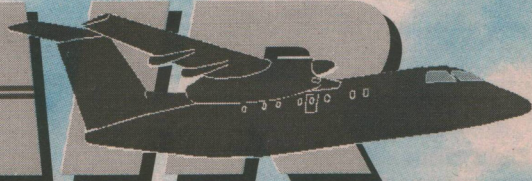


# The VOXAIR



Vol. 46, Issue 14

17 Wing Winnipeg / 17e Escadre Winnipeg

August 19, 1998 / FREE

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**The VOXAIR**

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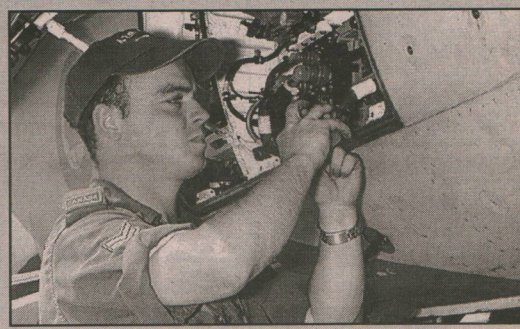
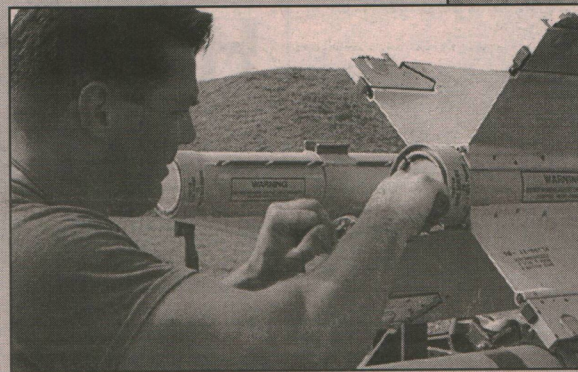
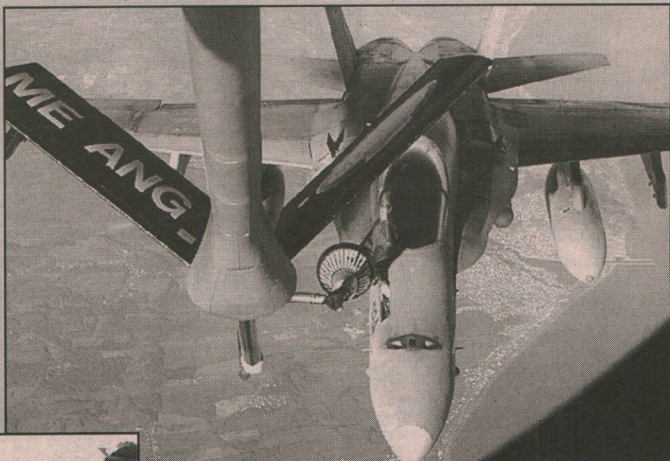
## A watchful eye in Italy

135 Canadian Forces personnel have been deployed to Aviano Air Base in northern Italy to support NATO peacekeeping efforts in the former Yugoslavia. Six CF-18s are monitoring the airspace over Bosnia and are pre-positioned to assist NATO in the Kosovo conflict if required.

Clockwise from top right: Canadian CF-18 being refueled over the Atlantic by a KC-135E tanker of the 101st Air Refueling Wing, Maine Air National Guard. Photo by MSgt Bob Davis

Cpl. Luc Savard inspects an AIM-9 Sidewinder missile in the armament storage area at Aviano Air Base. The Sidewinder is a supersonic, passive infra-red guided missile carried by CF-18 jets in missions over Bosnia. Photo by Cpl Marc Gauvin

Cpl. Jean Dupere checks the wiring on a CF-18 Hornet at Aviano Air Base. Photo by Cpl Marc Gauvin



## Accident claims 413 Sqn member

A Canadian Warrant Officer died and seven other Canadian aircrew were injured in a bus accident July 13 in Guyana. They were all members of a 413 Squadron Hercules crew delivering humanitarian relief to Commonwealth veterans.

While proceeding to the Cheddi Jagan Airport, 40 kilometers south of the Guyanan capital of Georgetown, their bus collided with a truck and was then rear-ended by another vehicle, resulting in the death of Warrant Officer Donald McKinnon and serious injuries to the seven other crew members.

As can be expected, when a tragedy such as this occurs, it takes a great deal of cooperative effort by many different organizations to sort out the confusing and often conflicting information.

The first priority was to get proper medical attention for the crew members. A British RAF medical evacuation team, who happened to be on exercise in Guyana, was available to transport the crew to Trinidad where proper medical facilities were available.

As well, the Canadian High Commission staffs in Guyana and Trinidad did an outstanding job in coordinating the initial medical treatment and evacuation airlift.

405 Sqn Greenwood immediately launched a C140 Aurora

to transport a CF medical team, a replacement crew and next-of-kin of the more seriously injured crew members to Trinidad.

435 Sqn Winnipeg was tasked to provide a C130 Hercules to transport WO McKinnon's remains and some of the crew members back to 14 Wing Greenwood where a Honour Guard met the aircraft.

On Friday, 17 July 1998, a memorial service for WO McKinnon was held in Greenwood with a full military funeral held in 8 Wing Trenton the following day. 434 Squadron Greenwood has since been tasked to provide a C144 Challenger to airlift the remaining injured personnel back to Greenwood.

The loss of WO Don McKinnon was a terrible blow to all of us. On behalf of the McKinnon family and the families of all the other injured crew members, 413 Transport and Rescue Squadron would like to recognize the tremendously cooperative efforts, compassion and assistance provided by everyone involved on this sad and solemn occasion.

It is truly gratifying to realize that military personnel, no matter what their nationality, are still capable of supporting each other during times of extreme crisis. Thank you all from the bottom of our hearts.



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# VOXVIEWS

## Insulating against our impending winter

By Major CM Walton-Simm, Managing Editor

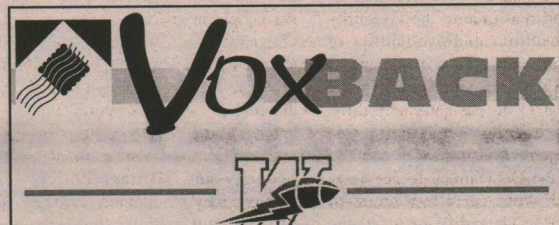
As our El Niño summer sizzles towards the finish line, thoughts turn towards back to school and winter planning. Although the effects of El Niño are still evident, his little sister La Niña is positioning herself for engagement. Along with Canada's unusual weather patterns, the power of our dollar has been torched and left smoldering the past few weeks on international currency markets. The loonie fell to a record low of 65.15 US this month before the Bank of Canada came to the rescue. Can we expect a bitter winter both from La Niña and the economy after a year of warming trends on both weather and the economic fronts?

A La Niña situation is essentially the opposite of an El Niño condition. La Niña is characterized by unusually cold ocean temperatures in the eastern equatorial Pacific, as compared to El Niño, which is characterized by unusually warm ocean temperatures in the equatorial Pacific. Like El Niño, a La Niña situation also changes global weather patterns and experts predict colder than normal temperatures this winter in most

parts of Canada. To put it in perspective, I don't think we can expect a winter like the last one and we may need to insulate ourselves, but the economic front holds some promise.

Despite the current downside in the value of the Canadian dollar, most economic experts predict continued economic stability. 1998 is expected to be a good year for Canada, with Gross Domestic Product (GDP) up about 3%, compared to 3.8% in 1997. The rise in short-term interest rates in the latter half of 1997 and weakened resource sectors of the economy may dampen economic growth. While exports continue to grow, imports have exploded. A slower domestic economy should cool import demand in 1998. Canadian labour markets are expected to improve through 1998 and 1999, with the unemployment rate dropping to 8.4% and 8% respectively.

So, is it safe to say we may be in a financial position to spend more on heating costs, more time in the malls and look forward to a winter getaway in a warmer climate?



Col. T.F. Watt  
Wing Commander 17 Wing Winnipeg  
P.O. Box 17000,  
Station Forces  
Winnipeg, MB R3J 3Y5

July 6, 1998

Dear Col T.F. Watt;

On behalf of the Winnipeg Football Club and our board of Directors, I would like to express our gratitude for the military's role during the pre-game ceremonies for our Canada Day celebrations held at Winnipeg Stadium on July 1st, 1998.

We have had many comments from fans, corporate sponsors and staff alike who enjoyed all aspects of your involvement. From the static display in the block party, the distribution of the Canadian flags, the Colour Party, Air Command Musicians, the Tutor jet fly-over, and lastly the Sky Hawks bringing in the game ball, everything brought so much excitement and Canadian pride to our celebrations!

Thank you, once again for all of your help during our preparations, it was definitely a memorable day! I look forward to working together sometime soon.

Sincerely,

*Brenda Jopka*

Brenda Jopka  
Special Events Coordinator  
Winnipeg Football Club



We welcome your letters of comment or concerns and will feature them here, in our 'Letters to the Editor' column. Please forward your signed letter to the Voxair, 17 Wing Winnipeg, Box 17000 Stn Forces, Winnipeg, MB R3J 3Y5 or drop off at the Voxair office.

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## New Year's Hangover

Should the Canadian Forces begin acquiring abacuses, bicycles, hand held fans and guard dogs? These items might not be such bad investments if your computer, vehicle, air conditioner or security system shuts down on January 1, 2000.

Rather than reverting to ancient technology, 17 Wing is trying to protect its systems from the 'millennium bug'.

The loss of computer systems when the century changes is a problem rooted in old computer code. In the 1960's, programmers used 2 digit years to save space, assuming that a new program would be written before the first two digits of the year would be required. For a variety of reasons, these programs were not replaced, and two digit year codes were an industry standard until recently.

As January 1, 2000 approaches there are many computer systems that will become 'confused'. Some systems will simply crash on January 1, 2000. Others will assume the date to be January 1, 1900. If a computer experiences this problem, it will not be an isolated event. Any systems dependent on 'confused' systems can also expect difficulty. For example: a new security access system that relies on inputs from an older computer monitoring system may cease to function.

There is no magic solution to this problem. Each system requires its own date calculation mechanism to be fixed or replaced. We cannot simply 'turn back time' on the computers. Some programs require the present year to determine age, time since last maintenance update, or interest on accounts.

