional	Provided
EFIS Cockpit	Not Provided	Optional	Provided

*352 cu ft was the mandatory operational requirements. Cabin size greater than this was a rated requirement.

Wing Supply Promotion



On December 1st, LS Belanger was promoted to Master Seaman by Capt Hruska Senior Regular Force Logistics Officer, Thunder Bay. Well done Angelo. Far away, but not forgotten.

402 Sqn Presentations



Capt Rick Brown receives his OPDP Completion Certificate from 402 Sqn CO LCol Lamb.



MWO Gord Bugden receives his CD2 from 402 Sqn CO LCol Lamb.

ANNOUNCEMENTS

VOLUNTEERS WANTED

Camp Manitou Inc, a charitable organization, exists to provide a self-sustaining recreational/outdoor education and camping facility for Winnipeg youth, particularly youth who would not otherwise have access. The camp is located near the Perimeter Highway on the Assiniboine River.

Due to funding source changes, Camp Manitou is looking for alternate ways of maintaining the facility so the camp can still be enjoyed by over 1600 children this summer.

The facilities are in urgent need of repair and there are not ample funds. It is hoped volunteers will come forward to lend a hand with painting, installing drywall, plumbing and other carpentry work.

If you would like to offer your skills and volunteer some time, please contact Mr. Faveri, Lion's Manor at 832-4013.

Armed Forces Night at the Moose

Friday, 20 Feb 98, 19h30 • Moose vs. Quebec Rafales

Tickets: Green Section \$7.50; Purple Section \$10.00

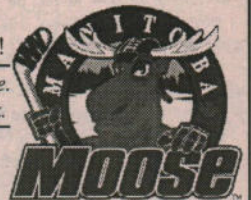
Buy any four tickets - get Moose Foam Antlers for the kids!!

The staff will toss Moose T-shirts in your sections during the game.

Bonus Draw: A Team Autographed Moose Jersey & hockey stick.

Tickets available at Westwin Community Center, Bldg 33

For more info please call the Community Rec Director at ext. 2059 or Mrs. Elaine Parent at ext. 5976.



Single Military Parents at 17 Wing / 1 CAD

It has become apparent that a Resource/Network is required to meet the unique needs of single military parents with regards to child care in the event of deployment and/or taskings.

I wish to solicit the names of any single military parents at 17 Wing/1 CAD, interested in forming such a network under the guidance of the MFRC.

Please feel free to contact me at ext. 5116 or send me an e-mail. Capt C. Sherman

PAN AM GAMES 1999

The Warehouse and Materials Management Team is looking for interested individuals who would become venue team representatives. These volunteers would sit on the different venue teams composed of Transport, Security, Foods, Facilities, Technology and of course Materials. Reps would gather info related to material management, ie: furniture requirements, loading/unloading areas, storage areas, etc. Personnel would be expected to attend monthly meetings for next year with frequency increasing closer to the games.

Venue Reps are required for the following locations: Birds Hills Park-Triathlon; Brandon-Cycling; Portage-Water Skiing; Duckworth Centre-Boxing/Karate, Racquetball; Gimli-Sailing; Centennial Concert Hall-Weightlifting; Lake Minnedosa-Canoe/Kayak/Rowing; Red River College-Table Tennis; Winnipeg Lawn Tennis Club-Tennis; Winnipeg Trap and Skeet Club-Shooting Trap/Skeet.

For further information please contact CW0 Smith at ext. 6102.

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The many monthly activities, including bridge, 'Bon Appetite', potluck lunch, crafts, book club, provide an opportunity to make friends in the city.

For more information, call 992-2999 and leave a message.

Someone from our Hospitality Committee will return your call.

Plan to join us and remember "You are not alone."

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Located: Building 33 (Family Resource Centre)
Hours: 24 hours a day seven days a week
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Equipment: full complement of stationary and hand tools
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Discounts: hardware store discount cards and access to wholesale lumber
Contacts: Pres. Capt Steve Wilson ext 5145
Vice Pres. WO Robin Desjarlais ext 5825
Sec. Maj Bill Seymour ext 5206
Treas. WO Greg Speakman ext 5047
Equip. Cpl Guy Jabusch ext 5404

Happy New Year!

From the Management and Staff at the Post Office



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CHILD CARE

Cowpatch Daycare has now moved to St. James. Call Laura at 888-9516.

Nurse, mother of one will babysit in my SPMQ. Ages 6 months - 4 years. Qualified LPN, ECEI, ASL, CPR, First Aid. Call Jodi 487-1624.

Experienced mom is providing child care in my south side PMQ. Lots of fun and TLC. Healthy meals and snacks provided. Any age, full or part time. Please call Suzanne 489-1943.

Will babysit full time in my south side PMQ. I have extensive medical training and am a member of the Base Co-op Babysitting Club. Abuse and MP checks have been completed. References and receipts will be given. If interested, please call Valerie at 489-2304.

MISC. WANTED

Wanted - Large wooden/metal shed in good condition. Contact Brian at 896-6027 after 4 or ext. 6595 during work hrs.

Wanted - Northside daycare. Phone 837-9700.

Wanted - Private collector looking to purchase or trade Military Aviation patches. Contact Chris at 889-9783.

Wanted - Colour TV and remote, max dimensions 14.5" deep x 15.5" high x 16" wide, under 5 yrs old and excellent condition. 864-2138.

Wanted - Computer with desk, colour monitor, printer, modem and CD-Rom, max 2 yrs old. 864-2138.

MISC. FOR SALE

For Sale - Wedding Dress, size 9, mermaid style, must be seen to be appreciated. Make me a reasonable offer. Call Kendra 831-0031.

For Sale - Two piece sectional sofa, pastel colours, asking \$150. Call 487-0237.

For Sale - Motorola cellular flip phone with charger, leather case and car plug, \$50. Call Mark at 488-0501.

MISC. FOR SALE

For Sale - Medium size dog kennel, \$20. Call 487-1372.

For Sale - Multifunction EX-10 organ with bench and manual, 52 keys, 13 foot pedals, 3'5.5"L x 1'1.5"W x 2'8.5"H, \$955. Phone 453-5870.

For Sale - 1949 Mercury half-ton, ground up restoration, modern power train, \$16,000 invested; \$12,000 OBO. 864-2138.

For Sale - Yamaha Piano and Bench, model WX-1, Select American Walnut colour, hardly used, \$6,900 OBO. 864-2138.

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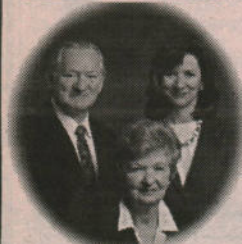
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