National Defense Headquarters (NDHQ), in Ottawa, has given this problem top priority. At 17 Wing, a Year 2000 Project Team has been formed. The Team has started to inventory all computer related systems on the Wing and its supporting Units. The Team will then do a risk assessment to determine what programs or systems will crash. Then on a priority basis, the Year 2000 Project Team will fix, replace, or ignore each system. Before the end of 1999, the Team will try to test and validate all critical systems that are date dependent.

The Canadian Forces is not alone in this challenge. Many commercial companies that provide banking and utility services have been working on the problem for several years. Fixing real-time chips in cables buried under the Atlantic Ocean or in satellites flying overhead may pose a more significant problem.

The communal goal of all organizations working on the problem is the same: a transition as smooth as the last millennium.

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# 1 Air Movements Squadron Supporting cast in Kuwait

By Capt Deanna Manson  
1 Air Mov Sqn

Kuwait City, Kuwait - When 435 Sqn deployed to Kuwait this past winter for Op Determination, they did so with a little help from their friends: various support elements from 17 Wing deployed as well to provide traffic, transportation and supply services. The logistics trades tend to play second fiddle to our virtuosi the "pointy-enders," but this supporting cast really does form a vital part of the team in keeping the aircraft in the air. And a challenging job it can be getting parts into a country so far from home. We'll talk about the driving conditions in Kuwait in a moment...

For most of us, this was the first time working with Air-to-Air Refuellers and the operation was as unique as the "hosers" themselves. The KC-130 servicing equipment and spare parts were quite different from the every-day CC-130 bits and pieces that we are more familiar with. Three Supply Technicians from 17 Wg Supply Squadron managed the spare parts and general stores. MCpl Mike Ward, Cpl Rick Cameron and Cpl Brian Gough were very popular fellows in the Detachment because when somebody needed something, they always found a way to get it whether it was something to be ordered from Canada or purchased locally. You can well imagine that they had a lot of running around to do as a result. They became very good at bartering with local shop owners (a normal way of doing business in the Gulf) and at appeasing their sometimes demanding customers.

When the Supply Technicians had to get an item shipped into or out of theatre, they turned to their co-workers, the Traffic Technicians. MCpl John Van Zeben and Cpl Brian Wurm from 1 Air Movements Squadron made up the Detachment Movements Section and their primary role was the shipping and receiving of all items between Canada and Kuwait, as well as within theatre. In addition to these roles, they utilized their Mobile Air Movements (MAMS) background in handling all sustainment flights that delivered our freight and mail into theatre. They too faced great challenges in trying to get shipments through customs, dealing with the local bureaucracy, foreign shipping documentation requirements and various civilian shipping agents. Freight transfers for the HMCS Toronto, that was floating nearby in the Gulf, increased their workload. The ship made ports of call at many different countries and their freight had to be moved from place to place. You can well imagine how dealing with all of these different customs agents and requirements could be difficult at times!

We cannot forget the transfer of people and stuff within Kuwait City itself. The Detachment Transportation Section managed a small fleet of rental vehicles and busses to give us mobility that was desperately needed. Detachment living and working accommodations were within the international airport itself, which has presented certain challenges for getting around. Within several layers of security and limited



Pictured from left to right: LS Eric Tremblay, 12 Wg 423 Sqn Sup Tech (HMCS Toronto FLS), MCpl Mike Ward, 17 Wg Sup Sqn, Cpl Rick Cameron, 17 Wg Sup Sqn, MCpl John Van Zeben, 1 Air Mov Sqn, Cpl Brian Gough, 17 Wg Sup Sqn, Cpl Dawn Lustig, 17 Wg Tn Sqn, Cpl Brian Wurm, 1 Air Mov Sqn, Capt Deanna Manson, 1 Air Mov Sqn, Cpl Mike Kirouac, 17 Wg Tn Sqn and MCpl Mike Goodall, 17 Wg Tn Sqn.

in the number of vehicles that we could rent (due to these security precautions and availability of rental vehicles with so many extra forces and media in the country), it was extremely difficult to get around the city to do our job. It also made it difficult for the Detachment to get away from work for a few hours of R&R. The addition of three Mobile Support Equipment Operators to the organization (better late than never!) to perform driving duties was a Godsend. Or should I say: "Praise to Allah." MCpl Mike Goodall, Cpl Dawn Lustig and Cpl Mike Kirouac from 17 Wing Transportation Squadron shared driving duties of a 25-passenger

bus that ran on a set schedule to get people in and out of the airport and around the city. They also filled in when required to drive the vehicles for duty runs to the embassy or to transport VIPs when we had special visitors in town. With the assistance of the Security and Military Police Section, they maintained control of the rental vehicles and dispatched them for the daily duty runs. They also made sure that everybody's drivers insurance was paid for and kept up to date. Considering that driving in the Arab world was at times...shall we say...high pace, this latter requirement was pretty important. I should mention, however, that some of the sections that fre-

quently drove in the city adapted a little too well to that pace. The Supply Technicians not only became good at bartering, but at driving as well...a little too well!

These three sections made up the bulk of the Detachment logistics functions. There were, of course, other support trades in the Detachment that also had specific roles to fill.

For now I would like to take the opportunity to recognize the great job that the Supply, Movements and Transportation Sections achieved on this deployment. Despite the slower pace of the operation, their jobs were no less busy. The low-key nature of their work does not diminish their importance.



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# SOS overflow

**By Capt J. Tardivel**

This is the fourth of a five part series designed to inform you of some of the highly interesting points covered during a few of the Canadian Forces Management Development School (CFMDS) Senior Officer Symposium (SOS) 9701 presentations.

## FOURTH EPISODE: Media Crisis Management

Guest speaker: Mme Andrée Dupont is a social psychologist specializing in communication and marketing. She holds a Master's in Public Administration from l'Ecole Nationale d'administration Publique at the Université du Québec à Montréal. For over 15 years Mme Dupont has worked with various governmental agencies, focusing on the social, economic and political aspects of strategic policies.

This experience has helped her to develop a highly recognized expertise in the area of organizational crisis management.

Mme Dupont began her presentation by stating that DND has been through an unprecedented series of crises, and is still influ-

enced by their aftermath. It is therefore understandable that our personnel at present have limited authorization to speak to the media. Mme Dupont pointed out that we in the military could benefit from learning the "rules of engagement" used in the world of media. Becoming competent in speaking with journalists, she emphasized, is not a simple task, although addressing regional media is often easier than dealing with them at the national level.

Mme Dupont then provided the participants with a series of suggestions and practical survival techniques, with a warning that individual feelings have a great deal of influence on how the message comes across. During the preparation for an interview, for example, one must rationalize the issue(s) and clarify the key points of the intended message. The approach taken in an interview, she continued, will be reflected in the mood of the story, so the impression given to a journalist is therefore of utmost importance.

It is incumbent upon the interviewee to emphasize what information he/she wants the public to receive and repeat it as

often as is necessary.

Following an interactive exposé, participants were invited to participate in videotaped role-playing exercises, with Mme Dupont acting as an inquisitive, and sometimes aggressive,

**"...DND has been through an unprecedented series of crises, and is still influenced by their aftermath."**

reporter. (She had a plethora of dicey scenarios, all drawn from recent Canadian Press clippings about the CF.)

Some of the key suggestions (dos and don'ts) she made during the debriefing of the exercise were:

- be direct - use words sparingly, avoid military jargon like SOPs, CO, etc., and limit the amount of information you provide to that which is relevant to the topic at hand;
- repeat yourself as often as is necessary to ensure your message is put across;
- 90% of your performance with the media depends upon your personality. For example, whereas a perfectionist will want to provide all the details and might in the process be digging his/her own grave, a hesitant person will invite cornering tactics from the interviewer;
- use sentences like "I will try to answer what you just asked" and "I think your listeners would like to hear what I want to say";
- do not forget that experienced interviewers know how to set traps;
- show you enjoy the interview, and don't show signs of discomfort;
- don't get too familiar with journalists, stick to business at a professional level;
- ask ahead of time what the

questions will be and who else will be interviewed so you know the setting beforehand;

- never use the "no comment" cliché unless you suspect you will be misquoted and everything you say will be used against you;
- tape your interview, thus indicating you are protecting the content; and
- be aware that journalists are very sensitive about being manipulated, although they may be manipulating you. They usually feel that they have a mission of telling the "victim's" story.

In wrapping up what was a definitely significant educational opportunity for all involved, Mme Dupont suggested that we not be scared of the press, but simply intelligent about our relations with them.

This highly dynamic and interactive session lasted for the entire day.

If you would like clarification or additional information, I can be reached on the CSN at 661-7184 or via DND e-mail...more to follow.

# CFCCN UPDATE

The Canadian Force Community College Network (CFCCN) exists with a commitment to expand and improve the educational opportunities for the military community. The Network includes 21 colleges across Canada. Those eligible for Network services include active and retired

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- Check on equivalences
- Investigate programs in your new location before you move

### Credit for Military Training

- Areas of equivalent study
- How to make a request
- Why you sometimes don't get it

### Special Program Offerings

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- Different locations
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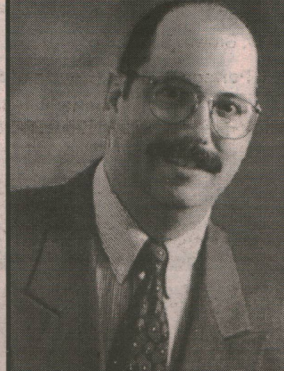
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# Busy season for Transport Sqn

By Cpl Beverly Hughes, MSE Op

Demolition, building, repairing, cleaning, painting, delivering play houses for Habitat for Humanity, travelling across the country, squiring VIP's about, and even ramp taxi. These have been all in a day's work for the busy MSE Ops and civilians of 17 Wing Transportation Sqn. While some Sqn members enjoy their summer vacations, those who remain behind diligently complete transportation details and requisitions. In addition, work goes on improving transportation facilities, as well as Wing infrastructure.

Transport's Refuelling Flight has been energetically working to improve the refuelling compound. Heavy Equipment Flight made the Bulk Fuel Farm a safer place by replacing a dangerous unsupported walkway with a roadbed and two culverts. The new road will facilitate snow removal during the long winters, (did you need a

reminder) and is certainly safer in all weather conditions.

Refuelling personnel have been industriously adding fresh coats of paint to the red fireboxes, the yellow emergency spill kit box, the yellow bollards, and the red refuelling platform. Refuelling Section has threatened to paint the new SPVO, Lt. Naylor, if he continues to insist on finding them more "little projects" to complete.

With the help of CE Welding, a pedestrian gateway was installed on West Street. The old trailer has been removed and there are plans to have the old refuelling hut demolished.

Refuelling would like to extend their thanks to Mr. Robert Gionet of Wing CE for his assistance in having Seventh Avenue repaved. The road had fallen into such a bad state that it was feared that the refuelling tenders would start disappearing into the black abyss.

A Presentation and Awards Ceremony was held 22 July 1998. Transport would like to thank the Wing Log O, LCol Newnham for being there to present a CD1 to MCpl Marty Wilkinson. Congratulations are also extended to Cpls Nevers, Piccolo, and Beaudin for completing the 935.05 OJT package.

Upon completion of the awards, Cpl Andy Fialski presented MWO Sparkes with a 'towering inferno' which was revealed to be a surprise birthday cake. All 47 candles were extinguished in one gust of hot air. MWO Sparkes was also presented with a drill stick.

Finally, I would like to offer my personal thanks to MaryLou, Sherrell, and Brenda for planning the surprise bridal shower, and a thank-you to all who attended.

Safety Tip: Courtesy in traffic is contagious, let's start an epidemic.



LCol Newnham presents Cpl Piccolo with his Certificate of Completion for the 935.05 OJT package.



LCol Newnham presents Cpl Beaudin with his Certificate of Completion for the 935.05 OJT package.



LCol Newnham presents Cpl Nevers with his Certificate of Completion for the 935.05 OJT package.



LCol Newnham presents MCpl Marty Wilkinson with his CD1.



On behalf of 17 Wg Transport, Lt Naylor accepts a certificate of appreciation from LCol Newnham for the assistance provided to Habitat for Humanity.



Cpl Andy Fialski presents the 'towering inferno' to MWO Sparkes. Notice the fire extinguisher just below the cake.

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# Naval history preserved

By CWO Mike Cousens

The Meteorologist Mate was a Naval Air Trade with roots tied back to the Naval School of Meteorology at HMCS Shearwater. With integration in the late 1960's Met Mates changed into the "greer," uniform and became Met Techs. Then in the late 1980's they lost their identity and became an Air Ops Occupation wearing a "light blue" uniform.

Met Mates have sailed on the HMCS Bonaventure, AOR's, HMCS Cape Scott, DDE's, DDH's, as Met Techs on 280's, and the new Frigates. The normal compliment for an AOR, DDH, 280 and now the Frigates is a PO1/WE forecaster, and a LS/Cpl Navigator's Yeoman. The DDE's and HMCS Cape Scott carried only a LS/Cpl, (NavYeo) because it didn't carry a helicopter.

CWO Anderson, the SCWO at the Canadian Forces School of Meteorology in 17 Wing Winnipeg, decided that it was about time to have a Met Tech Museum to preserve our "history". The Army Met Tech worked with the Artillery for Ballistic Meteorology, while the Air Force Met Tech worked on the air bases, observing and briefing the weather and supporting civilian forecasters.

Col George, our trade advisor from 1 CAD, and DME-TOC in NDHQ supplied the funds to build suitable cabinets to showcase artifacts. The cabinets were completed in 1997 however, with the floods, the "Naval" exhibit was delayed until this year.

CWO Mike Cousens (former RCN) and WO Paul Deschambault from the East Coast, and MWO Mike Turcotte from the West Coast, collected naval artifacts from various sources and shipped them to CFS Met in Winnipeg.

The exhibit was put together into 3 cabinets. The first, showing the class of Ships we sailed in, a white Ensign, Kisbee Ring from the HMCS St Croix, uniforms (blue and white), a Station Card from HMCS Stadacona, a BRN Seamanship Manual, 2 bottles of Rum (Commissioning Rum from HMCS St John's and RN Fusser Rum) and a mail bag (most ships mailman are Met Techs). The second, showing Halifax and Esquimalt Harbour charts, a Mufax Surface Analysis Chart sent to METOC Centre Halifax from a Russian Admiral, an antique 7 Day Barograph, RCN Met Mate Manuals, Guest Book from our 75th Naval Meteorological Reunion, a Marine Screen and various navigation instruments. The third showing the Weather Office onboard the HMCS Annapolis, a Mufax machine, a RACAL Receiver and the top of a Teletype machine.

The display was finished and presented to the Wing Commander, Col Watt, the School Commandant, Mr. Brown and CWO Anderson, SCWO, on June 4th, with the traditional "UP SPIRITS".

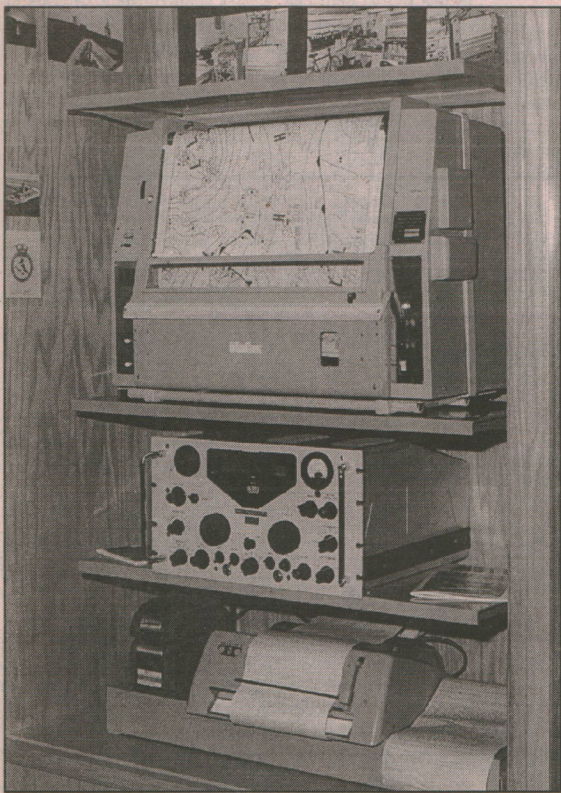
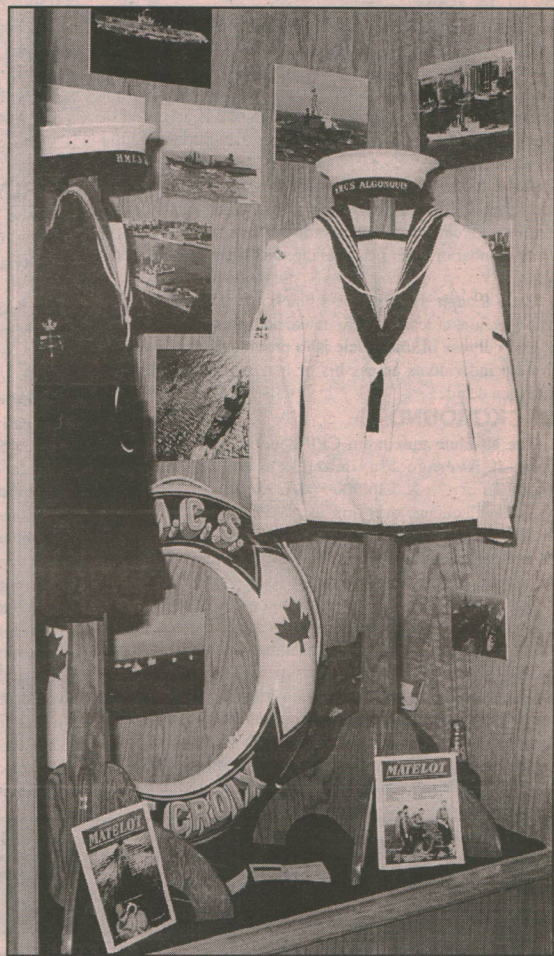
Many organizations and people must be thanked for their support in putting together this Naval Exhibit.

Organizations: Maritime Museum Halifax, Non Tech Workshop (Willow Park), Hydrographic Service Halifax and Esquimalt, Formation Photo (Dockyard), 17 Wing Photo, Osborne Head Gunnery Range, the Paint Shop at 12 Wing Shearwater, and CMTT (Dockyard) for their outstanding packing and shipping of the equipment to Winnipeg.

Persons: CP01 Lucky Gordon (rtd) CP01 Dick Crowell (rtd), CP02 Pat Walton (rtd), CP02 Fred Bustard (rtd), MWO Brian Van Acker, MWO Mike Turcotte, WO Paul Deschambault, WO Pauline LaRiviere, Sgt

Rick Dwyer, MCpl Glynn Harrison, MCpl Martin Arseneault and my boss Lt(N) Cameron for allowing us to put together this exhibit.

A "SPECIAL" THANK YOU to the Staff of the School of Meteorology and 17 Wing Winnipeg for their support and hospitality while setting up the exhibit.



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# Some facts about CPP & Superannuation

By Mr. M. Vogt

Sooner or later, all of us will be faced with the decision, whether or not to take CPP early. Unfortunately, as with most things, it depends....

- does the individual's personal circumstances allow him or her to delay receipt of CPP until age 65? If you need to begin collecting CPP at age 60 to live, then you have little choice;
- what is the state of the individual's health? If you have an illness which could shorten your life significantly, then getting CPP early could allow you a better quality of life;
- any number of other personal circumstances or considerations.

Even though there is not a black and white answer to this question, at least one can make an informed decision.

The purpose of this article is to provide that information to help individuals assess his or her own circumstances, and then decide.

## BACKGROUND

The absolute maximum CPP benefit, by definition, is 25% of Average Maximum Pensionable Earnings (AMPE), or .25 X \$36,900 = \$9225/year in 1998 (this amount will change over time as AMPE changes).

Since the maximum allowable time one can contribute to a superannuation plan is 35 years, the above absolute maximum occurs when the contributor has 35 years of contributed service i.e. the contributor has contributed to CPP for 35 years. Lesser contributors are prorated.

Because superannuation was integrated with CPP at inception of CPP in 1966, our superannuation payments are less than they would have been had the integration not taken place. In other words, without integration, we would have had to pay separately towards each plan and that total would have been significantly more than the 7.5% of salary we are now paying - at least that is the claim.

## BENEFIT REDUCTION CONSIDERATIONS

Because of this integration, when we reach age 65, our pensions are reduced by an amount approximately equal to the value of the CPP that we commence getting. It is not exactly the same, because CPP is based on a formula related to AMPE and superannuation is based on changes to the CPI. Conceivably, the reduction could actually be greater than the CPP maximum benefit!

## EARLY RETIREMENT

Since 1987, we have had the option to begin collecting CPP as early as age 60 or as late as age 70. There is a penalty assessed for the privilege of collecting early, and is equal to 0.5% for every month that the recipient is under age 65. Similarly, there is a 0.5% bonus for every month the recipient is over 65 until he or she begins receiving CPP.

It is commonly believed by Military and Public Service employees that it is to ones advantage to begin collecting CPP early (age 60) because superannuation will be reduced at age 65 anyway. While it is true that superannuation will be reduced at age 65, what one needs to bear in mind is that by opting to collect early, the individual does not an additional 70% of 25% of \$36,900, or \$6457.50 annually (taxable of course) until age 65, but is then hit with the full reduction of \$9225/yr thereafter. In other words, when this individual reaches age 65, his total income from pension (superannuation plus CPP) decreases by \$9225 annually.

So, for example, (and without considering the effects of indexation) an individual entitled to a superannuation pension of \$24,000 who elected to collect CPP at age 60, would see his pension income (superannuation plus CPP) increase to \$30,457.50 until age 65, then drop to \$21,232.50 thereafter. This is illustrated in the following example:

Annuitant age 60 entitled to immediate superannuation

annual pension of \$24,000. Annuitant opts for immediate (reduced by 30%) CPP: Superannuation \$24,000 + CPP \$6,457.50 (70% of max. CPP) = \$30,457.50 (the amount which annuitant will collect from age 60 to 65)

The annuitant continues to receive \$30,457.50 until he reaches age 65, when the CPP reduction kicks in, and then the following takes place: Total \$30,457.50 (the amount which annuitant will collect from age 60 to 65) - CPP reduction \$9,225.00 (occurs at age 65) = \$21,232.50 (the amount annuitant will collect from age 65 until death)

Had the same individual chosen not to receive the reduced CPP at age 60, his pension would remain at \$24,000 until age 65, when the CPP kicks in. He would begin receiving \$9,225/yr CPP, but his superannuation would be simultaneously reduced by approximately the same amount. So, the effect of the CPP on his total pension income would be negligible. He would continue to receive \$24,000 per year (plus indexation) until his death.

What this fundamentally boils down to for the individual who opts to begin collecting CPP at age 60, is that relative to his or her basic superannuation, he or she gains an extra \$6,457.50/yr (before taxes) for five years (\$30,457.50-\$24,000=\$6,457.50), but then sacrifices \$2,767.50/yr (before taxes) (\$24,000-\$21,232.50=\$2,767.50) for the rest of his or her life.

So after all this, the question remains, "should I opt for early CPP?" Generally speaking, and depending on the discount rate used, opting out early nets a positive net present value (NPV) until one reaches approximately 80 years of age, then becomes negative thereafter. In other words, if one lives beyond 80 years of age after opting to take CPP early, then one "loses" money by opting to take CPP early. But don't forget that it may still be preferable to take your money early when you're still young enough to enjoy it, even if there is a penalty. I would!

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# Revamped quarters

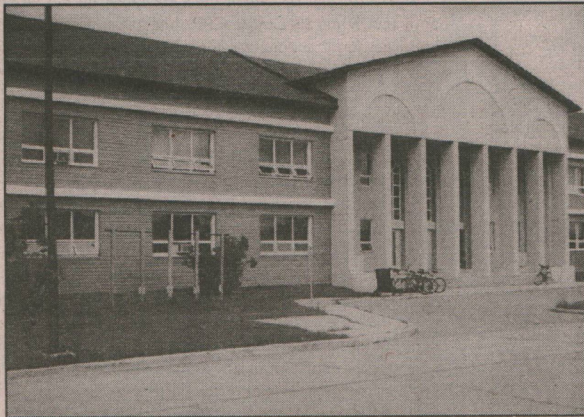
The single living-in of 2PPCLI are enjoying newly renovated quarters. Thanks to the hard work of Wing CE and their contractors, each room in barack blocks B-9 and B-11 has new lighting, ceiling fans and new windows. As well, the rooms of building B-9 have been completely re-painted and extensive upgrading has been carried out to both buildings' washroom facilities. The most noticeable change to passers-by is the new stylish exterior facade given to both buildings. Each edifice has

been completely re-sided and some artful masonry has spruced up the main entrances. Since January, Wing CE has been working carrying out the renovations and has recently been finishing up the last few details on the exterior. To date, approximately two million dollars has been expended to upgrade the quarters.

Prior to the commencement of renovations, living-in soldiers endured sub-standard conditions in buildings B-4, B-9 and B-11. The troops were living in rooms with leaking windows and drafty conditions, which allowed moisture inside, causing, over time, significant erosive damage to the 40 year old accommodations and concerns about our soldiers' health and well being. Additionally, in buildings B-9 and B-11 the living-in had had little privacy as the rifle companies' platoon offices were also located there.

Since January, Building B-4 has been abandoned by its living-in, the second floor has been renovated into platoon offices and the third floor (with its new hall lighting and fresh paint) is now reserved as transient accommodations. Buildings B-9 and B-11 have been extensively upgraded, the platoon offices and C Coy Stores have been moved out, and now these two buildings have become the facilities for permanent living-in junior ranks.

More work to improve the soldier's quality of life in Kapyong Barracks is yet to be done, and is being done. In July, Building B-11's outmoded heating system was to be replaced, as was done in Building B-9 over one year ago. In buildings B-6, B-7, B-17, C2 and C4, efforts are underway to upgrade office and canteen areas to modernity with new lighting, lowered ceilings and new paint. Efforts are underway to procure carpeting for the junior ranks' quarters and the battalion is seeking to upgrade our junior officers' accommodations.



A new facade and siding on Building B-11.



Much more comfortable accommodations.

# 435 Sqn Promotions



LCol Dan Leboeuf, 435 Sqn CO and WO Fred Moores, 435 Sqn Deputy Loadmaster Leader congratulate MCpl Mario Pelletier on his promotion to Sgt effective 29 July 1998. Sgt. Pelletier has more than 2,800 flying hours on the CC-130 Hercules as a Loadmaster.



WO Claude Major, 435 Sqn SARTECH Leader, received his MWO promotion from Maj Marc Rittinger, 435 Sqn DCO. MWO Major's promotion is effective since 1 July 1998. MWO Major is posted to 1CAD where he will fill the TRSET SE 2-3 position. We wish him all the best.

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# Service Medal presentations

On 7 July 1998, the Wing Commander, Col T.F. Watt, hosted a medals presentation ceremony in Bldg 21. The Guest of Honour, LGen D.N. Kinsman, CMM, CD, the Chief of the Air Staff, officiated at the ceremony.

Medals were presented for service in the former Yugoslavia, Somalia, Alert and Macedonia. Particular tribute was paid to 17 Wing personnel who participated in "Op Determination" in the Arabian Gulf from February to May 1998.



LGen D.M. Kinsman, CMM, CD, presenting Cpl S.B. Simonsen of Wing Supply his Somalia Medal.



LGen D.M. Kinsman, CMM, CD, presenting the Somalia Medal to MS H.J.D. Blaise of Wing Foods.



LGen D.M. Kinsman, CMM, CD, presenting Cpl R.A. Peckford of Wing Foods the Special Service Medal for his service in Alert.



LGen D.M. Kinsman, CMM, CD, presenting MCpl D.M. Robinson of 435 Sqn his Special Service Medal for his service in Alert.



LGen D.M. Kinsman, CMM, CD, presenting the Special Service Medal with Peace Bar to Capt J.E. Thiessen for his peacekeeping role in Macedonia.

## 'Operation Determination' contingent



On 7 July 1998, the following 17 Wing personnel, who deployed to the Arabian Gulf for a period of sixty days or more, received either the Special Service Medal with Peace Bar or the Peace Bar in recognition of their service.

|                       |               |
|-----------------------|---------------|
| Capt Thomas, B.D.     | 435 Sqn       |
| Capt Brett, J.        | 435 Sqn       |
| Capt Krupa, E.        | 435 Sqn       |
| Capt Rawlyck, D.M.    | 435 Sqn       |
| Capt Hickey, M.A.     | 435 Sqn       |
| Capt Manson, D.L.     | 1 Air Mov Sqn |
| Capt O'Neil, T.M.P.T. | 435 Sqn       |
| CWO Kamperman, F.A.   | 435 Sqn       |
| WO MacDougall, K.F.   | 435 Sqn       |
| WO Levins, D.P.       | 435 Sqn       |
| WO Williams, E.G.     | 435 Sqn       |
| WO Kellner, H.I.      | 435 Sqn       |
| Sgt Forrest, M.B.     | 435 Sqn       |
| Sgt Janes, J.A.       | 435 Sqn       |

|                        |         |
|------------------------|---------|
| Sgt Woods, W.          | 435 Sqn |
| Sgt Schatz, N.W.       | WSAMP   |
| Sgt Barriault, J.M.    | 435 Sqn |
| Sgt Duchesne, Y.       | 435 Sqn |
| MCpl Callan, I.W.      | 435 Sqn |
| MCpl Stark, A.B.       | 435 Sqn |
| MCpl Thibault, P.      | 435 Sqn |
| MCpl Sylvestrie, K.D.  | 435 Sqn |
| MCpl Levine, J.S.      | 435 Sqn |
| MS Rivard, M.R.L.      | WOR     |
| MCpl Freeman, T.R.     | WSAMP   |
| MCpl Lee, M.A.         | 435 Sqn |
| MCpl Gill, W.A.        | 435 Sqn |
| MCpl Magierowski, R.A. | 435 Sqn |
| MCpl Barclay, P.W.     | 435 Sqn |
| MCpl Robert, H.        | 402 Sqn |
| MCpl Beattie, J.B.     | 435 Sqn |
| MCpl Goodall, M.W.     | WTN     |
| MCpl Ruthven, R.J.     | W Ops   |
| MCpl Keachie, D.       | 435 Sqn |
| Cpl Storey, A.R.J.     | 435 Sqn |

|                      |               |
|----------------------|---------------|
| Capl Wurm, B.R.      | 1 Air Mov Sqn |
| Cpl Lustig, D.M.     | WTN           |
| Cpl McKie, R.G.      | 435 Sqn       |
| Cpl Bumstead, D.A.   | WSAMP         |
| Cpl Kuetbach, A.R.   | 435 Sqn       |
| Cpl Emond, R.L.      | 435 Sqn       |
| Cpl Fomess, G.R.     | 435 Sqn       |
| Cpl Stamper, W.C.    | 435 Sqn       |
| Cpl Stykel, S.       | 435 Sqn       |
| Cpl Franks, M.B.     | 435 Sqn       |
| Cpl McLeod, D.W.     | 435 Sqn       |
| Cpl Putz, T.D.       | 435 Sqn       |
| Cpl Meechin, G.      | 435 Sqn       |
| Cpl Black, H.S.      | 435 Sqn       |
| Cpl Dolhan, R.       | 435 Sqn       |
| Cpl Fulcher, T.S.    | WOR           |
| Cpl Roussel, D.      | 435 Sqn       |
| Cpl Kirouac, J.E.M.  | WTN           |
| Cpl Elder, A.R.C.    | 435 Sqn       |
| Cpl Swanson, G.F.    | 435 Sqn       |
| Cpl Lefebvre, J.D.D. | 435 Sqn       |

Contingent members listed below, unfortunately were not present for the ceremonies. Medals and Bars will be presented in the near future.

|                       |               |
|-----------------------|---------------|
| Maj Kilburn, R.G.     | CFSAS         |
| Maj Cookson, M.J.     | 435 Sqn       |
| Maj Carson, C.J.      | AJAG Winnipeg |
| Capt Dupuis, J.M.     | 435 Sqn       |
| Capt Wright, C.P.     | 435 Sqn       |
| Capt Mietzner, M.H.   | 1 CAD HQ      |
| WO Thomas, G.L.       | 435 Sqn       |
| MCpl Van Zeeban, J.P. | 1 Air Mov Sqn |
| MCpl Ward, M.K.       | W Sup         |
| Cpl Cameron, R.A.     | W Sup         |
| Cpl Gough, B.         | WOR           |
| Cpl Dumont, J.L.R.    | 435 Sqn       |
| Clt Jacobsen, L.K.    | 435 Sqn       |
| Cpl Trudel, M.C.      | 435 Sqn       |
| Cpl Whorral, G.D.     | 435 Sqn       |

# Commendation presentations



LCol D. McCoubrey, DWComd, presenting Sgt M.J. Maltais (now WO Maltais) with the Air Command Commendation in recognition of outstanding service when he led an extraordinary cycling expedition across Canada in the summer of 1996 to raise funds for "Victims of Violence".

Two years preparation and planning resulted in a journey of over 8,000 kms and raised an amount in excess of \$65,000.00 for this most worthy cause.

Sgt M.J. Maltais' perseverance, leadership and charity have been exceptional and have brought distinction to the Canadian Forces.



LCol D. McCoubrey, DWComd, presenting the Wing Commander's Commendation to MCpl D. Badiuk of 402 Sqn. MCpl Badiuk received the commendation in recognition of his excellent work and outstanding dedication to putting together a plan that provided a safe and healthy environment for the 17 Wing Military Community. It was through his strong interpersonal skills and natural leadership ability that he completed a total reorganization of playgrounds that included the installation and siting of five new play structures.



Col T.F. Watt, WComd, presenting Sgt D.J. Curtis of 435 Sqn SAR the Air Command Commendation in recognition of outstanding service during the summer of 1996 when he was a team member of an extraordinary cycling expedition across Canada to raise funds for "Victims of Violence". This arduous journey of over 8,000 kilometers raised in excess of \$65,000.00 for this most worthy cause. Sgt Curtis' perseverance, dedication and teamwork in serving charity have been exceptional, and have brought distinction to the Canadian Forces.



Col T.F. Watt, WComd, presenting Sgt R.D.J. Henry of 435 Sqn SAR the Air Command Commendation in recognition of outstanding service during the summer of 1996 when he was a team member of an extraordinary cycling expedition across Canada to raise funds for "Victims of Violence".

This arduous journey of over 8,000 kilometers raised in excess of \$65,000.00 for this most worthy cause.

Sgt Henry's perseverance, dedication and teamwork in serving charity have been exceptional, and have brought distinction to the Canadian Forces.



Lt L. Forward of the University Training Plan proudly accepting her Commissioning Scroll from LCol D. McCoubrey, DWComd.



Col T.F. Watt, WComd, presenting Maj K. Glass, Comdt CFSAT, with his CD1.



Col T.F. Watt, WComd, presenting Maj C. Walton-Simm, WCompt, with her CD.



Col T.F. Watt, WComd, presenting Capt (ret'd) Corribeau with his CD1. Capt Corribeau retired from the CF in the summer of 1997.



LCol D. McCoubrey, DWComd, presenting the Wing Commander's Commendation to Capt M.R. Lillico of 402 Sqn in recognition of his superior dedication to the 17 Wing/CFB Winnipeg Military Community. His performance and motivation surpassed that which would be expected of a Mayor. For over two years, Capt Lillico has devoted his own time towards community activities in a style and substance which has brought perspective and consistency to a demanding leadership appointment.

The entire military community has profited from his leadership and profoundly thank him.



LCol D. McCoubrey, DWComd, presenting Mrs. J. Egde with the Wing Commander's Commendation in recognition of her exceptional devotion to the 17 Wing Ceramics Club. For the past five years, she consistently and without reservation dedicated her free time and energy as President of the Club and was instrumental in the design of the Ceramic facility.



Col T.F. Watt, WComd, presenting Capt C.E. Potts of Wing Supply the CF Diploma of Achievement. Capt Potts completed the Officer Professional Development Plan with distinction.

Bravo Zulu!



Col T.F. Watt, WComd, presenting the Wing Commander's Commendation to Betty Sanborn of NPF in recognition of her outstanding actions in accessing a life threatening situation that took place at the CANEX Combination Outlet on 24 June 1997.

Without hesitation, she drove Mr. G. Armstrong to the Grace Hospital where he received the necessary medical attention after suffering a major heart attack. Ms. Sanborn's calm manner, quick decisions and immediate action resulted in saving a fellow human being's life.



Lt F.B. Stanton of the University Training Plan received his Commissioning Scroll and his promotion to 2Lt from LCol D. McCoubrey, DWComd. Maj M. Hoggard of 1 CAD HQ proudly assisted in the promotion ceremony.

2Lt McDonald of the University Training Plan received her Commissioning Scroll and her promotion to 2Lt from LCol D. McCoubrey, DWComd. Capt V. George proudly assisted in the promotion ceremony.



# CF School of Meteorology

**Met Tech  
QL6A  
Serial 9801  
Graduates**



MCpl Sigurdson, a recent graduate of the Meteorological Technician QL6A course 9801, received the Certificate of Achievement from LCol Haines. The Certificate of Achievement is presented to the student who has attained the highest academic standing while on course.



Back row (left to right): Sgt Boucher, Sgt Dwyer, Mr. Brodie, MCpl Sigurdson, Mr. Zawatsky.  
Middle row (left to right): Mrs. White, MCpl Arsenault, MCpl Harmon, MCpl McKinnon, MCpl McLellan, MCpl Robinson, MCpl McHugh.  
Front row (left to right): CWO Anderson (SWO), MWO Van Acker, LCol Haines, Mr. Brown (Cmndt), Mr. Richard.

# Full spectrum lighting retrofit

Each week, for at least eight hours a day, most of us work under inefficient, outdated fluorescent lights. A form of light that is neither beneficial nor conducive to maximum human productivity.

The lighting system being used in 99% of offices today is known as "cool white" fluorescent tubes or bulbs. This system has not changed since the invention of fluorescent lighting, nearly 75 years ago!

Fluorescent lights generate visible light by non-thermal mechanisms. Different kinds of light can be produced by adding phosphorus. Typically, the light produced is a distorted spectrum of light which contains only a limited portion of the total spectrum. Cool-white light is deficient precisely in those areas of the spectrum where the sun's

emission is the strongest.

It is apparent that there is a strong relationship between light, our eyes and our moods. Many studies and reports conclude that the correct light source is critical to the normal functioning of the human body. With the color balance of full-spectrum lighting, and the three types of beneficial ultraviolet radiation which occur in the same proportions as in sunlight, man has come as close as possible to truly simulating natural sunlight. By simply replacing your antiquated fluorescent tubes with full-spectrum tubes, you can instantly enhance your environment and your well-being.

At 17 Wing, major improvements to the lighting system are currently underway. The "cool white" lamps and bal-

lasts are being replaced with T8 bulbs combined with high performance electronic ballasts. This combination provides occupants with full spectrum illumination, superior color rendering, energy savings, as well as a noticeable decrease in lamp flickering. Fixtures are also being modified to increase their efficiency and further reduce energy costs.

Retrofitting lamps and high performance electronic ballasts represent only a small fraction of the overall cost of light. Associated with this retrofit is a significant reduction in energy consumption. This makes lighting an outstanding investment.

To date 2000 out of 22,000 fixtures have been retrofitted for an annual electrical savings of about 400,000 kilowatt hours.

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# 1 Air Mov Sqn presentations

1 Air Movements Squadron had the privilege of recognizing the efforts of some of its Squadron members recently at an awards ceremony.

The Squadron wishes to congratulate CWO Newhook, WO Bernard, MCpl Leblanc, MCpl Marin and MCpl Brown for their promotions effective 1 July 1998.

Additionally, Cpl Wurm was officially presented the Jean Gionet Award as the Sqn's outstanding Cpl for 1997 and Sgt Anderson received a certificate in Hazardous Material Spill Response training.



MCpl Kel Brown is presented his new rank by 1 Air Movements Sqn's SWO, CWO Chasles (left) and the CO, Maj Boucher.



MCpl Gabe Leblanc is presented his new rank by 1 Air Movements Sqn's SWO, CWO Chasles (left) and the CO, Maj Boucher.



MCpl Gerry Marin is presented his new rank by 1 Air Movements Sqn's SWO, CWO Chasles (left) and the CO, Maj Boucher.



WO Justin Bernard is presented his new rank by 1 Air Movements Sqn's SWO, CWO Chasles (left) and the CO, Maj Boucher.



MCpl Lachance is presented his new rank by 1 Air Movements Sqn's SWO, CWO Chasles (left) and the CO, Maj Boucher.



CWO Kirk Newhook receives his new rank from 1 Air Movements Sqn's SWO, CWO Chasles (left) and the CO, Maj Boucher.



Sgt Anderson is presented a certificate in Hazardous Materials Spill Response by 1 Air Mov Sqn CO, Maj Boucher.



Cpl Brian Wurm is presented the Jean Gionet Award as 1 Air Mov Sqn's outstanding Cpl for 1997 by the CO, Maj Boucher.

## 17 Wg Ambulance Service

All personnel are reminded that 17 Wing still provides ambulance service during normal working hours, 0730 to 1600 hrs, Monday to Friday.

Personnel requiring such service are to contact the Wing

Hospital at ext 5333.

For after hours and weekend service, 911 emergency service

should be utilized.

Ambulance services shall be used for emergencies only.

### 1998 CALL FOR NOMINATIONS

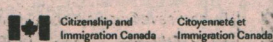


#### The Citation for Citizenship

Do you know an individual or organization deserving of recognition for helping new residents adjust and integrate into Canadian society? If so, they may qualify for one of 20 Citations for Citizenship from Citizenship and Immigration Canada.

To get an information brochure and nomination form, visit our Web site (<http://cicnet.ci.gc.ca>) or contact: Integration Branch, Citation for Citizenship, Citizenship and Immigration Canada, Ottawa, Ontario K1A 1L1 Telephone: (613) 957-8817 Fax: (613) 952-0594

Nominations must be received or postmarked by Sept. 15, 1998.



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# Fire Dept. honoured

By Claude Thibeault  
17 Wing Fire Department

On Friday 31 July 98, the 17 Wing Fire Department received an award from the Muscular Dystrophy Association of Canada (MDAC) for their tremendous support during 1997/98 campaign. The revenue received from fire fighters in Manitoba and Northwestern Ontario over the past year totaled \$98,637, which is an almost 25% increase over last year.

As the Wing Fire Chief, I would like to convey my thanks to all military and civilian person-

nel who donated during last year's Boot Drive. Once again the Wing Fire Dept. will be hosting its annual Boot Drive, and we will be asking for your generous support. Please be patient and generous when the firefighters collect money at the gates (voluntary tollbooth). Don't forget that it is a voluntary tollbooth and any donation is a step closer to a cure. If anyone wishes to make a larger donation, you can drop by the fire dept. Bldg 88 and the firefighter will take your name and address for a tax receipt for any amount over \$15.



Your generous donation allows MDAC to continue in their commitment to fund leading research to find a cure, as well as provide

information, vital services, and hope to tens of thousands of Canadians living with neuromuscular disorders. Also let it be

known that they research more than one disorder.

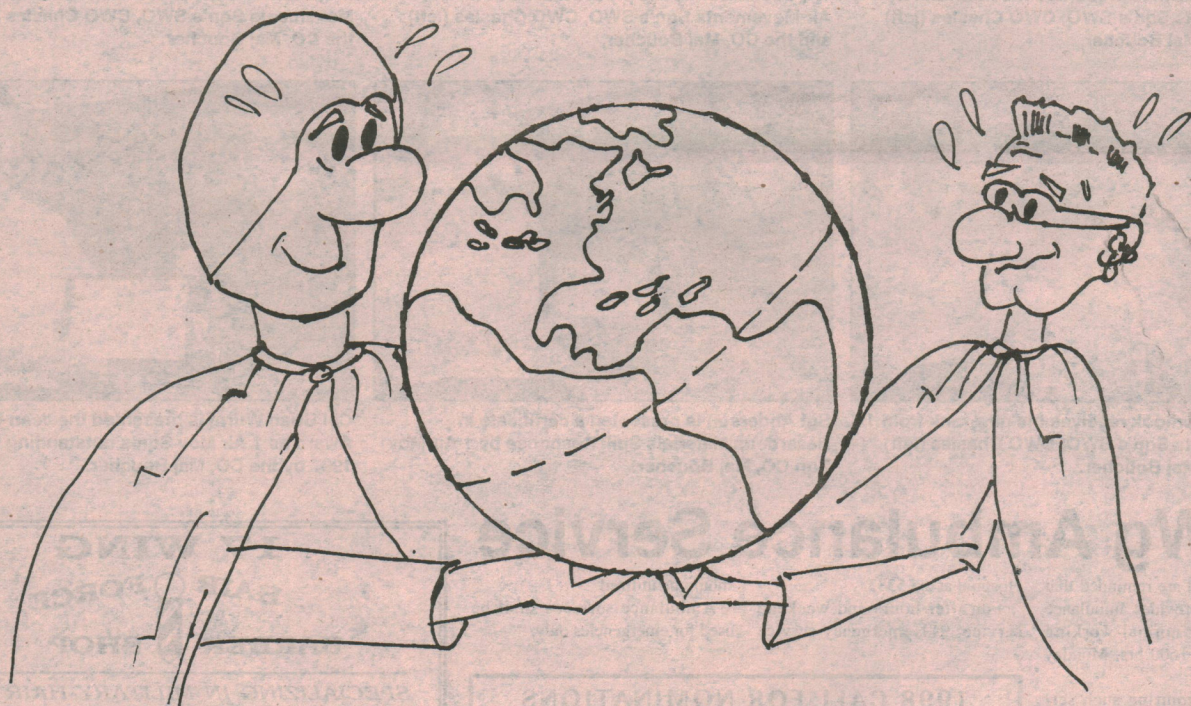
Once again, thank you for your generosity and support.

# Mr. Greentree Colouring Contest

## CONTEST RULES:

1. Contest is open to children of all DND employees (military and civilian).
2. Prizes will be awarded for each age group: under 6 yrs; 6 - 9 yrs; over 9 yrs.
3. First prize in each category is 2 family passes to Fort Whyte Centre.

4. Second prize is 1 family pass.
5. Contestants must submit the coloured drawing along with their name, age group and day-time telephone number to the Wing Environmental Officer in Bldg 100 on or before 1600 hrs on September 2, 1998. The winners will be notified by telephone within a week of the deadline.



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**For more information, contact:**

**Leslie at 654-1029**  
(please leave a message)

# Gimme shelter... and a burger

By Jonathan Coté

Summertime fun came early for the employees of the Training Material Production Centre (CFTMPC) with the recent installation of a large outdoor shelter and gas barbecue in front of Building 52. Funded through 17 Wing's Quality of Life program, the all-season 20' by 20' shelter was purchased with the help of Wing CE's tent-sourcing experts and CWO Smith.

Capt Don McLeod, CFTMPC's CO, admits the outdoor focus is 'fresh-air bait' for the hard-working members of his 20 civilian unit. "These people create at their monitors all day long and I have to do something

to get them away from their computers now and then.

As producers of paper and Web-based documents, he explains, his staff is made up of animators, desktop publishers, multilingual editors and graphic designers - all of whom spend the day focussing on their screens. "If someone's on a roll," he says with exasperation, "they won't even hear me say hello, let alone remember to take a break.

While a CFRETS unit, CFTMPC's reputation for dedication and talent has led to them producing electronic, Web and paper-based products for many units outside CFRETS, such as the Snowbirds, 1 CAD HQ,

CFSAS and MARCOM HQ to name a few. "It all comes from having talented, military-knowledgeable experts using the most up-to-date processes to give clients what they need when they need it," says McLeod.

As well, he points out, CFTMPC's non-CFRETS clients receive an added bonus by doing business with another member of the Defence Team, as "our clients don't pay us to make a profit; we bill on a cost-recovery basis only."

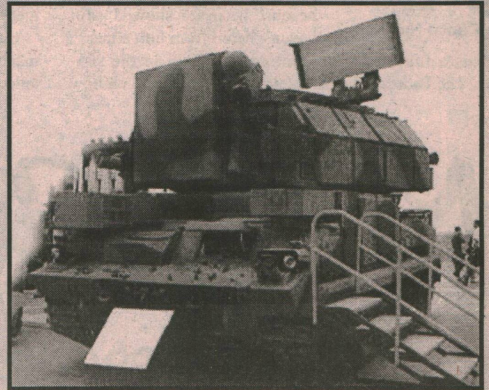
Of course, those 'recovered costs' may now have to include a few extra hamburgers and hot dogs.



CFTMPC staffers chow down as the shelter goes up.

## Voxair Vignette

Identify the object in this photo and be eligible to win a Western Canada Aviation Museum membership.



Object Identity: \_\_\_\_\_

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Additional Comments: \_\_\_\_\_

**DEADLINE FOR ENTRIES: 25 AUGUST 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.achq.dnd.ca](mailto:voxair@vulcan.achq.dnd.ca)

GOOD LUCK!

# 17 WING SPORTS

## Athletes wanted Women's Ice Hockey

17 Wg is hosting a women's round robin ice hockey tournament 9-12 February 99. Any female military members

interested in playing please contact Cheryl, ext. 5221.

Planning is underway for this exciting event!

## 17 Wing Track Team

17 Wing track practice is held every Wednesday, 1630 hrs and Saturday 0930 hrs.

We meet at the track (west

of Bldg 90).

For more information, contact the Sports Coordinator, Chris Merrithew @ ext. 5511.

## CISM Swimming

CISM will host a Swimming World Military Championship 30 August - 6 September 98 in Rome, Italy. All CF regular force members and reserve

members are eligible to swim on the CF Swimming Team.

For more info please contact the Recreation Centre at ext. 5511.

## P.T. Class of the month

Two units joined together for P.T. to work towards a common goal - Physical Fitness. BSSOR and WSAMP started P.T. classes in January, coming faithfully three times per week.

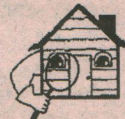
This particular P.T. program consists of various exercises such as running, push-ups, tricep dips, more running, more push-ups, sit-ups, medicine ball stuff, more running...well, you get the idea.

As instructors, we like to have variety in our P.T. classes. We are constantly coming up with new ideas for classes instead of the same, old circuits. Step aerobics has become a popular class; not only is it fun,

it challenges the heart, the lungs, the mind, as well as some people's (no names) coordination.

On behalf of the fitness staff, I would like to say thank-you for being such a positive and energetic bunch. Keep up the great work!

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WDEC



by Capt J Hyatt

# Supervisor Training Day

Another Supervisor Training Day was held 25 June. The turnout was low and the guest speaker must have gotten lost because he never showed...still haven't heard from him either.

It was a fun afternoon dealing with Fun in the sun-Safely. The Padres gave an inspirational talk based on how

an addictive lifestyle shows up in their line of work and the effervescent Capt Priestman again took the floor and gave us stats on summer and booze related activities.

Did you know that there are more accidents in the summer months as compared to Christmas and New Years ?

Capt Priestman gave an excellent presentation and has made it and herself available to any unit wishing a presentation on summer drinking and safety facts.

I was disappointed to see only two officers there. We are not setting a good example when we don't support these training afternoons. The next one will be in September so plan to attend with your supervisors.

Here are the stats for April/May:

- 3 incidents involving intoxicated persons;
- 2 impaired driving.

# MFRC ANNOUNCEMENTS

MILITARY FAMILY RESOURCE CENTRE, 350 Doncaster Street, Winnipeg MB, R3N 1W8 489-7003

## CHILDREN'S PROGRAMS

The Military Family Resource Centre offers children's programs at two locations.

Lipsett Hall Children's Centre is located on the south side & the Westwin Children's Centre is on the north side.

Both centres are licensed nursery schools. They are licensed through the provincial government. The Manitoba government is a strong supporter of childcare and facilitates quality childcare with strict regulations and follow up inspections. Both centres are subject to regular health and fire inspections. The staff are trained in early childhood education and are all certified in first aid.

## NURSERY SCHOOL PROGRAMS

FALL 1998

Our nursery school offers the pre-school child the opportunity to socialize in a happy, stimulating environment. Children are free to choose from various activities including learning centres,



stories, music and movement, arts and crafts, games, drama and free play.

Children must be three by the end of December to start nursery school in the fall.

Lipsett Hall (English)

Westwin (English)

Monday, Tuesday & Thursday

Monday, Wednesday & Friday

9:00 a.m. - 11:15 a.m.

9:00 a.m. - 11:15 a.m.

Cost: \$72 per month. Annual registration fee: \$15 (non-refundable)

## PRÉMATERNELLE AUTOMNE 1998

Le Centre de Ressources pour les Familles Militaires offre une 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 sain. Parmi les activités nous retrouvons les histoires, chansons, bricolages, jeux de langage et les jeux libres. Nous possédons aussi un endroit pour faire des jeux moteurs. Les enfants doivent être âgés de 3 ans à la fin de décembre pour commencer la prématernelle cet automne.

Westwin Children Centre

Lundi, Mardi et Jeudi 13h00 à 15h15

Coût mensuel: \$72. Coût d'enregistrement annuel: \$15 (non-remboursable)

## CREATIVE TOT SHOP

This program is the first step towards nursery school. It provides the opportunity for parents and young children to come together to create and play. The toddler or pre-schooler can explore the world of art, music, movement and story. Parent participation is required. Please bring a snack for your child.

Lipsett Hall Nursery School

Mondays 1:30 p.m. - 3:00 p.m.

Cost is \$25 for a 13 week session (from Sept. 14 to Dec. 14) or \$2.50 drop in fee.

TO REGISTER, CALL 833-2500 EXT. 6846 BY SEPT. 1

## FUN WITH MUSIC

This is a program for 3 to 5 year olds. Music concepts such as rhythm, pitch and sound making will be developed as well as listening skills, creativity and an appreciation for music.

Westwin Children's Centre

Lipsett Hall Nursery School

Wednesdays, Sept. 23 - Dec. 2

Mondays, Sept. 21 - Nov. 30

11:20 - 11:50 a.m. (after nursery school)

11:20 - 11:50 a.m. (after nursery school)

(no class on November 11)

(no class on October 12, Thanksgiving)

Cost: \$20 per family for a ten week session

TO REGISTER, CALL 833-2500 EXT. 2491 (WESTWIN) OR EXT. 6846 (LIPSETT) BY SEPTEMBER 1

## PARENT-CHILD MOTHER GOOSE PROGRAM

This program is a group experience for parents and their babies and young children. It focuses on the pleasure and power of using rhymes, songs and stories together. Come out and have some fun with your children. Please bring a snack for your children.

Westwin Children's Center

Wednesday afternoons starting Sept. 23 (no class on Nov. 11)

1:15 - 3:15 p.m.

Cost: \$25 per family for a 10 week session.

For more information, call Wendy or Lois at ext. 6846 or Victoria at 489-7003.

To register, come in to the main office of the MFRC at 350 Doncaster or to Lipsett Hall or the Westwin Children's Centre by SEPTEMBER 1.



MILITARY FAMILY RESOURCE CENTRE

## FAMILY DAY BARBECUE

FREE

Come to the MFRC at  
350 Doncaster Street on

**SATURDAY  
SEPTEMBER 19**

from 12 noon to 4:00 p.m.

Come see some  
**Antique  
& Special  
Interest  
Cars!**

to enjoy a fun filled afternoon hanging out with your community. With the co-operation of Manitoba Pork, the BBQ will be FREE! Potluck salads and desserts would be welcomed. There will be tons of stuff for the kids to do, as well the Youth Centre will be open.

This is an MFRC Thank You to our community.

## Request for

## SPECIALTY VEHICLES

This is a request to all military and/or civilian members, who own a specialty vehicle and would like to show this vehicle.

The Military Family Resource Centre (MFRC) is holding their

### FAMILY FUN DAY

Saturday, 19 September 1998 - Noon to 1600hrs  
350 Doncaster Street

You are invited to bring your specialty vehicle, antique, classic car or truck, motorcycle, sports car, hobby vehicle.

This is an opportunity for you to display your pride and joy at the

## MFRC SHOW & SHINE

An area will be available for display vehicles only.

For more information and a registration form,

please direct inquiries to: Mr. Don Brennan, 489-7003 at the MFRC or MWO George Chow, work ext. 6291 or home 487-1720.

## TOY LENDING LIBRARY

Are the most said words in your house "I'm Bored"?  
Do the kids' toys just not keep them busy these days?

The MFRC has a Toy Lending Library with over 50 toys for infants and children to about 8 years of age.

Membership is \$10 per year & toys are borrowed for a period of two weeks.

OUR LIBRARY HOURS ARE:

**Mondays** **Wednesdays** **Fridays**  
1 p.m. to 3 p.m. 11 a.m. to 1 p.m. 9 a.m. to 11 a.m.

The Toy Lending Library Hours depend on volunteers. If you have some free time and would like to volunteer, please call the centre. Children are welcome. For more info call Celine at 489-7003

# CF Dental Care plan changes

The purpose of this article is to issue a reminder to eligible members of the CF on the benefit changes made to the two CF dental care plans in 1997 and, at the same time, provide them with helpful information so that they may take full advantage of the coverage available under the plan.

## BENEFIT CHANGES INTRODUCED IN 1997

1. Dental expenses associated with congenital and developmental malformation for children under 19 years of age, incurred on or after January 1, 1997 are covered.
2. Expenses for diagnostic services associated with orthodontic treatment are now reimbursed at 90 percent, provided they are incurred on or after January 1, 1997.
3. Expenses for fillings for the same tooth and surface are limited to once every 24 months, effective February 1, 1997.
4. Expenses for scaling and root planning are limited to six time units per 12 months, effective January 1, 1997.
5. Expenses for recall exams, cleaning and polishing, topical application of fluoride and bitewing X-rays are limited to once every nine months.

## FREQUENTLY ASKED QUESTIONS

1. What is scaling and root

planning?

Scaling involves the removal of debris, plaque and calculus (or tartar) from the teeth.

Root planing is a meticulous procedure performed to smooth roughened root surfaces and to completely remove all calculus and debris.

2. Why is scaling and root planning limited to a combined total of six time units per 12 months?

Six time units per 12 months are considered normal and adequate treatment in the majority of cases.

One time unit equals 15 minutes, therefore, you could be eligible for up to one and one half (1.5) hours of scaling and root planning over a period of 12 months.

3. How is the 12 month period calculated?

The 12 month period is referred to as a "running 12-month period", which means that each time you incur dental expenses for this treatment, the

administrator must determine how many units of scaling and root planning you have used during the previous 12 month period.

Example: In 1997, you had two units of scaling and root planning on May 10th and another two on October 15th. Your next appointment is scheduled for July 15, 1998 and you wish to know how many units could be claimed under the plan.

To determine this, you would check your records for the preceding 12 months counting back from July 15, 1998.

Since your records show that you used a total of two units during the period July 16, 1997 to July 15, 1998, you could claim up to four units of scaling and root planning on July 15, 1998.

4. Are scaling and root planning part of the recall exam?

No. Generally speaking, scaling and root planning are separate from the recall exam. The light scaling (usually one unit or less) performed in conjunction with polishing during a recall exam

does not affect the six units of treatment available under the plan for scaling and root planning.

5. Recall exams, cleaning and polishing, topical application of fluoride and bitewing X-rays are each limited to once every nine months. Does this mean nine months exactly?

Yes. Your entitlement to benefits will be established based on whether the proposed treatment was rendered during the preceding 9 months exactly.

Example: You incurred dental expenses for a recall exam on November 10, 1997. To be entitled to dental benefits for this same treatment in 1998, your next recall exam should be scheduled on or after August 10, 1998.

## PRACTICAL REMINDERS

1. Dental expenses incurred in 1998 will be reimbursed based on the provincial fee schedules in effect in 1997.
2. When the proposed dental

treatment is \$300 or more, submit the treatment plan to the administrator for approval.

3. Keep track of your dental expenses. The maximum reimbursement amount per calendar year is \$1,250 dollars per person covered.

In fact, if you become a member of the plan on or after July 1 of any year, that amount is limited to \$650 dollars for that year.

4. Recall exams, cleaning and polishing, topical application of fluoride and bitewing X-rays are limited to once every nine months, exactly.

5. Scaling and root planning are limited to a combined total of six time units per 12 month period.

6. Be sure to inform your dentist of the coverage available under the plan.

More information may be obtained by contacting WO Eddy or Mrs. Warren at (613) 995-6008 or (613) 995-2219.

## Future Options

RRSP's will ensure your retirement income.  
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DURING AUGUST

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THURSDAY AFTERNOON  
DURING AUGUST

THURSDAY, AUGUST 20  
TGIT

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TGIT - BURRITOS & NACHOS

FRIDAY, SEPTEMBER 4  
TGIF - FISH & CHIPS

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SEPTEMBER 26  
Members Only

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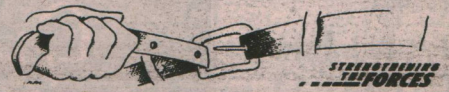
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## THE TRUMAN SHOW

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FRI, SAT, SUN & MON SEPTEMBER 11, 12, 13 & 14



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# WHAT'S HAPPENING



## 17 WING REGISTRATION FAIR

### 12 SEPTEMBER 98

0900 - 1200 hrs

Bldg. 21 Gym (beside 1 CAD HQ)

ONE-STOP SHOP TO REGISTER FOR FALL PROGRAMS

Club & Community Activities • Swimming • Rec Cards  
MFRC • Community Council and More

For info contact Carla at ext. 2059 or Elaine at ext. 5976

## FIRE PREVENTION WEEK

### OCTOBER 4 - 10, 1998

Come visit the  
**FIRE DEPT. DISPLAY**  
at 17 Wing Registration Fair  
12 Sept 98 • 0900-1200 hrs  
and pick-up your  
COLOURING CONTEST SHEETS (ages 5-8)  
or a  
FIRE DRILL CONTEST FORM (ages 9-12)  
& WIN 1 of 4 'Family Circus' T-Shirts!

Or visit 17 Wing Fire Department anytime  
to pickup or drop off your entries.

All entries must be in by 8 Oct. Prizes awarded 10 Oct.

## THE Terry Fox Run

for Cancer Research

Entertainment, Activities, Silent Auction,  
Food & Refreshments

**WALK, RIDE OR RUN**

**COME OUT FOR THE FUN!**

1-888-TFOXRUN

**SUN SEPT 20**

## GIRL GUIDES OF CANADA GUIDES DU CANADA

is holding its  
**FALL REGISTRATION**  
**SEPTEMBER 9**  
from 6:30 - 8:00 p.m.  
at the following locations:

St. James Anglican Church, 195 Collegiate St.  
Heritage School, 47 Heritage Drive  
Assiniboia Christian Center, 3390 Portage Ave.  
Phoenix Community Club, 153 Seekings  
Varsity View Community Centre, 315 Laxdal Rd.  
Beaverlodge School, 6691 Rannock Ave.

**For more info, phone 775-3003**



YM-YWCA  
OF WINNIPEG

## CRAFTERS NEEDED

for 3rd Annual Y-Neighbours  
(Polo Park) Craft Sale on  
17 Oct 98 at  
St. James Civic Centre  
Tables \$40  
Limited space available  
Please call Sandra at  
895-3432 or Maria at  
774-0114

PATRICIA ARMS CLUB JRC(s)

## Grey Cup Raffle Draw

TICKETS AVAILABLE AT: JRC(s) Bar • PMC  
2PPCLI Kitshop • Winnipeg Blue Bomber Shop  
Committee Members • JRC(s) Softball Team  
• Base Curling Club (southside)

Anyone interested in selling tickets may contact  
MCpl Bennet at ext. 6289

## REUNION

### BADEN HILLS GOLF CLUB

4 - 6 September 1998  
CFB Trenton Golf Course

FOR MORE INFO: Dave/Ruth Lynch 613-967-0212

## Newcomers' Club of Winnipeg

Are you new to the city? Are you feeling a need to socialize?  
If so, please join us for a monthly coffee party and/or general meeting. The Newcomers' Club of Winnipeg meets on the third Wednesday of each month. 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."*

## LOWER FORT GARRY

National Historic Site  
1998 Calendar of Events

AUG. 24 - SEPT. 7  
HARVEST TIME  
Bringing in and putting up the  
produce of the Red River.

SEPT. 6  
CANOE RACE  
A Manitoba Paddling  
Association sanctioned event.

For more info call  
(204) 785-6050 or 6071

## PERSONNEL OF THE DEPARTMENT OF NATIONAL DEFENCE

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the regular ticket price of a \$20.00 seat (for \$10)  
**on Monday, 21 Sep 97 at 1905 hrs**  
when the Blue Jays take on the Seattle Mariners.

In order to book your seats, call WO Bob Quann at (416) 973-9799.  
Cheque or money order must be received NLT 14 Sep 98 in  
order to hold seats. Book early to avoid disappointment!

## 17 WING WOODWORKING CLUB

**Located:** Building 33 (Family Resource Centre)  
**Hours:** 24 hours a day seven days a week  
**Cost:** \$50 + GST per year individually or \$75 + GST family (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 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

# Military Travel Club

ARLINGTON, VA - Retreat & Reveille International, the Military Travel Club started in 1992, has now extended its horizons to five of the seven continents with the addition of Meg Cowper-Lewis' Southernmost B&B in Agulhas, South Africa and Angel (Angel is a former USN Reservist) & Norma Gandullia's Hostal Tradiciones in Lima, Peru. The club now offers over 400 havens in all 50 states and 25 other countries.

Club membership is open to all veterans (and families) of military organizations of any nation. It offers economical lodging through low-cost stays with members who open their homes only to their fellow members, as well as at B&Bs owned by other military personnel. (Members are not required to host.) It also includes commercial B&Bs and inns which offer discounts to club members. As examples, there are 22 Canadian listings in seven

provinces, 21 places in Merrie Olde England, and 19 pieds-a-terre in La Belle France.

Members are treated like honored guests, sometimes given personal tours of cities like Asheville, San Francisco, or Paris. There's someone to call a doctor when the baby gets sick, as Ted Phillips did in London. Military people of all countries have common backgrounds and stories to share. Travelers' experiences are shared in the host directory and quarterly newsletter.

For yearly dues of \$25, members receive the host directory with a membership card, as well as a quarterly newsletter, The Bugle Call. The directory is updated each year with new facilities. One third of the place descriptions include recommendations of members based on their stays at the location. New listings that come along during the year are featured in the

newsletter. An Internet web site, [www.ret-rev.com/ret-rev/index.html](http://www.ret-rev.com/ret-rev/index.html), includes additional information on the club.

To join, send your military affiliation information and a check for US\$25 to Retreat & Reveille International, 3106 Military Road, Arlington, VA 22207-4136. Further information is available by phone at 703-525-3372, by fax to 703-525-0520, or e-mail at [RetReville@aol.com](mailto:RetReville@aol.com).

The club was started by Len and Jan Stoehr of Arlington, VA as a means of keeping involved and busy during their retirement years. Len is a retired US Navy officer and Jan worked as a teacher and graphic designer. Retreat & Reveille International is a way of sharing their enjoyment and interest in the bed & breakfast experience and a means of expanding their group of military friends.

## Military Community Council Family

# THRIFT SHOP

### HAS RE-OPENED

Under the New Management of Diane Brine

#### New Location:

Bldg. P12, 347 Doncaster Street (directly across from MFRC)

#### Hours of Operation:

Tues. 6 - 8 p.m. • Thurs. 1 - 3 p.m. • Sat. 10 a.m. - 3 p.m.

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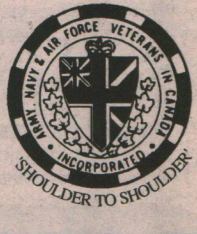
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Day care prices too high? Affordable baby-sitting provided in my SPMQ. Will provide lunches and snacks, and of course, lots of TLC. Call Margaret at 489-0686.

Mother of 2 (ages 4 & 6) now available for full time childcare in my southside home. I have excellent references and will provide wonderful care for children of any age. I am very flexible with hours and provide many extras such as snacks, meals, transportation to school if applicable and receipts. Call Vanessa anytime 488-3583.

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### MISC. FOR SALE

For Sale - 8' x 8' metal storage shed, available 29 July. Asking \$175. Call 889-7537 anytime.

For Sale - Two tires on 13" rims, P175/70R13. One 13" rim, no tire, four bolt 4.5" pattern for Hyundai, will fit Dodge Colt and Nissan. \$35 OBO. Call ext. 6260 or 488-2860.

### MISC. FOR SALE

For Sale - 1990 Buick Riviera, 3.8 lt., dark red colour, no rust, super condition, \$8,750. Details by phone 253-9249.

For Sale - 1996 Harley-Davidson Custom, red and chrome, 8000 kms, asking \$11,500. Contact 453-7172 (res.) and ask for Carl.

For Sale - Baby items: white wood changing table with Winnie the Pooh hanging mat; Graco stroller; Evenflo infant car seat with base; misc. baby items including jolly jumper, bounce chair, crib toys, etc. Phone 831-5079.

For Sale - Two Mac 7100's with 15" monitors, 8 bit 256 colour at 1024x768 res., 48 MB RAM. One 3.5 Gig and one 700 MB. Keyboards, mouse, transceivers, cabling for local networks and Mac OS 8.1 comes with each. Expecting \$4,000 for both. Contact Capt McLeod, ext. 5639.

Estate Sale - 1995 Bonneville SE, white, 3.8L, V6, PW, PDL, AC, driver's power seat, non-smoker, spent winters in Arizona, 86K, mostly hyw., excellent cond., w/safety, private sale, asking \$16,400. Phone 832-7692 after 5 p.m. or ext. 5061, ask for Karen.

### MISC. FOR SALE

For Sale - White roll down shades will fit row house windows. Approx. 31" wide x 66" long. Less than 2 years old. \$45 for all seven. Call Gina 889-3484.

For Sale - Cherry wood Entertainment Center, holds large TV, VCR and stereo components. glass doors over stereo side, wood doors over TV and VCR. Excellent quality (heavy), \$200. Phone 885-5243 or ext. 5251.

For Sale - Yellow-white gold ladies solitaire custom designed engagement ring with wedding band. The set is 14kt gold with a marquise shaped diamond .28 carats, SI clarity, I color. Original written appraisal available. Serious inquiries only, please call 339-2784 and leave msg.

For Sale - Kitchen/dining room set, solid wood, double pedestal table, 6 ft. upholstered bench w/storage compartment, 2 matching upholstered chairs, \$200. Call 897-7972.

For Sale - 1992 Mazda MPV 5 passenger RWD van, air cond., excellent condition, safetied, 256,000 hwy kms, asking \$10,250 OBO. Please call Rex at 339-0210.

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